

2010

ORIENTEERING PROGRAM OVERVIEW & WORKBOOK



STUHR MUSEUM

MERIT BADGE UNIVERSITY

OVERLAND TRAILS COUNCIL

7/31/2010

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MERIT BADGE REQUIREMENTS

*(PRE-REQUISITE REQUIREMENTS IN **BOLD RED UNDERLINED ITALICS**)*

WORKBOOK PART ONE

(COMPLETE BEFORE ATTENDING MBU)

WORKBOOK PART TWO

(WILL BE COMPLETED DURING CLASS)

ADDITIONAL RESOURCES

APPLICATION for MERIT BADGE

(MUST HAVE UNIT LEADER SIGNATURE PRIOR TO CLASS)



FEBRUARY 2010

Information in this booklet was accurate at the time of publishing.
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Program Overview & Workbook was reviewed by
MBU Staff/Committee.

ORIENTEERING PROGRAM OVERVIEW

COUNSELOR: tba

C/O Overland Trails Council
PO Box 1361
Grand Island, NE 68802-1361

LOCATION: Stuhr Museum

TRANSPORTATION: N/A

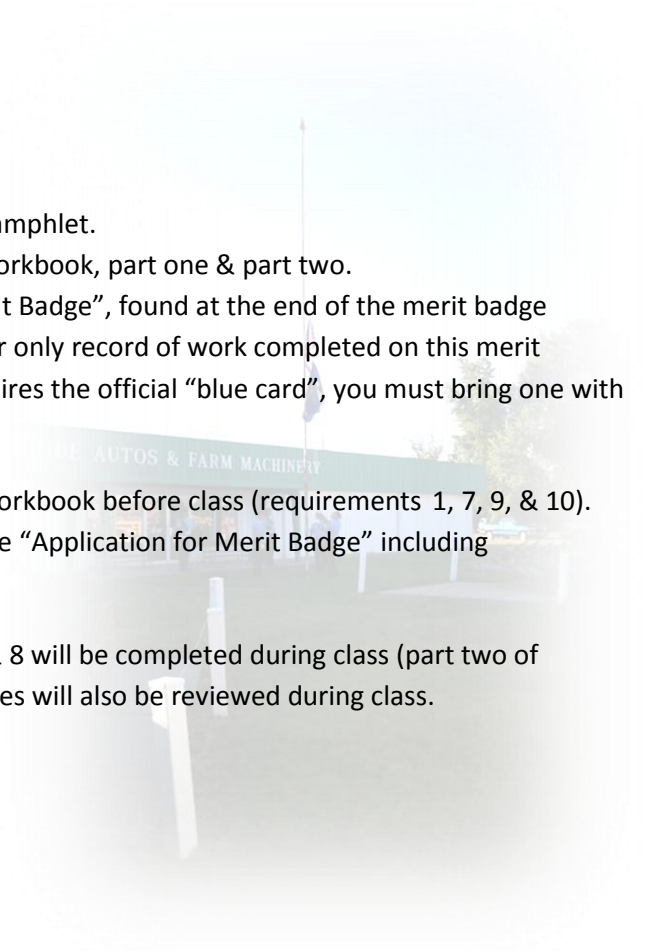
ADDITIONAL COSTS: None

CLASS SIZE: 15

BRING TO CLASS: Compass
Orienteering merit badge pamphlet.
Orienteering merit badge workbook, part one & part two.
Signed "Application for Merit Badge", found at the end of the merit badge workbook. (This will be your only record of work completed on this merit badge.) If your Council requires the official "blue card", you must bring one with you to class.

PRE-REQUISITES: Complete Part One of the workbook before class (requirements 1, 7, 9, & 10).
Complete information on the "Application for Merit Badge" including Scoutmasters signature.

CURRICULUM: Requirements 2, 3, 4, 5, 6, & 8 will be completed during class (part two of the workbook). Pre-requisites will also be reviewed during class.



PRE-REQUISITE REQUIREMENTS ARE PRINTED IN **ITALICS & RED** &
MUST BE COMPLETED BEFORE CLASS.

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, 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.**
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.

ORIENTEERING WORKBOOK

PART ONE, PRE-REQUISITIES



Name _____
 Unit # _____ District _____
 Council _____

Part One of the workbook must be completed before class.

Bring the entire workbook (part one and part two) with you to class.

Also bring the "Application for Merit Badge" signed by your scoutmaster (included at the end of the workbook).

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.

First Aid for:

<i>Cuts and scratches</i>	
<i>Blisters</i>	
<i>Snakebite</i>	
<i>Insect stings</i>	
<i>Tick bites</i>	
<i>Sunburn</i>	
<i>Heatstroke</i>	
<i>Heat exhaustion</i>	
<i>Hypothermia</i>	
<i>Dehydration</i>	

Why you should be able to identify poisonous plants and poisonous animals:

ORIENTEERING WORKBOOK, PART ONE, p.2

Name _____

- 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.

