

How to navigate & coaching tips

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Introduction

- This presentation covers how to navigate
- It does not cover how to be a **total athlete**
 - Physical fitness
 - Nav
 - Lifestyle
 - Mental
- How you rest, eat, think and move all count
- A “**performance athlete**” maximises all of these factors

What is the most common mistake orienteers make?

Fixed vs. growth mindset...You can get better

Orienteering is a skill, like learning a musical instrument or maths

You can improve...with purposeful practice

What is good orienteering?

- Get to the finish as quickly as possible
 - You don't need to read everything
 - You don't need to be completely in-control
 - You do need to:
 - Navigate...enough
 - Have speed control
 - Run sweet lines in the terrain
- Racing is being able having a solid process that works under pressure
- Do the right thing at the right time

Nav skills

- **Plan**

- Attack point
- Catching feature
- Traffic lighting
- Route choice
- Plan
- Following / using people
- Focusing
- Relocating
- Map memory

- **Direction**

- Contouring
- Bearings
- Orientation of your map
- Aiming off
- Hand railing
- Eye railing
- Direction
- Sighting

- **Picture**

- 3 points of contact
- Picture
- Using people
- Simplifying
- Checking control descriptions
- Geeking
- Ticking off features
- Visualisation
- Reading contours

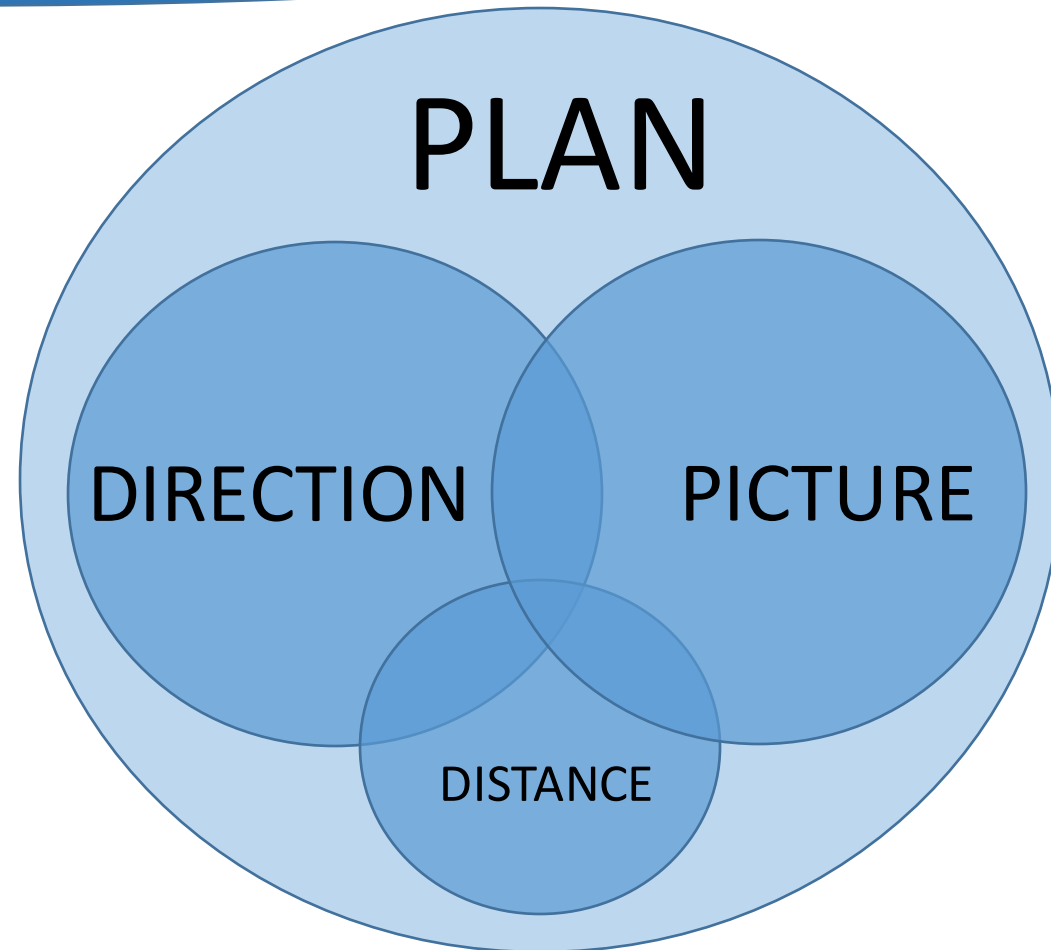
- **Distance**

- Pacing
- Thumbing
- Distance judgement – “the force”

An outcome of good orienteering:

- Control flow
- Execution

Nav skills

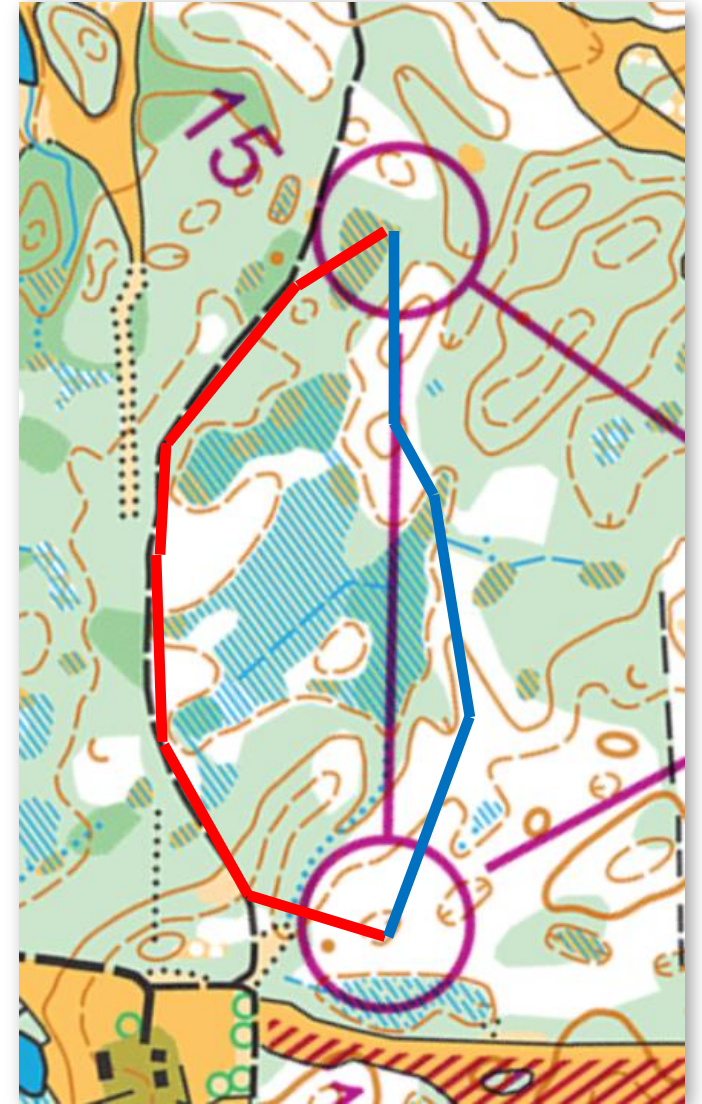


Plan

- Plan is the most important part of orienteering
- Leapfrog between “beacon” features
- What makes a good beacon?
 - Visible, obvious, simple, unique
- **Plan = simplify to beacons**

Total process

1. Read the map...purposeful map looks (take useful info)
 - Find the course
 - Analyse the terrain
 - Potential beacons
 - Runnability. Is it fast?
2. Pick a route
 - What works for you
 - Risk vs. reward
3. Make a plan
 - Beacons
4. Execute
 - Leapfrog between beacons. Using direction & picture (compass & features)
 - 1 beacon at a time. Don't miss any out
 - Final picture



