



EMOA Development Conference 2025

Nottinghamshire Orienteering Club MapActive

Started Autumn 2022

Lead Coaches: Hilary Palmer & Ant Squire

With thanks to CLOK and their Couch 2 Green which was supported
by the Orienteering Foundation

Why MapActive?

△ : Attracting newcomers

1 ○ : Events?

2 ○ : Intro. Coaching?

3 ○ : MapActive

⊙ : Results



2 Stages: 6 weeks

- Stage 1: 2 coaching sessions each 2 hours & follow-up Zoom + local event & Zoom – TD1 & 2+
- Stage 2: same format - TD3+

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Advertising

- Paid boosted posts on Facebook
 - Via running clubs & local 'groups'
- NOC Mailchimp
- NOC website for full details

[NOC website info](http://www.noc-uk.org/Introduction/MRC)

Do you like walking and want to improve your map reading?
* Do you have a child 9 years or older who wants to try a new outdoor sport?
* Are you a runner who needs to be able to navigate on fell / trail races?
We've got just the programme for you starting on 4th November:
Full details: <http://www.noc-uk.org/Introduction/MRC>
[#Nottingham](#) [#Walking](#) [#Running](#)
[#Navigation](#) [#mapreading](#)
[Notts Women Runners - Group](#)
[Page Nottingham U3A](#)



Nottinghamshire Orienteering Club
6 October 2023 · 🌐

Become a confident map reader.

Learn navigation skills for hill walking and trail running.

Confidently explore woods, trails and complex urban areas.

This MapActive course will show you how.

Involves face-to-face coaching in and around Nottingham with follow-up online Zoom calls.

Course starts 4th November and runs until mid December in two parts. Enter for either part or the whole course.

For details and course brochure see:

www.noc-uk.org/Introduction/MRC

[#nottingham](#) [#walking](#) [#running](#) [#parkrun](#) [Rushcliffe Country Park](#)



Participants

- Mix of ages: adults 30s to 70s
- Some children aged 9 to 15 with a parent
- All 'sporty' / 'outdoorsy'
- Often not confident using maps but a few came because they 'love maps'
- Some runners; some walkers



Coaches & helpers – all volunteers

- 3 experienced NOC coaches at all sessions
- As many other helpers as possible! We sometimes had 6/7 – almost 1:1
 - Another experienced coach at some sessions
 - Other helpers – some had taken part in previous MapActive courses as ‘learners’
- HP did all the initial planning; AS used his ‘magic’ to add to the Zooms!

MapActive schedule Autumn 2023

Session 1 4 Nov. & Zoom session 8 Nov.	Bridgford Park	From little or no orienteering experience participants will develop an understanding of orienteering maps and how to use them.
Session 2 11 Nov. & Zoom session 15 Nov.	Rushcliffe Country Park	Basic use of the compass to orientate the map and to choose and follow a route using features such as paths, fences (line features = 'handrails') to find checkpoints (controls) on and not far off handrails and to cut corners between handrails.
19 Nov.	Watchwood & Calverton NOC event	Take part in an appropriate course at a club event – likely to be a Yellow and/or an Orange course
22 Nov.	Zoom session (shorter) – chance to reflect on routes taken at the event	

Session 3 2 Dec. & Zoom session 6 Dec.	Bramcote Hills Park	Visualising map information and simplifying it so as to make route choices more quickly. Using 'attack' points to help to find controls away from handrails using the compass more accurately along with pacing for distance over 50 to 100m.
Session 4 9 Dec. & Zoom session 13 Dec.	Burntstump Country Park	Basic understanding of how slopes and valleys are shown on maps using contours.
16 Dec.	Strawberry Hill & Ransom Wood NOC event	Take part in an appropriate course at a club event – likely to be an Orange course or a Light Green/Short Green course
20 Dec.	Zoom session (shorter) – chance to reflect on routes taken at the event	



