



**TRAIL  
LIFE  
USA**

# Orienteering

Name \_\_\_\_\_

Orienteering has turned map and compass knowledge into a competitive sport combining racing and navigation. For safety, you and your buddy should enter competitions as a team of two so that you can stay together on the course.

Prerequisite: Complete Trail Skills prior to starting on this Trail Badge.

Read the Beginner's Guide on the Orienteering USA website (See Resources below) and do all of the following requirements (1-4)

- \_\_\_\_\_ 1. Do all of the following requirements (a-d)
  - \_\_\_\_\_ a. Briefly describe four other types of orienteering events besides the standard format of a point-to-point race.
  - \_\_\_\_\_ b. Show a sample orienteering map and using the downloadable Orienteering Map Symbols/Legend page point out key features on the map and explain the coloring.
  - \_\_\_\_\_ c. For the standard point-to-point race, list the skills required for each of the three lowest levels: White, Yellow, and Orange.
  - \_\_\_\_\_ d. List the basic equipment and clothing for entry-level orienteering.
- \_\_\_\_\_ 2. Do two of the following requirements (a-e)
  - \_\_\_\_\_ a. Measure your pace in meters for level, uphill, and downhill walking or running.
  - \_\_\_\_\_ b. Present the orienteering formats, course types, and maps to your Troop or any Unit or Patrol in your Troop using PowerPoint, video, or a presentation board.
  - \_\_\_\_\_ c. Create a string, line, or other age-appropriate orienteering course for your Troop's Woodlands Trail Patrols. Supervise their attempts on the course.
  - \_\_\_\_\_ d. Set a *White* point-to-point course with six controls and write a Control Description. Supervise the Woodlands Trailmen attempts on the course.
  - \_\_\_\_\_ e. Help plan and implement an orienteering circuit training event for your troop.
- \_\_\_\_\_ 3. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following requirements (a-f)
  - \_\_\_\_\_ a. Individual or group orienteering skill building practice of at least 30 minutes such as the skills identified in *Orienteering Circuit Training* (See Resources)



- \_\_\_\_\_ b. A professionally coached or orienteering club skills session, lesson, or class
  - \_\_\_\_\_ c. An attempt to finish (including DNF and MSP when you found most controls) an orienteering event point-to-point course at any color level
  - \_\_\_\_\_ d. Completion of a permanent course, including repeats for practice.
  - \_\_\_\_\_ e. Completion of a Score-O at an orienteering event.
  - \_\_\_\_\_ f. Running practice of least 30 minutes, five km, or three miles continuous running with a warm-up/cool down and stretch before and after running.
- \_\_\_\_\_ 4. As part of the courses completed for 3, complete one of the following requirements (a-b)
- \_\_\_\_\_ a. Successfully finish an Orange point-to-point course at an orienteering event
  - \_\_\_\_\_ b. Successfully finish three different orienteering courses which may be any combination of the following:
    - \_\_\_\_\_ i. White or Yellow point-to-point course at an orienteering event
    - \_\_\_\_\_ ii. Any color permanent point-to-point course
    - \_\_\_\_\_ iii. Any alternate course at an orienteering event such as a Score-O

## Resources for Orienteering

Control marking methods for youth set courses:

Different shaped hole punches on cards with control numbers

Different colored markers at each station.

Beginner's Guide:

<https://www.orienteeringusa.org/new-o/beginners-guide>

Youth Orienteering 1-2-3

<https://www.orienteeringusa.org/youth-leaders/materials/o-1-2-3>

Orienteering for the Young:

<https://www.orienteeringusa.org/youth-leaders/materials/o-young>

How to select an orienteering course

<https://www.orienteeringusa.org/new-o/select-course>

Orienteering terms:

<https://www.orienteeringusa.org/new-o/o-lingo>

Selecting an appropriate level orienteering course:

<https://www.orienteeringusa.org/new-o/select-course>

IOF Control Descriptions:

<https://www.maprunner.co.uk/iof-control-descriptions/>

Orienteering Circuit Training:

<https://www.orienteingusa.org/circuit-training>

Permanent Course Listing:

<https://www.orienteingusa.org/new-o/resources/permanent-courses>

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Trail Badge Mentor Signature

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Date

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