

# Start-O' (For Kids)

Start-O' is a course for youngsters who are beyond String-O' but are not yet ready to do a White course alone. It is designed to fill the learning gap between these two levels by getting the child to learn to orient the map. The starting area is mapped out with details such as boulders, trees, paths, fences, tables, etc. Several controls are placed within the area that the child can find in any order, without leaving the view of a supervising adult. It is essentially a Score-O' format, except that it is timed because most participants will find all of the controls. The course typically covers an area 75 to 200 m in diameter, but in principle can be of any size so long a non-participating adult can supervise without losing sight of the child. The controls are miniature versions of the regular orange/white-colored orienteering controls, and have regular punches.

Bring your kids and give it a try! Find the beginning of the Start-O' near the registration area, or ask at the registration desk.

For more information call Werner Haag at (408) 243-4234.

## **Procedure:**

- Obtain a Start-O' map and punch sheet. On the punch sheet enter the participant(s) name(s), age(s), whether it is the first or subsequent time around the course, and if the child has adult help.
- Make sure that the child is oriented and understands all the symbols on the map. Instruct him or her that 1) there are no numbers on the controls; they must use the map to identify the correct punch block, 2) the controls can be done in any order, 3) a wrong punch can be corrected simply by putting the right punch next to it in the correct block (don't punch directly over the wrong punch, as this makes it hard to read), 4) it is more important to get all punches correct than to have a fast time.
- Obtain a start time from a meet official and send the youngster off. Please keep an eye on your child as there are no meet officials to do this. When the course is completed, have the child report back to get a finish time, return the punch sheet, and ask if you can keep the map (there maybe a charge for color maps).
- Ask for a sticker on your Little Troll card. The meet official will have Little Troll cards if you want to join the program. You can get patches from the USOF after doing a set number of courses. Ask for more details if interested.