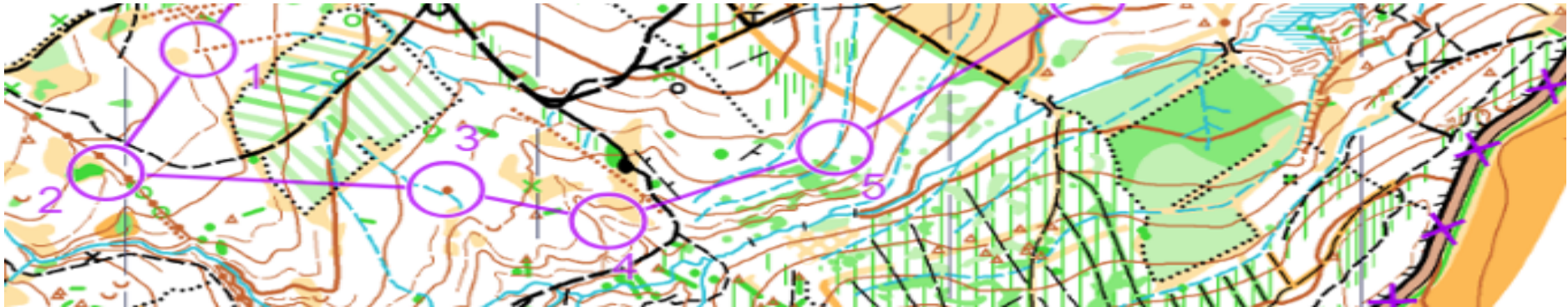


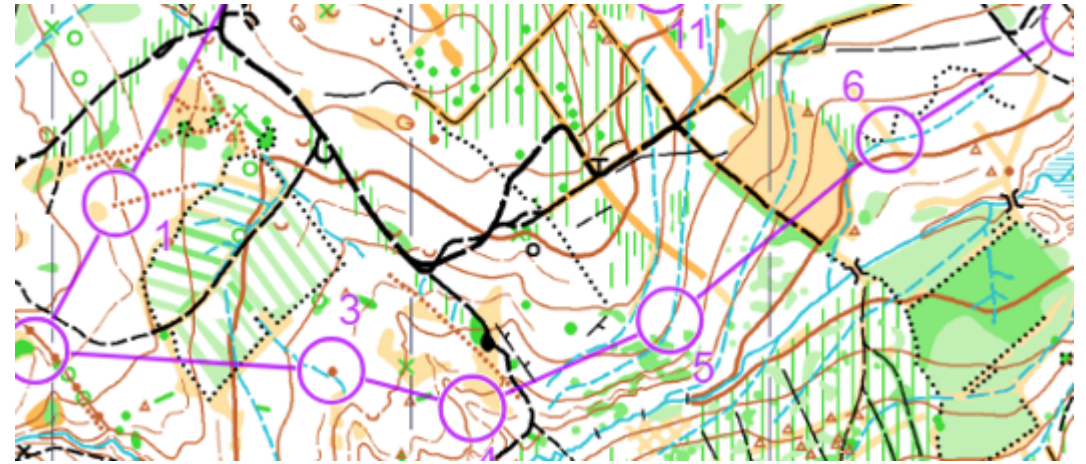
Very Short Green course discussion



Course lengths ratios from the Black = 1.00

Green	0.39	3.5-5.0	5	M75	W60 W65	M60S	W18S W40S W45S
Short Green	0.33	3.0-4.0	5	M80	W70	M65S	W50S W55S
Very Short Green	0.28	2.5-3.5	5	M85 M90	W75 W80 W85 W90	M70S M75S	W60S W65S W70S

