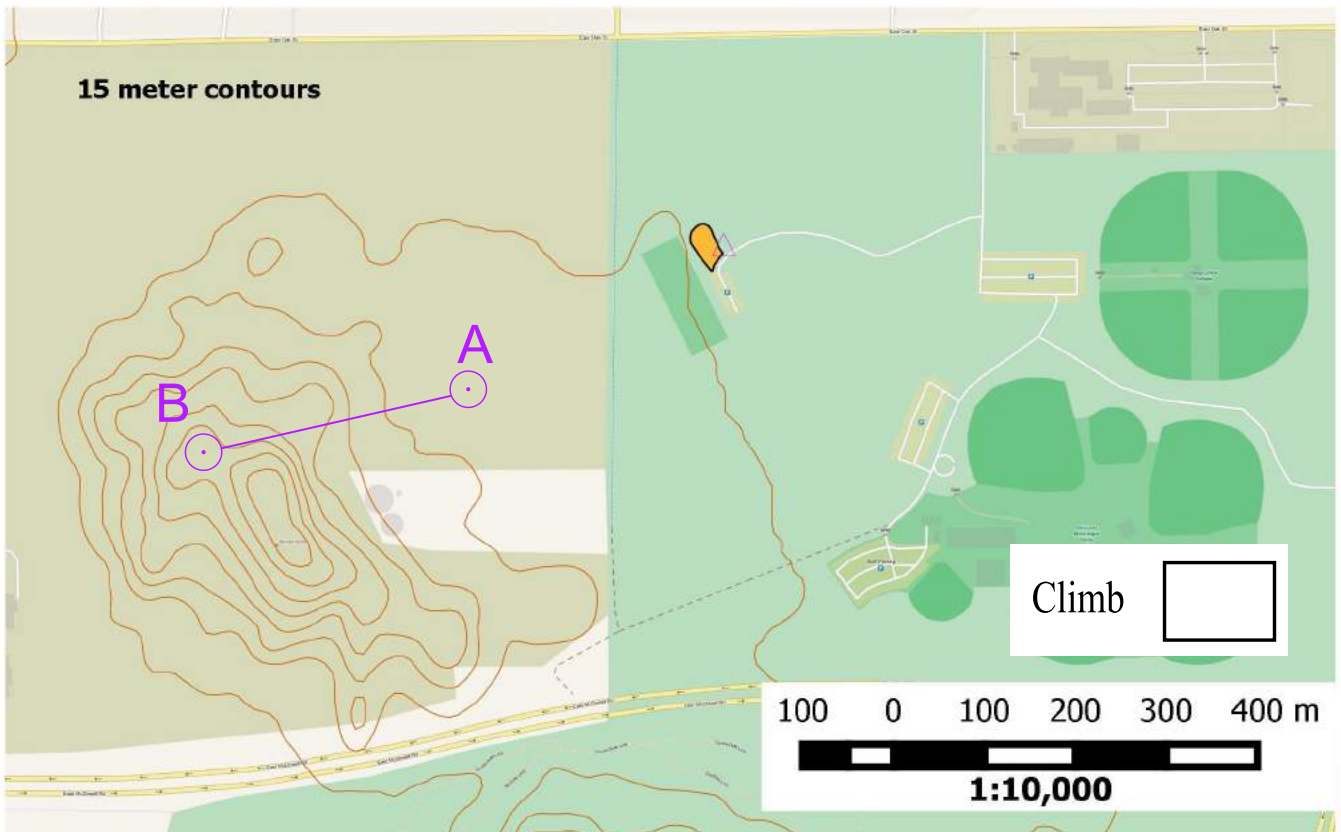
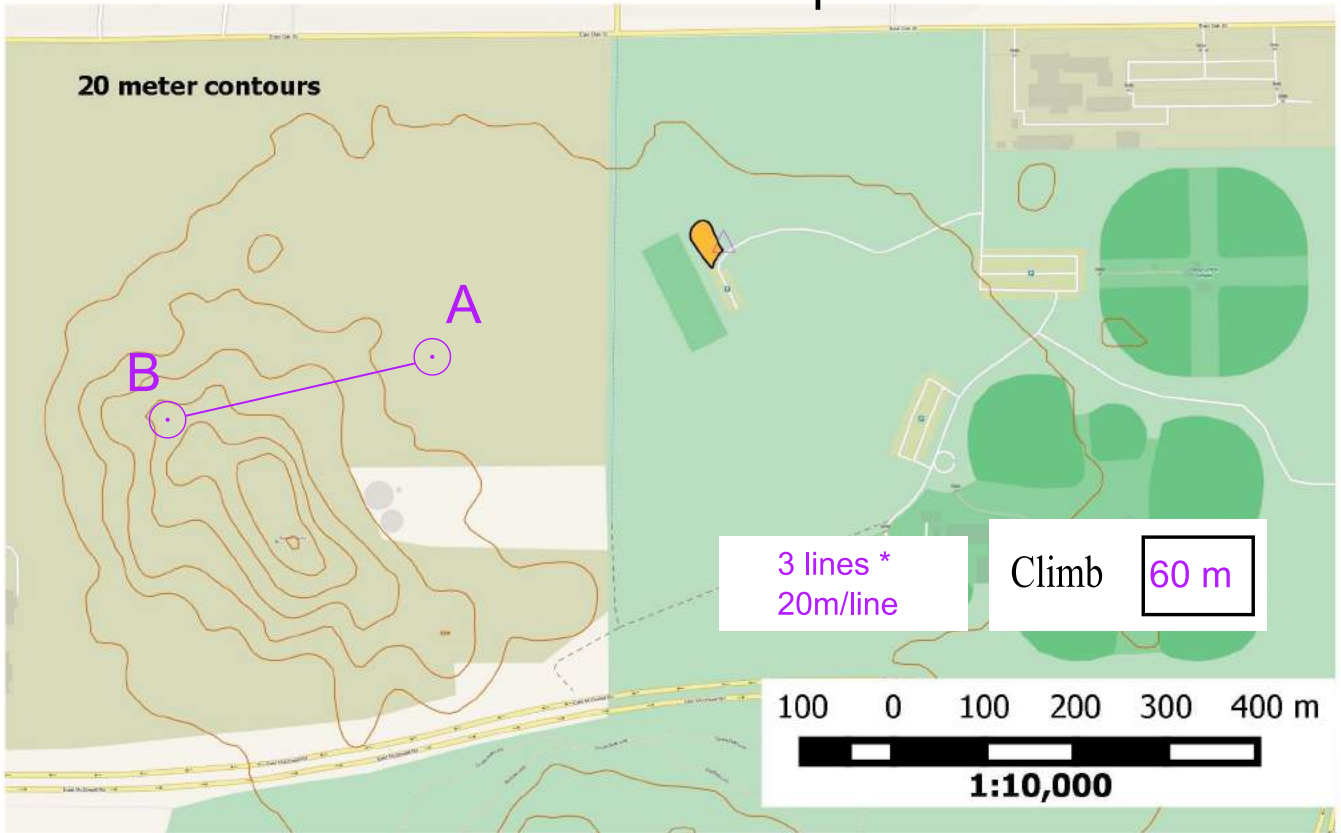