Plan

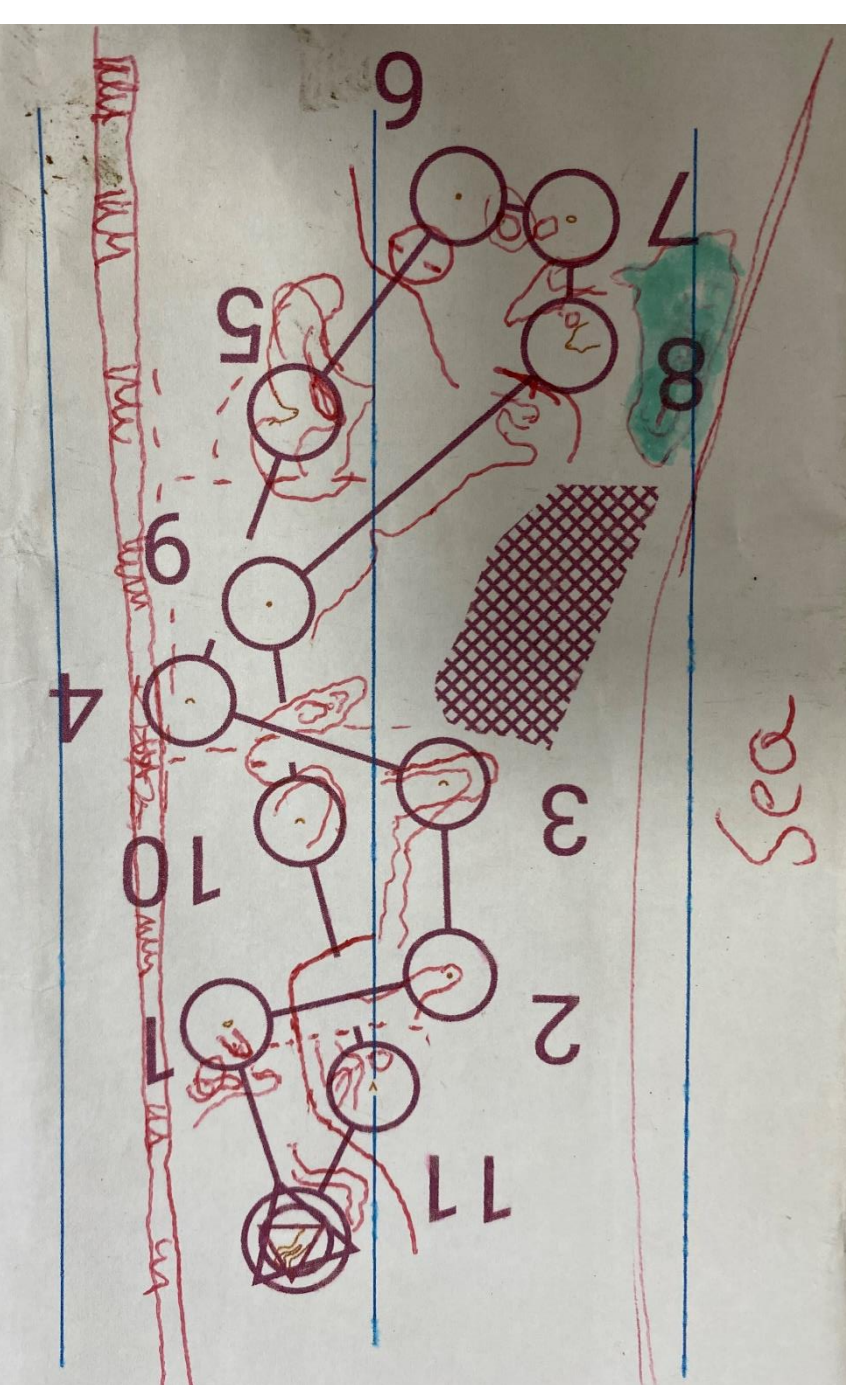
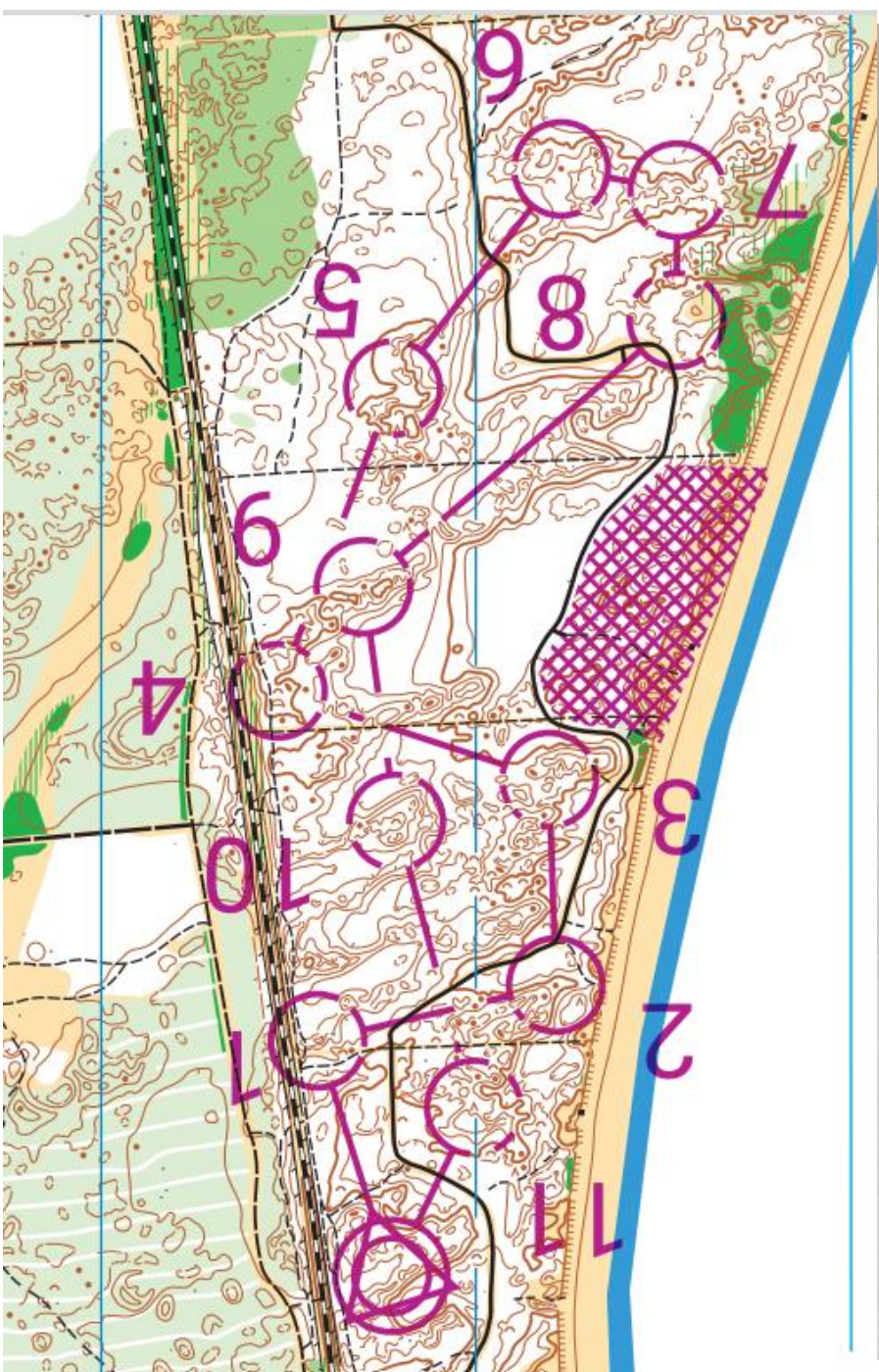
1. Read the map
2. Choose a route
3. Make a plan
 - a. Beacon features
 - b. For the whole leg
 - c. When to be accurate

Planning is different to route choice



A man in a white and red soccer jersey is running on a grassy field. The word "Simplification" is overlaid in the center of the image, flanked by two horizontal lines. The background shows trees and a clear sky.

