Understanding the Map

**Scale:** This means that each 1 cm equals 7500 cm or 75m in the terrain. Other common scales are 1:5000 & 1:10000.

**Legend:** Use this Legend to help you identify all the symbols used on the map.

**Control Description:** Refer to this for additional clues on what to look for in the control circles. For example, Control 2 is a ‘trail junction’.

**Confirmation Code:** This # helps you to identify that you found the right control flag.

**Course:** These symbols show your course.
Navigating your first Orienteering Course

1 - Locate your start point on the map
2 - Fold the map to see your immediate route and place your thumb on your location
3 - Orient your map to north

4 - Locate the first control and select your direction & route
   • Decide the easiest and quickest route to go
   • An available trail is usually best
   • Important: Keep your map oriented north with each change in direction

5 - Identify important map symbols along the way
   • When first starting out, stick mostly to trails and other easy to follow features
   • As you pass each feature, check them off against your map
   • Some common helpful symbols are:

6 - Visualize the shape of the ground
   • Be aware what the contours may tell you.
   • Are you going up or down?
   • Is there a hill or big feature nearby to help reference you?

7 - Find your first control & check the code!
   • Yeah! You found it!
   • Now verify that the flag number matches the confirmation number

8 - Punch your control card
   • Punch the box corresponding to the number of the control you have found

9 - Carry on to the next control
   • Repeat the same process to locate all the control flags on your course
   • You should be able to find them all, but don't worry if you don't! There is always a next time

10 - Report to the Finish
   • Now you can check your results against others to see how you did!

Important Safety Info and Competitor Rules

Safety:
   • Carry a whistle and wear a watch to keep track of time.
   • Wear appropriate outdoor athletic clothing suited to the terrain and weather.
   • If lost or injured, blow your whistle three times to attract attention.
   • Always report to the Finish, so the organizers know you have returned.

Rules:
   • Find all the controls in order (unless a Score-O event).
   • Do not follow other competitors.
   • Do not move any of the control flags. Please re-hang, if fallen.
   • Do not cross designated out-of-bounds areas or sensitive garden areas.
   • Provide aid to any lost or injured orienteers.