

This leaflet tells you what to expect when you come to your first orienteering event.

WELCOME TO ORIENTEERING

WHAT IS IT ALL ABOUT?

It can be said that Orienteering is like a 'car-less' motor rally where the participant provides the motor power **and** does the navigating. Orienteering is unique in the opportunities it offers as a competitive sport, a compelling recreation, a healthy form of cardiovascular exercise and an exciting component of education.

Participating in an Orienteering event requires you to visit a number of checkpoints, called **CONTROLS**, as you follow a set course. Each control point is identified by a distinctive orange/white 'flag' which has attached to it a needle punch with which you mark your control card as proof of your having visited the control point.

The controls are marked on a detailed map and you navigate between them by 'reading' the map, judging distances and, except perhaps on the easiest courses, having the aid of a compass.

On more difficult course you will have the choice of routes between controls. You have to pit your wits against the map and the terrain, and your final time for completing the course will reflect how wisely you have chosen your route. Route decisions are made in the light of your physical fitness, the information available to you from the map and your observation of the terrain. However, on easier courses there is generally not as much route choice.

The speed with which you negotiate a chosen course is up to you: a runner may wish to 'beat the clock', whilst a recreational orienteer will find enjoyment in observing nature and completing 'a walk with a purpose'.

BUT... just to get you used to the idea and technique of Orienteering, don't dash madly about the bush but take your time, study the map, know where you are and where you want to go, relate the map to the terrain and only then proceed from feature to feature until you reach the next control, after which the whole process is repeated until the FINISH has been reached.

THE PROCEDURE

1. Select a course which fits your physical fitness and experience from the 'TODAY'S COURSES' notice board.

The '**BLUE**' course is shortest and easiest, '**GREEN**' a little harder but still fairly easy, with the length and difficulty increasing through '**ORANGE**' (moderately difficult) to '**RED**' (hard).

2. Select the correctly coloured **REGISTRATION/CONTROL CARD** for your course and complete the sections which have the solid black border. For safety reasons we are required to know the names, ages and contact details of everyone who goes out on an Orienteering course.

Then take the card to the **REGISTRATION POINT**. An **ENTRY FEE** is charged to cover map and other costs. These fees are at present (2006):

	Adult*	Junior	Concession#	Family Max	Extra Maps	Compass Hire
Classic Program - Red/Orange courses*						
OACT Member	\$10.00	\$7.00	\$7.00	\$27.00	\$2 or \$3**	\$1.00
Non member	\$18.00	\$12.00	\$12.00	\$48.00	\$2 or \$3**	\$1.00
Saturday Twilight, Community Programs - Red/Orange courses*						
Members	\$10.00	\$7.00	\$7.00	\$27.00	\$2.00	\$1.00
Non member	\$18.00	\$12.00	\$12.00	\$48.00	\$2.00	\$1.00
* All above Programs - Green or Blue courses (Family rates only if all doing Green or Blue courses)						
Members	\$7.00	\$7.00	\$7.00	\$21.00	\$2.00	\$1.00
Non member	\$12.00	\$12.00	\$12.00	\$36.00	\$2.00	\$1.00
Mountain Bike Program						
Members	\$12.00	\$9.00	\$9.00	\$33.00	\$3.00	\$1.00
Non members	\$20.00	\$14.00	\$14.00	\$54.00	\$3.00	\$1.00

Concessions are full-time students (to undergraduate level) and government issued seniors' cardholders
** Map price is \$2 for metropolitan area or \$3 for non-metropolitan area

GROUPS: Same as individual rate. Extra maps as indicated

At **REGISTRATION** you will receive:

- a **MAP** (for all except the Community Program, maps usually have pre-marked courses)
- a **CONTROL DESCRIPTION LIST** for your course
- an **electronic timing stick** (red plastic with an elasticised strap) **We call them 'e-cards'**.
[Not issued at Community program events].

At registration you will need to clear any previous data from your e-card by inserting it into the **CLEAR** unit until the unit beeps and the light flashes. Then insert your e-card into the **CHECK** unit to verify that all data has been cleared. Again the unit should beep and the light flash. If this doesn't happen please ask an official for assistance.

It is advisable to tape your control card and control description list to your map, perhaps on the back of the map, so that you do not lose them on the course. Adhesive tape is provided for the purpose. Alternatively, you could attach your control card to your wrist or clothing.

3. **If your course is not marked on the map**, go to the **MASTER MAPS** and copy your course from the appropriate map onto your map with the pen provided.

The **START** is shown by a **TRIANGLE**

Each **CONTROL** is shown by a **CIRCLE** the centre of which is the actual control location

The **FINISH** is shown by a **DOUBLE CIRCLE**

4. Go to the **START**. When you are ready to start, insert your e-card in to the electronic START unit (again until the unit beeps and the light flashes). You may then start your course. [At Community events you 'self-start' after writing your start time on the sheet provided.]
5. On the course you must visit the controls in the correct order: 1, 2, 3, etc.

At each control check the **CODE NUMBER** on the control marker against the one on your control description list. If they agree, use the needle punch hanging from the control marker to mark the correct box on your control card: 1 into 1, 2 into 2 etc. If the code numbers do not agree, you are at the wrong control. Try to locate a prominent feature and then determine your location in order to go to your correct control.

To make it easier to relate map to terrain your map should be oriented North-South at all times. That is the **NORTH LINES** on your map should be pointing in the same direction as the North (red) end of the needle of your compass.

If you become lost, go to a distinctive feature close by, such as a road, track or fence and relocate yourself, and from there carefully try to find the control. Beginners' courses are meant to be easy and you should have no trouble. If all goes just too well, try a harder course next time. On the easier courses, the course setter uses **HANDRAILS**, such as fences, tracks, creeks which you can follow to within a short distance of the control.

6. Having reached the **FINISH**, place your e-card into the FINISH unit (again until the unit beeps and the light flashes). Proceed to the computer desk where you will be able to download your time. The official will be able to tell you your elapsed time for the course. Please hand in your e-card and also control card to the official. This way we know that you are back and do not have to send out a search party! If you abandon your course, you must still hand in your cards.

All courses have a **course closure time**. Please ensure you observe the time and return to the finish by that time, even if you have not been to all your control sites. Should you become injured or incapacitated, try to find a comfortable and obvious place to rest, and call for help from time to time. When your failure to return is noted, the organisers will send out a search party.

We will be happy to tell you more about our sport. At events someone will be available to answer your questions. Do this before you set on a course as you might not see many people whilst in the bush. After you finish, feel free to talk to other orienteers about how you fared on the course and discuss any problems with them. This is the best way to learn how to improve your navigational technique and derive more satisfaction from your orienteering.

We hope you enjoy orienteering and that you will return to participate in further events.

FURTHER INFORMATION

For more information you can also write to Orienteering ACT Inc, PO Box 402, JAMISON CENTRE, ACT 2614, email actoa@iimetro.com.au, visit our website <http://www.act.orienteeing.asn.au> or telephone any of the following people:

Manager Administration:	John Suominen	6251 3885 (w)	
Executive Director:	Bob Allison	6281 4529 (h)	0408 407 141 (m)
Manager Media and Marketing:	Bob Mouatt	6231 2463 (h)	0412 312 376 (m)