

## **British Orienteering Coaching Committee**

**Minutes of the Meeting of Coaching Committee held on  
Saturday 13<sup>th</sup> NOVEMBER 2010 at  
Carr's Lane Church Centre, Birmingham, B4 7SX**



### **10/45 Chairman, Welcome and Introductions**

Present; Keith Marsden, Chairman; Mike Hamilton, Chief Executive; Ed Nicholas, Development Manager; John Woodall, Director; Lynne Walker, (SOA), Dave Rogers (SCOA), Hilary Palmer (EMOA), Nev Myers (YHOA), Don McKerrow (SEOA), Christine Vince (SWOA), Caroline Louth (EAOA)

### **10/46 Apologies for Absence**

Jim Clarke (BSOA) Mark Saunders (WOA), Ursula Oxburgh (EAOA), Ruth Lockley (WMOA), Jon Carberry (NWOA)

Corresponding members; Raymond Finlay (NIOA), Linda Thornton (NEOA).

### **10/47 Declaration of Interest**

Committee members were requested to declare any personal interest if the need arose during the discussions.

### **10/48 Minutes of last two meetings for approval**

The minutes of the last two meetings were approved. See British Orienteering web site;

[http://www.britishorienteering.org.uk/downloads/documents/governance\\_minutes\\_coaching\\_12\\_06\\_10.pdf](http://www.britishorienteering.org.uk/downloads/documents/governance_minutes_coaching_12_06_10.pdf)

and

[http://www.britishorienteering.org.uk/downloads/documents/governance\\_minutes\\_coaching\\_09\\_10\\_10.pdf](http://www.britishorienteering.org.uk/downloads/documents/governance_minutes_coaching_09_10_10.pdf)

### **10/49 Matters arising not covered by the agenda**

#### **Funding**

The Chief Executive confirmed that the meeting expenses of this Committee were met from British Orienteering's own funds.

#### **Disaster Management Plan (Emergency Response Plan)**

It was not clear the stage that this document was at. International Committee believed it was awaiting Board approval whereas the Chief Executive confirmed that it had not been to the Board.

**Action; MH to enquire.**

The Chief Executive confirmed that it should be possible for the insurance requirements for the Lagganlia tour to be added to the British Orienteering policy, probably at a favourable rate.

**Action; NM to inform Lagganlia TM**

#### **Administrative Procedure**

It was confirmed that the revised Administration Procedure had been communicated to Coach Educators etc.

Procedure to be updated on British Orienteering web site.

**Action; MH**

#### **eLearning for UKCC Level 1**

Work is proceeding on the knowledge sections of Level 1. It is currently waiting for the British Orienteering web site to be updated in order to get feedback.

**Action; MH**

### **Assessor DVD**

Update from Carol McNeill; 'Roger (Layfield) is fine tuning it as we speak. We hope that this will be just about the final version. We have put in several major changes after everyone's comments.'

### **Coaching Kit**

This is proving difficult to progress. There were some discussions regarding outsourcing however the quantities are small.

It was wondered whether coaches could have their own kit badged but again this may be expensive given the quantity involved.

**Action; MH to consider.**

Views will be sought at the Coaching Conference

## **10/50 Feedback from the Board**

The Board is currently organising the sport within the funds available. And planning for any further reductions.

The agreement with the Forestry Commission is in abeyance until 1<sup>st</sup> January 2011. There is currently a Government consultation proceeding with regard to the future of the Forestry Commission which may have an effect on the outcome.

The British Orienteering aim would be to reduce costs, perhaps in the areas of juniors and coaching.

**Action: MH**

The situation with regard to administrative manning had been 'fraught' for a while but it is hoped that things will improve. There has already been the addition of a junior member of staff to the office and another member is due to start on Tuesday.

It is planned that this new member will take over matters dealing with coaching and become the point of reference for coaching processes and procedures.

There is however a backlog of items and any additional items should be sent to the office by e-mail rather than post.

The Chief Executive was asked whether there was a consolidated list of (CRB) document checkers and whether it could be published.

**Action; MH to supply**

## **10/51 Continuous Professional Development (CPD)**

Discussion centred around the two documents previously circulated and included as appendices to these minutes (Appendices A and B)

A number of reservations had been expressed from Regional Representatives via e-mail and from Representatives at the meeting. Those concerns ranged from the difficulty that some people may find in achieving the number of 'three year points' in the current draft scheme to the start point of any three year period of licensing.

Time was therefore spent addressing such possible problems and then the committee moved on to how best to introduce the new scheme to licensed coaches and explain the thinking behind it.

It was pointed out that a CPD system for coaches was a part of a much wider development programme being implemented by British Orienteering that would eventually encompass all event officials. This was evidenced by the recent implementation of the event safety module for event organisers and controllers.

Some members suggested that the term Continuous Personal Development was more appropriate in a volunteer organisation and would get away from the more business orientated Professional Development.

As mentioned above there had been some concern regarding the overall three year points score and after some discussion these were reduced to 75 and 90 for Level 1 and Level 2 respectively.

The paper was also amended to clarify what was meant by the three levels, thus;

- Level 1 indicated 'Old' Level 1 and 2 as well as UKCC Level 1.
- Level 2 indicated 'Old' Level 3 as well as UKCC Level 2.
- Level 3 indicated 'Old' Levels 4 and 5 as well as UKCC Level 3.
- There would be no Level 4.

It was also pointed out that we should beware employment law where-by setting too high a total may make it more difficult for those seeking paid employment and who may consider the previous scores limiting.

The Committee then moved on to the introduction of such a scheme. It was felt that the letter accompanying the scheme should be more positive and that more publicity should be provided before the scheme was introduced.

To this end it was decided to delay implementation until after the 2011 Coaching Conference (See 10/55) at which an introductory paper would be presented. Dave Rogers agreed to prepare and present the paper.

**Action; DR**

Christine Vince suggested that more publicity via CompassSport and Focus would also be useful and volunteered to write a paper for the February edition of CompassSport.

**Action; CV**

Regional Representatives were also urged to keep the coaches in their region up to date on the progress of the scheme.

**Action; RR's**

There was then some discussion regarding the implementation and 'rolling dates' for the scheme. It was decided that the start would be at a date yet to be decided and would run for three years from that date. For new coaches the start of their CPD period would begin at the start of their Licensing period.

Since the end of the first cycle would not be until 2014 it was felt that volunteers should be sought in order for the committee to receive feedback with regard to the contents of the scheme, the scoring system and the overall scores.

**Action; RR's**

## **10/52 Development and Coaching**

A paper (Appendix C) was presented by the Development Manager outlining the needs for additional coaching staff and an approach which is aligned with the needs of Community 'O'; Community 'O' being the programme favoured to increase the participation within orienteering. The paper also recognised that the current method of delivery, through courses, to gain coaching qualifications needed to continue for those candidates who prefer that method of education.

