

OCAD Talk

- Everyone knows different amounts about OCAD so some will already know a lot about this. Hopefully there will be some new things for everyone.
 - How many have made a map on OCAD?
 - How many have used OCAD for course planning?
- The beauty of OCAD is that it can make planning much easier and more versatile. Gone are the days of endless drawing up of courses. Unfortunately it can cause a lot of frustration too, but helpfully this will introduce you to the basics of the program and give you some ideas for course planning.
- You can find OCAD 6 on the Internet and download it as freeware. The website is: <http://www.ocad.com/download.htm> OCAD 6 has all the features you need for most map making and basic planning.
- **The Basics of OCAD**
 - Opening a map and viewing it at different magnifications
 - **Scales** – this can be a confusing aspect of OCAD but it is useful to train on different scales of map. It allows you to use smaller areas better. There are 3 ways to adjust the scale:
 - OPTIONS > SCALE changes the scale of the map without resizing anything.
 - EXTRAS > CHANGE SCALE resizes the map to a new scale.
 - FILE > PRINT allows you to adjust the scale a further time before printing.
 - **Placing a course** – you can find out all you need to know about standard sizes for controls, lines, etc on the ISOM website: <http://lazarus.elte.hu/tajfutas/isom2000/isom-000404.pdf> It all looks much neater with proper sized control circles! If you download OCAD 6 it is set up with the correct sizes.
 - Place point objects using any draw tool. To direct a start triangle just click and drag towards your first control.
 - Draw the lines with the straight line tool
 - Delete objects with the delete button
 - Place text with any draw tool, then type
 - Create an area using either the straight line or curve tool. This may take some practise!
 - All objects can be adjusted after they have been placed – just select EDIT POINT and click on the centre of a point feature or the end or corner of a straight line. Be careful not to inadvertently alter the map!
- **Manipulating Maps:** Anyone who was at Lakeside this year will have heard Heather Monro talking about getting the most out of British terrain. This is where OCAD comes into its own. With a bit of creative planning you can really get the most out of any area.

- **Contour only/No Paths:** This can be a great training session in any predominantly white forest with a few contours and it is really easy to set up.
- You will probably want to leave on a few other features like dangerous crags, impenetrable thickets and uncrossable marshes for obvious reasons!
 - In the symbol table on the right hand side of the screen, select a symbol you wish to remove and then select SYMBOL > HIDE. Alternatively you can right click on a symbol and select HIDE.
 - To select more than one symbol at once you can use the CONTROL key.
 - If you can't find the symbol you want, select the feature on screen using the EDIT POINT tool. The symbol number and description will appear at the bottom left of the screen.
- **Window Course:** This is a really good compass and distance judgement session. It can make a simple area really tricky.
 - You will need to create a new colour. Go to SYMBOL > COLOURS and select COLOUR > NEW. Call it 'window' and move it to the top of the table. It will then sit on top of everything else.
 - Next you need to create a new symbol. Select where you want it to appear in the symbol table and select SYMBOL > NEW > AREA SYMBOL from the tool bar. Call it 'window'; check the FILL BACKGROUND box and select 'window' as the colour.
 - Using the new symbol, select the RECTANGLE tool and drag it over the area of map you wish to use. The map will disappear under the new symbol.
 - Go to OPTIONS > PREFERENCES and check the HATCHED AREAS box. You will be able to see the map again.
 - With the white area active, select either the RECTANGLE, ELIPSE or CIRCLE tool, then the CUT HOLE tool. Now you can cut holes wherever you like.
 - To view the map normally again go back to OPTIONS > PREFERENCES and uncheck the HATCHED AREAS box.
- **No North Lines:** A simple way to encourage training without a compass is to simply remove the North lines from the map.
 - Select the EDIT POINT tool and click on a North Line. Make sure that you have selected the correct object and press DELETE.
 - Repeat this for all North lines, making sure that all sections have been deleted if the lines are broken.
 - You can then rotate the map so that the edge of the page cannot be used as a North line. Go to EXTRAS > ROTATE MAP and put in the degrees to rotate it by. Make sure the ROTATE SYMBOLS box is checked. This can also be useful to fit a larger area of map onto an A4.

- **Line Course:** Any coach who has had to draw up tens of line courses knows how time consuming and hard to keep them accurate it is. It is a fantastic warm up session, especially in a small detailed area.
 - Select the CONNECTION LINE symbol and the CURVE MODE tool. Click to start the line, drag to set it's direction of curve, release then click again to set the next point. This will take a lot of practise!
 - To cut the line, make sure it is active, then select the CUT tool and click somewhere on the line.

- **Map Section:** It is often useful to use just a section of map for training. You can then fit two or more courses onto the same page.
 - Go to EXTRAS > PARTIAL MAP WINDOW. The window will appear around the border of the map. Use the cursor to move it to the desired place. Then go to EXTRAS > PARTIAL MAP and click OK. Save the map as 'section1', close the current map and open 'section1'.
 - If you wish to repeat the same section on the page, drag over the map with the EDIT POINT tool to select everything, then go to EDIT > COPY. Next click EDIT > PASTE and the new section will appear floating over the original map. Move it to the correct place using the cursor.
 - If you want to place a different section of map next to the first section you can repeat the first step with the original map, saving the next section as 'section2'. Open 'section1' then go to FILE > IMPORT and select 'section2'. Change the HORIZONTAL OFFSET to 400mm. This will stop 'section2' from appearing on top of 'section1'. Select VIEW > ENTIRE MAP, select the new section using the EDIT POINT tool and move it to the correct place.

- **Printing Maps:** This is very simple and works in a similar way to other programs but it can cause a lot of frustration!
 - Go to FILE > PRINT, choose landscape or portrait and best print quality as you would normally in PROPERTIES, then click WINDOW. Select TO PAGE SIZE and click OK. Click CANCEL on the PRINT box.
 - Go to FILE > PRINT WINDOW. A floating box will appear on screen showing the boundary of the print area. Move it to the correct position using the cursor.
 - Go to FILE > PRINT > OK. It is worth printing just one copy first to make sure everything is as you want it!

- I hope this has been useful for everyone. Apologies if I have covered things that you already know, but hopefully now you will be able to use OCAD to plan more professional training courses and to save hours of drawing up!
- If there are any questions, please ask.