



Ultra Mini Cyclones

Log Book

This book belongs to

Name: _____

Club: _____

Phone: _____

My aspiration

Graduation - Date: _____ Coach: _____

Name _____



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Welcome to the Ultra Mini Cyclone Squad!

Orienteering Queensland is delighted you have joined the squad. We look forward to teaching and coaching you in the skills you need to enjoy this sport and feel good competing when you want to.

Who are the Queensland Cyclones?

The Queensland Cyclones are Queensland's Elite squad. Members of the Cyclones represent Queensland at national events, such as the Australian Championships and National Orienteering League events.

Junior Cyclones, Mini Cyclones and Ultra Mini Cyclones squad members are given the opportunity to improve their skills and enjoyment of the sport, with the aim of being selected into the Cyclones Squad.

Here are some frequently asked questions to help you understand what Ultra Mini Cyclones (UMC) is all about.

What is this program?

The Program was developed by Orienteering Queensland to help you build a sound base of skills that you can enjoy using for orienteering, and life. The program is six stages. Each stage is covered in the six Ultra Mini Cyclone events held through the year.

How long does the program take?

The program has six stages. We aim to run about six sessions per year, one for each stage, but this depends on availability of events and coaches.

Each stage is approximately thirty minutes as well as the time you need to complete your orienteering course on the day.

Some of you might 'fast track', passing more than one assessment stage quite quickly. Others will take longer as you may miss sessions and so on – this is OK.

The program is designed so that if a participant attends all six sessions they can complete this program in a year or less. If you miss a few it may take longer to

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complete the program – there is no hurry or pressure, you can learn at your own pace. We want you to enjoy the sport! Most people will take between 18 months and 2 years to complete the program and gain enough experience to graduate.

Note: Assessment includes documented experience, which must be completed as well as other activities.

How will assessment happen?

You decide when you want to be assessed, and that should be when you're confident about the stage you're doing.

Some people who have confidence in a particular skill might ask to be assessed for more than one stage at a time. In this way they'll complete more than one stage quite quickly.

If you want to progress to Mini Cyclones, a "competent assessment" is necessary – that way we know you're ready to graduate!

What happens when I have finished the program?

When you complete the program assessments to a competent standard, you will be approved by the coaches to graduate to the Mini Cyclone squad – you need skills and event experience to do this. We want you to be confident of your skills and be able to enjoy your next level events! It is important to remember that you are not limited by your age – your enthusiasm and learning are the most important aspects we are looking at.

Do UMC's have to be Orienteering Queensland club members?

Yes, for insurance purposes, and to support your progress through the program - there are 12 clubs in Queensland to choose from!

Do UMC's have to attend every event?

No – If you miss a session you can catch up over the program.

Can I participate in non-UMC events?

ABSOLUTELY - we encourage you to do as many other club events as you can to grow your orienteering experience with different events.

The more experience you gain, the faster you improve and develop competence to graduate to Mini Cyclones UMC Practical (Course) Requirements

Objectives:

- To prepare UMC participants to a point of readiness to begin Mini Cyclones program
- UMC graduation is achieved when you are competent and confident on an Easy Bush course
- Graduation is on the condition of competence at all six stages

Course Attempts for Competency

Item	Task – Minimum Orienteering Course Standard Described	Coach initials
1	Complete Walk the Course – Very Easy Park	
2	Attempt Very Easy park	
3	Successfully complete Very Easy Park	
4	Successfully complete Easy Park	
5	Successfully complete Very Easy Bush	
6	Successfully complete Easy Bush	

UMC Program Summary

- The program aims to develop the skills, experience, confidence and capability of young orienteers such that they can complete an Easy Bush course in a reasonable time and without adult assistance

Stage Summaries

Item	Task	Coach initials
1	Map Key Elements, Locate start, finish and first control, How to hold the map (fold hold orientate), Locate yourself Start identifying features to first control, Map orientation using features, Keeping the map orientated while moving body	
2	Key techniques – handrails, collecting and catching features, attack points Map orientation on the go with Grid O or ‘as fast as your brain’ game Symbols from the map (legend)	
3	Determine the map’s scale, Why scale is important. What is 20m on the current map? What is 1cm is on a 1:1500 or 1:4000 map?	
4	Explain what a contour is, important landforms, understand meaning of distance between contours	
5	Explain what a compass is, key parts, inaccurate results, Locate Magnetic North, East, South, West, plus other four cardinal points Orientate the map with a compass	
6	Route Choices – left / right / straight, aiming off Consideration of handrails, collecting features, contours, vegetation boundaries, attack points, ease of navigation, chance of error	

Name _____



Stage 1

In this session you will learn how to:

- Explain and identify the key elements of an orienteering map
- Orientate the map, using features on the map
- Identify the start and finish of an orienteering course
- Locate yourself at the start of the event

