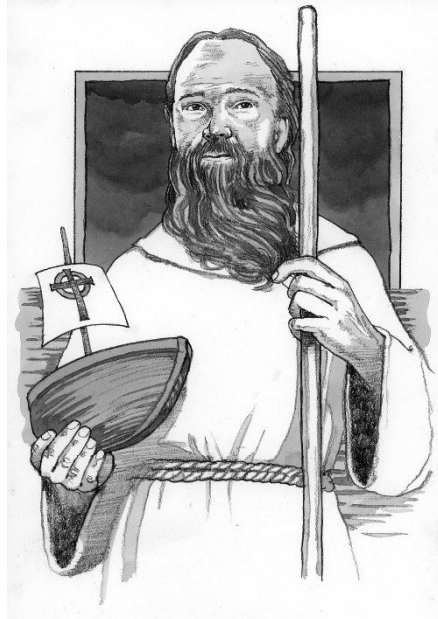


**Achievement Course: Orienteering**  
**Recommended Ages: 10-18 years of age**  
**Approximate Completion Time Frame: 3-6 months**



Saint Brendan, pray for us!

Saint Brendan is the patron saint of sailors, watermen, explorers, and navigators. Saint Brendan, also known as Brendan the Navigator, was born in Ireland in 484 and died there in 577. He is noted for sailing off to faraway lands to preach the Word of Christ. He established monasteries and schools in Ireland to help the faith grow. Tradition holds that he was guided by an angel while leading 3,000 monks in the newly founded monastery.

**Objective:** To demonstrate a proficient skill level with a compass and map used in orienteering.

1. Requirements
  - a. Explore and define orienteering in your own words.
  - b. Think about instances when you may need to use a compass or map.
2. Point out the following parts of an orienteering compass and describe their use.
  - a. Compass needle
  - b. Orienteering arrow
  - c. Orienting lines
  - d. Compass housing
  - e. Direction of travel arrow
3. Explain what a pace count is.
  - a. Show that you know how to follow a compass heading and pace count.
  - b. While walking, determine your pace by pace counting for 100 meters.
  - c. While running, determine your pace by pace counting for 100 meters.
  - d. Explain why pace counts are different between walking and running dependence on the person (hint: length of legs affect stride).
  - e. Describe the significance of pace counting and when it can be useful.
4. Show that you know how to orient a map using an orienteering compass.
  - a. Point out the different parts of a topographic map.
  - b. Show how to determine distances and compass headings using a topographic map.
5. Participate in an orienteering course with your troop or patrol.
  - a. Orienteering course
    - i. This can be a course laid out with control points and a list of compass headings with pace counts, or
    - ii. A course with control points marked on a topographic map which you must measure distance and compass heading from the map.
6. Create your own orienteering course with at least 10 different control points.
  - a. This must be completed with control points marked on a topographic map.
  - b. Participants must measure distances and get compass headings from the map and locate all control points.