There was a debate regarding the appropriateness of Community 'O' in some regions. Some Regional Representatives who covered areas without any major conurbation felt that Community 'O' would be a small part of their development going forward. Others felt that in their area there were likely to be better alternatives due to specific club circumstances.

However all agreed that an alternative to traditional methods of course training needed to be encouraged without abandoning those styles that had been successful in the past. It was felt that we should immediately begin to trial this 'mentored education' alternative and Hilary Palmer agreed to trial it at one of her local satellite clubs.

The Chairman reminded the meeting that any approach must take into account the reward mechanism to Educators, Assessors and Internal Verifiers as well as the cost and convenience to candidates.

The Development manager felt that we could not wait for the completion of a 'trial' as this may take some time. Hilary was therefore asked to provide an interim report that could act as a guide to other 'mentor educators' and would cover such areas as;

- Teaching individuals or small groups
- Task completion
- Independent assessment
- Costs to the learner
- Reward to the educators, assessors etc.

**Action; HP**

## **10/53 Coach Education**

### **UKCC Levels 1 and 2**

Both UKCC Level 1 and Level 2 had been converted to conform to the new Qualification Credit Framework (QCF) which comes into effect from 1<sup>st</sup> January 2011.

The changes to Level 1 had been fairly trivial however those to Level 2 had been more extensive. As a result there were some changes to the British Orienteering supplied resources.

The Chairman was asked to provide a paper headlining the changes to Level 2.

**Action; KM**

It was also confirmed that courses registered with 1<sup>st</sup>4 sport before the end of 2010 could go ahead on the 2010 format.

**CTS/IAPS/CIVPS** (Certificate in Tutoring in Sport/Introduction to Assessment Practise in Sport/Certificate in Internal Verification Practise in Sport)

All these awards, which are the basis for the UKCC awards, are due to be replaced by new awards under the QCF framework. An evaluation as to the effects and work involved is being undertaken by Pat Mee and Hilary Palmer. It was proposed that an update be provided to those affected at the 2011 Coaching Conference.

### **UKCC Level 3**

A progress report (Appendix D) had been supplied prior to the meeting. It was emphasised that development was being done with reference to the current practises and future needs of the British Orienteering International Performance Department and discussions with IPD were continuing.

### **Development Strategy**

It was felt that there was a need for a 3-5 year strategy for coaching and coach education and that discussion on this could usefully form part of the Coaching Conference.

**Action; KM**

## **10/54 Coaching General**

### **Coaches Data Base**

All Regions reported that they had undertaken a review of the data relating to the coaches in their Region and were attempting to correct and/or bring up to date as appropriate.

NM indicated that he was intent on organising a Regional coaching meeting in YHOA once the data quality had been improved.

It was queried whether the planned 6 month/3 month 'warning' e-mails had begun to be produced as members had no record of such warnings.

**Action; MH**

It was also asked which of the items identified on the original database snagging list had been addressed.

**Action; MH to pursue.**

### **ODP Working Party Membership**

It was believed that Jon Carberry was a member of the Working Party.

**Action; KM to enquire**

### **Coaching Days**

Carol McNeill has agreed to organise a Coaching day on 16<sup>th</sup> April; the day before an open event on Graythwaite.

All Regional Rep's were asked to consider organising a Coaching day in their region. Coaching days have proved popular and getting more into the calendar would be helpful.

**Action; RR's**

### **COTY (Coach of the Year)**

Representatives were asked to provide nominations in the new year for the COTY award.

**Action; RR's**

### **Incentive schemes (Star Awards)**

A paper had been circulated giving an update on the trial of the 'Star Awards'.

(Appendix E)

Further feedback from SOA was requested for the March meeting of Coaching Committee and in the meantime the Regional Representatives were requested to circulate the information and obtain any reaction.

**Action; RR's**

It was pointed out that the Star Awards would fit well with the Talent Pathway currently being developed by IPD and suggested that discussions regarding their use should be begun.

**Action; LW/NM to discuss with Sarah Hague**

## **10/55 Annual Coaching Conference**

Lynne Walker had volunteered to organise the 2011 conference and had circulated a paper (Appendix F) for discussion and comment.

Lynne was thanked for her work and there were a number of suggestions made. For instance it was decided that the word 'Conference' be retained but that a second strap line be added to the title, to more fully explain its content.

All representatives were asked to feed back further comments and suggestions by 20<sup>th</sup> November in order to enable Lynne to circulate a draft programme.

The Development Manager is to discuss funding possibilities.

The intention is to publish a programme to all British Orienteering members before Christmas.

**Action; All/LW/EN**

## **10/56 Report from BSOA**

Jim Clarke had reported 'Successful NSSC in October and looking forward to BSOC and the World Schools selection races next w/e'.

## **10/57 Reports from Regions**

There was a brief discussion regarding this section of the meeting. Representatives agreed that it was a useful discipline to find out what coaching activities were taking place within their region and to provide a report. It was felt that the reports provided a useful exchange of information and the opportunity to question the authors was also useful. However it was felt unnecessary for each Representative to give a verbal report at the meeting.

Those reports submitted are included as Appendix G to these minutes.

## **10/58 Reports from other committees**

### **SCG**

The representative, Ursula Oxburgh, was not present.

### **JCG**

Hilary Palmer announced that she had decided to stand down as Coaching Committee representative on Junior Competitions Group. She was therefore seeking

someone to attend the next meeting on 15<sup>th</sup> January 2011. It was noted that there is only one meeting per year of JCG.

All expressions of interest to Hilary Palmer.

**Action; RR's**

**ECSG**

Nev Myers reported that there had been no recent meeting.

**Trail 'O'**

Christine Vince reported that there was considerable activity taking place in preparing for the Trail 'O' World Champs to be held at Tentsmuir next year.

**10/59 Any other Business**

It was suggested that Gareth Candy should be invited to attend the committee. This was generally agreed subject to the agreement of the Chief Executive.

**Action; KM**

**10/60 Next Meetings**

19<sup>th</sup> March 2011, 11<sup>th</sup> June and 12<sup>th</sup> November 2011.

## APPENDIX A

### Proposed CPD letter

British Orienteering, through its Coaching Committee, is working to provide more support to you as coaches and particularly to inform you of current good practice. Through this support we believe that, as well as, enabling you to gain more satisfaction from your coaching you will be able to earn and maintain the respect of the participants you coach

Those of you who have been licensed coaches for any period of time will know that at the end of every three years you have been asked to provide evidence of the coaching you have been doing in order to renew your British Orienteering licence. This was required to ensure British Orienteering, and the participants you coach, knows that you are a practicing coach with current coaching experience.

