



SOGO@Home Level 3 Activities

Week 8: Compass & bearings

Technical difficulty ★★☆☆☆

Overview:

You set up 10 controls in a defined arrangement. Then, run courses between them, practicing bearings.

Skills:

- Compass & precise bearings
- Running through the forest/ terrain
- Control flow (if you're more advanced with bearings, you can work on moving efficiently in and out of the control)

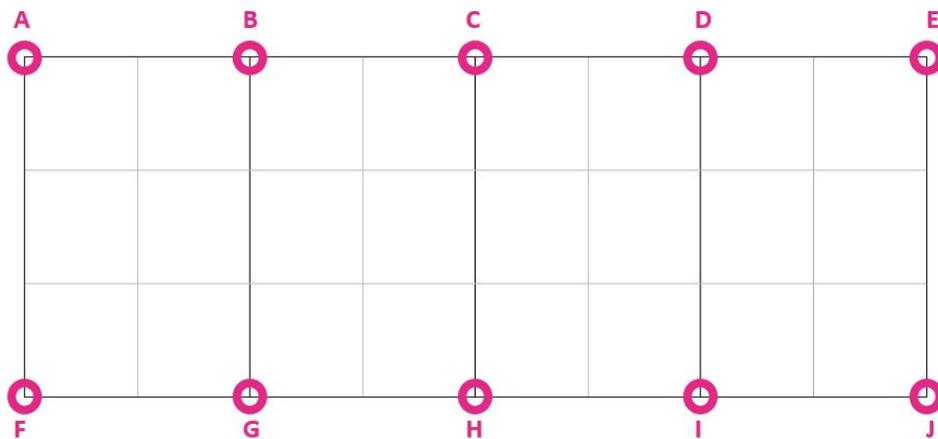
If you need a refresher on bearings, [here](#) is a great YouTube video. One additional note I recommend is to put the compass parallel to the line but a bit away from it in order to not block the map underneath.

You will need:

- A compass (ideally a thumb compass but a baseplate will work too) **
- 10 objects to mark controls with – this could be cones, pieces of flagging tape or anything that you have which will stay in place and be relatively obvious, even something like colored paper held down by rocks. You could label them A-J if you wish.

Setup:

- Print the maps
- Choose an area to do this in. It would hopefully be a rather large park with a treed area, but a field or even your yard would work to (it would be much easier though). I'd look for an area with a strip of runnable forest about 25m wide & 80 m long to run across/ though.
- Using your compass to ensure straight lines, set up two parallel lines of 5 markers each– see the diagram below. The markers of each line should be equally spaced, and the lines should be spaced 1.5 times as wide as the cones in the line. This ratio is important for the bearings to work out.
 - The lines are here are running E/W, but if N/S works better for your area, you can re-mark N on the map to be on the appropriate side.
- You can choose how long you want your courses to be by deciding on what size the boxes of the (hypothetical) grid are. Keep in mind that there are 6 courses. I would suggest something like 10m boxes (so this makes 20m between A to B and 30m between A to F), which would make for approximately 250m courses 1-3 & slightly longer 4-6.
- **If you don't have a compass, you could still do these exercises but I recommend doing it A) with a much smaller scale and B) in a field and not a forest, the exercise then works on control flow and direction changes.



Plan: Do a warmup run & dynamic stretching (this could be from your house to the park you are doing this at, before setting up)

There are 6 courses: 1, 2, and 3 are regular where distances on the map are proportional to distances in reality, courses 4-6 have the added challenge of differing distances making nailing the bearing extra important. They are also a bit longer than 1-3. The start and finish letters are given on each map, and answers are given below. Note that if a bearing goes directly E or W, it is to the first control you get to.

Run the courses, focusing on precise bearings. Think about:

- Lining the bearing up by moving your body, not your map or hand
- Looking up and choosing a feature (like a weird looking tree) on your bearing to run towards
- Make sure you don't always go around trees on the same side

Make sure to do a proper cooldown afterwards.

Answers:

Course	Start	1	2	3	4	5	6	7	8	9	10	Finish
1	F	A	G	D	C	H	E					I
2	I	E	D	J	C	G	H					A
3	A	G	E	I	B	H						C
4	C	J	A	F	C	B	H	D	E			I
5	I	A	G	E	I	C	G	F	B			H
6	H	C	D	J	B	F	G	E	J	I	B	A

BONUS: Looking for more orienteering learning opportunities this week? Orienteering Canada is hosting another one of their “Lets talk orienteering” speaker series on Zoom, on Thursday (May 21) at 6pm Mountain time. This one is all about sprint orienteering! Read about it and make sure to pre-register [here](#).