

Pace Counting

Remember: 1 “pace” = 2 footsteps

Your 100m pace count Walking: _____ Running: _____

Scale 1:x	Multiplier	Walking 1 map cm	Running 1 map cm
5,000	0.5 x		
7,500	0.75 x		
10,000	1.0 x		
12,500	1.25 x		
15,000	1.5 x		

Before you start your course, find out the map scale and keep the appropriate pace count numbers in mind.

For any distance estimation you need:

- Measure # cm on the map
- Multiply by “per map cm” pace count to estimate paces

Or, carry a conversion table for the map scale to do the arithmetic for you:

- www.floridaorienteering.org / “Pace Count Chart” link in the nav bar on the left
- Download the “Pace Counting Calibration” Excel file
- Put in your 100m walking and running pace count numbers
- Print, cut out, and laminate
- Be sure to carry the one that matches your map scale!
- These tables go all the way to the mm, so estimates can be fairly precise

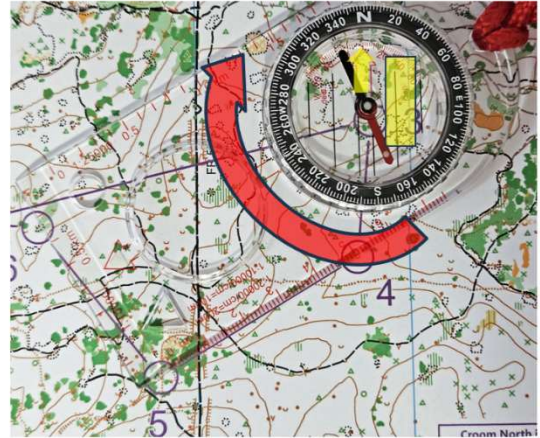
Precision Compass Technique

First, dial the bearing into your compass with the rotating bezel:

1. Line up the long edge along the route you want to walk (e.g., #4 to #5) with the starting point closest to the lanyard hole.



2. Rotate the bezel until the “shed” points to the top of the paper (N), and its alignment lines are parallel with the N-S lines on the map.



Note: This can be done in any facing and **ignores the compass needle!**

3. Hold the compass in front of you.
4. Rotate **YOURSELF** to “**Put the Red in the Shed**”
5. Look straight forward and pick a target along that line.
6. Walk to that target.
7. Repeat.



Handrails

As you make your CAR route plan, watch for linear features that go where you want to go that you can follow for easy navigation and/or faster travel.

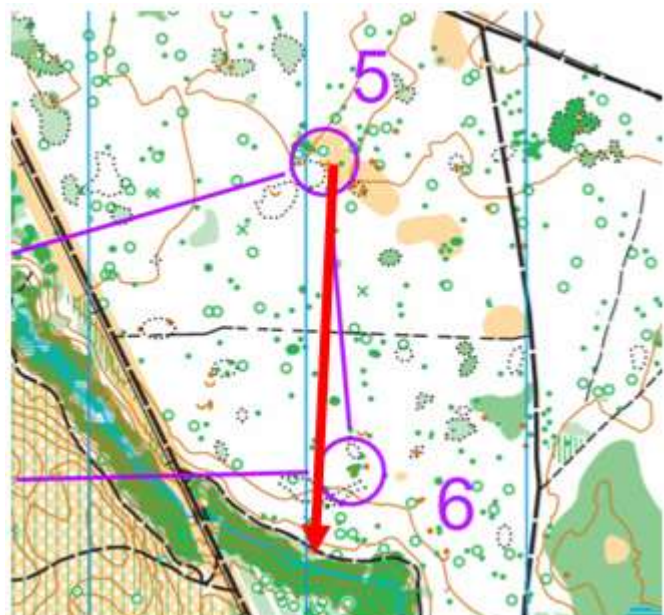
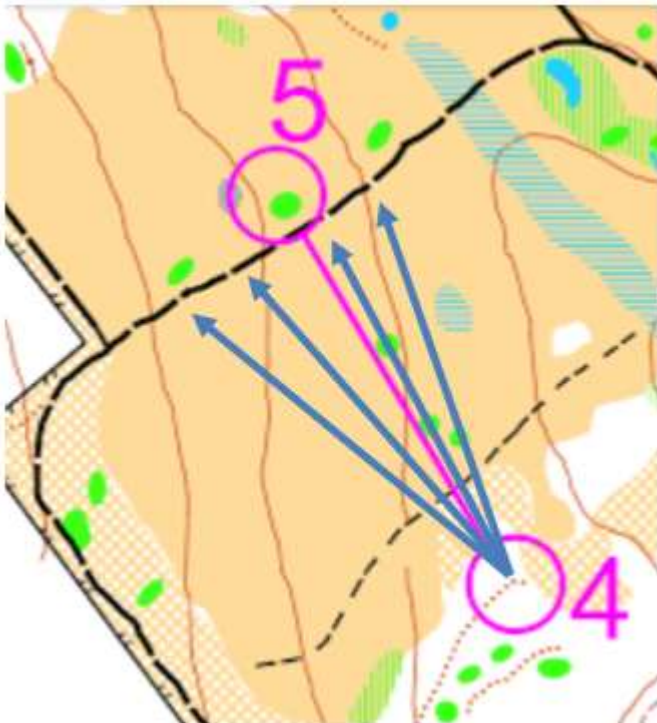
Trails, fences, power lines, streams, shorelines, dry ditches, earth walls, and vegetation boundaries can all make excellent handrails.

