



ORIENTEERING

Merit Badge Requirements

- 1) Show that you know first aid for the types of injuries that could occur while orienteering, including cuts, scratches, blisters, snakebite, insect stings, tick bites, heat and cold reactions (sunburn, heatstroke, heat exhaustion, hypothermia) and dehydration. Explain to your counselor why you should be able to identify poisonous plants and poisonous animals that are found in your area.
- 2) Explain what orienteering is.
- 3) Do the following:
 - a) Explain how a compass works. Describe the features of an orienteering compass.
 - b) In the field, show how to take a compass bearing and follow it.
- 4) Do the following:
 - a) Explain how a topographic map shows terrain features. Point out and name five terrain features on a map and in the field.
 - b) Point out and name 10 symbols found on a topographic map.
 - c) Explain the meaning of declination. Tell why you must consider declination when using a map and compass together.
 - d) Show a topographic map with magnetic north-south lines.
 - e) Show how to measure distances on a map using a compass.
 - f) Show how to orient a map using a compass.
- 5) Set up a 100-meter pace course. Determine your walking and running pace for 100 meters. Tell why it is important to pace-count.
- 6) Do the following:
 - a) Identify 20 international control description symbols. Tell the meaning of each symbol.
 - b) Show a control description sheet and explain the information provided.
 - c) Explain the following terms and tell when you would use them: attack point, collecting feature, aiming off, contouring, reading ahead, handrail, relocation, rough versus fine orienteering.
- 7) Do the following:
 - a) Take part in three orienteering events. One of these must be a cross-country course. (While orienteering is primarily an individual sport, BSA Youth Protection procedures call for using the buddy system. This requirement should be completed by pairs or groups of scouts)
 - b) After each course, write a report with:
 - 1) A copy of the master map and control description sheet,
 - 2) A copy of the route you took on the course,
 - 3) A discussion of how you could improve your time between control points, and
 - 4) A list of your major weaknesses on this course. Describe what you could do to improve.
- 8) Do ONE of the following:
 - a) Set up a cross-country course that is at least 2,000 meters long with at least five control markers. Prepare the master map and control description sheet.
 - b) Set up a score-orienteering course with at least 12 points and a time limit of at least 60 minutes. Set point values for each control. Prepare the master map and control description sheet.
- 9) Act as an official during an orienteering event. This may be during the running of the course you set up for requirement 8.
- 10) Teach orienteering techniques to your patrol, troop or crew.

Requirement 1

Show that you know first aid for the types of injuries that could occur while orienteering:

_____ cuts _____ scratches _____ blisters _____ snakebite _____ insect stings _____ tick bites
_____ sunburn _____ heatstroke _____ heat exhaustion _____ hypothermia _____ dehydration

Explain to your counselor why you should be able to identify poisonous plants and poisonous animals that are found in your area.

Requirement 2

Explain what orienteering is: _____

Requirement 3

How does a compass work? _____

Use the area below to list the features found on an orienteering compass. Give a brief description or explanation of its use:

Feature: _____	Use: _____
Feature: _____	Use: _____
Feature: _____	Use: _____
Feature: _____	Use: _____
Feature: _____	Use: _____
Feature: _____	Use: _____
Feature: _____	Use: _____
Feature: _____	Use: _____

In the field you are to show how to take a compass bearing and how to follow one. Demonstrate this to your counselor. Give a brief explanation below of how to take a compass bearing: _____

Requirement 4

How does a topographic map show terrain features? _____

Point out and name five terrain features on a map and in the field. Try to point out different features for both.

List the features you pointed out:

On a Map:

In the Field: _____

Point out and name ten symbols found on a topographic map. List them below:

What is declination? _____

Why must declination be taken into considerations when using a map and compass together? _____

_____ Provide a topographic map. Make sure the magnetic north-south lines have been added to the map. Show it to your counselor then attach it to this worksheet for future reference.

