

BRITISH ORIENTEERING COACHING LOGBOOK

Using the Logbook

This British Orienteering Logbook has been designed for a busy coach. It is user friendly, quick and easy to complete and able to be adapted to your own needs.

The first section contains a number of documents that will be of use in planning your coaching sessions:

- G4 The Step System
- G5 Colour Coded Course Planning Notes
- G6(a) Session Planner 1.
- G6(b) Session Planner 1, example.
- G7(a) Session Planner 2.
- G7(b) Session Planner 2, example.
- HS2 Parental Consent Form.
- HS4 British Orienteering Safety Guidelines for Schools, Outdoor Centres and Squads.
- HS5 Incident Report Form.

[There is a British Orienteering Publications and Products Catalogue to satisfy any other resource requirements you may have.] available soon.

The 'Coaching Experience Summary Sheets' will enable you to easily provide some of the evidence needed to renew your Coach Award at three yearly intervals.

Committed and active orienteers need not include all their competition experience although less active Coaches may include all theirs.

Personal Details

This section is a summary of information held by British Orienteering, including the Coach's British Orienteering Award and other relevant qualifications and posts held.

NCF Code of Ethics

All British Orienteering's Coaches are expected to abide by the Code.

Diary

A calendar of British Orienteering Fixtures and Coaching dates for the coming year.

Note

All of the sheets and information contained in the Logbook are available on www.britishorienteering.org.uk coaching pages. If some are of particular use to you then please print off further copies.

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