



PLANNING COURSE 2 THE MECHANICS OF PLANNING

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The plan...

- Event types
- SN guidelines
- Visiting the area, map and permissions
- Risk assessments, controller
- Crossing roads, taped route, pre-start
- Planning courses using Purple Pen
 - Yellow
 - Short Blue
 - Light Green
 - Orange
- Last things to check
- Courses final...
- Courses final- what next
- Better technical legs
- Circles and distance apart
- Terminology
- Butterflies and loops
- Urban events
- Larger events
- Questions

Event types

	Simplified summary	# controls	
Classic/ Long	Black about 15k, others pro-rata	From about 10 to 30	Normally 1:10,000, long courses may be 1:15,000
Middle	Winning time 30min, Juniors 20min	About 15-25	1:10,000 or 1:7,500
Sprint	Winning time 12-15min	About 12-20	Normally traffic free, urban 1:4,000 or 1:3,000
Other	Score, Relay, Urban		
SN Saturday series is generally Classic/Long			

Event Types

	Courses- About	Example	Defined by	Controller
D- Local	4 Colour Coded	Yellow, Orange, Light Green, Blue	SN Saturday Series but SHORT Blue	Armchair
C- Regional	8 Colour Coded	White, Short Green, Green, Brown (+below)	SCOA league	Local A/B/C
B- National	12 Colour Coded	Black, Short Brown, Short Blue, Very Short Green (+below)	SEOA League	Local A/B level not SN
A- Major	20, age courses	Entry by age group	BO	A level not same region
Length of courses determined by how long a BLACK or M21E course would be				

SN Guidelines

- <https://www.southernnavigators.com/info/helpers-information>
- Use the latest Planners Guideline
- Check map scale and if
 - ISSOM/ISprOM (e.g. Eagle House, Merrist Wood, Woking Park)
 - ISOM as affects how course drawn
- Start/Finish/Download close together
- Controls numbered from 51, expect to use 30-40 controls
- For flat areas, distances should near maximum. For 'green' areas and those with lots of brown lines- near minimum
- Currently map numbers defined by pre-entry and maps ordered after the cheap entry has closed (to get map numbers as accurate as possible)

Visiting the area, map and permissions

- Check what you have permission for, mark the other areas as OOB or with uncrossable boundary purple line
 - Make sure the OOB does not obstruct info the runner needs
- There are a number of reasons the map may not be what you expect
 - It may be out of date, especially parkland and schools
 - Mapper only includes features of a certain size,
 - Maps normally show winter vegetation
 - Features very close can't be mapped accurately
- In May-October suggest visit the area before starting planning (to check undergrowth)
- If the map needs updating- speak to the Mapping Officer as soon as possible
 - See if map can be updated
 - Can avoid the area (Maybe mark as OOB)
 - If you use the area put note in start lane

Risk assessments, Routegadget, Armchair controller

- Organiser creates RA, planner should give input especially if safety issues in the event area.
- Check for previous events, look at routegadget to see what worked well, don't use the same legs
- Get courses to the armchair controller asap, ask if you need help

Crossing roads, taped routes, pre-start

- Under 16 (on day of race) cannot cross roads with significant traffic, unless appropriate traffic management arrangements have been put in place.
 - controls either side of the road, and timed out and marshalled,
 - or just marshalled
- Taped routes useful to get through OOB, or on Yellow/White courses where the route is indistinct
- If start flag is distant from pre-start, then should mark pre-start [for Saturday series suggest start is adjacent to pre-start]

Planning courses-Yellow

Yellow

- Route along obvious line features
- No route choice
- Max of 2 decision points between controls
- Similar leg lengths
- Controls usually on the line feature along which runner is travelling. Obvious control sites e.g. knolls, close to the line feature may be used, but ensure the kite is visible from the line feature
- Place controls so the flag is clearly visible, and locate so that they draw runner in right direction for the next control
- Maximum distance between controls should be 350m.

Over to Purple Pen

What needs changing:

Start best not on a junction

Add Pre-start

Move 7

Descriptions symbols and text

Add climb

Light Green, Short Blue

Light Green

Is 7 too tricky

5 a dog leg, move N to re-entrant

Short Blue

If possible it is good to have a long leg (10-15% of total distance)
with good route choice

Because U16's need manned crossing. ?Timed out? Tapes?

Move 4 to left' makes 4-5 a lot better

Short legs at end

Light Green

- On most of our areas anything goes and significant route choice should be included.
- Navigate for short distances using major contour detail, but avoid very detailed contour areas. Mistakes should not be costly in time.
- Use compass bearings, pacing, collecting features
- A variety of leg lengths, and changes of direction
- Don't 'hide' controls, e.g. in pits. Hang them so they are visible from at least 10 metres, particularly when any surrounding vegetation is high. If in doubt find another site.
- Don't make Light Green a longer Orange
- If there is a lot of either fast path running or slow terrain then the guide length above may be need to be lengthened or shortened.

Short* Blue

- As for Light Green but:
- Navigate for longer distances using major contour detail, read and interpret detailed contours and encourage changes in technique; mistakes can be costly.

Orange

Orange

- Simple route choice
- Multiple decision points
- Different leg lengths, but not so short that control circles overlap
- Offer corner cutting options through terrain using compass
- Use line features other than paths
- Don't make Orange a long Yellow (easy mistake to make!)
- Controls not on a line feature should have route along line features to an obvious attack point.
- 'Prominent' point feature are acceptable, but should have a "collecting" feature beyond them.
- Hang controls clearly visible, especially those not on a line feature

Move 3 to hill top SE side to avoid road

Last things to check

- 1st control different
- Controls not too close
- Controls approached from roughly same direction
- Can some controls be combined with little effect on courses
- All have description including start

Courses Final- what next

- Get OK from controller
- Ensure all sites taped with number
- Send to BML for printing a week before (or Colin Dickson if for training)
- Send files to Steve McKinley for Routegadget [[File- Create Routegadget Files](#)]
- Arrange folk to help put out controls

On the day

- Ensure all controls woken up and out before first starter
- If using others to help you hang controls, get them to let you know if they didn't find the tape - then check
- Relax when 1 person from each course finishes
- Arrange control collection- check if anyone still out

What makes better technical legs

- Contouring- slightly up or down
- Approach 'holes' from below
- Controls on the far side of 'lumps'
- Vary leg lengths
- Use 'other' controls
- Avoid the grotty bits
- Note controls/features should be visible from 10m

Circles

- **Event- Customize appearance**
- Planners in particular need to note that the map overprint (course) symbol size have changed, and need to be enlarged according to the map scale.

Item Sizes

☐ Use IOF standard sizes

Control circle diameter: 7.50 mm

Line width: 0.52 mm

Center dot diameter: 0.00 mm

Control number height: 6.00 mm

Control number style: Regular

White outline around numbers: 0.00 mm

Automatic leg gap size: 3.50 mm

Scale item sizes: Relative to map scale

ISOM	1:15,000	1:10,000	1:7,500	1:5,000
Control circle	5mm	7.5mm	10mm	15mm
Line width	0.35mm	0.52mm	0.70mm	1.05mm
Control # height	4mm	6mm	8mm	12mm
ISSprOM	1:5,000	1:4,000	1:3,000	
Control circle	4.5mm	6mm	7.5mm	
Line width	0.35mm	0.35mm	0.52mm	
Control # height	4mm	4mm	6mm	

Minimum distance apart

To check this on PP
Reports- Event Audit

Rules can be found in:
<https://www.britishorienteering.org.uk/rules>

	More than 1:5,000	1:5,000 or less
Similar features	60m	30m
Different features	30m	15m

Terminology

- Dog Leg
 - Arrive and leave the control the same way
 - Easier to find the control
- Gripple
 - Method of attaching control units securely
- Bingo
 - Where the siting of a control is unfair, because
 - Map is unclear
 - Terrain has low visibility
- Contactless/SIAC
 - Need for sprint/middle/relays. Not so crucial for Long
 - Needs to be set up different
 - Start/Finish
- Gaffle- different combinations of routes in a relay



Butterflies and loops



- You can use a control more than once on a course
- Increases the number of 'visits' to common control
- Butterflies and loops where runners can run loops in different order
 - On mass start events of latter part of handicap races can split runners up (half do loop A then B, others do BA)
 - All runners will visit the same controls and cover the same distance
 - Example: Purple Pen

Urban events

- Check area- some parts may seem private
- Need gripples, hence something to attach to
- Contactless
- Need to check legibility of course/map (print proof map first?)
- Don't use uncrossable fences if can be approached from both sides
- Don't encourage runners to cross features they shouldn't (unless you put a marshal there)
- Hardest is the under 16 course.
- Only bend/break lines for clarity



Larger events

- Getting the length of the black course/M21E correct
 - Results from previous events
 - How fast the terrain is
 - What a TOP orienteer would get round in

The Black course, if planned, will have an expected elite winning time of 67 minutes.

Course length ratios refer to course lengths which are “corrected” for height climb (by adding 0.1 km for every 10m of climb).

- Compromise
- Control load
 - Too many going into a control makes it easy
- Approaching controls
 - If approaching from opposite directions makes it easier
- Contactless
- <https://www.britishorienteering.org.uk/rules>

