



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 on a topographic map.
 - C) Explain the meaning of *declination*. Tell why you must consider declination when using map and compass together.
 - D) Show a topographic map with magnetic north-south lines.
 - E) Show how to measure distances using an orienteering 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.
 - 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 of 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 12 control points and a time limit of at least 60 minutes. 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.

Scout Name: _____ Unit #: _____ Date: _____

Requirement 1

Describe first aid for the following:

Cuts: _____

Scratches: _____

Blisters: _____

Snakebite: _____

Insect Stings: _____

Tick Bites: _____

Sunburn: _____

Heatstroke: _____

Heat Exhaustion: _____

Hypothermia: _____

Dehydration: _____

Explain 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: _____
Feature: _____	Use: _____

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

Requirement 4

Explain how a topographic map shows terrain features: _____

Point out and name five terrain features on a map in the field. What terrain features did you point out?

Point out and name 10 symbols on a topographic map. What symbols did you point out?

Scout Name: _____ Unit #: _____ Date: _____

What is declination? _____

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

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

Show how to measure distances using an orienteering compass. Give a brief description of how you did this: _____

Show how to orient a map using a compass. Give a brief summary of how you did this: _____

_____ Demonstrate to your counselor how to transfer a direction on a map to your compass.

Requirement 5

Set up a 100m pace course. Provide a map and/or a drawing of your course and attach it to this worksheet or use the blank space below to make a small sketch of your course.

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

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

Tell why it is important to pace-count: _____

Requirement 6

Identify 20 international control description symbols. Draw the symbol in the box then give the meaning of each.

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Scout Name: _____ Unit #: _____ Date: _____

_____ Show a control description sheet and explain the information provided. Have your counselor initial this requirement after you have completed it.

Explain the following terms and tell when you would use them:

Attack Point: _____

When would you use it? _____

Collecting Feature: _____

When would you use it? _____

Aiming Off: _____

When would you use it? _____

Contouring: _____

When would you use it? _____

Reading Ahead: _____

When would you use it? _____

Handrail: _____

When would you use it? _____

Relocation: _____

When would you use it? _____

Rough versus Fine Orienteering: _____

When would you use it? _____

Requirement 7

Take part in three orienteering events. One of these events must be a cross-country course.
After taking part in the three orienteering events, use the forms below to write a report of each experience.

COURSE 1

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 points? _____

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

Describe what you could do to improve on this specific course: _____

COURSE 2

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

What were some of the descriptive clues 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 points? _____

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

Describe what you could do to improve on this specific course: _____

COURSE 3

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

What were some of the descriptive clues 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 points? _____

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

Describe what you could do to improve on this specific course: _____

Requirement 8

You have been given two options for this requirement. Select and complete one of them.

**Extra Mile (not required for merit badge) If possible, plan ahead and get help setting up your course for use at the summer camp your Scout unit will attend.*

If you selected **Option A**:

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

Prepare the master map and control description sheet for your cross-country course. Attach your map and control description sheet to this worksheet.

If you selected **Option B**:

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

Prepare the master map and control description sheet for your score-orienteeing course. Attach your map and control description sheet to this worksheet. Make sure your map shows twelve points and the descriptive clues.

Requirement 9

Act as an official during an orienteeing event. (This may be during the running of the course you set up for requirement 8)

What course did you use for this requirement? _____

Requirement 10

Teach orienteeing techniques to your patrol, troop or crew.

Give a brief description of your teaching experience. Include some of the things you taught. Also, through your teaching, did you end up learning anything new about orienteeing? _____
