

Development Conference 2024



Nottinghamshire Orienteering Club MapActive

Lead Coaches: Hilary Palmer & Ant Squire

**With thanks to CLOK and their Couch 2 Green which was supported
by the Orienteering Foundation**

Tonight's Session

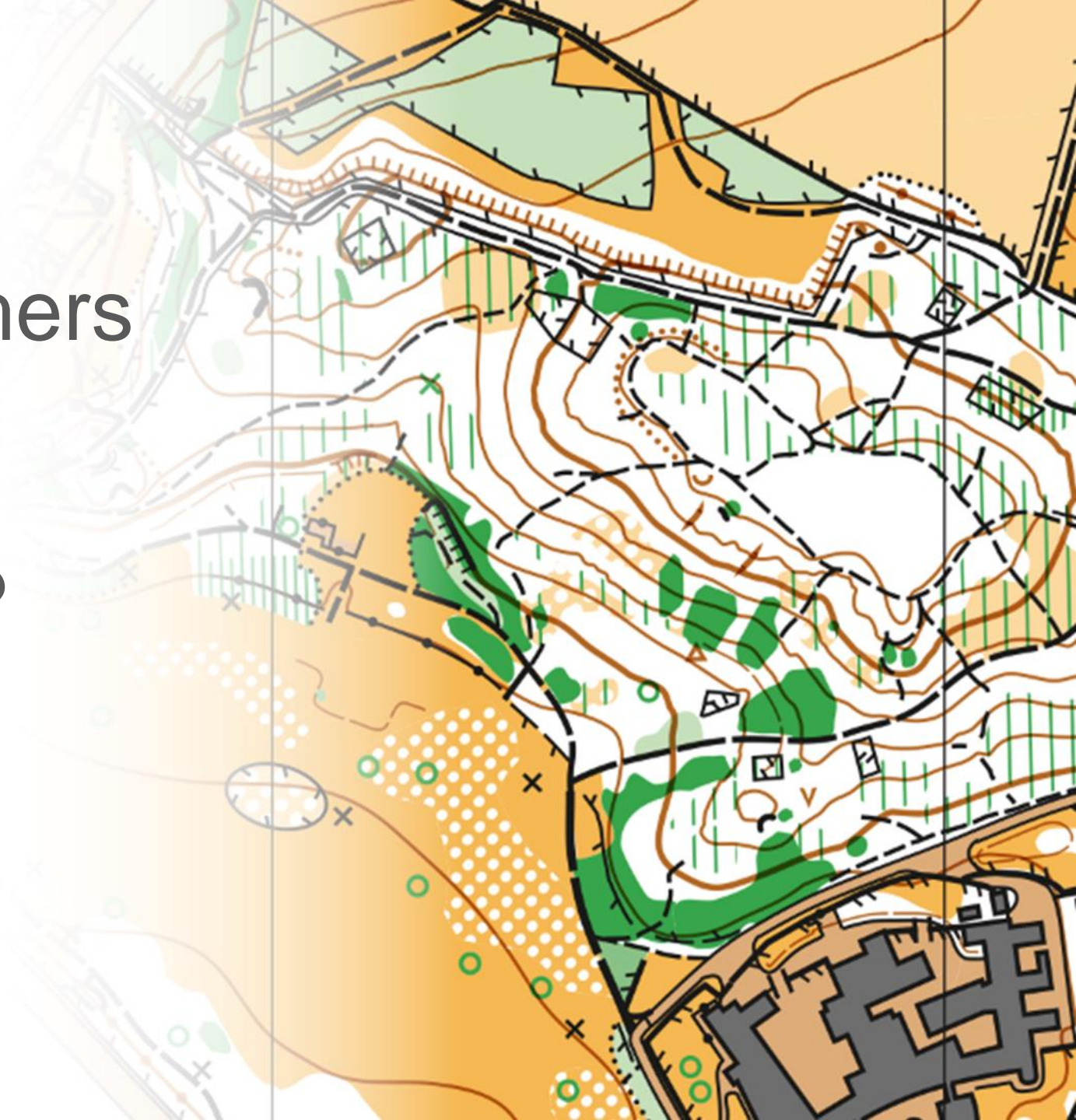
 : Attracting newcomers

1  : Events?

2  Intro. Coaching?

3  : MapActive

 : Results





Map Active

Map Reading Course

2 Stages: 6 weeks

- Stage 1: 2 coaching sessions each 2 hours & follow-up Zoom + local event & Zoom – TD1 & 2+
- Stage 2: same format - TD3+

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Advertising

- Paid boosted posts on Facebook
 - Via running clubs & local 'groups'
- NOC Mailchimp
- NOC website for full details

[NOC website info](#)



Do you like walking and want to improve your map reading?
* Do you have a child 9 years or older who wants to try a new outdoor sport?
* Are you a runner who needs to be able to navigate on fell / trail races?
We've got just the programme for you starting on 4th November:
Full details: <http://www.noc-uk.org/Introduction/MRC>
[#Nottingham](#) [#Walking](#) [#Running](#)
[#Navigation](#) [#mapreading](#)
[Notts Women Runners - Group Page](#)
[Nottingham U3A](#)



Nottinghamshire Orienteering Club

6 October 2023 · 🌐

Become a confident map reader.

Learn navigation skills for hill walking and trail running.

Confidently explore woods, trails and complex urban areas.

This MapActive course will show you how.

Involves face-to-face coaching in and around Nottingham with follow-up online Zoom calls.

Course starts 4th November and runs until mid December in two parts. Enter for either part or the whole course.

For details and course brochure see:

www.noc-uk.org/Introduction/MRC

[#nottingham](#) [#walking](#) [#running](#) [#parkrun](#) [Rushcliffe Country Park](#)



Participants

- Mix of ages: adults 30s to 70s
- 4 children aged 9 to 15 with a parent (2 Mums; 2 Dads)
- All 'sporty' / 'outdoorsy'
- Often not confident using maps but a few came because they 'love maps'
- Some runners; some walkers



Coaches & helpers – all volunteers

- 3 experienced NOC coaches at all sessions
- As many other helpers as possible! We usually had 6/7 – almost 1:1
 - Another experienced coach at most sessions
 - Other helpers – 2 had taken part in previous MapActive courses as ‘learners’
- HP did all the initial planning; AS used his ‘magic’ to add to the Zooms!

MapActive schedule

Session 1 4 Nov. & Zoom session 8 Nov.	Bridgford Park	From little or no orienteering experience participants will develop an understanding of orienteering maps and how to use them.	Session 3 2 Dec. & Zoom session 6 Dec.	Bramcote Hills Park	Visualising map information and simplifying it so as to make route choices more quickly. Using 'attack' points to help to find controls away from handrails using the compass more accurately along with pacing for distance over 50 to 100m.
Session 2 11 Nov. & Zoom session 15 Nov.	Rushcliffe Country Park	Basic use of the compass to orientate the map and to choose and follow a route using features such as paths, fences (line features = 'handrails') to find checkpoints (controls) on and not far off handrails and to cut corners between handrails.	Session 4 9 Dec. & Zoom session 13 Dec.	Burntstump Country Park	Basic understanding of how slopes and valleys are shown on maps using contours.
19 Nov.	Watchwood & Calverton NOC event	Take part in an appropriate course at a club event – likely to be a Yellow and/or an Orange course	16 Dec.	Strawberry Hill & Ransom Wood NOC event	Take part in an appropriate course at a club event – likely to be an Orange course or a Light Green/Short Green course
22 Nov.	Zoom session (shorter) – chance to reflect on routes taken at the event		20 Dec.	Zoom session (shorter) – chance to reflect on routes taken at the event	



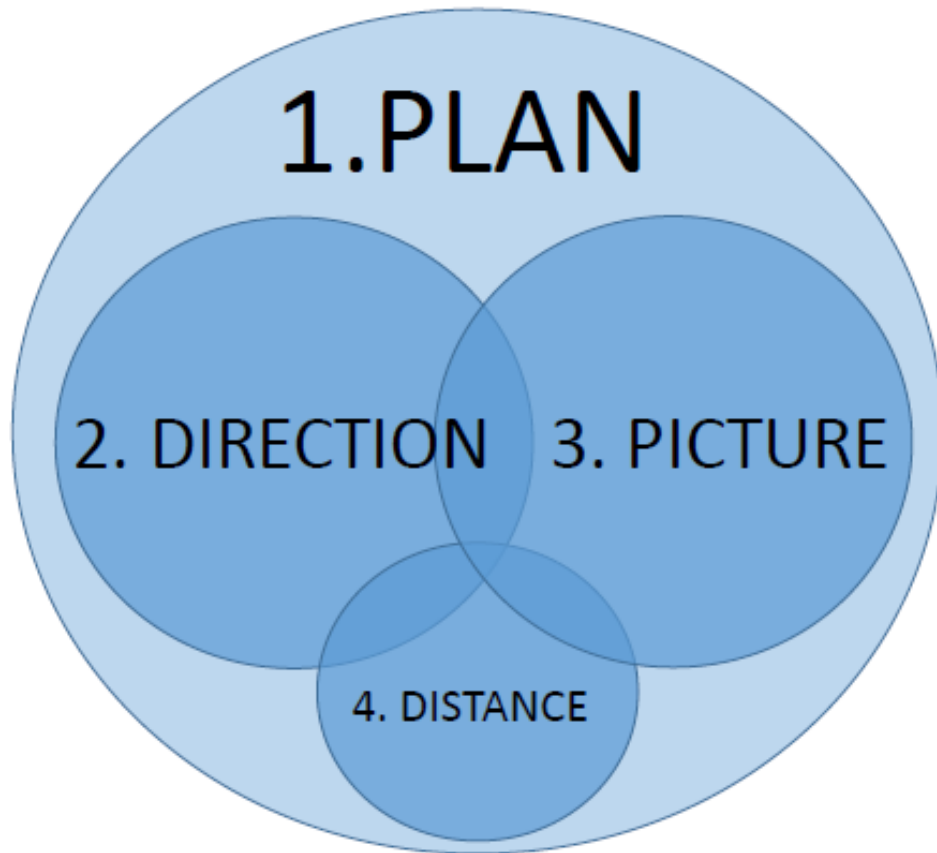
Coaching Programme & Step System

Level	Step	Skills	Techniques introduced
5+	O	Longer distances from and/or indistinct attack points & catching features	
5	N	Long Legs (1+km)	
	M	Using complex contours; generalising contour detail	

3	H	Making simple route choices	✓	Route choice
	G	Simplification of legs with several decision points	✓	Attack points, absolute distance judgement (e.g. 100m along)
	F	Orienteer over short distances against catching features	✓	Compass directions
	E	Cutting corners	✓	Aiming off
2	D	Leave a line feature to go to a visible control site, then return to the line feature	✓	Catching features, distance judgement (e.g. halfway between)
	C	Orienteer along obvious line features (handrails). Decisions at 'decision points' without the aid of a control to identify it as such	✓	Check points
1	B	Orienteer along tracks & paths. Decisions at 'decision points' identified by control points	✓	Thumbing, handrails
	A	Understand map colours and commonly used symbols. Set the map using compass & terrain	✓	Folding the map
Ground level		Understand the map; get used to being in the woods/independent		

- Event 2: 15th July = Burntstump CP
- Session 4: 8th July = Bramcote Hills Park
- ~~Session 3: 1st July = Woodthorpe Grange~~
- ~~Event 1: 24th June = Gedling CP~~
- ~~Session 2: 17th June = Rushcliffe CP~~
- ~~Session 1: 10th June = Bridgford Park~~

Start with a solid plan



- A route-choice \neq a plan
- What is a plan?
 - Where you're going?
 - What you're going to see?
 - How you're going to get there?
- What is a good plan?
 - Covers the whole leg
 - Detailed at crucial moments
 - Simple at safe moments



A **plan** for each 'leg'

Remember to:

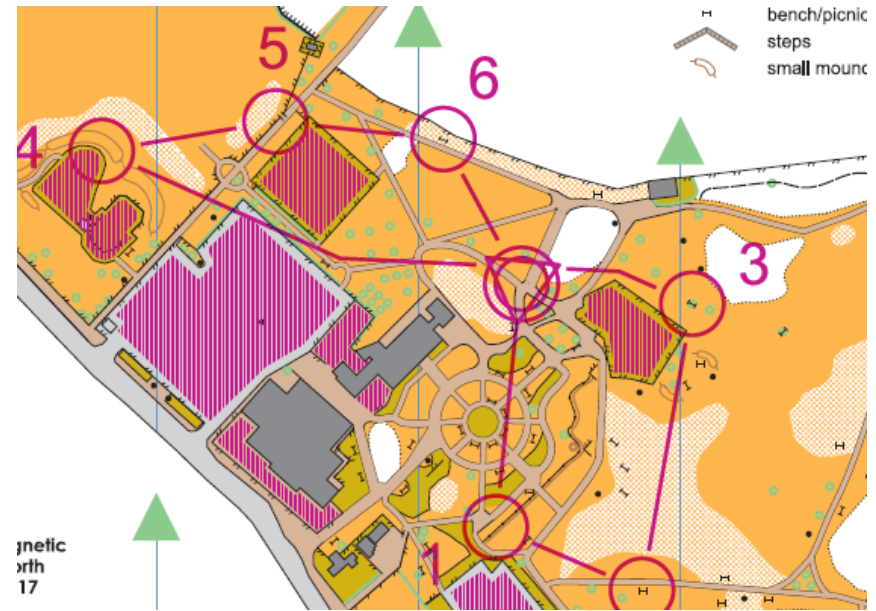
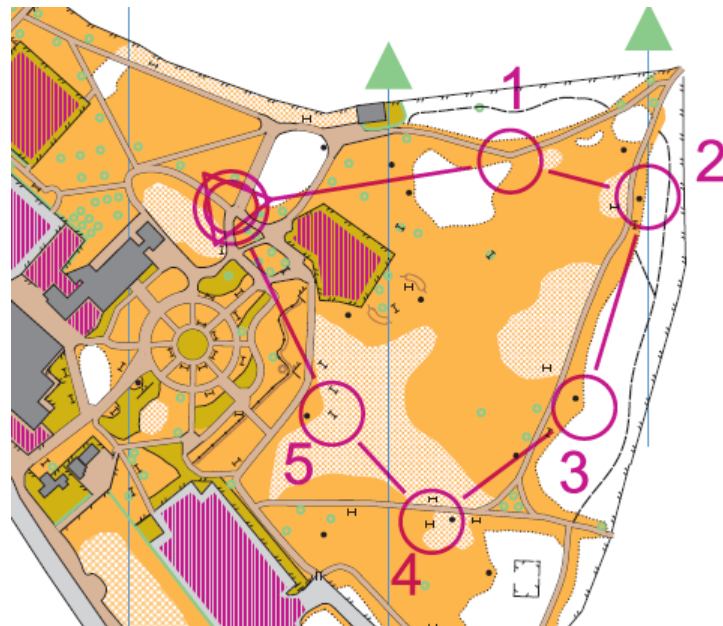
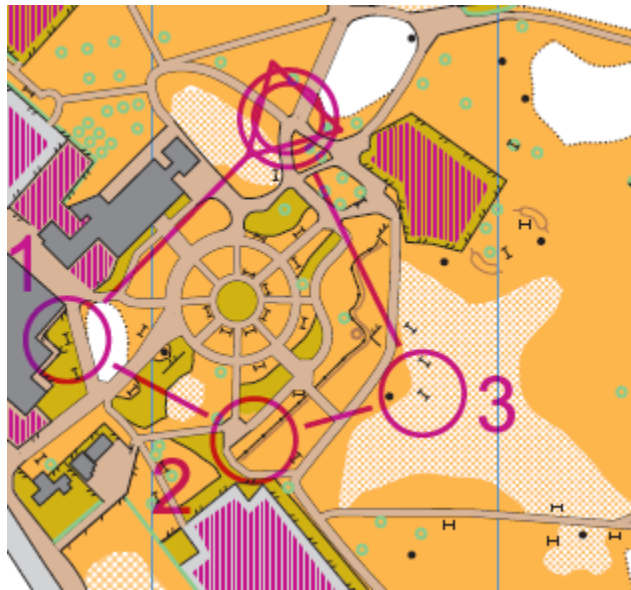
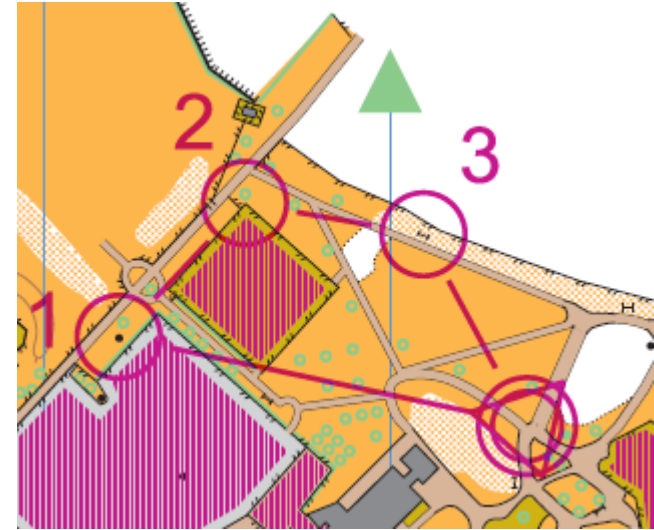
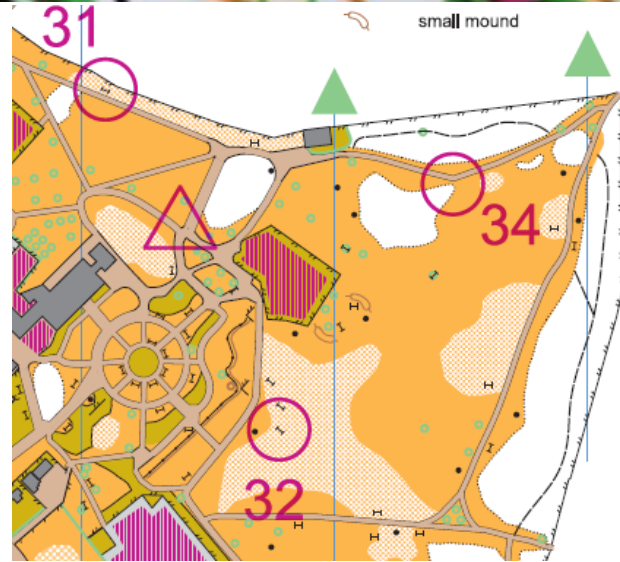
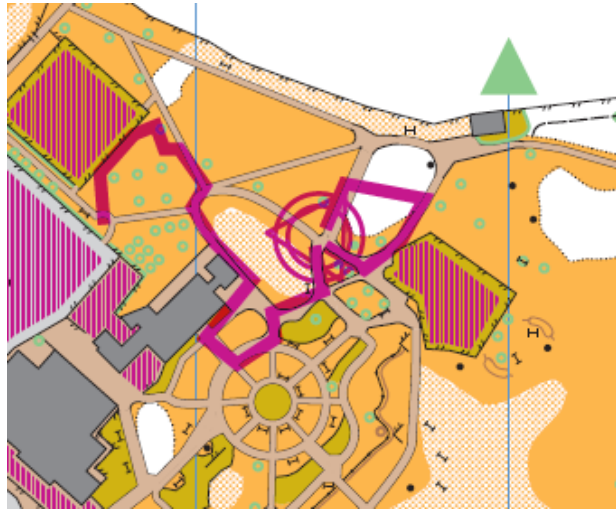
- **Fold the map** so you're just looking at the part of the map you need
- **Orientate the map** using features around you and magnetic north
- Look at the **control** at the end of the leg – check the **description** – is there an obvious large **feature / attack point** close to the control? – ask yourself 'What's the best **route** for me to get to the attack point/feature?'
- Try to **stick to the plan** – mistakes often happen when we suddenly decide to change the plan or think that we don't need one!
- Don't set off to the next control without making a **new plan**
- **Repeat for each control** 😊