However we understand that there is more to keeping yourself up-to-date as a coach than continuing to coach using the processes, even sessions, that you used last year or even five years ago. As coaches we all owe it to our athletes to make every effort to be aware of changes in coaching methods and philosophies; of revised thinking and techniques and to be able to implement the latest good practice.

British Orienteering has recently been fortunate in having the opportunity to upgrade its coach education and training and the implementation of the UKCC awards means that many new coaches are joining the ranks of licensed British Orienteering coaches.

In implementing UKCC we are developing a group of coaches with up to date skills and knowledge. We are now taking this opportunity to further develop the coach education system to progress the knowledge, training and experience of our coaches.

The Coaching Committee is proposing to increase the support provided to coaches through the implementation of a Continuing Professional Development (CPD) programme. This CPD programme will formalise the process that has been in place for many years and widen the scope of activities available that can count towards the renewal of your coaching licence.

The attached paper outlines the process that each of us will be asked to go through; in effect it acts as a diary of our coaching related activities and by dividing these activities into the three categories of knowledge, activity and practise it aims to guide us towards support that will maintain up-to-date coaching methods and widen our knowledge.

It is also British Orienteering's intention to help in what ever ways it can by, for example, highlighting material, articles, books, web sites etc. that will support you to maintain your status as an active, knowledgeable and up to date coach.

You will see that the process requires you to accumulate points under three categories with minimum scores being required in each of the categories over the renewal period. We have tried hard to make the accumulation of points as broad as we can but at this stage if you believe that you have undertaken some other activity which will enable you to become a better coach then please let us know and the Coaching Committee will decide whether we agree with you. This mechanism to help us to support you and enable you to demonstrate that you are maintaining and developing your skills as a coach is being formulated and your feedback will be appreciated.

We would like the new Continuing Professional Development programme to begin in 2011, and so if you wish to renew your licence at the end of 2011 you will be the first to go through the new process which will require you to accumulate one third of the necessary points and those renewing at the end of 2012 will be required to accumulate two thirds of the necessary points.

As indicated above the Coaching Committee doesn't believe that it got it right 'first time', so if you have comments or suggestions that may improve the programme please do not hesitate to contact your Regional representative on Coaching Committee or myself.



## APPENDIX B

### Continuing Professional Development (CPD) for Coaches

September 2010

#### Introduction

Over the past year the Coaching Committee of British Orienteering has discussed and subsequently agreed that a Continuing Professional Development (CPD) programme should be implemented for its coaches, trainers, coach educators, assessors and internal verifiers.

The Committee has agreed that such a programme should be implemented. The purpose of such a programme being to ensure that all licensed coaches etc maintain and improve their knowledge and skills by undertaking a range of activities.

#### Why Implement a CPD programme

The benefits of a CPD programme are seen as allowing individuals to

- build confidence and credibility through tracking their individual learning activities
- form and achieve goals by focusing on their training and development
- cope positively with change by constantly updating their skill sets
- being more productive and efficient by reflecting on their learning and highlighting gaps in their knowledge and experience
- adding value to the sport through their increased competency

From British Orienteering's point of view it ensures that a person, who perhaps has no desire to take a higher qualification, maintains their level of knowledge in line with current thinking and practices.

The programme addresses the three key components of;

- Knowledge
- Training
- Experience

These three components encompass

*Knowledge:* refers to the information relevant to their coaching activities.

*Training:* refers to activities that guide the individual to apply their gained knowledge in practical situations.

*Experience:* refers to activities that are conducted during the individual's coaching and which contribute to the enhancement of the quality and effectiveness of the individual as a 'professional' coach.

There are also those skills which are learnt outside the main context of the programme. These are referred to as 'Transferable skills' and could fall into any component.

#### The CPD Process

Every coach, wishing to be licensed by British Orienteering, will maintain their own CPD log and submit it as part of the regular three yearly licensing renewals. Review of the submitted log may be by British Orienteering or a nominated Licensed Coach.

In addition it is also likely that such a system will require British Orienteering to

- highlight texts that constitute CPD learning
- develop specific texts or on-line learning processes
- monitor and maintain up to date material provided by British Orienteering

- direct British Orienteering coaches to relevant material e.g. coaching research material  
British Orienteering will supply Coaches with reminders three months and one month in advance of their licence lapsing i.e. of their CPD renewal being due.

The CPD programme will be administered by British Orienteering.

## The CPD Programme

### Framework

In order to maintain their status as a British Orienteering Licensed Coach, an individual will be required to undertake activities which maintain and extend their knowledge and skill as a licensed coach

Activities will cover the three areas of knowledge, training and experience.

Activities undertaken by a coach under these headings will be awarded a point's score.  
A coach will be required to attain a minimum total point's value over the three year cycle depending upon the level of their Coaching Qualification.

The coach will maintain a log of such activities which will be submitted to British Orienteering at the point of their licence renewal such that their CPD can be verified and their Licence renewed.

Failure to provide such a log or a log which does not show sufficient CPD activities will result in the coach's licence being suspended.

If the coach believes that there were extenuating circumstances which prevented them from achieving the CPD points level they should let this be known at the point of submission of their CPD diary.

### Activities and Scores

***The activities associated with these three key components are listed below together with a points score. For each of the three components a minimum points total is also indicated, as well as the minimum total points by coaching award level.***

It is recognised that it is important that as wide a variety of activities are provided in order to allow coaches with a wide variety of coaching interests e.g. schools to National Squad, technical to physical, practical to educational be able to pursue their chosen coaching pathway.

### Knowledge Activities

For the following activities, we will rely on self-assessment of what would be considered to be reasonable or otherwise during the CPD assessment.

- self-study of relevant related coaching (orienteering or related subjects) texts  
e.g. Teaching Orienteering – Carol McNeil  
A Mental Training Workbook – Steve Bird  
Get Fit for Orienteering – Steve Bird

1 point per hour

- self-study of DVD's or similar (orienteering or related subjects)  
e.g.; Coaching Orienteering – British Orienteering  
Strength and Conditioning – British Orienteering  
Coaching assessment – British Orienteering (tbc)

1 point per hour

- self-study of relevant coaching texts as approved by British Orienteering available through bodies such as;
  - sportscoachUK
  - Coachwise/ 1<sup>st</sup>4sport
  - Peak Performance
  - Running sports

1 point per hour

- self-study of on-line videos or similar (orienteering or related subjects)  
e.g.; Child Protection in Sport Unit (CPSU)

1 point per hour

- self-study of relevant sports-related texts and primary research materials, covering such fields as sports medicine, exercise physiology, sports psychology, and sports nutrition as approved by British Orienteering

1 point per hour

- preparation of appropriate published articles  
e.g. for British Orienteering 'Focus'  
for Club magazines  
for specialist magazines

6 points per article

- transferable skills

case-by-case<sup>1</sup>

## Training Activities

- attendance at British Orienteering Annual Coaching Conference  
One day 3 points; two days 6 points

- attendance and successful completion of a SportscoachUK course  
e.g.; An introduction to LTAD  
Planning and Periodisation  
Coaching children and young people  
A guide to mentoring sports coaches  
Analysing your coaching

3 points per course

- attendance at British Orienteering Teaching Orienteering courses  
2 points per course

- attendance and successful completion of British Orienteering coaching courses

UKCC L1 5 points  
UKCC L2 10 points  
UKCC L3 20 points.