Simplification



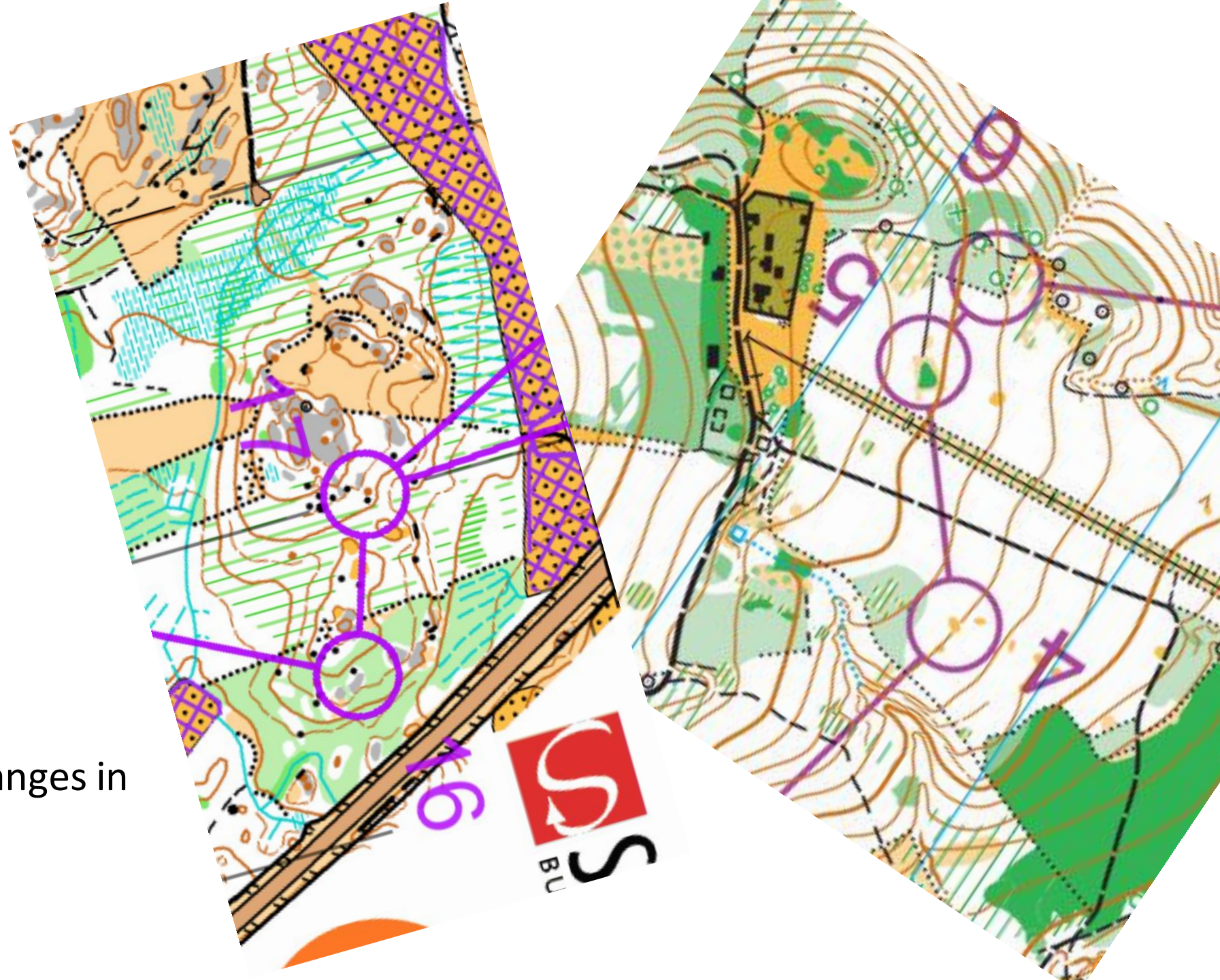
- Invest time to make a plan
- **You can run hard if you know where you're going**
- Feels stop/start leapfrog...but you will get more fluent with practice

Direction

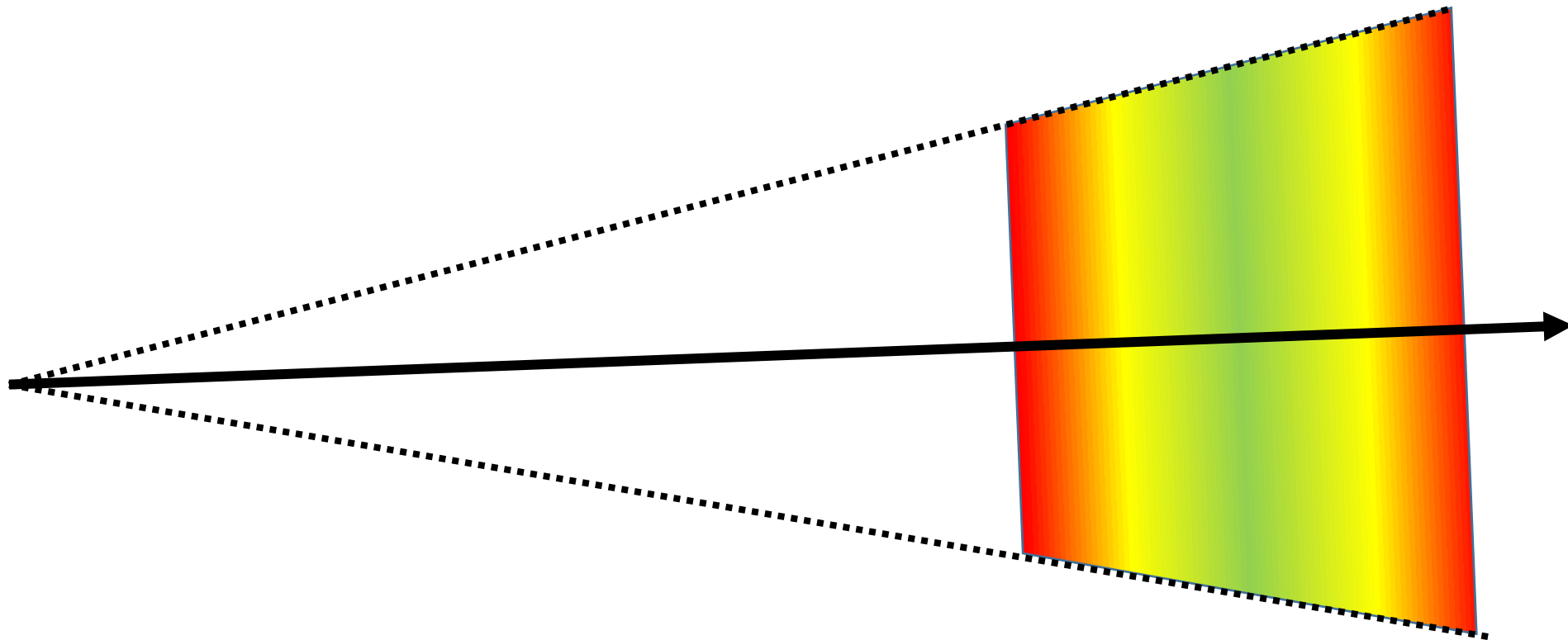
Direction

- Compass
- Pointer features

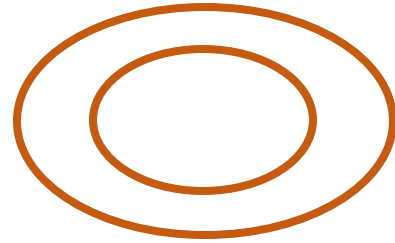
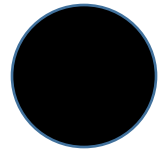
- Compass
 - Accurate / rough
 - Short / long
 - Exit direction / changes in direction