Orienteering

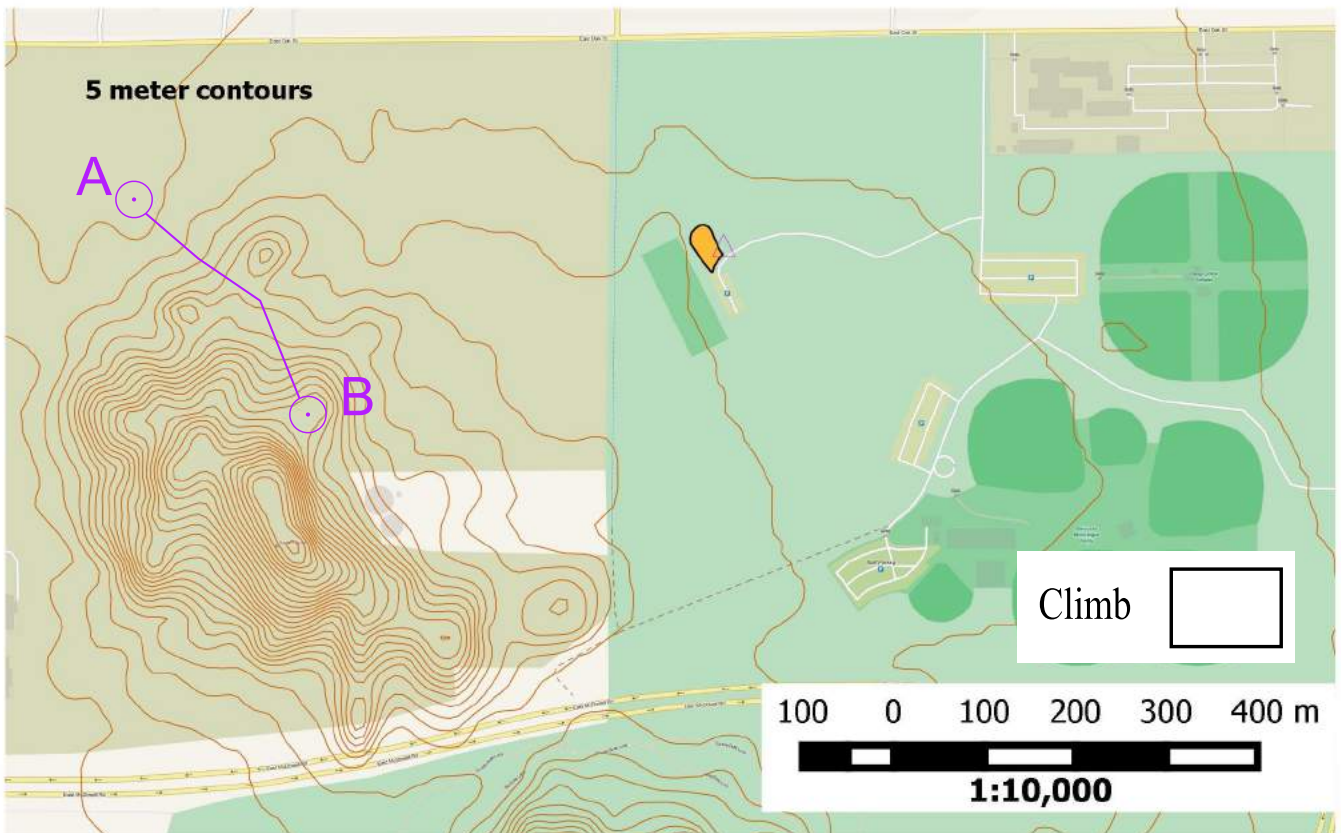
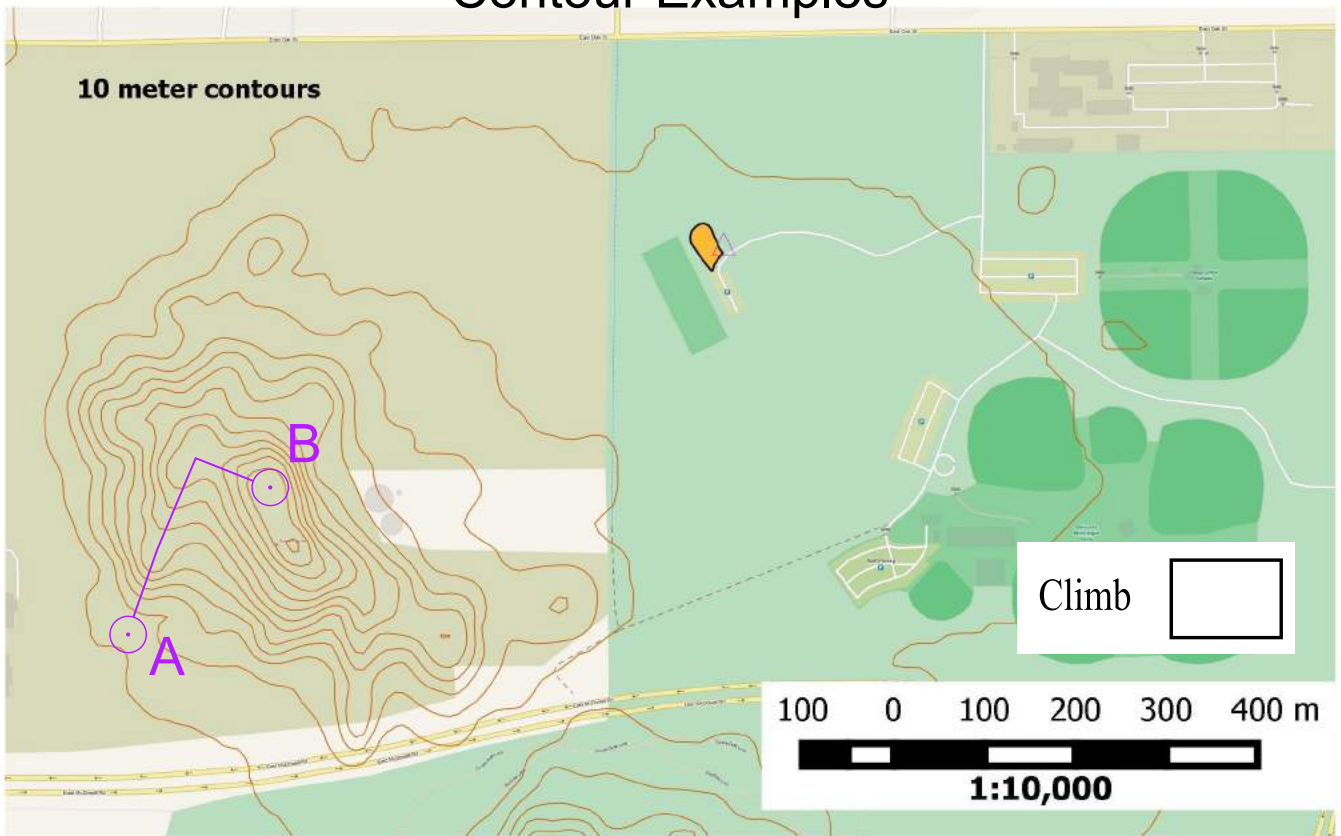
Beginner's Training