'Coaching practice'

- Lots of activity:
 - Map walks, short loops, briefing / debriefing
 - Games during warm-up / cool-downs: map symbols, control descriptions, map matching
- Recap-notes sent after each session
- Zoom was to encourage people to stay involved, chat and to reinforce what we'd been practising
- Short taster – next week we'll be doing
- Ideas for doing more orienteering / find out / videos & games

Session 1



genetic
orth
17

Map symbols quiz



1. pond

2. special object

3. path/track

4. rock / special object



5. open with scattered trees

6. single tree

7. building

8. bushes / thick wood




9. open land

10. vegetation boundary

11. road / paved path

12. fence



Map Orientation (Using Features)

- Virtual Practice @ Wollaton Park
- <http://wollatonhall.org.uk/wp-content/uploads/2020/05/wollaton-poc-2019.pdf>
- To 18
- [Lime Tree Ave - Google Maps](#)

Self quizzing

















<https://maprunner.co.uk/cd/>

Google Translate West Bridge Duolingo: Home (4) Nottinghamshir... Jaja Google Hangouts My Profile - Zoom (75) True Potential L... Google about:blank



Maprunner IOF Control Description Quiz 2018

Results

Symbols to Text Start  → <input type="text" value="Spur"/>	Text to Symbols Start <input type="text" value="Spur"/> → 	Match Symbols and Text Start <input type="text" value="Spur"/>  <input type="text" value="Thicket"/> 
Symbols to Map Start  → 	Map to Symbols Start  → 	Match Map and Symbols Start    
Text to Map Start <input type="text" value="Spur"/> → 	Map to Text Start  → <input type="text" value="Spur"/>	Match Map and Text Start  <input type="text" value="Thicket"/>  <input type="text" value="Spur"/>

Select options: 0 questions selected

Name	Answers per question	Language	Time
<input type="text" value="Player 1"/>	<input type="text" value="3"/>	<input type="text" value="en"/>	<input type="text" value="0"/>

- Land forms Rock Water Vegetation Man-made

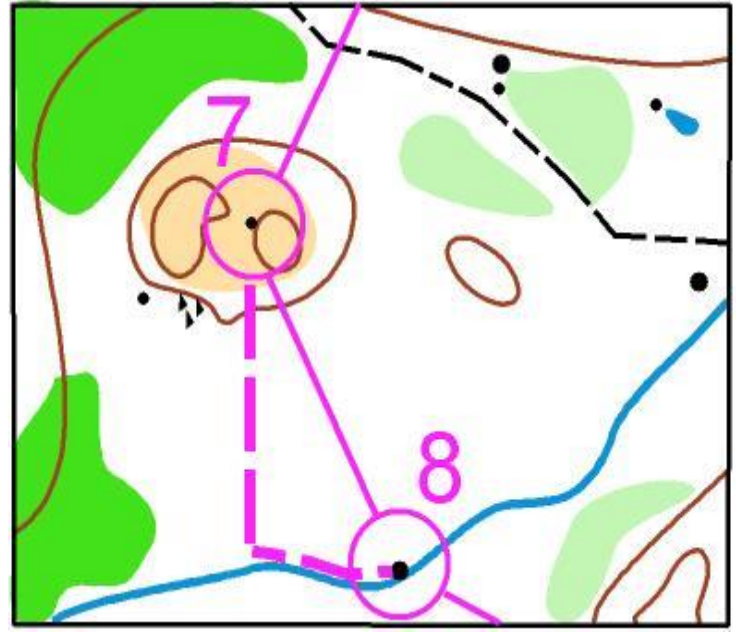
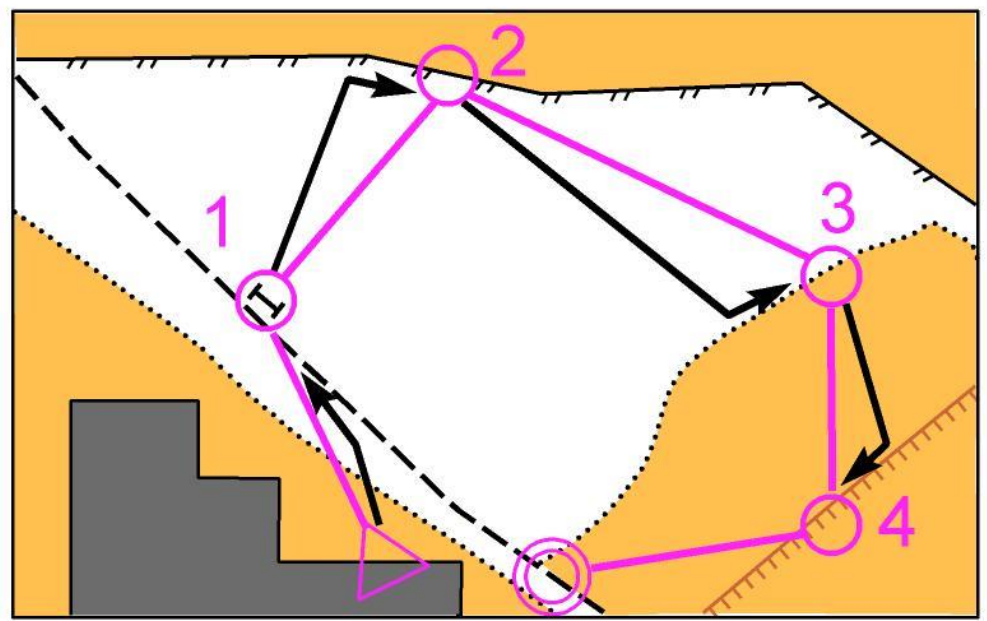




Week 2 Preview

Cutting corners / aiming off

Some of you did this at Bridgford Park – cutting across the open area was shorter than following the path around a corner. It could be safer than going straight, missing the control and not knowing which way to turn!



