Controls and Punches

What are control points in orienteering?

Orienteering is an adventure sport which the whole family can enjoy. The sport involves navigating around a set course using a detailed map to find specific controls. A control point (CP, also control and checkpoint) is a marked waypoint used in orienteering and related sports such as rogaining and adventure racing. It is located in the competition area; marked both on an orienteering map and in the terrain, and described on a control description sheet.

There are two types we use for schools when we run training programs for teachers and competitions for students. The first of these are the punches and punch cards and the second are the electronic SportIdent controls and dippers

Punhes are simply just puches that mark a control card with a specific pattern. The competitior slide the contol card in to the punch and then squeeses down with the punch to leave a mark. We use/create a master sheet per-course. This is simply punching one card with all the correct control punches prior to putting out your course
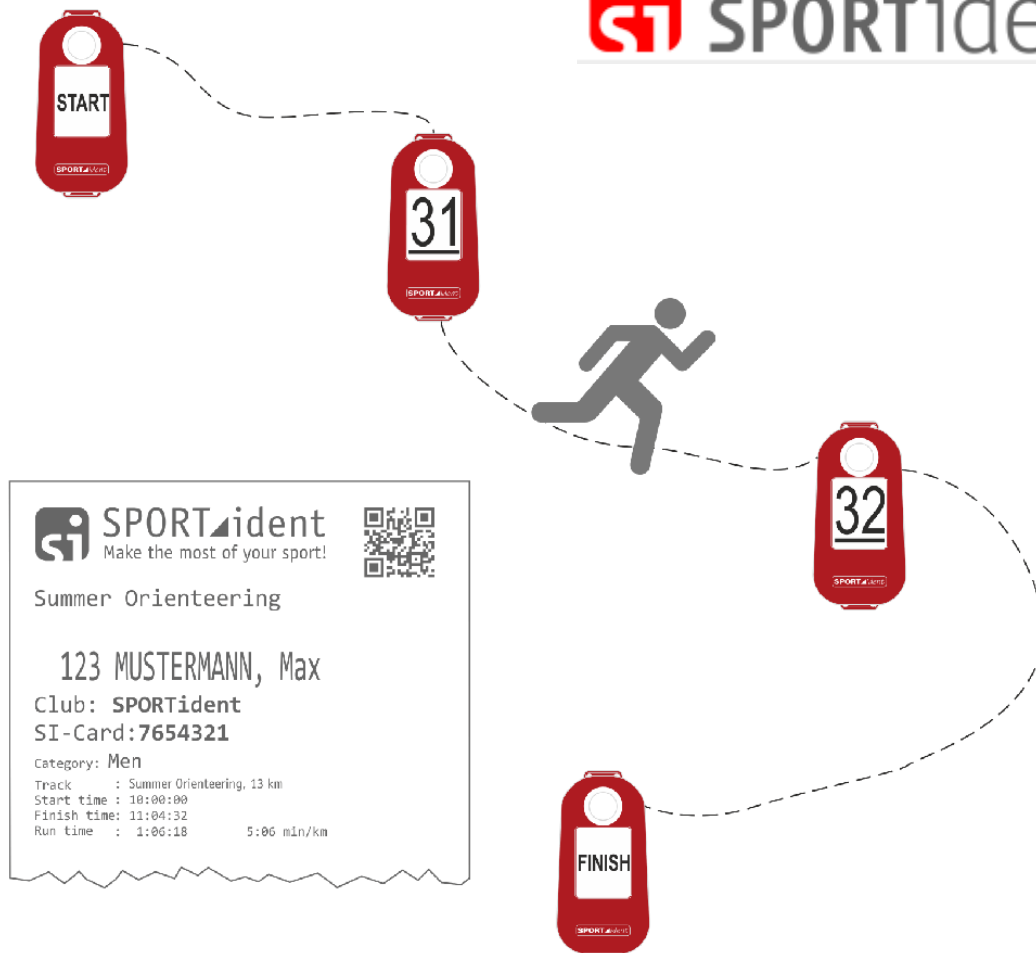

Electronic controls and dippers work on the same principle as the punches, placing the dipper in the control box untill it beeps will signal that the dipper has been read, your inforamtion is then stored on the dipper where it can be read at the end of the course.

Electronic SI

The SPORTident system is comprised of two basic elements: stations and cards. Stations are placed on the race track. Each station has a unique control number. Every athlete carries a SPORTident card which records the time and control number as he or she passes the stations during the race.

After the race, the SPORTident card holds the athlete's start-finish time, split times as well as all control numbers. This data is used to evaluate the race.

The athlete has to "directly punch" the station, i.e. dip the tip of the card into the hole of the station to record the time and control number to his or her card. Time and control number are recorded to the athlete's SPORTident card and the data can be printed off at the end for instant results

Control Descriptions.

What is a control description?

Control Descriptions are the black on white pictograms that tell you where in the circle the control is located, and Map Symbols are the 5-color symbols used on orienteering maps.

Relay game

Punch Game: Objective to punch correct boxes on a punch card.
Set up 8 cones on the opposite side of the room. Attach a single punch to each cone and label each punch from A-H. Participants use punch cards to in the correct sequence and in the right box and number of boxes. See example punch card.

PUNCH CARD

				Name:		Class	Min	Sec
				Start:		Finish		
				Course:		S		
						T	**F**	
11	12	13	14	15	16	17		19	20
1	2	3	4	5	6	7	8	9	10

C E D A B G H F

GAME CARD

1	C
2	E
3	D
4	A
5	B
6	G
7	H
8	F

SAMPLE PUNCH CARD

				Name:		Class	Min	Sec
				Start:		Finish		
				Course:		Start		
						Time		
11	12	13	14	15	16	17	18	19	20
1	2	3	4	5	6	7	8	9	10

Print resources and laminate the description cards on the next page. Set your class to work in pairs and as a relay. Place the punches on one side of your school yard and your class on the other. Space the punches as far apart as possible. Set player one off to punch the first line and then give play two to punch the second line with a different description card. The first pair to complete the full punch card wins.

1	A
2	B
3	C
4	D
5	E
6	F
7	G
8	H

1	H
2	F
3	D
4	A
5	E
6	G
7	B
8	C

1	E
2	H
3	D
4	G
5	C
6	F
7	A
8	B

1	B
2	D
3	C
4	A
5	H
6	F
7	E
8	G

1	D
2	H
3	G
4	E
5	B
6	F
7	C
8	A

1	C
2	E
3	D
4	A
5	B
6	G
7	H
8	F

1	H
2	G
3	F
4	E
5	D
6	C
7	B
8	A

1	H
2	B
3	A
4	G
5	E
6	D
7	F
8	C

1	C
2	D
3	A
4	B
5	E
6	F
7	H
8	G

Laminate
Description
Cards

1	2	3	4	5	6	7	8

1st person

2nd person

1	2	3	4	5	6	7	8

1	2	3	4	5	6	7	8

1st person

2nd person

1	2	3	4	5	6	7	8

1	2	3	4	5	6	7	8

1st person

2nd person

1	2	3	4	5	6	7	8

1	2	3	4	5	6	7	8

1st person

2nd person

1	2	3	4	5	6	7	8