



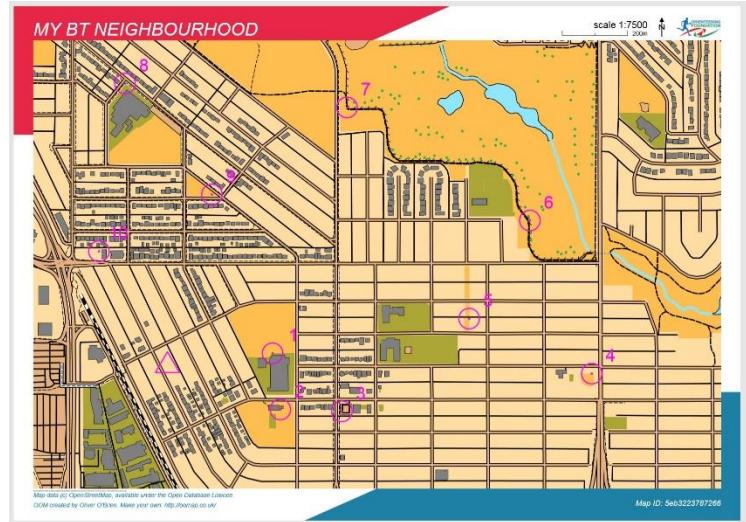
2020 Neighbourhood Map & Course Creation:

Orienteering within COVID 19 Restrictions:

Create an orienteering course for yourself / your family in your neighbourhood or a park near you!

Here is a cool website (oomap.co.uk) that will allow you to create a pseudo version of an Orienteering map of your neighbourhood with minimum effort! Thanks to SOGO Level 3 Coach, Emma S, for this suggestion. Here's how:

1. Open the website – oomap.co.uk
2. Click on the red “Global” link
3. X-out of pop-up box
4. Scroll to Calgary and your neighbourhood
5. Zoom in to the level of detail you want.
6. From the top left hand corner, choose
 - a. The style of map (PseudoO gives you the map that looks most like a real O map.)
 - b. The scale (usually 5000, 75000 or 10000, depending on your vision!)
 - c. The orientation.
7. Click* on the part of your neighbourhood that you want to be the center of the map.
8. In order to save and get the PDF, you MUST
 - a. Name your map (click on the pencil symbol in the top right side)
 - b. Give instructions (anything is fine but you must write something in that box too, second pencil symbol)
9. Now you use this program to create a course.
 - a. Add a start and a finish.
 - b. Add controls. NOTE: This program only allows you to create a Score-O format (not the usual point-to-point course FWOC offers on Wednesdays). Also you can only use text descriptions of your course (e.g. NE corner of house, intersection, SE part of school yard ‘NE outside, building corner’ ‘road junction’ ‘SW fence corner’)
 - c. Save, get the pdf and print. Note you also have to print the “clues” separately.



* Be careful where you click once you are zoomed in as it may create a “map” in the wrong area if you accidentally click on a part of the map outside what you had wanted. It will tell you “New controls must be placed within the map area of the current sheet.”, so just choose “delete sheet” from the top left and start again.

Congratulations, you just created your first course!

Remember when you are out on your map to comply with all COVID 19 restrictions your jurisdiction has set out.

Stay safe. Stay healthy.