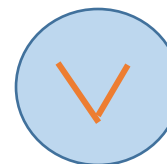
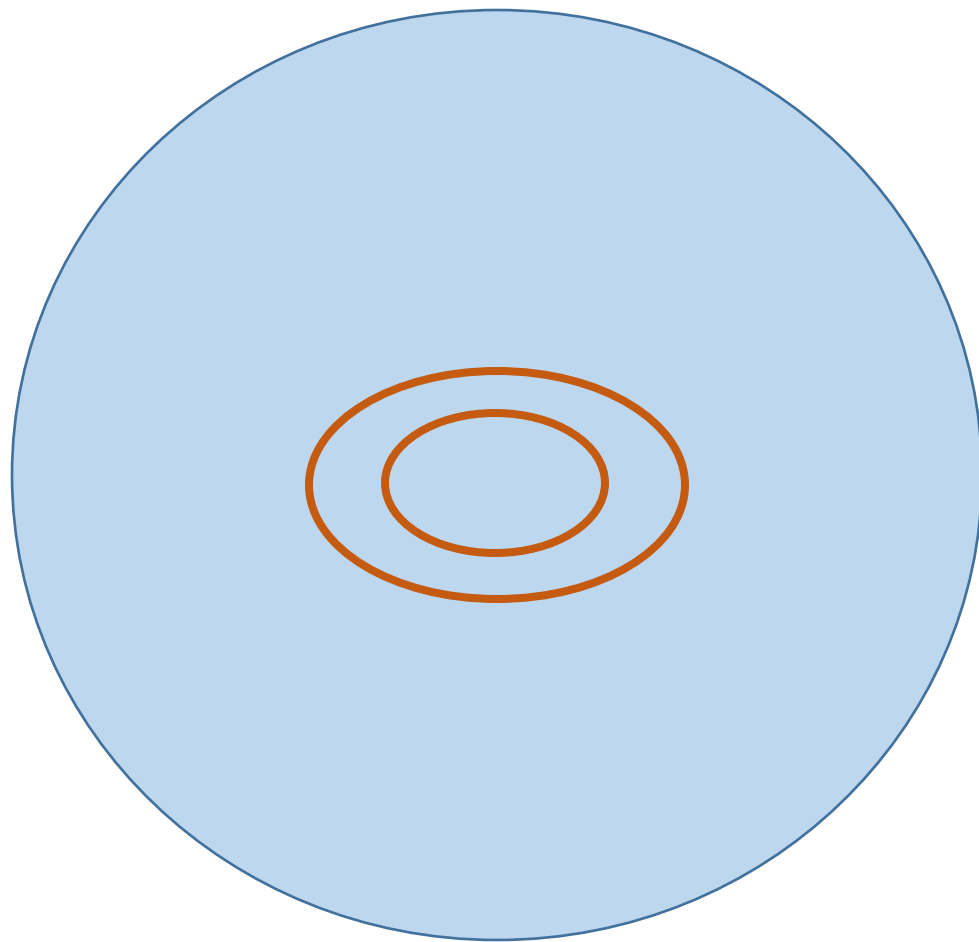
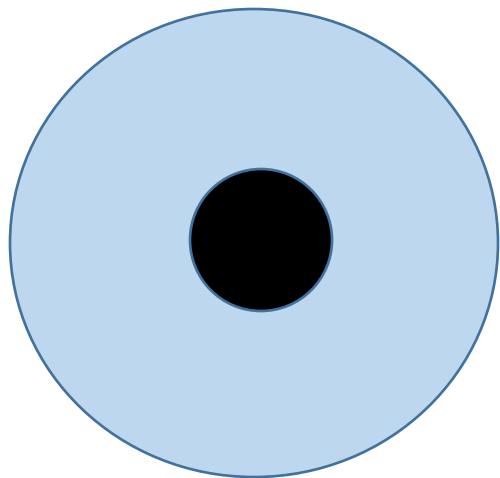
Direction



