Coaching Page.

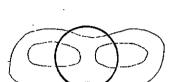
Control Descriptions

In the previous newsletter I looked at symbols for watercourse head, shallow gully, boulder, and a rock face, foot. Lets now look at a few more common control sites. All are earth features and therefore are brown on the map.

Saddle.

A low point on a ridge between two summits.





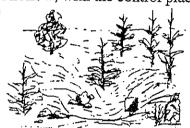
Map symbol

Control symbol

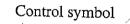


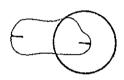
Depression, East Part.

A natural hollow, with the control placed in the depression on the eastern side.







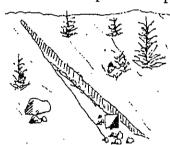






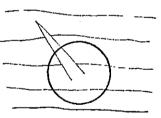
Erosion gully, lower part.

A watercourse that is deep with steep sides due to bad erosion.



Map symbol

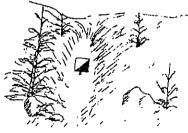
Control symbol





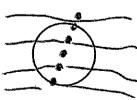
Dry Ditch.

A small artificial watercourse that is easy to cross. (No position means the control is placed somewhere in the middle as shown by the centre of the circle.



Map symbol

Control symbol





Ant Mound. (may be termite mound or a meat ants nest)

The nest made by the ants.

Termite mounds can be up to 1m in our area but can be 2m high at some away maps. Meat ant nests tend to be about 1m diameter but usually only 0.3m high.



Map symbol

Control symbol





Club Coaching Day1. (Blue, Green to Orange)

Venue: Jesmond Parkland

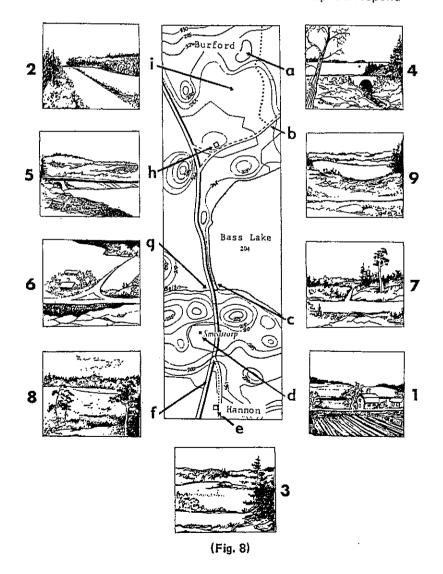
The first of the coaching days proved to be quite productive for the participants as they were able to receive individual help. The two Orange courses introduced and tested a number of skills and allowed our young orienteers to gain experience in the forest, with varying thickness of vegetation, rock, watercourses and of course some hill climbing.

Most who completed the Blue course went back out on the Green and were able to test the difference from Blue to Green.

Thanks for your assistance to Geoff and Margaret Peel and to the parents who helped out by shadowing around the courses.

TRY YOUR MAP READING

Which of the Pictures and Points on the Map Correspond



Courtesy: Swedish Orienteering Assoc.