



Orienteering

Western Australia



Orienteering Tips

Prior to Starting:

- Study the legend on the map so that you are familiar with the symbols on the map and what they represent on the ground.
- While standing at the Start, look around to familiarise yourself with nearby features and note how they are shown on the map. Try to identify as many different map symbols as possible.
- Understand what the scale means. A scale of 1:4,000 means 1 cm on the map is equal to 40 metres on the ground; 1:7,500 means 1 cm is equals 75 m on the ground.
- Contours – the brown lines on the map show the shape of the land. The contours are usually 5m or 2.5m apart. Some areas are too flat for contour lines to be drawn. The closer the contour lines are together the steeper the slope. If crossing contour lines you will be travelling either up or down hill.

On the Course:

- Orientate (set) your map so that it lines up with the ground. This is important, as it makes your route-finding and navigation much easier. There are three ways to orientate your map:
 - Inspect the features around you and turn your body until they match the map.
 - Point the North arrows/lines on your map towards the sun (this approximates North between 10.00am – 2.00pm).
 - If you have a compass, find the North lines and arrows on your map and line these up with the North end of your compass.
- Place your thumb where you are on the map (start triangle, control circle or the last feature you passed)
- Face the direction of travel
- Know:
 - What you are looking for (your control feature)
 - What you are going to follow to get there (your route choice)
 - What is going to stop you if you go too far (your catching feature)
 - The safety bearing.