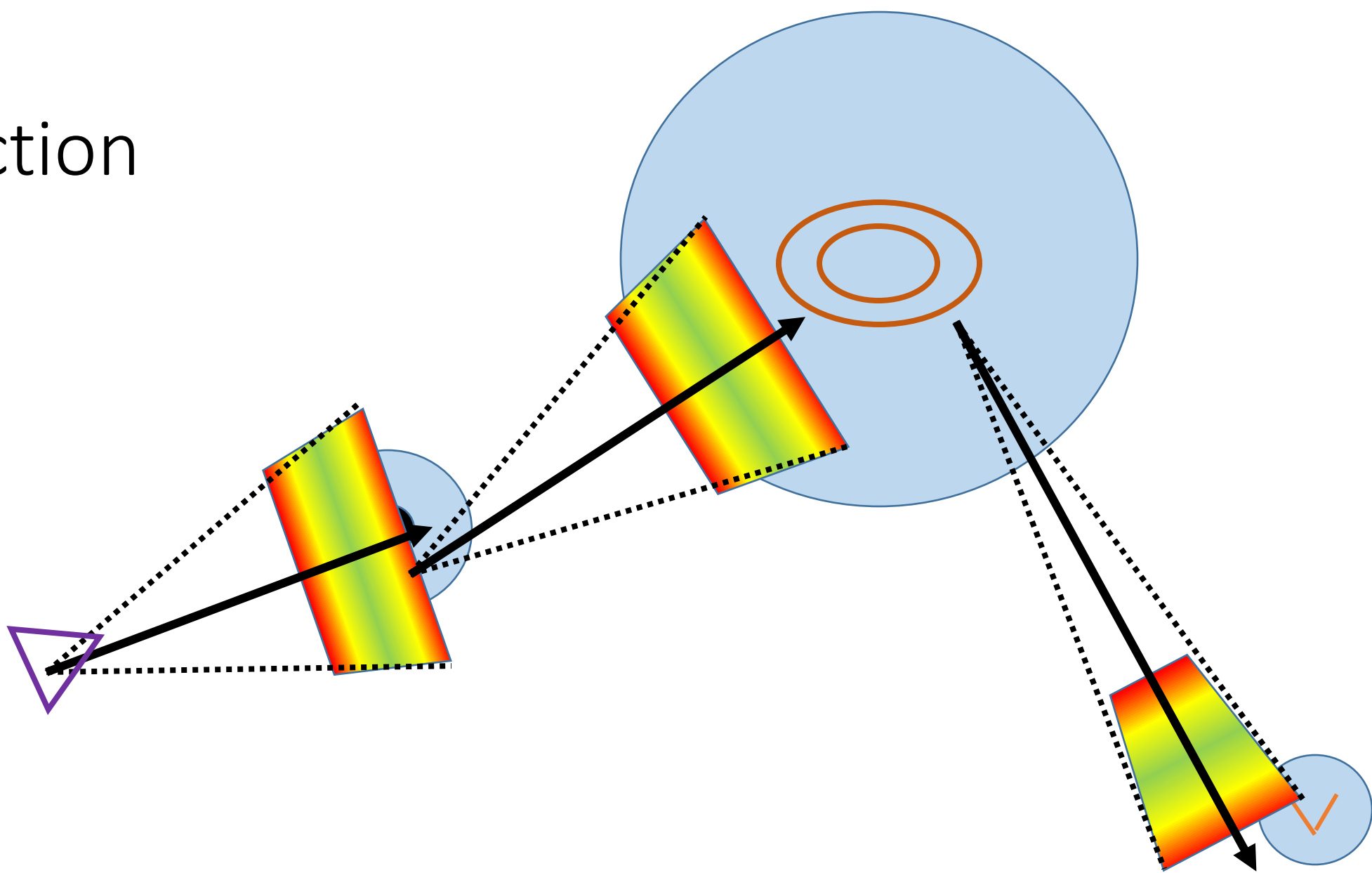
Direction



Direction

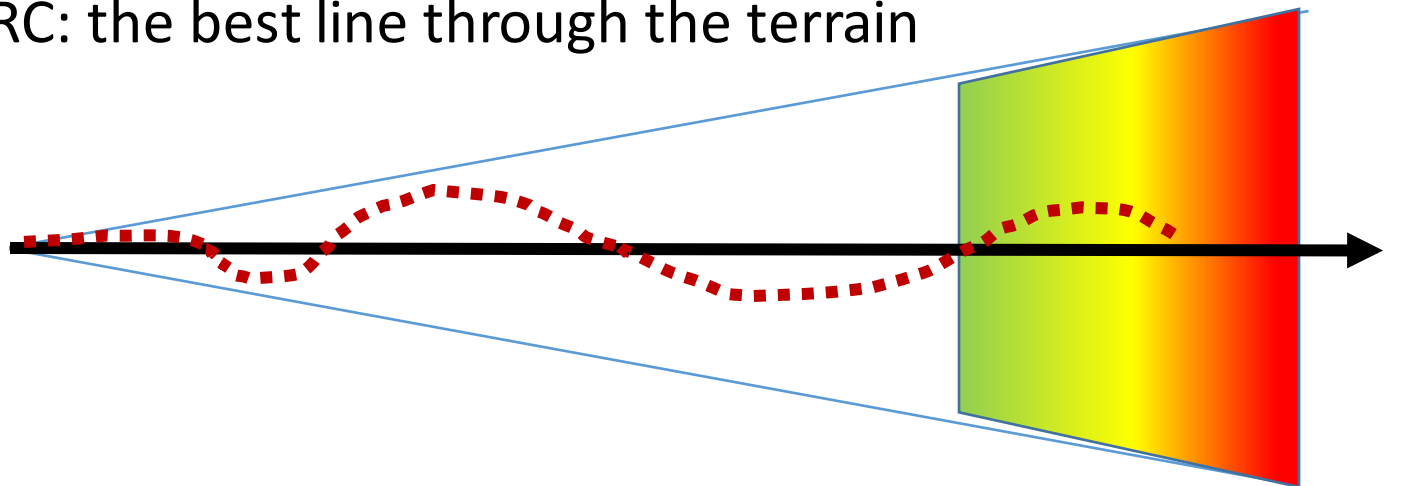


Direction

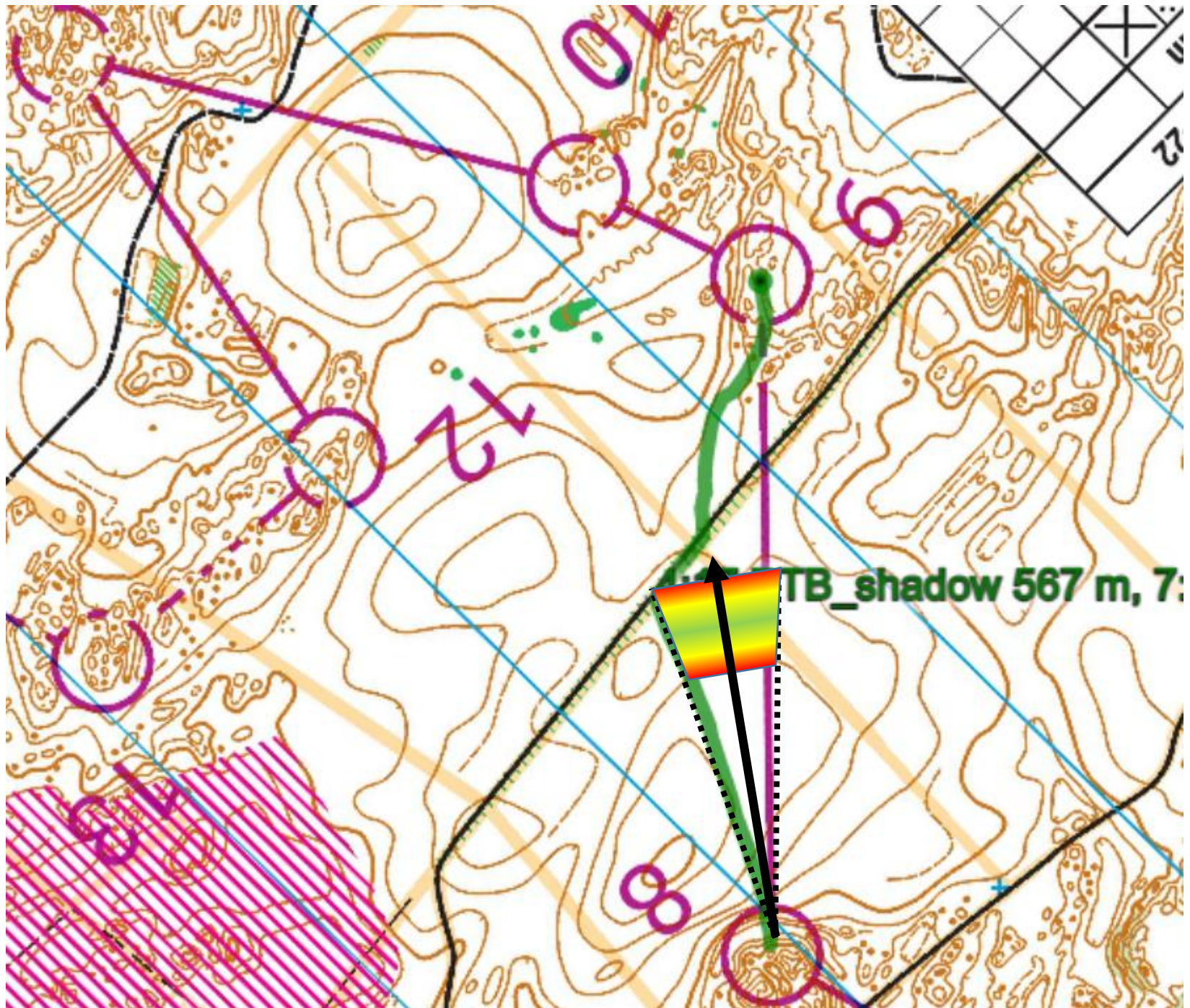


How to take a bearing

- 10% orientate the map
- 10% set your compass
- 80% sighting
 - On a mini-beacon
 - Then pick the nice micro RC: the best line through the terrain



- Aiming off is because you know there is a cone of accuracy
- You expect there will be error
- If you take a bearing to a pit, get meerkat-ing



