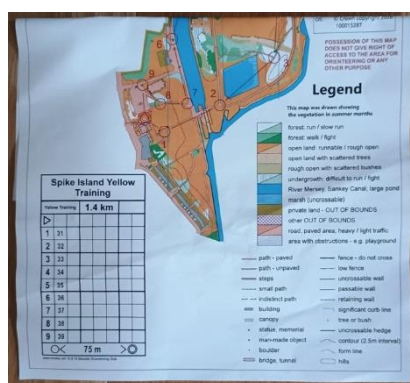
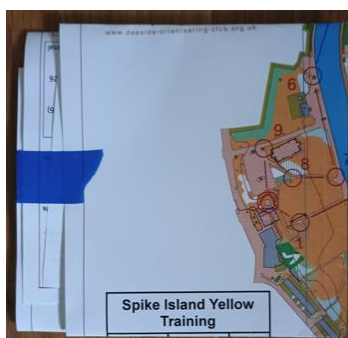


Spike Island Training

A few more people attempted the Yellow and advanced training exercises at Spike Island – must have been the warmth! Congratulations if you managed to complete the map memory exercise and I'll be checking everybody for the perfectly folded map in future! 😊

Yellow Training Exercises – Folding and Thumbing the map

- You are at the start and you have just checked you have the right map, found the start and set it to the ground ... time to fold the map.
- What difficulties are presented by the pre-folded maps below?

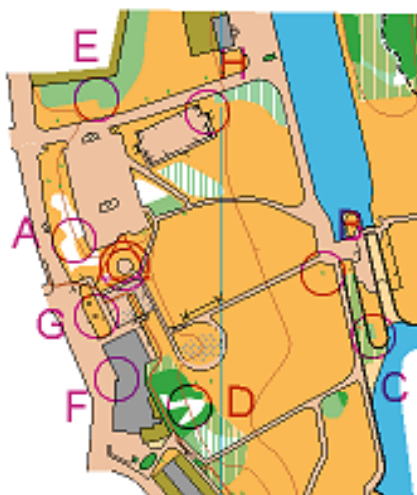


- Take home message ... Try and fold your map so you can see a few controls ahead (+ control descriptions if necessary) ... and watch out for 6's and 9's!
- Thumbing the map makes it easy to find your location on the map ...



Advanced training exercise

- 600 m map memory course
- Find as many controls as you can without a map
- How many times did you have to return to the master-map? How did you approach the problem?



Spike Island Advanced Training									
Advanced - Map Memory									
▶									
10	A	◇					○		
10	B	⬆							
10	C	⊠					○		
10	D	⊠					↗		
10	E	◇					○		
10	F	▨					>		
10	G	↘	○						
10	H	→	↗				↑		

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