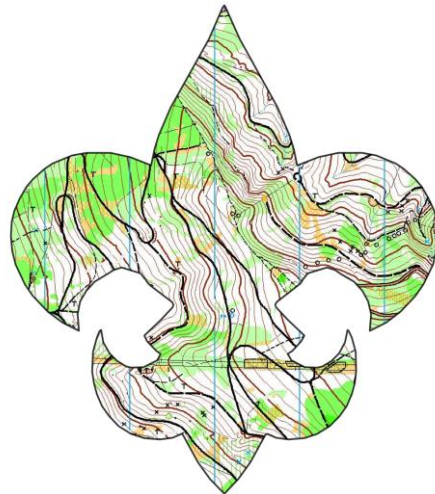


2018 SCOUT-O ORIENTEERING CHAMPIONSHIP

Orienteering Workshop and Navigation Courses

Saturday, March 10, 2018



Camp Crooked Creek

Leader's Guide

PRESENTED BY:



www.olou.org



BOY SCOUTS OF AMERICA
LINCOLN HERITAGE COUNCIL

www.lhbsa.org

Orienteering is a high-energy sport in which the map is more important than the compass and your brain is more valuable than your brawn.

ACTIVITIES

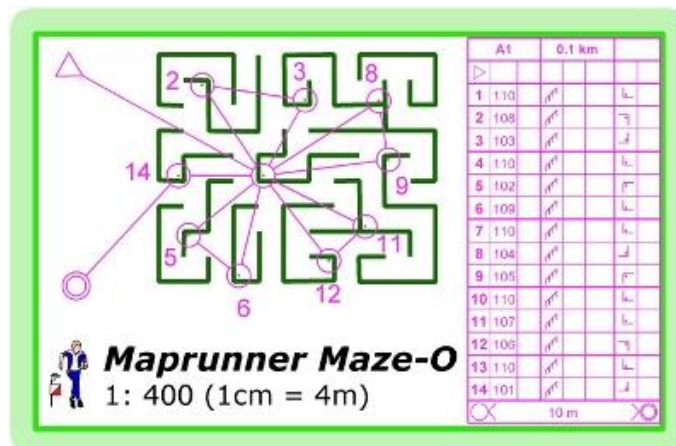
ORIENTEERING INSTRUCTION STATIONS - In the morning to learn or brush up on the skills needed to navigate cross-country with a map and compass. There will be five classes providing instruction on:

- Compass Skills
- Pace Counting
- Guided Map Hike
- Contours
- Map Reading

ORIENTEERING COURSES - Scouts will pair up and complete a one-mile orienteering course (good for the First Class rank requirement and one of the three courses needed for Orienteering merit badge). After they complete the course, they may do additional courses that increase in difficulty. Awards will be given for the top three fastest finishers with accurate scores based on their per course category.

O-COURSES:	White	Yellow	Orange	Brown	Green	Red
LENGTH:	2.5 km	3 km	4 – 5 km	3.7 km	4 – 7 km	6 – 10 km
DIFFICULTY:	Beginner	Novice	Intermediate	Advanced Short	Advanced Medium	Advanced Long
AWARDS FOR:	New Scouts & Tenderfoot	Second & First Class	Star, Life, Eagle	Experienced Orienteers	Experienced Orienteers	Experienced Orienteers

THE MAZE-O! – Scouts waiting to start or who have returned from the course can challenge themselves individually on the THE MAZE-O! Awards will be given for the three fastest and accurate scorers for youth and adult. *Note – the Maze-O does not count for rank or badge requirements – it is just really fun to do. Example of a Maze-O*



SCHEDULE

8:00 – 9:00 AM	Registration Open
9:00 AM	Welcome Instructions
9:10 AM – 12:00 PM	Orienteering Workshop training rotation by assigned color groups:
	9:10 AM 9:45 AM 10:20 AM 10:55 AM 11:30 AM
1	Compass Skills Yellow Red Green Orange Blue
2	Pace Counting Blue Yellow Red Green Orange
3	Guided Map Hike Orange Blue Yellow Red Green
4	Contours Green Orange Blue Yellow Red
5	Map Reading & Symbols Red Green Orange Blue Yellow
12:00 PM – 1:00 PM	Lunch on own
1:00 PM	Orienteering courses open! <i>Scouts may do as many course as they like and feel comfortable with.</i>
1:30 PM	Maze-O Opens!
3:30 PM	Courses Close
3:45 PM	Awards presentation
4:00 PM	Departure

COST

The cost is \$10.00 per Scout and includes color printed maps and handouts, & patch.

Adult leaders are encouraged to participate an all adult training workshop rotation group in the morning as well as teaming up in groups of two for the orienteering courses starting at 1:00 PM for \$10.00 per person. Adults can then challenge themselves at the Orienteering Maze in the afternoon. While adults can't compete for awards on the main course, we are offering awards for the top three finishers in the Maze-O.