Over the next week

Re-cap on orientating the map	Using features: https://youtu.be/pkIMXgaU7Hc Using the compass: https://youtu.be/geWFeAy9jOs
Other interesting orienteering videos	Graham Gristwood (GB team) on basics of orienteering: https://www.youtube.com/watch?v=26Zc5AVkFis Charlotte Ward (GB team) showing how to orientate the map (5 mins): https://youtu.be/2LZpOZI94bU
Webpage with lots of useful info	https://betterorienteering.org/beginner/
Gedling Event	Enter the event at Gedling CP. Event info www.noc-uk.org The entry website is www.thestartkite.uk/noc Free for MapActive people using the code T944
Local Permanent Orienteering Course (POC)	Wollaton Park is a lovely place for a walk/run – https://www.goorienteering.org.uk/course/wollaton_park Vicar Water is one of our newest PoC - https://www.goorienteering.org.uk/course/vicar-water-country-park
Next Saturday Session 17 June	10:30-12:30 Rushcliffe Country Park (meet near the visitor centre) Linking handrails to find the control; rough distance estimation; cutting corners / aiming off



Results?

- 3 very enjoyable courses – very good feedback
- Great interactions between all the participants – Zoom sessions helped
- A number of volunteers were not qualified coaches – their O skills improved!
- New club members from each course: 3 from 5; 2 from 6; 3 from 6
- Existing club members joined Stage 2 of each course (8 over all 3 courses)
- Other club members have seen the MapActive ‘buzz’ and come to recent coaching
- The 2 sessions of Stage 2 of the last course (December 2023) were offered to NOC members as a free coaching session. 2 came to session 4
- 16 NOC members came to a coaching session last Saturday (13.01.24)
- We had fun 😊 All the coaches, helpers and participants found it very rewarding. When’s the next course?

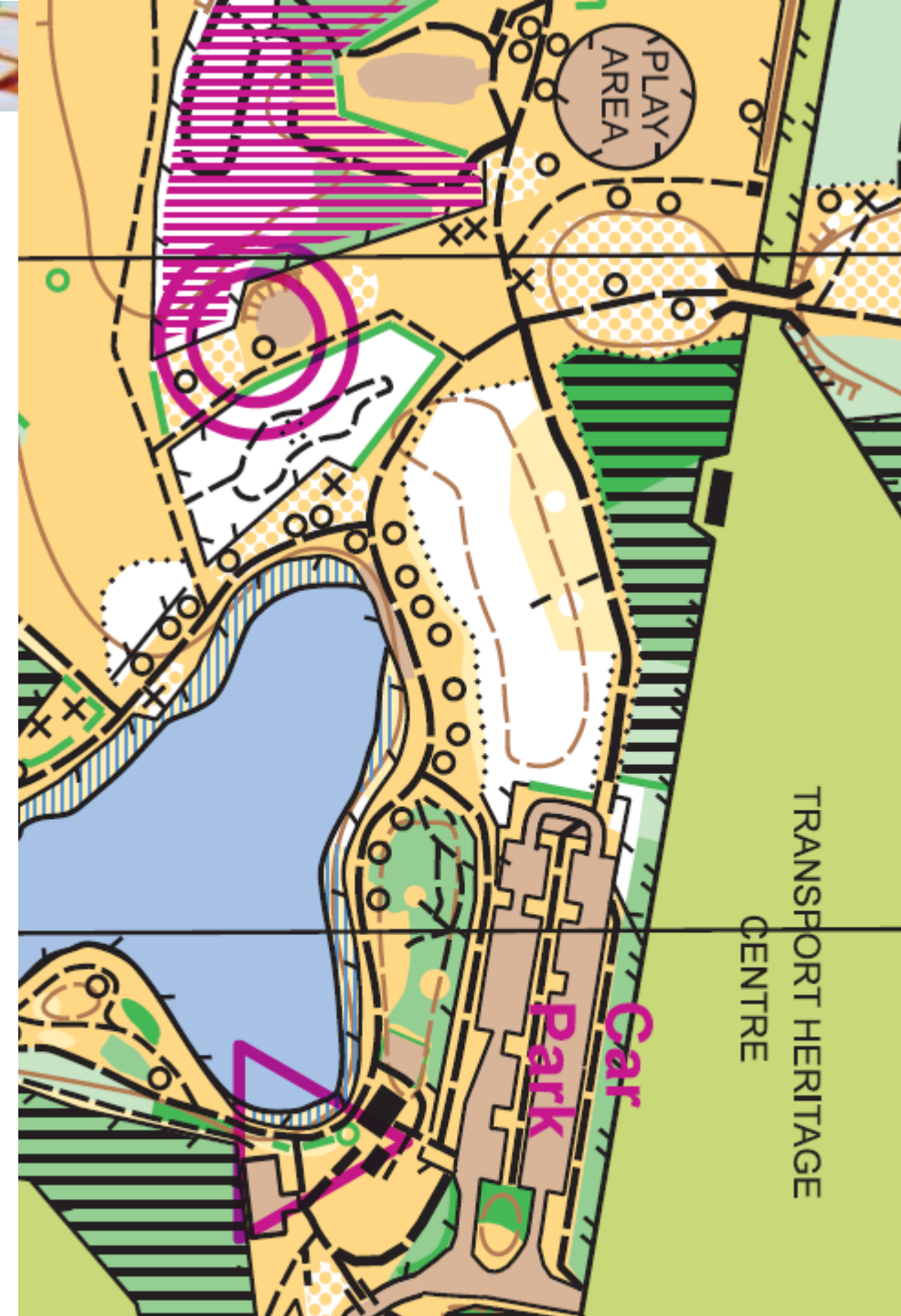


Ways we made the Zoom sessions interactive

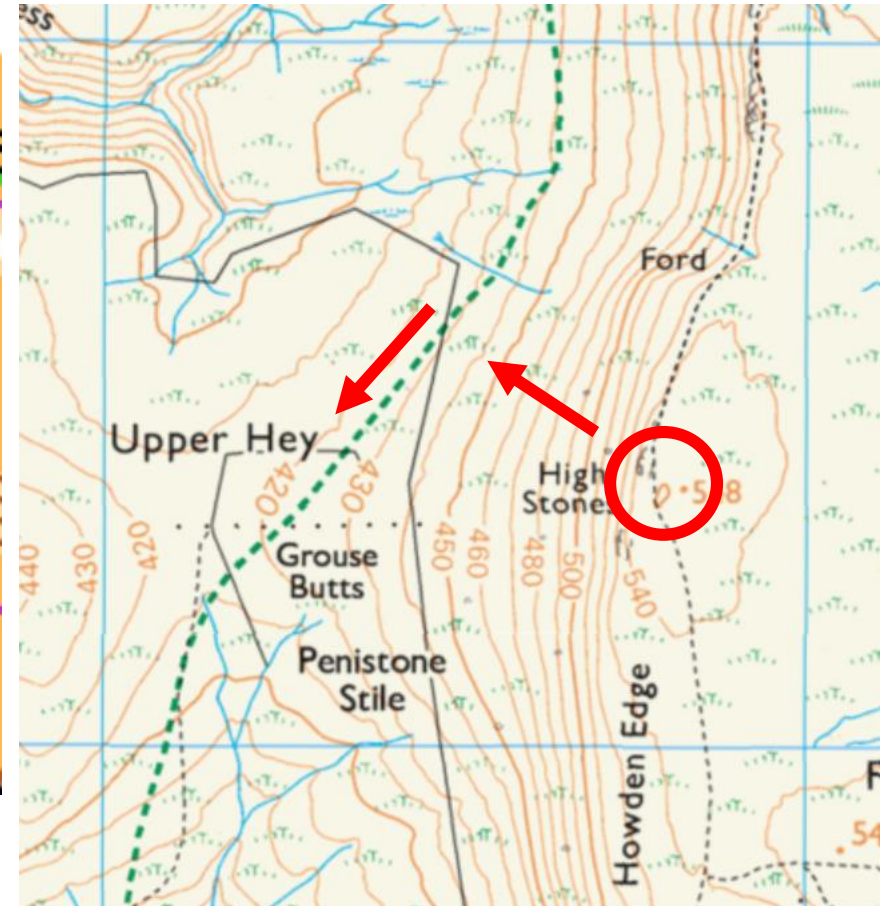
- Next slides give examples:
 - Using the Zoom 'annotate' feature people marked routes, attack points, features etc on the maps
 - Other ideas for reinforcing the practical techniques

