



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

[Learn Orienteering](#) [1] - One of the best sites summarizing just about every aspect of orienteering.

[Control Description Sheet](#) [2] - 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).

[Map Symbols](#) [3] - PDF & JPG downloadable guides for understanding orienteering map symbols.

[Condes User Guides](#) [4] This is the site to head to for guides to using Condes, the course setting program QOC uses most often.

Videos

[Orienteering: The adventure sport for all](#) [5] - Introduction to what orienteering is about, from the British Orienteering Federation; 2 min, 2007, YouTube

[Orienteering for Beginners](#) [6] - Very effective demonstration of how you do a beginner's orienteering course, made by an 11 year old; 2 min, 2006, 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 Training](#) [14] - several online interactive quizzes and tutorials (including a 3D map)

[IKnow-O](#) [15] - interactive way to learn about both control descriptions and map symbols

[Control Descriptions Quiz](#) [16] - a full page of online interactive quizzes for learning or reviewing clue symbols

[O-Game App](#) [17] simple graphics with arrow control of orienteering figure

[Catching Features](#) [18] - 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](#) [19] - 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](#) [20] - A website to help newcomers start orienteering and to help existing orienteers improve. A PDF summary is available [here](#) [21].

[O-Training](#) [22] - 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](#) [23].

Magazines (digital)

Scanned and hosted by QOC member Greg Lennon, digital versions of the Orienteering North America magazine published between 1984 - 1999 are available at URL <https://fliphtml5.com/bookcase/aigx> [24].

[ShareThis](#) [25]

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

Links:

[1] <https://www.learnorienteering.com/>

[2] https://qocweb.org/sites/default/files/photos/QOC_Control_Descriptions_2011.pdf

[3] <https://www.maprunner.co.uk/map-symbols/>

[4] <https://condes.net/support/documentation/>

[5] https://www.youtube.com/watch?v=l8hXwh_0sNM

[6] <https://www.youtube.com/watch?v=OZOI9kKuA4I>

[7] <https://www.youtube.com/watch?v=1teTcMsXFhQ>

[8] <https://www.youtube.com/watch?v=P8ng2nXrWmA>

[9] <https://www.youtube.com/watch?v=1hmevZkl24o>

[10] <https://www.youtube.com/watch?v=vrtQIWGuMFE>

[11] <https://www.youtube.com/watch?v=fNFoSS9krrU>

[12] <https://www.youtube.com/watch?v=Oi5wBaX3EEQ>

[13] <https://www.youtube.com/watch?v=H8paN8DCjLg>

[14]

<https://www.octavian-droobers.org/index.php/coaching/on-line-quizzes/articles/294-map-symbol-training>

[15] <https://www.iknow-o.com/>

[16]

<https://www.octavian-droobers.org/index.php/coaching/on-line-quizzes/articles/280-control-description-training>

[17] <https://ogame.app/>

[18] <https://www.catchingfeatures.com/>

[19] <https://www.attackpoint.org>



[20] <https://betterorienteering.org/>

[21] <https://betterorienteering.files.wordpress.com/2019/12/better-orienteering-summary-v3-3.pdf>

[22] <https://o-training.net/>

[23] <https://orienteeringusa.org/orienteers/o-vendors>

[24] <https://fliphtml5.com/bookcase/aigx>

[25] <https://www.qocweb.org/content/online-resources>