COURSE DESCRIPTIONS

WHITE COURSE: 2.5 km (1.5 mi.) routes are all on trails or “handrails” such as fences, powerlines, and streams. Route choices are simple and are designed to teach how to keep the map oriented to the north and which way to turn at an intersection. This is a good course for first timers, new Scouts and Tenderfoots. Clue sheets will have words and symbols.

YELLOW COURSE: 3 km (1.9 mi.) routes are again on trails or “handrails,” but control markers are placed slightly off the beaten path. Route choices are still simple, but require that the orienteer figure out where to look into the woods to find each marker. This is a good course for

those with map reading experience, Second and First Class Scouts. Clue sheet will have words and symbols.

ORANGE COURSE: 4 – 5 km (2.5 – 3 mi.) routes. At this level, the orienteer begins to have the choice between easy, but long routes and shorter cross-country routes. Compass use becomes necessary as routes become more complicated. Intermediate skill level is required, or having completed the two previous courses. This course is good for Star, Life and Eagle Scouts. Clue sheets will have symbols only. Scouts may request a clue decoder sheet.

BROWN COURSE: 3.7 km (2.3 mi.) routes are Yellow in length, but are almost entirely cross-country. Route choices are challenging mentally and markers may be harder to find. Compasses are required. Clue Sheets have symbols only.

GREEN COURSE: 4 – 7 km (2.5 – 4.3 mil.) routes are Orange in length, but are almost entirely cross-country. Route choices are challenging mentally and markers may be harder to find. Compasses are required. Clue Sheets have symbols only.

RED COURSE: 6- 10 km (3.7 – 6.2 mi.) This is the most difficult level as it involves routes that are almost entirely cross-country. Route choices are challenging mentally and markers may be harder to find. Compasses are required. Clue Sheets have symbols only.

Scouts should have completed the Orange course or several other orienteering events before attempting advanced courses.

E-PUNCHES

Each Scout will be loaned an orienteering Electronic Punch (E-Punch, also called a fingerstick). The E-Punch provides a timed electronic log of each Scouts progress at each control and provides a finish time.

Either during lunch or prior to the start of the courses, your Senior Patrol Leader will need to pick-up the zip-lock bag of E-Punch sticks that will be assigned to the Scouts in your troop. Please pass out the numbered stick to the corresponding name of the Scout based on the information we received on the registration form. The numbered stick will reflect the name we have entered into the computer for results.

Please remind your Scouts that these are loaned to them. Each stick has a strap that goes around the wrist to prevent it from being easily lost. The replacement cost for a lost stick is \$40.00.



BUDDY SYSTEM

Orienteering is generally an individual sport. To comply with BSA Buddy System guidelines, two-person competition teams are being used at this event. A Scout team is exactly 2 participants who compete together on the same color course (only exception made is if the troop has an odd number of Scouts, then one team may be made up of 3 Scouts).

Both participants will receive a map. Each Scout will take a turn leading the navigation to the next control. The Scout whose last name is lowest on the alphabet will lead the navigation to the odd number controls (1, 3, 5, 7, etc.). The other Scout will lead the navigation to the even number controls (2, 4, 6, 8, etc.).

EQUIPMENT

Each participant will need:

- Compass
- Watch
- Pen or pencil
- Water bottle or canteen
- Small backpack/rucksack recommended
- Long pants
- Rain gear
- Lunch

COMPASSES

There are lots of different types of compasses out there. Some are much better suited for orienteering than others.

CLEAR BASE COMPASS: This is the preferred and recommended compass to use for map work and orienteering. They are clear and allow the map to be seen when the compass is over top. The other key requirement is the straight edges on the sides. This compass can be found at outdoors stores as well as Dicks Sporting Goods and Walmart in the camping section. They are typically under \$20.00 and with proper care, last a lifetime.



MILITARY COMPASS: A lot of Scouts may have these as they have been passed down from a parent or perhaps received it from an army surplus store. While not as good for this style of orienteering, they will work for what the Scout needs to do as it has straight edges on the sides.



LENSATIC & OTHER COMPASSES: Since these compasses don't have a straight edge on the sides, they are not usable for orienteering.



Orienteering Louisville has a small number of loaner compasses. We would prefer to save these for Scouts who may have trouble affording a compass and would otherwise not participate in this event.

We ask that troop leaders encourage their Scouts to acquire a clear baseplate compass (or military compass) for this event. If your troop owns a compass set, we ask that you bring them.

RANK ADVANCEMENT & MERIT BADGE

Scouts will have the opportunity to work on the following rank and badge requirements. Scouts will either be able to complete requirements or gain the knowledge to show a merit badge counselor or leader what is required for completion. The troops leaders will have to sign off completion.

SECOND CLASS RANK



3a. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.