Contour Examples



Contour Examples



Greater Phoenix Orienteering (GPHXO) Club

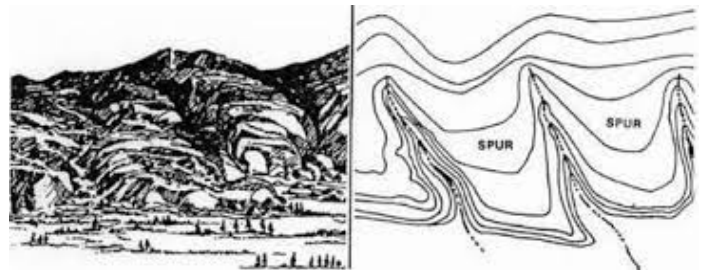
www.gphxo.org

FB Page: @GPHXO or Greater Phoenix Orienteering Club

Instagram: GreaterPhoenixOrienteeringClub

Shane Lacanienta
vslacanienta@yahoo.com

10. Reentrant

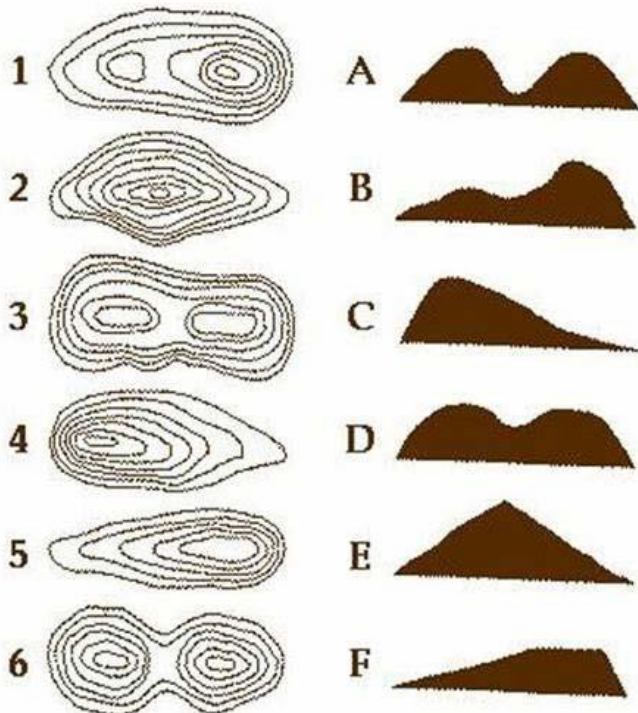


Orienteering: the sport of navigation, using a highly detailed map

Map – Navigation - Compass

A. **MAP** (O-Map, Papago Park, Course 1)

1. Colors: blue, black, green, etc.
2. Control symbols & Legend
3. Control markers (circle)
4. Start (triangle)
5. Finish (double circle)
6. Metric system
7. Scale
8. Magnetic North Lines (Declination)
9. Landscape Features & Contours: (Practice)

