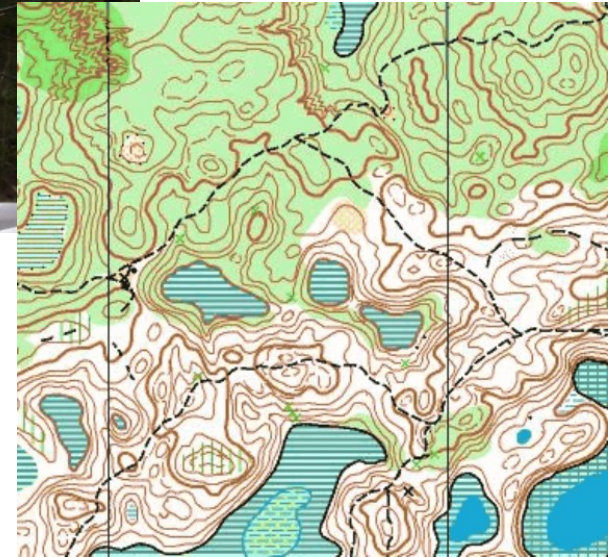




Orienteering





Rank Requirements



Second Class

Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.

Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.



Rank Requirements



First Class

Demonstrate how to find directions during the day and at night without using a compass.

Using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and / or width of designated items (tree, tower, canyon, ditch, etc.).



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.



Merit Badge Requirements



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.



Merit Badge Requirements



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 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.



What is Orienteering ?



- Orienteering is a sport that requires the participants to *navigate with a map through unknown terrain with the purpose of finding certain checkpoints* marked with an orange and white flag.
- Think of a mixture of a scavenger hunt, and a rally on foot through the wilderness.



What is Orienteering ?



- The sport was originally designed for military purposes in Sweden.
- The sport is very popular in the whole of Europe, especially in the Scandinavian countries of Sweden, Denmark, Norway, and Finland.
- Mass events in these countries attract more the 10,000 participants. Imagine that!!!



