



Orienteering Merit Badge Workbook

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Orienteering merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/orienteering/orienteering-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/orienteering/orienteering-cpp.pdf>

REQUIREMENT 1: Show that you know first aid for the following types of injuries that could occur while orienteering: cuts, scratches, blisters, snakebite, insect stings, tick bites, heat and cold reactions (sunburn, heatstroke, heat exhaustion, hypothermia), dehydration.

CUTS:

Prevention:

Symptoms:

Treatment:

SCRATCHES:

Prevention:

Symptoms:

Treatment:



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BLISTERS:

Prevention:

Symptoms:

Treatment:

SNAKEBITE:

Prevention:

Symptoms:

Treatment:



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INSECT STINGS:

Prevention:

Symptoms:

Treatment:

TICK BITES:

Prevention:

Symptoms:

Treatment:



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HEAT AND COLD REACTIONS (SUNBURN):

Prevention:

Symptoms:

Treatment:

HEAT AND COLD REACTIONS (HEATSTROKE):

Prevention:

Symptoms:

Treatment:



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HEAT AND COLD REACTIONS (HEAT EXHAUSTION):

Prevention:

Symptoms:

Treatment:

HEAT AND COLD REACTIONS (HYPOTHERMIA):

Prevention:

Symptoms:

Treatment:



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DEHYDRATION:

Prevention:

Symptoms:

Treatment:

REQUIREMENT 1:

Explain to your counselor why you should be able to identify poisonous plants and poisonous animals that are found in your area.

Notes:



REQUIREMENT 2: Explain what orienteering is.

Notes:

REQUIREMENT 3a: Explain how a compass works.

Notes:

REQUIREMENT 3a: Describe the features of an orienteering compass.

Notes:



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REQUIREMENT 3b: In the field, show how to take a compass bearing and follow it.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 4a: Explain how a topographic map shows terrain features. Point out and name five terrain features on a map and in the field.

Notes:

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 4b: Point out and name 10 symbols on a topographic map.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 4c: Explain the meaning of *declination* when using map and compass together.

Notes:

REQUIREMENT 4d: Show a topographic map with magnetic north-south lines.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 4e: Show how to measure distances on a map using an orienteering compass.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



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REQUIREMENT 4f: Show how to orient a map using a compass.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 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.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

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

SYMBOLS #1-4:

Symbol:	Symbol:	Symbol:	Symbol:
Description:	Description:	Description:	Description:

SYMBOLS #5-8:

Symbol:	Symbol:	Symbol:	Symbol:
Description:	Description:	Description:	Description:



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SYMBOLS #9-12:			
Symbol:	Symbol:	Symbol:	Symbol:
Description:	Description:	Description:	Description:
SYMBOLS #13-16:			
Symbol:	Symbol:	Symbol:	Symbol:
Description:	Description:	Description:	Description:
SYMBOLS #17-20:			
Symbol:	Symbol:	Symbol:	Symbol:
Description:	Description:	Description:	Description:



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REQUIREMENT 6b: Show a control description sheet and explain the information provided.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 6c: Explain the following terms and tell when you would use them: attack point, collecting feature, catching feature, aiming off, contouring, reading ahead, handrail, relocation, and rough versus fine orienteering.

ATTACK POINT:

Definition:

When used:

COLLECTING FEATURE:

Definition:

When used:



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CATCHING FEATURE:

Definition:

When used:

AIMING OFF:

Definition:

When used:

CONTOURING:

Definition:

When used:



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READING AHEAD:

Definition:

When used:

HANDRAIL:

Definition:

When used:

RELOCATION:

Definition:

When used:



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ROUGH VERSUS FINE ORIENTEERING:

Definition:

When used:

REQUIREMENT 7a: Take part in three orienteering events. One of these must be a cross-country course.

Note: While orienteering is primarily an individual sport, Scouting America Youth Protection procedures call for using the buddy system. Pairs or groups of Scouts can complete requirement 7(a).

ORIENTEERING EVENT #1:

Name:

Date and Location:

Notes:

ORIENTEERING EVENT #2:

Name:

Date and Location:

Notes:



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ORIENTEERING EVENT #3:

Name:

Date and Location:

Notes:

REQUIREMENT 7b: 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.

Be sure to bring each of your write-ups to share with your counselor
This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

DO ONE OF THE FOLLOWING (8A or 8B) FOR REQUIREMENT 8

REQUIREMENT 8a: 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.

REQUIREMENT 8b: 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.

Be sure to bring your master map and control description sheet to share with your counselor
This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

Notes:



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

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

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

Group you taught (Patrol, Troop, or Crew):

Date and Location:

Notes: