

# Guidelines on Areas for Coaching Orienteering



Type of Area	Characteristics of Area	Minimum Recommended Qualification for the leader	Suggested Staffing Ratio	Some Safety Issues
<b>A - Small &amp; enclosed areas such as school or outdoor centre grounds</b>	Small and “simple” areas with very clear boundaries, good access, plenty of handrail features such as paths or fences and so small as to allow supervision of the participants at frequent intervals. An absence of all such hazards as busy traffic, crags, fast or deep water	Leaders should have a competent understanding of orienteering, of basic course planning and of how to introduce the sport through sequenced progressive exercises.  This competence may best be obtained by attending a short National Governing Body course designed for parents, teachers, centre instructors or others interested in beginning coaching e.g. Teaching Orienteering Part 1 course, the British Orienteering Introduction to Coaching workshops (from 2017), Post 2008 Level 1 Coach Award in Orienteering or having been successfully assessed under the previous British Orienteering Coaching Award Scheme at Level 1.	1 to 12 at centres. 1 to 30 in school grounds although ideally one qualified leader to 20 with at least one other adult to monitor the activity and assist skill development.	Taking part in pairs can increase confidence and perceptions of safety for beginners or the young.  Emphasise that pairs must stay together.
<b>B - “Other” local areas such as parks, small woods or clearly defined small sections of a larger wood</b>	Areas with clear boundaries, good access, plenty of handrail features such as paths or fences and small enough for supervision of participants at regular intervals.  When using a small part of a larger mapped area the boundaries must be clearly defined with tape or patrolling adult helpers.  An absence of obvious hazards such as busy traffic, crags, fast or deep water	Attendance at Teaching Orienteering Parts 1 and 2 courses or Post 2008 Level 1 Coach Award in Orienteering qualification. British Orienteering Instructor / pre-2008 Level 2 coach qualification.	One qualified Instructor to 15 with at least one other adult to assist  Similar ratios should be adhered to at Club activities.	Taking part in pairs can increase confidence and perceptions of safety for beginners or the young. Staff should be prepared to travel quickly around the area when necessary – for instance by running or cycling.  Boundaries and appropriate relocation strategies should be made known to the participants. If any boundaries are hard to define, the use of marshals at points causing concern is recommended

<b>C - Training on other areas which are neither complex nor exposed</b>	Appropriate areas include easier forests or country parks and sites with clear boundaries and ready access for assistance or for emergency vehicles.	Level 2 Orienteering Coach Certificate or pre 2008 British Orienteering Coach Level Three / formerly Club Coach qualifications.	1 to 12 with at least one other adult to assist.	The on-site risk assessment requires an experienced, licensed orienteering coach
<b>D - Training on more demanding areas</b>	Complex, exposed or mountainous areas should be avoided except where sufficient staffing expertise is present.	Pre 2008 British Orienteering Level 4 / Regional Coach award or higher, L3 Coach Certificate (post 2008) or a British Orienteering Club Coach / Level 3 or Level 2 Certificate Coach (post 2008) who has attended the Safety Workshop on Coaching in Remote / Exposed Terrain	1 to 12 with at least 2 adult staff.	The on-site risk assessment requires an experienced, licensed orienteering coach
<b>First Aid Certificate</b>	<p><b>British Orienteering coaches are required to have an up to date first aid certificate in order to be considered to be 'licensed'</b></p> <p>Coaches should risk assess the nature of the area being used and the speed and ease of access for emergency vehicles in order to determine the level of 1<sup>st</sup> Aid training required:</p> <ul style="list-style-type: none"> <li>• Grade A, B and accessible parts of a Grade C area = Emergency 1<sup>st</sup> Aid evening training</li> <li>• Grade C larger orienteering club areas = one day 1<sup>st</sup> Aid training</li> <li>• Grade D exposed or more remote areas = two days outdoor 1<sup>st</sup> Aid training</li> </ul>			

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