

SHADOWING CHECKLIST to complete after the run.

Shadowing often results in a change of style of the person being shadowed. To minimise this try to keep an appropriate distance behind the athlete. This will depend on terrain and visibility; close enough to see what the athlete is doing, far enough behind so as not to affect the athlete's own style.

Some athletes will not be used to shadowing and therefore may initially find the experience off-putting. More experienced athletes will be less affected. It may, for example, be appropriate with less experienced athletes for the shadower to lead for part of a course, if only to minimise the feeling of 'being watched'.

Stopping mid course for review will also depend on the athlete. If things are going well, try not to break the flow. If you need to make a teaching point, do so as few times as possible. Doing so to allow another athlete to pass, for example, may be an appropriate break.

Between Controls	Yes/No	Comments
Is the map being read on the run?		
Is the compass being read on the run?		
How often is the compass used?		
Is the speed appropriate?		
Is simplification used?		
Is the choice of line good?		
How good is their running in terrain?		
Into Controls	Yes/No	Comments
Is an attack point used?		
Do they know the code and description before arriving?		
Is there hesitancy in the circle?		
Is their speed appropriate?		
From the control	Yes/No	Comments
Do they stand at the control?		
Have they planned ahead?		
Do they flow through the control?		
Missed Controls	Yes/No	Comments
Do they stop and look around?		
Do they relocate rapidly?		
Do they find a new attack point?		
Is their handling of mistakes systematic?		
General	Yes/No	Comments
How many stops and how long is spent:	TIME	
To read the compass		
To read the map		
To select a route		
How much are they distracted by other competitors?		
Is route choice biased towards easy path routes?		
Is full use made of available contour detail?		
Is their general level of fitness able to cope with the demands of the terrain?		
Others? (add your own)		

Don't worry about watching every aspect at once – this is very difficult! Over time a complete picture of each athlete will be built up from shadowing by different coaches.