



SOGO@Home Level 3 Activities

Activity B: Reading Control Circles

Technical difficulty ★★☆☆☆ to ★★★☆☆

Overview

This exercise combines a fun obstacle course/ circuit that you set up in your house with a map game where you match a map snippet of a control circle with a picture of that control in the terrain.

There are two options (sprint and forest) so choose the one you prefer or do both!

These maps and photos are from past editions of Orienteering Canada's newsletter.

Skill description

Understanding the map and being able to interpret the feature that the control is on are important skills for finding controls. If you want to brush up on your map symbols, see page 3 (forest symbols) and 4 (sprint symbols) of the [O-Store Reference Guide](#).

Plan

Set-up: Figure out a route in your house that is as long as possible. The start and the end should be in different places. Make sure it's safe and doesn't disturb your housemates.

Try to include:

- Stairs
- Things to crawl under or climb over
- Sections where you bear crawl or crab walk
- Stations for exercises:
 - 5 [burpees](#)
 - 5 [squat jumps](#)
 - 10 [mountain climbers](#)
 - 10 [supermans](#)

Print out one map sheet and the corresponding photo sheet. Without studying the maps, cut them to separate each control. Put the map tiles at the start of the route and the pictures at the end of the route.

Warmup: 3 x 30 seconds of [shadowboxing and running on the spot](#), 5 minutes of [dynamic warmup](#)

Main activity: At one the start of the route, grab a map tile. Run the route you had planned (including the exercises) with the map tile. Once you reach the end of the course, match the

map tile with the corresponding photo. Walk back to the start of the course, and repeat until you've matched all the tiles.

- If you want a shorter activity, choose the forest set, or take 2 tiles at once.
- Try to imagine what the area around the control would look like before looking at the pictures. You can do this by looking at the map tile before starting the course, or, for an added challenge, try to study the map tile while you're doing the course

Cooldown: 5 minutes of [cooldown stretching](#)

Afterwards: [Email](#) us your answers and we'll let you know how you did!