- attendance and successful completion of Coach Education courses  
CTS 5 points;  
IAPS 3 points;  
CIVPS 3 points

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<sup>1</sup> CPD points awarded on a case-by-case basis – please contact British Orienteering's Coaching Director for advice on your particular case.

- attendance at British Orienteering Standardisation meetings  
2 points per meeting
- attendance at First aid courses
 

'4 hour'	4 points
'8 hour'	8 points
'16 hour'	16 points
- attendance and successful completion of sports-related course  
As approved by British Orienteering  
case-by-case<sup>2</sup>
- successful completion of on-line training provided by British Orienteering.  
Case-by-case<sup>3</sup>
- transferable skills  
case-by-case<sup>4</sup>

## Experience Activities

- maintenance of coaching log as a British Orienteering coach  
3 points
- General Coaching activity
  - National Squad
  - Regional Squad
  - Club coaching
  - In School

1 point per hour for preparation and delivery
- coaching on a British Orienteering/Regional Coordinators summer orienteering tour;
 

- Coaching (but not leading a day)	2 points per day
- Coaching (Leading a day)	10 points per day
- TM (acting as a coach)	10 points + points accumulated as allocated to Coaches (above)
- Lead Coach	5 points per day (not leading a day) + 10 points per day (leading a day) + Additional 25 points
- acting as a coach assessor, coach educator, internal verifier on British Orienteering-run coach education courses  
4 points per day
- acting as a Coach mentor in relation to UKCC L2  
6 points per candidate

<sup>2</sup> CPD points awarded on a case-by-case basis – please contact British Orienteering's Coaching Director for advice on your particular case.

<sup>3</sup> CPD points awarded on a case-by-case basis – please contact British Orienteering's Coaching Director for advice on your particular case.

<sup>4</sup> CPD points awarded on a case-by-case basis – please contact British Orienteering's Coaching Director for advice on your particular case.

- Coaching Officer for orienteering club or region  
5 points + 3 points per meeting attended
- Member of Coaching Committee  
5 points + 3 points per meeting attended
- Membership of an appropriate Coaching organisation e.g. SportscoachUK  
3 points
- transferable skills  
case-by-case<sup>5</sup>

### The total three year requirement

The total three year requirement will depend upon the Coach's Coaching award level. The totals will be

	Knowledge	Training	Experience	Total
Level 1	Min 10	Min 10	Min 30	100 pts
Level 2	Min 10	Min 10	Min 30	110 pts
Level 3	Min 15	Min 15	Min 30	120 pts
Level 4	Min 15	Min 15	Min 30	130 pts

Coaching Committee may choose to vary these totals in the light of experience.

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<sup>5</sup> CPD points awarded on a case-by-case basis – please contact British Orienteering's Coaching Director for advice on your particular case.

**BRITISH ORIENTEERING COACHING LOGBOOK**  
For the purposes of verifying

**Continuing Professional Development**

Coaching logbook for three year cycle from *[start date]* to *[end date]*.

**PERSONAL DETAILS**

<b>NAME</b>	
<b>ADDRESS</b>	
<b>CLUB</b>	
<b>BOF NO</b>	
<b>TEL NO.</b>	
<b>e-mail</b>	

**QUALIFICATIONS**

Award	Qualification Date	Renewal Date

**POSTS HELD**

Position	Responsibility	Dates

**ATHLETES COACHED**

Athlete coached	Proficiency Level	Dates

Knowledge Activity	Dates and Hours	CPD Points Claimed
<i>e.g. Teaching Orienteering – Carol McNeil</i>	<i>24-31/05/10, 5 hours</i>	<i>5</i>
<b>CPD Knowledge Total</b>		

Training Activity	Dates and Hours	CPD Points Claimed
<i>e.g. British Orienteering Coaching Conference 2010</i>	<i>5-7/02/10, 2 days</i>	<i>6</i>
<b>CPD Training Total</b>		

Experience Activity	Dates and Hours	CPD Points Claimed
<i>e.g. SGOA Junior Squad Training Day, Mytchett, with preparation</i>	<i>22/05/10, 8 hours</i>	<i>8</i>
<b>CPD Experience Total</b>		

### Total Activity

CPD Activity	CPD Points Claimed
Knowledge Total	

Training Total	
Experience Total	
<b>CPD Total</b>	

Additional comments and notes from the coach
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## **APPENDIX C**

### **Coaching & the Development Programme**

At the September meeting of the members of coaching committee it was requested that the issues discussed at that meeting be put down on paper.

This paper recognises the already significant improvements in the coaching resources and accreditation schemes that have taken place over the last few years – without the Orienteering UKCC having already been implemented the work to be done would be immense.

UKCC has raised the profile and credibility of coaching in orienteering particularly through the 'how to coach' aspects of the training.

### **Challenges**

The challenges facing the development programme in relation to coaching are:

1. To provide a sufficient number of trained and accredited UKCC Level 1 coaches to meet the needs of the Community O programme being developed to increase participation.
2. To provide a number of trained and accredited UKCC Level 2 (or higher) coaches to lead the coaching at the centres where Community O is being delivered; this will include overseeing and mentoring any trainee or accredited coaches working at the centre.

The current delivery mechanisms for UKCC Level 1 are producing insufficient numbers of coaches and coaches that appear to require considerable on-going support to work in the Community O programme.

