



Online Resources

Within each resource category, listings are roughly in order starting with those for beginners and progressing down to those more suited for advanced training and/or orienteers.

Very Useful Documents

[Control Description Sheet](#) [1] - Our most requested sheet, fully explaining how to decipher a control (clue) sheet as presented symbolically on intermediate and advanced courses (beginner courses usually have the clues for the control locations shown in text form rather than symbolic).

QOC primarily uses the Condes course setting program for designing and preparing event maps. Two online guides to using Condes are:

[Condes User Guide](#) [2] The official guide, based on the most current version (which is Condes 9).

[SOA Condes Guide](#) [3] This guide, prepared by the Scottish Orienteering Association, is based on Condes v8.2, but is still quite useful.

Videos

[Orienteering: The adventure sport for all](#) [4] - Introduction to what orienteering is about, from the British Orienteering Federation; 2 min, 2007, YouTube

[Orienteering for Beginners](#) [5] - Very effective demonstration of how you do a beginner's orienteering course, made by an 11 year old; 2 min, 2006, YouTube

[From Map to Compass](#) [6] - How to set a compass bearing between where you are and where you want to go; 1 min, 2009, YouTube

[Orienteering Techniques: Handrails](#) [7] - 1st of 5 instructional videos showing fundamental navigation techniques, the others in this series being [Aiming Off](#) [8], [Attack Points](#) [9], [Collecting Features](#) [10], and [Catching Features](#) [11]; ~4 min each, 2010, YouTube

[Sprint Orienteering Tips](#) [12] - Demonstration of 3 Sprint orienteering tips; 4 min, 2007, YouTube

[Follow me Tero](#) [13] - Perhaps the original of what are now many "Tero" (Thierry Gueorgiou) videos, all of which have show many advanced skills practiced by one of the sports greatest stars; for many more from or about Tero, search YouTube for "Gueorgiou"; 2 min, 2007, YouTube

Games

[Map Symbols Quiz](#) [14] - online interactive quiz for learning or reviewing map symbols

[Control Descriptions Quiz](#) [15] - online interactive quiz for learning or reviewing clue symbols

[Catching Features](#) [16] - Orienteering in the virtual world; this game can be played in multiplayer mode or on your PC, and can use real terrains as well. (\$)



Forums and Websites

[Attackpoint](#) [17] - Event calendars, training logs, course splits and other very useful features can be freely used whether or not you participate in the collective kvetching that occasionally dominates discussion threads.

[Better Orienteering](#) [18] - A website to help newcomers start orienteering and to help existing orienteers improve. A PDF summary is available [here](#) [19].

[O-Training](#) [20] - A website specifically intended as a resource for orienteering technical training.

Orienteering Gear Vendors

A list of vendors of orienteering gear and services can be found on the Orienteering USA website [here](#) [21].

[ShareThis](#) [22]

Source URL: <https://www.qocweb.org/content/online-resources>

Links:

- [1] http://qocweb.org/sites/default/files/photos/QOC_Control_Descriptions_2011.pdf
- [2] <http://www.condes.net/ver9/wcondes.pdf>
- [3] http://www.scottish-orienteering.org/documents/natcen/Condes_User_Guide_current.pdf
- [4] http://www.youtube.com/watch?v=l8hXwh_0sNM
- [5] <http://www.youtube.com/watch?v=OZOI9kKuA4I>
- [6] <http://www.youtube.com/watch?v=er3DHdyh7oc>
- [7] <http://www.youtube.com/watch?v=1teTcMsXFnQ>
- [8] <http://www.youtube.com/watch?v=P8ng2nXrWmA>
- [9] <http://www.youtube.com/watch?v=1hmevZkl24o>
- [10] <http://www.youtube.com/watch?v=vrtQIWGuMFE>
- [11] <http://www.youtube.com/watch?v=fNFoSS9krrU>
- [12] <http://www.youtube.com/watch?v=Oi5wBaX3EQQ>
- [13] <http://www.youtube.com/watch?v=QWxTlyFEFqc>
- [14] <http://www.fortnet.org/icd/mst/index.html>
- [15] <http://www.fortnet.org/icd/index.html>
- [16] <http://www.catchingfeatures.com/>
- [17] <http://www.attackpoint.org>
- [18] <https://betterorienteering.org/>
- [19] <https://betterorienteering.files.wordpress.com/2019/12/better-orienteering-summary-v3-3.pdf>
- [20] <http://o-training.net/>
- [21] <https://orienteeringusa.org/orienteers/o-vendors>
- [22] <https://www.qocweb.org/content/online-resources>