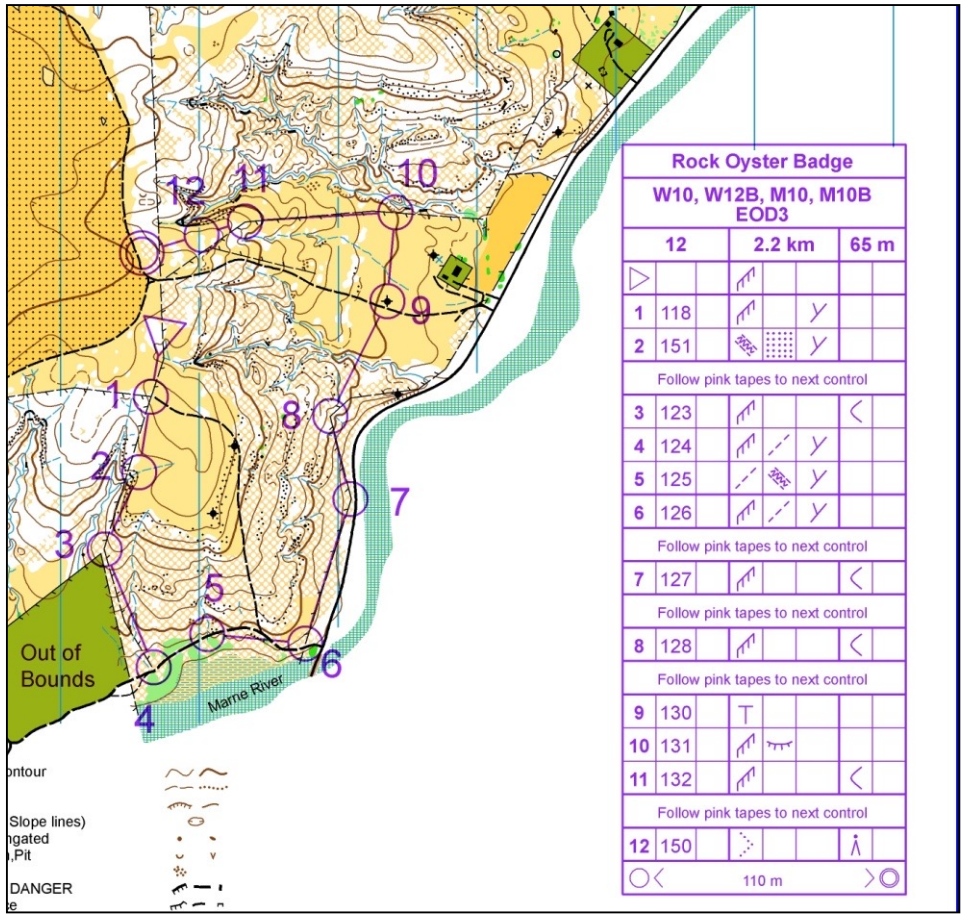
Very Easy Course Standard

- Course must follow drawn linear features (tracks, fences, etc.) or physically easy flagged routes in open forest
- A control site is needed at every turning point and placed to lead competitor in the right direction
- Control markers must be visible on the approach side. Large obvious features, visible from and close (<25m) to the linear feature may also be used as control sites.
- Compass should not be needed to complete the course
- Can never be too easy – avoid DNFs
- May require many controls

