



Orienteering

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: craig@craiglincoln.com. Requirements revised: 2003, Workbook updated: November 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

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 on a map 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.

Symbol	Tell the meaning of each symbol.	Symbol	Tell the meaning of each symbol.
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

(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 event, 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.

Event 1: _____

After each event, 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) 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. _____

Event 2: _____

After each event, 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) 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. _____

Event 3: _____

After each event, 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) 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 control 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. _____

* Note to the Counselor: While orienteering is primarily an individual sport, BSA Youth Protection procedures call for using the buddy system. Requirement 7a can be completed by pairs or groups of Scouts.

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org
 ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use Policy](#) ► [Youth Protection Training](#)

Requirement Resources

1: First Aid: See http://meritbadge.org/wiki/index.php/First_Aid for these links and more:

[First Aid Videos: Basics](#) - [Basics2](#) [Wilderness First Aid](#) [CPR Basics](#) [Venomous Snake Bite](#) [First Aid Kits](#)

Other First Aid Links: [Mayo Clinic First Aid Guide](#) [Class 1 Exam](#) [Class 3](#) [Warning Signs of Cancer](#) - [Heart Disease](#)

3-4: Map & Compass: See <http://meritbadge.org/wiki/index.php/Orienteering> for these links and more:

Free Topographical Maps: <http://store.usgs.gov/> Topozone.com: <http://www.topozone.com/> (free 8.5x11.)

Satellite, Street & Terrain: <http://maps.google.com/>

4c: Online Declination Calculator: <http://www.ngdc.noaa.gov/seg/geomag/jsp/Declination.jsp>

6a: International Control Descriptions: <http://www.fortnet.org/icd/>

6: 2004 Int'l Specification for Control Descriptions:

<http://www.orienteering.org/i3/index.php?/iof2006/content/download/830/3903/file/Control%20Descriptions%202004%20symbols%20only.pdf>

One Page Control Description Cheat Sheet (pdf): <http://www.floridaorienteering.org/tutorial/symbols.pdf>

6c: Better definitions than in the merit badge handbook: <http://www.teamgcar.com/articles/glossary.htm>

General Resources

Canadian Orienteering Federation: <http://www.orienteering.ca> Intl. Orienteering Federation: <http://www.orienteering.org>

Geocaching.com: <http://www.geocaching.com/>

Geocaching to Promote Scouting: <http://www.scouting.org/boyscouts/supplemental/geocaching/index.html>

Orienteering Games for the Computer: <http://www.geocities.com/haywoodkb/o-game.html>

Schoolyard Compass Game: <http://www.iupui.edu/~geni/lsort/schoolyardcompass.doc>

Scout Skills Orienteering Badge UK: <http://www.scoutbase.org.uk/library/hqdocs/facts/pdfs/fs315058.pdf>

U.S. Geological Survey: <http://www.usgs.gov>

U.S. Orienteering Federation: <http://www.us.orienteering.org>

Equipment Sources: <http://www.aeorienteering.com>

<http://www.thecompassstore.com>

<http://www.orienteeringunlimited.com>

<http://orienteer.com>