What to take with you

You will need outdoor clothes and suitable footwear. There may be rough ground, and you may get a bit wet and muddy. Choose what to take according to whether you expect to walk, jog or run. For safety at some events you may have to carry a whistle and cagoule and wear full leg cover.

A compass is not essential for the easiest courses (you can manage by just reading the map), but if you have one and know how to use it, even at a basic level, take it. You might want to attach it to an elastic or string loop, to keep it comfortably on your wrist.

At an event

When you arrive look for "Registration", where there will be a board describing the length and difficulty of the courses available. Choose your course carefully! The easiest courses will follow features like paths or streams. Harder courses will leave the tracks and go cross-country.

You will be asked to give your name and age group, pay a small entry fee, and collect a map and control description for the course you have chosen.

You may also have to hire an e-card (an electronic punch used to record the time you visit each control point) and may have to copy down your course (although usually you will be given a map with the course printed on it).

When you have registered, leave any spare clothing behind and go to the "Start". Remember to take your map, control descriptions, compass and e-card if you need them.

When you finish, even if you don't complete your course, please go to "Download" so that everyone knows you are back safely. Often you can get a print out showing your time between each control and these may be published later on the internet too.

Permanent courses

You don't have to wait for an event; you can make use of the permanent courses at these venues when they are open:

Oakwell Hall	Jerusalem Farm
Hardcastle Crags	Ogden Water
Wilton Park	Shibden Park
Beaumont Park	Nostell Priory
Greenhead Park	Newmillerdam

You can find out where to get maps for these courses on the club website (see below).

Some of our schools have also been mapped specifically for orienteering, and introductory sessions have been staged for both pupils and teachers.

More information

Our orienteering club's website www.eastpennineoc.org.uk

The regional association of orienteering clubs website www.yhoa.org.uk

The national governing body's website www.britishorienteering.org.uk

Your local club contact is

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East Pennine Orienteering Club



Getting started in orienteering



a new adventure every time...

About orienteering

Orienteering is a sport where you find your own route between control points shown on a detailed map. This can be across moorland, in woods, or town. You can walk, jog, run or at some events even cycle. There are a variety of events from small informal ones to large international meetings, and usually a number of courses, suitable for a range of fitness levels and ages, from young child, to family, athletic adult to pensioner, available for you to enjoy.

About us

Our Orienteering Club covers Kirklees, Calderdale and Wakefield districts. Our membership spans the full age range from toddler to senior citizen and all levels of energy and fitness. We have a core of active members, who compete both locally and all over the UK. Members organise orienteering events throughout the year and also run a programme of training runs, walks, mountain biking and other social activities.

Events

Many of our events are informal and most are held at weekends or on weekday evenings and are advertised on our website. Usually you can come along anytime within the first hour or two of an event and get started straight away, on your own, with a friend or partner, with your children or family. If you like maps, walking, running or want a different way to find and explore some of the best parts of the area why not give it a go?

Why join our club?

You do not have to be a member of the club to take part in an event, but there are benefits if you join. As well as reduced entry fees, a regular club magazine and social aspects of club membership you will be put in touch with more experienced members who can encourage and guide you so you can improve, take part in different aspects of the sport and get more from it as a result.

Enjoy orienteering

Reading the map: Orienteering maps are drawn to a large scale, most commonly 1:10000 (1cm on the map=100m on the ground). They show a large amount of detail, even individual boulders. The colour of a symbol will give you a clue about what it is: **BLACK** is used for most man-made features such as paths or buildings and rock features such as cliffs, crags and boulders. **BROWN** shows land shape, including contour lines, gullies, pits and knolls (small hills).

BLUE is for water features such as lakes, ponds and streams. **GREEN** depicts the density of woodland and the extent to which it impedes progress. Open woodland is left **WHITE**; progressively darker shades of green mean increasing density.

YELLOW is for areas without trees; solid yellow for grassy spaces such as playing fields, paler yellow for rougher terrain such as heather.

The finish: The end of your course is marked with double zeros on the map. When you punch at the finish the time taken for the whole course is recorded.

> Help! Always help a child on a course who is in distress – even if you are no expert you can work things out together. Always help someone who is injured. If you see someone fall, check they are really OK before you continue. If necessary abandon your course and fetch help.

The start: This is marked with a triangle on the map. Allow plenty of time to get there, and use the journey as a warm-up and chance to read the course descriptions. The things you are going to be looking for are usually self explanatory but if you are not sure what any are ask someone when you get to the start. A common query is "Re-entrant" which describes a small dip or valley.

Doing your course: Choose your own route but visit each of the features described, in the order they are given. They are circled on the map. Use the punch at each point to record that you've been there. If you find you've missed one, go back to it, then continue in the correct order. So for instance if you do numbers 1 and 2, then find yourself at 4, go back to 3 then 4 again (punch then), and on to 5 etc. otherwise you will be disqualified.

> **Technique:** Orienteers continue to learn and improve their skills for many years - that's part of the fun of the sport. The most important thing to start with is to learn to ALIGN YOUR MAP. This means turn your map so that it matches the landmarks. You can do this by matching the map with the ground features, or by lining the map's North lines with North as indicated by your compass. Keep it aligned by turning it each time you change direction. It's like turning the road atlas up-side-down when you drive from Halifax to Huddersfield. (Some call this SETTING or ORIENTATING the map.)