



Level 4 Certificate in Coaching Orienteering

Introduction

British Orienteering requires that a Level 4 coach be able to demonstrate their ability to;

- Orienteer confidently and successfully at Technical Difficulty 5
- Develop and manage coaching sessions for groups at all levels of the British Orienteering Step system.
- Develop personal training programmes for individual athletes up to Technical Difficulty 5.

Conditions

A candidate must:

- a) Be a **qualified Level 3 Coach** or be able to satisfy the requirements of that award
- b) Be conversant with **British Orienteering's publications** – 'Orienteering - Training and Coaching', 'Teaching Orienteering and the Coaching Collection'.
- c) Be an **experienced competitive orienteer**.
- d) Be familiar with the principles of Group Management, Goal Setting, Coaching/Learning Principles, Communication Skills, Physical Training, Mental Training, Performance Analysis, Coaching Planning and Evaluation, Warm-up/Cool Down Theory, Sports Medicine and Diet.

Competence Levels and Assessment

British Orienteering expects a **Level 4 Coach** to possess a wide knowledge of orienteering, together with a full understanding of coaching and instructional techniques and the ability to communicate these to orienteers of all abilities. He/she should also have the ability to coach and motivate groups of orienteers effectively on a personal level and to organise activities involving other coaches.

The assessment will be in two parts:

- a) For the practical part the candidate will be **assessed while coaching a group of competent orienteers**.
- b) For the **written or oral assessment** the candidate will be expected to be able to show that he/she:
 - i. Fully understands the **principles behind technique exercises** that test and reinforce orienteering skills at specific levels.
 - ii. Is able to **put on exercises to improve an orienteer's skills** in simplification, the use of attack points and the compass, in the judgement of distance, in

route choice and relocation, in the judgement of speed and technique suitable to the terrain, and in contour appreciation; to the extent of being able to organise training sessions for Regional Associations or National Squads.

- iii. Fully understands and can apply the **principles of course planning**
- iv. Is able to organise and conduct a **coaching weekend** for a group, e.g. a training weekend for a club, or a Regional Squad course.
- v. Is able to **coach effectively on a personal basis**, and to advise an orienteer on a suitable programme of fitness and technique training to improve his/her performance.
- vi. Is able to **advise on basic first aid measures** for common sports injuries and appropriate sports injury services.
- vii. Knows the benefits of **warm up and stretching exercises** and can demonstrate a range of flexibility exercises.
- viii. Has a knowledge of **exercise physiology** as applied to both sexes and different ages and abilities of orienteers and understands the principles of cardiovascular fitness and training as applied to orienteering.
- ix. Understands and can demonstrate the use of the **non-sports' specific areas of coaching**, sports psychology, mental preparation and motivation dealt with in relevant sportcoach UK resource packs and modules.
- x. Understands the mapping process and map interpretation.

In addition to resources appropriate for the Level 3 Coach, sportcoachUK provides study packs and information on Group Management, Goal Setting, Coaching/Learning Principles, Communication Skills, Mental Training, Performance Analysis, Coaching Evaluation, Warm-up Theory, Sports Medicine and Diet. These are all appropriate for the Level 4 Coach's sphere of work.

- c) **Coaching Record.** The candidate will be required to show a satisfactory level of orienteering and coaching activity prior to assessment.

Assessment Procedure

A qualified Level 5 Coach will carry out the assessment for this award. An appropriate assessment question paper is available from the Coaching Director.