

## National Source Group for Coaching: Minutes of the meeting held on 27 February 2016

Present: Hilary Palmer (Chair), Helena Burrow (WOA), Craig Anthony (Development Manager), Pat Mee (expert: Qualifications and delivery staff), Allan Bogle (NIOA), Philip Baxter (Director) and Mike Hamilton (CEO)

Apologies: Lynne Walker (expert: experienced coach qualification workforce), Jackie Newton (Performance Manager) and Hilary Quick (SOA)

### Note to the Board: NSGC asks the Board to approve

- That the basic British Orienteering coach qualification should be aligned to a 'Level 2' standard and Pat Mee & Hilary Palmer will work with Joe Corah of 1<sup>st</sup>4Sport to write the material for the new L2 qualification.
- New 3 hour workshops are to be offered to people wanting to be involved with helping introduce orienteering to beginners e.g. 'meet & greet' volunteers and those wanting to help qualified coaches to run coaching sessions. (see #3 below for detail)

		Actions
1	<p>Introduction:</p> <ul style="list-style-type: none"> <li>• Introductions were made so that everyone was aware of each member's area of experience / expertise.</li> <li>• It was explained that the National Source Group for Coaching has an important role for the development of coaching in British Orienteering and is required to exist by SportsCoach UK for coach qualifications.</li> <li>• Current coach qualifications may be delivered until end 2017</li> <li>• New coach qualifications will be needed from 2018 but may be introduced beforehand.</li> <li>• It should be possible to write the new training for coaches so that it could be launched at the Coaching Conference in Jan 2017</li> <li>• The Board of British Orienteering wishes to approve volunteer training in workshops which can be delivered in a 3 hour time scale like the Event Safety Workshop</li> <li>• The meeting will discuss future developments for possible workshops to introduce people to coaching and what level of Coach Qualification is needed by the sport of orienteering.</li> </ul>	<p><b>PM &amp; HP to write the new material ready to launch in Jan 2017</b></p>
2	<p>Content of Introductory Coaching Workshop(s), UKCCL1 Coach and UKCCL2 Coach and who these are for: The meeting agreed that:</p> <ul style="list-style-type: none"> <li>• 3 hour introductory workshop(s) would be for club orienteers <ul style="list-style-type: none"> <li>○ Introductory workshops would be a good way to improve the delivery of 'meet &amp; greet' personnel to beginners and to help potential coaching helpers learn some good basic coaching skills.</li> <li>○ After getting some experience helping a coach, these people might be keen to do a coach qualification, although it was recognised that some might want to remain as a 'helper'.</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>• UKCCL1 Coach is someone who is confident to plan, deliver &amp; review single coaching sessions for TD 1 – 3 orienteers</li> <li>• UKCCL2 Coach is someone who is confident to plan, deliver &amp; review a series of linked coaching sessions for TD 1 – 5 orienteers</li> <li>• Outside the sport the Teaching Orienteering Part 1 and Part 2 training days are suitable for teachers, uniform organisation leaders and outdoor centre staff who are trained in the ‘how to’ skills but need the ‘what to’ ideas for orienteering sessions.</li> </ul> <p><b>The NSGC view remains the same as stated after the previous meeting in November 2013 that the L2 Coach qualification will best meet the needs of orienteering clubs for the reasons given above. Potential coaches will be supported via the Introductory Coaching workshops to gain coaching experience before undertaking the L2 Coach qualification.</b></p>	
3	<p>Content of Workshops and L2 Coach Qualification: The meeting agreed that the content should be:</p> <ul style="list-style-type: none"> <li>• Introductory Coaching Workshop - ‘Get to the Start’. Good practice in taking beginners from zero to the start e.g. how to do a fun, interesting, participatory map walk with simple communication &amp; questioning techniques and other activities such as a ‘star’ exercise or a ‘loop exercise’ with a few controls to find.</li> <li>• Follow-on workshop – ‘Route to Coaching’. For coaching helpers to introduce the Plan – Do – Review way to coach and putting into practice how to deliver a plan for a session or part of a session and how to get feedback from participants and give feedback to the lead coach so that the next session plan is appropriate for the group</li> <li>• With both workshops the stress would be on participants having FUN / ENJOYMENT</li> <li>• Attendance certificates given to participants and recorded on the British Orienteering database</li> <li>• L2 Coach Qualification: <ul style="list-style-type: none"> <li>○ How to coach skills as in the specification</li> <li>○ What to coach skills to include practical session(s) on running (i.e. not just theory of physical coaching) and the orienteering content to reflect techniques needed to match coaching ‘Plan, Direction, Picture’ for orienteers at all levels of experience from beginner to those doing Green+ courses at competitions.</li> <li>○ For written tasks electronic presentation via the British Orienteering’s licence for the ‘Moodle’ electronic platform would be used, although hard portfolios will still be available for those who wish to use them.</li> </ul> </li> </ul>	
4	<p>Pre-requisites for attendance: The meeting agreed:</p> <ul style="list-style-type: none"> <li>• Introductory Workshops – no pre-requisites, although it was recognised that there should be age guidance of 12 years+</li> </ul>	

	<p>and that clubs would need to take care as to how under 18s could be 'employed'</p> <ul style="list-style-type: none"> <li>• L2 Coach – age pre-requisites: 17 years to start the training &amp; 18 years to be qualified. No orienteering competition standard pre-requisites so as to be inclusive at the outset. It would state that attendees should be able to 'read a map and be able to navigate accurately to a specified location and be familiar with the sport of orienteering'.</li> </ul>	
5	<p>Workforce: Tutor, Assessor, Internal Verifier</p> <p>The meeting agreed that:</p> <ul style="list-style-type: none"> <li>• A qualified coach would tutor the 3 hour workshops locally in their club to a specified Learning / Delivery Programme so that the content was standardised <ul style="list-style-type: none"> <li>○ There would be no British Orienteering fees for the introductory workshops or payment to the tutors</li> </ul> </li> <li>• L2 Coach training, assessment and verification would remain as now i.e. qualified staff according to the rules of qualifications on the Regulated Framework. <ul style="list-style-type: none"> <li>○ Course organisation and fees as currently</li> </ul> </li> </ul>	
6	<p>HP delegated to produce the minutes which will be circulated to JN, HQ and LW for comments before being presented to the Board's next meeting.</p> <p>The meeting closed at 3.10pm</p>	<b>HP</b>
	<p><b>Post meeting note:</b></p> <p>Pat Mee has learned that 1st4sport are now looking at the possibility of some sports offering a short (no more than one day) sport specific technical training/assessment module for holders of any Level 1 coach qualification. This would then give them an Orienteering L1.</p> <p>This might be ideal for outdoor instructors, community sports coaches, teachers etc.</p>	