



Training Videos

Getting Started



1. Getting Started | Get Out & Go | Orienteering

5,765 views · Oct 13, 2020



Manchester & District Orienteering Club
61 subscribers

This video shows you how to start orienteering. We look at the basic elements of the map and particular symbols, what controls look like, and what to expect at a Permanent Course or competition.

Getting Going



2. Getting Going | Get Out & Go | Orienteering

1,571 views · Oct 13, 2020



Manchester & District Orienteering Club
61 subscribers

In this video, we introduce skills to help you get going with more difficult courses. We cover more symbols, basic route choice, orientating the map using a compass, and cutting corners.

Getting Confident



3. Getting Confident | Get Out & Go | Orienteering

1,070 views · Oct 13, 2020



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This video shares tips to boost your confidence when trying out new Permanent Courses, or going to competitions. We explain how to use attack points and catching features, as well as how to make more use of a compass to go in a cardinal direction.

Getting Faster



4. Getting Faster | Get Out & Go | Orienteering

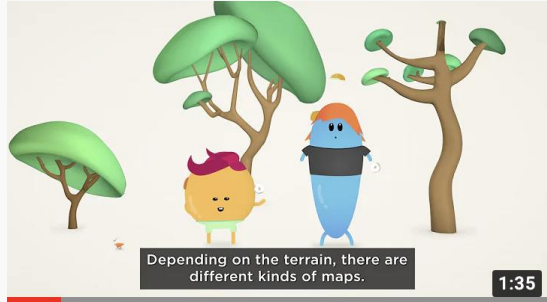
1,026 views · Oct 13, 2020




Manchester & District Orienteering Club
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In the last video in this series, we focus on techniques to get you moving faster on either a Permanent Orienteering Course, or at a competition. We look at concepts like Traffic Lighting, think about when is a good time to plan ahead, and give tips on how to read the map on the run.

The Map



Orienteeing Part 1 - The Map
22K views • 3 years ago

 IOF Orienteeing

1:33 Want to learn more about orienteeing?

Planning your route



Orienteeing Part 2 - Planning your route
IOF Orienteeing
12K views • 3 years ago

Finding your way



Orienteeing Part 3 - Finding your way
IOF Orienteeing
9.9K views • 3 years ago



Think Fast, Run Hard, Go Orienteering || Coaching...

South London Orienteers / On Th...
7.9K views • 3 years ago



Setting the Map || Charlotte Ward || Think Fast, Run Hard...

South London Orienteers / On Th...
16K views • 3 years ago



Using the Compass || Hector Haines || Think Fast, Run...

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22K views • 3 years ago



Attack Points || Megan Carter-Davies || Think Fast,...

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17K views • 3 years ago



Aiming Off || Charlotte Watson || Think Fast, Run...

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12K views • 3 years ago

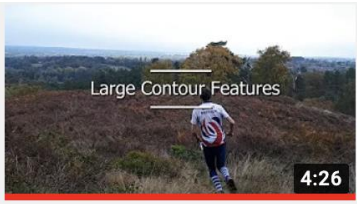
[Trailer](#)

[Setting the map](#)

[Using the Compass](#)

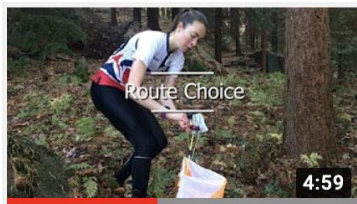
[Attack Points](#)

[Aiming off](#)



Large Contour Features || Chris Smithard || Think Fast,...

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Route Choice || Alice Leake || Think Fast, Run Hard, Go...

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13K views • 3 years ago



Intricate Contours || Kris Jones || Think Fast, Run Har...

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12K views • 3 years ago



Simplification || Ralph Street || Think Fast, Run Hard, Go...

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17K views • 2 years ago

[Large Contour Features](#)

[Route Choice](#)

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