



















































NAD PARK CONTROL DESCRIPTIONS

N.A.D./Sroptimist Park							
Course 1		0.7 km		30 m			
							Start:
1	15						N side of path
2	16						Path junction
3	17						Path junction
4	13						N side of path
5	14						E side of path
6	11						SE edge of clearing
	90 m			Navigate 90 m to finish			

Control descriptions may look like hieroglyphics, but they are designed that way because orienteering is an international sport. By learning the symbols found on control descriptions, you'll be able to orienteer anywhere in the world!

There are eight available columns of information. But don't worry about understanding them all, because the first three columns have the most essential information, and are also the easiest to learn. For Beginner level courses we provide the meaning of the symbols in the meaning of the symbols in each column.

Course 2							
1.6 km		35 m					
							Start:
1	10						Path junction
2	9						S side of path
3	5						S side of path
4	1						E side of path
5	2						Path crossing
6	3						Path junction
7	4						Path junction
8	8						N side of path
9	7						E side of path junction
10	6						Path junction
11	12						Path junction
	180 m			Navigate 180 m to finish			

The FIRST COLUMN denotes what order you must find the controls. The SECOND COLUMN denotes the number that you will find on the physical control. So if you see "2, 33," that is the second control you must find and you will see the number 33 on the control when you find it.

The THIRD COLUMN describes the physical feature where the control will be located. You should see this feature on your map in the center of the control circle.

The SEVENTH COLUMN tells you what side of a feature the control is on. So if the control is on a boulder, this column will tell you which side of the boulder the control is

located. These symbols are the most intuitive to learn, as well as are very helpful to know.

The OTHER COLUMNS take more time to learn, but don't show you much information that the map doesn't show you already. Fortunately, the columns that are the most challenging to learn are the least essential ones.

Learning control description symbols may feel intimidating, but don't let that stop you from orienteering. You can have fun and complete an orienteering course by reading just the first three columns. You can learn the symbols in the other columns over time. A control description legend can be found at cascadeoc.org, or through a quick Google search.

More information about orienteering at: cascadeoc.org