

You will recall that the Coaching page has gone back to reinforce the basic of good orienteering technique. In the last issue I revised Orientation, Folding, and Thumbing the Map; Relating the Map to the Ground; Having a Consistent System, and Handrails.

## Section 1 Basics (continued)

### 7. Attack points

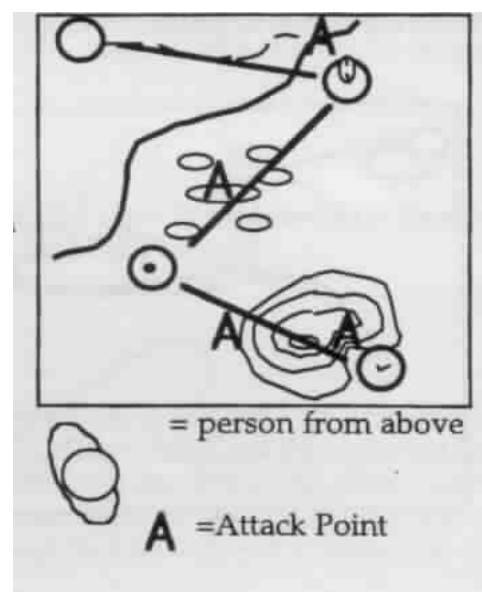
Attack points are large or obvious features near the control and are used to simplify the navigation to the control site.

On Green courses, the Attack Point would be a feature on the Handrail like a track junction, a knoll, a gully, a car wreck or a thicket that tells the orienteer where they are close to the control and then they look to the side to see the flag.

On an Orange or Red course the attack point is the larger feature before the control.

The diagram illustrates a very safe route choice with the orienteer identifying a number of illustrations of attack points.

- The first is the safest version- the crossing of two handrail features. The control in the depression is easily attacked from the track junction.
- The second is an advanced example- the small knoll in amongst many knolls can be found by using the larger arrangement of knolls as the attack point to finding control
- The third example is more typical of our terrain where many would choose to go around the hill to avoid the climb, but the navigation is easier if the orienteer used the top of the hill and the gully as the attack points to the control site in the small depression.



So an advanced technique may use two or more attack points to work your way through the leg to the control feature.

### 8. Route Choice

Route Choice is how you decide to link together a series of obvious features along the leg to get you to that Attack point near the control.

Often the Route Choice is simple - around the paths or straight, over the hills or round. The choice may become more difficult as the terrain becomes more complex. It might require many individual navigation skills. To be able to make the best choice, the orienteer needs to consider their experience in navigation and their physical capabilities.

Always the best route choice is one that allows them to keep map contact at all times.

### So I'll repeat Basic Skill 5- Have a System

Have a system that you apply to every leg.

- Control
- Attack Point
- Route choice to get there
- Exit direction