

BRITISH ORIENTEERING



LEVEL 3 COACH AWARD

ASSESSMENT REQUIREMENTS AND ASSESSMENT OUTCOME FORM

Candidate: Assessor:..... Date:

PRE-ASSESSMENT CHECKLIST		NOTES
Satisfactory completion of application for assessment		
ASSESSMENT ATTAINMENT TARGETS		
1. PERSONAL ORIENTEERING SKILLS		
1.1	Demonstrate competence up to level 5 on the Step System <i>Achieve a green standard at one event</i>	
2. COACHING SKILLS AT LEVELS 4/5		
2.1	Prepare skills development programmes <i>Programme of six sessions planned</i>	
2.1	Co-ordinate skills development programmes <i>Implementation of programme of 4+ sessions.</i>	
2.2	Organise skills development sessions <i>Session plans & observation</i>	
2.2	Plan skills development sessions <i>Planned courses at level 4/5 + descriptions.</i>	
2.2	Lead skills development sessions <i>Observed session coaching</i>	
2.3	Coach individuals and group <i>Observed session coaching</i>	
KNOWLEDGE AND UNDERSTANDING OF THE SPORT		

3.1	Knowledge of instruction methods <i>Step System; recent literature; types of Exercises; learning/coaching processes.</i>	
3.2	Principles of exercise <i>Components of fitness; principles of training; energy systems; training methods</i>	
3.2	Injury prevention <i>Warming up; cooling down; stretching; heat and cold</i>	
3.3	Maps <i>sources, reproduction; copyright</i>	
3.4	Land Use <i>permissions; permits; insurance; registration; environmental issues</i>	
3.5	Safety procedures <i>as per British Orienteering Safety guidelines</i>	
3.6	Equipment <i>competent with 3 main compass types; IOF pictorial descriptions</i>	
3.7	British Orienteering Structure <i>At all competition levels: membership, events, coaching</i>	
3.8	Services and resources <i>Appropriate to level 4-5 coaching</i>	
3.9	scUK Code of Ethics.	
OVERALL ASSESSMENT:		
Signed Assessor:		Date
Signed Candidate:		Date

Please return to the Coaching Manager at the British Orienteering National Office together with the Level 3 Application for Assessment Form.

COACHING – A GREAT ROUTE CHOICE!