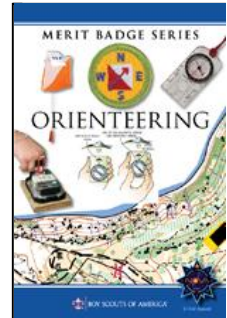


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Orienteering, the use of map and compass to find locations and plan a journey, has been a vital skill for humans for thousands of years. Orienteering is also a recognized sport at the Olympic Games, and thousands of people participate in the sport each year in local clubs and competitions.

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 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.
 - 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.
7. Do the following:
 - a. Take part in three orienteering events. One of these must be a crosscountry 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.
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.



Orienteering
BSA Supply No. 35925

* 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.

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Resources

Scouting Literature

Boy Scout Handbook; Fieldbook; Deck of First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book

Visit the Boy Scouts of America's official retail website (with your parent's permission) at <http://www.scoutstuff.org> for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

- 📖 Bagness, Martin. *Outward Bound Orienteering Handbook*. Lyon's Press, 1995.
- 📖 Boga, Steven. *Orienteering: The Sport of Navigating With Map and Compass*. Stackpole Books, 1997.
- 📖 Bratt, Ian. *Orienteering: The Essential Guide to Equipment and Techniques*. Stackpole Books, 2002.
- 📖 Kjellström, Björn. *Be Expert With Map and Compass: The Complete Orienteering Handbook*. Hungry Minds/John Wiley & Sons, 2009.
- 📖 McNeill, Carol, Tom Renfrew, and Jean Cory-Wright. *Teaching Orienteering, 2nd ed.* Human Kinetics, 1998.
- 📖 McNeill, Carol. *Orienteering (The Skills of the Game)*. Crowood Press, 1996.
- 📖 Palmer, Peter, ed. *The Complete Orienteering Manual*. Crowood Press, 1998.

↳ Renfrew, Tom. *Orienteering. Human Kinetics*, 1996.

Videocassettes

- ↳ Braggins and Pearson. *Trail Orienteering*, 21 minutes. A&E Orienteering Inc., 1997.
- ↳ Cassone, Chris. *Orienteering—All Welcome*, 12 minutes. A&E Orienteering Inc., 1998.

Organizations and Websites

Canadian Orienteering Federation

Website: <http://www.orienteeing.ca>

Orienteering USA

P.O. Box 1444

Forest Park, GA 30298-1444

Website: <http://www.us.orienteeing.org>

U.S. Geological Survey

12201 Sunrise Valley Drive

Reston, VA 20192

Telephone: 703-648-5953

Website: <http://www.usgs.gov>

Equipment Sources

A&E Orienteering

P.O. Box 443

Baldwin City, KS 66006

Telephone: 785-594-3516

Website: <http://www.aeorienteering.com>

Army Navy Sales

Website: <http://www.armynavysales.com>

Berman's Orienteering Supply

23 Fayette St.

Cambridge, MA 02139

Telephone: 617-868-7416

The Compass Store

Website: <http://www.thecompassstore.com>

Orienteering Unlimited Inc.

3 Jan Ridge Road

Somers, NY 10589-3007

Telephone: 914-248-5957

Website: <http://www.orienteeingunlimited.com>

Scarborough Orienteering

3015 Holyrood Drive

Oakland, CA 94611

Telephone: 510-530-3059

Website: <http://orienteer.com>

Uncle Sam's Army Navy Outfitters

Website: <http://www.armynavydeals.com>