



*EXCELLENCE IN SPORTS COACHING*



# **UKCC Level 1 Award in Coaching Orienteering**

## **Information Pack**



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## **Welcome**

Welcome to the 1<sup>st</sup>4Sport UKCC Level 1 Award in Coaching Orienteering (L1ACOQ). This Information Pack will give you an insight into the Certificate and this course.

If after reading this pack you are interested in attending a L1ACOQ course with the aim of becoming a UKCC Level 1 orienteering coach please refer to the course joining instructions at the end of this pack.

If you are attending a course you will receive a copy of British Orienteering's Polices and Procedures.

## **Foreword**

British Orienteering has a three part Vision (More People, More Places, More Podiums) that includes, 'more people' participating in orienteering and 'more podium' places on the world stage. Coaching is the foundation upon which these parts of the vision will be achieved.

Coaches 'meet and greet' the newcomer and the experienced orienteer alike. They plan and deliver fun, rewarding and motivating sessions for all. It is this ability to help people have fun and gain pleasure from achieving that makes coaching such an enjoyable activity – coaching is rewarding, that's why so many of us become coaches!

British Orienteering is seeking to recruit many more people and help them to develop the knowledge, skills and experience to become excellent coaches. Our coaching programme helps people to become coaches and then to become better coaches. Some of you, in time, will progress to coaching at International level and this may well become a high point of your life.

Coach development is fundamental to the development of orienteering and British Orienteering is working with our partners, sportscoach UK, 1<sup>st</sup>4sport and the Sports Councils to establish a world class coaching system for orienteering. The UK Coaching Certificate Level 1 is the first rung of the coaching ladder to be nationally endorsed against improved standards and will meet the needs of those people wishing to start on the coaching pathway.

We hope you enjoy the Level 1 training and your future coaching.

## **British Orienteering**

## British Orienteering - Our Vision

*More People, More Places, More Podiums (MP3)*

The vision statement encompasses three threads which are crucial to the future of British Orienteering:

1. **Expanding the numbers of people** aware of, participating in, and assisting as volunteers in, orienteering. This will also swell the number of members of British Orienteering and its Clubs.
2. **Widening the range of places** where orienteering takes place - bringing the excitement, fun and skills of navigation at speed to a wider public by holding events more locally, including in or near urban areas, closer to where they live or can reach in the time they wish to devote, and with less environmental impact arising from travel to events.
3. **Winning more places on the podiums** at international competitions - stressing the competitive nature of the sport and increasing our already creditable success by winning more medals and podium places internationally.

### What is the UKCC?

**“UKCC indicates the Government’s intention to improve the quality and standing of coaching, which will be vital to the development of sport and individuals”**

The UK Coaching Certificate will be a four-level flexible learning system that will ensure equivalence of qualifications across sport.

All four home countries will work together in the development of the orienteering coaching awards ensuring consistency of coach education across the UK.

The creation of nationally recognised standards for coach education will professionalise the role of the coach and raise the profile of sports coaching.

The transferable elements of core parts of UKCC qualifications mean it will be easier to move between sports.

UKCC qualifications are athlete centred taking into account their needs and learning pathway.

UKCC coaches are CRB checked; athletes can be sure their coach is safe and quality assured.

Great coaching will result in greater sporting success and a greater number of participants, at all levels, from the classroom to the podium.

## UKCC – The Coaching Levels

Level	The coach will be qualified to:
4	Design, implement and evaluate the process and outcome of long-term/specialist coaching programmes
3	Plan, implement, analyse and revise annual coaching programmes
2	Prepare for, deliver and review linked/progressive coaching session(s)
1	Plan and deliver sessions, supported by prepared resources, in safe environments

### Who are 1<sup>st</sup>4sport Qualifications?

1st4sport is an awarding body recognised and regulated by Ofqual (The Office of Qualifications and Examinations Regulator).

In order to have UKCC endorsed qualifications British Orienteering needed to have an awarding body to regulate its qualifications and, along with many other National Governing Bodies, chose 1<sup>st</sup>4sport.