Describe how to transfer a direction on a map to your compass: _____

_____ Demonstrate to your counselor how to measure a distance on your topographical map using your compass.

Point A to B: _____ meters by _____ degrees traveling in a _____ direction

Point B to C: _____ meters by _____ degrees traveling in a _____ direction

Point C to D: _____ meters by _____ degrees traveling in a _____ direction

Point D to A: _____ meters by _____ degrees traveling in a _____ direction

_____ Demonstrate to your counselor how to orient a map using your compass.

Requirement 5

Set up a 100m pace course. Use the area below to draw a map of your course, or attach a copy of your map to the worksheet:

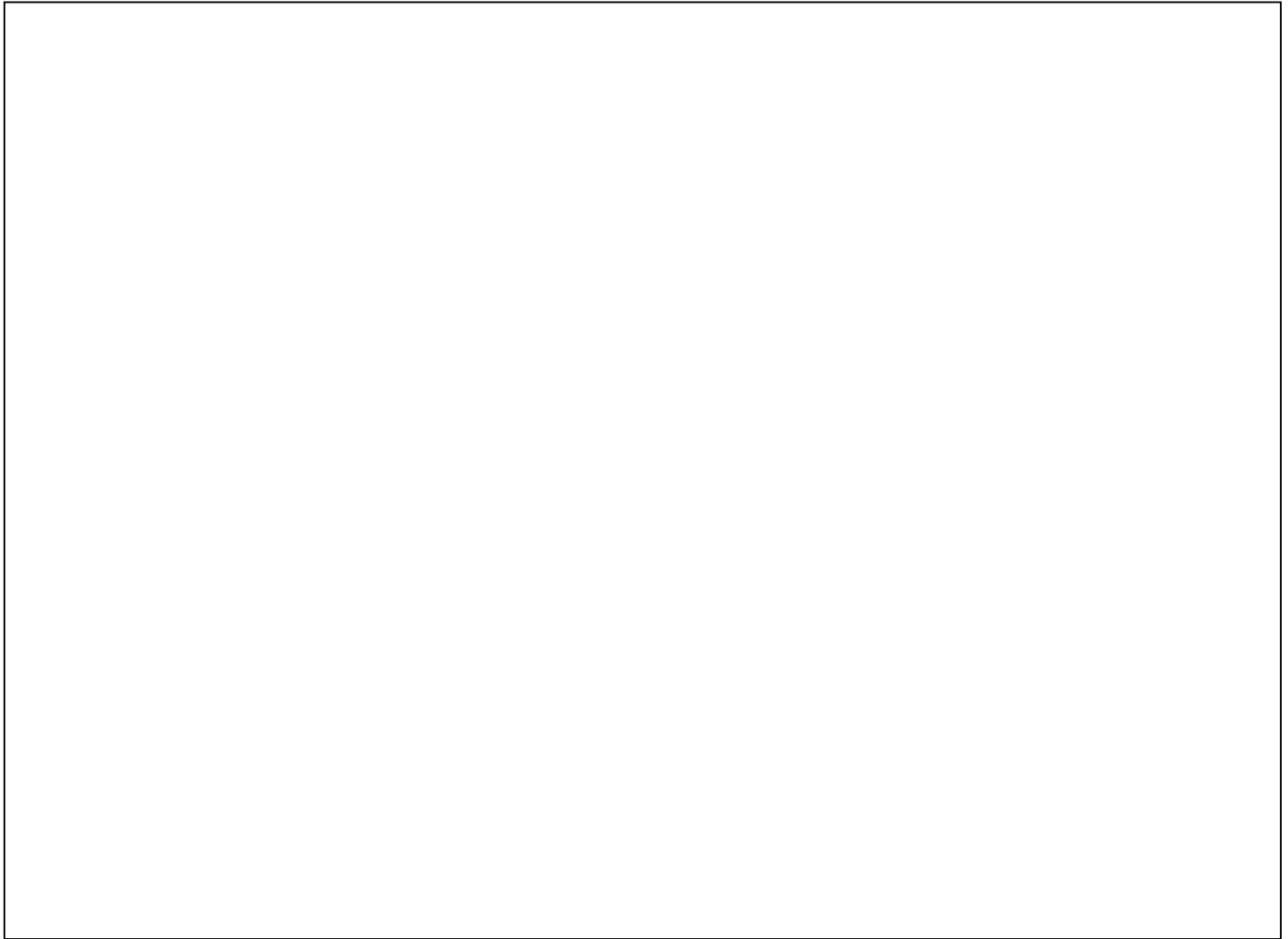


Figure out your running pace for 100 meters and enter it here: _____

Figure out your walking pace for 100 meters and enter it here: _____

Why is it important to pace count? _____

Requirement 6

Identify 20 international control description symbols. Tell the meaning of each symbol.

Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____
Symbol: _____	Description: _____	Symbol: _____	Description: _____

Complete the control description sheet and explain the information you provided.

1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
<input type="radio"/> < > <input checked="" type="radio"/>							
A	B	C	D	E	F	G	H

What is an attack point? _____

Explain when you would use an attack point: _____

What is a collecting feature? _____

Explain when you would use a collecting feature: _____

What is aiming off? _____

Explain when you would use aiming off: _____

What is contouring? _____

Explain when you would use contouring: _____

What is reading ahead? _____

Explain when you would use reading ahead: _____

What is a handrail? _____

Explain when you would use a handrail: _____

What is relocation? _____

Explain when you would use relocation: _____

What is rough orienteering? _____

Explain when you would use rough orienteering: _____

What is fine orienteering? _____

Explain when you would use rough orienteering: _____

Requirement 7

Take part in three orienteering events. (One of these events must be a cross-country course). Use the forms below to write a report of each experience.

COURSE 1

What type of orienteering course did you complete? _____

_____ Attach a copy of the master map and control description sheet for this course.

What were some of the control descriptions used? _____

_____ On the attached master map of the course, highlight the route you took on the course.

How do you think you could improve your time between control points? _____

What were some of your major weaknesses on this course? _____

