

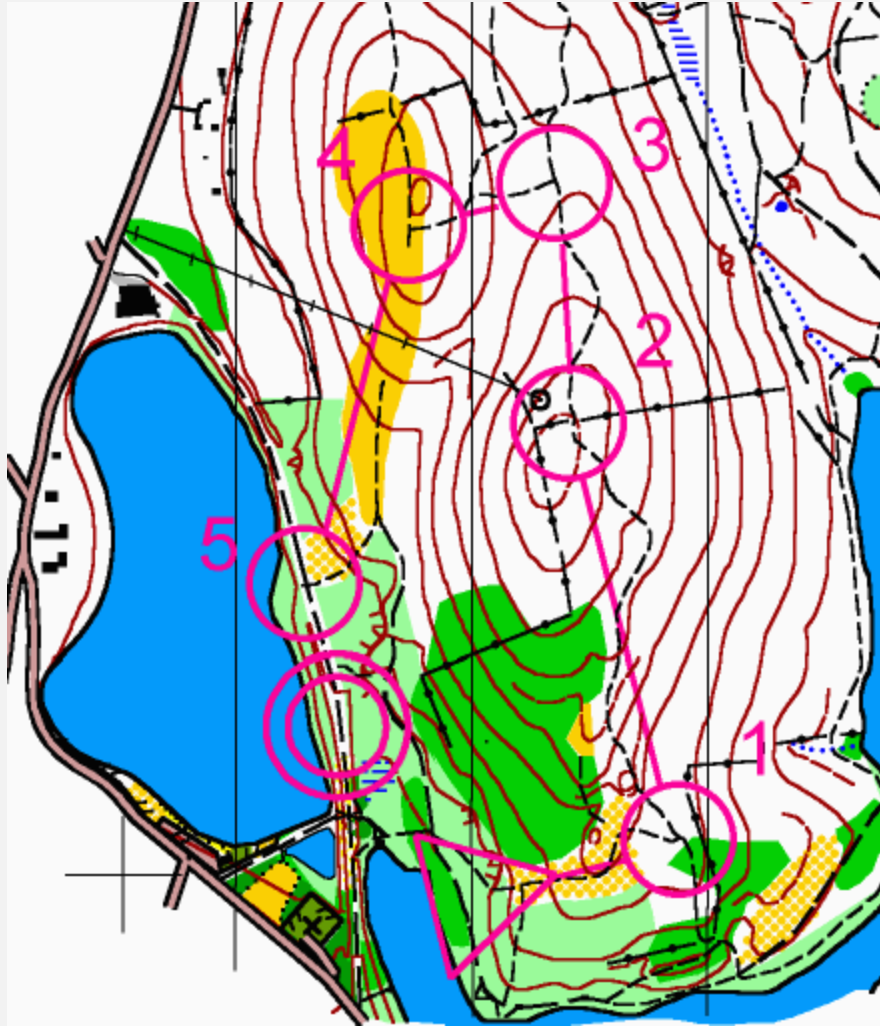
Philosophy of Course Design

- ***FUN***

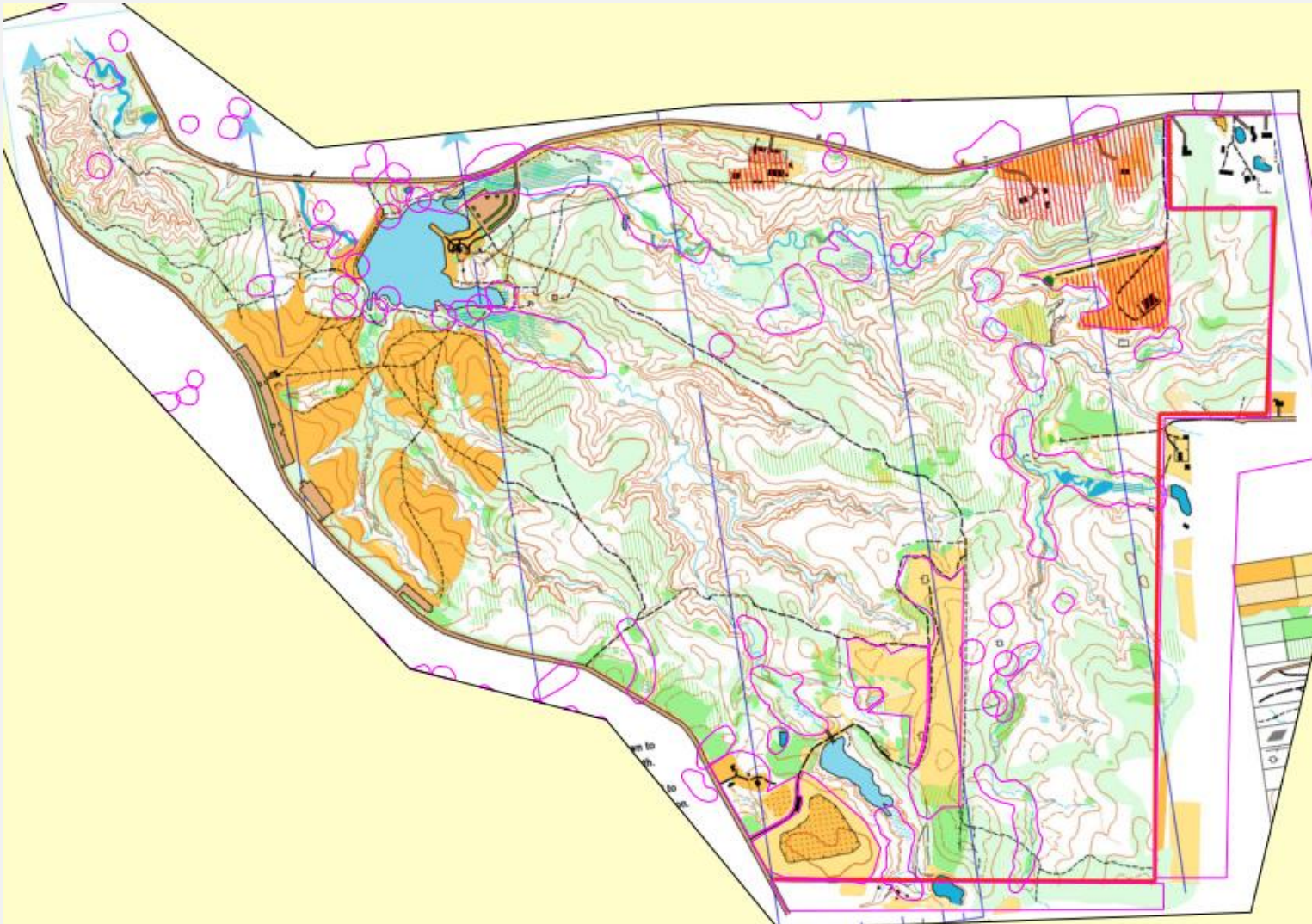
- ***FAIR***

- ***CHALLENGING***

White course



Restrictions



vary terrain

Challenge orienteer to move and navigate effectively in all types of terrain

- – Flat / hilly / water features
- – Many / few details
