

# Thunder Ridge Orienteering Merit Badge Workshop.

Sunday, October 18<sup>th</sup> - OR - Sunday, October 25<sup>th</sup>

1PM to 4 PM      \$20 per participant.



Pre-registration is required by calling 845-878-4100 x301 or via email: [fun@thunderridgeski.com](mailto:fun@thunderridgeski.com). For further information visit [www.thunderridgeski.com](http://www.thunderridgeski.com).

Thunder Ridge is conducting 2, 1-day workshops to give Scouts a solid foundation in orienteering and help them earn the orienteering merit badge. Our goal is to teach and practice requirements 1-5 and 6b, and hopefully we can check off most of them.

We will also set up a cross-country course for requirement 7a. and give suggestions about completing requirement 7b.

The program will consist of teaching/practice for about 90 minutes, a break, and then the scouts will complete the course for 7a. Everyone should plan on a 2 ½ - 3 hour event.

We will hold the workshops *rain* or *shine*, so dress appropriately to be outside. Please bring water and a snack.

Tom Loring, Snowsports School Director

Thunder Ridge Ski Area, P. O. Box 627, 137 Birch Hill Rd, Patterson, NY 12563  
phone: 845-878-4100 fax 845-878-2279

For your information, we have included the Badge requirements below:

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.
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.
  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 orientation. 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.

Note to the Counselor:

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