

New to orienteering?

An on the day checklist for beginners...

Borrow a dibber (electronic timing device). Free, but £30 if you lose it! Make sure it is 'cleared' (this should be done for you, ask if not sure).

Pay your entry fee see event details for the day.

Register We need to know your name, house no./name and postcode (for insurance purposes). Also the dibber number and course you have chosen to do.

Get a map at registration if you are on a white or yellow course. All other maps will be at the start.

Go to the start – follow the signs or ask.

Dib the start box! then pick up your course map if you haven't already got one.

Go round your course! Dib the controls in numerical order (unless there are special instructions).

Dib the finish box! – even if you haven't managed to find all your controls.

Download! It is *extremely important* that you go to the 'download' tent/vehicle when you come back. It's the only way we know you are back safely. Please return your dibber there – these are expensive items.

+First Aid is in the download tent/vehicle.