Getting Started with Livelox

Introduction

Livelox is a web-based route analysis software for orienteering provided by Livelox AS from Norway. Orienteering USA provides a national license to its affiliate club for Livelox which make the advanced features of this amazing software available to all participants at events held by OUSA member clubs. This powerful software is an important tool for both beginner orienteers as well as advanced competitors.

For the orienteer just starting out, being able to record your route via an easy to use mobile app or with a GPS enabled smartwatch and uploading it to the Livelox software allows you to visualize your routes - displaying where you travelled on the map as you did your course. Identify exactly where you made mistakes and compare to other orienteers to see how they executed each leg of the course. The best way to get better at orienteering is to analyze your mistakes as well as the legs you did well, and finding ways to minimize the navigation errors that inevitably creep in.

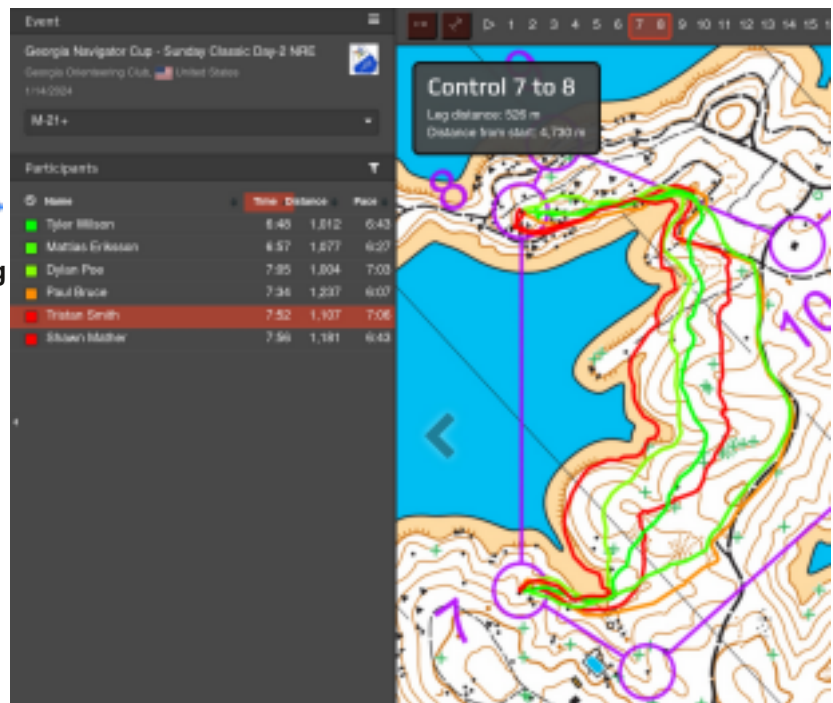**Scan the QR at right to access our beginner Livelox for Participants guide in the OUSA Library.**

www.orienteeringusa.org

For the more advanced orienteer, the deep feature set of Livelox enables you to compare your routes with competitors and fine tune your technique as you progress through the sport.

Livelox also provides the capability, where enabled, for organizers and coaches to utilize live tracking during events to ensure safety of participants - particularly handy where large groups of novice orienteers are involved.

Course routes can be automatically linked from your favorite smartwatch app like Garmin Connect, Strava, Polar and others. Draw your route manually or use the Livelox mobile app to record and upload your route so you can be part of the discussion!

Scan the QR at right to access the most recent Livelox events held in the USA.

Houston Orienteering Club
Orienteering in Houston, Texas