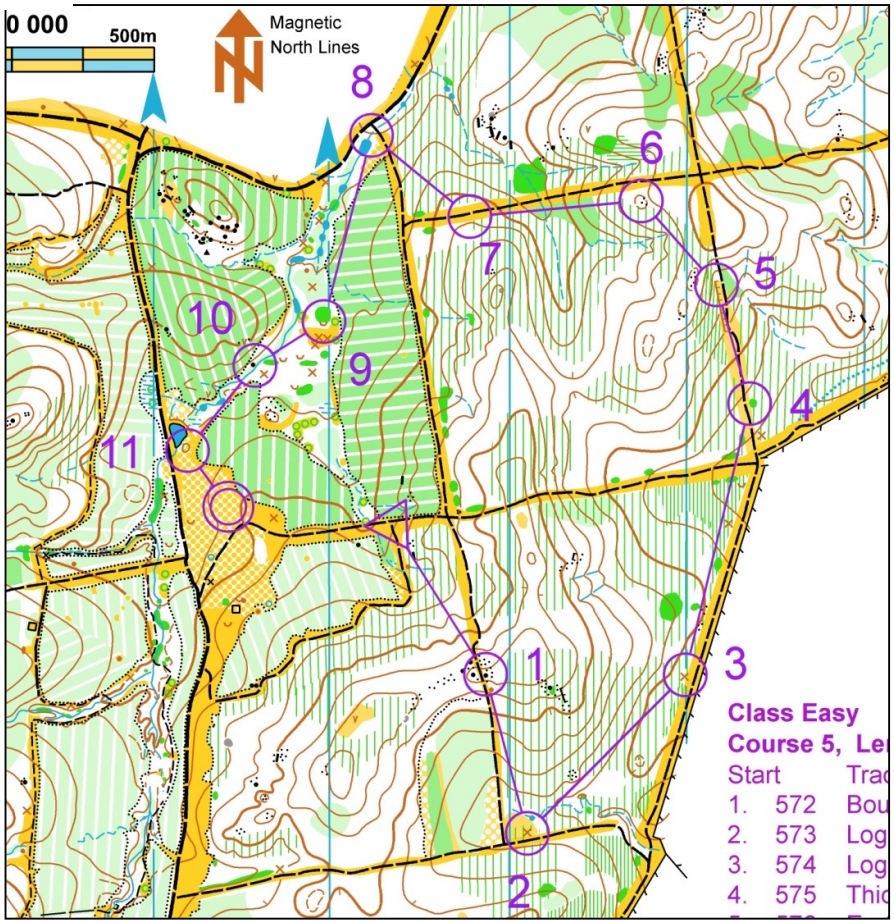
Very Easy Course Example



Easy Course Standard

- Control sites must be on or near drawn linear features (or use flagged cross country routes)
- But do not need to be at all turning points. This gives the opportunity to follow handrails or to cut across country.
- Short distances along large linear features that are not drawn (such as large gullies or well-defined spurs) may be included in the course but then catching features are essential.
- Control markers should be visible from the approach side by any reasonable route.
- Control sites introduce contours e.g. gully on a track
- Expectation that competitors can check control numbers