- – Good / bad visibility & runnability
- – Open forest / thick forest / open
- – Wilderness / lots of roads & trail

vary technique

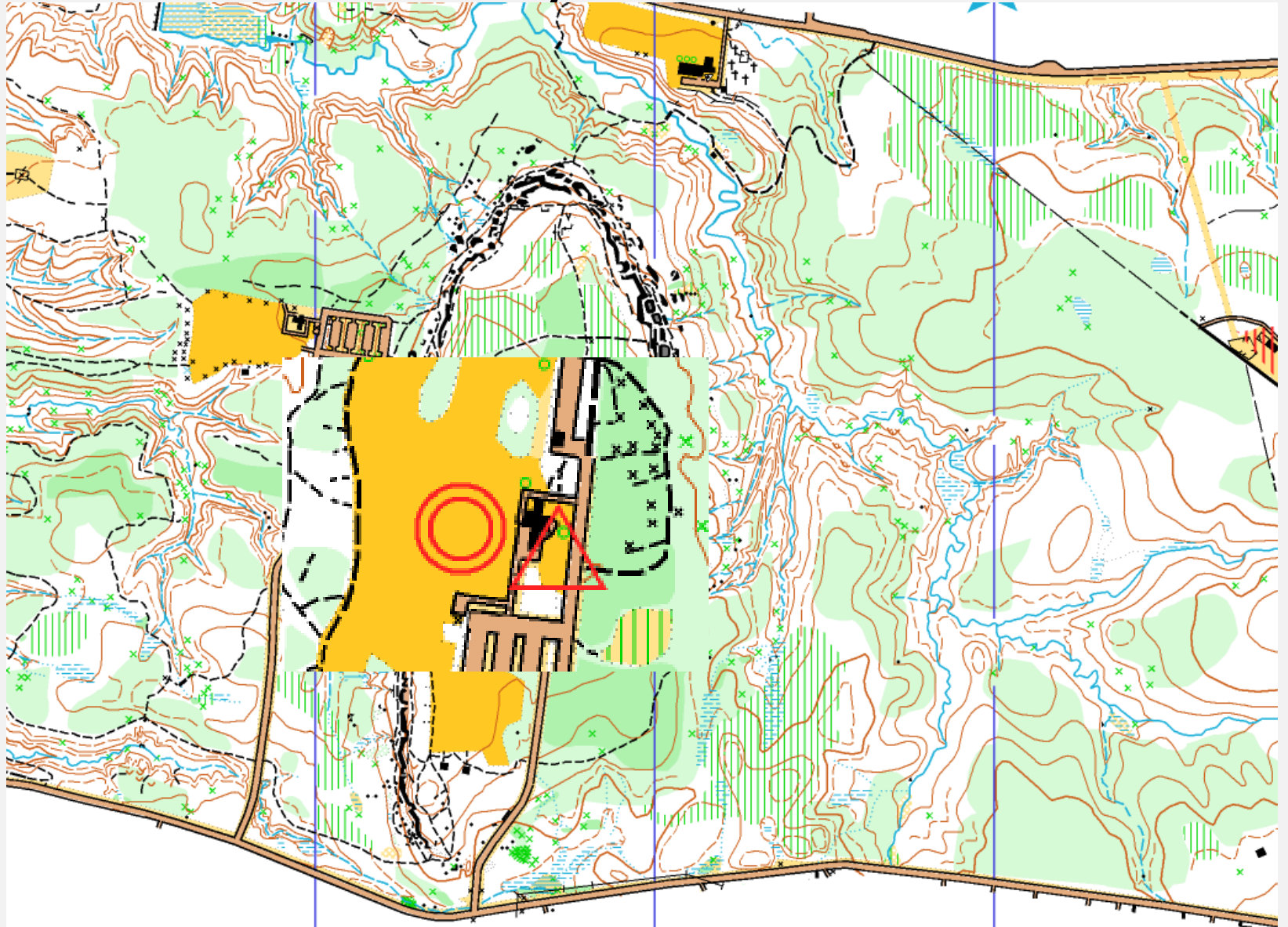
- Challenge orienteer to use a variety of
- navigation techniques
 - Line / point / area features
 - Differing angles across contours
 - Map reading / compass
 - Changes of direction