There are a series of factors that also impact on the challenges outlined above:

- a) Training and support for the development of coaches should be at a local level ie club
- b) Training and support should be cost effective and easily accessible
- c) Ideally the assessment should be 'in the work place' ie at the activity centre
- d) Training should be focused on 'how to coach' as the Level 1 is, with the orienteering content aligned to delivery at an Activity centre
- e) Ideally training and resources should be focused on coaching at an activity centre and provide the trainee coach with 12 to 18 months of work to draw on

### **Possible Solutions**

There is recognition of the very considerable effort that has been expended to deliver UKCC and that UKCC is a much improved coach awards scheme. However the focus of the development of orienteering has changed and whilst this could not have been anticipated when UKCC was being developed there is now a need to ensure the scheme is aligned with the needs of Community O. The advent of Community O being delivered through 'activities centres' has meant that there is a very real need to increase the numbers of coaches available to work in the programme. These coaches need training that enables them to deliver sessions focused on introducing orienteering to newcomers and motivate them to stay involved for 12 to 18 months. It is likely that the newly qualified UKCC Level 1 will have to gain considerable experience, and probably train to become a Level 2 Coach, before being capable of delivering to a mixed ability 'club night' without the immediate support of an experienced Level 2 Coach.

There may a number of ways to meet the first of the challenges outlined above, however the staff and coaches working in the Development Programme have put forward the following solution as being one they believe meets the needs of the Community O programme.

- Interested people are identified and asked if they will help out at activity centres
- Any previous knowledge, competencies or experience is recognised
- A 'mentor' is identified to coordinate trainee development and, if appropriate, to deliver some of the training
- Trainees are given a 'module' of the course work and then mentored whilst practicing at the activities centre, or,  
They are mentored before or after activities sessions and then supported in putting into practice the knowledge/ideas, or,  
The club puts on a 'course' that delivers the knowledge prior to them practicing at the activities centre

- Competence and good practice of the trainee is recognised through witness testimonies or other similar methods – if the mentor is an assessor they will be able to formally sign off many of the portfolio requirements as the trainee delivers at activity centres.
- When the trainee has covered the required material and demonstrated competence in the delivery of sessions or part of sessions at the activity centre they can be formally assessed as is required by NVQ qualifications. This assessment will have to follow the usual practice and be by a qualified assessor.

The advantages of such a system are evident:

- The club/activity centre/programme gains a person to assist in the delivery of introductory sessions at the activity centre
- The lead coach/mentor gains an assistant to help in delivering to new participants
- The participants benefit from a highly motivated trainee coach and more personal attention
- The trainee coach is provided with 'on the job training' and will gain a worthwhile qualification at relatively low cost and with minimal travel and inconvenience
- The training is focused on practice and assessment in the work place and is therefore aligned to national good practice.

Courses will still be run where the need is identified so those candidates that would rather gain a coaching qualification through that method of delivery can do so.

### **Summary**

Development programme staff believe this is an optimal way of meeting the first of the identified challenges, with benefits to all involved. The risk in adopting such a deliver mechanism appears to be minimal as course delivery will continue where it is appropriate or preferred.

However if Coaching Committee members believe there is a delivery mechanism that can meet the identified challenge and that has significant advantages or reduces risk then they will be more than happy!

## **APPENDIX D**

### **UKCC Level 3 – Progress Report**

**Nov 2010**

#### **Target Audience**

The award is aimed at those who wish to develop towards the coaching of elite athletes, particularly the personal coaching of athletes.  
In current terms that probably means those working at Regional (Talent) squad and above, although I hope that some working with Club Talent squads will come forward and then perhaps move on.

#### **Project Team**

Currently there are five people working on the key sessions in Level 3. They are

- Physical Interventions - Paul Murgatroyd
- Mental Preparation - Richard Keegan
- Periodisation and management - John Palmer
- Technical Development - Jon Musgrave
- Life Style, interfaces and nutrition - Derek Allison

The general sessions will be put together by Pat Mee and me.

The above developers are also keeping in touch with members of International Performance in an attempt to ensure that current analysis tools are reviewed and incorporated, as appropriate, in the award.

#### **Resources**

The key resources being prepared are;

- Learner Pack
- Coach Educator/Assessor guidance

These are prepared by 1<sup>st</sup>4sport qualifications.

British Orienteering will provide;

- Learning Programme
- Coach Educator Powerpoint and educator notes
- Candidate Handbook
- Templates to be used for athlete benchmarking and analysis

It is worth noting that the handbook will not be as comprehensive as previous levels as it is anticipated that candidates at this level will be more self sufficient.

An outline learning programme has been prepared that envisages 6 days of face-to-face together with practical coaching. The practical coaching is based on the personal coaching of two individuals for a minimum of 12 weeks each. It is anticipated that this will mean an overall elapsed time of not less than 6 months, which ideally will coincide with the orienteering training year ie September to May.

The 'course' is being put together as a series of 'sessions' in the hope that this will give us maximum flexibility in its delivery and perhaps make some of the sessions open to other qualified coaches as part of their CPD.

#### **Timescales**

We are hoping to have a draft available at the turn of the year although final documents may be delayed by 1<sup>st</sup>4sport as they are currently working on the QCF versions of previous UKCC awards for other sports. This is work that needs to be completed by 1<sup>st</sup> January 2011, and work which British Orienteering has already completed.

Keith Marsden  
Nov 2010

## APPENDIX E

### Star Awards

#### *Background*

Since the start of 2010, the SOA has been trialling a skills based award (as opposed to the performance based awards for colour-coded courses or for age class courses). The name was decided after looking at other sports and 'Star Awards' seemed to be a commonly used term for skills based awards.

Four sheets (one to four star) were drawn up with column titles of TD, Skill/Technique, Target Standards, Target date, Progress, Date Achieved.

#### *Response to the pilot scheme*

Ten individual coaches have been shown the pro-forma star award cards and given the guidance on use. Response has been mixed but on the whole quite positive.

- MAROC (large group of children) could see the merits but thought it would involve "excessive admin overhead" with a large group.
- ESOC (also large group of children) weren't quite sure how it would operate but are going to try it from the Autumn 2010 sessions.
- One INT coach who had done some sessions at a primary school was delighted at the structure it gave to the sessions and the fact that she could hand something out at the end of the six sessions, showing that they had learnt something significant.
- Two FVO coaches working with children in schools are going to start using them from Autumn 2010 sessions.
- ECKO introduced them with children and the kids love them, coaches like the structure. While adults have been encouraged to use them as a measure of their skill development, uptake has been patchy.
- National Centre has introduced them with adults attending coaching weekends and found them useful as checkpoint with unknown athletes (self-assessment and assessment by coach), and to give athletes something to go away and work on themselves.
- Hilary Quick has used them with 2 individual athletes (TD4-5), who found them helpful to give focus for attention. One said in e-mail: "This will allow me to focus the goals in my training and breakdown the areas that I should give more time to."

One FVO coach offered suggestion for improvement: when coach signs card off as certificate, sticky sparkly stars could be applied on top of the printed ones.

#### *The future*

The SOA will continue to use these as a measure of skill development. The cards require some minor alterations (e.g. 'Progress' column is rather small; on the four star card some space for the athlete to self-assess each skill).