Coaching Programme & Step System

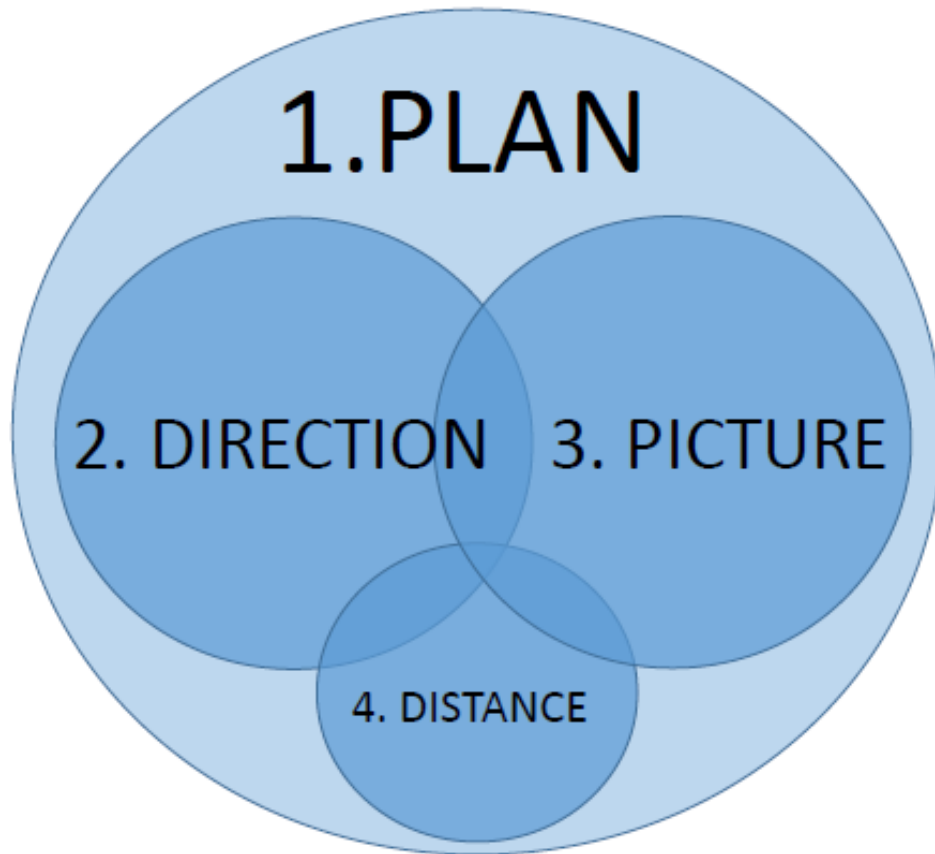
Level	Step	Skills	Techniques introduced
5+	O	Longer distances from and/or indistinct attack points & catching features	
5	N	Long Legs (1+km)	
	M	Using complex contours; generalising contour detail	

3	H	Making simple route choices	✓	Route choice
	G	Simplification of legs with several decision points	✓	Attack points, absolute distance judgement (e.g. 100m along)
	F	Orienteer over short distances against catching features	✓	Compass directions
	E	Cutting corners	✓	Aiming off
2	D	Leave a line feature to go to a visible control site, then return to the line feature	✓	Catching features, distance judgement (e.g. halfway between)
	C	Orienteer along obvious line features (handrails). Decisions at 'decision points' without the aid of a control to identify it as such	✓	Check points
1	B	Orienteer along tracks & paths. Decisions at 'decision points' identified by control points	✓	Thumbing, handrails
	A	Understand map colours and commonly used symbols. Set the map using compass & terrain	✓	Folding the map
Ground level		Understand the map; get used to being in the woods/independent		

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Event 2: 15th July = Burntstump CP
 Session 4: 8th July = Bramcote Hills Park
 Session 3: 1st July = Woodthorpe Grange
 Event 1: 24th June = Gedling CP
 Session 2: 17th June = Rushcliffe CP
 Session 1: 10th June = Bridgford Park