**1<sup>st</sup>4sportqualifications** is a brand of **Coachwise Ltd**, the trading arm of The National Coaching Foundation (NCF) trading as **sportscoach UK** (scUK)

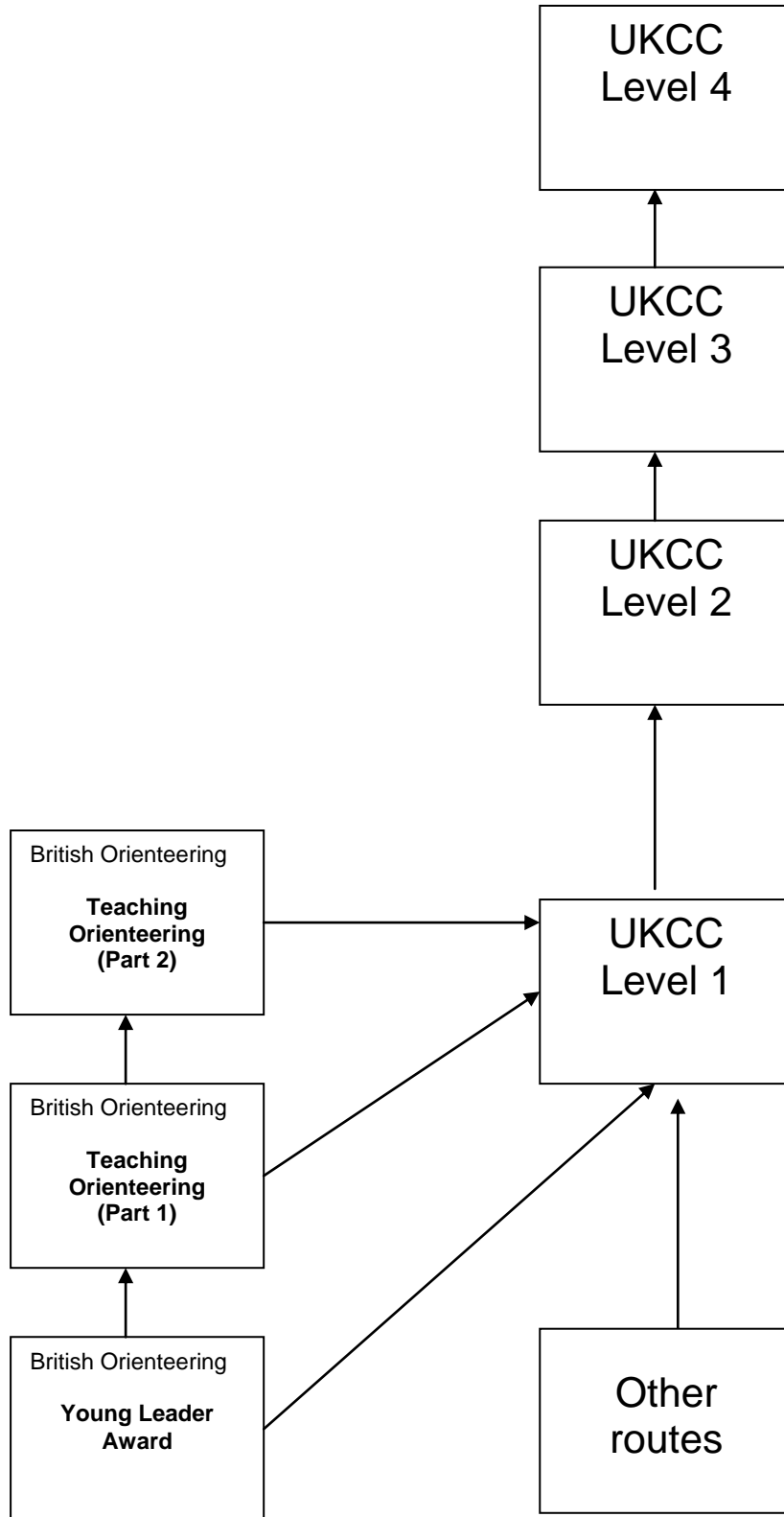
### 1<sup>st</sup>4sport Mission Statement

“To provide the sport and recreation industry with a quality-assured and cost-effective qualification awarding service.”