As more Level 1 coaches become qualified, they are finding it to be useful guidance when discussing progress with an athlete.

Lynne Walker  
5<sup>th</sup> November 2010

## APPENDIX F

### British Orienteering Coaching Conference

#### Rationale

It is likely that the British Orienteering Coaching Conference will be organised by a volunteer for the

next few years. To aid the volunteer, there should be admin support available from the office (bookings – location & facilities required, speakers as advised by conference organiser; payments from delegates; admin of sending out notification of conference; etc.)

As attendance at the coaching conference awards points for CPD, each delegate should depart from

the conference with:

- more ideas/thoughts to add to their personal tool-kit
- an increased network of contacts
- having felt & been challenged at times
- having contributed to the conference/seminars
- enthusiasm, fired-up, ready to devote more time to coaching (coaching is FUN)!

It would also make sense to have ideas for conference themes over the next three to four years so that there is continuity without repetition. This is outlined below. However, circumstances might force changes to this!

#### Ideas for themes for 2012, 2013, 2014

The thinking here is to have a 'rolling programme' with a definite theme to each Coaching Conference. By the end of a three or four year cycle it is hoped that:

□ Each level of coaching qualification will have had a major part of one conference dedicated to it

o Beginners (including schools) to club talent

o Development/mainstream:

club talent to regional

development

o Performance: regional

development to world class.

□ The coaching workforce is brought

up to date with developments in,

and relevance to coaching at

different levels of:

o physiology

o psychology

o nutrition

o thinking/how the brain

works

o questioning techniques

□ Cross-fertilisation of ideas for coaching and exercises

□ Outside speakers from other sports should be invited if relevant (and we can afford it).

British Orienteering Coaching Conference 2011: Outline Programme: 6th November 2010 Page 2 of 3

### British Orienteering Coaching Conference 2011

**Outline draft programme:** produced 6th November 2010

**Date of conference:** 4th – 6th February 2011

Advertised to coaches by 10th December 2010 and reinforce straight after New Year 2011.

**Cost per participant:** £?

**Location:** Lilleshall, near Newport

#### Theme & Outcome:

Theme: Coaching in Britain: meeting the changes and challenges.

(Background: UKCC was the last opportunity for external finance to build a coaching workforce.

The

situation is that we must now maintain the qualification through our own resources. Incremental steps need to be defined, signed up to and made.)

Outcome: Some thought-provoking sessions for coaches; networking time for coaches; all take

away some new ideas; all go away enthused and wanting to coach more!

**The undernoted ideas will exceed the time available! Please also insert any ideas you have.**

**Keynote speaker(s): suggestions**

☐ Nick Barrable: 'health check on coaching in Europe (or Sweden?)' or 'things we can learn from Sweden/Europe and implement in our system here': Nick has already offered to do something along these lines: *time for session: about 1 hour*

☐ Mike Hamilton: challenges to coaching in Britain: *time for session: about 45 minutes – 1 hour*

**Other sessions/talks (potential ideas):**

☐ Coaching committee: remit in the changing world (strategy, 3 year & 5 year plan) (as an introduction to workshop activity): run by ?: *time for session: about 30 – 45 minutes*

☐ CPD: essential for an informed workforce? (as an introduction to workshop activity): run by ? : *time for session: about 30 minutes*

☐ British Orienteering managers: Development & International: their view of their coaching remit: run by Ed Nicholas & Sarah Hague/Gareth Candy: *time for session: about 45 minutes – 1 hour*

☐ Talk on recent research developments related to nutrition/mental preparation/how the brain works and relevance to orienteering OR Lilleshall specialist (e.g. knees or nutrition): *time for session: about 1 hour*

o Optional session: Sport England / UK Sport: overview of the next three years: run by ? : *time for session: about 30 minutes*

o Optional session: Mentoring for a L2 coach: what's involved?: run by ? : *time for session: about 45 minutes*

o Optional session: British Night Champs: one hour drive from Lilleshall at Bentley Wood, near Tamworth (no details of start times yet): *time for session: delegates who opt for this option leave Lilleshall about 16:30 Saturday so careful programming of Saturday late afternoon/early evening is required.*

British Orienteering Coaching Conference 2011: Outline Programme: 6th November 2010 Page 3 of 3

## APPENDIX G

### EAOA COACHING REPORT November 2010.

EAOA has a UKCC Level 2 course scheduled for November and December. Michael Chopping, RDO for the N part of the region, has nobly taken on the organisation of this.

A WAOC club night attendee qualified as a UKCC Level 1 coach in September and is now, I believe, leading SELOC club nights in Bolton – he is doing an MA in Manchester so a loss to WAOC but a gain to coaching.

#### CLUB NIGHTS

WAOC has run club nights weekly since Easter: numbers have fallen off as the nights have drawn in but our monthly off-site trainings have been very popular. We plan to shift the training to alternate Saturday mornings after Christmas and start up club nights again once the clocks go forward. A variety of club members, not all qualified coaches, are now leading sessions. We always have a licensed coach (and a risk assessment) present and the juniors (not many, though) are coached by the CUOC captain.

The CUOC captain used WAOC advertising material to push club nights at the Cambridge Freshers' Fair, he now has a group of novice orienteers going to club nights and local events – he arranges lifts with WAOC. It can be done!

SOS has had some difficulty in finding the best format for their club nights. They have now switched venue and are hoping to build up support. Their club night coach will be one of the UKCC Level 2 candidates.

#### JUNIOR SQUADS

EJAS attends SEJS training sessions from time to time but we have no W14s so cannot field a competitive team at JIRCS. EAJPotentialS continues to meet once a month under the direction of Clive Wilkinson, another Level 2 candidate and feeds M14s into the Junior Squad - where are the girls? Both squads attended the Lakes Training Day on Graythwaite last summer.

Ursula Oxburgh EAOA

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### East Midlands

- The 6 EM coaches who attended the UKCCL2 course in May/June are progressing with their coaching sessions and 1 has completed her independent assessment successfully.
- A UKCCL1 course starts on November 10th with 8 attendees: 5 from LEI, 1 from DVO/RAFO and 2 from NOC - some are people who have started the sport in the past year via the satellite clubs
- A UKCCL2 course starts on Jan 8th. So far 6 people have registered; 6 from EM and 2 from YH. There are 2 more places available - for further information contact Hilary Palmer
- 7 Satellite clubs are running weekly sessions: 3 in DVO, 3 in NOC and 1 in LEI. LOG also stages local coaching sessions.

Hilary Palmer, EMOA Coaching Co-ordinator

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### NWOA Coaching (Jon Carberry)

Done a quick check of the BOF dB for NW coaches, & in summary less than 30% of coaches who are registered are licenced to coach ... the number of coaches is slightly lower than October's report because duplicate names or lower qualifications have been removed.