Start with a solid plan



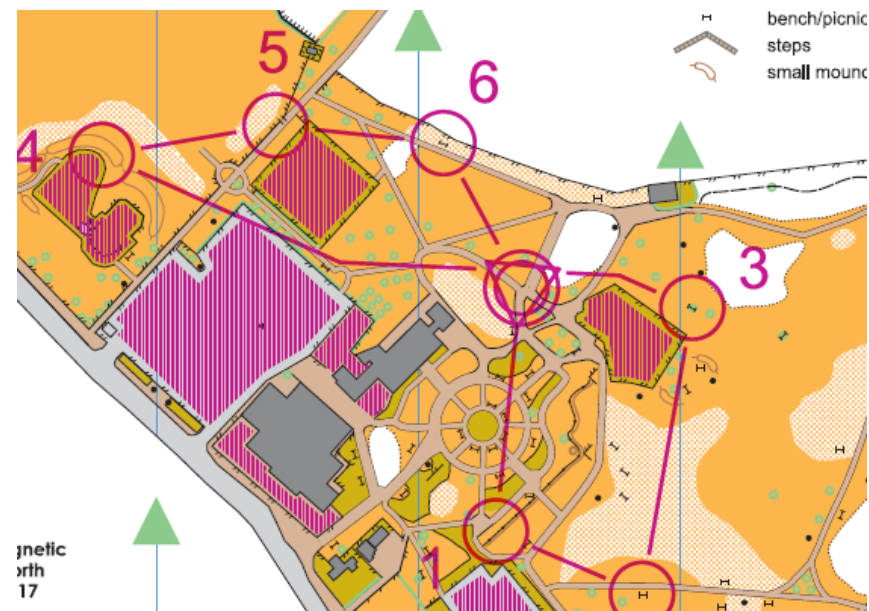
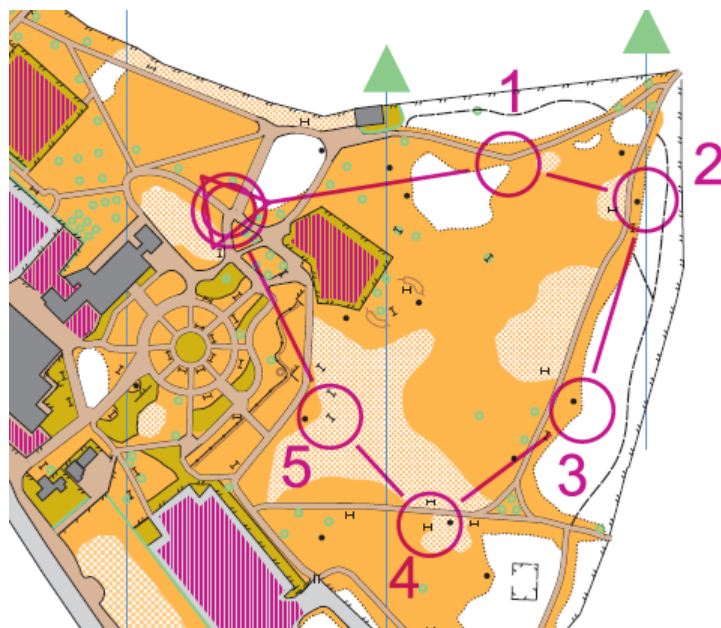
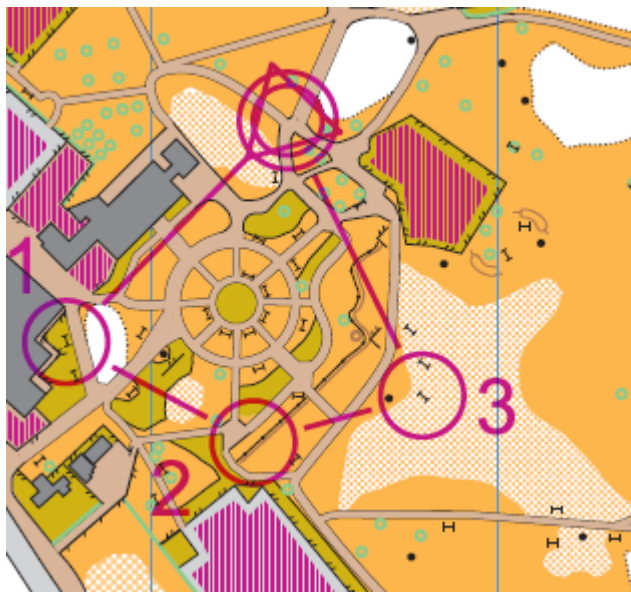
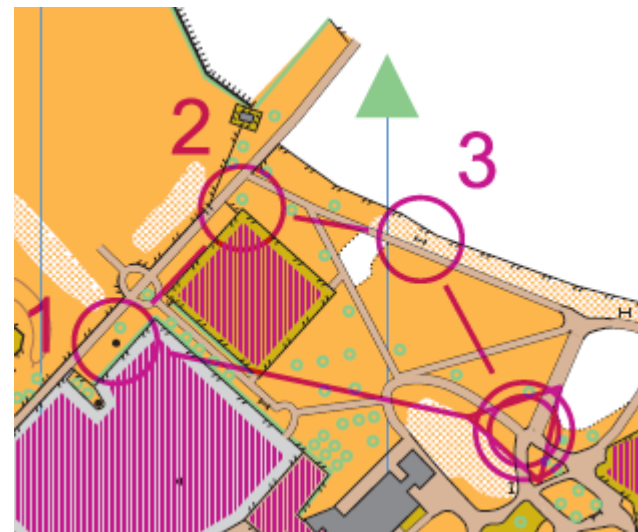
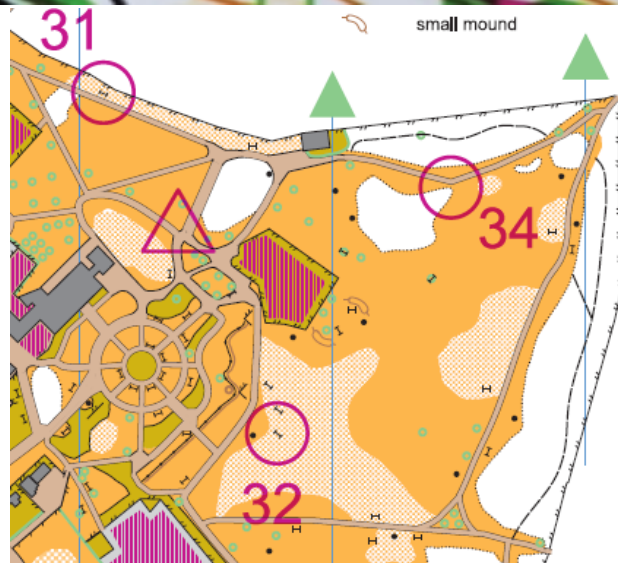
- A route-choice \neq a plan
- What is a plan?
 - Where you're going?
 - What you're going to see?
 - How you're going to get there?
- What is a good plan?
 - Covers the whole leg
 - Detailed at crucial moments
 - Simple at safe moments

