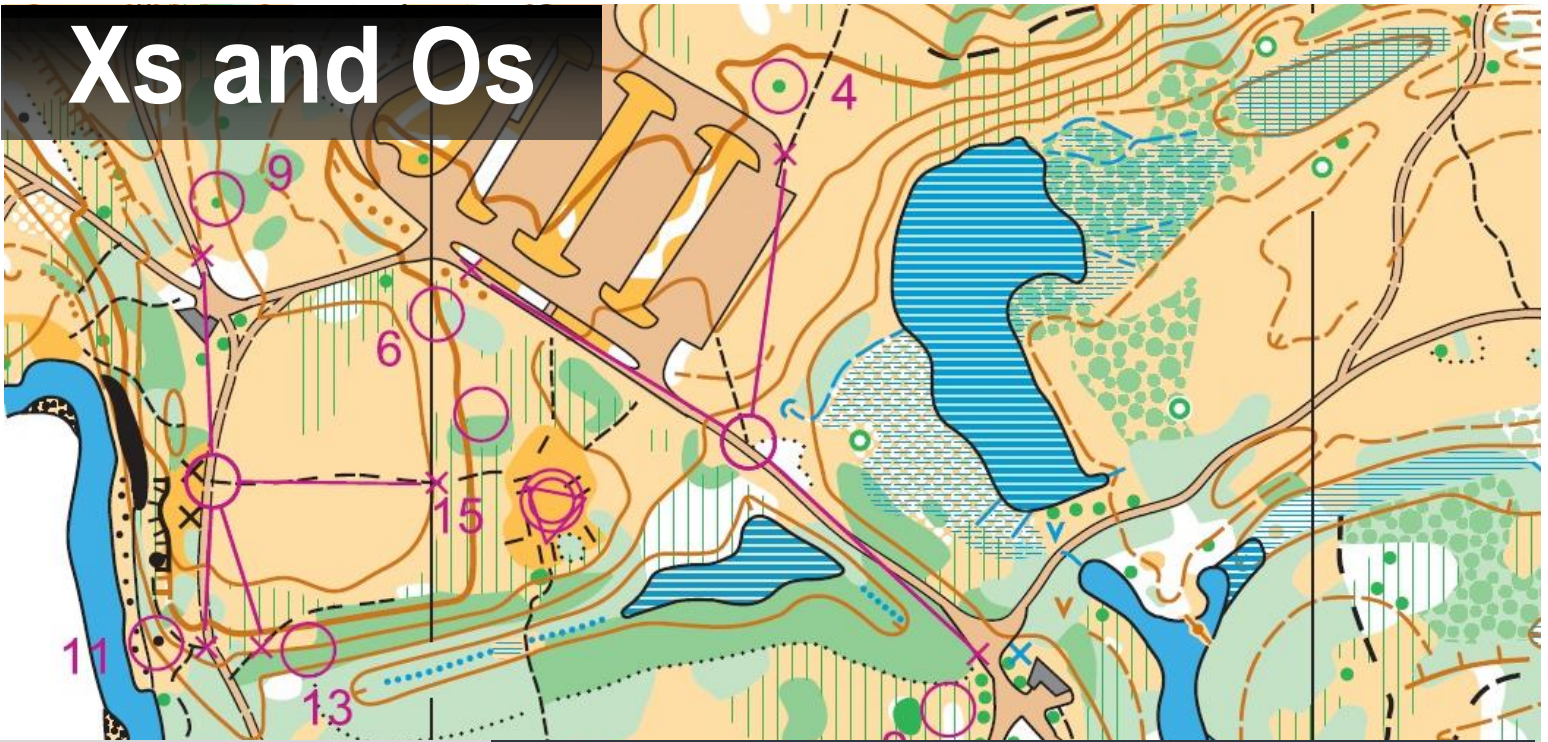


Xs and Os



ACTIVITY DETAILS

AGE

10+

MATERIALS

Maps
Two colours of pinflags

TIME

15 minutes - 30 minutes

GOAL

To teach how handrails can be used to find nearby control points
To develop awareness of speed; when it is beneficial to run slow vs fast
To teach juniors to choose good attackpoints

INSTRUCTIONS

SET UP

- Plan an exercise with two hub controls. From the hubs there are several lines each ending in an x. The xs are placed on the attackpoints for nearby controls.
- Place one colour of pinflags at the attackpoints and the other colour of pinflags at the controls

ACTIVITY

- Provide a map to each participant
- Explain attackpoints
 - i. An attackpoint is a distinct, easy to find feature near to the control
 - ii. Attackpoints simplify orienteering and allow participants to run quickly in the early part of a leg
 - iii. From the attackpoint, participants should navigate carefully to the control
- Instruct the participants to spread out to the various hubs and controls.
- Participants should run quickly to the attackpoint (marked by an x on the map and a flag in the terrain) and then proceed carefully to the control
- Participants continue until they have found all controls or run out of time
- Follow this exercise with a course. Allow participants to look at the map beforehand and mark the attackpoints they will use