



SOGO@Home Level 3 Activities

Week 6: Course setting

Technical difficulty ★★☆☆☆

Overview

The idea of this is to make a course in your neighborhood for a friend or family member & then run a course that a friend or family member sends you.

You can generate a map that is an approximation of an orienteering map based on Open Street Map data from the OpenOrienteeringMap website. Then, you can plan a course on the map using orienteering course setting software: Purple Pen.

Skill description

- Being able to 'think like a course setter' will help improve your orienteering
- Learn some course setting strategies
- Learn how to use orienteering software such as course setting software

Plan

Step 1: The map

- With [this](#) website, you can automatically create an orienteering-type map of your area.
 - Find your neighborhood & click on the spot where you want the centre of the map to be.
 - Select the PseudO option (this likely has the most detail).
 - Choose the scale you want (probably 1:5000 or 1:10,000), change the event name and race details, and export a map as a PDF.
- If you can't get this to work, you could use a copy of an orienteering map of a park near you that you have, or take a screenshot from google maps (satellite or map view) or from [Open Street map](#), which often has better detail.

Step 2: The course

1. Download [Purple Pen](#), a free software for planning orienteering courses.
 - If this does not work, you could use the course planning function in the website from step 1 (it only works for score-O type courses and does not let you have control descriptions), or print your PDF and draw a course by hand.
2. Use Purple Pen to create a course:
 1. Go through the new event creation wizard: add a name for your event, upload the map you just made, etc. Make sure you enter the same scale as you chose when creating the map.
 2. To create a course: Course -> add course -> enter a name for your course -> click OK.

3. Use the 'add start', 'add control' and 'add finish' buttons on the ribbon near the top to create a course*. Note that 'add control' will put the control in the course following the currently selected control.
4. Add control descriptions by clicking on the boxes in the control description panel on the left of the screen. Add the control description to the map by clicking the 'add descriptions' button and then drawing a box where you want the control descriptions to go.
5. Export your course: File -> print courses, and then choose the settings you want for it to print as a PDF.

*While you're course planning, consider the following:

- Distance and course type
- Route choice - make route choice by having a feature in the middle of the route that participants have to go around (building, lake, fence, etc)
- Vary leg lengths and directions to make the course more interesting
- Avoid unsafe or unpleasant areas
- All controls should be on features

Step 3: Controls (& bonus activities)

- You can choose to not have control markers, and trust that your friend can identify the locations in the terrain. If they have a GPS-watch, you can ensure they went to the right places afterwards.
- Alternatively, have scavenger hunt type questions at each control site, such as how many trees are in the yard (you would have to go run your course to make these questions).
 - For an example/bonus: South Shore Orienteers, a club in Nova Scotia, is creating events that can be done on Streetview with questions of this type, find the most recent one [here](#).
 - If you want to try some more Streetview orienteering, [this](#) is a course in Reims with control checkpoints integrated into Streetview

Step 4: Send your course to a friend to print out, and have them send you one of theirs. Run the course.

If you have any questions send me an email at level3@orienteeringcalgary.ca and I'll be happy to help out!