

BASIC ORIENTEERING INSTRUCTIONS

Things you'll need:

A COMPASS -- Nothing fancy, just something that points NORTH. (The course can be done without a compass, but it helps to have one.)

WEATHER-APPROPRIATE CLOTHING and SENSIBLE SHOES. Long pants and long-sleeved shirts may help prevent poison ivy, ticks, and the like.

BEFORE YOU GO: Familiarize yourself with the colors and symbols on the map (see the LEGEND).

While orienteering, here are some guidelines to follow. These will also be explained during the beginner instruction, so don't feel like you have to memorize all of this information.

1 - FIRST AND FOREMOST, KEEP TRACK OF WHERE YOU ARE AT ALL TIMES!

2 - ORIENT THE MAP TO NORTH. THE TOP OF MAP IS NORTH. ALIGN IT WITH THE NORTH ARROW ON YOUR COMPASS. WHEN ORIENTED, THE MAP WILL MATCH UP WITH YOUR SURROUNDINGS.

3 - PUNCH THE **START CONTROL** (purple triangle symbol on the map), THEN PROCEED TO CONTROL #1. THE **PURPLE CIRCLES** REPRESENT CONTROL LOCATIONS. THE **CENTER OF THE CIRCLE** IS YOUR TARGET.

4 - REFER TO THE **CLUES** ON YOUR MAP. THIS TELLS YOU THE TYPE OF FEATURE YOU ARE LOOKING FOR (bench, trail junction, etc.).

IT ALSO LISTS THE **CODE** THAT WILL BE ON THE MARKER. FOR EXAMPLE, THE #1 CONTROL ON YOUR COURSE MAY HAVE THE NUMBER "43" ON THE PHYSICAL MARKER. MAKE SURE THE **CODE MATCHES** THE CODE ON

YOUR **CLUES**. YOU MAY COME ACROSS MARKERS THAT ARE NOT ON YOUR COURSE. IGNORE THEM!

5 - WHEN YOU FIND YOUR CONTROL, STICK YOUR FINGERSTICK INTO THE HOLE UNTIL YOU HEAR A **BEEP**.

6 - AFTER FINDING #1, **PLAN YOUR ROUTE** TO #2, AND SO ON.

6 - **KEEP THE MAP ORIENTED** WHILE YOU TRAVEL. NO MATTER WHICH DIRECTION YOU ARE FACING, YOUR **MAP** SHOULD BE POINTED **NORTH**.

7 - FOLLOW YOUR ROUTE, NOTICING MAPPED FEATURES ALONG THE WAY. THESE ARE VERY DETAILED MAPS — IF YOU PAY ATTENTION, YOU CAN STAY IN TOUCH WITH THE MAP.

8- YOU CAN **FOLD YOUR MAP** TO DISPLAY ONLY THE PART YOU NEED. USE YOUR THUMB TO KEEP TRACK OF YOUR LOCATION ON THE MAP.

9 - **DON'T FOLLOW** OTHER PEOPLE! THEY MAY BE ON A DIFFERENT COURSE THAN YOU, OR A DIFFERENT LEG OF THE SAME COURSE.

10 - AFTER FINDING YOUR LAST CONTROL, **NAVIGATE TO THE FINISH** (double-circle symbol on the map) AND **PUNCH THE FINISH CONTROL**.

11 - WHEN FINISHED WITH YOUR COURSE, RETURN TO THE CENTRAL EVENT AREA TO **DOWNLOAD YOUR RESULTS** AND **RETURN YOUR FINGERSTICK**.

Finally, **PLEASE** practice responsible social distancing. Don't hang around a control after you found it — move away to let others have space.