Using Decision Points

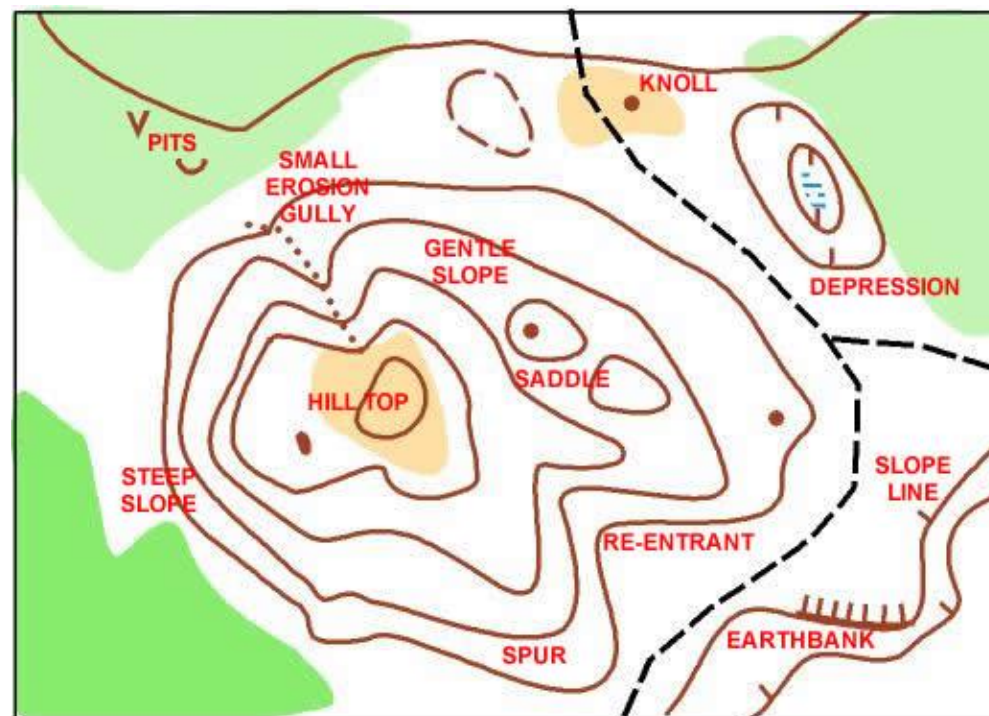
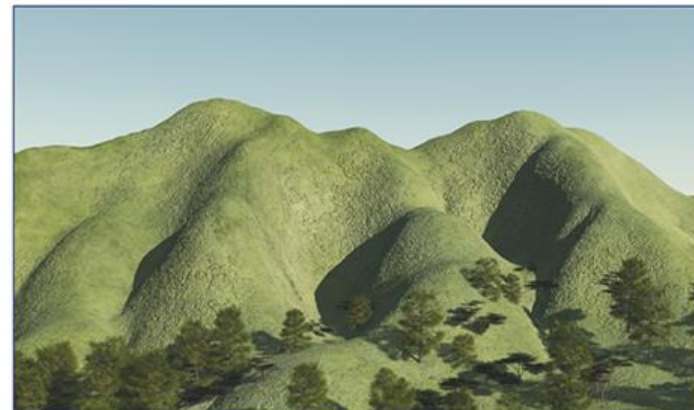
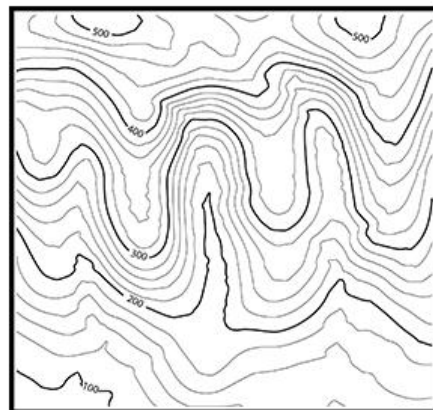
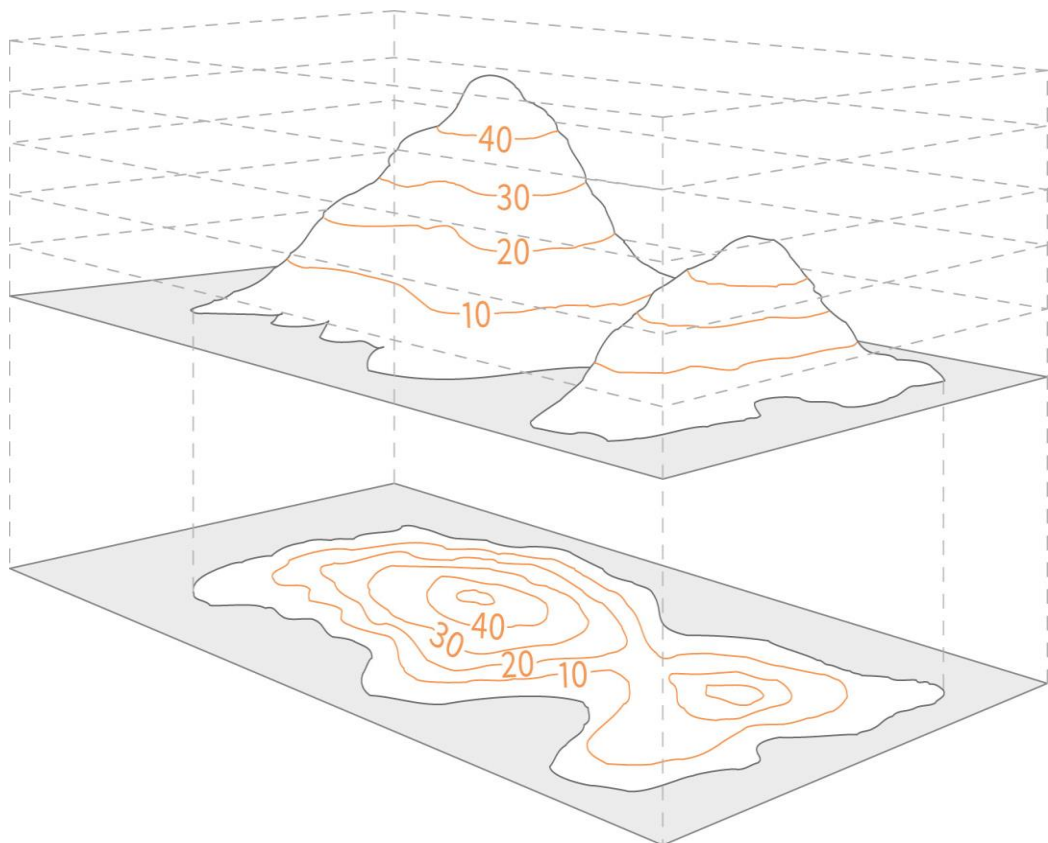
- Keeping the map 'orientated' or 'set' and checking off important features
- Using the features and the compass we went along the northern edge of the lake
- We passed 3 path junctions – straight on at the first two but the 3rd was a '**decision point**' – where is this on the map? – Did we go right or left?
- At the next path junction we went Left? Right? Or straight on?



Cutting corners / aiming off = a shorter route – possibly a ‘safer’ route than going direct towards the control (less likely to make a mistake)



Introduction to contours



Bramcote Hills Park: Contours

Can you ring some hill tops?