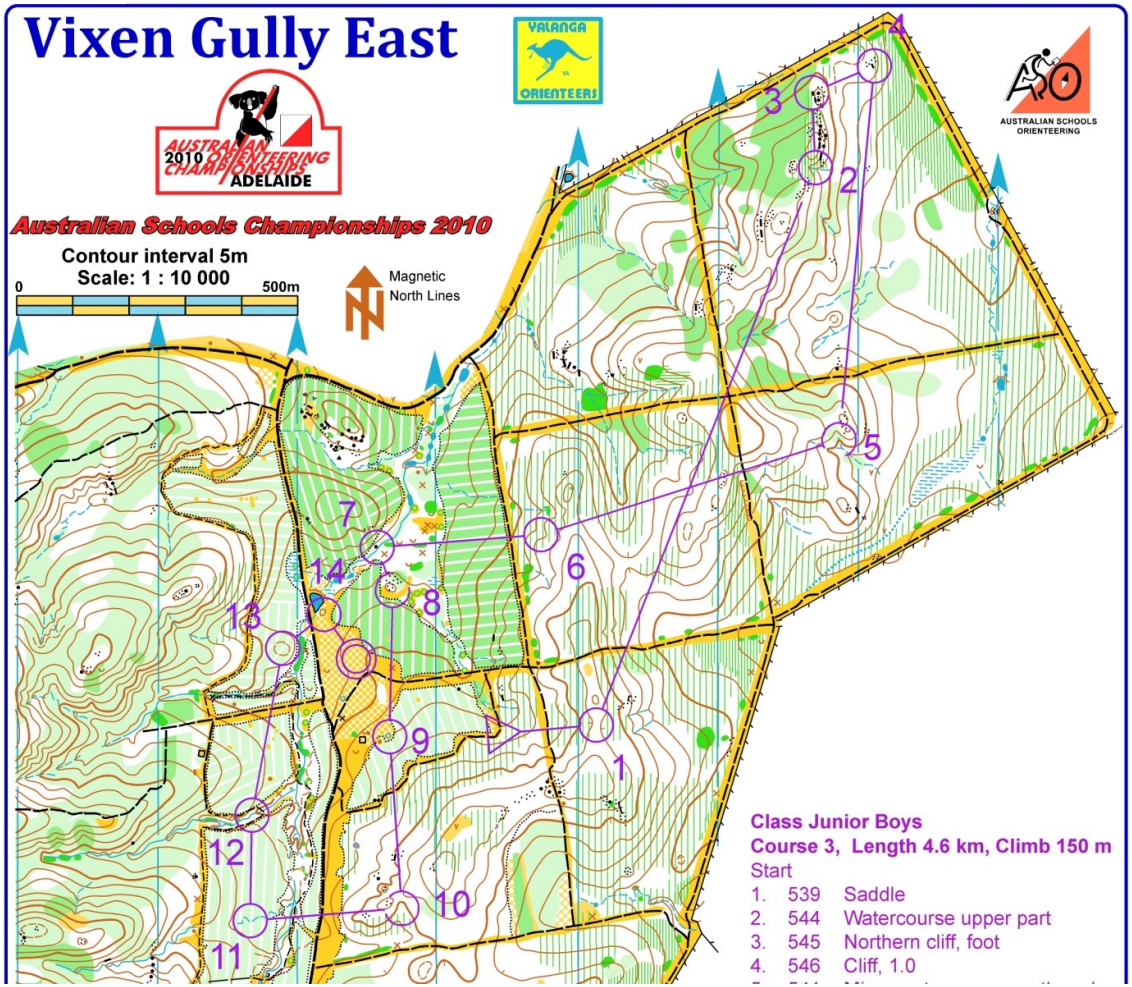
Easy Course Example



Moderate Course Standard

- Course should have route choice
- Require big attack points near control sites
- Catching features less than 100m behind.
- Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point.
- Competitors should have basic contour recognition
- Avoid areas of complex detail
- Provide an orienteering challenge - but without allowing serious errors to occur

Moderate Course Example



Hard Course Planning

General Principles

- Navigation should be as difficult as possible with small contour and point features as the preferred control sites (forest courses);
- there should be no handrails and no large attack points nearby.
- Route choice should be an important element of most legs (refer course formats).
- Allow for different physical abilities of different age classes

