

THE STEP SYSTEM

Level	Step	Skills	Techniques introduced	Colour	Age class
5+	O	Longer distances from and/or indistinct attack points & catching features		Brown and	18A
5	N	Long legs (1 km +)		Blue	16A,18B
	M	Using complex contours; generalising contour detail		Green	
	L	Using simple contour shapes for most/all of leg			
4	K	Using simple contour shapes over short distances on their own or with other information for longer distances	Reading contours	Light green	14A,16B
	J	Fine orienteering on short legs	Pacing		
	I	Navigate long legs (0.6 – 1 km) on rough compass bearing against catching features	Bearings, collecting features		
3	H	Making simple route choices	Route choice	Red	12A,14B
	G	Simplification of legs with several decision points	Attack points, absolute distance judgement (e.g. “100m along”)	Orange	
	F	Orienteering over short distances against catching features	Compass directions		
	E	Cutting corners	Aiming off		
2	D	Leave a line feature to go to a visible control site, then return to it.	Catching features. distance judgement, e.g. ‘half way between’	Yellow	10A,12B
	C	Orienteer along obvious line features(handrails).Decisions at Decision Points without the aid of a control to identify it as such.	Check points		
1	B	Orienteer along tracks and paths. Decisions at ‘Decision Points’ identified by control points	Thumbing, handrails	White	10B
	A	Understand map colours and commonly used symbols. Orientate the map using the compass and terrain.	Folding the map		
Ground level		Understanding the map; getting used to being independent		String, etc.	

At each level, the sequence of development is:

1. Master the individual steps
2. Learn to select and apply the correct technique when just one technique is required.
3. Learn to select and apply the correct technique when more than one is required
4. Adjust speed to the technical difficulty of the orienteering
5. Develop relocation techniques appropriate to the skill level