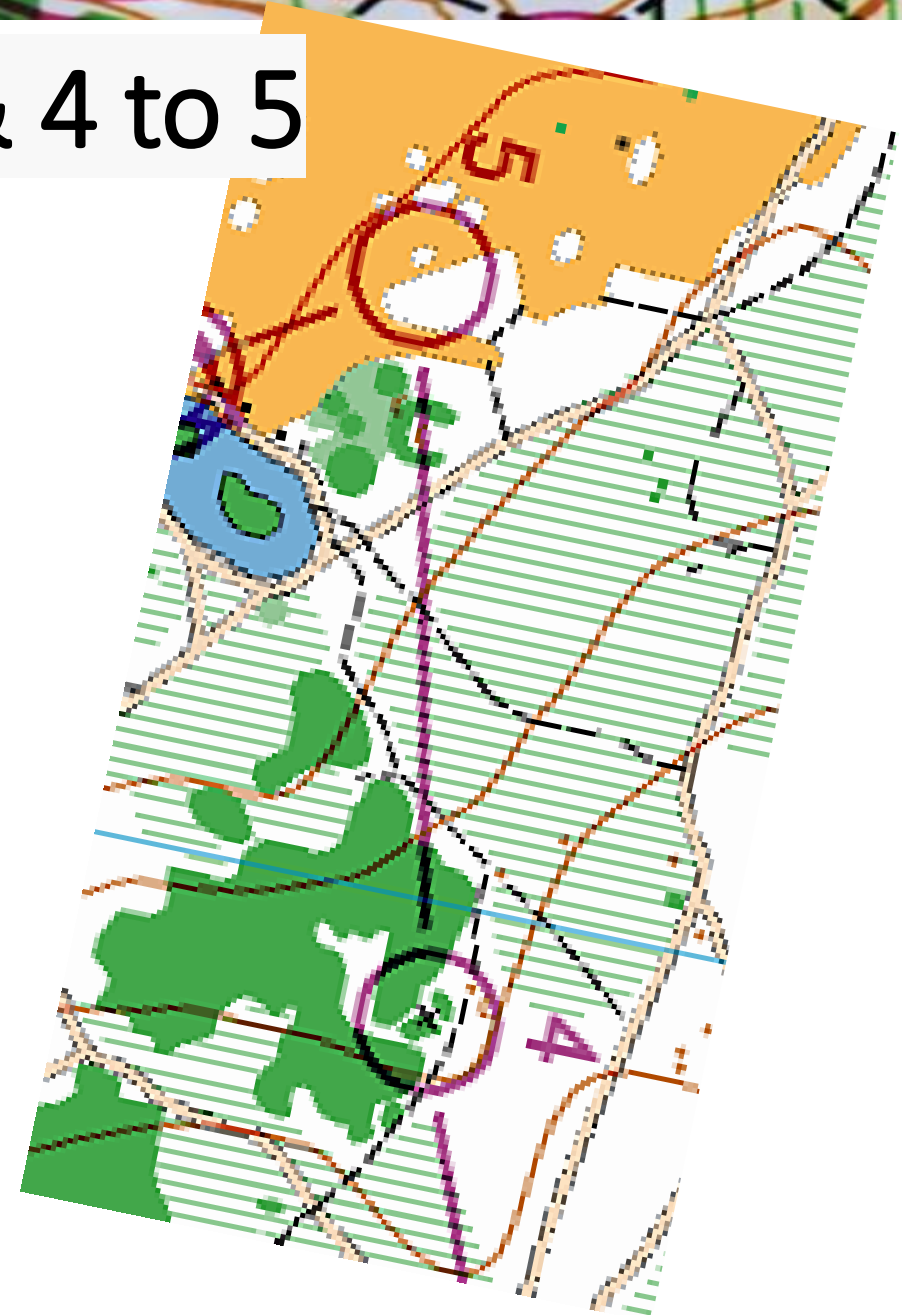
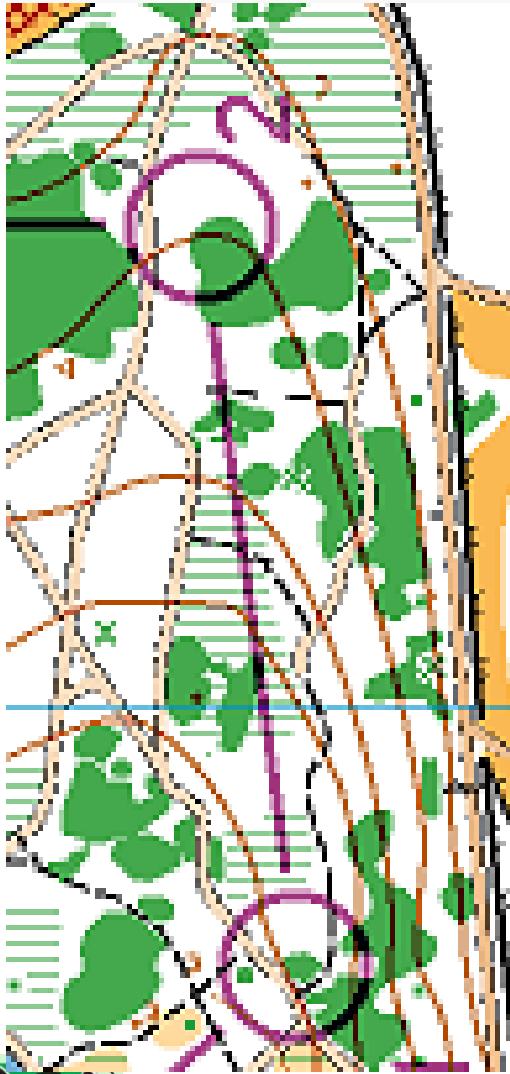
There are some rock crags/cliffs

Which re-entrants / valleys did you visit?

