



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.

[Tick Types & By Season](#) [5] A two-page PDF with illustrations of local ticks followed by a description of when they're active and which pathogens they might carry.

Videos

[Orienteering: The adventure sport for all](#) [6] - Introduction to what orienteering is about, from the British Orienteering Federation; 2 min, 2007, YouTube

[Orienteering for Beginners](#) [7] - 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](#) [8] - 1st of 5 instructional videos showing fundamental navigation techniques, the others in this series being [Aiming Off](#) [9], [Attack Points](#) [10], [Collecting Features](#) [11], and [Catching Features](#) [12]; ~4 min each, 2010, YouTube

[Sprint Orienteering Tips](#) [13] - Demonstration of 3 Sprint orienteering tips; 4 min, 2007, YouTube

[Follow me Tero](#) [14] - 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](#) [15] - several online interactive quizzes and tutorials (including a 3D map)

[I Know-O](#) [16] - interactive way to learn about both control descriptions and map symbols

[Control Descriptions Quiz](#) [17] - a full page of online interactive quizzes for learning or reviewing clue symbols

[O-Game App](#) [18] simple graphics with arrow control of orienteering figure



[Catching Features](#) [19] - 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](#) [20] - 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](#) [21] - A website to help newcomers start orienteering and to help existing orienteers improve. A PDF summary is available [here](#) [22].

[O-Training](#) [23] - 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](#) [24].

Tick Testing Options (prices subject to change)

Tick testing companies include:

- [Tick Check](#) [25] and [Tick Research Lab of PA](#) [26] - East Stroudsburg PA; \$50/100/200 for ~6/13/32 pathogens. Can test multiple ticks together. Tick Check is consumer facing; Tick Res. Lab is the academic lab; same testing for both but prices can differ.
- [Ticknology](#) [27] - Fort Collins CO; \$40/\$60(rush) testing for 14 pathogens. Ticks kept for 1 year in case further testing requested.
- [Tick Report](#) [28] - Amherst MA; \$60/100/200 for testing ~7/14/25+ pathogens.

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> [29].

[ShareThis](#) [30]

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.vdh.virginia.gov/content/uploads/sites/6/2024/09/tick-identification-chart_final.pdf
- [6] https://www.youtube.com/watch?v=l8hXwh_0sNM
- [7] <https://www.youtube.com/watch?v=OZOI9kKuA4I>
- [8] <https://www.youtube.com/watch?v=1teTcMsXFnQ>
- [9] <https://www.youtube.com/watch?v=P8ng2nXrWmA>
- [10] <https://www.youtube.com/watch?v=1hmevZkl24o>



- [11] <https://www.youtube.com/watch?v=vrtQIWGuMFE>
- [12] <https://www.youtube.com/watch?v=fNFoSS9krrU>
- [13] <https://www.youtube.com/watch?v=Oi5wBaX3EQQ>
- [14] <https://www.youtube.com/watch?v=H8paN8DCjLg>
- [15] <https://www.octavian-droobers.org/index.php/coaching/on-line-quizzes/articles/294-map-symbol-training>
- [16] <https://www.iknow-o.com/>
- [17] <https://www.octavian-droobers.org/index.php/coaching/on-line-quizzes/articles/280-control-description-training>
- [18] <https://ogame.app/>
- [19] <https://www.catchingfeatures.com/>
- [20] <https://www.attackpoint.org>
- [21] <https://betterorienteering.org/>
- [22] <https://betterorienteering.files.wordpress.com/2019/12/better-orienteering-summary-v3-3.pdf>
- [23] <https://o-training.net/>
- [24] <https://orienteeringusa.org/orienteers/o-vendors>
- [25] <https://www.tickcheck.com/>
- [26] <https://www.qocweb.org/ticklab.org>
- [27] <https://www.ticknology.org/>
- [28] <https://www.tickreport.com/>
- [29] <https://fliphtml5.com/bookcase/aigx>
- [30] <https://www.qocweb.org/content/online-resources>