

Orienteering Calgary

Beyond the Basics

Relocation

Relocation: Finding yourself after getting lost, or recovering from an error(s). All orienteers get “lost”; the difference between good and bad orienteers is the speed of relocation.

Skills required for relocation:

Orienteering skills: map reading, compass use, peripheral vision in the terrain, memory of (ability to reconstruct) distance, direction and features seen

Mental skills: emotional self control, mental self control

Follow a procedure:

1. Admit you made an error.
2. Slow down or stop.
3. Stay calm.
4. Orient the map with the compass (NOT with the terrain).
5. Look around in the terrain; try to find the observed features on the map.
6. If steps 1-5 fail, recall the direction, distance and features seen since the last known position*.
7. If step 6 fails, physically relocate by doing 1 or more of the following:
 - a. Continue to a catching feature and relocate on it.
 - b. Return to the last known position.
 - c. Go to a large or distinct feature nearby and locate it on the map.
 - d. “Bail out” to a large catching feature off the desired route.
8. If step 7 fails, reconstruct the orienteering since the last known control.

*If you are near a control, this should be the attack point. In this case, if step 6 fails, go to a different attack point. If that fails, reconstruct the orienteering to the attack point.

Steps 1-5 should take 30 seconds (with experience).

Step 7 should take 2-3 minutes (with experience).

Start this procedure after you think you have been “lost” for 30 seconds – 1 minute.

Preventing errors: There are many different kinds of errors in orienteering. Imagine all the possible errors. Imagine how you could prevent them. When orienteering, always assume your position is “possibly correct”. Always use as much information as you can to continuously confirm your position.

Correcting errors: The sooner an error is corrected, the better. Check your map frequently (every 10 seconds) so you can detect an error while it is still small.

What to practice today: Hold the map and compass correctly all the time. Keep the map oriented all the time. Prevent any errors from occurring. Proceed cautiously after an error.