

The STEP SYSTEM



Level	Step	Skills	Techniques introduced	Colour	Course length ratio	Age class Men	Age class Women
5+	O	Longer distances from and/or indistinct attack points & catching features		Black	1.00	M21	
				Brown	0.85	M35, M40	
				Short Brown	0.69	M18, M20, M45, M50, M21S	W21
5	N	Long Legs (1+km)		Blue	0.56	M16, M55, M60, M35S, M40S	W18, W20, W35, W40
				Short Blue	0.45	M65, M18S, M20S, M45S, M50S	W45, W50, W21S
5	M	Using complex contours; generalising contour detail		Green	0.39	M70, M55S	W16, W55, W60, W35S, W40S
	L	Use simple contour shapes for most/all of leg		Short Green	0.33	M75+, M60+S	W65+, W18S, W20S, W50+S
4	K	Use simple contour shapes over short distances on their own or with other information for longer distances	Reading contours	Light Green	0.30	M14, M16B	W14, W16B
	J	Fine orienteering on short legs	Pacing				
	I	Navigate long legs (0.6 – 1km) on rough compass bearing against catching features	Bearings, catching features				
3	H	Making simple route choices	Route choice	Long Orange	0.50	M21N	
	G	Simplification of legs with several decision points	Attack points, absolute distance judgement (e.g. 100m along)	Orange	0.25	M12, M14B	W12, W14B, W21N
	F	Orienteer over short distances against catching features	Compass directions				
	E	Cutting corners	Aiming off				
2	D	Leave a line feature to go to a visible control site, then return to the line feature	Catching features, distance judgement (e.g. halfway between)	Yellow	0.22	M10, M12B	W10, W12B
	C	Orienteer along obvious line features (handrails). Decisions at 'decision points' without the aid of a control to identify it as such	Check points				
1	B	Orienteer along tracks & paths. Decisions at 'decision points' identified by control points	Thumbing, handrails	White	0.14	M10B	W10B
	A	Understand map colours and commonly used symbols. Set the map using compass & terrain	Folding the map				
Ground level		Understand the map; get used to being in the woods/independent					

At each level:

1. Master the individual steps.
2. Learn to select & apply the correct technique when just one technique is required.
3. Learn to select & apply the correct technique when more than one is required.
4. Adjust speed to technical difficulty of the orienteering.
5. Develop relocation techniques appropriate to skill level.