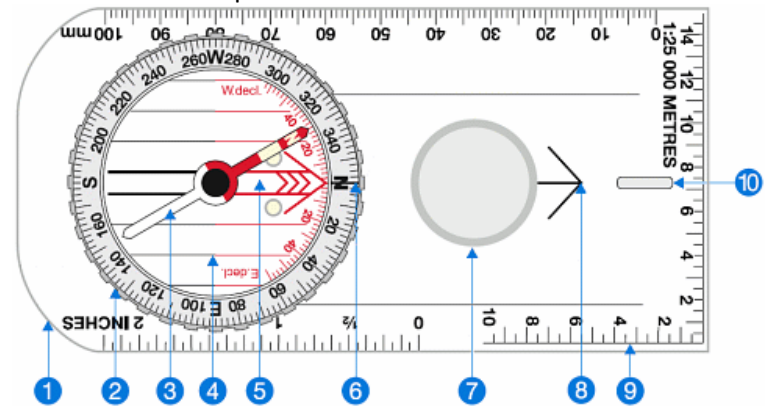


B. NAVIGATION

1. Reference Point (practice)
2. Pacing (demo & pace course Ramada to right parking lot sign)
3. Record individual paces

C. Compass

1. Parts of a Compass

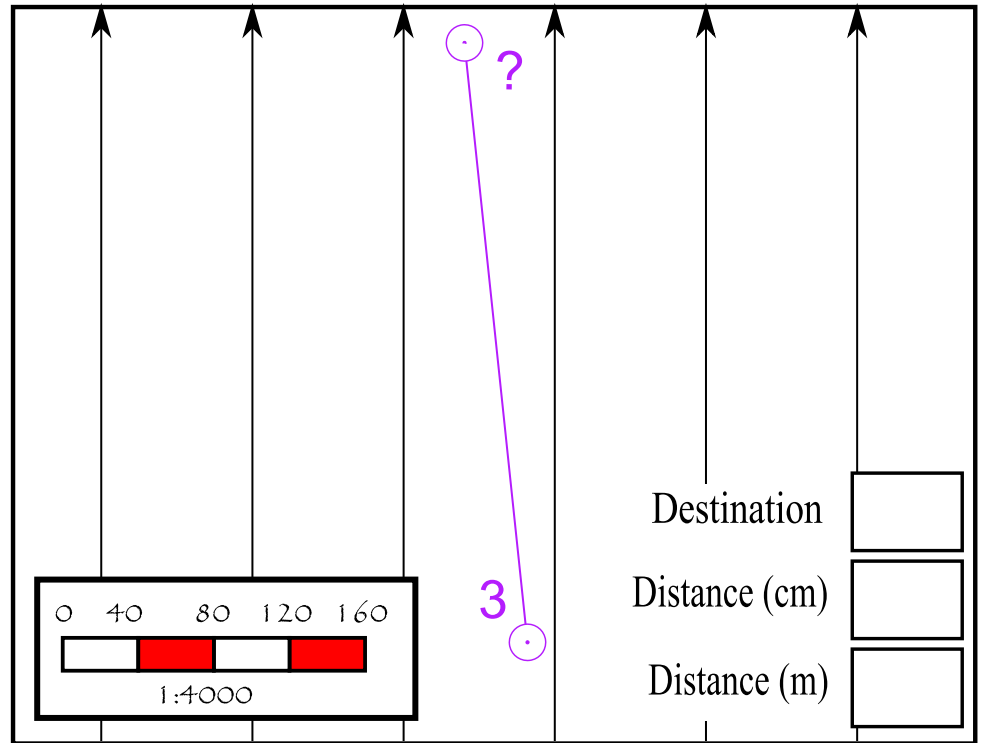
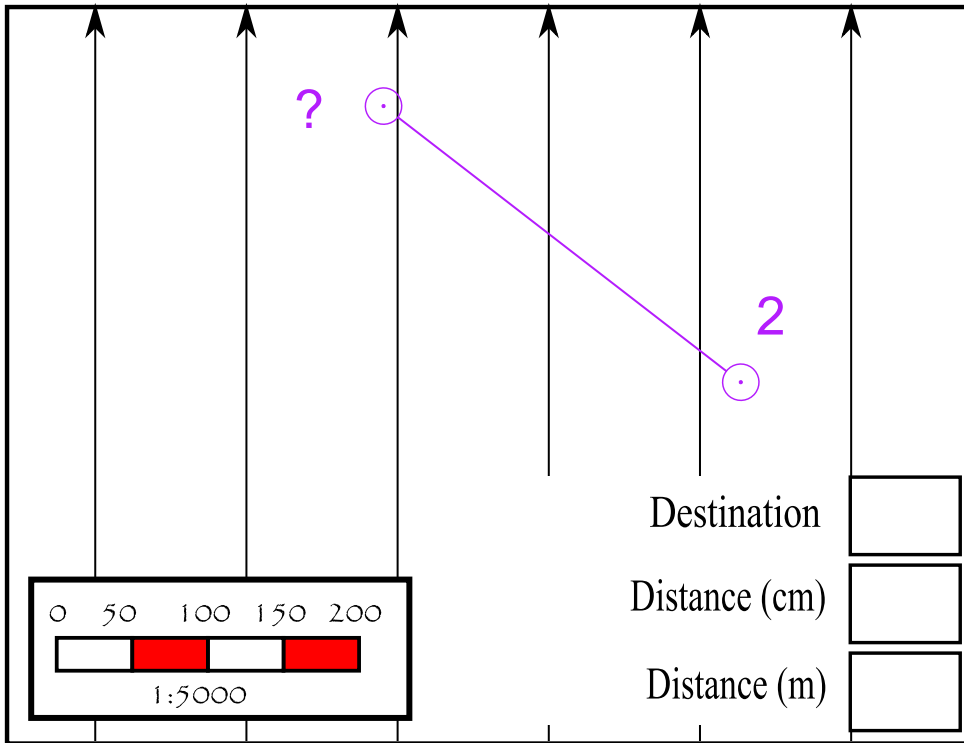
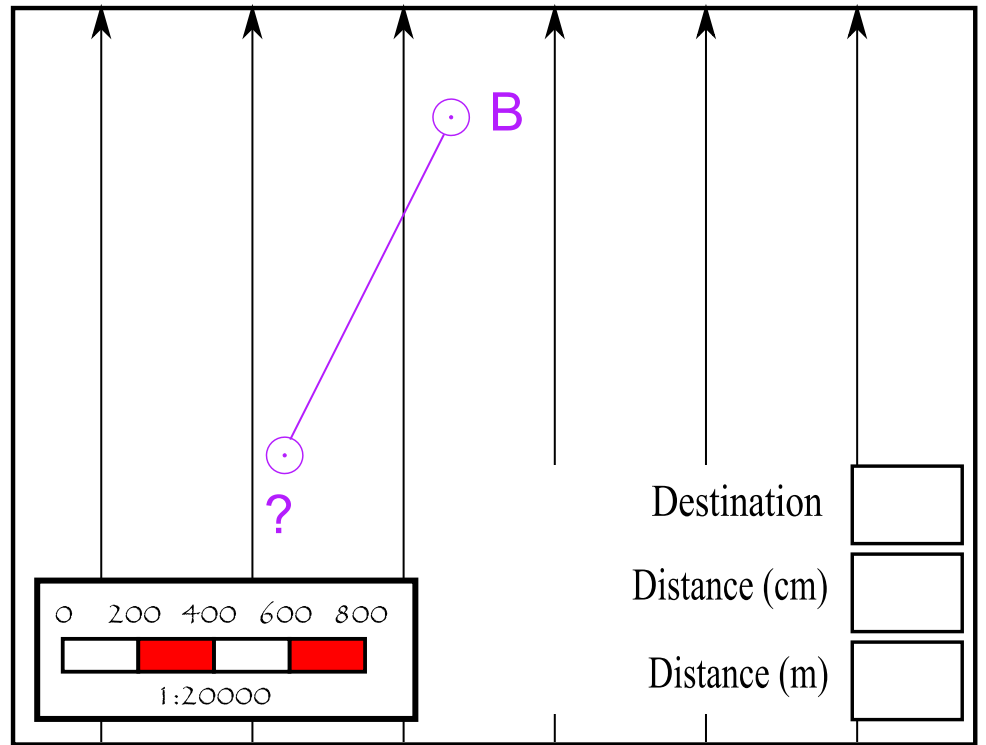
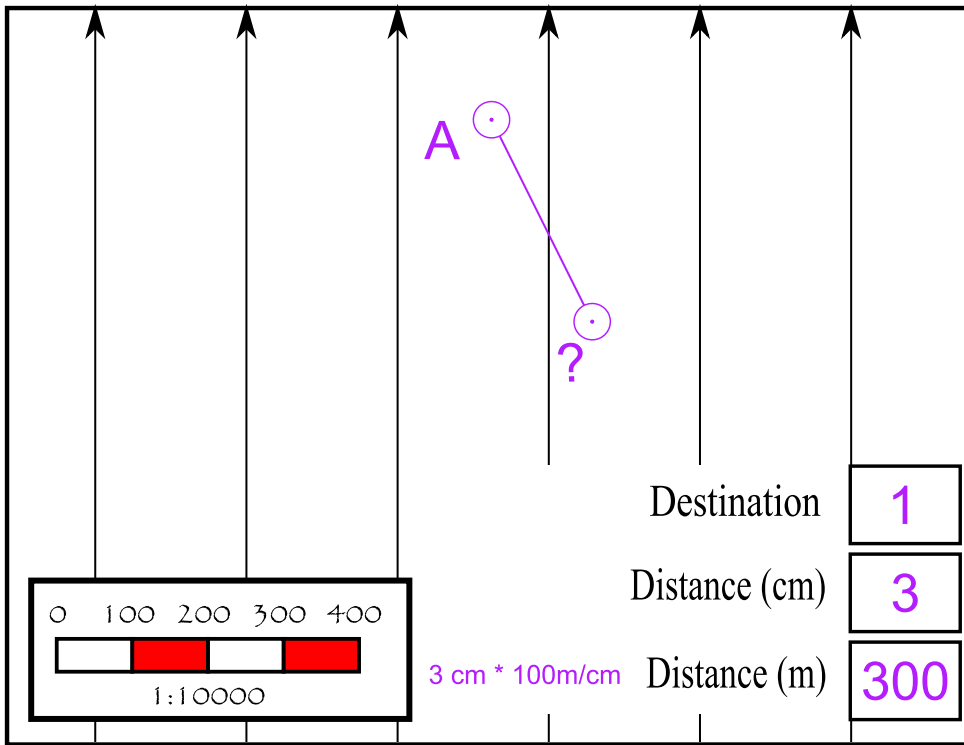


- a. Baseplate (1)
- b. Direction of travel arrow (8)
- c. Scale (9)
- d. Bezel/Housing (2)
- e. Magnetic needle (3)
- f. North Arrow (Red, 5)
- g. Orienting lines (4)

