

# HANDRAILS

When you begin an orienteering course, you need to plan how to navigate from one control site to the next.

- At the start, orientate your map.
- Refer to the legend to be sure that you know which features on the map represent the features on the ground.
- First look for linear features such as: ditches, distinct vegetation boundaries, fences, gullies, power lines, roads, tracks, walls, watercourses.
- In orienteering, linear features which can be followed from one control to the next are called ‘handrails’.
- Handrails offer safe and fast routes.
- They are easy to follow and will lead you along your route.
- If you keep the map orientated at all times you will know which way to turn to follow the handrail.
- Following handrails in a roundabout way is safer than trying to short cut corners.
- Ask yourself, “What do I follow?”

Examples of linear features



Fence



Power line



Track

# Orienteering Basics Navigation Series – pamphlet 1



Watercourse



Dry ditch



Gully



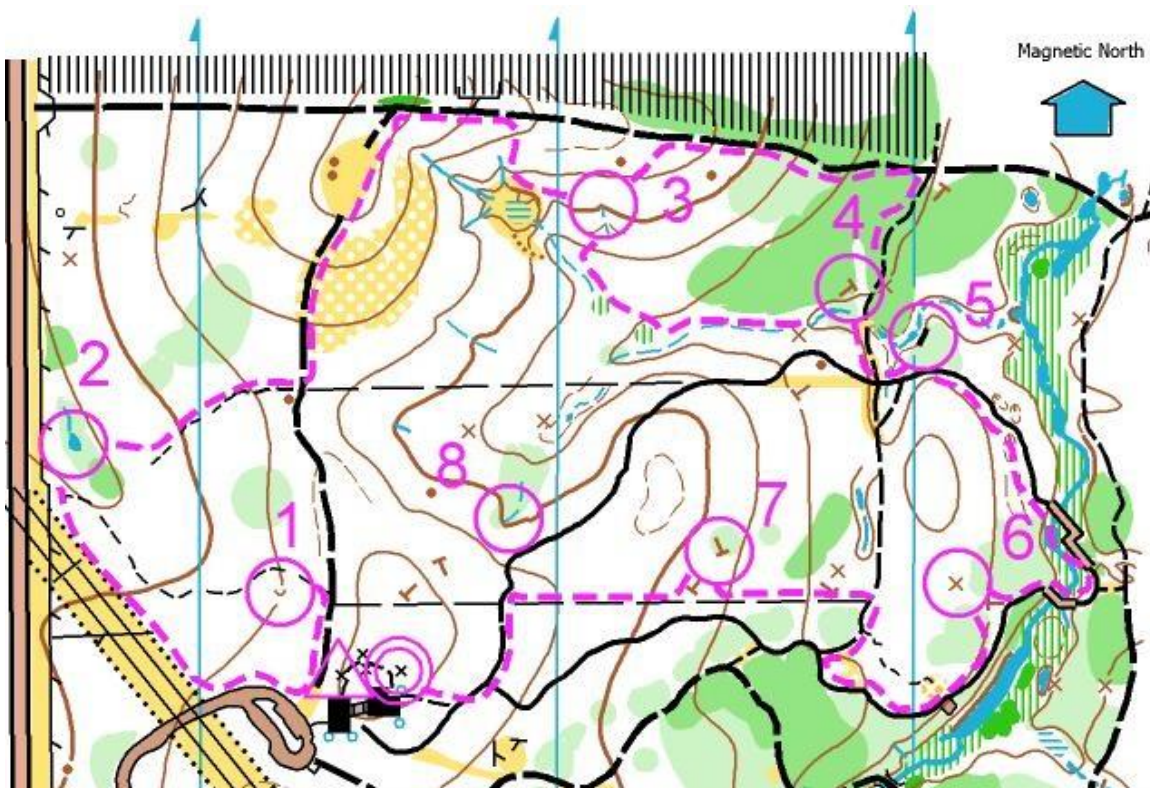
Sealed road/path



Ride



Vegetation boundary



Map showing the competitor's route, choosing to follow handrails

Refer to [oq.asn.au](http://oq.asn.au) for further information about orienteering in Queensland.

# Orienteering Basics Navigation Series – pamphlet 1

---