vary tempo

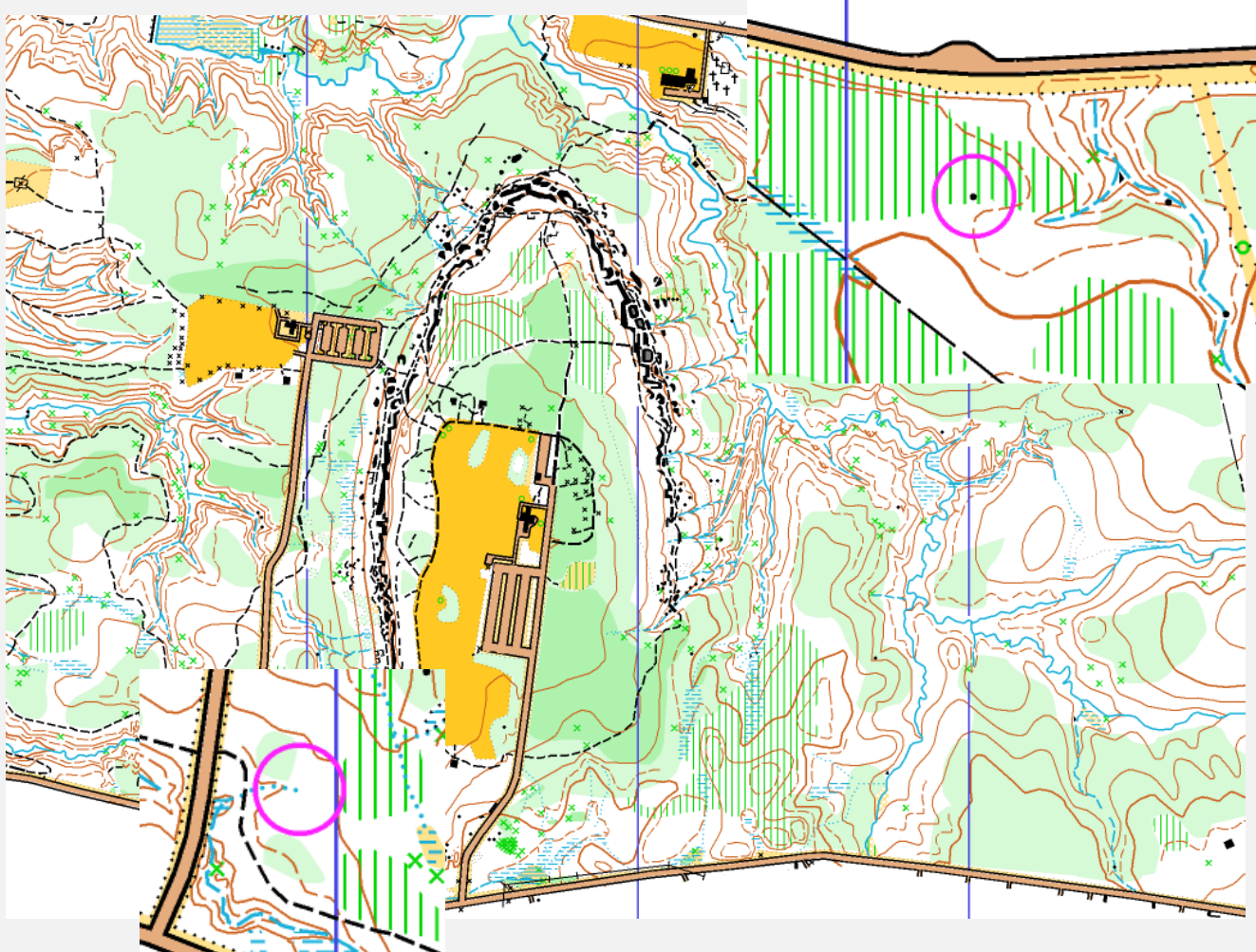
Challenge the orienteer to run at appropriate tempo