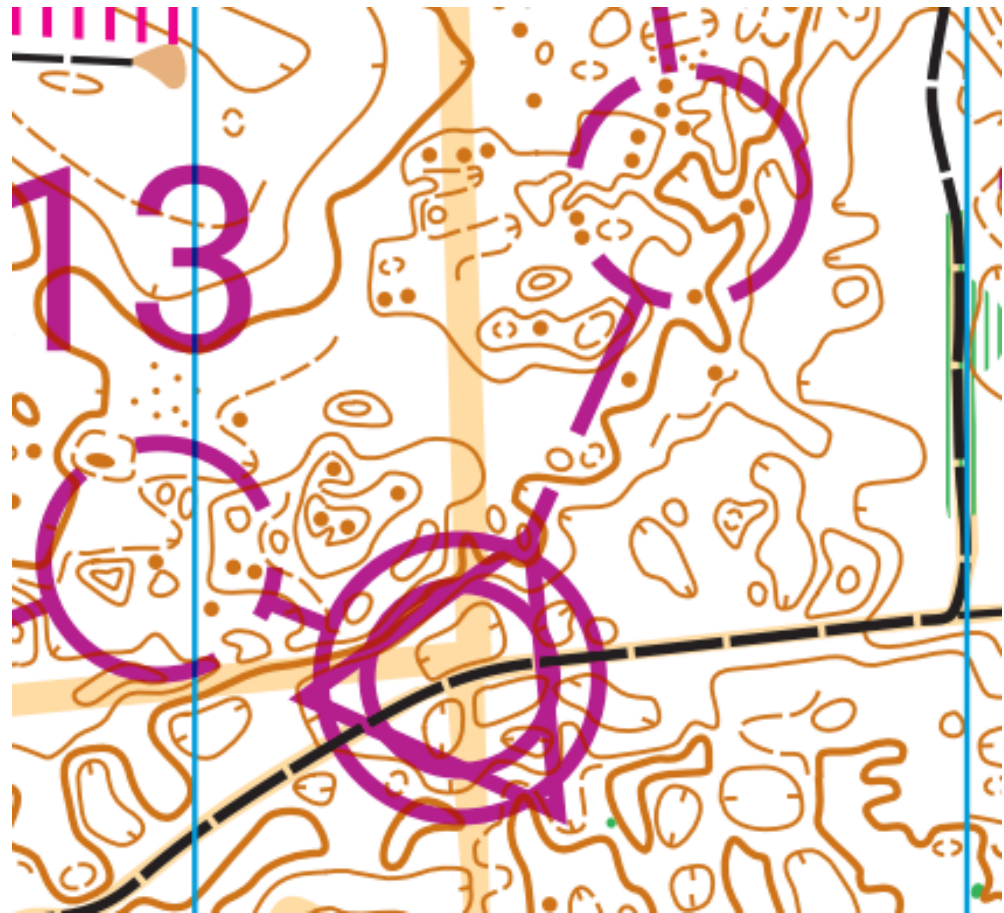
Micro route-choice

- You are only 0.5m wide. Pick the 0.5m-wide spot on the horizon where you want to go
- Pick nice micro RC lines



