

STRING COURSES - GUIDELINES

AIMS

1. To develop confidence in young orienteers aged 3 - 13, to enable them to cope in a forest situation that may be technically much too hard otherwise.
2. As an introduction to orienteering which is as close as possible to the real thing.
3. To provide children's courses for Championship events.

GUIDELINES

1. A continuous string is laid through the forest.
2. Controls for the easiest courses are located on features on the string. The string can also be used for slightly harder courses, with controls located off the string on 'safe' features.
3. All orienteers on string courses should have a map with the string route and the controls marked on it.
4. Proper controls with flags and punches should be placed on 'proper' features.
5. Control cards should be printed/taped on the map.
6. Control descriptions should be written in lower case and possibly pictorially coded.
7. At National Fixture List events, string courses should have their own starting lane/numbers/start times. The last control should, where possible be the same as other courses. Maps should be premarked.
8. Course distance should be 600 - 1500 metres.
9. Use of black and white maps may be acceptable if they are of a larger scale than 1:5000.