

Safe Area Guidelines for Coaching /Instructing Orienteering



Type of Area	Characteristics of Area	Minimum Recommended Qualification for the leader	Suggested Staffing Ratio	Some Safety Issues
D - Small & enclosed areas such as school or outdoor centre grounds	Small and “simple” areas with very clear boundaries, good access, plenty of handrail features such as paths or fences and small enough as to allow supervision of the participants at frequent intervals. An absence of all such hazards as busy traffic, crags, fast or deep water.	Leaders should have a competent understanding of orienteering, of basic course planning and of how to introduce the sport through sequenced progressive exercises. This competence may best be obtained by attending a short National Governing Body course designed for parents, teachers, centre instructors or others interested in beginning coaching e.g. Introducing Orienteering eLearning course, Introducing Orienteering for Secondary Schools eLearning course, Teaching Orienteering Part 1 course, the British Orienteering Introduction to Coaching workshops (from 2017), Post 2008 Level 1 Coach Award in Orienteering or having been successfully assessed under the previous British Orienteering Coaching Award Scheme at Level 1. SOA Level 5	1 to 15 at centres. 1 to 30 in school grounds although ideally one qualified leader to 20 with at least one other adult to monitor the activity and assist skill development.	Taking part in pairs can increase confidence and perceptions of safety for beginners or the young. Emphasise that pairs must stay together.
C - “Other” local areas such as parks, small woods or clearly defined small sections of a larger wood	Areas with clear boundaries, good access, plenty of handrail features such as paths or fences and small enough for supervision	Attendance at Teaching Orienteering Parts 1 and 2 courses or Post 2008 Level 1 Coach Award in Orienteering qualification. British Orienteering Instructor / pre-2008 Level 2 coach qualification. British Orienteering Instructor/Club Instructor Qualification. SOA Level 5	One qualified Instructor to 15 with at least one other adult to assist	Taking part in pairs can increase confidence and perceptions of safety for beginners or the young. Staff should be prepared to travel quickly around the area when

	of participants at regular intervals. When using a small part of a larger mapped area the boundaries must be clearly defined with tape, signage or patrolling adult helpers. An absence of obvious hazards such as busy traffic, crags, fast or deep water		Similar ratios should be adhered to at Club activities.	necessary – for instance by running or cycling. Boundaries and appropriate relocation strategies should be made known to the participants. If any boundaries are hard to define, the use of marshals at points causing concern is recommended.
C+ - Training on areas which are neither complex nor exposed which are a small defined section of a larger Grade B area can be designed as a Grade C+ area	Small defined areas include easier forests or country parks and sites with clear boundaries and ready access for assistance or for emergency vehicles.	Post 2008 Level 1 Coach Award in Orienteering qualification. British Orienteering Instructor / pre-2008 Level 2 coach qualification. British Orienteering Instructor/Club Instructor Qualification. SOA Level 5	1 to 12 with at least one other adult to assist.	Boundaries and appropriate relocation strategies must be made known to the participants. Boundaries must be always patrolled by an appropriate adult, or an appropriate adult must shadow or accompany participants
B - Training on other areas which are neither complex nor exposed	Appropriate areas include easier forests or country parks and sites with clear boundaries and ready access for assistance or for emergency vehicles.	The Orienteering Coach Qualification. Level 2 Orienteering Coach Certificate or pre 2008 British Orienteering Coach Level Three / formerly Club Coach qualifications. SOA Level 7	1 to 12 with at least one other adult to assist.	The on-site risk assessment requires an experienced, licensed orienteering coach.
A - Training on more demanding areas	Complex, exposed or mountainous areas should be avoided except where sufficient staffing expertise is present.	Pre 2008 British Orienteering Level 4/Regional Coach award or higher, L3 Coach Certificate (post 2008) or a British Orienteering Club Coach / Level 3 or Level 2 Certificate Coach (post 2008) or the Orienteering Coach Qualification or SOA Level 7 who has attended the Safety Workshop on Coaching in Remote / Exposed Terrain.	1 to 12 with at least 2 adult staff.	The on-site risk assessment requires an experienced, licensed orienteering coach.
First Aid Certificate	British Orienteering coaches & Instructors are required to have an up to date first aid certificate in order to be considered to be 'licensed'. Coaches & Instructors should risk assess the nature of the area being used and the speed and ease of access for emergency vehicles in order to determine the level of 1st Aid training required			

First Aid Training for Different Terrain Types

First Aid Qualification Level	D Terrain Small & enclosed areas such as school or outdoor centre grounds	C Terrain “Other” local areas such as parks, small woods.	C+ Terrain Small defined part of a larger B area	B Terrain Areas which are neither complex nor exposed	A Terrain Areas more demanding/exposed
3-hour Emergency First Aid OR First Aid eLearning course such as https://www.ukcoaching.org/courses/elifa/ together with immediate access to a device app such as https://www.redcross.org.uk/first-aid/first-aid-apps when deployed in their role.	Yes	Yes	No	No	No
1 day Emergency and Basic First Aid (e.g. EFAW, Emergency outdoor first aid or similar)	Yes	Yes	Yes	Yes	No
2 days Outdoor Practical First Aid	Yes	Yes	Yes	Yes	Yes

First Aid Qualification Requirements for Licensed Coaches

Coaches are responsible for maintaining the appropriate level of first aid training for the terrain types covered by their license to coach and should provide evidence of this to British Orienteering via coachingadmin@britishorienteering.org.uk

First Aid Training Exemptions

Some serving military personnel, police officers, fire brigade & ambulance personnel, doctors, nurses and physiotherapists are regarded as being currently First Aid trained with no requirement to take additional courses.

However, they still need to provide evidence of First Aid currency and suitability for the terrain type.

This may include a military ID card, police warrant card, NHS identification badge, Official Identification Card or membership of a medical professional body (e.g. General Medical Council). Exemptions are not automatically applied, members who meet the above criteria must email coachingadmin@britishorienteering.org.uk to be considered for an exemption.