

## Virtual Coaching Conference 2021- Agenda

We are pleased to announce the agenda for the Virtual Coaching Conference 2021.

Week 1		
Saturday 9 <sup>th</sup> January 10:30 – 12:00	<b>Introduction to S&amp;C</b>  Presented by Zoe Harding	'A practical session, exploring some of the key concepts of strength & conditioning. Followed by introducing some exercises suitable for club activities. Dress for action, a mat or towel is also recommended.'  <a href="#">Register Here</a> The session will be delivered via Zoom.
Saturday 9 <sup>th</sup> January  14:00 – 17:00	<b>Remote Terrain Safety workshop</b>  Presented by Iain Embrey	This cpd module enables Level 2 (or old Lv3) coaches to operate in type D areas. It is also good cpd for coaches of all experiences and levels to revisit and refresh our practice around safety, risk mitigation, and dynamic risk management.  Attendance is also particularly welcome from any Level 2+ Coach or former Level 3+ Coach who may wish to deliver this workshop in the future. Please state this interest when you sign-up. We may run tutor training at a later date.  (If a coach attends this workshop and subsequently attains Level 2 Coach, then they will be able to practice in type D areas thereafter, provided of course that the necessary first-aid qualification is in place.)  <a href="#">Register Here</a> The session will be delivered via Zoom
Week 2		
Monday 11 <sup>th</sup> January  19:30	<b>Keynote - Systematic Orienteering</b>  Paul Murgatroyd & Mark Nixon	<a href="#">Register here</a> Delivered through Go To Webinar

<p>Thursday 14<sup>th</sup> January</p> <p>19:30</p>	<p><b>Coaching and Covid – assessments and precautions</b></p> <p>Presented by Helen O’Donoghue</p>	<p>Different home nation governments/associated sports bodies have addressed requirements for continuation of sporting activities during the coronavirus pandemic in different ways. The starting point for this talk and discussion is the required approach to orienteering coaching in Scotland, where orienteering clubs must appoint a Covid officer and produce a Covid risk assessment for each activity. Holding Zoom discussions on how to comply with the requirements and how to deliver safe coaching sessions has been useful in SOA and participants are invited to join in the discussions this evening so that experiences can be shared widely.</p> <p>Expected duration: 60 minutes but it could be 90 minutes if there is plenty of discussion.</p> <p><a href="#">Register here</a> The session will be delivered via Zoom</p>
<p><b>Week 3</b></p>		
<p>Monday 18<sup>th</sup> January</p> <p>19:30</p>	<p><b>Safety for coaches – a presentation of the SOA CPD package for coaches</b></p> <p>Presented by Tim O’Donoghue</p>	<p>Event safety training is required for Organisers and Planners (&amp; Controllers) and many coaches are safety trained through their event roles. But not all coaches have taken on event roles when they are first trained and yet they organise and plan coaching sessions. This training is for people in this group and for anyone else looking for refresher training on safety in coaching sessions. It addresses risk assessment (including dynamic risk assessment), area dependent hazards, the hierarchy of precautions, emergency plans and reporting.</p> <p>Expected duration: 60 minutes</p> <p><a href="#">Register Here</a> The session will be delivered via Zoom</p>
<p>Tuesday 19<sup>th</sup> January</p> <p>19:30</p>	<p><b>Junior squad coaching practices and experiences.</b></p> <p>Presented by Angela Darley, Carol Lovegrove (SEOA).</p>	<p><a href="#">Register here</a> Delivered through Go To Webinar</p>
<p>Thursday 21<sup>st</sup> January</p>	<p><b>Additional Support Needs in Orienteering Coaching</b></p>	<p>Orienteering appeals to many youngsters with Additional Support Needs, notably those on the autistic spectrum, with the technical and individual nature of the sport being a particular attraction. It can offer massive developmental benefits, including confidence building and self-</p>

19:30	Chaired by Sarah Dunn, with contributions from Helen Errington, Suzanne Robins-Bird and David Robertson.	<p>reliance, as well as being fun. As coaches, how can we ensure that we are meeting the needs of such youngsters and that they are gaining maximum benefit from the sport, particularly when coaching in a mixed group setting? The objective of this workshop is to share experiences of working with youngsters with ASN and to map out some simple tips for other coaches to assimilate.</p> <p>The focus of the workshop will be on learning difficulties and disabilities rather than any form of physical disability. Several coaches have been invited to outline some of their personal experiences of working with youngsters with ASN. We will then break out into groups to discuss this and give other participants an opportunity to share their experiences before feeding back to the full group. Workshop participants should be prepared to informally contribute ideas and experiences for discussion.</p> <p><a href="#">Register Here</a> The session will be delivered via Zoom</p>
<b>Week 4</b>		
Tuesday 26 <sup>th</sup> January  19:30	<b>Using Virtual Platforms for coaching</b>  Led by Natalie Weir	<p>A discussion on the ways virtual apps such as MapRun, Routegadget other virtual platforms has and could be used for coaching.</p> <p><a href="#">Register here</a> Delivered through Go To Webinar</p>
Thursday 28 <sup>th</sup> January  19:30	<b>Simulating Sweden</b>  Presented by Paul Taylor SYO	<p>We can't always get to top quality terrain. So how do we bring Sweden (or Scotland) to our local wood? This practical session will present an exercise designed for YHOA juniors and give participants a chance to share their own ideas on physical simulation of elite orienteering experiences.</p> <p><a href="#">Register here</a> Delivered through Go To Webinar</p>
<b>Week 5</b>		
Tuesday 2 <sup>nd</sup> February	<b>What is a coach? A look at what modern coaching entails</b>	<ul style="list-style-type: none"> <li>• Who are the athletes</li> <li>• What are their needs</li> <li>• How can we help them</li> </ul>

19:30 – 21:00	Led by Denise Martin	<ul style="list-style-type: none"> <li>• What are the needs of coaches</li> </ul> <p>Join our panellists to address these questions and to hear their thoughts on 'What is a Coach'</p> <ul style="list-style-type: none"> <li>• Lynne Walker - Coach Education and Development</li> <li>• Jen McKeown - Coaching Life skills, reaching potential and personal development</li> <li>• Mark Nixon- High Performance Coaching</li> <li>• Denise Martin - Extreme expeditions, team building and helping individuals reach their goals</li> </ul> <p><a href="#">Register Here</a> The session will be delivered via Zoom</p>
TBC	<p><b>Tutor training workshop</b></p> <p>Presented by Hilary Palmer &amp; Pat Mee</p>	<p><b>Register here</b> Delivered through Go To Webinar (Registration not available yet)</p>

There will also be Safeguarding workshops for qualified coaches delivered externally. Further details will be released as soon as they are confirmed.