



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).

[Condes User Guides](#) [2] 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](#) [3] - Introduction to what orienteering is about, from the British Orienteering Federation; 2 min, 2007, YouTube

[Orienteering for Beginners](#) [4] - 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](#) [5] - How to set a compass bearing between where you are and where you want to go; 1 min, 2009, YouTube

[Orienteering Techniques: Handrails](#) [6] - 1st of 5 instructional videos showing fundamental navigation techniques, the others in this series being [Aiming Off](#) [7], [Attack Points](#) [8], [Collecting Features](#) [9], and [Catching Features](#) [10]; ~4 min each, 2010, YouTube

[Sprint Orienteering Tips](#) [11] - Demonstration of 3 Sprint orienteering tips; 4 min, 2007, YouTube

[Follow me Tero](#) [12] - 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](#) [13] - online interactive quiz for learning or reviewing map symbols

[Control Descriptions Quiz](#) [14] - online interactive quiz for learning or reviewing clue symbols

[Catching Features](#) [15] - 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](#) [16] - 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](#) [17] - A website to help newcomers start orienteering and to help existing orienteers improve. A PDF summary is available [here](#) [18].

[O-Training](#) [19] - 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](#) [20].

[ShareThis](#) [21]

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

Links:

- [1] https://qocweb.org/sites/default/files/photos/QOC_Control_Descriptions_2011.pdf
- [2] <https://condes.net/support/documentation/>
- [3] https://www.youtube.com/watch?v=l8hXwh_0sNM
- [4] <https://www.youtube.com/watch?v=OZOI9kKuA4I>
- [5] <https://www.youtube.com/watch?v=er3DHdyh7oc>
- [6] <https://www.youtube.com/watch?v=1teTcMsXFnQ>
- [7] <https://www.youtube.com/watch?v=P8ng2nXrWmA>
- [8] <https://www.youtube.com/watch?v=1hmevZkl24o>
- [9] <https://www.youtube.com/watch?v=vrtQIWGuMFE>
- [10] <https://www.youtube.com/watch?v=fNFoSS9krrU>
- [11] <https://www.youtube.com/watch?v=Oi5wBaX3EEQ>
- [12] <https://www.youtube.com/watch?v=QWxTlyFEFqc>
- [13] <https://www.richtig-orientieren.de/icd/mst/>
- [14] <https://www.richtig-orientieren.de/icd/>
- [15] <https://www.catchingfeatures.com/>
- [16] <https://www.attackpoint.org>
- [17] <https://betterorienteering.org/>
- [18] <https://betterorienteering.files.wordpress.com/2019/12/better-orienteering-summary-v3-3.pdf>
- [19] <https://o-training.net/>
- [20] <https://orienteeringusa.org/orienteers/o-vendors>
- [21] <https://www.qocweb.org/content/online-resources>