SHADOWING CHECKLIST

BETWEEN CONTROLS

Is the map being read on the run?
Is the compass being read on the run?
How often is the compass used?
Is the speed appropriate?
Is simplification used?
Is the choice of line good?
How good is their running in terrain?

INTO CONTROLS

Is an attack point used?
Do they know the code and description before arriving?
Is there hesitancy in the circle?
Is their speed appropriate?

FROM THE CONTROL

Do they stand at the control?
Have they planned ahead?
Do they flow through the control?

MISSED CONTROLS

Do they stop and look around?
Do they relocate rapidly?
Do they find a new attack point?
Is their handling of mistakes systematic?

GENERAL

How many stops and how long is spent: to read the compass
to read the map
to select a route

How much are they distracted by other competitors?
Is route choice biased towards easy path routes?
Is full use made of available contour detail?
Is their general level of fitness able to cope with the demands of the terrain?

Shadowing often results in a change in style of the person being shadowed. To minimise this, keep 20m back where possible and do not stop participant in mid-course more than once.

Make brief notes under the above headings at the end and use it as the basis for a discussion and setting of goals for future exercises.