- – Fast terrain / slow
- – Easy / difficult map reading
- – Downhill / flat / uphill
- – Long / Short legs

Start / Finish



Water stops



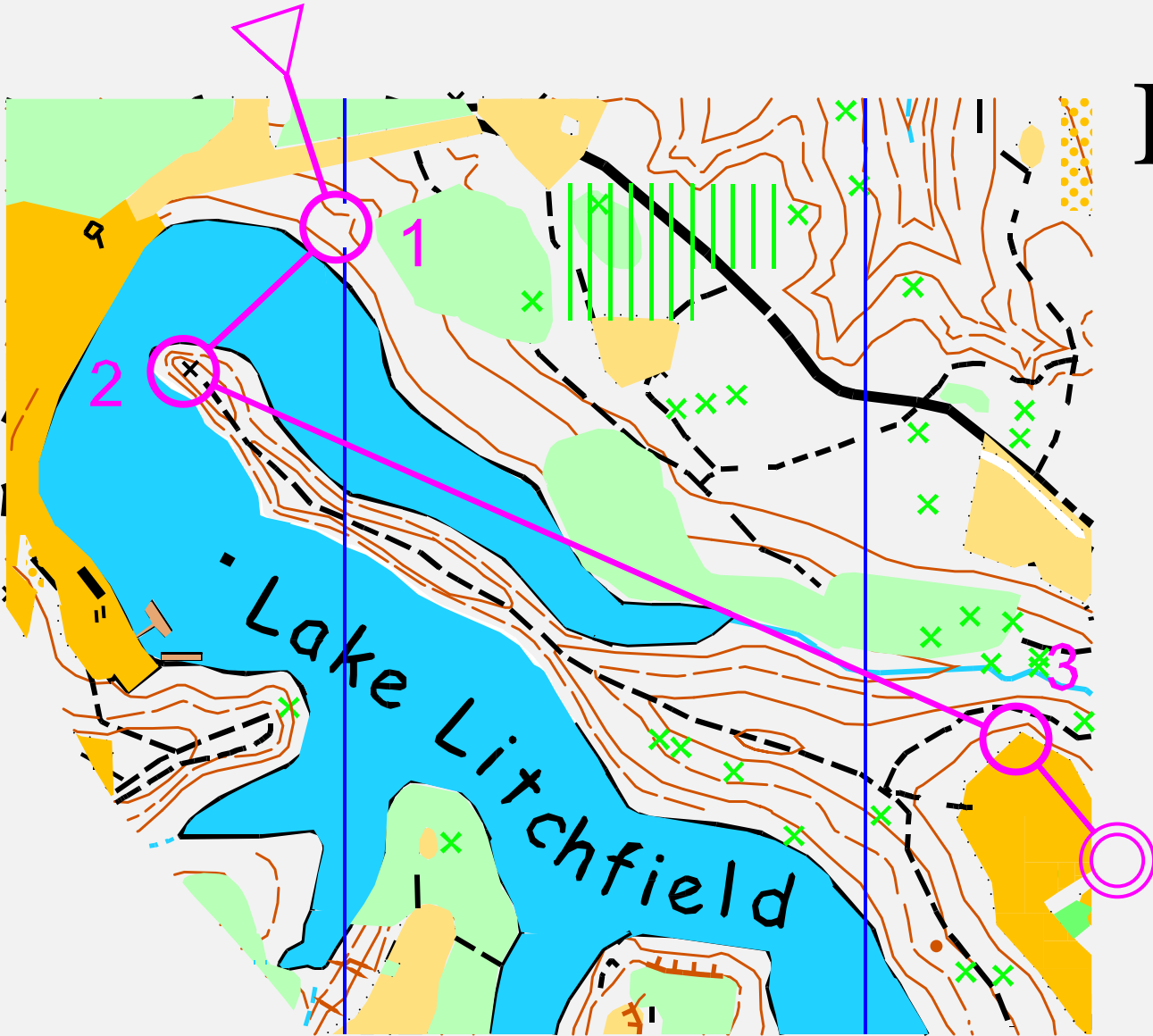
PROCESS

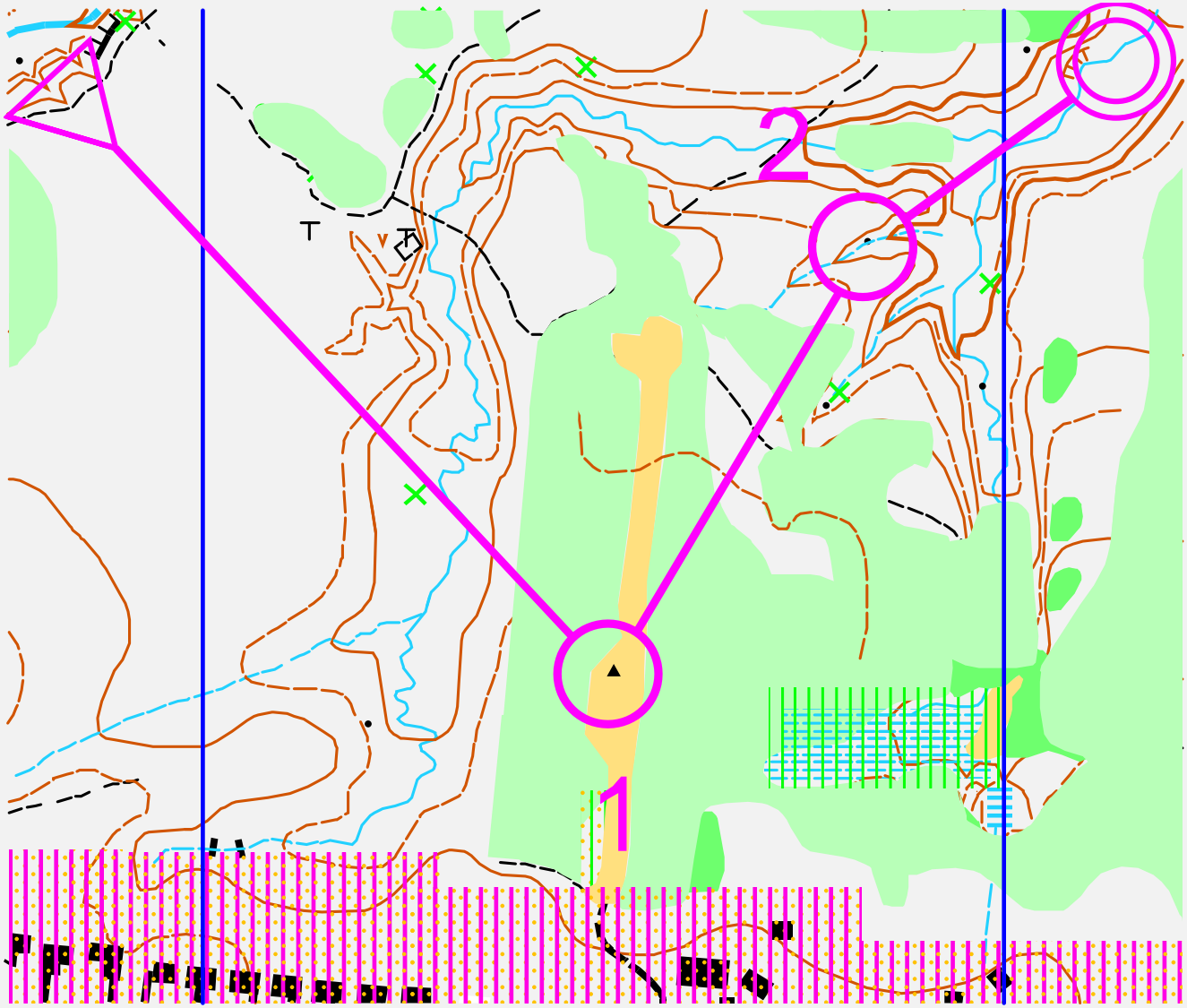
- Beginners often design the course in order: 1, 2, 3, etc.
- Instead, after deciding on the Start/Finish/Water controls, design a couple of good long legs in common for Green and Red. Do the same for Orange, but not as long.
- Emphasize route choice for these long legs: safe or risky / straight or around / short or easy

PROCESS

- Connect the long legs with shorter legs that vary in tempo, terrain and technique.
- These shorter legs should set up the long legs and help avoid dog legs.
- Good route choices should be less obvious.

Dog Leg





Dog Leg

How to be a loved course planner

- Limit amount of thicket and climb
- Provide variety
- Don't be “mean” or “devious”
- Avoid sites near unbounded edge of map
- Use **specific** control sites
- Think about control collection

All controls must be definite point locations.

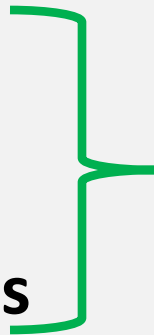
Four possibilities:

Point symbols

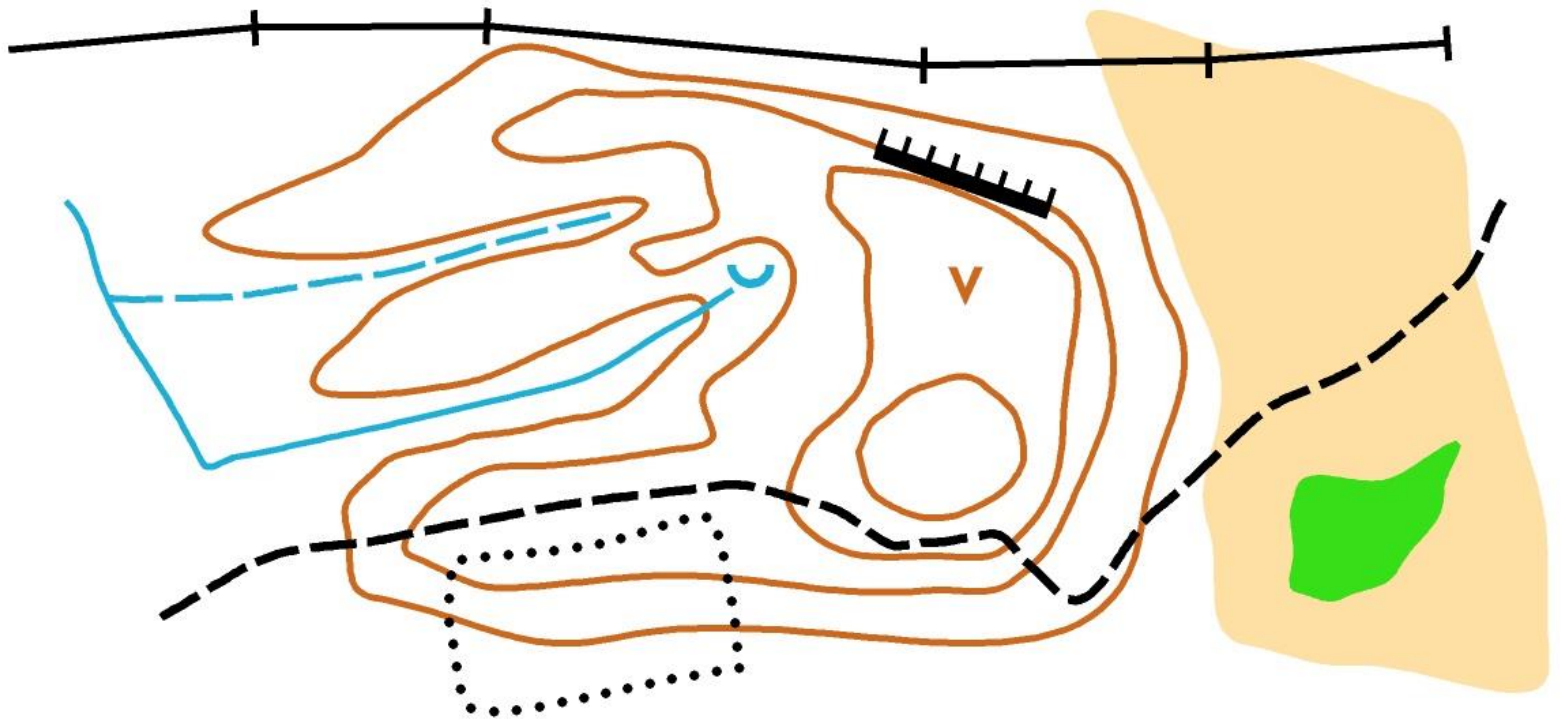
Line symbols

Area symbols

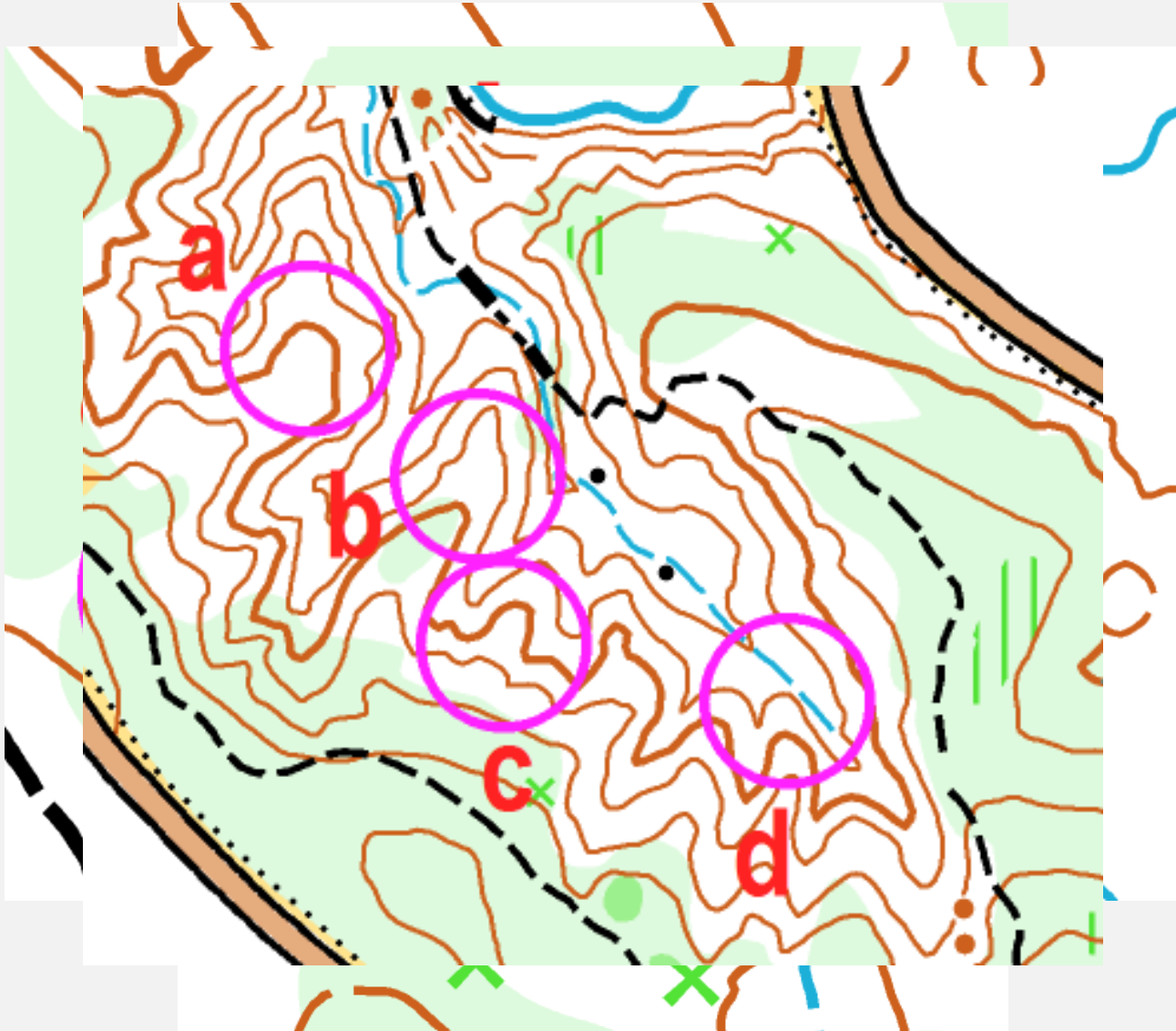
