**Activity 1 at Start 1: Mixed ability/experience group practising setting map using the compass with map orientation using features for direction finding for the youngest/newest orienteers**

**Equipment:**

* Cones with letters: A, B, C, D, E, G, H, I, J, K, L and N (12)
* 1 cone with start triangle
* All controls maps x 3
* Star maps x 3
* Loops 1, 2 & 3 maps x 3 of each
* B&W only maps of Loops 1, 2, 3 & Z x 10

**Setting up: NB maps are at scale 1:2000** (enlarged from 1:4k)

* Using a compass set out cones at each tree as on all controls map
* If trees not mapped accurately or are missing put cone in correct location for exercises

**Feedback from participants:**

* Good variety of difficulty
* Good start for teaching beginners principles of compass use
* Fab. Had to use compass & pacing as only way to find controls with B&W map
* Good for compass techniques for a wide range of ability
* Very good mix for all levels of capability at same time
* Good having lots of control close together; required accuracy with compass not just ‘looking for flag’
* Make sure map is sufficiently accurate *(armchair planned HP!)*
* Make sure start is not near something metal *(ditto comment above!)*

**Coaching exercise for mixed ability/experience Community O Club Group**

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| **Activity** | **Coaching points** |
| **For U-10s and novice adults:****Objective to set map using features and go in the right direction to find 1 control (cone)*** Using the ‘Star’ map, revise setting the map using the building and fences
* Go to one control at a time – tell coach letter on cone
* People can start at different numbers
 | * Revise colours & symbols for building, open land, road/car park, individual trees and wood (white)
* Get map right way round, fold and point yourself looking in right direction towards control
* Go to control and return to tell me (coach) the letter
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| **For adults who are ready to move on to setting map with compass:****Objective to use compass to set/orientate map and go in right direction to find controls*** Using the ‘Star’ map, watch demo then try to use compass to know which direction to go to 1 control
* Go to one control at a time – tell coach letter on cone
* People can start at different numbers
 | * Demo (coach) lining up compass with direction of travel from start to one control
* Keep compass & map in front of tummy and turn body until red end of compass needle is parallel with north line/long edge of map
* Keep compass flat
* Look up and go towards correct tree Go to control and return to tell me (coach) the letter
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| **As progression for people who are confident setting map with compass:****Objective to use compass to set/orientate map and visit a sequence of controls*** Using one of the maps with Loops 1, 2 or 3 use compass to set map at start and then at each control to find the correct controls on the exercise loop
* Practice again with the other Loop maps
 | * Keep compass & map in front of tummy and turn body until red end of compass needle is parallel with north line/long edge of map
* Keep compass flat
* Look up and go towards correct tree
* Continue in same way round the loop
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| **For experienced orienteers or as a progression for people confident moving with map and compass (as in box above):****Objective to use compass accurately and without the ‘distraction’ of the map details to find sequence of controls*** Using one of B&W only maps (Loops 1, 2, 3 and Z practice compass bearings from start and from each control to next
* Practice again with other maps
* Try to do later exercises a bit more quickly
 | * Depending on individual’s preferred compass (thumb or baseplate) revise moving accurately i.e. as if from an attack point to a control in low visibility woodland
* Remind to keep compass flat; to turn body not map/compass
* Remind to sight the tree in centre of circle as practice for sighting something on way to control in woodland
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