

Course setting tips

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Basic principles

- “The aim of good course planning is to offer competitors courses correctly designed for their expected abilities. Results must reflect the competitors technical and physical ability.”
- Golden rules:
 - The unique character of foot orienteering as running navigation
 - The fairness of the competition
 - Competitor enjoyment
 - The protection of wildlife and the environment
 - The needs of the media and spectators

Source: Competition rules for IOF foot orienteering events – Appendix 2 <http://orienteering.org/wp-content/uploads/2010/12/IOF-Foot-Orienteering-Rules-2011.pdf>

Good legs

- The course legs are the most important elements of an orienteering course and will largely determine its quality.
- Good legs offer competitors interesting map-reading problems and lead them through good terrain with possibilities for alternative individual routes.
- Within the same course different types of legs should be offered, some of them based on intense map-reading and others containing more easily run route choices.
- There should also be variations with regard to leg length and difficulty to force the competitor to use a range of orienteering techniques and running speeds.
- The course planner should also endeavour to give changes in general direction for consecutive legs as this forces the competitors to reorient themselves frequently.
- It is preferable for a course to have a few very good legs joined by short links designed to enhance the legs rather than a larger number of even but lesser quality legs.

Source: Competition rules for IOF foot orienteering events – Appendix 2

<http://orienteering.org/wp-content/uploads/2010/12/IOF-Foot-Orienteering-Rules-2011.pdf>

Control sites

- The main function of a control is to mark the beginning and end of an orienteering leg.
- Controls are placed at features in the terrain that are marked on the map.
- These must be visited by the competitors in the given order, if the order is specified, but following their own route choices. This demands careful planning and checking to ensure fairness.
- It is particularly important that the map portrays the ground accurately in the vicinity of the controls, and that the direction and distances from all possible angles of approach are correct.
- Controls must not be sited on small features visible only from a short distance if there are no other supporting features on the map.
- Controls must not be sited where the visibility of the control flag for runners coming from different directions cannot be evaluated from the map or control description.
- Controls on different courses placed too close to one another can mislead runners who have navigated correctly to the control site. Controls shall not be sited within 30 metres of each other (15 metres for map scales 1:5000 or 1:4000). Only when the control features are distinctly different in the terrain as well as on the map, should controls be placed closer than 60 metres (30 metres for map scales 1:5000 or 1:4000).

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All events - beforehand

- Is land owner permission required? eg Council, NPWS, NSW Forests, Scout Association, private landholder
- What type of event & course(s)
 - Who is attending – beginners, experienced, school kids
 - Local/club events offer more flexibility as to the type of event & courses. Ok to try something different
 - Summer Series, Metroleague & State league event have event rules & requirements – see ONSW Manual
<http://www.onsw.asn.au/resources/onsw-manual>

All events – preparation

- Study the map and consider:
 - Assembly, start, finish locations
 - Course options
 - Control site options
 - Areas to be avoided - Out of bounds, unsafe areas
- Walk around the map
 - Use the same scale as the competitors will use
 - Any map corrections? – Advise the mapper
- Controls should be on mapped features
 - Features smaller than 2x2m shouldn't be mapped
 - Can you describe the feature / control location. Is the description the same as feature on the map?

Urban maps

- If courses cross busy roads – put controls at safe crossing points
- Avoid private property route choice short cuts
- Don't hang controls on electricity boxes – high voltage
- Don't hang controls on war memorials
- Avoid garden beds – mapped as olive green
- Consider other potential users – sports, weddings. Visit on same day as the event.

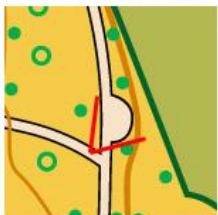
Should it be on the map?

The following 2 examples relates to sprint maps (1:4000, 1:5000) and comes from:

<http://www.soenniksen.dk/sprintkort/not.htm>

If they can't be mapped on sprint maps, then they shouldn't be mapped on 1:10000 urban maps

What not to include



A single seat bench shall not be represented on the map! Neither shall waste baskets! Or street lamps, sign posts etc. It is (nearly) directly stated in chapter 2.1 of ISSOM. At least waste baskets, street lamps and sign posts are mentioned and benches is mentioned in the final draft from 2003. In that draft a general rule of thumb for a lower limit on features that shall be represented is 2x2 meters.



Finally an example of a feature that shall be represented. A bus stop. Again it is important to be consistent: either all bus stops are included or they are not. It can be surprisingly difficult to remember them all. Bus stops have a way of being very anonymous and are easily overlooked.

Bush maps

- Determine location of Assembly area, car parking, access route – to avoid conflict with courses
- Determine start & finish
- Set Very Easy & Easy courses first – can be the hardest to set.
- Is mobile phone coverage available?