Mark a spur

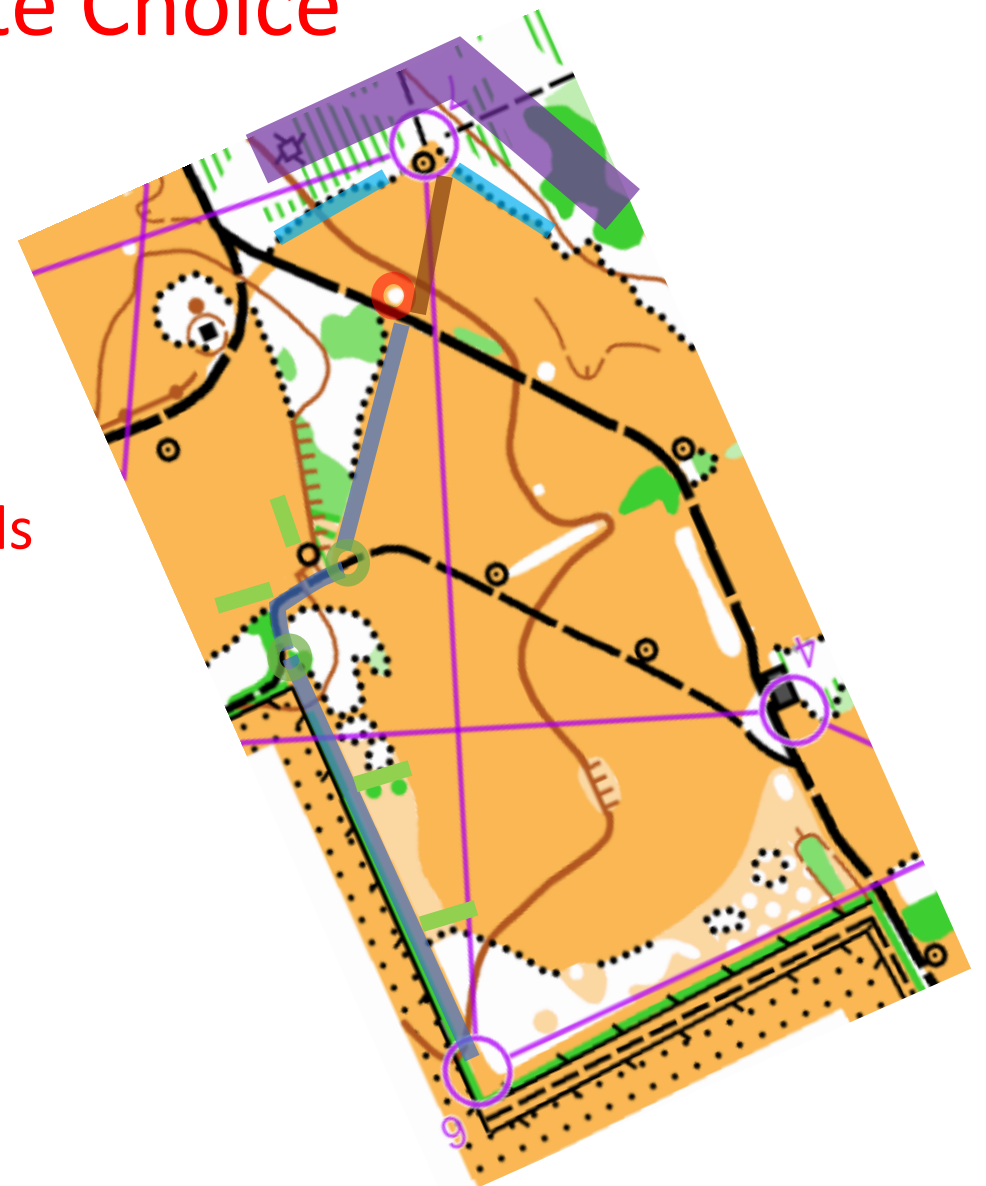


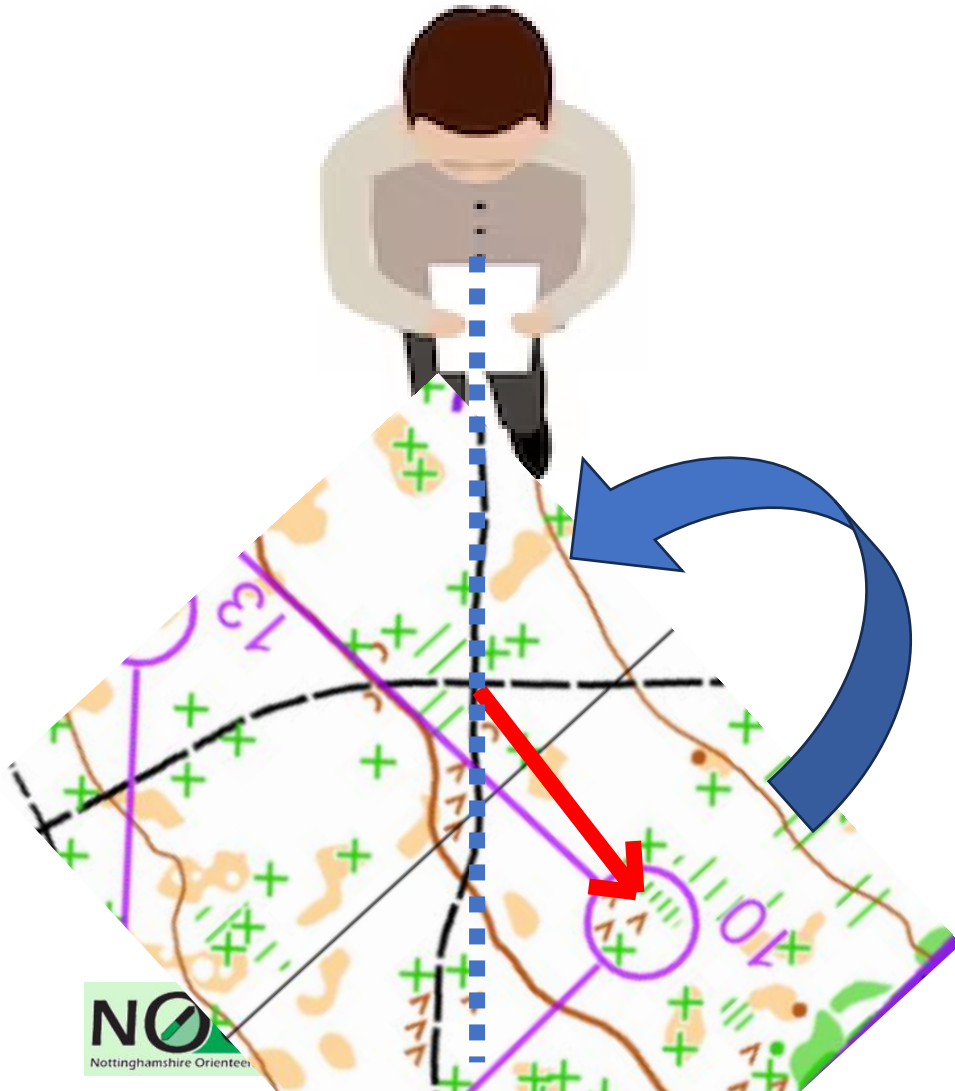
Loop A – controls 1 to 2 & 4 to 5



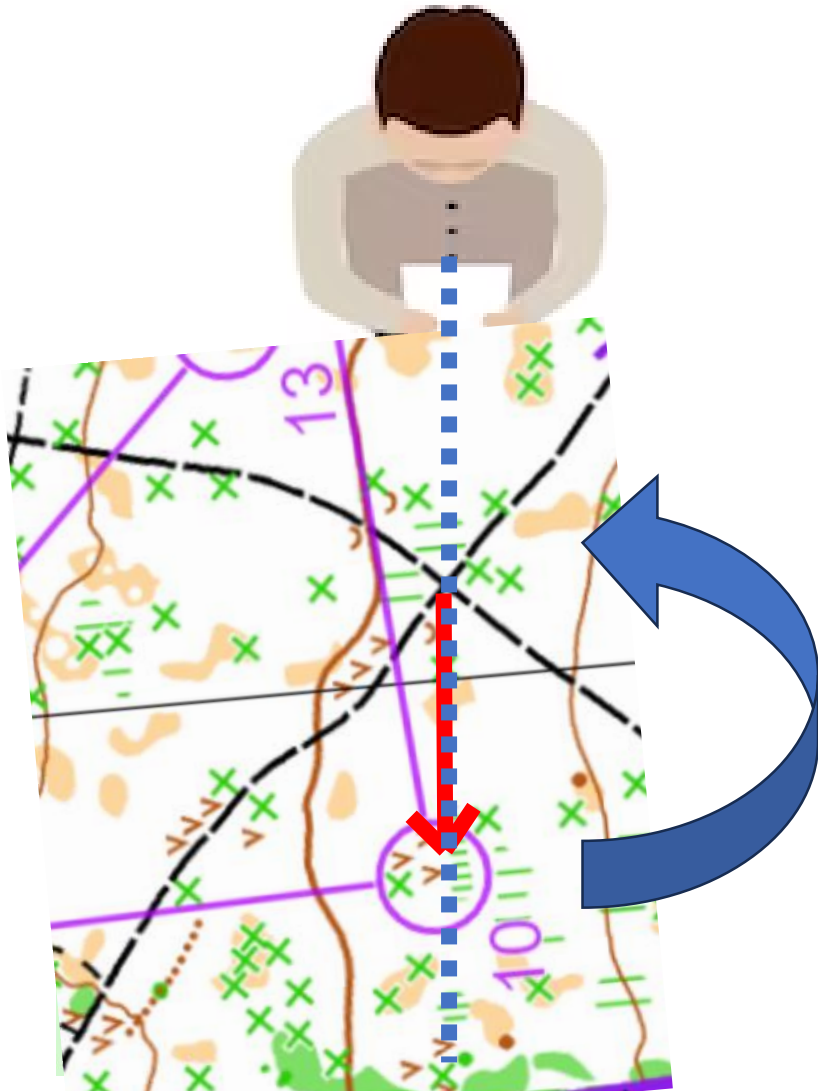
Build detailed **Plan** for selected **Route Choice**

- Identify the **attackpoint** / **attack feature** to lead you in
- Identify the **HandRails** you'll run along
- Identify the **EyeRails** you'll use to visually steer you
- Identify where you'll be using **aiming off**/ **direction skills**
- Identify any **catching features** to stop you going too far
- Identify your key **decision points** along the leg
- Identify and additional **checking points** along the leg

