NOTES TO SCHOOLS ORIENTEERING PRACTICE COURSES
BOTTLE LAKE FOREST

Practice Courses are designed for:

1. **Year 7-8 students**
    - White Courses – representative of NZSS Orienteering Champs Relay
    - Yellow Course 1 – representative of NZSS Orienteering Long Course Champs

2. **Year 9 students**
    - White Courses – representative of NZSS Orienteering Champs Relay
    - Yellow Course 1 – slightly easier than NZSS Orienteering Long Course Champs
    - Yellow Course 2 – representative of NZSS Orienteering Long Course Champs

SAFETY NOTES and COURSE NOTES:

1. Beware of other forest users especially **mountain bikers** and **horse riders**. Stay well clear of any horses you see. They have the right of way.
2. All **mountain bike trails are out of bounds**. Do not run down these. They are marked on the map with out of bounds symbol (purple X) where they are close to areas where route choice decisions need to be made on the courses.
3. If you get lost your **safety bearings are**:
    a. **Courses White 1, White 2, Yellow 1 & Yellow 2** - Southwest to the road or carpark area.
    b. **Course White 3** – West to Landfill Rd then Southwest to the car park area.
    c. **Course White 4** – South to Aston Drive, then West to the Braodhaven Reserve car park area.
4. There are a lot of control tapes out in Waitikiri car park area. **Check your control numbers** carefully as you go around each course to make sure you get them in the correct order as marked on the map. This will give you the most from the practice courses.

Control Sites are marked with ORANGE Flagging tape.

- Markers are reasonably obvious if you are in the right place but you will need to look.
- Markers have been placed so they can be seen if you are in the right place but also a bit hidden to avoid them being seen and tampered with by members of the public.
- Markers have control number on them that corresponds with the control number on the control descriptions (corner of the map) – see above Control 67.
- Please leave all markers in place for the next orienteers.

Specific Course Notes:

White 1:

- Designed as a short, sharp, easy refresher to run first.
- Take a shadow (parent/older sibling/friend) if you need a confidence boost.
- Practice orientating your map - https://www.learnorienteering.com/BSOrientingMap.html
- Practice identifying and following Handrails - https://www.youtube.com/watch?v=EFmho4z8XF4
- Take your time, practice your basic skills and enjoy!!!

White 2:

- Designed to be run individually to practice skills refreshed on White Course 1.
- Orientate your map, follow hand rails, keep orientating your map every time you turn a corner.
- If out with friends use it as relay practice – run in tag team format one at a time.
- Take your time, practice your basic skills and enjoy!!!

White 3:

- Slightly longer than White Courses 1, 2 & 4.
- New area away from control sites visited before on White Course 1 & 2, but still close to Landfill Rd for reference.
- Designed to be run individually after having a go at White Course 1 & 2 to practice for the relay at NZSS Orienteering Champs.

- If out with friends or your relay team, use it as relay practice – run in tag team format one at a time, maybe even alongside other teams that want to practice too.
- As before, orientate your map, follow hand rails, keep orientating your map every time you turn a corner.
- Take your time, practice your basic skills and enjoy!!!

White 4:

- New area – Broadhaven Reserve.
- Designed to be run individually after having a go at White Course 3 to practice for the relay at NZSS Orienteering Champs away from control sites visited before.
- If out with friends or your relay team, use it as relay practice – run in tag team format one at a time, maybe even alongside other teams that want to practice too.
- As before, orientate your map, follow hand rails, keep orientating your map every time you turn a corner.
- Take your time, practice your basic skills and enjoy!!!

Yellow 1:

- Designed to be run individually by Yr7-8's and Yr9's to practice skills refreshed on White Courses.
- Course difficulty representative of NZSS Yr7-8 Long Course Championships.
- Harder than White Course's, requiring route choice decisions with markers slightly off the tracks but still easy to find if in the right place.
- Orientate your map, follow hand rails, keep orientating your map every time you turn a corner.
- Take your time, practice your basic skills and enjoy!!!

Yellow 2:

- Designed to be run individually by Yr9's to practice skills refreshed on White Courses and Yellow Course 1.
- Course difficulty representative of NZSS Yr9 Long Course Championships.
- Harder than White Course's & Yellow Course 1, requiring route choice decisions.
- Some markers are off track and accessible with off track route choices, however all are accessible with on track route choices also – check for the long way around.
- Please stay off the bike tracks for safety reasons.
- Orientate your map, follow hand rails, keep orientating your map every time you turn a corner.
- Take your time, practice your basic skills and enjoy!!!