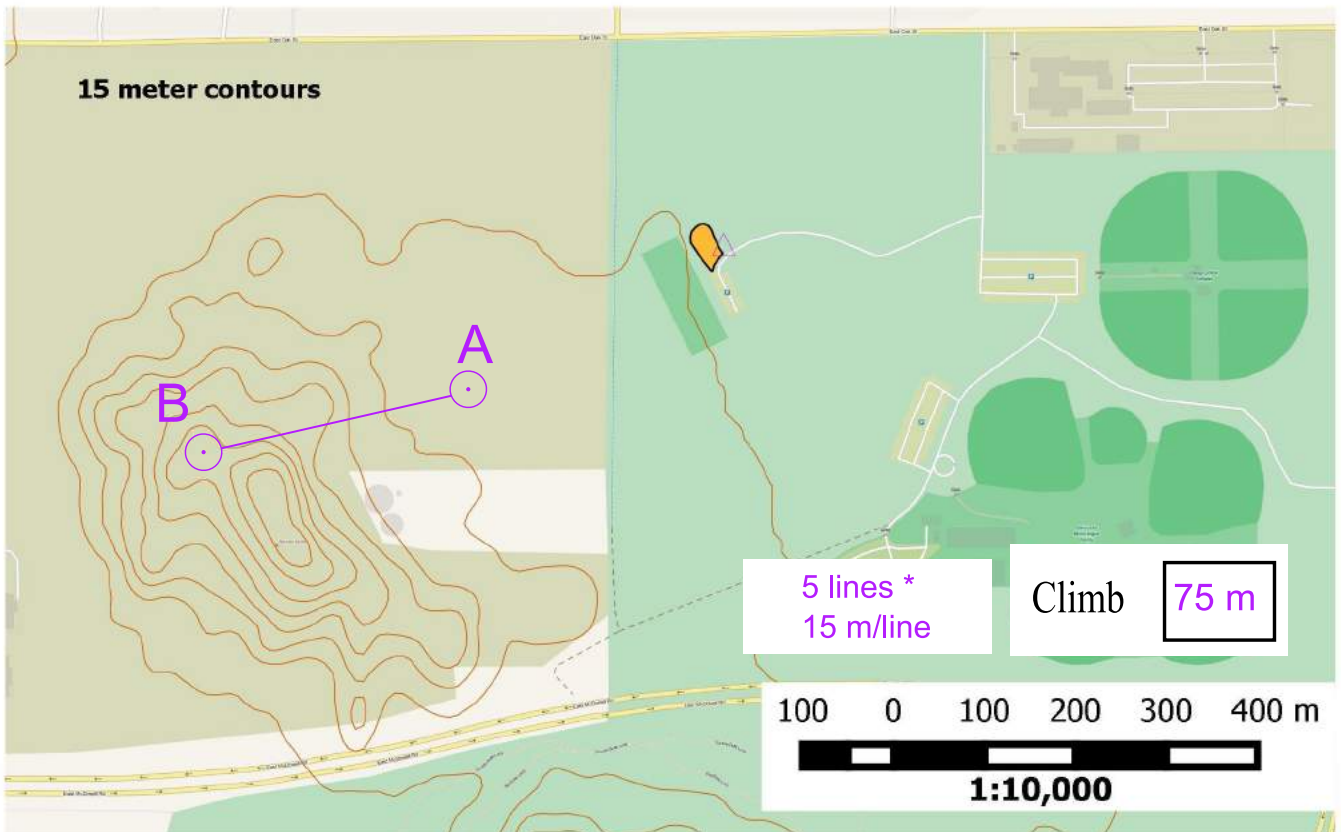
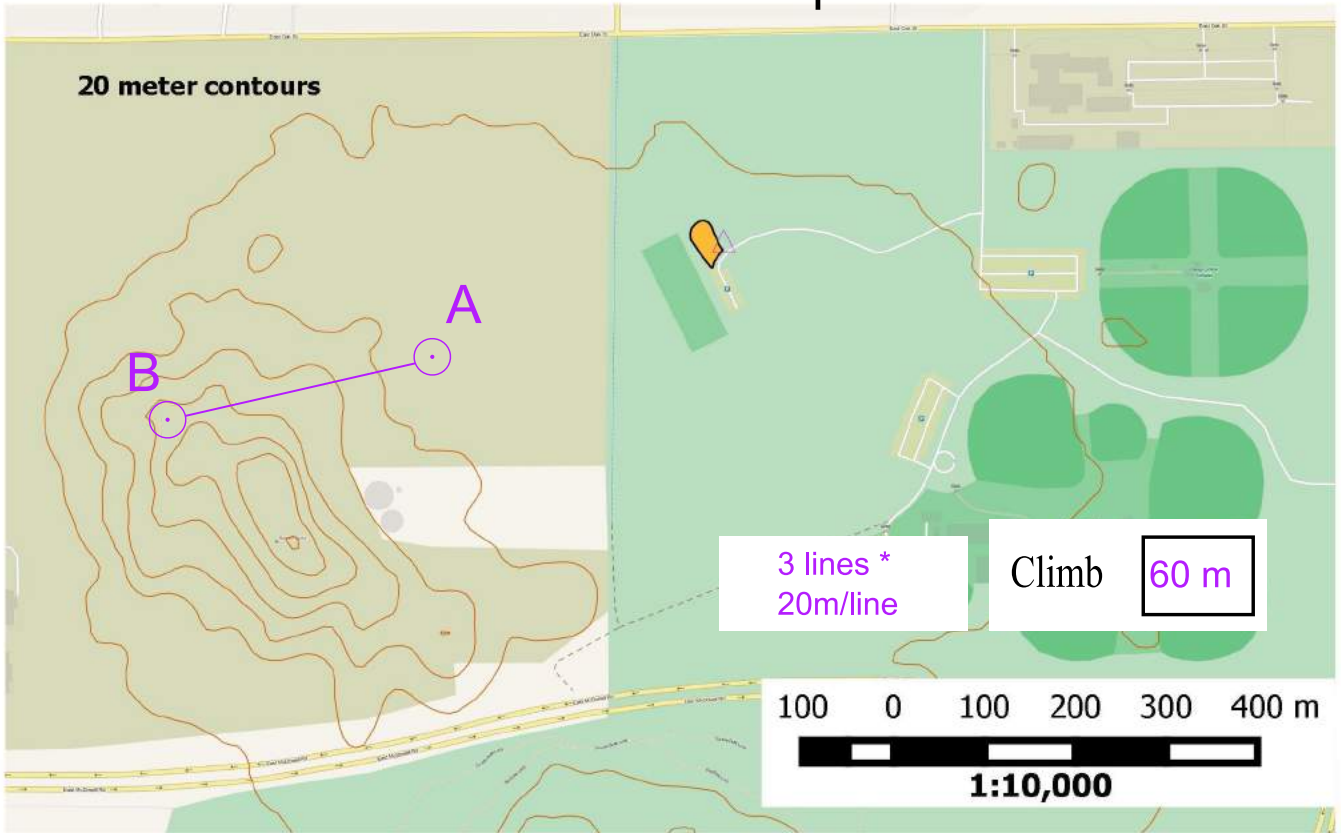
2. Caution: Metal, ferrous rock, electronic devices, etc
3. Orient map & Compass (demo & practice courses X, Z, & F)

