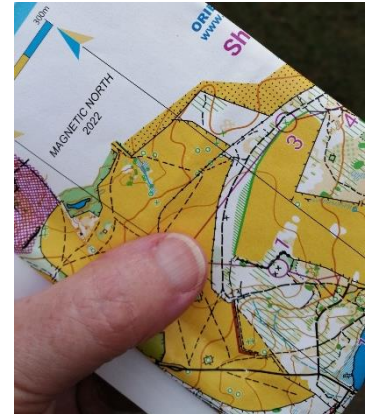


Top Tips

Here are five basic skills you need to practise to help you progress with orienteering.

1. **Fold your map** - Always make sure that you fold your map so that you can easily see the part of the map where you are.
2. **Orientate your map** – Always make sure that your map is the correct way round or orientated. This means that the features which are in front of you on the ground are in front of you on the map.
3. **Thumb your map** – To help you know where you are on the map it helps if you mark your position on the map with your thumb. As you move along the ground you should move your thumb to the new position on the map.
4. **Check the control code** – Once you have found a control you always need to check that the code on your control description sheet matches the code on the control.



sample CD		
White		1,2 km
		Start: road
1	120	E side of building
2	45	NE lone tree
3	53	Path
4	74	Depression
5	56	Fence
Navigate 180 m to finish		

5. **Have fun and enjoy yourself** – This is the most important skill to remember. Orienteering should always be fun and enjoyable.