Better Orienteering Navigation Model – simple version

Start by getting the basics right

Have a reliable Basic Navigation Routine

Zoom in and out

Be systematic

Identify Attack point
Plan Route
Map + Compass for direction
Visualise where you are going
Execute the leg in stages

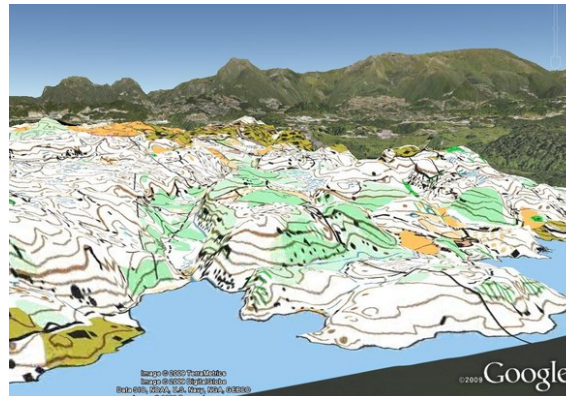Better Orienteering.org

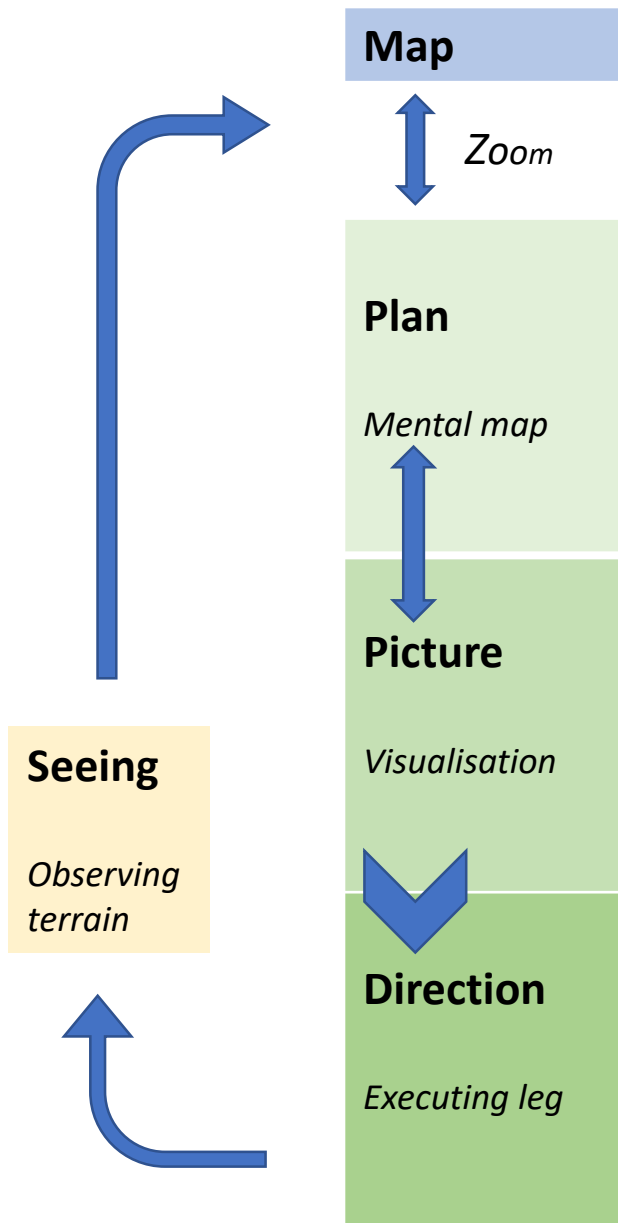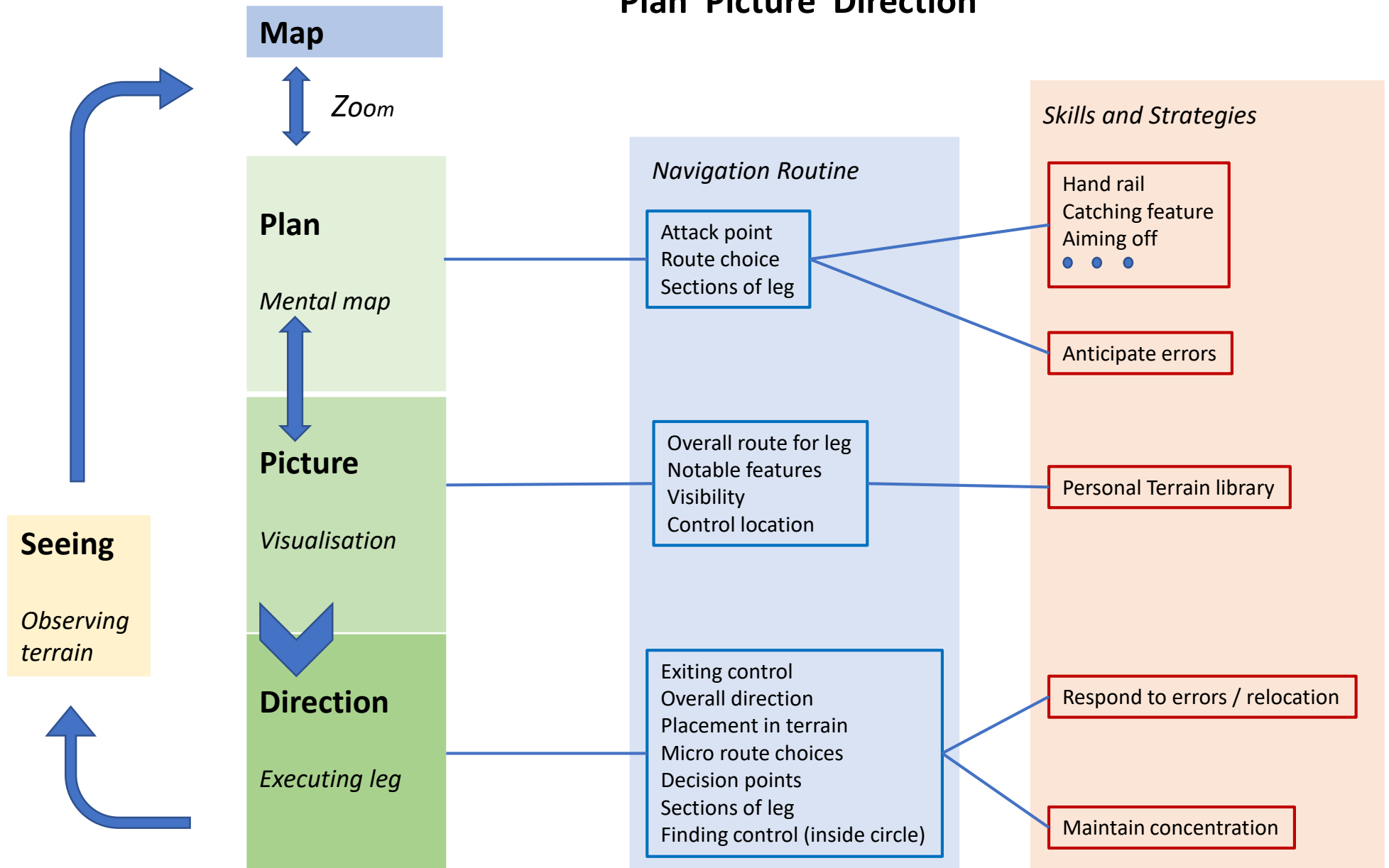*Draw on a Tool Kit of Skills*

Aiming off   Attack Point   Catching feature

Skills Tool Kit

Use a range of strategies

Anticipate errors

Maintain concentration

Respond to errors

Parallel error?

Visualise map in 3D in your mind

Image: worldofo.com

Map

↕ *Zoom*

Plan

Mental map

Picture

Visualisation

Direction

Executing leg

Seeing

Observing terrain

Plan Picture Direction

A model to use when orienteering

Plan, Picture Direction draws on a model by Kris Jones integrated with other elements of navigation on Better Orienteering, Duncan Bayliss, 2019

Plan Picture Direction

Map

Zoom

Plan

Mental map

Picture

Visualisation

Direction

Executing leg

Seeing

Observing terrain

Navigation Routine

Skills and Strategies

Attack point
Route choice
Sections of leg

Hand rail
Catching feature
Aiming off
● ● ●

Anticipate errors

Overall route for leg
Notable features
Visibility
Control location

Personal Terrain library

Exiting control
Overall direction
Placement in terrain
Micro route choices
Decision points
Sections of leg
Finding control (inside circle)

