

ORIENTEERING

Prepared By:

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Target Group:

Second-Year scouts

Time Allotted:

One, 1-Hour Block

Pre-Requisites:

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

Materials Needed - Staff

Orienteering compasses

Topographic maps

Camp Geiger topographic maps

Orienteering course maps

Merit Badge Book

Orienteering Box

Materials Needed - Scout

Running and hiking shoes or boots

Instructional Goal:

Scouts will learn the importance of using a map and compass, and the proper techniques for navigating in the field. They will experience orienteering, as both a survival tool and a sport. In doing so they will have a new and fun experience.

Monday

Materials

Merit Badge Book

Compasses

Objectives

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.

Directions

Lead the group through a discussion of the required first aid material. Ask about poisonous plants

Transition into what is orienteering? Why is it important?

Using a compass and the EDGE method, explain how a compass works. Give the scouts a point, and ensure they have the correct coordinates. Repeat this two more times

Tuesday

Materials

Merit Badge Book

Topographic Map

Compasses

Objectives

4. Do the following:
- Explain how a topographic map shows terrain features. Point out and name five terrain features on a map and in the field.
 - Point out and name 10 symbols on a topographic map.
 - Explain the meaning of *declination*. Tell why you must consider declination when using map and compass together.
 - Show a topographic map with magnetic north-south lines.
 - Show how to measure distances on a map using an orienteering compass.
 - Show how to orient a map using a compass.
6. Do the following:
- Identify 20 international control description symbols. Tell the meaning of each symbol.
 - Show a control description sheet and explain the information provided.
 - 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.

Directions

Using the topographical map, explain what it is, and how to use it. Point out ten symbols. Enter a discussion about declination.

Using the Merit Badge Book, identify 20 international control symbols. Also show and tell the control description sheet.

Go through the required terms, and their meanings. If this must be picked up the following day, or during your courses, that is okay too.

Wednesday

Materials

Compasses

Orienteering Course Maps

Objectives

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.
7. Do the following:
- 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.

Directions

Prior to starting the course, have each scout count their paces on a 100-meter course. Discuss the importance of pace counting.

Embark on an orienteering course. At the conclusion of the course, discuss the groups strengths and weaknesses. How can the group improve their time?

Update with actual number of course once you get access to the maps!!

Thursday

Materials

Compasses

Orienteering Course Maps

Objectives

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

Directions

Take the scouts on the longer of the courses. Prior to the course, explain how officiating works. Then the group will officiate this course together, and score it properly.

This course counts as the cross-country course from Req. 7.

Friday

Materials

Compasses

Orienteering Course Map

Objectives

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.

Directions

Take the scouts on the final orienteering course route. Once again, discuss strengths and weaknesses during the course.

While on the course, finish any outstanding discussions.