Material from Mark
Nixon/ Talent Squad



‘Coaching practice’

- Lots of activity:
 - Map walks, short loops, briefing / debriefing
 - Games during warm-up / cool-downs: map symbols, control descriptions, map matching
- Recap-notes sent after each session
- Zoom was to encourage people to stay involved, chat and to reinforce what we’d been practising eg annotating maps with routes taken
- Short taster – next week we’ll be doing
- Ideas for doing more orienteering / find out / videos & games



Map symbols quiz



1. pond

2. special object

3. path/track

4. rock / special object

5. open with scattered trees

6. single tree

7. building

8. bushes / thick wood

9. open land

10. vegetation boundary

11. road / paved path

















12. fence

Self quizzing

<https://maprunner.co.uk/cd/>

Google Translate West Bridge Duolingo: Home (4) Nottinghamshir... Jaja Google Hangouts My Profile - Zoom (75) True Potential L... Google about:blank

Maprunner IOF Control Description Quiz 2018 Results

Symbols to Text Start  → Spur	Text to Symbols Start Spur → 	Match Symbols and Text Start Spur  Thicket 
Symbols to Map Start  → 	Map to Symbols Start  → 	Match Map and Symbols Start    
Text to Map Start Spur → 	Map to Text Start  → Spur	Match Map and Text Start  Thicket  Spur

Select options: 0 questions selected

Name	Answers per question	Language	Time
Player 1	3	en	0

☐ Land forms ☐ Rock ☐ Water ☐ Vegetation ☐ Man-made



Results?

- 6 very enjoyable courses – very good feedback
- Great interactions between all the participants – Zoom sessions helped
- A number of volunteers were not qualified coaches – their O skills improved!
- New club members from most courses: 3 from 5; 2 from 6; 5 from 7 - but 0 from 3 this Summer 😞
- Existing club members invited to join Stage 2 of each course (8 over all courses)
- Other club members have seen the MapActive ‘buzz’ and come to recent coaching
- We had fun 😊 All the coaches, helpers and participants found it very rewarding. When’s the next course?
 - Possible change of structure for this November/December so that people can sign up for individual sessions