

# Orienteerumisest iseõppijatele [Orienteering for self learners]

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This book is about orienteering for adults who like to know more about orienteering. They maybe have some experience but needs more information how to be better orienteer.

Book is written and designed in MS Word 2007.

## Short overview by topics:

### **Sissejuhatus** 5 [Introduction]

Orienteerumine – mis see on? 6 [Orienteering- what is it?]

*Short overview about orienteering; o-history in world and in Estonia.*

### **Kaart 9 [Map]**

*What is map, scales. Sample maps (aero photo, city map, o-map)*

Kaardi leppemärgid 12 [Map symbols]

*Map symbols by colors – white and green – forest, runnability; Yellow –open lands; Blue – water; Brown – landscapes, photos, maps; Black- roads and paths, buildings; Other symbols;*

Orienteerumiskaartide näited 24 [Examples of orienteering maps]

*Same area, different maps (foot-o, sprint, MTBO, Ski-o and Rogain)*

### **Kompass 26 [Compass]**

*Different compasses, Compass needle, scales etc*

Kaart ja kompass 29 [Map and compass]

*How to use compass with map.*

Maastik 34 [Landscape]

Kaart ja maastik 34 [Map and landscape]

*Photos from landscape with map sample and control descriptions. How it looks in map and in nature.*

### **Märkesüsteemid 45 [Punching systems]**

*Overview of punching systems (EMIT and SPORTident) SPORTident chips, how to use chips (clear, check, controls, finish). Explanation of SIME results paper.*

## **Orienteerumisüritused 50 [Orienteering events]**

Orienteerumispäevak ja võistlus 51 [Afternoon (training) events - main events]

*Different orienteering events : training events, afternoon events, bigger events.*  
Võistlusklassid 51 [Classes]

*Overview of classes (Mens, Womens) and levels (A-B-C-E). How to choose class.*  
Orienteerumispäevakud 52 [Afternoon events]

*Afternoon events (events without pre-registration), how to find information, how to pay, how to choose course, results etc*  
Võistlused 54 [Orienteering events]

*Main events: From where to find bulletins, how to make entry to event, how to start (sometimes starts are far away from event center), what is pre-start, etc.*

## **Rada 58 [Course]**

*Courses – How courses are planned, courses on map, example courses.*  
Kontrollpunkt 61 [Control point]

*Control set-up and equipment.*  
Rajale! 62 [Let's start!]

*Basis of route choices – by tracks. What is best choice for you*  
**Orienteerumisrajal 63 [On course]**

*On course: 1) planning 2) to simplify course 3) attack control.*  
Planeerimine 64 [Planning route choice]

*Different route choices for beginners and pro 's.*  
Etapi läbimine 69 [How to pass route]

*Simplify course; find attack points*  
Kontrollpunkti läbimine 74 [Control point]

*Attack control point, read control description,*  
**Vead 75 [Mistakes]**

*List of common mistakes, how to avoid these.*  
Appi, ma olen eksinud! 79 [Help! I'm lost!]

*What to do if you are lost. Check direction, go in one direction to road/river etc.*  
**Eetika 80 [Ethics]**

*About ethics, fair play. Keep your first emotions.*  
Hoia loodust! 81 [Keep the nature!]

*Keep the nature.*  
**Tulemused, analüüs 82 [Results, analysis]**

Results, drawing routes to map, after event analysis, comparing split times/route choices

**Varustus 84 [Orienteering equipment]**

*Orienteering clothes, footwear, headlamps for night orienteering, first-aid, description holders, plastic bags for maps*

**Lõppsõna 86 [Conclusion]**

**Lisad 87 [Annexis]**

Lisa 1. Leppemärgid ja legendid 87 [Annex 1 Map symbols and control description]

*IOF ISOM symbols with control descriptions and comments*

Lisa 2. Punkti asukoha kirjeldus ehk legend 97 [Control description]

*Additional symbols for control descriptions [control location]*

Lisa 3 Orienteerumisalad 101

*List of orienteering disciplines*

Lisa 4. Harjutused 103

*Some examples*

Lisa 5. Õpperada 108

*Sample course with different exercises.*