



LEVEL 1 COACH ASSESSMENT TICK LIST

Candidate..... Assessor..... Date.....

Pre Assessment Checklist	✓	Notes
Task 1 • Information re participants, • Session plan and accompanying maps etc • Risk assessment		
Task 2 White or yellow course and control descriptions		

1 Personal Orienteering experience		
2 Instruction and coaching skills		
2.1 Organize & plan simple introductory exercises and competitions up to and including level 2 on the step system. <i>Course planned, drawn and set out in terrain, Written control descriptions</i>		
2.2 Coach basic orienteering techniques in a effective and safe manner. <i>Observe practical session teaching appropriate skills to a group up to level 2.</i>		
3 Knowledge and understanding of the sport		
Up to date knowledge of instruction methods. <i>Demonstrate knowledge of the step system.</i>		
Understand principles of access.		
Understand safety procedures.		
Be able to provide information to newcomers.		

Overall assessment

Signed	Assessor	Date / /
Signed	Candidate	Date / /