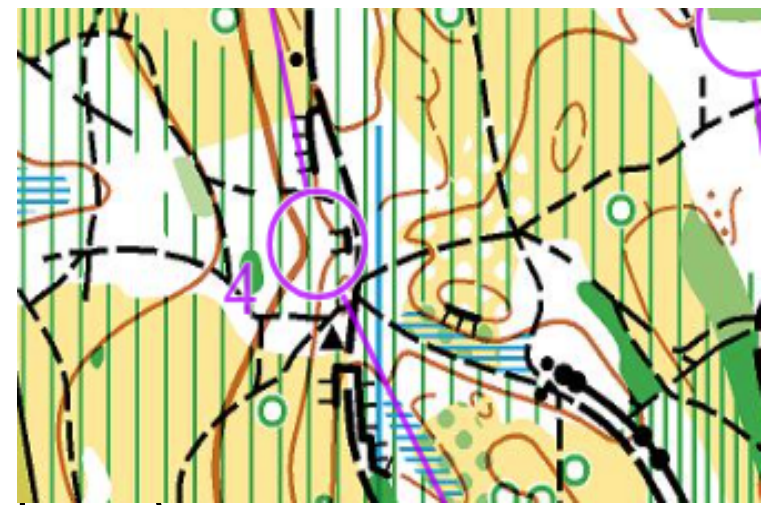
Very Short Green course



- Who does VSG?
- Why do they do VSG?
- Where is the information about the VSG course?
 - Rules of Orienteering 2025 Appendix B Course Planning
 - B2.4 Physical difficulty
 - B2.6 Planning for seniors

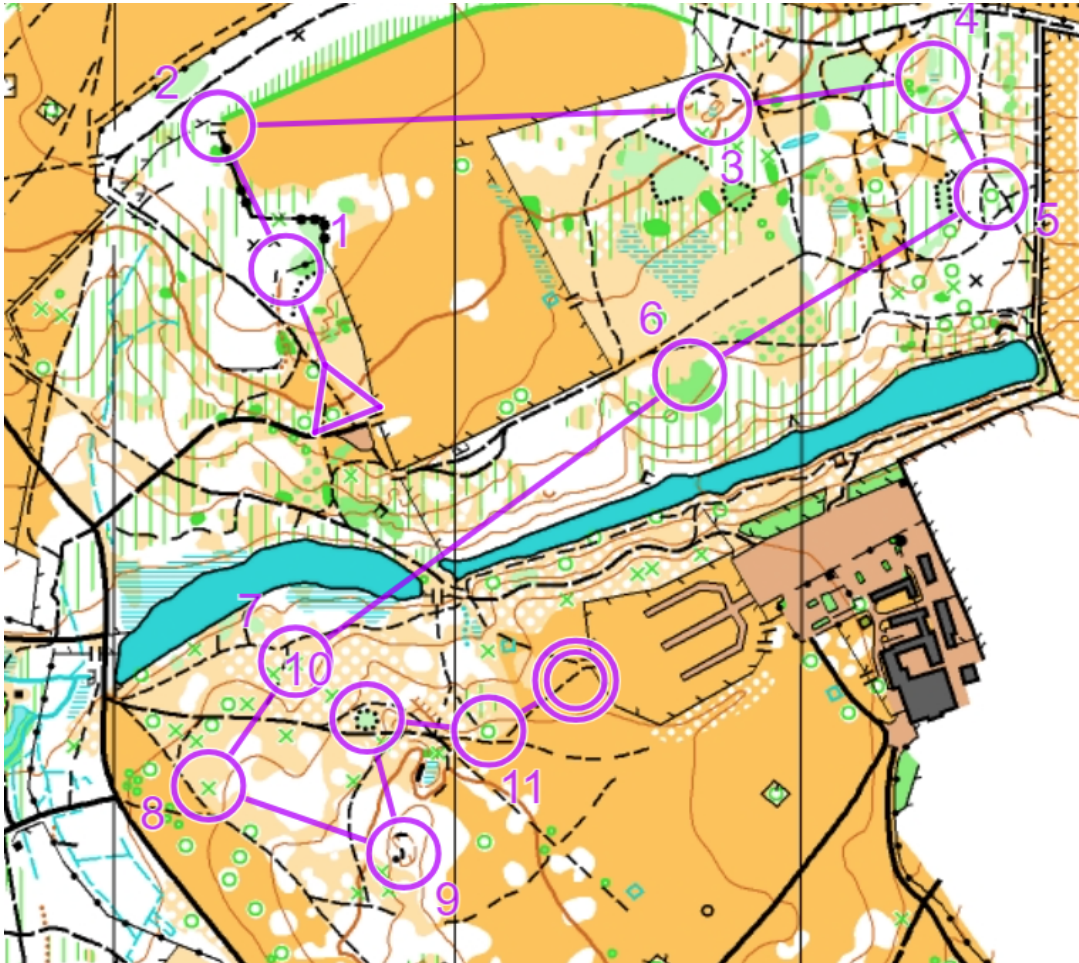
Physical difficulty

- Terrain
 - Underfoot conditions (surface is flat, rocky, sandy)
 - Steepness of slopes (up & down)
 - Density of vegetation (low branches, undergrowth)
 - Fences & stiles to climb?
- Map scale (eyesight deterioration with age)



Calke Park: 2.4km

42 – 82 mins



Martinshaw: 2.9km

36 – 63 mins