Respond to errors / relocation

Maintain concentration

Plan, Picture Direction draws on a model by Kris Jones integrated with other elements of navigation on Better Orienteering, Duncan Bayliss, 2019

Better Orienteering Navigation Model - systematic description

The elements Better Orienteering uses to help you build successful navigation

Routines

Pre-race

Research the map
Start well

Basic Navigation Routine

Map to north
Know scale
Thumb map
   Exiting control
   Route to next control
   Finding control
Break leg into sections
Steady to No.1
Map contact
Relocate promptly
Relate speed to navigation
Zoom in and out on map

Post race

Record route
Identify losses
Track trends
Plan to avoid repeating errors

Concepts

Tool Kit of skills

Attack point
Handrail
Aiming off
Catching features
Corridor
2D to 3D
Simplification
Notable features

Advanced
Advanced Visualisation
Library of terrain experience
Catalogue of errors

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5 Key Principles

Route choice

Plan

Direction

Picture / visualisation

Execution

Strategies

Integration and implementation

Intermediate
Minimise losses maximise gains
Positive attitude to mistakes
Every leg a new beginning
Ignore other people
Look at options then commit
Simplify appropriately

Advanced
Style - don't get stuck in a rut
Control Flow
Virtual corridor
Planning ahead
Bigger picture in mind
Categorize legs by type
Right approach for course
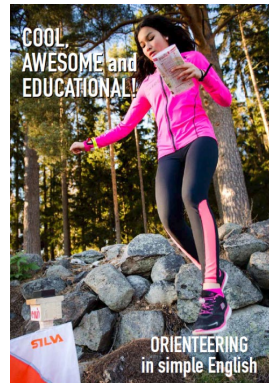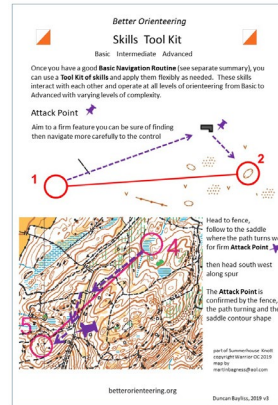Evaluate certainty of features
Improve distance estimation

Beyond Advanced
Total immersion
Not all in words
Improve mental maps and visualisation
Feelings and the terrain
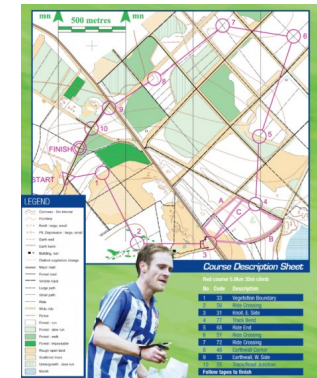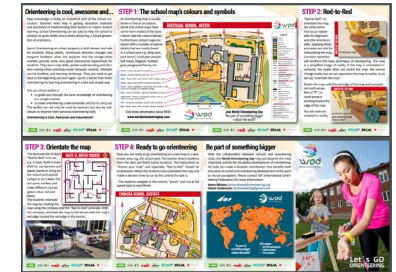Extended race routine
Plan your own training

Better Orienteering Navigation Model
The model Better Orienteering uses to help you explore orienteering navigation

Pre - race

Research the map

Start well

Race

Basic Navigation Routine

Concepts – Tool Kit of Skills

Advanced Visualisation

MAP

MENTAL MAP - a selection of map elements

VISUALIZATION - of terrain

SEEING - confirming the visualization against the real terrain

MOVEMENT through terrain –

Continuous updating of the Mental Map and Visualization

Route choice and Executing a leg

Strategies to implement routines and concepts

Anticipate errors

Maintain concentration

Respond to errors

Join it all up - Process model

5 Key Principles

Route choice

Plan

Direction

Picture / visualisation

Execution

Post race

Analysis

Training

How well am I orienteering ?

Training plan

Better Orienteering - Download, Links, Resources, Books

The resources Better Orienteering connects you with to improve your orienteering

Videos

Free resources and downloads

Books

McNeil (2010) Orienteering: skills, techniques, training

Ferguson and Turbyfill (2013) Discovering orienteering

Gueorgiou (2019) The winning eye