

COURSE SETTING

GUIDANCE ON SETTING EASY COURSES

Easy courses are described in the “Competition Rules for Orienteering Australia Foot Orienteering Events” in the following terms:

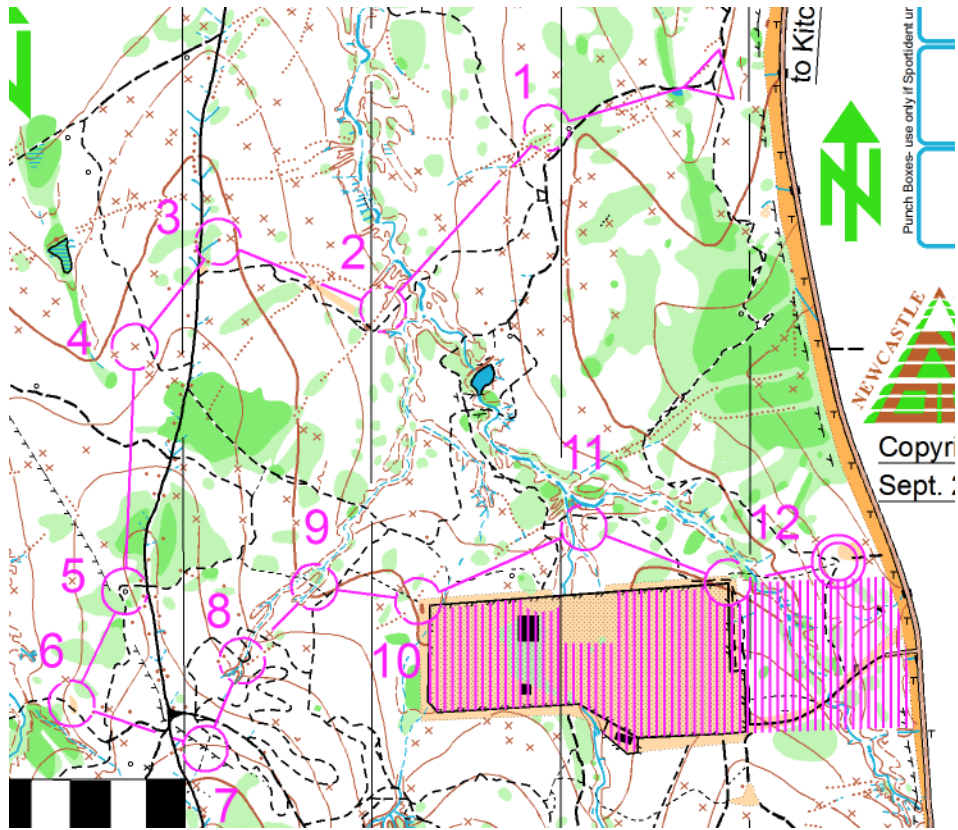
Control sites must be on or near drawn linear features [eg track, fence, creek] but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country. Short distances along large linear features that are not drawn (such as large gullies or well-defined spurs) may be included in the course but then catching features are essential. Control markers should be visible from the approach side by any reasonable route.

Nearly everyone on an Easy course will have recently stepped up from Very Easy and will soon be stepping up to Moderate courses. So, Easy courses should be sufficiently challenging to prepare competitors for Moderate courses. The better competitors on an easy course will use rough compass bearings “to cut across country”. Easy courses should start to introduce orienteers to contour features, ie to read “large gullies or well-defined spurs”.

ONSW surveyed a group of Easy course competitors and a group of ‘orienteering experts’ (Level 3 controllers, ONSW board members). The survey asked the respondents to say whether the Easy courses set for NSW State League events were of the correct standard, too easy or too hard. The courses in Examples 1 and 2 were almost universally perceived to be of correct standard.