FIRST CLASS RANK



4a. Using a map and compass, complete an orienteering course that covers at least one mile. (Note we will not be doing the second part of this requirement requiring measuring height or width. This should be a troop activity and can be done at our event.)

ORIENTEERING MERIT BADGE



- 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 on a map 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, catching 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.

Please note – the orienteering merit badge cannot be completed in one day – Scouts will have the opportunity to complete most of the requirements, however requirements 1, 8, 9 and 10 need to be completed on their own after the event. The most practical way to complete the rest of the requirements is to participate in future OLOU events. Of course, scouts and troops can also complete the requirements on their own.

GENERAL INFORMATION

PATCHES: Event patches will be provided for all who pre-register.

REFUNDS: This is a low cost, minimal budget event that will have color maps, hand-outs, patches and other prep work completed. We will not be able to offer refunds.

WE GO RAIN OR SHINE: Scouts should dress for the weather. We will provide plastic bags for the maps. It is up to the troop leader's discretion whether to participate or not if the weather is less than ideal.

WAIVER OF LIABILITY: EACH participant must have a signed Waiver of Liability form presented at registration. Youth under 18 must have a parent or guardian's signature on the form.

CAMPING: Contact the Lincoln Heritage Council office directly for camping at Crooked Creek. There are plenty of campsites available. There may be a separate fee.

HELP OUT: It takes many hands to do a quality event. Adults are always needed to help with the start and finish and other tasks.

REGISTRATION: **All Scouts must pre-register.** It is expected that Scouts will participate through their troop. However, to accommodate Scouts who may want to participate without their troop, we will accept registration for Scouts who have another youth Scouting partner (pre-registering at the same time), and also an adult who will be in attendance for the entire activity.

PRE-REGISTRATION DEADLINE: **Friday, March 2, 2018.** This is needed to allow us to print the correct number of maps and handouts and have the correct quantity of patches

CAMP RULES: The following are not allowed on camp property: **FIREARMS, ALCOHOL, FIREWORKS, PETS, and RIDING IN THE BACK OF PICK-UP TRUCKS.**

QUESTIONS: E-Mail Event Organizer Dan Curley at northernpoint@gmail.com

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement

In consideration of being permitted to participate in any way in the Orienteering USA member club events, I and/or my minor child, our personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I and/or my minor child understand the nature of orienteering activities and that I and/or my minor child are qualified, in good health, and in proper physical condition to participate in such activity. I further agree that if at any time I believe conditions to be unsafe, I and/or my minor child will immediately discontinue further participation in the activity.
2. Fully understand that (a) orienteering activities involve risks and dangers of serious injury or in extreme cases, death. (risks) (b) these risks and dangers may be caused by me and/or my child's own actions, or inaction, or the actions or inaction of others participating in the activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks either not known to me or not readily foreseeable, and I fully accept all such risks and responsibility for losses, costs and damages, I and/or my minor child incur as a result of my participation in the Activity.
3. Hereby accept and assume all such risks, and assume all responsibility for the losses, costs and/or damages following such injury, or death, even if caused in whole or in part, by the negligence of the "releases" named below.
4. Hereby release, discharge and covenant not to sue the member club, their respective administrators, directors, agents, officers, officials, volunteers, and employees, other participants, any sponsors, advertisers, Orienteering USA, Orienteering Louisville, the Boy Scouts of America, The Lincoln Heritage Council BSA, host third party operators and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "releasees" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations, and I further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement I and/or my minor child, or anyone on my and/or my minor child's behalf, makes a claim against any of the releasees I will indemnify, save and hold harmless each of the releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.
5. I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely without the inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Event Site: **Crooked Creek Scout-O Championships 2018 – March 10, 2018**

Signature of Participant

Print Name

Date

Signature of Parent/Legal Guardian
(If Participant is under age 18)

Print Name of Minor Child

Date

Telephone _____
(where we can contact you today if needed)

TROOP REGISTRATION FORM – Scout-O Championship 2018 – Crooked Creek

Leader Name: _____ Troop: _____

Address: _____ Phone (____) _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Team	Name	Rank	Name	Rank
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

_____ Youths Registered x \$10.00 + _____ Adults Participating x \$10.00 = \$_____ TOTAL

Only adults who are participating in training workshops and going on a course(s), or who want a map need to pay the \$10 fee. Adults are highly encouraged to participate.

E-MAIL THIS FORM TO: northernpoint@gmail.com by **Friday, March 2, 2018** to reserve spots for your Scouts. We need counts by the end of this day.

ALL PARTICIPANTS MUST BE PRE-REGISTERED TO ENSURE ENOUGH MAPS, HANDOUTS AND PATCHES ARE AT THE EVENT.

Make checks payable to ORIENTEERING LOUISVILLE and send to:

Orienteering Louisville
 5504 Cross Creek Drive
 Crestwood, KY 40014