# British Orienteering - Coaching Pathway

## British Orienteering

## UKCC



## What can a UKCC Endorsed Level 1 Coach Do?

By achieving this certificate you will be able to deliver orienteering sessions in grade A and B areas

[http://www.britishorienteering.org.uk/downloads/documents/cdoc\\_areatypes.pdf](http://www.britishorienteering.org.uk/downloads/documents/cdoc_areatypes.pdf)

The following summarises the characteristics of these areas;

Type of Area	Characteristics of Area
<b>A - Private “safe” areas such as School or Outdoor Centre grounds</b>	Small and “simple” areas with very clear boundaries, good access, plenty of handrail features such as paths or fences and so small as to allow supervision of the participants at frequent intervals. An absence of all such hazards as busy traffic, crags, fast or deep water
<b>B - “Other” local areas and small woods</b>	Areas with clear boundaries, good access, plenty of handrail features such as paths or fences and small enough for supervision of participants at regular intervals. An absence of obvious hazards such as busy traffic, crags, fast or deep water
<b>C - Training on other areas which are neither complex nor exposed</b>	Appropriate areas include easier forests or easier country parks and sites with clear boundaries and ready access for assistance or for emergency vehicles.
<b>D - Training on more demanding areas</b>	Complex, exposed or mountainous areas should be avoided except where sufficient staffing expertise is present.

Also, coach the skills and techniques up to and including Technical Difficulty 3 (TD3) on the British Orienteering Step System; see next page and check [http://www.britishorienteering.org.uk/downloads/documents/cdoc\\_LogbookStepSystem.pdf](http://www.britishorienteering.org.uk/downloads/documents/cdoc_LogbookStepSystem.pdf)

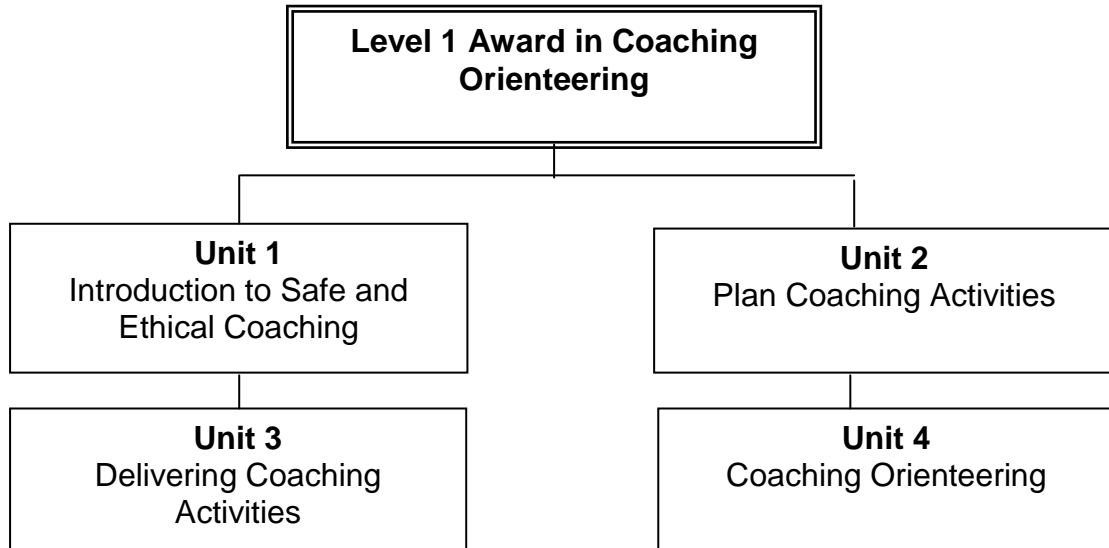
This will include being able to prepare for a coaching session, deliver prepared activities and evaluate the effectiveness of the activities you are coaching. The course has been designed to allow you to get to grips with ‘how to coach’, applying it to orienteering skills and techniques.

Level 1 coaches in most other UKCC endorsed sports are assistant coaches and cannot work alone. Orienteering has included elements of safety and risk assessment into the course to allow coaches to work within the remit of British Orienteering Safety Guidelines. The restriction is in the graded area (A and B) and the use of resources (coaching cards) to determine the activities.