Ask yourself:

1. How will I get to the handrail?
2. How will I know when it's time to leave it?

Catching Features and Backstops

Use linear features that stretch out across your intended line of travel to help you monitor how far you've gone, or let know you've gone too far.



If using a catching feature to approach a control or attack point, **aim off** to one side of the target so that when you get to the catching feature, you know which way to turn.

On Being Lost...

1st line of defense: Don't get lost in the first place. Make a CAR plan, and execute it. Collect features and thumb along on the map as you move to keep tabs on your approximate location.

Warning signs to watch for:

- **Bending the Map (don't "make it fit", see what's there)**
- **Emotional urge to push on faster or farther**
- **Fixation on a single feature you can't find**

Tactics to get un-lost:

1. Don't panic! You've got this. You know what to do, and there's help all around you if you should need it.

2. SOFA:

- **Stop Moving!**
- **Orient the map**
- **Find a feature in the terrain big/prominent enough to be on the map**
- **Acquire that feature on the map, and confirm it with nearby features**

Then, make a new CAR plan if necessary to get to your target control.

Remember, this becomes harder to do the longer it's been since you last knew where you were. Stay in touch with the map!

3. If your first SOFA attempts don't work, try retracing your steps to your last known location on the map.

4. Make use of the map's **safety bearing if it makes sense to do so from where you think you are.**

5. If you or someone else is in real distress and needs help, use **what3words on your phone to find your location. Call it in to **810-FLO-SOAR** if anyone needs medical evacuation!**

6. If all else fails, pick a safe conspicuous spot and stay put. Wait at any control flag if you can see one. Use 3 long blasts on your **whistle to signal for help. Repeat when you hear a whistle answer back. (NOTE: If you hear 3 blasts on a whistle while you're on your course, answer back and assist!)**

International Control Description Symbols

Course	Length	Climb
Red	7.6 km	210 m
1 101		
2 212		1.0
3 135		

Column Descriptions

1. Control Number
2. Control Code
3. Which feature (if > 1)
4. The Control Feature
5. Details of Appearance
6. Dimensions
7. Location of marker
8. Other Information

Column 3

	Northern
	Upper
	Lower
	Middle

Column 4

	Terrace
	Spur
	Re-entrant
	Earth Bank
	Earth Wall
	Erosion Gully
	Dry Ditch
	Hill
	Knoll
	Saddle
	Depression
	Small Depression
	Pit
	Broken Ground
	Ant Hill
	Cave Opening
	Boulder
	Boulder Field
	Boulder Cluster
	Stony Ground
	Bare Rock

Column 4 cont

	Lake
	Pond
	Water hole
	Stream
	Ditch / Channel
	Marsh
	Firm Ground
	Well
	Spring
	Water Tank / Trough
	Open land
	Semi-open land
	Forest Corner
	Clearing
	Thicket
	Linear Thicket
	Vegetation Boundary
	Copse
	Distinct Tree
	Root Stock / Stump
	Road
	Path / Track
	Tree Cut
	Bridge
	Power Line
	Power Pylon
	Stone Wall
	Fence
	Crossing Point
	Building
	Paved Area
	Ruin
	Tower
	Shooting Platform
	Marker Stone / Cairn
	Fodder Rack
	Charcoal Burning
	Monument / Statue

Column 5

	Low
	Shallow
	Deep
	Overgrown
	Open
	Rocky
	Marshy
	Sandy
	Needle Leaved
	Broad Leaved
	Ruined

Column 6

2.5	Height or Depth (m)
8x4	Size (m)

Column 7

	Crossing
	Junction
	North East Side
	South East Edge
	West Part
	East Corner (Inside)
	West Corner (Outside)
	Southern Tip
	Bend
	North West End
	Upper Part
	Lower Part
	Top
	Beneath
	Foot
	North East Foot
	Between

Column 8

	First Aid Point
	Refreshment Point
	Control Check
	Radio or TV control