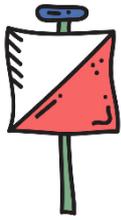


Dear North Area Juniors!



Some of you will have already attended North Area Junior Training last year or participated in the Inter Areas, which the North Area won again. Well done!

We had planned another two training sessions before the summer holidays for this year. As these now can't go ahead, we thought we could keep North Area Junior Training going with some 'lockdown orienteering training'.

Here are some ideas on how you can keep your orienteering brain working, while we can't go orienteering, or even when we can't go outside. Further down you will also find a request for help in designing a North Area junior logo - it would be great to see your ideas.

Have fun, and we look forward to seeing you out in the forest again later this year.

Armchair Orienteering Games and Puzzles

There are loads of ideas and some competitions on the following website, so I won't list them all again:

<https://chrissmithard.com/lockdown-orienteering/>

These 2 have new challenges every day:

Puzzles and challenges: https://www.scottish-orienteering.org/resources/puzzles-and-challenges/?fbclid=IwAR2ytwl7d79hniQVxSPQKGVj_AE9fEn3kxeQrPQbgjCyfEnltBGyX808bf8

Daily route choice challenge – these are from real events and you can compare your route with other peoples as well as the best routes that were run in the race: <http://news.worldofo.com/>

To sharpen up on other **orienteering techniques**, there are some videos which show how to put particular skills into practice. You can find them via this link:

<https://www.scottish-orienteering.org/resources/beginners-new-members/>

Some of these techniques could be practised in your garden or immediate surroundings if you were to have a go at making a map first.

OpenOrienteering Mapper <https://www.openorienteering.org/> is a free piece of map making software which you could try using to draw your house and garden. Alternatively, you can easily create a basic orienteering map of the streets near your home using another (different) tool called **Open Orienteering Map** <https://oomap.co.uk/gb>

If you don't have access to the internet (or just want a break from the computer) then you could still have a go at **mapping using pencil and paper**, with some coloured pens to use for the different map colours:

- Draw a map of your room, how would you draw a chair or a table?
- Draw a map of your flat or house, if you have stairs and more than 1 level, how could you draw this? Here is an example <http://omaps.worldofo.com/index.php?id=270350>
- Draw a map of your garden or the area around your house



- Draw a map of an imaginary area – you could have a go at both an urban and forest one. For information about map signs, you can find map symbols on
- Once you've completed the map of your house or garden, you can plan a course on it. And don't forget to prepare the control description box too!

If you want to brush up on your **map and control description symbols**, have a look at <https://www.maprunner.co.uk/map-symbols/>. This information might be useful for drawing your maps also!

Try planning your route in some more **unusual places** on maps on this link (if you click on the 'menu' button you can choose all sorts of unusual places! <http://m.orienteeing-world.net/how/places/inside/maps/>)

It is also possible to do some "real" orienteering practice as your daily exercise:

With the smartphone app **MapRunF**, you can very simply create an orienteering course that starts from your backdoor, using the QuickStart Event tool function. All you have to do is drop pins onto the satellite image in the App to position the location of control points and design your course, and then run using the satellite image as your map. You can find out more about this capability here <http://maprunners.weebly.com/maprunf---quickstart.html>.

Once you have set up the course you can challenge the rest of the family to see who can set the best time!

Another idea is to have a go at a **Compass square**. Practice your bearing by walking a square with your compass. Draw a square on a piece of paper (your map), decide on where you start (a tree, a cone, a chair...), then walk a number of steps in the first direction, change direction by using your compass, and keep going until you get back to where your starting point is supposed to be. The closer you are to your starting point, the more accurate your bearings. Once you've mastered the square you could try some more complex shapes too.



Have a go at running a **score course** with your family on the map of the garden that you drew. Who can get to the most controls in a few minutes?

North Area Juniors Logo

We thought about a logo for the North Area Juniors before. Here is your chance to make a design. You can all help to choose the winning design when we next meet for training.

Your design should include 3 features: something representing North, something representing Orienteering, and something representing Juniors.

Please take a photo of your design and email it to sarah@scottish-orienteering.org by end of May.

Have fun!

Sarah (SOA Regional Development Officer, North)

Katja (North Area Junior Training Coordination)