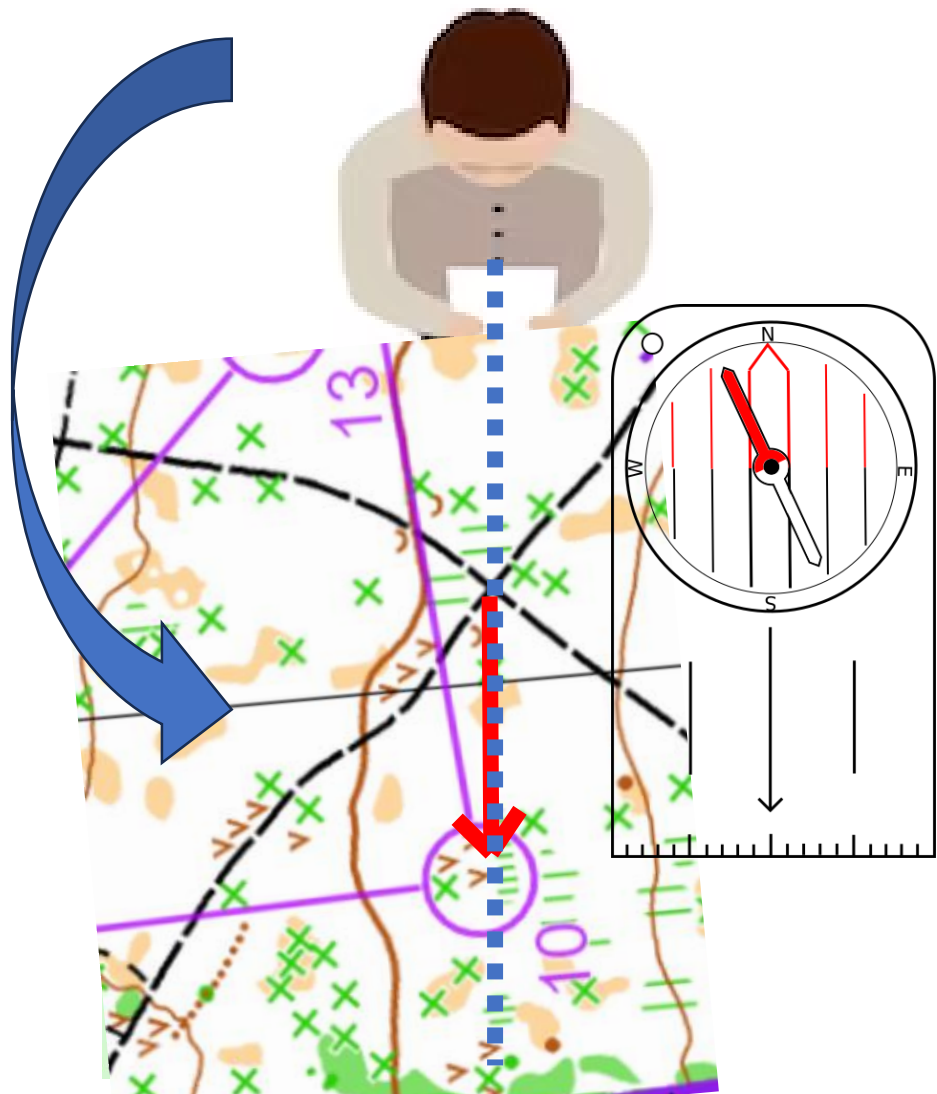




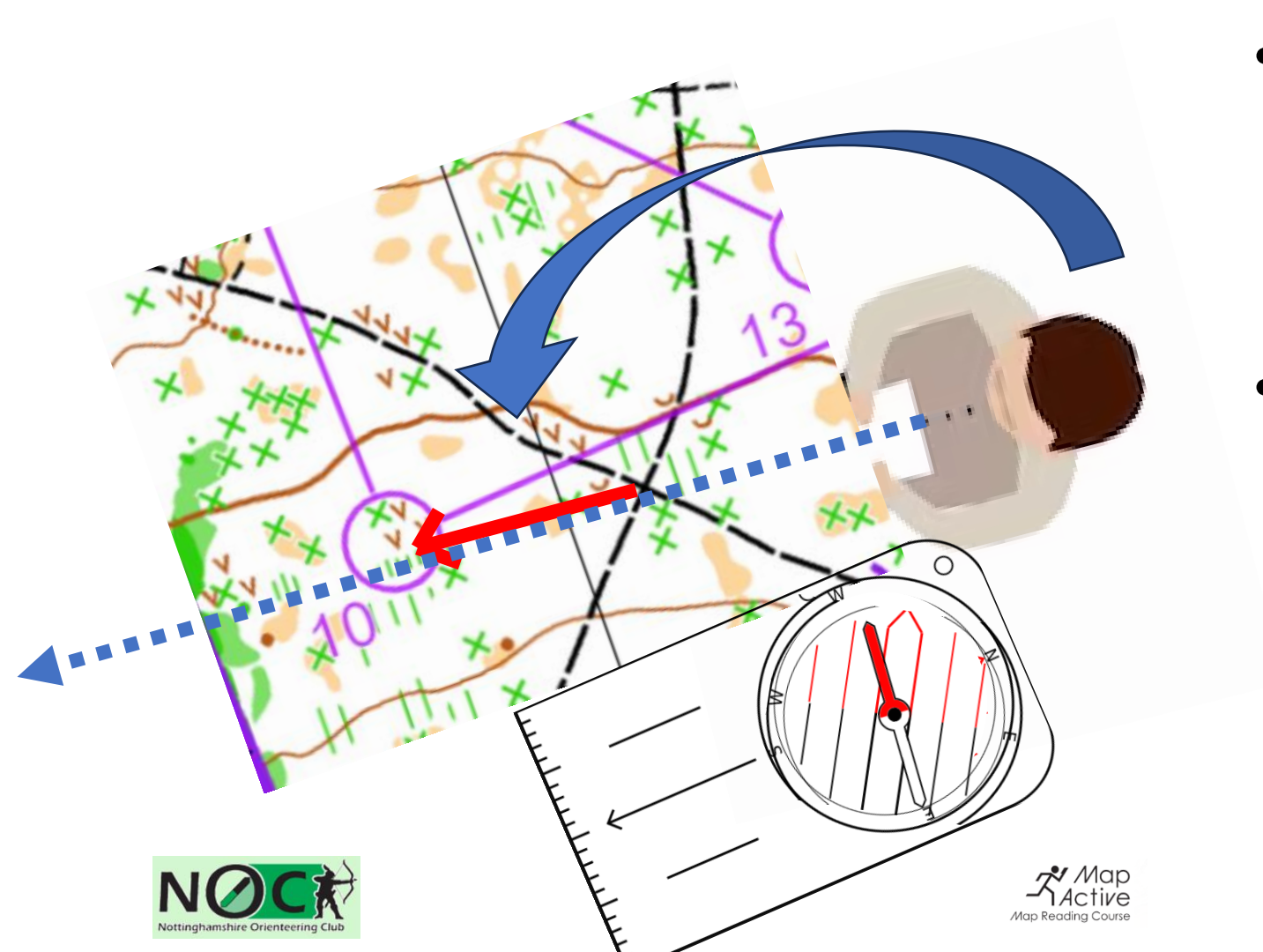
- Your body (generally) moves straight forward, so we need to align our body to point in the direction we want to go!
- In this example we're coming down the path to the junction – our attack point and want an accurate direction to our control.



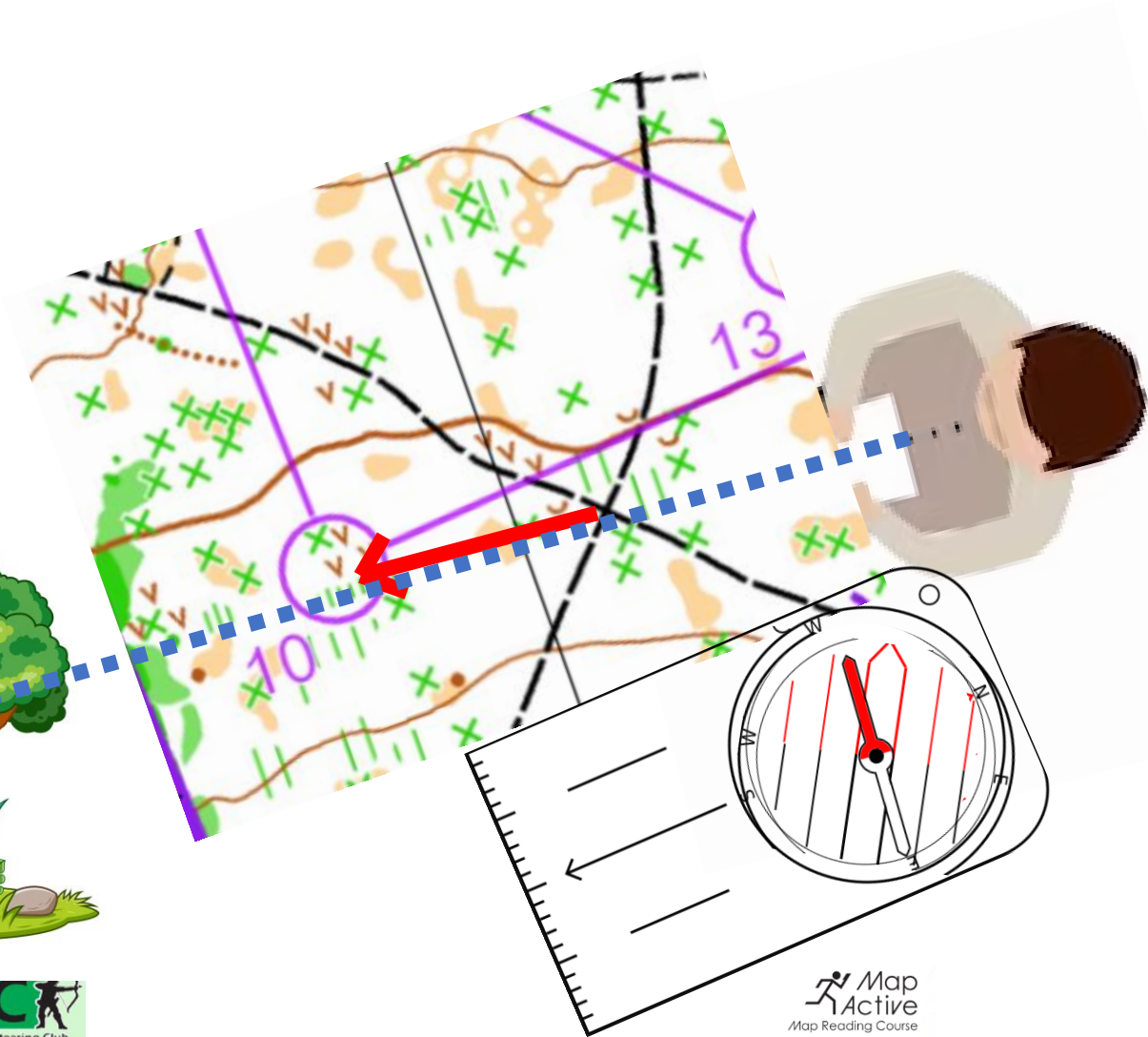
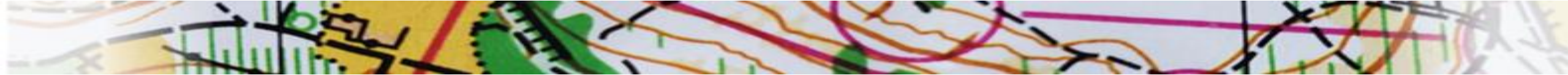
- Rotate the paper map in your hands so that the line you want to go is in line with the centre of your body
- Now we're facing where we want to go in the 'paper' world



- Next we want to ensure we're facing the right way in the 'paper' and the 'real' world.
- To do this we check our compass
- Now, whilst keeping the map firmly gripped, rotate the whole body (and feet) to orientate the map north lines to the north of your compass



- Now we're facing in the right direction in 'paper' and the 'real' world.
- We can be confident we're facing the desired direction



- Pick a feature straight ahead to run towards, repeat (for the right distance) to get to the control.
- More advanced we can 'lock-in' the direction with a bearing – but will cover that in the advanced course!