

Level 1 Coach Award

By achieving this certificate you will be able to deliver orienteering sessions from coaching cards in designated areas. The course is practical and will give you opportunities to practice your coaching skills.

There are four modules covered on the course, these are:

1. Introduction to safe and ethical coaching
2. Prepare to deliver coaching activities
3. Deliver and review coaching activities
4. Coaching orienteering

How is the course structured?

The qualification is covered over the equivalent of three days, the first two days are mainly training with some on-going assessment, while the third day is mainly assessment. The format of the course is determined by the course tutor within agreed parameters. The award is also offered as an apprenticeship with tutoring taking place over a more extended period. Anyone interested in this form of learning should contact the National Office.

What are the course pre-requisites?

If you are an experienced orienteer and wish to coach independently you are advised to ring the National Office and seek advice on going directly to the Level 2 Certificate in Coaching Orienteering.

To attend the Level 1 Coach Award course candidates must:

- be at least 16 years of age
- demonstrate the ability to navigate in an area, this may be via a practical skills assessment or through evidence of competing at an orienteering event

How will I be assessed?

Candidates will be assessed on the course by:

- A series of assessed written tasks which will be handed out at the first course session
- A home study task
- One 20 minute practical coaching session at the end of the course on a topic provided

What support can I expect?

Candidates will be supported by the tutors throughout the course.

What will I be qualified to do?

Level One coaches in most other sports are assistant coaches and cannot work alone. Orienteering has included elements of safety and risk assessment into the course to enable coaches to work safely within the remit of the British Orienteering Safety Guidelines. The restrictions placed on Level 1 coaches are that they can only coach unsupervised in private “safe” areas such as School or

Outdoor Centre grounds, local areas and small woods and must use supplied resources, coaching cards, for the sessions.

What could I do next?

Successful candidates are encouraged to progress on to the Level Two certificate in coaching orienteering.

How can I find out more about the Level 1 Coach Award Course?

Further information on the Level 1 Coach Award Course is available in the [information pack](#) or by telephoning the National Office on 01629 734042.

How do I book a place on a Level 1 Coach Award Course?

A list of Level 1 Coach Award 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 Coaching Courses can be found [here](#).