

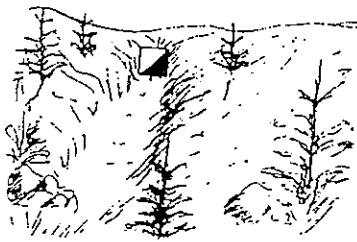
## Control Descriptions

In navigating, your route choice allows you to reach the control, but what is it, and what will it look like when you get there. In the previous newsletter I included a summary of the common control symbols used. Knowing the control description (as well as the number) should help you ignore other controls in the area that are not on your course.

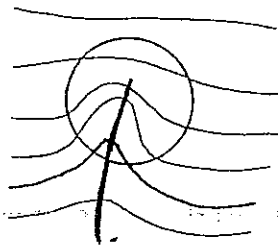
In the next few newsletters I will describe the way to read the technical details. It is easy to use the symbols on your control card. My suggestion was that you learn a few at a time.

### Watercourse Head.

The highest part of the watercourse where water begins to flow.



Map symbol



Control symbol

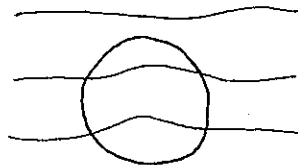


### Shallow Gully.

A small gully with no obvious watercourse. Usually only a slight dint in the contour line



Map symbol

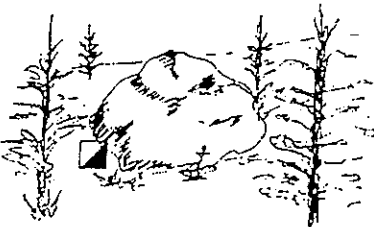


Control symbol

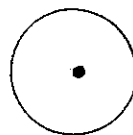


### Boulder, West side.

A free standing block of stone, with the control placed on the western side.



Map symbol



Control symbol

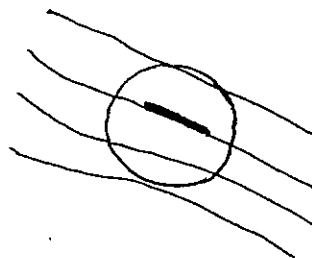


### Rockface Foot.

A small cliff that you should be able to climb up or down, with the control at the bottom of the rock wall.



Map symbol



Control symbol

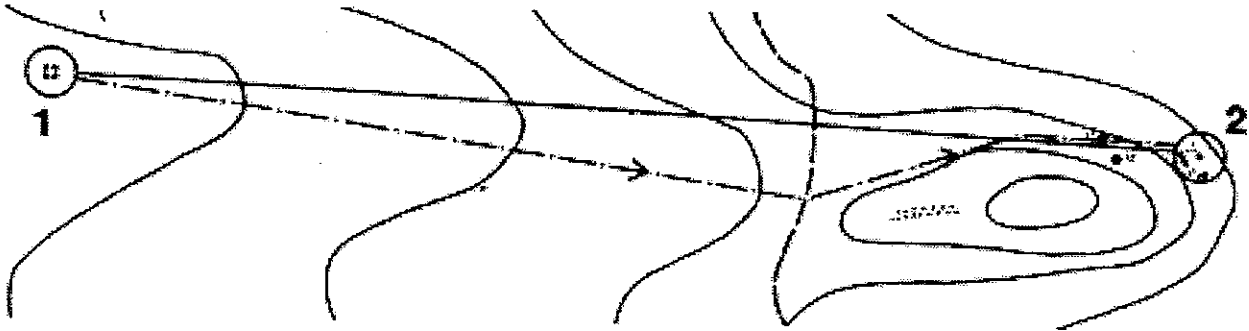


On approaching the control, check the description so that you can fine tune your exact approach. If the control is a watercourse head, it makes sense to try to gradually climb up the slope, rather than contour around, and then go up. If the control is a rockface or cliff foot, it is better to approach at the correct height rather than navigate to the top. It is also a lot safer.

## Route choice and speed. (Orange/Red)

Really, when you are running a course and you look at the leg to be attempted, the first thing to look for should be the 'attack point' to lead you to the control. That means, navigating to a large feature that is close to the control, and from there, on the control. You may need to use a combination of skills as you progress through the leg. But when can you run faster, and when should you slow down and be more careful.

Here is an example



You can run up the gully to the catching feature (track) just in front of the top of the hill. Then, taking more care, (slower), move around the hill on the contour to attack point (boulders). Finally, with very careful navigation move into the control, often including stopping and walking. Many legs may require only one or two different speeds.

Some errors occur when an orienteer emerges from a complex area to an easier part of the course, relaxes mentally, loses concentration and promptly makes an error. Contact with the map is vital at all times.

Here are some exercises to try at home.

Try to plan three different route choices for the legs shown.

What is your attack point in each case? What features will you pass? Where will you need to climb?

Where can you run quickly and where will you need to slow and be more careful?

