

# Coaching Page.

No 34

In last years Coaching Page I presented a series of Armchair Route Choice examples. The second coaching day for this year, for orienteers at Orange and Red level, will again focus on route choice. Exercises will be set to focus on the skills of deciding **Attack Points**, **Route Choice**, **Distance Estimation**, and the philosophy of **Traffic Light Orienteering**.

The choice may become more difficult as the terrain becomes more complex. To be able to make the best choice needs experience, of navigation and of yourself:

Remember that the Route Choice should allow you to know where you are, along the way.

How fast do you travel over different terrain?

How far round should you go to avoid a given height of climbing?

Have you confidence to go fast across country away from line features?

Is it early in a race (play safe)?

Have you just made a mistake (lost concentration)?

Are you tired, physically or mentally?

If you are fairly new to orienteering, or you have just made a navigation mistake it is wise to choose a simpler route following line features.

We all need to be aware of when it is wise to be more careful.

Here is some more Armchair Route Choice examples borrowed from Easter 2008 held at Hillview, near Dubbo. This was part of my course on Day1.

Study leg 2-3 and draw in the your route choice, and write in what skills you will be using at certain points along each leg. You could also do a similar exercise on leg 5-6.