The region is aiming to do a first scrub of the dB by the end of November, which may further reduce the number of registered coaches, but also identify the immediate need for first aid courses and CRB checks.

	Registered	Licenced to Coach	%
UKCC Level 1	21	8	38%
UKCC Level 2	1	1	100%
Coach Level 2	58	20	34%
Coach Level 3	34	4	12%
Coach Level 4	12	3	25%



1. Our Talent Squad has been formed and we started a weekly Thursday evening session with Heather Burrows in charge.
2. We have 12 Saturday morning sessions planned before Christmas and 10 in the spring for Level 4 and 5 athletes
3. We have made a coaching budget for around £3,000 to put to the club, This includes a minimum remuneration to all coaches and assistants for any session they are involved with.

LOC Coaching has raised it's profile has BO raised their Coaching profile?  
Why can't coaching be on the front page of their website?

### **PFO Coaching (Hamish Willis)**

PFO and SELOC had a successful junior Training Day at the end of the summer holidays. We had 10 juniors attend for the day all of who seemed to enjoy the sunshine at Calf Hey. We are going to try and have another training day at half term probably at Tockholes. The aim is to develop a South Lancs junior squad that will feed into the NWJS for those who want to and for those who don't I hope it will provide a focus to keep the post 16's who don't make to the NWJS in the sport. My ultimate aim this school year is to go on a summer tour to the Forest of Dean in the summer holidays. I have started working on it. It's whether I can get enough juniors to go. This is part of my Club and Coach project as I am trying to include schools where there is no history of orienteering as well as juniors who's families orienteer.

Club night has just restarted in PFO with a Teaching Orienteering part 1 taking place at the same time. This includes club members some of whom are adults who have been coming to the club for about 6 months and some are teachers. My aim was to get teachers have a look at the club and train some club members as assistant coaches to help with club night. I have 6 on the course. I was hoping for 8-9.

I have introduced the idea of targeting the training to 3 events this school year Compass Sport Trophy heat in January , the JK and the Scottish Six Days in an attempt to get more club members to take training seriously. As yet I am not sure if it is going to work.

We may be starting a second club night in January which will stretch our coaches a bit, hopefully club night will develop some new UKCC L1 coaches over the next year.

### **SELOC Coaching (Paul Turner)**

continue to run and develop the weekly club night. Following her departure on maternity, the work done by Participation lead coach (Cath Wilson) has been continued through the summer by co-ordinating a variety of coaching resources and personnel under supervision at a selection of local venues. This has been supplemented by activities through Club and Coach (led by Hamish Willis) and a further club juniors session in association with the NWJS. One club member has recently qualified at UKCCL1 and the Club night Co-ordinator (Caroline Barcham) is scheduling a rota back at our winter base to include a variety of sessions under different leads, hopefully including another newly qualified UKCCL1 coach coming to the area from another region

### **DEE Coaching (Noel Schorah)**

In addition to a number of juniors training with the NWJS, Deeside continue to have ad hoc coaching days for younger juniors and a residential w/e in the winter - provisionally planned for Jan 2011.

### **BL Coaching (John Roelich - Youth and Schools Development Officer)**

1. BL Schools League (6 Events on successive Wednesday's in Summer Term) attracted 160 per event (now in its 8th Year) Primary and Secondary children aged 5-14
2. Introductory Park events (4 events on successive Wednesday evenings in June) were well supported. For the first time there were coaching activities in each session. Attendance varied from 30 to 80 at each event. Well supported by Youth groups and families
3. Junior Coaching sessions in September (3 successive Saturday's in September for 2 hours) A

follow on from the summer sessions but a pure coaching session. Two distinct groups were coached (one group based on LGreen skills and the other White/Yellow skills) Attendance at these events was disappointingly low, but the Coaches who helped felt that those who attended benefited from the activities on offer.

4. Future plans; monthly Junior Coaching throughout the winter (second Saturday afternoon of the month) at different venues. Programmes would be developed to enhance skills of children attending and would aim to encourage more to take part in Cumbrian Galoppen events.

5. We are receiving weekly requests to assist local schools with the development of Orienteering within their schools. I am resisting moves to take sessions on behalf of schools, preferring to provide resources and advice to Teachers that I feel will produce a more sustainable way of working. 30 local schools have their school grounds mapped in the Carlisle area (thanks to Roger Jackson) and Eden district (Penrith area) is embarking on a mapping project (currently 11 schools are mapped and 11 more are to be mapped in 2011). I am providing INSET for Eden teachers on how to use their School grounds maps and am intending to plan and run the selection event for the orienteering section of the CUMBRIA

SCHOLympics (was Youth games) in 2011. I have set up 2 permanent courses in the Carlisle area in 2010 (William Howard School Brampton and Croft Farm Houghton) and plan to complete a third by the end of the year (Austin Friars School Carlisle)

6. Cumbria had an orienteering event in the SchOLympics of 2010, after a year off in 2009 at Hackthorpe New Wood Penrith. All 6 Districts sent full Teams (first time ever) and the event was a great success. There are plans for an event in 2011, Cumbria Sport is extremely supportive towards Orienteering in the SCHOLympics (I understand this is not the case in other areas)

#### **BARRO (Fran Stone)**

Firstly I need to tell you that BarrO continues to have one coaching session a week. This requires the attention of the club's main stalwarts & continues to be successful with our junior members.

#### **NWJS Coaching (Jon Carberry)**

- Have run training weekends in June, September and October, with plans to Dec; awaiting selection race details before announcing Jan to June.
- Re-claimed the overall squad title at the JIRCs in June, and NWOA are hosting 2011 event.
- Successful tour to Norway in August, 36 Juniors and 10 adults stopped in FSK club hut for training and competitions in and around the Ostfold area. Planning for the 2012 tour is under-way.
- Trying to create strong links to clubs by inviting them to join the squad for one day each weekend, when the squad is in their area. SELOC in September, SROC in October, WCOG in November, and LOC in December.
- In need to find a way of getting more coaches and helpers at Squad weekends, currently running on or at the minimum, which is not sustainable.

#### **Q: BOF coaching committee**

My question is whether more can be done to encourage our better older juniors to become qualified coaches - e.g. free / heavily subsidised training at / near a group of Universities (e.g. Scotland, North, South & Midlands) at a convenient time - e.g. after Exams?

#### **Q:**

can there be an add-on to the existing coaching awards that will allow coaches less than Level 4 run weekends, particularly the over-night requirement ?

Jon Carberry  
NWOA Coaching Rep.  
8<sup>th</sup> November 2010.