D. PUTTING IT ALL TOGETHER

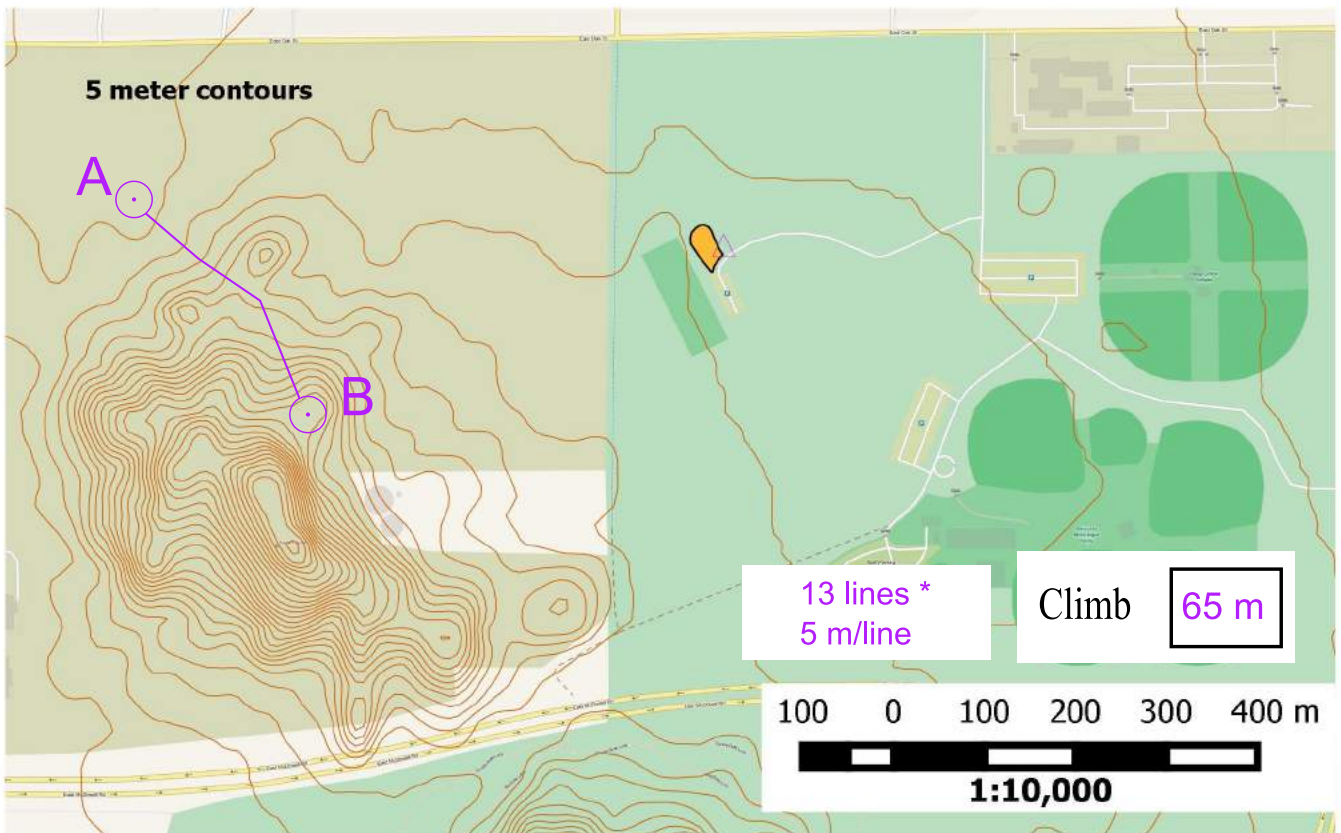
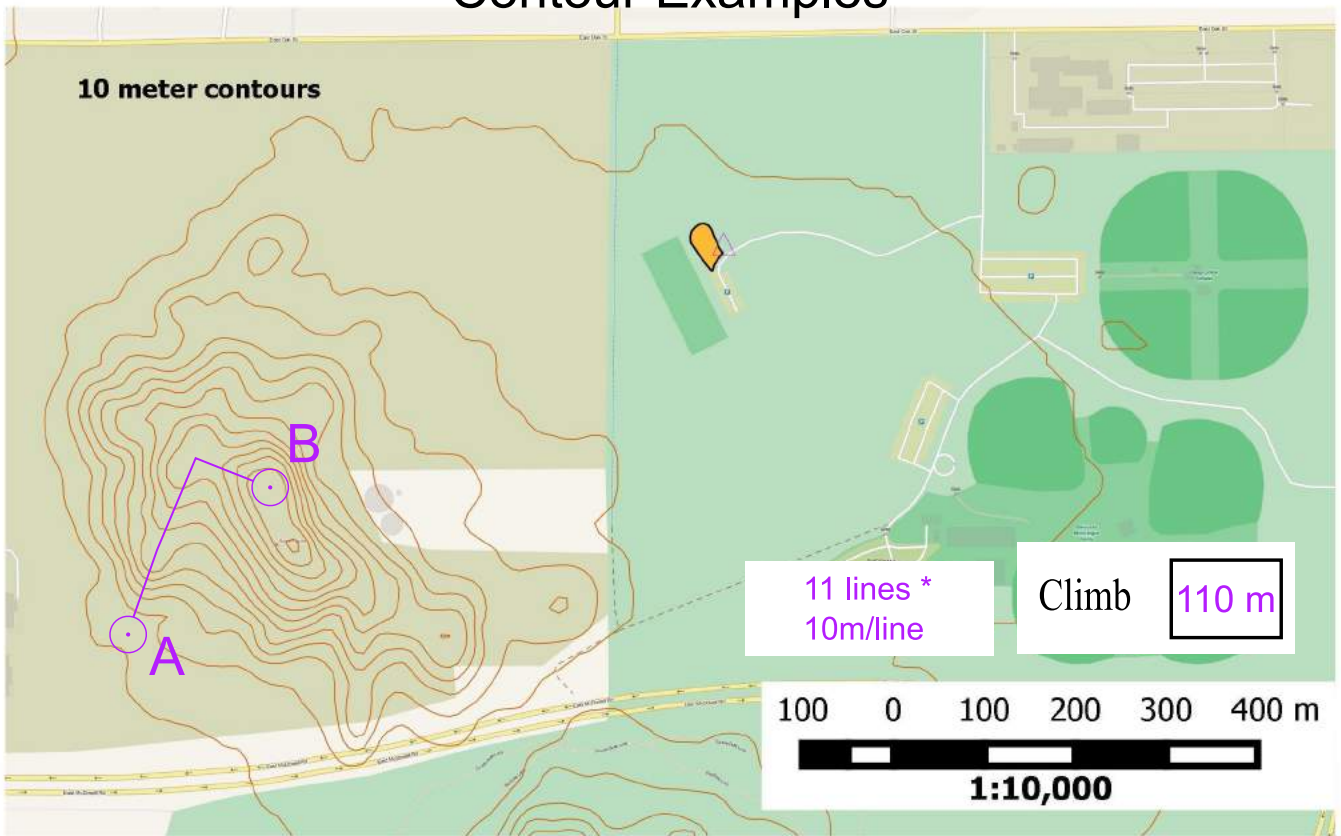
- Map – Navigation – Compass
- D.O.G.G.