Describe what you could do to improve your orienteering skills: _____

Where was this course set up (Scout camp, Scout unit activity, etc.): _____

What was your time on this course? _____

What was the distance of the course? _____

COURSE 2

What type of orienteering course did you complete? _____

_____ Attach a copy of the master map and control description sheet for this course.

What were some of the control descriptions used? _____

_____ On the attached master map of the course, highlight the route you took on the course.

How do you think you could improve your time between control points? _____

What were some of your major weaknesses on this course? _____

Describe what you could do to improve your orienteering skills: _____

Where was this course set up (Scout camp, Scout unit activity, etc.): _____

What was your time on this course? _____

What was the distance of the course? _____

COURSE 3

What type of orienteering course did you complete? _____

_____ Attach a copy of the master map and control description sheet for this course.

What were some of the control descriptions used? _____

_____ On the attached master map of the course, highlight the route you took on the course.

How do you think you could improve your time between control points? _____

What were some of your major weaknesses on this course? _____

Describe what you could do to improve your orienteering skills: _____

Where was this course set up (Scout camp, Scout unit activity, etc.): _____

What was your time on this course? _____

What was the distance of the course? _____

Did you see an improvement in your skills and times after all three courses were finished? _____

Describe what you could do to improve your orienteering skills: _____

Requirement 8

Select one of the two options for this requirement

Option A:

Set up a cross-country course of at least 2,000 meters long with at least five control markers. Give a description of your course:

Describe where the control markers were on your course: _____

List the control descriptions you used on your course: _____

Prepare the master map for your cross-country course.

_____ Attach your map and control description sheet to this worksheet.

Make sure your map shows the control markers and the control descriptions.

Option B:

Set up a score-orienteeing course with at least 12 points and a time limit of at least 60 minutes. Give a description of your course:

Describe where the control markers were on your course: _____

List the control descriptions you used on your course: _____

Prepare the master map for your cross-country course.

_____ Attach your map and control description sheet to this worksheet.

Make sure your map shows the control markers and the control descriptions.