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**South Central Orienteering Association coaching officer  
Report to British Orienteering committee Meeting, 13<sup>th</sup> november 2010**

**Junior Squad Activities:**

- Junior Squad conducted 18 training days in the last 12 months [1<sup>st</sup> November 2009 to 13<sup>th</sup> November 2010]. Squad numbers around 35 mark, with 15 to 20 regular attendees.
- SCJS planned, controlled and organised a Wednesday army event at Bagshot Heath on 27<sup>th</sup> October 2010, to raise funds for the squad. The event was held in sunshine and attracted over 330 competitors.
- Due to work commitments, Dave Rogers has handed over the squad manager's role to Craig Blackford (BADO). Dave will mentor Craig into the role over the next couple of months.

**Club Coaching Updates:**

**SOFA:**

- Any coaching activities for SOFA take place March – July each year. Therefore nothing further to report.

**TVOC:**

- At the end of June TVOC ran some 'Introduction to Orienteering' activities at the Bucks Youth Games (Aylesbury) and Oxfordshire Youth Games (Oxford). We had quite a number trying out the 'grid' course at the Buckinghamshire event, and a few also having a go at a longer course round the school grounds. The Oxford event was quite poorly attended however; it clashed with the England/Germany world cup game and several schools pulled out of the Youth Games, while those that still attended crammed all their 'main' games into a reduced time schedule meaning very little 'spare' time to have a go at orienteering.
- At the beginning of August we gained another Level 1 Coach, with Carol Edwards attending and passing the coaching course held at Aviemore.

**Other:**

- Dave Rogers has reviewed the coaching database and has contacted SCOA clubs to validate the database entries and to survey coach training needs over the next couple of years.

**Dave Rogers, SCOA Coaching Officer**

**29<sup>th</sup> October 2010**

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**South East Coaching Report November 2010**

SO continue with their regular weekly evening sessions which have now been going for over a year. HH are in the middle of a series of six weekly sessions which they hope to learn enough from to lead them into a program in the spring. HH also has regular junior training days.

SAX and DFOK have an extensive joint coaching program varying from coaching at local events through occasional Saturday coaching sessions, to a coaching day for more experienced orienteers with a paid coach.

CHIG and SLOW both have coaches doing a lot of work in schools including a number of inter-school competitions.

SEJS recently had a coaching weekend in the Lakes in addition to their regular monthly training.

I am sure there is much more going on in the region which I do not know about.

I am organising a two day First Aid course for coaches in December. All ten places in this are currently spoken for.

Don McKerrow

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## **Scottish Orienteering Association**

Report to British Orienteering Coaching Committee  
13<sup>th</sup> November 2010



### **UKCC courses**

#### *Level 1*

Since the start of July, five Level 1 courses have been run in Scotland, with the majority being held at Glenmore Lodge. These courses have involved six different Coach Educators / Internal Assessors / Independent Assessors, ensuring that the coaching workforce is able to keep up their skills as well as network with a variety of people, learning 'good practise' from one another. From these courses, 31 candidates were successful in being awarded their Level 1 certificate. There have been two of these courses run for 'organisations'. Each course has had candidates drop out of the course (due to being unable to complete the tasks on Days 1 & 2 or due to not being ready to coach at the level required). Our experience with these groups has led the SOA to agree a more robust approach to accepting applicants from outdoor centres etc. Courses will not be run for groups from a single organisation; outdoor centre staff (etc.) will be required to attend general courses with experienced orienteers.

#### *Level 2*

Two candidates were successfully assessed for UKCC L2 in October. As far as possible, assessments for the remaining nine Level 2 candidates are being arranged in conjunction with scheduled coaching weekends.

Once the L2 candidate pack has been finalised, we will review the position regarding SQA as awarding body for both levels.

### **Club coaching**

Many clubs continue to hold coaching sessions. At the moment I am unable to quantify this, but intend to audit all clubs & coaches in Scotland over the next two months regarding coaching activity.

"Courses completed" badges are very popular – about 75% of Scottish clubs use them along with the Junior Incentive folders. Additional stocks have had to be obtained. SOA pays for them (approx. £1.50 each).

### **Performance coaching**

Scottish athletes continue to be represented strongly in both the World Class Squad and the World Class Talent Squad. This reflects the level of coaching in both ScotJos and SEDS, as well as having the dedicated Orienteering Centre of Excellence in Edinburgh (with Toni Louhisola as Head of Performance).

Lynne Walker  
SOA Coaching Co-ordinator  
5<sup>th</sup> November 2010

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**SWOA** – Christine Vince – 10-11-13

### Coaching courses

There will be a UKCC Level 1 course held at the University of the West of England on 22/23 and 29 January 2011. There is considerable interest from various sporting organisations and there may be enough candidates to run two courses (if we can get the tutors). There will be a UKCC Level 2 course held on 12/13 February 2011 and 19 March in the Forest of Dean; we have 7 potential candidates to date.

BOK are working hard to attract a higher attendance at their regular Club Nights; they are aiming for 15 regular attendees.

DEVON are building up their new Club Talent Squad with regular monthly coaching sessions prior to events; these cover both physical and technical training. The committee have a working party to keep up progress on the Club Talent Squad. This year DEVON won their round of the Yvette Baker Trophy. The club is working with several local schools, one of which won the Senior Boys event at the National Schools Score Championships.

NGOC are working with the SW RDO towards weekly community sessions. Two people are interested in the UKCC Level 1 course. The club now has a lead coach (Kyla da Cunha).

NWO are working with Wiltshire CC to train more coaches to run weekly community nights. Again, two people are interested in the UKCC Level 1 course.

QO have a Junior Orienteering Group (based in Taunton) that runs on Saturday afternoons in term time and attracts 20 youngsters to each session, with White, Yellow and Orange courses. They have tried but not succeeded in attracting adult club members to these sessions. They have developed a skills badge scheme with five levels, the first of which is readily gained while levels 4 and 5 involve working with an adult to plan the three courses for the session, helping to coach other juniors and working to achieve a fair standard of orienteering themselves. Following a housing re-development near Taunton town centre, the council purchased a new green space which will be ideal for orienteering. The club are also looking for a Volunteer Coordinator.

A SARUM club member is interested in starting a community session in his local town and also in gaining his UKCC Level 2 award; he is well placed and experienced to do this.

Wimborne and Wessex have had discussions with Richard Barrett about running a joint community session.

#### SWJS

The squad achieved 4<sup>th</sup> place at the JIRCs which was their best performance in recent years. During the October half term, three athletes in the Regional Talent Squad went to Bath University for physiological testing. There will be a winter training weekend in December in the Mendip area, followed by the county XC championships at Bath University. One of the squad's regular coaches plans to attend the UKCC Level 2 course in February 2011.