GUIDELINE 5 – GUIDELINE FOR COLOUR CODED EVENTS

	Technical difficulty (1 – 5)	Physical Difficulty (1 – 5)	Time for most competitors (mins)	Indicative course lengths (k)
White	1	1	15-35	1.0-2.0
Yellow	2	2	20-45	1.5-2.5
Orange	3	3	25-55	2.5-3.5
Red	2	4	40-70	5.0-7.5
Light Green	4	4	35-65	3.5-4.5
Green	5	5	45-80	4.5-5.5
Blue	5	5	55-90	5.5-7.5
Brown	5	5	65-105	7.5-10.0
Black	5	5	75-120	10.0

GUIDELINE 6 – GUIDELINE FOR NIGHT EVENTS

The rules of orienteering apply to night events in the same way as they do to events held in daylight: e.g. TD2 means all controls on paths or very obvious line features. However, the conditions of darkness and reduced visibility need to be taken into account in the planning and organising, to ensure that they provide safe, fair and enjoyable competition.

Juniors aged under 16 on the day of the competition are not permitted to compete on night courses unless the risks to juniors have been addressed specifically. Depending on the location, this may mean not allowing juniors below a certain age, not allowing entry on the day, requiring that juniors below a certain age be shadowed by an adult or requiring proof of orienteering competence.

GUIDELINE 7 – GUIDELINE FOR STRING EVENTS

The string course is a short orienteering course suitable for young children, which is marked by a continuous string or tape. The child need only follow the string around to find all the controls. There should be no risk of confusion or of getting lost.