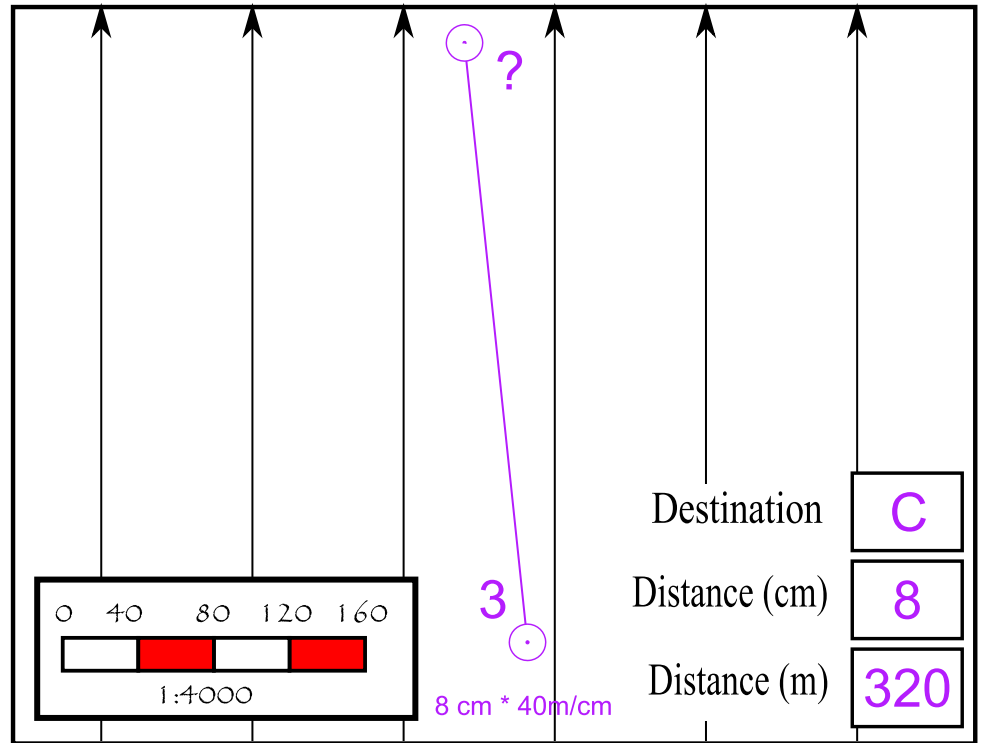
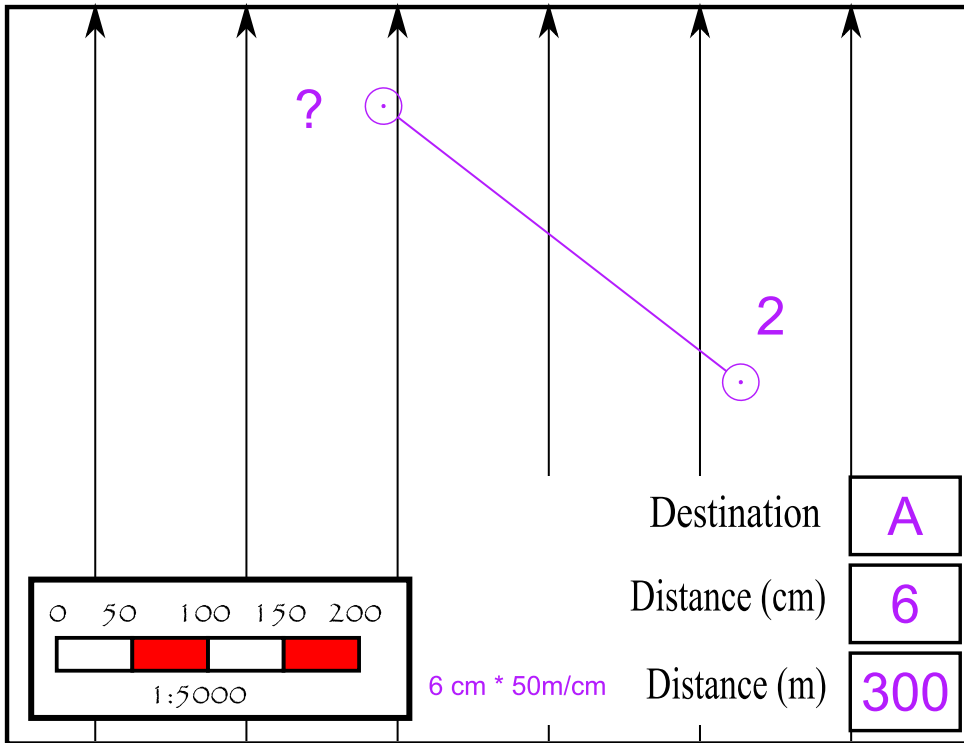
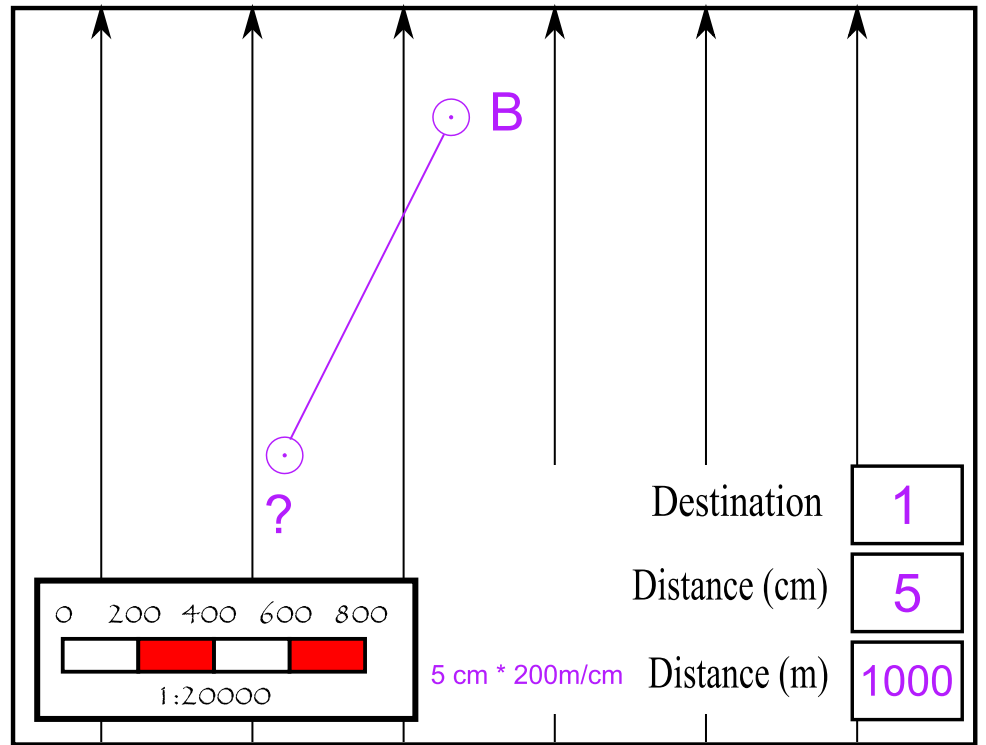
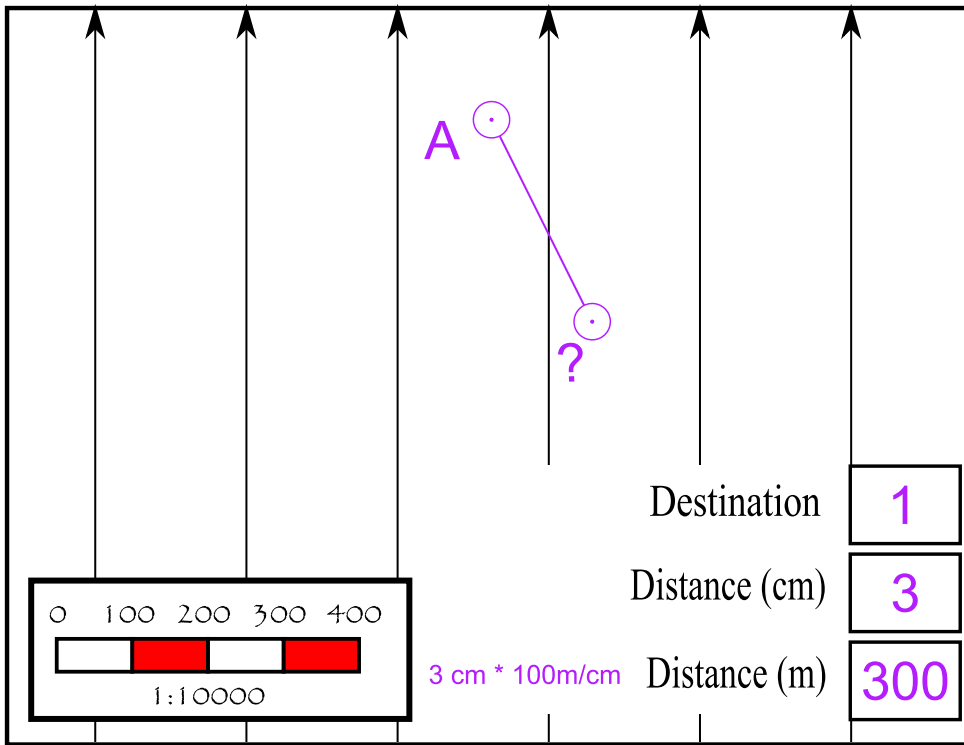