Landform shapes



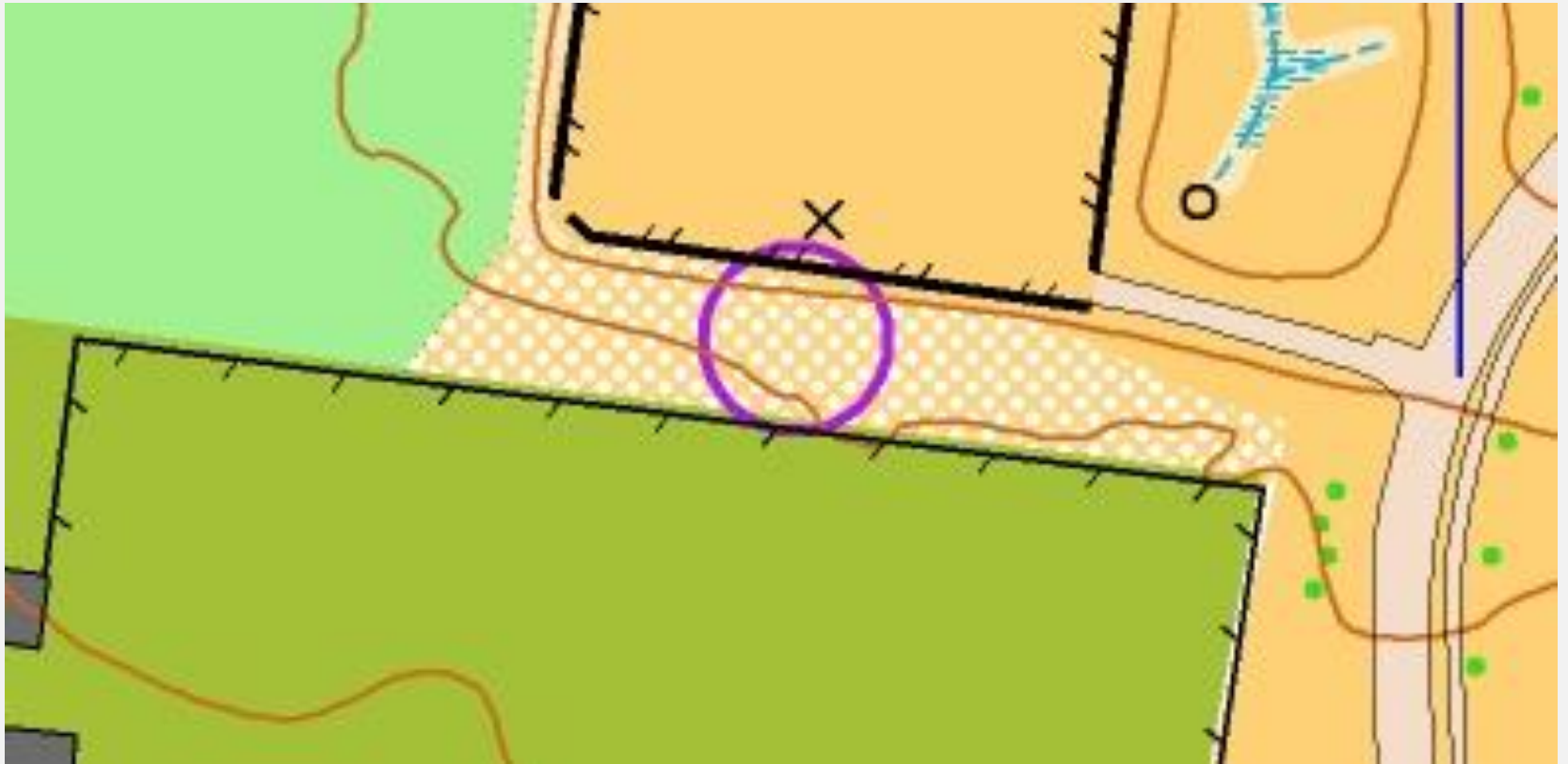
**These must be converted
Into point locations.**