*Course setting for sprint

Course Planning Other Considerations

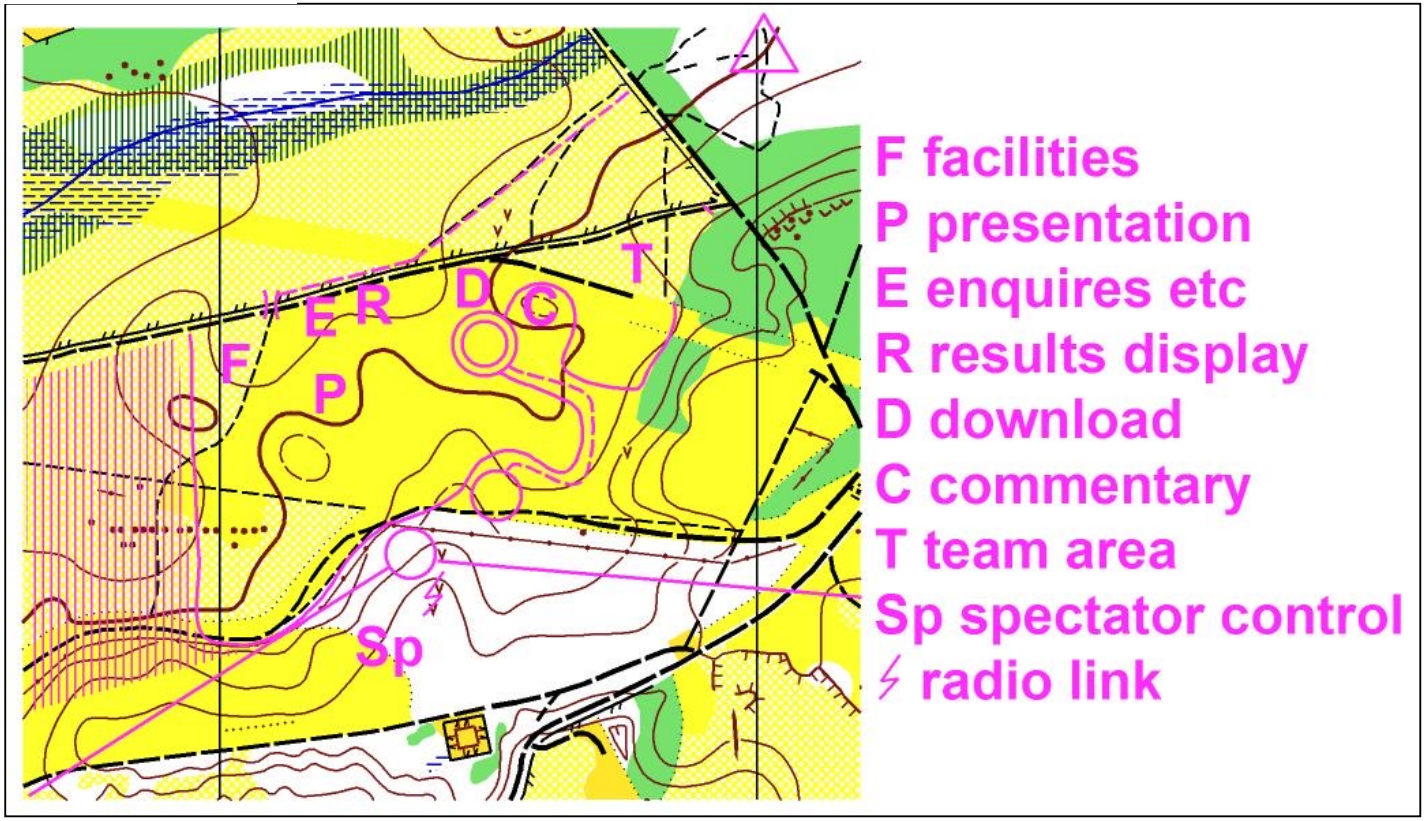
The Start

- Doesn't need to be at/near the Finish
- Consider Very Easy and Easy Courses
- Can be away from the Finish/Assembly area if this improves your courses
- A remote Start is much better than a remote Finish
- An uphill walk to a start can help reduce climb on courses

The Finish

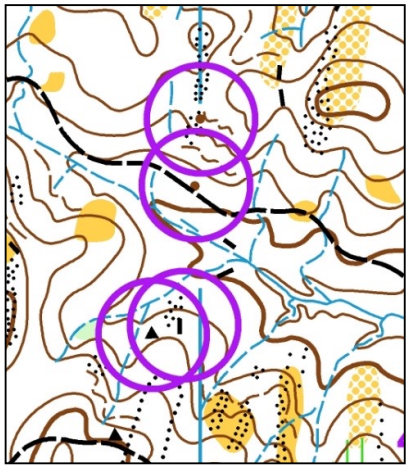
- Should be at the Assembly Area
- Do not have a remote finish unless there is absolutely no alternative.
- Should be at or close to assembly
- Improve spectator involvement even for minor events

