

# Orienteering Merit Badge Worksheet



## 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, sprains, 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 certain features. Point out and name five terrain features on a map and in the field.
  - b) Point out and name 10 symbols found on a topographic map.
  - c) Explain the meaning of declination. Tell why you must consider declination when using a map and compass together.
  - d) Show a topographic map with magnetic north-south lines.
  - e) Show how to measure distances on a map using a 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, starting off, connecting, reading ahead, handrail, relocation, rough terrain line orienteering.
- 7) Do the following:
  - a) Take part in three orienteering events. One of these must be a cross-country course. (While orienteering is primarily an individual sport, BSA Youth Protection procedures call for using the buddy system. This requirement should be completed by pairs or groups of scouts.)
  - b) After each course, 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 terrain-orienteering course with at least 12 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 morning of the course you set up for requirement 8.
- 10) Teach orienteering techniques to your patrol, troop or team.

Worksheet Updated by Philip Wadley - Boy Scouts of America, 2014  
Original created by Bob Crowder - 2012 Scout 500 Series - Laporte, Utah 84041 - [scout500@scout500.com](mailto:scout500@scout500.com)

**Orienteering merit badge worksheet** is a vital tool for scouts aiming to earn their orienteering merit badge. This worksheet serves not only as a guide but also as a workbook where scouts can document their experiences, skills, and knowledge acquired during the orienteering process. This article will delve into the various aspects of the orienteering merit badge, including requirements, skills needed, tips for successful navigation, and how to effectively utilize the worksheet.

## Understanding the Orienteering Merit Badge

The orienteering merit badge is designed to teach scouts the fundamental skills of navigation using a compass and a map. It encourages teamwork, outdoor skills, and physical fitness. Completing this merit badge also fosters a sense of adventure and encourages scouts to explore the outdoors, all while developing critical problem-solving abilities.

## Requirements for the Orienteering Merit Badge

To earn the orienteering merit badge, scouts need to fulfill specific requirements set forth by the Boy Scouts of America. Below is a general overview of these requirements:

1. Explain what orienteering is, including its history and types.
2. Demonstrate the use of a compass and map.
3. Complete a course set by your counselor or troop.
4. Explain the importance of landmarks and how to recognize them.
5. Participate in an orienteering event.
6. Plan an orienteering course for your troop.

Scouts should refer to the official merit badge pamphlet for a detailed explanation of each requirement and additional tasks that may be included.

## **The Importance of the Orienteering Merit Badge Worksheet**

The orienteering merit badge worksheet plays a significant role in helping scouts document their journey. Here are a few reasons why it is essential:

### **1. Organized Documentation**

The worksheet allows scouts to keep their notes, experiences, and skills organized. This structure is beneficial for reviewing what they have learned and for preparing for discussions with their merit badge counselor.

### **2. Skill Development Tracking**

By using the worksheet, scouts can track their progress in mastering the skills required for the badge. They can note any difficulties they encounter and reflect on how to overcome those challenges.

### **3. Preparation for the Final Review**

Having a comprehensive worksheet helps scouts prepare for their final review with their counselor. They can refer back to their documented experiences and be ready to discuss what they learned.

# Key Skills for Orienteering

Scouts will need to develop various skills to successfully navigate through orienteering. Below are some essential skills that are often highlighted in the orienteering merit badge worksheet:

1. **Map Reading:** Understanding symbols, scales, and contour lines is crucial for interpreting a map.
2. **Compass Use:** Knowing how to take bearings and navigate using a compass is fundamental.
3. **Route Planning:** Scouts should learn how to plan effective routes based on their knowledge of terrain and obstacles.
4. **Land Navigation:** Recognizing natural landmarks and making adjustments to the route based on environmental cues.
5. **Teamwork:** Orienteering often involves working in teams, so developing communication and collaboration skills is essential.

## Tips for Successful Navigation

Navigating through unfamiliar terrain can be challenging, but with proper preparation and skills, scouts can excel in orienteering. Here are some tips for successful navigation:

### 1. Study the Map Beforehand

Take time to familiarize yourself with the map's symbols and features before setting out. This knowledge will help you make quick decisions in the field.

