

Level 2 Certificate in Coaching Orienteering

The Qualification

The Level Two Award is for people who wish to coach the techniques and skills of orienteering beyond an introductory level and apply them on all areas except those that are complex, exposed or mountainous. The award is only suitable for those with experience of coaching orienteering.

Course Pre Requisites

- Be 18 years of age or older on the first day of the course
- Demonstrate an ability to perform the skills and techniques of TD5 (Level 5) of the British Orienteering Step System
- Hold the 1st4sport Level 1 Certificate in Coaching Orienteering or equivalent

The Course Content

- Induction and pre-course tasks - 3 hours
- Course of training including practical and theory – 18 hours
- Home study prior to assessment - 20 hours
- A further 6 coaching sessions, that are progressive and mentored by a qualified coach, will take place following the course and prior to assessment.

The Assessments

- Internal assessment of candidate's coaching and knowledge - 6 hours
- Independent assessment of a practical coaching session and tasks - 2 hours

The Portfolio

Candidates will be required to complete a full and detailed portfolio, which is task-based. Much of this work will be completed during the theory parts of the course programme.

The Portfolio will include evidence of:

- Gathering information – including risk assessments and incident forms
- Roles, skills, qualities and ethical values
- Fitness for orienteering
- Anti doping
- Coaching styles and effective communication
- Planning coaching sessions and evaluating them

Additional evidence should be collated for your portfolio (only photocopies required):

1. Any certificates e.g. Level One Coach Award, Teaching Orienteering Certificate
2. Any sports coach UK (scUK) Workshop certificates

Work to include:

- Orienteering Step System and Long Term Athlete Development model

- Coaching styles and philosophy
- How to Coach Skills
- Introducing a technique at technical difficulty 1 and 2 (practical)
- Safety management
- Planning sessions
- Developing a technique to technical difficulty 3 (practical)
- Goal setting
- Mental aspects of orienteering
- Evaluating orienteering performance
- Shadowing (practical)
- Components of fitness
- Warming up and cooling down (practical)
- Developing a technique to technical difficulty 4 and 5 (practical)
- Planning linked and progressive sessions
- Methods of session evaluation and evaluation planning

What Support can be expected?

Support on the course from British Orienteering Educators to:

- Complete portfolio work except 6 x session plans
- Formative assessment
- Detailed learner action plan
- Signposting to mentors and learning opportunities

How long will it take to gain the level 2 award? Registration Period

- The assessments must be completed within 18 months of registration on the course and the portfolio completed and marked within 2 years of registration.
- Most candidates should be able to complete the Award within 6 – 9 months of attending the course.

What will I be qualified to do?

- Those accredited at Level Two will be able to coach the full range of techniques and skills in the modern sport of orienteering and to lead a group of coaches in delivering a programme in a safe and enjoyable way.
- Coaches accredited will be able to introduce the sport to participants, coach at club training sessions and coach athletes competing in local and regional events.

What could I do next?

Ensure that you keep up to date with initiatives by:

- Reading the British Orienteering web site
- Being a member of British Orienteering and ensuring you have valid insurance
- Attend CPD events

- Attend UK Orienteering League events
- Keep up to date with sports science initiatives
- Coach at clubs involved in delivering training nights
- Observe coaches working in orienteering's talent pathway

How do I book a place on a UKCC Level 2 Course?

A list of UKCC Level 2 Courses can be found on the [Training Courses](#) page. You can also register and book online via this page.

Funding Opportunities

Information on funding opportunities for UKCC Coaching Courses can be found [here](#)

If you wish to organise either a Teaching Orienteering or UKCC Coaching Course please contact the National Office for further details on 01629 583037 or info@britishorienteering.org.uk