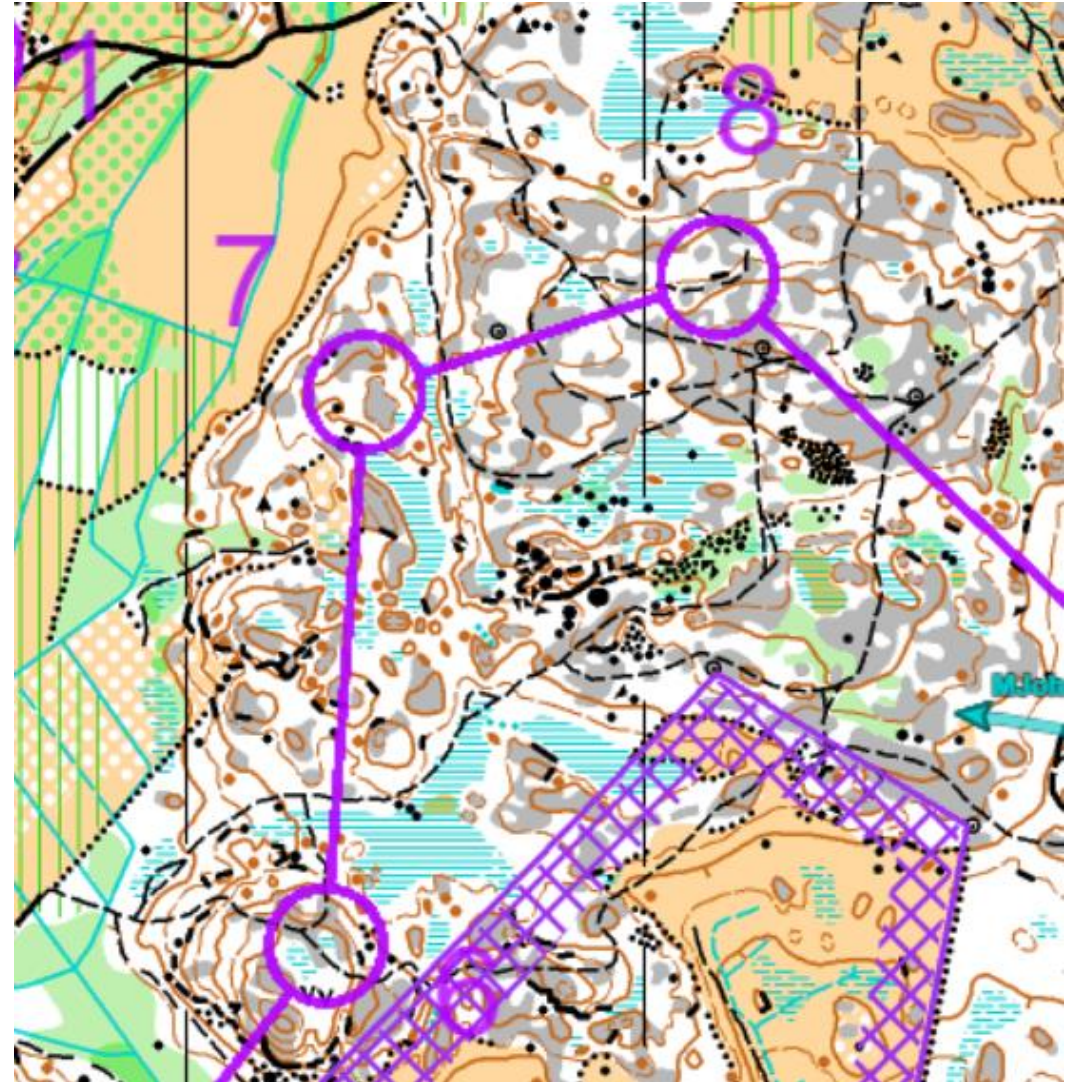
Picture

Picture



Picture

- Picking out key features from the map
- Finding them on the ground
- Simplify



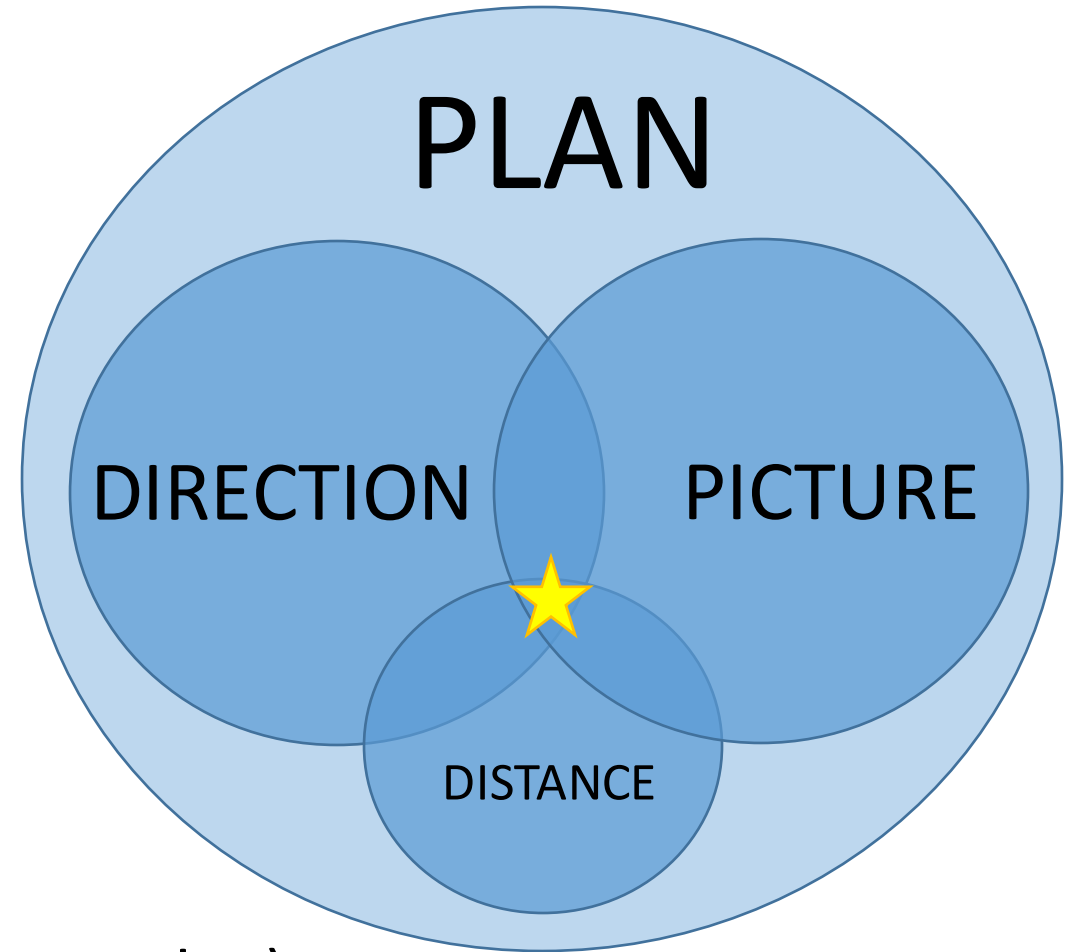
Distance

- Use 'the force'
- Few elite orienteers use pacing
- Can you judge a distance?
 - Running
 - Looking

Putting it all together

Make a plan

- Leapfrog between beacons
- To get between beacons:
 - Direction (compass & pointer features)
 - Picture (features)



Multiple points of contact (hence the overlap):

- Using features, compass running in the background

“Fine bearing” vs. “Rough bearing”

“Fine bearing” = twisting the bezel on your compass. Taking a sighting

This is taking a bearing

“Rough bearing” = compass running in the background. With a thumb compass, this is your compass in your peripheral vision when you read the map, double-checking that the features in front of you are orientated – multiple points of contact.

This is not taking a bearing. But it is valuable, and should be something you do every time you look at the map

It can also mean taking a bearing, but not taking a sighting, and accepting a big cone of error

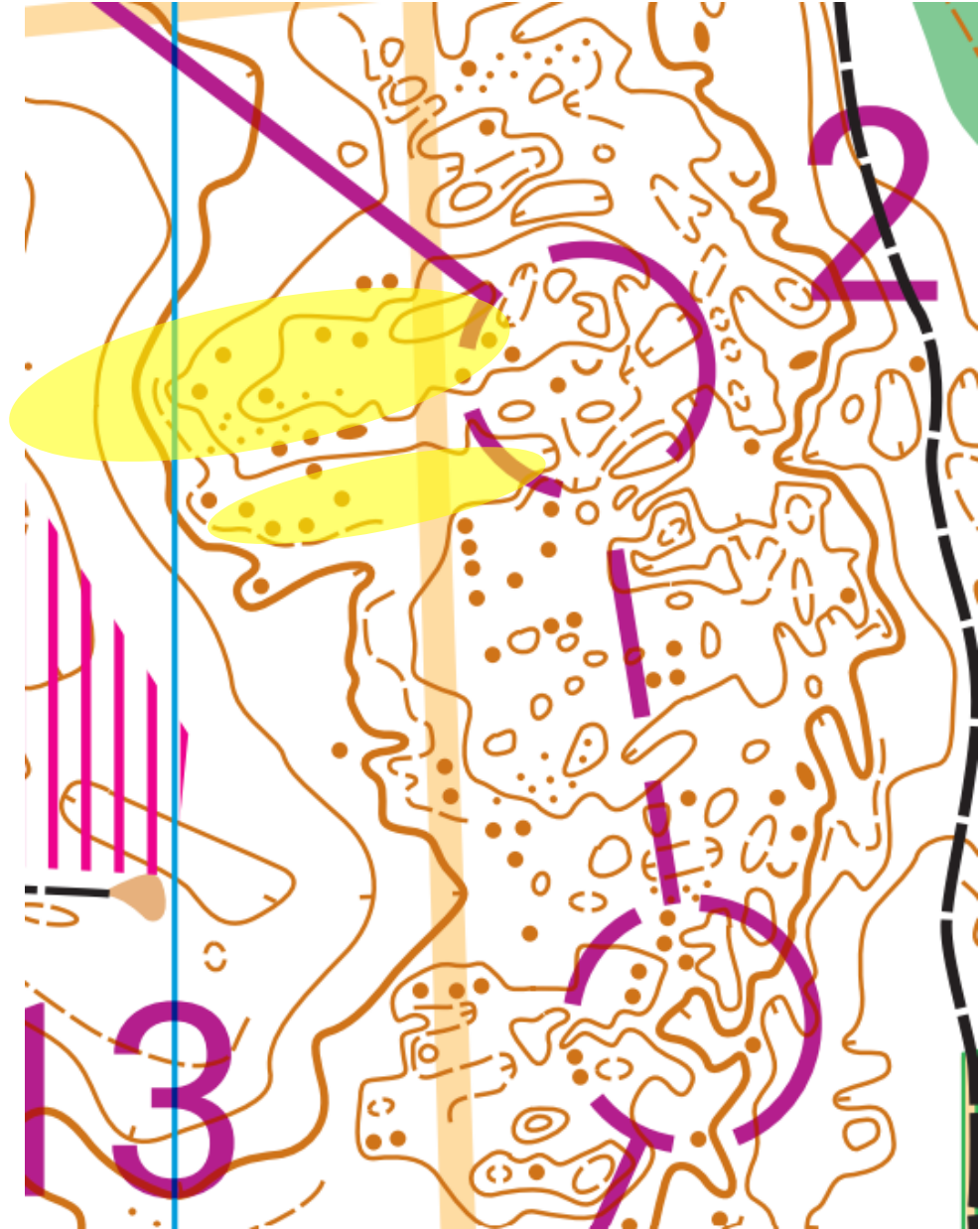
Beacons get you to the circle

“What next?”

You need a picture in the circle

“Where is the control?”

