

# GETTING STARTED IN ORIENTEERING - A BEGINNER'S GUIDE

## Understanding the Map

### ROYAL ROADS Victoria, B.C. AND RECREATION MAP

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

Scale 1:7500  
Contours: 5m

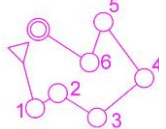
port that involves navigating through unfamiliar  
ap and compass. This map is one of many that  
ing Association of B.C. uses to stage events  
e province. VictOrienteers is a member club.

#### LEGEND

	paved road		knoll, pit
	parking area		depression: large, small
	dirt road		steep bank
	vehicle track		ditch
	wide trail		pond
	narrow trail		stream
	indistinct trail		seasonal stream
	fence: high, low		distinct marsh
	ruined fence		indistinct marsh
	building		spring
	ruin		open
	man-made object		rough open
	cliff, rock face		slow run
	boulder: large, small		walk
	group of boulders		fight
	contour, index contour		vegetation boundary
	form line		garden
>2m root stock symbol"/>	>2m root stock		OUT OF BOUNDS

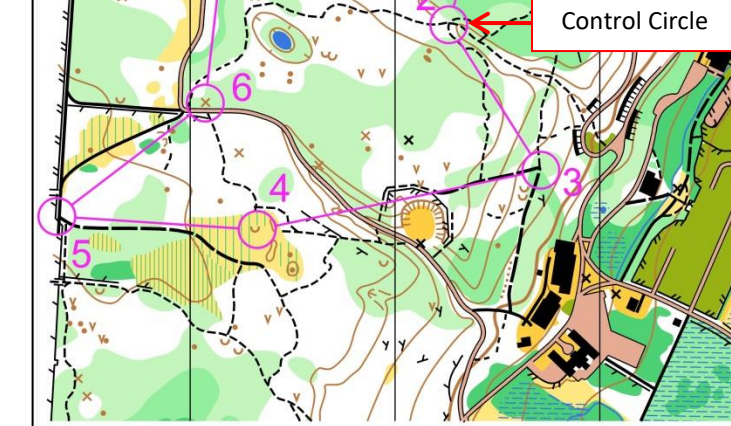
**Legend:** Use this Legend to help you identify all the symbols used on the map.

**Course:** These symbols show your course.



**North on the Map:** These blue lines show where magnetic north is on the map.

**Length:** This is the 'as the crow flies' distance for your course.



Each control is marked by one of these:



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

Course Name

Course C-1, Length 1.3 km

- Start
- 31 Trail Junction
  - 32 Trail Junction
  - 33 Trail Junction
  - 34 Shallow Pit
  - 35 High Fence
  - 36 Root Stock
  - 37 Man-Made Object
  - 38 Trail Junction
- 40 m from last control to finish. No tapes

**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'.

# Navigating your first Orienteering Course

## 1 - Locate your start point on the map

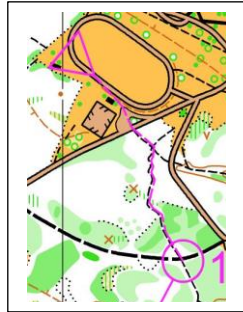
## 2 - Fold the map to see your immediate route and place your thumb on your location

## 3 - Orient your map to north



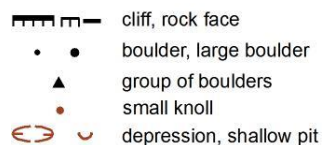
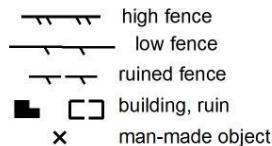
## 4 - Locate the first control and select your direction & route

- 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



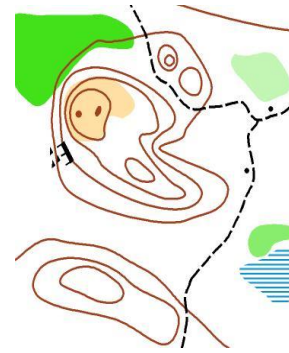
## 5 - Identify important map symbols along the way

- 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.