**Activity 3 at Start 3: Mixed ability/experience group practising relocation**

**Equipment:**

* Milk bottle controls with codes 31 – 42
* Cone with start triangle (NB maps can be left indoors)
* All controls maps x 6
* 3 sets of relocation maps for 3 levels of experience as follows:
  + Beginner relocation 1 x 3 maps and Beginner relocation 2 x 3 maps
  + Improver Relocation 1 x 3 maps and Improver Relocation 2 x 3 maps
  + Exp. (experienced) Relocation 1 x 3 maps and 2 x 3 maps

**Setting up:**

* Put out 12 milk bottle coded controls on the ground at the centre of the control circle
* Start cone outside door to building

|  |  |
| --- | --- |
| **Activity: mixed ability relocation practice with 12 controls** | **Coaching points** |
| **For club members to practice relocation strategies when taken to controls of differing degrees of TD.**   * People pair up with partners of similar ability/experience * There are maps named as ‘1’ and ‘2’ for each level of experience * Each map has 2 or 3 controls numbered 1, 2 and 3. One pair can start at 1, another of the same level at 2 and a third pair can start with control 3 * First person (map 1) navigates to their first control. Partner has to work out where the control is sited. * Person 2 navigates to their first control; partner works out where they are. * Repeat with the other controls in order 1/2/3/1 etc. * Improvers can be taken on a more circuitous route and more experienced orienteers can put their map away / only look at the map when their partner stops at a control | * If you are the follower try to keep track of where you are on your map so that when your partner stops at a control you will be able to say where it is * For more experienced orienteers and if you are doing this exercise without looking at your map – try to remember where you were taken * If you cannot immediately say where you are:   + Study the map and look around for any obvious features   + If you can’t relocate move to a place where you can work it out and then go back to the control * For the 2nd and 3rd times try to establish the strategy for working out where you are: stop, look around for obvious features which will help to pin point where you are, move to somewhere more obvious if necessary |

**Feedback from participants:**

* Super exercise accommodating different levels of experience
* Lots of fun
* Can increase difficulty during exercise; start off reading map when following then ‘put away map’ for later legs
* Very good for mixed group of juniors/adults/experienced and less experienced
* Best to tell ‘experienced’ not to read map on run but to look around and visualise features being passed
* Can be extended to ‘dropping’ partner not at a control