Example 1: an Easy course of correct standard

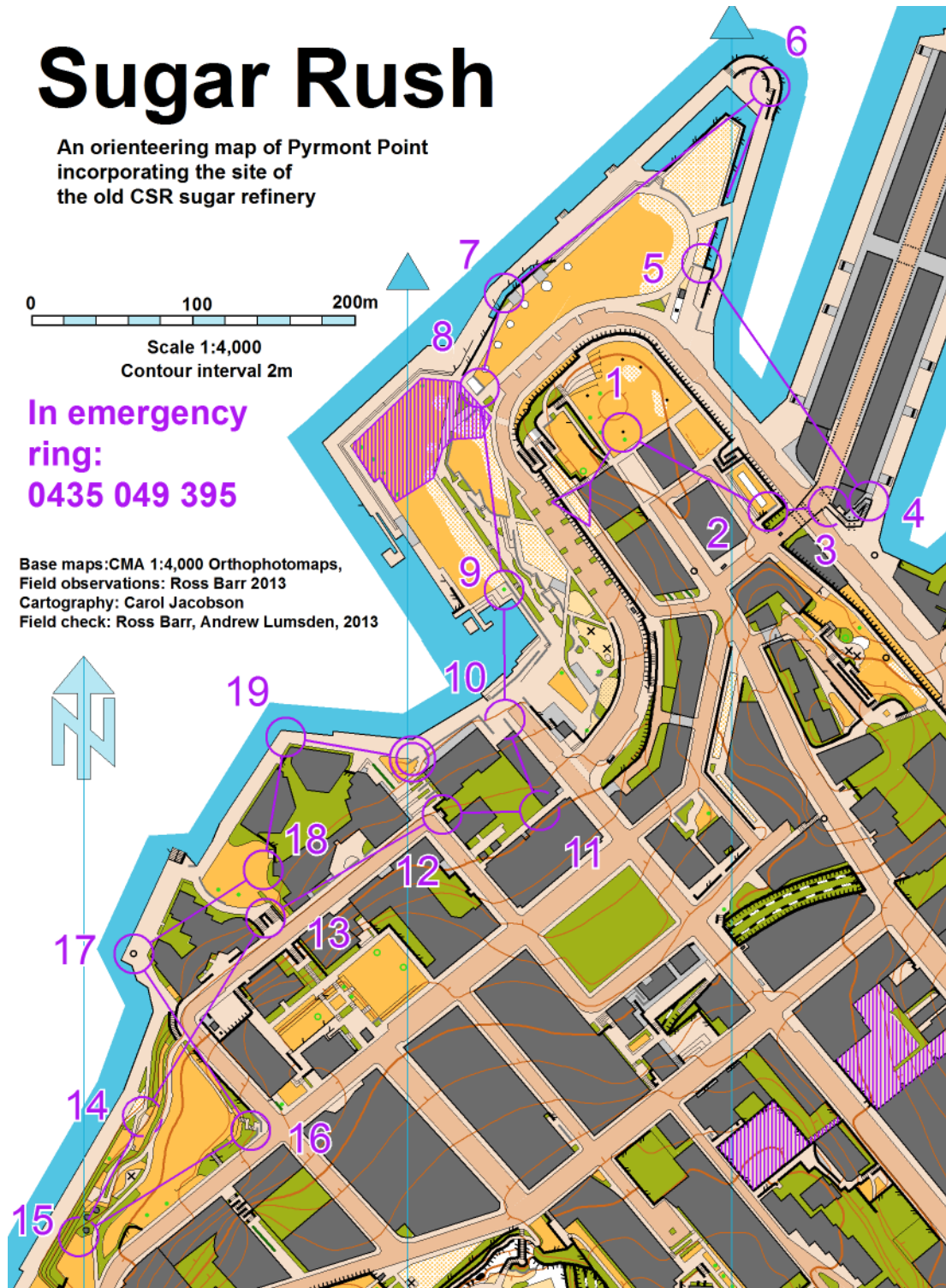
This course has a range of legs that allow better competitors to save time by cutting across country, whilst still allowing less competent orienteers a track option.



The map scale is 1:10,000 and contour interval 5m.

Example 2: an Easy sprint course of correct standard

The Sprint Course was run mostly by 11 and 12 year olds, so was set to avoid road crossings. Control 3 is on a bridge, 15m higher than the road below. It was possible to find yourself on an unmapped level in this area, so a marshal was placed near control 3 to provide guidance if necessary.



Example 3: an Easy course that is too hard

This map illustrates the difficulties posed by many good bush areas for setting Easy courses. There are few tracks or linear man made features to set the course on. The course setter has had to use streamers to link the Easy (and Very Easy) course to a track and fence network.

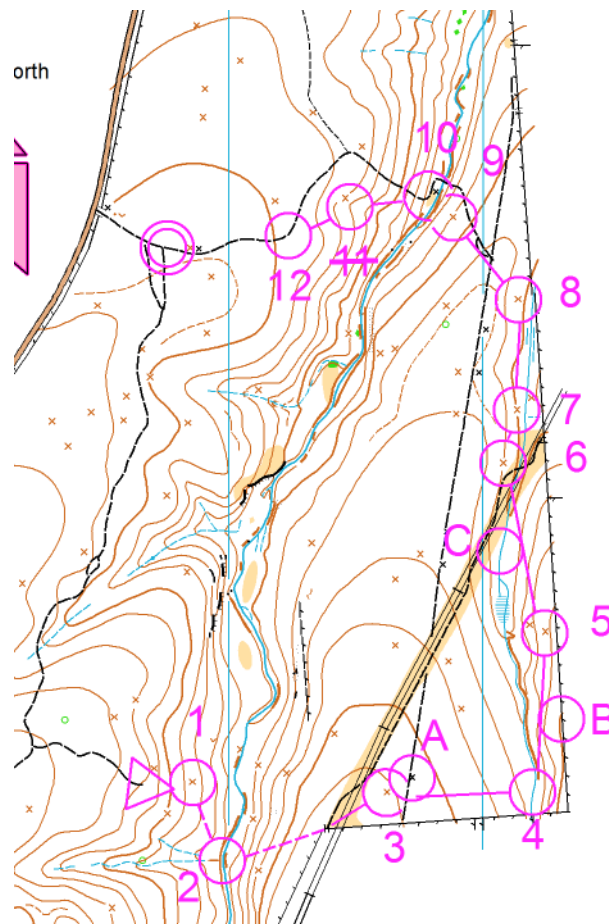
The splits for this event indicate that controls 3, 5 and 11 were too difficult. The course was also identified by the surveyed Easy course competitors as too difficult.

The course setter should have:

- moved control 3 to A;
- replaced control 5 with B and C;

both these changes allow the better competitors to travel cross country, but also allow less confident competitors to follow handrails. The setter should also delete control 11 as the gully is not particularly large and you can't follow a linear feature to the control.

The map scale is 1:15,000 and contour interval is 5m.



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