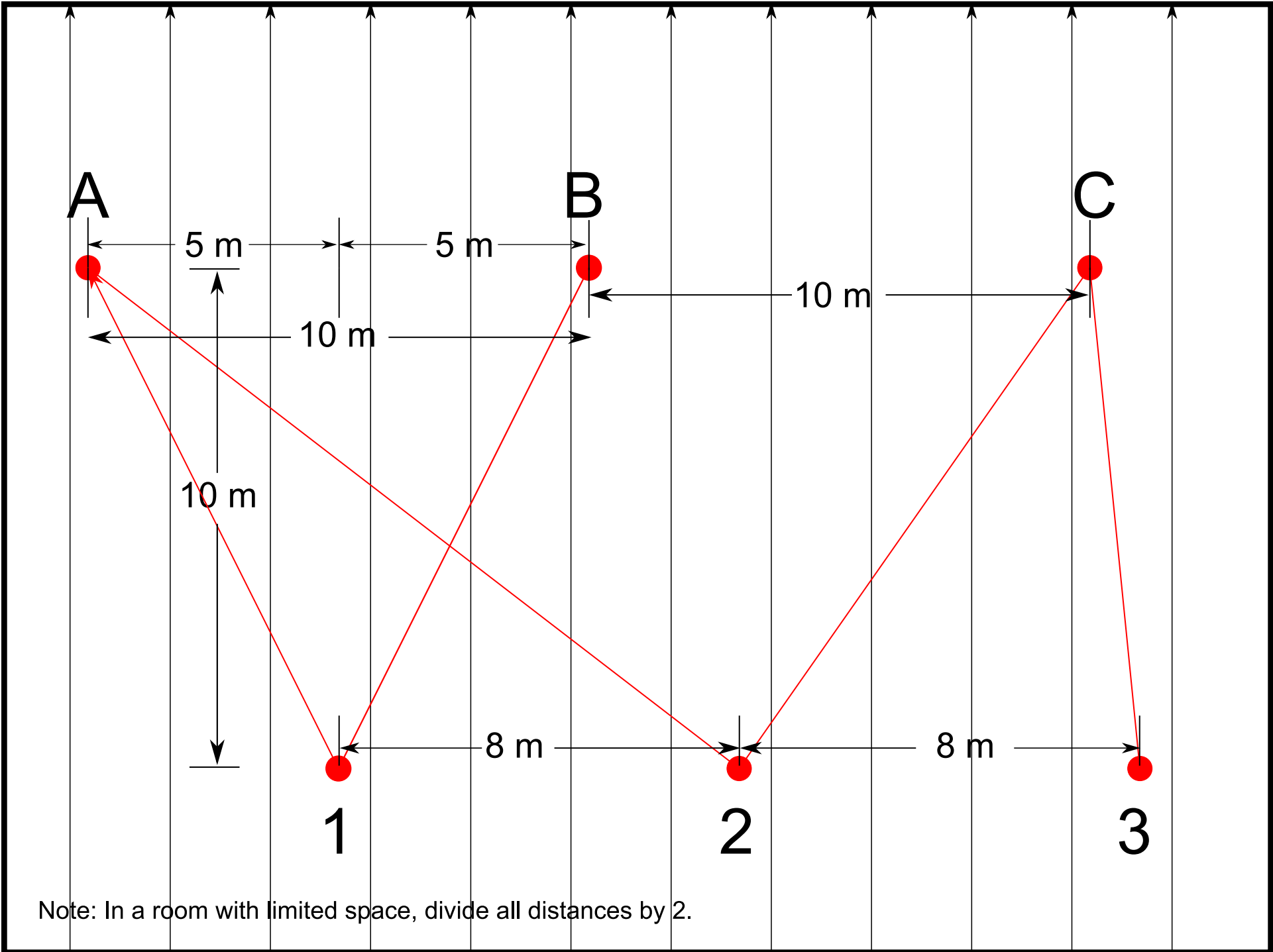
Contour Examples



Contour Examples







Note: In a room with limited space, divide all distances by 2.