Specific control sites



Another example



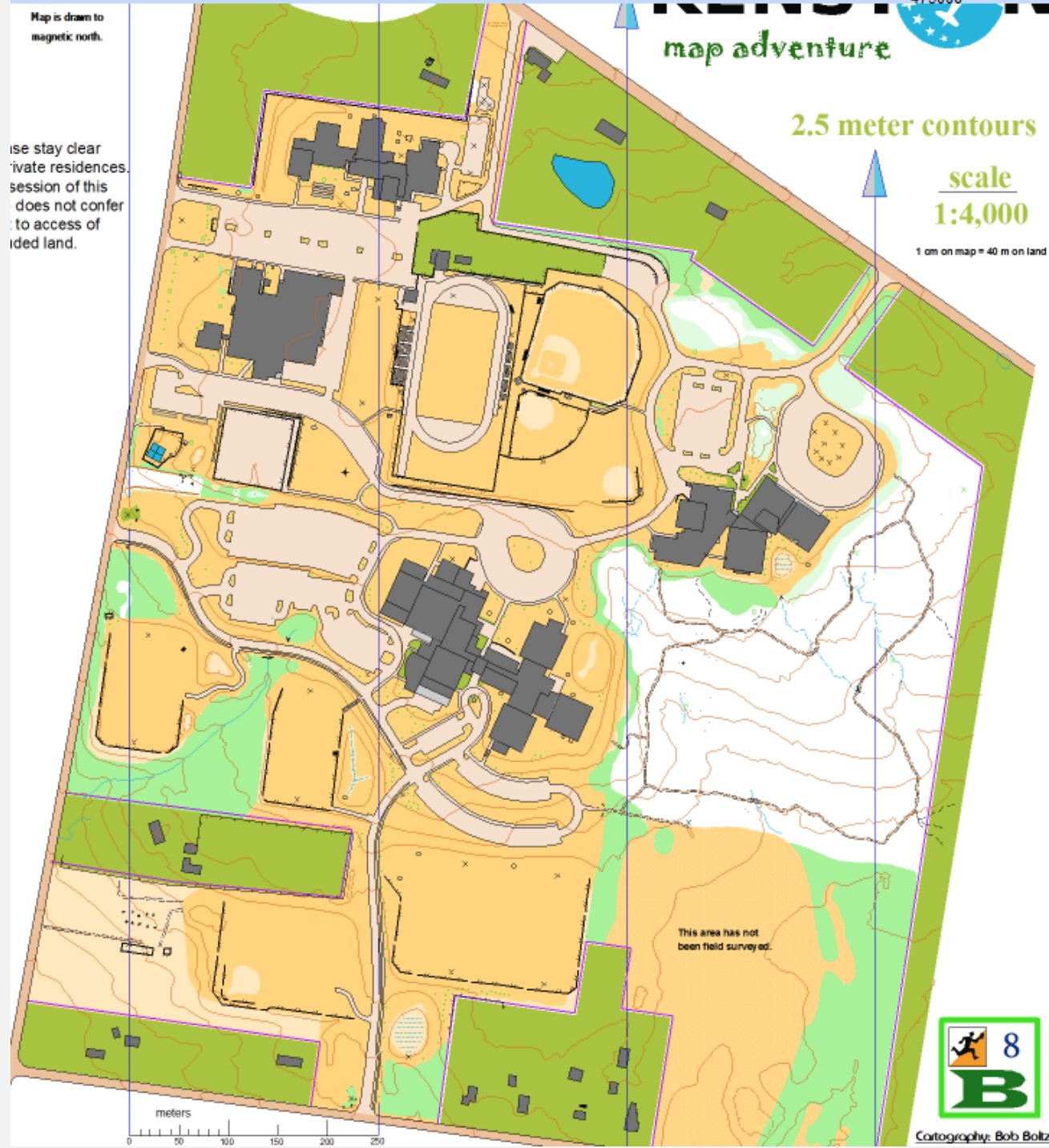
Map is drawn to
magnetic north.

use stay clear
ivate residences.
session of this
does not confer
to access of
ided land.

2.5 meter contours

scale
1:4,000

1 cm on map = 40 m on land



This area has not
been field surveyed.



Let's design a course!

- Design two courses on map with pencil.
- Streamer controls and make changes.
- Create maps in Purple Pen.
- Print maps and clue sheets.
- Hang flags.
- Run a course!