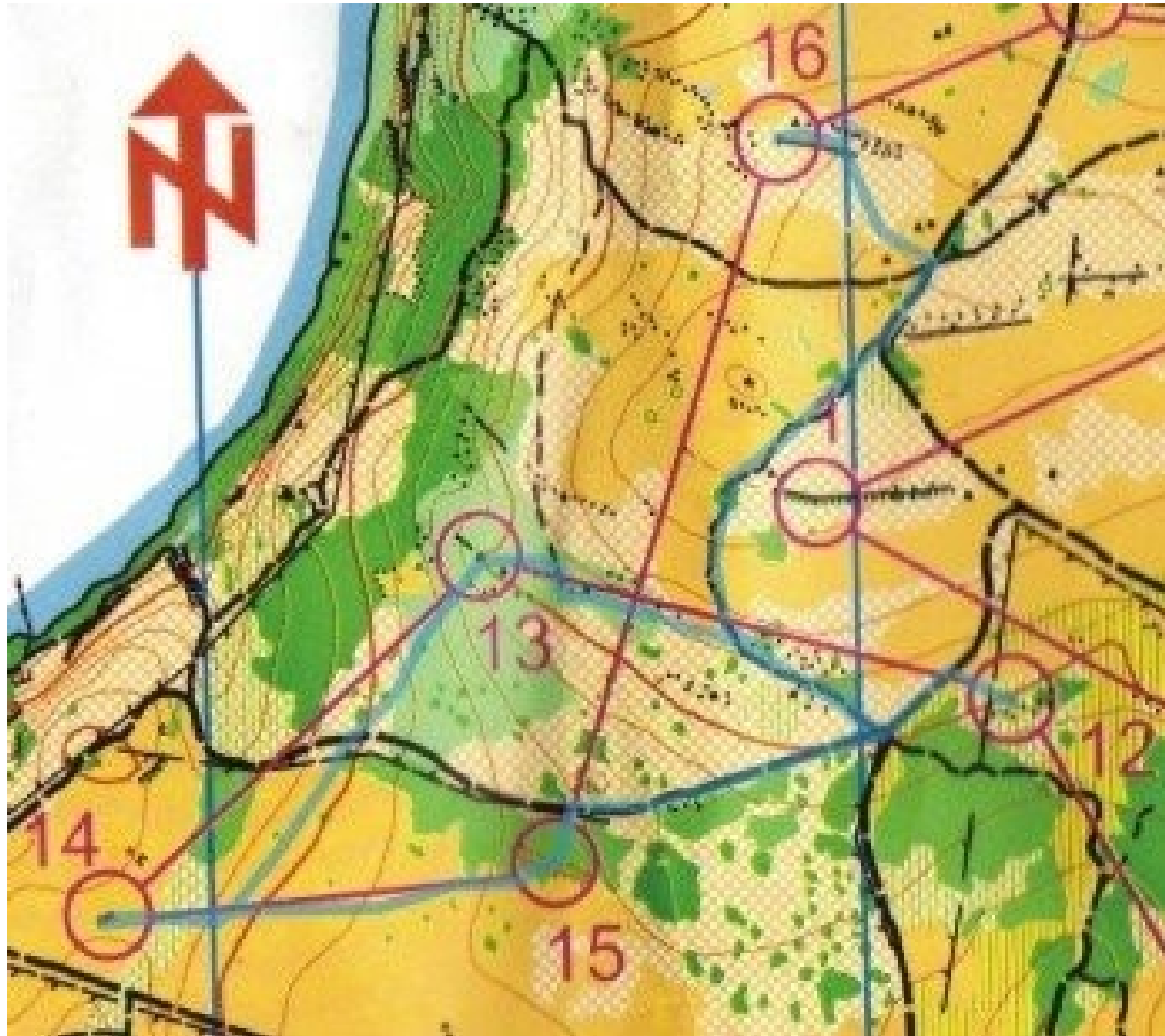
Equipment Needed for Orienteering



- **Clothing:** you need to wear something that will keep you feeling *comfortable throughout the activity*. A lightweight, stretchy suit that allows for maximum movement even when wet is ideal.
- **Shoes:** light strong shoes with a non-slip gripping are ideal. Cross-training type.
- **Map:** a detailed *topographical* map is needed so you know where to go!! These are provided for you at the events



Equipment Needed for Orienteering

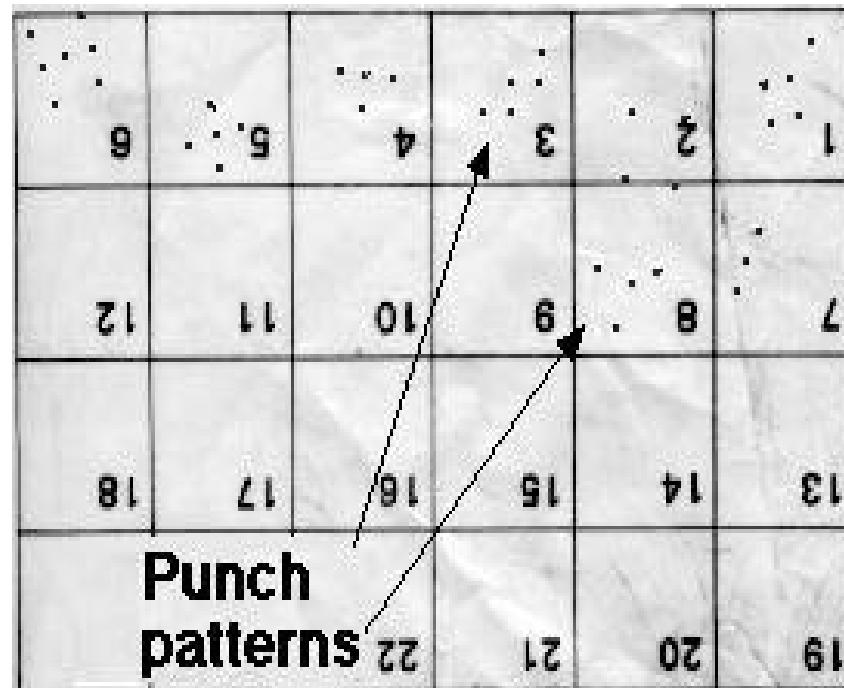




Equipment Needed for Orienteering



- **Compasses:** there is a wide variety to choose from. Orienteers use either a thumb, or base-plate compass.
- **Control card:** to prove you have been to each point, you will use the punch on the flag to leave an Impression.





Orienteering Controls and Flags



- The orange/white controls are located in the middle of the circles on your map.
- Each control has a number or letter code that distinguishes them from one another. This will tell you whether or not you have found the right one!!
- They are usually hanging between 2-5 feet off the ground from a tree or on a pole.
- On the flag you will notice a punch that you will use to show you have been to the correct location.



