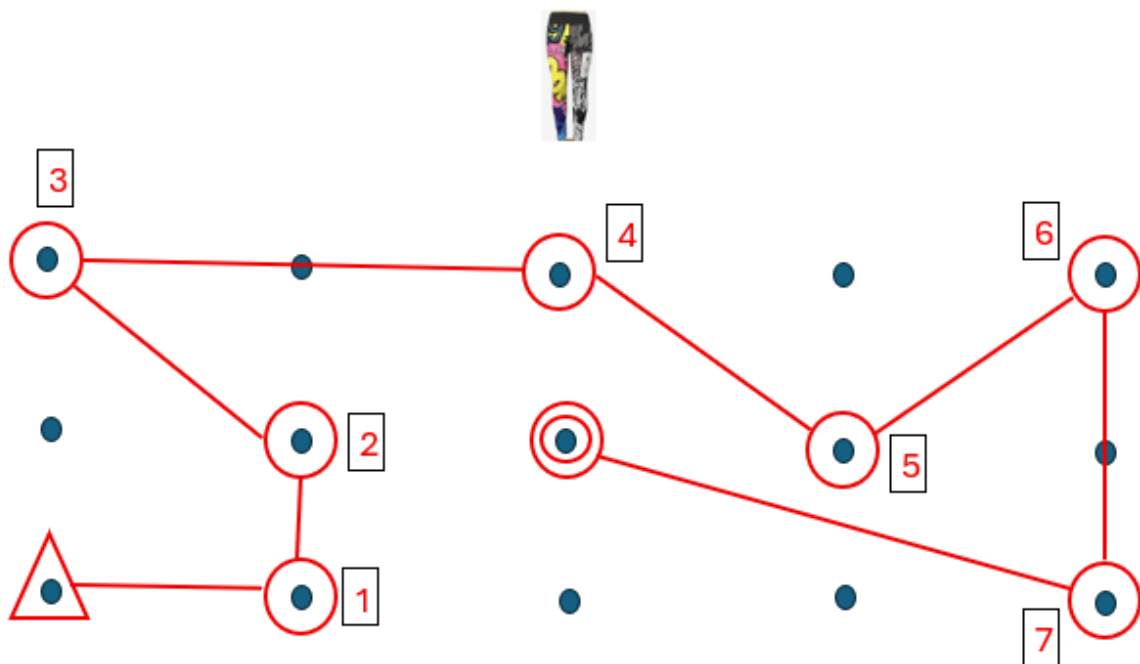


Newsham Park Training

Well done everybody who had a go at the Yellow and advanced training exercises. We had 100% completion despite the wind and soggy feet!

Yellow Training Exercises – Setting the map

- Simple grid exercise – set the map to the grid and garish tights
- Complete the course by keeping the map set to the ground but spinning around it at each change of direction
- Take home message ... ALWAYS set your map when navigating and reset when leaving controls!



- Setting small fragments of map using the few features on it, e.g.



Advanced training exercise

- 900 m corridor course
- Find all the controls by trying to stay within the boundaries of the corridors
- What orienteering techniques did you use?

