

## 10 BASIC PRINCIPLES OF ORIENTEERING

**ORIENTATE** your map at all times

When leaving a control or known point make certain you **AIM** in the right direction

**THUMB** your position on the map

Use tracks, fences and creeks as **HANDRAILS** on the way to the next control or attack point

Identify and use large features as **ATTACK POINTS** from which to locate your control

To prevent overshooting of controls, identify prominent landmarks called **CATCHING FEATURES** just past the control

Purposely **AIM OFF** slightly left or right so that you know which way to turn at a linear feature lying across your line of direction

Read your **CONTROL DESCRIPTION** so you know what to look for and where the flag is positioned

Maintain **CONTACT** with your map

**PACE COUNT** so you know how far you have travelled

### USEFUL TIPS

The closer the contour lines, the steeper the terrain

A circular-elliptical contour means the top of a hill or knoll

When going downhill, a gully or creek line is better to follow than a spur as the later can become vague, and the gully has junctions to help identification

When going uphill, it is generally best to go up spurs (but keep an eye on the creek / gully to the left or right)

It is often better not to run in a creek but to one side of the creek, or at least maintain sight of the creek. Running in a creek often is physically harder and visibility is reduced

Saddles, hills and large knolls, and large point features (large single boulder) are useful point features to relocate from and or use as attack points