

(Note: references in () refer to pages on ottawaoc.ca for further information)

1. Object of the meet: (see Orienteering → courses)

- for a Point-to-Point (or 'classic') meet:: to find all controls **in order** and return to the finish
- for a Score-O: to find as many controls as possible within the **time limit**

2. Safety rules (see About → Safety and Ethics)

- You must have a safety whistle.
- If you register to go out on a course, you must **check in at the finish**, even if you do not complete the course.
- You must be back by 2 pm for daytime meet, within ½ hour of finish for an evening Score-O.

3. Map symbols: An orienteering map is very specific with features marked in a standard fashion..

<i>colour</i>	<i>used for</i>	<i>examples</i>
black	rocks and man-made objects	trails, buildings, cliffs, boulders, fences
blue	water	lakes, streams, marshes
green	thick forest	the greener the thicker
white	open forest	considered 'runnable'
yellow	open areas	fields, clearings, clearing with scattered trees
brown	earth features	contour lines, earthen pits, earth banks

4. Map (see Our Maps)

- Orienteering maps usually have scales of 1:10 000 (1 cm on the map = 100 m on the ground)
- Note the distance between the magnetic north lines: (100m - 250m) if not indicated measure and calculate.
- The large scale means that things will come much sooner than you expect.
- Note contour intervals: usually 5 or 6 metres vertical between contour lines. (~2 m for Ottawa parks)
- Map is aligned to magnetic north – no need to adjust for declination

5 Orienting the map

- Use terrain features. - Look around you, turn the map until it reflects what you see on the ground.
- Use compass. - only needed if terrain is not specific enough
- Keep map oriented while moving. When you change direction rotate the map so N on the map is always toward North on the ground.

6. Handling the map

- Fold the map once to focus on area of concern. - your next control and and attack point
- Use thumb to keep track of your location. Move thumb as you encounter features (trail jctn, large boulder)

7. Choosing a route

- Follow handrails (trails, streams, fences) to the control..
- More advanced orienteers use less-obvious handrail such as vegetation boundary.
- Best to decide on route before starting leg.

8. At the control (see Resources →Orienteering Resources →International Symbols)

- Use control descriptions to determine control location.
- Use control code (number on the flag or box) to check you have correct flag.
- Punch control card in the right box or insert electronic finger stick into timing box.

9. If you get lost..

- Orient your map and try to relocate.
- Try to go back to your last known point.
- Ask someone for help.
- Follow safety bearing to a road
- If all else fails use whistle – 3 short blasts..

10. Etiquette

- Try to make your own decisions without asking others.
- Avoid damaging wildlife, plants or property. Report any damages.
- Avoid out-of-bounds areas: planted fields, areas near houses, areas marked as out-of-bounds.