



## TIPS ON USING SPORTEERING

### A) Before you leave home

- Using the App does not use a lot of battery power but it makes sense to make sure your phone is fully charged before coming to an event.
- Download the App to your smart phone
- Make sure your 'Location Services' is turned on for when using the App. To do this on iPhone go to 'Settings' then 'Privacy' where you will find 'Location Services' (android phones may be slightly different).
- Click on Events, filter by Country to UK and scroll down to the event you want.
- Practice opening and closing the map. The flags on the map show the start and finish (always the same place).
- Do not sign out of the App.
- Print the pdf of the map from the DFOK website.

You are now able to use the App even if the Sporsteering server is undergoing maintenance. You can run using the pdf of the map. This gives you more information than the map on the App but the map on the App can be referred to if you get lost or have difficulty in picking up a control as it shows you where you are.

### B) During the event

- Close other Apps.
- Switch off 'Auto-lock' for your screen. To do this on iPhone go to 'Settings' then 'Display & Brightness' then switch 'Auto-Lock' to 'Never' (android phones may be slightly different). For security reasons make sure you remember to change this back to your usual setting after the event!
- Go to the Start and press Scan GPS. If you are in the right place but do not get the bleep, pause for a few moments to allow the GPS signal to catch up with you. Your time has started.

- Navigate to your first control using your map and press Scan GPS. It will tell you if you have successfully collected the control. If it says “you have already collected that control” this is usually because your GPS is still at your previous control. Pause a moment and press Scan GPS again.
- If it says “no controls found within 25metres, check you are at the POC post (as you may be in the wrong place). If so, allow GPS to catch up with you and press Scan GPS again.
- Note that GPS signal does wander and occasionally you may have to try two or three times to pick up a control but the range at each control is set to 25m to minimise the likelihood of needing to do this. It may also take slightly longer to pick up the GPS signal at your location where there is a full tree canopy overhead than it will in the open where the satellite contact is easier.
- If you get a Low Battery Charge message, do not accept the Low Power Mode option as GPS may then be turned off to conserve the remaining battery.
- Make sure you go to the finish. The App prompts you to upload your result. Click Yes to this. You will receive an email record of the controls that you visited and your time.
- Email [permanent@dfok.co.uk](mailto:permanent@dfok.co.uk) if you experience any problems or have any comments

We hope you enjoy your run