

## Beginners Clinic:

### Inventory:

Check-off list of things to teach. (this list)  
Supplies Control Bag, Punch  
Control Card, Stub (filled in , pasted to larger display)  
Waiver - filled in, explain need  
Compass(club), Whistle, Watch (or diagram)  
Pencil, pen  
Pacing rope 10m  
3D terrain display  
Display Board  
(STOP, HUSH, 4 C's)  
Next Event Flyer with web-site, hotline  
Map of So Cal locations  
Old ONA's - maps and photos  
MAPS, various colors and examples(world-wide, individual)  
Contour game

TODAY's EVENT MAP with the WHITE COURSE printed on it

### GUIDELINES FOR A BEGINNERS CLINIC

They want to get out there, they want to use a compass, they are worried about getting lost, or think they can do it all! If they go straight out they are prone to failure and not return. It is up to you to show them interesting things that will make their first course a success and leave them wanting more. It is not the time to teach many techniques.

**\*Make all newcomers feel welcome.** (think of something like this opener: - -  
Today we will teach you how to start and get around on a course. We'll show you how our maps differ from road-maps and topo maps, and you will be amazed at them :-  
))

We hope you have fun, and come to our next events - Show Schedule. Come back afterwards and we'll show you some more techniques, review what you did etc etc

Dont worry about using a compass. The best tools for Orienteering are your BRAIN and a MAP . Learn to read a map, be observant of your surroundings and you will do well. We rarely use the compass to follow a bearing, although it is important"

**\*Show photos of orienteers from old ONA magazines.**  
this is a world wide sport, you don't even need tp speak the language!

**\*Refer to the following check lists:** Teach the map, Teach the procedures!  
A list of more advanced topics is also provided. This will show people what they can expect as future challenges.

**\*Afterwards:**  
-- Encourage beginners to meet with you after their course to tell you how they did, discuss difficulties, and give you their impressions of the event. Pass on any feedback to event organizers. Newcomers can also do another course on same map for free (or buy a new map) You may offer to walk some advanced course with them.

## TEACH the MAP:

- 1. Map reading, observation and concentration are the KEYS TO SUCCESS, not just your COMPASS**  
Show many different maps. Hand out samples and go over
- 2. Map symbols:** -- refer to the legend (use the map)
  - discuss basic colors and symbols
    - yellow =sun hits ground,
    - white=shadow under trees, space to run
    - green=veg =flight=> route choice
    - black= man-made (roads, buildings), boulders;
    - brown = man-made (roads), earthy (banks, contours)
    - blue (water and MN lines!)
  - Handrails: trails, fences, power lines, streams, row of rocks, cliffs, contour change, veg boundary
  - Catching Features
- 3. Map scale:**
  - use linear scale to judge distance (edge of compass)
  - mention pacing/experience/ keeping track
  - Today's scale is \_\_\_\_\_
- 4. Handling the map:**
  - fold map to focus on area
  - point in way you are going go., not straight up.
  - use thumb to keep track of your location
- 5. Orienting the map**
  - (a) by terrain features
  - (b) by compass MAG north "Orient to MN lines".
  - **use compass at start of each 'leg' and each intersection don't try to 'straight line'**
- 6. After finished, Copy a harder course to take home**

## ADVANCED - use these to keep people interested - it gets harder!

CS examples - show that sport gets harder, more challenging

Attack points  
Collecting features  
re-locating  
green, yellow, red speeds

IOF symbols - pick a few to show - worldwide sport  
PACING: use for short distances      Reset button

## TEACH the PROCEDURES:

### In general:

**As 'beginners', learn your skills and map reading, don't rush.**

discuss course-by-color, remind them to start WHITE, do Yellow same day (no cost) stay on Orange til on top 3 consistently.

**distance NOT = difficulty**

**1. The most important rule;** - if you register to go out on a course, you must check in at the finish, even if you don't complete the course, and dont stay out more than 3 hrs~ or after Course Closure!

**6. Start procedure:** visit start area if time permits  
Registration, waiver, control-card and stub (legible), copying map

**7. Route choice: NOT A STRAIGHT LINE**  
-- newcomers should choose handrails  
-- experienced orienteers have more options  
-- don't follow!

**8. Procedure at controls:**  
-- use control descriptions (is it a knoll, a junction?)  
-- identify the control marker by number (there may be others nearby)  
-- punch control card in correct box.. Punch in SEQUENCE

**9. Lost?** What to do if you get lost: -- orient your map and relocate  
-- go back to last known point  
-- follow safety bearing  
-- ask someone for help (last)  
-- come back for more instruction so you enjoy it more.  
-- **when you get back always CHECK\_BACK\_IN!**

**10. Etiquette:** make your own decisions without assistance  
-- don't follow  
-- avoid damaging wildlife, plants, property  
-- avoid areas marked "out-of-bounds"

**11. The most important rule;** - if you register to go out on a course, you must check in at the finish, even if you don't complete the course, and dont stay out more than 3 hrs~ or after Course Closure!

**12. After the event: --**

Encourage beginners to meet with you after their course to tell you how they did, discuss difficulties, and give you their impressions of the event. Give feedback to event organizers.

Newcomers can also do another course on same map for free (or buy a new map)

You may offer to walk some advanced course with them.

Suggest they copy a harder course to take home and study.

## GUIDELINES FOR A BEGINNERS CLINIC (simplified)

- \*Make all newcomers feel welcome.
- \*Show photos from old ONA magazines.
- \*Refer to the following check list:

The MAP: Show various maps with courses overprinted.

1. **Map reading, observation and concentration are the KEYS TO SUCCESS, not just your COMPASS**  
Show many different maps. Hand out samples and go over
2. **Map symbols:** -- refer to the legend (use the map)  
-- discuss basic colors and symbols
3. **Map scale:** -- use linear scale to judge distance
4. **Handling the map;** fold map to focus on area  
use thumb to keep track of your location
5. **Orienting the map;** (a) by terrain features  
(b) by compass north (magnetic)  
Note: Keep map oriented while moving.

On the course:

6. **Start procedure:** visit start area if time permits
- 6A. **The most important rule;** -- if you register to go out on a course, you must check in at the finish, even if you don't complete the course.,and dont stay out more than 3 hrs--!
7. **Route choice:** -- newcomers should choose handrails  
-- experienced orienteers have more options  
-- don't follow!
8. **Procedure at controls:** use control descriptions  
-- identify the control marker  
-- punch control card in correct box
9. **What to do if you get lost:** -- orient your map and relocate  
-- go back to last known point  
-- follow safety bearing  
-- ask someone for help (last)
10. **Etiquette:** make your own decisions without assistance  
-- avoid damaging wildlife, plants, property  
-- avoid areas marked "out-of-bounds"
11. **The most important rule;** - if you register to go out on a course, you must check in at the finish, even if you don't complete the course.,and dont stay out more than 3 hrs--!

Afterwards:

12. **:Afterwards:**-- Encourage beginners to meet with you after their course to tell you how they did, discuss difficulties, and give you their impressions of the event. Pass on any feedback to event organizers. Newcomers can also do another course on same map for free (or buy a new map) You may offer to walk some advanced course with them.