Skills

Item	Task	Coach initials
1	Identify Start and Finish of an orienteering course	
2	Orientate map using features	
3	Hold the map (fold hold orientate)	
4	Keep the map orientated while moving body	
5	Identify 2 of 3 symbols on today's map – eg.track, low fence, pond	
6	Identify 4 out of 5 map elements scale, legend, title, author, date	

Completion – signed by coach _____ Date: _____

Notes:

Name _____



Stage 2

In this session you will learn how to:

- Apply key techniques – handrails, catching, collecting features and attack points
- Orientate the map on the go
- Identify symbols using a map, and referring to the legend

Skills

Item	Task	Coach initials
1	Identify the features for each control on the map	
2	Explain what traffic light navigation (green, amber, red) is	
3	Explain what a 'green light' means	
4	Explain collecting and catching features (red traffic light)	
5	Explain attack points – (amber traffic light)	
6	Identify more than one handrail on today's map	
7	Identify 4 out of 5 symbols – eg: power lines, bridge, water course	
8	Identify 4 out of 5 map elements scale, legend, title, author, date	

Completion – signed by coach _____ Date: _____

Notes:

Name _____



Stage 3

In this session you will learn how to:

- Explain how to determine the map's scale
- Explain why scale is important
- Determine how far 20m is on the map
- Explain how far 1cm is on a 1:1500 map (or another scale)

Skills

Item	Task	Coach initials
1	Identify 20 metres on the map	
2	Count number of your paces to make 20m	
3	Count how many of your Paces make 100m	
4	Explain why knowing the scale is so important	
5	Explain the distance 1cm represents on a 1:2000 map – walk that distance	
6	Explain the distance 1cm represents on a 1:1500 map – walk that distance	
7	Identify scale of today's map	
8	Explain how far 20m is on a 1:1000 map	
9	Explain the distance represented by 3cm on the map	

Completion – signed by coach _____ Date: _____

Notes:

Name _____



Stage 4

In this session you will learn how to:

- Explain what a contour is
- Identify some important landforms
- Understand what the distance between contours means
- Explain what it means to run along a contour vs running across contours

Skills

Item	Task	Coach initials
1	Recap prior stage	
2	Explain what a contour is	
3	Identify landforms (gully, spur, saddle) on a map	
4	What is the contour separation on today's map?	
5	Explain what it means when you are crossing contours	
6	Explain what it means when you follow along a contour	
7	Count the number of metres of climb between two points on a map	
8	Identify high vs low ground on the map	

Completion – signed by coach _____ Date: _____

Notes:

Stage 5

In this session you will learn how to:

- Explain what a compass is
- Identify the key parts of a compass
- Explain what might cause a compass to give an inaccurate result
- Use a compass to
 - Locate Magnetic North, East, South, West
 - Locate the other four cardinal points
 - Orientate the map

Skills

Item	Task	Coach initials
1	Recap prior stage	
2	Identify the parts of a compass	
3	Demonstrate where Magnetic North is	
4	Use a steel object to 'distract' the compass	
5	Use the compass to show where E, W, S, SE, etc are	
6	Use the compass to orientate the map	
7	Walking a bearing – 20m East, 20m S, then 40m W and identify where the start point is from you?	

Completion – signed by coach _____ Date: _____

Notes:

Name _____



Stage 6

In this session you will learn how to:

- Make a route choice between two controls on a course
- Use the technique of aiming off

Skills

Item	Task	Coach initials
1	Recap prior stage	
2	Explain what handrails you followed on your course today	
3	Explain how you could use Aiming Off on your course today (this can only be done by someone on an easy course, of course)	
4	Identify two different route choices between two controls on a given map and identify the best option, explaining why you chose it.	

Completion – signed by coach _____ Date: _____

Notes:

Glossary

Objectives:

- Defines key terms for orienteers
- Thanks to Orienteering USA (OUSA), Debbie Gale (Games Orienteers Play, 2010)

Glossary

Term	Definition
Catching Features	An obvious feature on the map and ground located beyond a control or other sought-after feature that indicates that the target feature has been overshoot (passed by). (OUSA)
Collecting Features	Features that confirm your present position on a course leg
Control Description	A short description of the exact point where the control marker sits. (Gale)
Contours	A solid brown line on a topographical map connecting points of equal elevation. Index contours (usually every fifth contour) are shown with a darker line. (OUSA)
Handrail	A linear feature that may be followed as part of your route towards the next control.
Linear Feature	A feature that extends in one direction for some distance; e.g., paths, fences, stonewalls, and streams. Used as handrails. (OUSA)
Map	A collection of symbols describing a physical area
Legend	A list of the symbols represented on the map and their name or explanation.(OUSA)
Scale	

Name _____



Orienteering Course Review

Attach SI Print Here (paperclip, staple)

Date: _____ Map: _____ Course: _____

Distance: _____ km Number of Controls in course: _____

Result - Time: _____ Rate per km: (time/km) _____

Today before starting - how did you feel about the event?
During the event – what were you thinking about?
After the event before seeing your result - what did you do well?
After the event - what could you have done better?
For next event how could you prepare more effectively?

Name _____



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