Orienteering Event One:	Date:
<i>Discuss how you could improve your time between control points:</i>	
<i>Major weaknesses on this course:</i>	
<i>What you could do to improve:</i>	
<i>Attach a copy of the master map, control description sheet, and the route you took to this workbook.</i>	

Orienteering Event Two:	Date:
<i>Discuss how you could improve your time between control points:</i>	
<i>Major weaknesses on this course:</i>	
<i>What you could do to improve:</i>	
<i>Attach a copy of the master map, control description sheet, and the route you took to this workbook.</i>	

Orienteering Event Three:	Date:
<i>Discuss how you could improve your time between control points:</i>	
<i>Major weaknesses on this course:</i>	
<i>What you could do to improve:</i>	
<i>Attach a copy of the master map, control description sheet, and the route you took to this workbook.</i>	

ORIENTEERING WORKBOOK, PART ONE, p.3

Name _____

- 9. Act as an official during an orienteering event. This may be during the running of the course you set up for requirement 8.

Act as an official during an orienteering event:

- 10. Teach orienteering techniques to your patrol, troop, or crew.

Teach orienteering techniques:



ORIENTEERING WORKBOOK PART TWO, CLASS CURRICULUM

Name _____
Unit # _____ District _____
Council _____

Part Two of the workbook will be completed during class.

2. Explain what orienteering is.

Explain what orienteering is:

3. Do the following:

- a) Explain how a compass works. Describe the features of an orienteering compass.

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.

Show how to take a compass bearing and follow it:

Name _____

- 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.

Explain how a topographic map show terrain features:

You will need a topographic map of the area you are in, to complete this portion of the requirement.

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

Use the topographic map from above to complete this portion of the requirement.

- c) Explain the meaning of *declination*. Tell why you must consider declination when using map and compass together.

Explain the meaning of declination:

Why must you 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.

Use the topographic map from above to complete these portions of this requirement.

Name _____

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.

Set up a 100-meter pace course:

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Determine your walking and running pace for 100 meters:

<i>Walking:</i>	<i>Running:</i>
-----------------	-----------------

Why is it important to pace-count:

6. Do the following:
 a) Identify 20 international control description symbols. Tell the meaning of each symbol.

Identify International control description symbols and tell the meaning of each:

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

Name _____

6. continued

- b) Show a control description sheet and explain the information provided.

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.

Define the following and tell when you would use them:

<i>Attack point</i>	
<i>Collecting feature</i>	
<i>Aiming off</i>	
<i>Contouring</i>	
<i>Reading ahead</i>	
<i>Handrail</i>	
<i>Relocation</i>	
<i>Rough versus fine orienteering</i>	

Name _____

- 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.

Set up a cross-country course:

Attach a copy of the master map and control description sheet to this workbook.

OR

- 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.

Set up a score orienteering course:

Attach a copy of the master map and control description sheet to this workbook.

ORGANIZATIONS and WEB SITES

(Whenever you go online, be sure you have your parent's permission first.)

Canadian Orienteering Federation

<http://www.orienteering.ca>

International Orienteering Federation

<http://www.orienteering.org>

U.S. Geological Survey

<http://www.usgs.gov>

U.S. Orienteering Federation

<http://www.us.orienteering.org>

ORIENTEERING WORKBOOK

Notes



APPLICATION FOR MERIT BADGE

Name: _____

Address: _____

City: _____

State: _____

Is a registered _____ Boy Scout,
 _____ Varsity Scout,
 _____ Venturer,

of _____ No. _____
Troop, team, crew, ship

District: _____

Council: _____

MERIT BADGE UNIVERISTY

Merit Badge: **Orienteering**

Counselor: _____

Address: Overland Trails Council

PO Box 1361

2808 O'Flannagan

Grand Island, NE 68802-1361

Phone: 308-382-3717

email: mbuotc@yahoo.com

and is qualified to begin working for this merit badge and has completed the following pre-requisite requirements:

SECTION A PRE-REQUISITE REQUIREMENTS

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
1					
7					
9					
10					

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all pre-requisites requirements for the above stated merit badge and is ready to attend his assigned MBU class.

Signature of Unit Leader _____ Date _____

SECTION B APPLICANTS RECORD

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
2					
3					
4					
5					
6					
8					

The applicant has personally appeared before me and demonstrated to my satisfaction that he has completed all requirements in **SECTION B** above for the

Merit Badge: **Orienteering**

Name of Counselor: _____

Signature of Counselor _____ Date _____

SCOUT INSTRUCTIONS

- Complete your name, address, city, unit type & number, district, & council on the Application for Merit Badge.
- Your unit leader must sign the Application for Merit Badge before attending class.
- All other information is already printed on the Application for Merit Badge; please make sure all information is correct.
- The merit badge counselor is registered & approved for this merit badge and is on the MBU Counselor's List.
- Read the merit badge pamphlet.
- Attend the merit badge class.
- Always meet with your counselor along with a buddy (a Scout, friend, or parent)
- Have your merit badge worksheet with you when you attend class.
- **If the merit badge pre-requisites are not completed before class, you will not be able to complete the merit badge during this weekend event, you will have to follow up with your Unit's Advancement Chair when you return home**
- **PLEASE BE AWARE THAT SOME COUNSELORS WILL NOT ALLOW YOU TO ATTEND THEIR CLASS WITHOUT PRE-REQUISITES COMPLETED—CLASS CURRICULUM IS DEPENDENT ON PRE-REQUISITE WORK BEING COMPLETED!**

COUNSELOR INSTRUCTIONS

- Never meet alone with a Scout.
- Verify all information & merit badge name on Application for Merit Badge is correct.
- Sign your name on the line at the bottom of **"SECTION B APPLICANTS RECORD"**.