

"Orienteering is the 'go to' outdoor sport for people wanting to test themselves physically and mentally"



New Coach Training Launch

Hilary Palmer

2017 onwards

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- **Introductory workshops**
 - **2 x 2½ hours or 1 x 5 hours**
 - **Delivered by an active coach to club members: meet & greet, coaching helpers**
 - **Costs met by club**
 - **Attendance certificate(s)**

Coaching to the Start Triangle
Route to Coaching

Coaching to the Start Triangle

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- **Brief intro: 'how to coach' and 'what to coach'**
- **Good practice leading a map walk:**
 - Help newcomers use an 'O' map
 - **Get started quickly** (learn about the map during the map walk)
 - **Enjoyment**
- **Find one or two controls before doing a course:**
 - Set out and use a 'star' exercise

Emphasis on FUN for newcomers

Route to Coaching

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For those who want to help at club/squad coaching

- Progression from workshop 1
- Fun warm-up ideas – practical
- Simple safety briefings
- Introduction to Plan > Do > Review
 - Lead mini sessions using a plan
 - Importance of Coaching Points
 - Evaluate / Peer Review

Level 2 Orienteering Coach

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- **Entry level coach qualification**
- **Coach a series of progressive sessions**
- **Demonstrate understanding of basics of what an orienteering coach does:**
 - **Responsibilities**
 - **Good practice**
 - **Plan, deliver and evaluate a series of orienteering coaching sessions including one fitness session**

Changes to the 2017 L2 Coach

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- Only pre-requisites are identity check & age : 17 for training; 18 to be certified
- 3 short pre-course tasks for all
- 2 day delivery programme almost the same + home study tasks & formative assessment 3rd day
- Some new task wording but much remains the same as the previous L2
- Plan, deliver, evaluate series of 4 progressive technical coaching sessions and 1 fitness coaching session
- Home study tasks & practical assessment

Electronic portfolio

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- **Using Moodle platform**
- **Secure**
- **Saves papers being sent by mail**
- **Learner coach, assessor(s), quality assurer(s) all have access**
- **Assessors can comment and sign off tasks at any time**
- **Saves time on assessment days**

L1 Coach Qualification

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- Clubs need coaches who can help their members to improve
- L2 is the basic entry level coach qualification for coaching within the sport
- L2 is ideal for clubs doing development programmes to increase & retain membership
- L1 content is one-off session coaching using the cards
- Recent interest from outdoor centre staff
- Teaching Orienteering tutors – one of pre-requisites
- Current L1 available until end 2017
- National Steering Group will consider future for L1

Coach Educators & Assessors

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- **National coverage is very patchy**
- **Some new people have come forward but more are needed, especially in the south of England and Wales**
- **National Source Group will consider the procedure to train new coach education staff and offer training during 2017 and onwards**