### 2. Practice with a Compass

Familiarize yourself with your compass. Practice taking bearings and following them accurately. Understanding how to use your compass in conjunction with your map is critical for effective navigation.

### **3. Use Landmarks**

Pay attention to visible landmarks that can help guide your way. This technique is particularly useful in dense woods or unfamiliar areas where map reading can become challenging.

### **4. Communicate with Your Team**

If you're navigating with a team, keep the lines of communication open. Discuss your route and share observations to ensure everyone is on the same page.

### **5. Stay Calm and Focused**

In case you get lost or off track, it's essential to stay calm. Take a moment to evaluate your surroundings, refer to your map, and use your compass to reorient yourself.

## **How to Use the Orienteering Merit Badge Worksheet Effectively**

To maximize the benefits of the orienteering merit badge worksheet, consider the following strategies:

### **1. Fill It Out Thoroughly**

Take the time to fill out each section of the worksheet completely. The more detail you provide, the better your understanding will be when you review your notes later.

### **2. Incorporate Personal Experiences**

Include personal reflections and experiences. Describe challenges faced during your navigation practice and how you overcame them. This personal touch will enrich your learning experience.

### **3. Review Regularly**

Regularly revisit your worksheet to refresh your memory and reinforce your learning. This practice will help ensure you retain the skills and knowledge you've gained.

### **4. Use It as a Study Tool**

Prior to meeting with your merit badge counselor, review your worksheet to prepare for questions and discussions about your experiences and learning.

## **Conclusion**

The **orienteering merit badge worksheet** is an invaluable resource for scouts seeking to earn their orienteering merit badge. By understanding the requirements, developing essential navigation skills, and effectively utilizing the worksheet, scouts can enhance their outdoor experience and foster a lifelong love for exploration and adventure. Whether navigating through dense forests or participating in competitive events, the skills learned through orienteering will serve scouts well in their future endeavors.

## **Frequently Asked Questions**

### **What is the purpose of the orienteering merit badge worksheet?**

The orienteering merit badge worksheet helps Scouts learn the skills needed for orienteering, including map reading, compass use, and navigation techniques.

### **Where can I find the official orienteering merit badge worksheet?**

The official orienteering merit badge worksheet can be found on the Boy Scouts of America website or through local Scout councils.

### **What are the key requirements included in the orienteering merit badge worksheet?**

Key requirements typically include understanding map symbols, using a compass, completing an orienteering course, and demonstrating navigation skills.

## **How can I effectively use the orienteering merit badge worksheet during practice?**

You can use the worksheet to track your progress, take notes on your navigation experiences, and prepare for discussions with your merit badge counselor.

## **What skills do Scouts gain from completing the orienteering merit badge?**

Scouts gain skills in navigation, map interpretation, teamwork, and problem-solving through practical orienteering exercises.

## **Can the orienteering merit badge worksheet be completed individually or in a group?**

The orienteering merit badge worksheet can be completed both individually and in groups, allowing for collaboration and shared learning experiences.

## **What type of maps are Scouts expected to work with for the orienteering merit badge?**

Scouts are expected to work with contour maps, topographic maps, and other types of navigational maps relevant to orienteering.

## **Are there any age restrictions for earning the orienteering merit badge?**

There are no specific age restrictions for earning the orienteering merit badge; it is available to Scouts of all ages, typically from age 11 onward.

## **What is the importance of teamwork in orienteering as outlined in the merit badge worksheet?**

Teamwork is crucial in orienteering as it fosters communication and collaboration, allowing Scouts to share skills and strategies for successful navigation.

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Orienteering offers a creative and inexpensive outdoor (or indoor) activity in schools, local parks and campuses. It appeals to a wide range of ages and fitness levels. The real-life problem solving skills experienced in orienteering can help make geography, maths and science more relevant to students and young people, whilst also building their confidence, communication and social skills.

### *Ór - Orienteering in Ireland*

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Unlock the secrets to earning your Orienteering merit badge with our comprehensive worksheet! Discover how to navigate and enhance your skills today.

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