Switch from beacon mode to
final picture mode

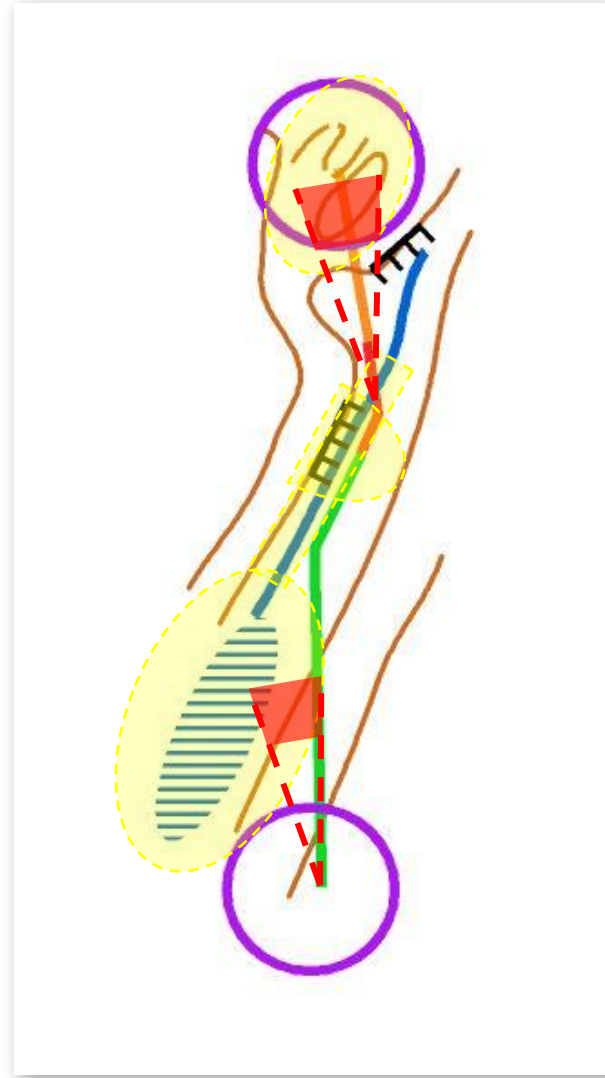


A woman in athletic wear is running across a sandy, rocky desert landscape under a clear blue sky. On the left side of the image, there is a vertical strip showing a topographic map with various colored lines and symbols, representing the terrain of the race. The text is overlaid on the right side of the image.

FOLLOWCAM
ORIENTEERING
IN SPAIN

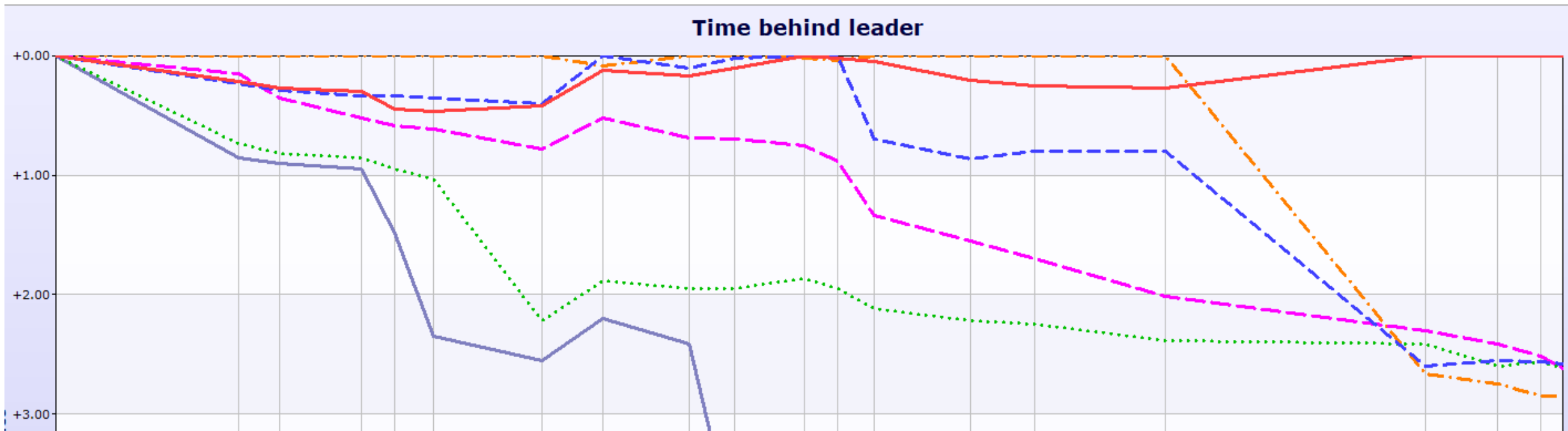
TOVE
ALEXANDERSSON

Example



- Aim of orienteering: get to the finish in the shortest time
- A clean run = fast run
- Minimal mistakes

- This means a complete plan
- An incomplete plan = occasional mistakes
- A full plan = confidence = speed
 - Invest time in the map



Speed control

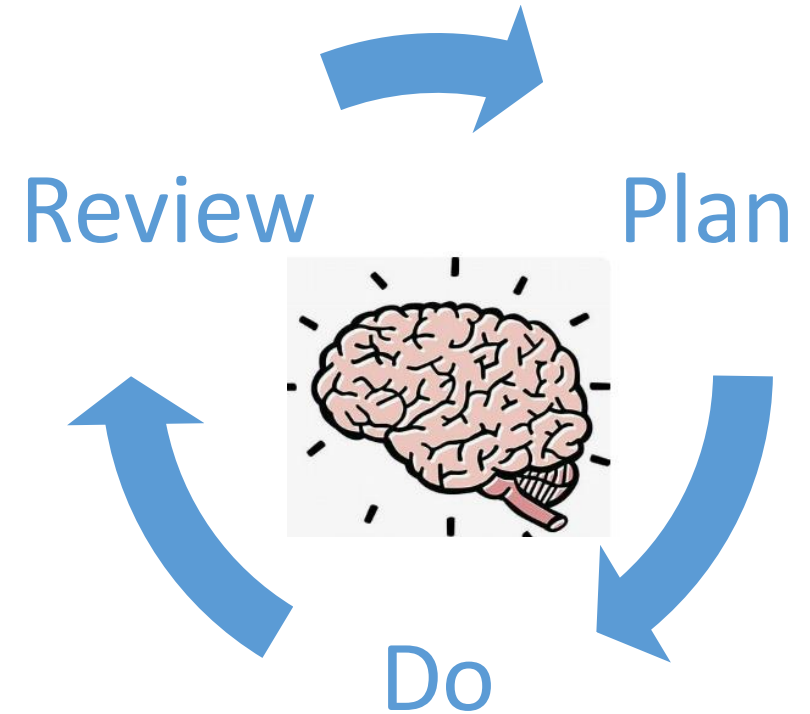
- The right thing at the right time (“Traffic lighting”)
- You can do three things:
 1. Read the map
 2. Run hard
 3. Look-up
- Map memory = read the map then run hard, while looking up
- Our goal
 - Map memory
 - Of beacon features
 - So you can run hard between them
 - When you get to the beacon, slow, read the map, repeat



What did you learn today? Good use of AttackPoint

Every time you go orienteering:

- Write 2 things you did well today?
- 1 thing you can improve tomorrow?
- Hints: plan, picking good beacons, sightings, direction from compass + features, picture, speed control
- Is there any help I can ask for?

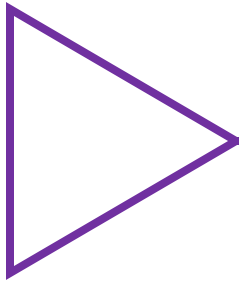


You CAN get better

- Practice with purpose
 - Why are you doing this? What is purpose of the session?
 - What are you trying to learn?
- Attitude is the most important thing
 - **Be curious.** Ask for help. No-one is born with orienteering skills, we learn them through purposeful practice
 - **Be determined.**

1. Read the map

- Find the course
- Read the terrain
 - What's the big shape?



2. Pick a route

- What works for you
- Risk vs. reward

3. Make a plan

0 to ∞ beacons

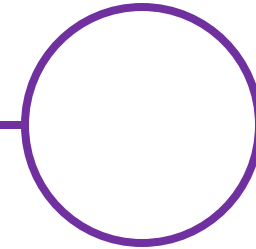
What is a good beacon in this terrain?

One at a time

Don't miss any out

4. Control

Final picture



3 & 4. Execute

- Leapfrog between beacons. Using direction & picture (compass & features)
- Make a final picture



Coaching tips

Before / after

- What was your plan?
 - Was that a good plan?
 - Good beacons?
 - Good final picture?
 - Too much / too little detail?

Shadowing

- Talk-o
- “What next?”

JROS summer camps - volunteer