Orienteering

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
You should use the work space provided for each requirement to keep track of which requirements have been completed,
and to make notes for discussing the item with your counselor, not for providing full and complete answers.
If a requirement says that you must take an action using words such as "discuss", "show",
"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685).

The requirements were last issued or revised in 2013 • This workbook was updated in June 2017.

Scout's Name:_____ Unit: _____

Counselor's Name: _____ Counselor's Phone No.: _____

http://www.USScouts.Org • http://www.MeritBadge.Org

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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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

Cuts and scratches:	
Blisters:	
Snakebite:	
Insect stings:	
Tick bites:	

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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.

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.

- ☐ 1.
- ☐ 2.
- ☐ 3.
- ☐ 4.
- ☐ 5.

b. Point out and name 10 symbols on a topographic map.

- ☐ 1.
- ☐ 2.
- ☐ 3.
- ☐ 4.
- ☐ 5.
- ☐ 6.
- ☐ 7.
- ☐ 8.
- ☐ 9.
- ☐ 10.

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.

Walking pace: _____ Running pace: _____

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	Meaning
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

☐ 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, catching feature, aiming off, contouring, reading ahead, handrail, relocation, rough versus fine orienteering.

Attack point:	
Collecting feature:	
Catching feature:	
Aiming off:	
Contouring:	
Reading ahead:	
Handrail:	
Relocation:	

Rough orienteering:

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: _____

   - ☐ 1. Copy of the master map and control description sheet.
   - ☐ 2. Copy of the route you took on the course.
   - 3. How you could improve your time:
   - 4. Your major weaknesses:

Scout's Name: _____

Event 2: _____

- ☐ 1. Copy of the master map and control description sheet.
- ☐ 2. Copy of the route you took on the course.
- 3. How you could improve your time:

4. Your major weaknesses:

Event 3: _____

☐ 1. Copy of the master map and control description sheet.

☐ 2. Copy of the route you took on the course.

3. How you could improve your time:

4. Your major weaknesses:

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.*

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.
You can download a complete copy of the *Guide to Advancement* from http://www.scouting.org/filestore/pdf/33088.pdf.