

GRADED GUIDANCE ON APPROPRIATE AREAS FOR ORIENTEERING TRAINING with pointers to recommended qualifications, staffing & safety issues

Type of Area	Characteristics of Area	Recommended Qualification for the leader	Suggested Staffing Ratio	Some Safety Issues
A - Private “safe” areas such as School or Outdoor Centre grounds	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 teachers or centre instructors. An appropriate certificate would be British Orienteering Coach Level One.	1 to 12 at centres. 1 to 30 in school grounds. One qualified leader to 20 with at least one other competent leader to monitor the activity and assist skill development at Club Events or on “simple” areas.	If the activity concerned is a trip to a Club Orienteering Event with an organised group then it is especially important to give them advice about a cut off time at which they should “retire” if they have not completed the course. Emphasize that all starters in an event or activity must report to the Finish.
B - “Other” local areas and small woods	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. An absence of obvious hazards such as busy traffic, crags, fast or deep water	British Orienteering Coach Level Two certificate. This competence may best be obtained by attending a short National Governing Body course of training, followed by assessment and certification under 1 st 4sport.	One qualified Instructor to 20 with at least one other competent leader to monitor the activity and assist skill development.	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.
C - Training on other areas which are neither complex nor exposed	Appropriate areas include easier forests or easier country parks and sites with clear boundaries and ready access for assistance or for emergency vehicles.	British Orienteering Coach Level Three certificate. This competence may best be obtained by building up coaching experience, then attending a National Governing Body course of training, followed by assessment and certification	1 to10 for experienced competent participants; 1 to10 with at least 2 competent staff for a less experienced group	The on-site risk assessment requires an experienced orienteering coach
D - Training on more demanding areas	Complex, exposed or mountainous areas should be avoided except where sufficient staffing expertise is present.	British Orienteering Coach Level Four certificate. This competence may best be obtained by building up more coaching experience, then attending a National Governing Body course of training, followed by assessment and certification	1 to10 with at least 2 competent staff	The on-site risk assessment requires an experienced orienteering coach