Orienteering Controls and Flags





How Does This All Work?



- One of the drawbacks of organizing this type of an activity in your troop is the time/leg-work the leader needs to put in.
- Before you start an introductory course you need to do the following:
- Find a suitable area to Orienteer (on school grounds, city park, mapped areas)



How Does This All Work?



- Find an accurate Map of the area you would like to use.
- Do some field work to ensure the map is to scale, and is accurate.
- Set out the controls/markers in the area, and mark them on your master map.
- Draw/Copy the appropriate number of maps for your Scouts.



How Does This All Work?



- Once you have everything in place you need to make sure that all of the controls are still in the correct places.
- Start!!! The Scout should go in buddies the first time, and should be staggered about 2-3 min. between each group.
- Make sure you time your Scouts so they can compare results with each other.
- At the end of the event you need to retrieve all the controls, and ensure that the area you are using is looking the same as when you got there.



Strategy / Technique



- The object of the orienteering is *to find each control in the correct order in the shortest possible time.*
- To do this you need to make smart *route choices.*
- The route you should take is not marked on your map. You need to decide where to go!!
- Remember “the shortest route is not always the fastest.”



Strategy / Technique



- *Map contact is key.* You should always have a rough idea of where you are on the map.
- Look out for *key features*. Keep your eye out for certain landmarks such as fences, trails, large hills, boulders that will assist you in finding the control.
- Don't give up....frustration is inevitable!!



Florida Orienteering

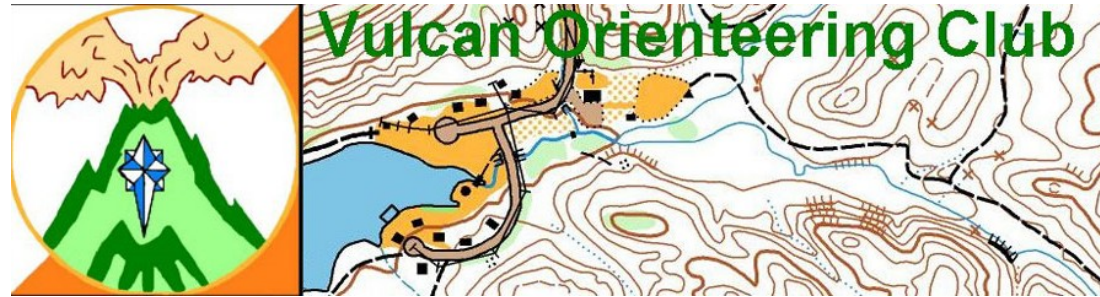


<http://www.floridaorienteering.org/>

Blue Springs Park
Billies Bay, Ocala National Forest (Paisley)
Croom, Withlacoochie State Forest (Brooksville)
Deleon Springs (NW Deland)
Geneva Wilderness Area (Geneva)
Kelly Park / Rock Springs
Little Big Econ State Forest (Oviedo)
Moss Park (SE Orlando)
Rock Springs Run (Sanford)
Shockley Ranch, Ocala National Forest (Paisley)
Split Oak Forest (SE Orlando)
Wekiwa Springs State Park
Wickham Park (Melbourne)
Woodpecker Hill, Ocala National Forest (Paisley)



Alabama Orienteering



<http://www.vulcanorienteering.org/>

Oak Mountain State Park

Start/Finish Times:

- Start between 9am - 12pm
- Maximum 3 hour time limit (all courses)
- Everyone must be finished by 2pm
- Control pickup will begin at 2pm

Small groups may orienteer together using a single map and e-stick

Courses:

- Yellow - Beginner
- Orange - Intermediate
- Green - Advanced (short)
- Red - Advanced (long)

Electronic punching on all courses



Georgia Orienteering



<http://www.gaorienteeing.org/>

Richard B Russell State Park
Panola Mountain State Park
FDR State Park
Fort Yargo State Park *Foot-O, Bike-O, Canoe-O,*
Sweetwater Creek State Park
Red Top Mountain State Park
Mistletoe State Park
Watson Mill Bridge State Park
Cochran Mill Park *Night-O*
Hard Labor Creek State Park
Pickett's Mill State Historic Site



Orienteering

