

BEGINNER ORIENTEERING COURSE INTRODUCTION



Holmes Park City of Medford, Oregon

Designed by Jacob Ford,
Troop 5, Medford, Oregon, 2021

Park Contact:
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Safety and Equipment

- Compass or GPS, pencil, & clipboard
- Drinking water
- Sun hat and sunscreen, first-aid kit
- Use the buddy system
- Stay on park property at all times
- All controls are located within the park. Do not enter paved roads or hop fences. Both mean you have exited the park and are most likely trespassing.

Basic Etiquette

- Leave the course and park how you found it. **Leave no trace.**
- Leave the park nicer than you found it by picking up trash along the way.
- Do not enter onto private property.

How do I begin the course?

To start you'll need a compass, a pencil, and a clipboard or writing surface. You can also print out a copy of this brochure and map to guide you.

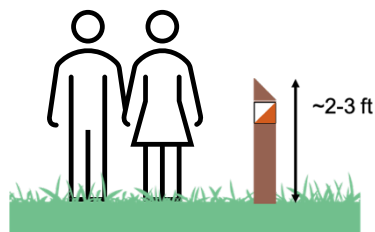
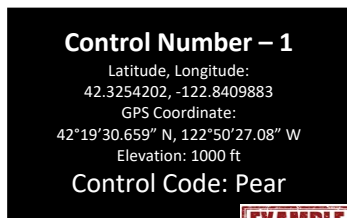
Use the information on how to read a map and compass from the General Orienteering Information brochure to navigate yourself to the different waypoints.

This course starts at waypoint number 1; located directly south of the parking lot and tennis courts. The distance from waypoints 1 and 2 is 100-feet. Use this distance to gauge how many paces it takes to walk 100 feet.

The ground control markers are posts about 2-3 feet high above the ground. There are 4 plastic plates with white and orange triangles at the top of the post so you can easily find it once you are near the marker.

On top of each marker, there is a placard that has the waypoint control number, control code, latitude, longitude, and elevation.

Control numbers are also written on the map and description sheet.



International
Orienteering
Symbol

Each waypoint has its own control code that additionally identifies the point. Your goal for this course is to write down each waypoint control code, in the correct order, in the spaces provided on this sheet.

Map and Legend

Maps, like the one on this brochure, are typically filled with symbols or lines that represent objects, boundaries, or elevations.

You can easily identify these symbols and markers using the map legend located on the map. This is a topographic map of the park. A topographic map shows the elevations of the park with contour lines. Each line represents a specific elevation.

How to navigate this course

Read through the General Orienteering Information brochure. Once you have your pace measurement, are confident in your compass skills, and read all the instructions, you are ready to run. Please write your and your buddy's name on the map. Record your start time.

Follow the purple lines on the map to navigate to every marker in order. Each waypoint has its own control code that identifies the point. Once you find a marker, write down the control code in the second column of the description sheet. Once you find the last marker, please record your end time. Then you are done. Good luck!

Most Important Rule

Have fun and enjoy Holmes Park!

