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## ROUGH ORIENTEERING

### (Rather Good Orienteering using Gross Navigation)

A poor orienteer sees a course as a series of legs that finish at each control. A good orienteer regards a course as a unit from start to finish with controls through which one must flow. In order to maintain this flow, or rhythm, you must have strategies that allow you to keep your mind ahead of your feet. Rough-O is one of the strategies.

Rough -O is a time saving strategy that requires you to alter your orienteering technique to suit the demands of the leg. In general you move faster, you map read less often and you navigate using large features while ignoring the detail.

Generally it is used on a leg where there are plenty of large (gross) features (particularly linear ones) to navigate by. You may rely just on distance and direction to reach your large feature, or follow handrails. This may involve going further off line to make use of the large features, but you can run much faster, which more than compensates.

#### Two problems may arise, and must be managed:

- You may run too fast, and lose map contact - you still have to concentrate sufficiently to remain on course.
- You may fail to slow down and use fine navigation after reaching your attack point.

#### Techniques of rough orienteering:

1. Check direction more often
2. Be more aware of distance
3. Take a quick directional check on all linear features
4. The detail you check-off on the way is supplied by the terrain.
5. Thumb the map and move the arrow of your compass with the estimated distance covered.
6. Aiming-off is used more often.
7. Detail is ignored and large features used to maintain contact
8. Be aggressive but in control
9. Concentrate to stay in contact
10. Think orienteering fast, not running fast.