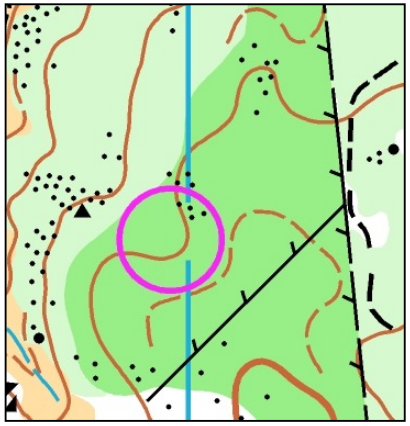
Event Layout



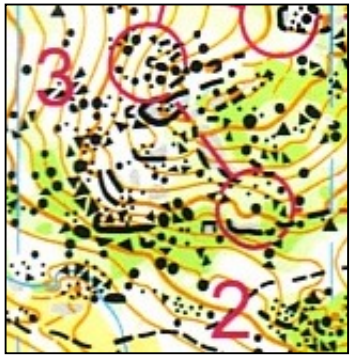
Course Planning Other Considerations

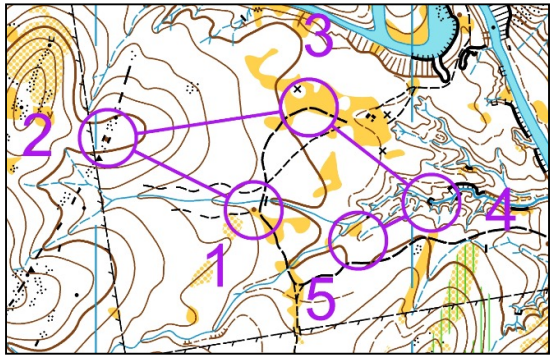
- Control descriptions
  - control site and description must match
  - control site must be able to be unambiguously described
- Siting and visibility of control flags
  - controls should not be closer than 30m, 15 m in sprint
  - controls on similar features should not be closer than 60m, 30 m in sprint
  - bingo controls
  - controls in green
- Water controls
  - current rules require water at controls or compulsory points
  - Plan early, know the rules, allow for the weather





Course Planning Essentials





When reviewing courses also consider:

- control site too difficult for course specification
- control site too easy for course specification
- control site confusing or ambiguous
- control is hidden
- course lacks variety, has dog-legs
- lost distance
- course unnecessarily physical for age group
- running feasibility of course hasn't been considered
- routes and controls too close to edge of map
- winning times deviate significantly from expectations

Other course items to check:

- Controls descriptions match the map symbols.
- Colour purple is correct, circles and lines cut as required

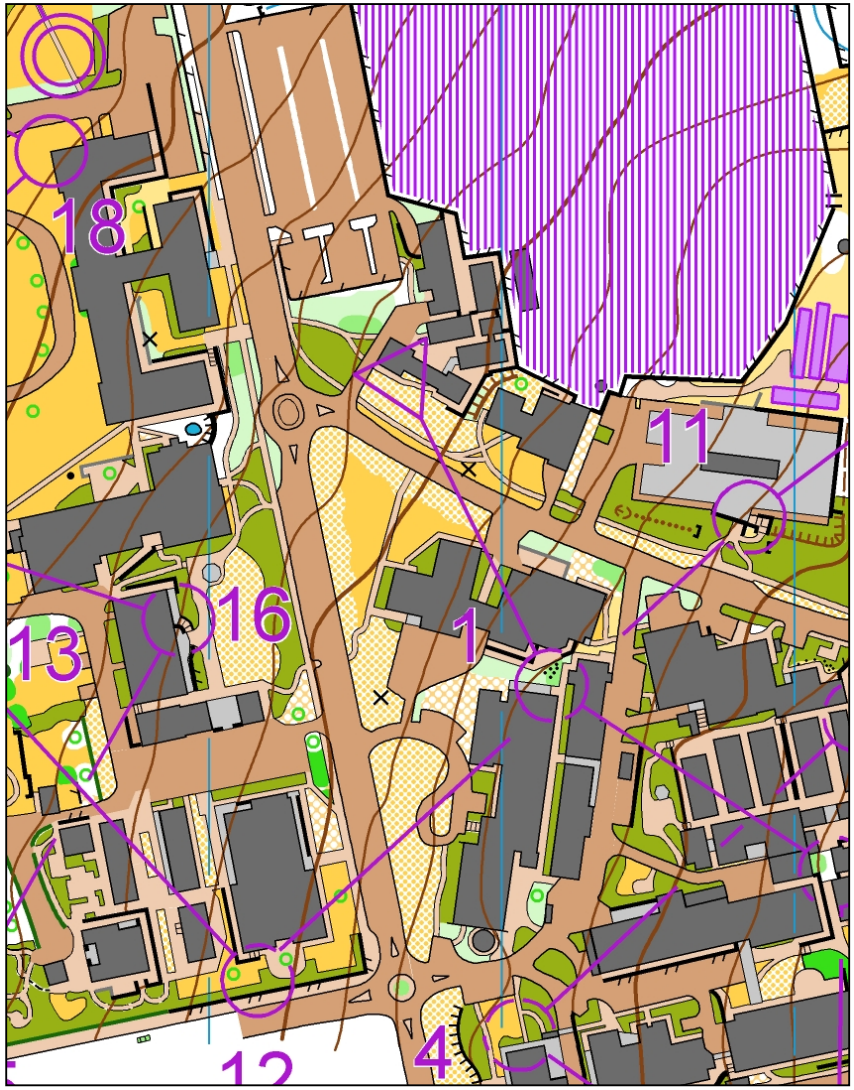
Control checking

Using maprun to place controls:

- Needs georeferenced map (older maps may be skewed)
- Only puts you ‘in the circle’ – need to still identify the correct feature and control site

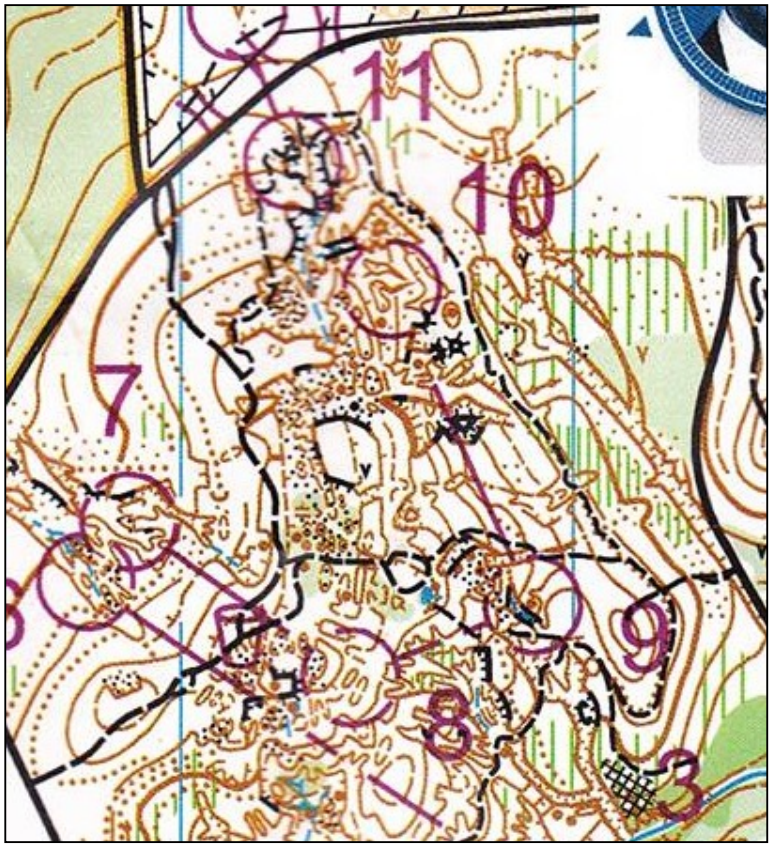
Risk to Competitors

- Approach is generally to mitigate or reduce the risk
- Planning assembly area
  - Traffic
  - Access
- Sprint events in urban areas
  - Traffic
  - General Public
  - Hazards
  - Course planning considerations
  - Notifications to competitors



Risk to Competitors

- Bush events -
  - Course planning considerations
    - Hazards
      - Map marking/overprinting
      - Marking in field
    - Consider map extents/boundaries especially for junior courses
    - Age and ability of competitors
  - Planning for the Weather
    - Hot (drinks)
    - Cold
  - First Aid at event
  - Safety Information provided to competitors – in event information, at event, at start



Role of the Controller

Controllers Responsibility with Respect to Courses

- Understand the principles of course planning and role of course planner and controller
- Be familiar with the Course Specifications for the event
- The courses are the “Course Planner’s” but the controller must
  - Check course planner’s work to ensure no errors occur
  - Courses should be correctly designed for the expected abilities (technical and physical) of participants
  - Courses follow course specifications
  - Course descriptions are correct – distance and climb
  - Control descriptions are correct and according to specifications
  - Control placement is correct and matches descriptions
  - Control placement is fair, and rules with respect to proximal controls are followed
  - Courses are printed correctly on maps