

# PLAN

To orienteer successfully, you need to make a robust PLAN for each leg of the course. Most mistakes made by orienteers come from a lack of a PLAN. Remember this advice from the [‘Systematic Orienteering’](#) document?



## 1. Plan

This is the first thing you do – plan your route from where you are to where you want to go. This will involve CARE (Control, Attack point, Route, Exit) - alternatively RACE (Route, Attack point, Control, Exit)

Always have a plan before you leave a control and ask yourself 3 questions

1. Where are you now and where are you going?
2. What are you going to see on your way to the control?
3. How are you going to get there?

You draw your skills from the ‘toolbox’ you have; this could involve handrails, route choice, aiming off, attack points, catching features, etc.

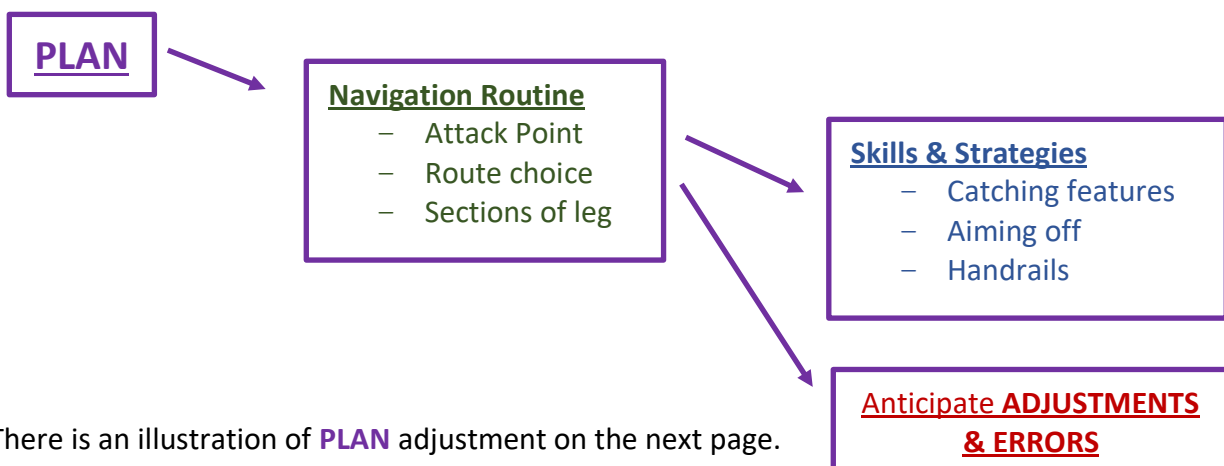
We have spent a session examining [‘Route Choice’](#), working out if it is best to keep as close as possible to the red line joining up the controls or if we should deviate from this because of e.g. easier running, saving hill climbing & descent, avoiding thick forest etc.

- Decide on your route to the attack point.
- Know what skills you have to use to execute this route.
- Question to yourself – is this a good robust plan for me?

Be prepared to adjust your plan; things on the ground might turn out to be a bit different to what you had expected. Constantly re-evaluate and adjust your plan to the circumstances you encounter. This is especially important when you go to a new (to you) orienteering area; have a very safe plan for the leg to the first control so that you can start to understand and interpret

Map ↔ Ground

[Better Orienteering](#) develops the PLAN into ‘Navigation Routine’ and ‘Skills & Strategies’.



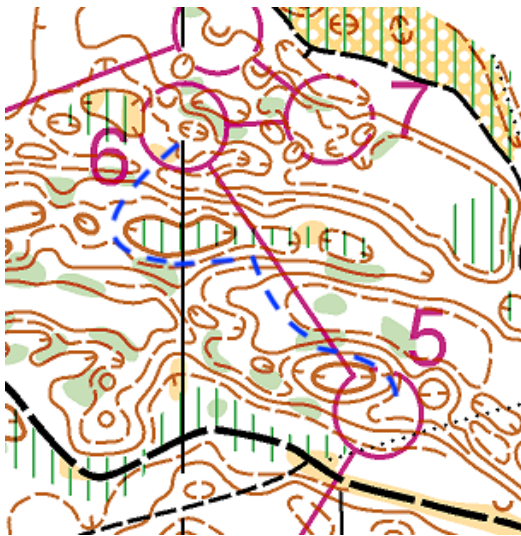
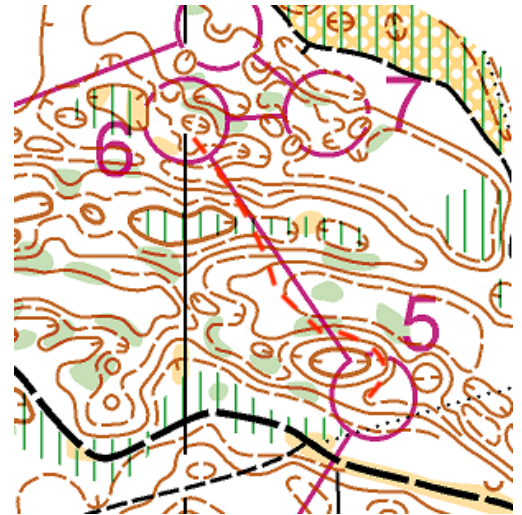
There is an illustration of PLAN adjustment on the next page.

Take a look at leg 5 to 6.

For this leg I **PLAN** to use a series of 'catching features' which will keep me close to the line connecting the controls:

1. Contour around the depression on its E side (why lose height if you do not have to?);
2. Contour around the spur;
3. Down into the depressions (2 contours) and up to the next (skinny) spur (2 contours);
4. Into the re-entrant and up the shallow spur to the control in the depression.

The route in my **PLAN** is shown in red dashes.



BUT a **PLAN** has to be dynamic, reacting to what you actually find on the ground.

When I reached catching feature 3 (the depressions) I found that the vertical green screen (= undergrowth, slow run) was head high bracken!

So I had to adjust my **PLAN**. The revised **PLAN** is shown by the blue dashes.

Can you work out what my revised catching features are?

This revised route actually gives a good Attack Point for the control – can you identify it?