<b>Step System Level</b>	<b>Step</b>	<b>Skills</b>	<b>Techniques Introduced</b>	<b>Colour</b>	<b>Age Class</b>
5+	O	Longer Distances from and/or indistinct attack points & catching features		Blue /Brown Green	16+
5	N	Long legs (1 km)			16A, 18L
	M	Using complex contours; generalising contour detail			
	L	Using simple contour shapes for most/all of leg			
4	K	Using simple contour shapes over short distances on their own or with other information for longer distances	Reading Contours	Light Green	14A, 16B
	J	Fine orienteering on short legs	Pacing		
	I	Rough Orienteering on longer legs (0.6 - 1 km) against catching features	Bearings, collecting features		
3	H	Making simple route choices	Route Choice	Orange	12A, 14B
	G	Simplification of legs with several decision points	Attack points, absolute distance judgement (eg 100m along)		
	F	Orienteering over short distances against catching features	Compass Directions		
	E	Cutting corners	Aiming off		
2	D	Reading objects alongside line features Controls just off line features. (feature and kite clearly visible)	Catching features, spatial distance judgement (eg halfway)	Yellow	10A, 12B
	C	Linking line features	Check points		
1	B	Following a single line feature	Thumbing, handrails	White	10B
	A	Orientation by compass & terrain. Map colours, common symbols.			
Ground Level		Understanding the map; getting used to being independent.		String etc	

## What will you Learn?

The qualification is broken down into 4 units.



### Above: Structure of the Level 1 Award in Coaching Orienteering

The qualification is covered over 3 days, 2 of which are mainly training with some assessment and the third day is mainly assessment. If you are assessed as competent at the end of day 3 you will have achieved a 1<sup>st</sup>4sport Level 1 Coach Award. The format of the 3 day package is determined by the course tutor and can be any combination. The usual will be a 2 day weekend followed by another weekend day.

The course is broken down into:

- Induction
- Course of training = 20 guided learning hours
- Internal assessment of candidate's coaching = 2 guided learning hours
- Home study, directed activities prior to assessment = 8 notional learning hours
- Independent assessment of candidates knowledge = 1 guided learning hour

If you have any learning needs make your tutor aware of these and additional time can be allocated to help you.

For a glossary of orienteering terms, see the British Orienteering web site <http://www.britishorienteering.org.uk/newto/jargon.php>

## How will you be Assessed?

There will be several opportunities to be assessed within the Level 1 course which will form the basis of your Level 1 qualification. They include:

- A series of assessed written tasks outlined in your 1<sup>st</sup>4sport candidate pack which will be handed out on day 1 of the course.
- A home study task to be done before day 3 of the course.
- 1x 20 minute practical coaching session on day 3 of the course. This will allow you to demonstrate coaching skills within the confines of the group of people on your course.

The course is very practical with a lot of opportunity to practice the 'how to coach' skills with tutor support and feedback. The exam paper is to test your knowledge of the coaching practice covered on the course. You will be given a topic for your practical assessment before day 3 to enable you to plan and prepare.

The results of your assessment will be conveyed to you in a one-to-one discussion with your Tutor or Assessor at the end of day 3.

Reminder:

- You need a current Emergency Aid Certificate (minimum of 4 hrs)
- You must be able to demonstrate a personal ability to perform the skills and techniques up to and including Level 4 (Light Green) of the Step System. Competition results are one way to do this.

(A copy of the British Orienteering Step System can be found on the web at [http://www.britishorienteering.org.uk/downloads/documents/cdoc\\_LogbookStepSystem.pdf](http://www.britishorienteering.org.uk/downloads/documents/cdoc_LogbookStepSystem.pdf) )

# UKCC Level 1 Certificate in Coaching Orienteering Programme

## Summary Course Programme

### Day 1

- 9.00-9.30 Course introduction  
Induction  
Orienteering Step System and LTAD
- 9.30-10.30 Roles and responsibilities of a coach  
What and how to coach skills
- 10.30-11.30 Teaching Step A of the Step System  
Organising and communicating skills
- 11.30-12.15 Map walk  
Coaching Steps A-B of the Step System  
Questioning skills
- 12.15-1.00 Orienteering equipment  
Placing controls and marking up maps  
Feedback skills
- Lunch
- 1.30-2.15 Safety  
Risk assessment  
Emergency procedures
- 2.15- 4.30 Planning, setting up and organising exercises  
to coach Steps C-D of the Step System  
Warming up and cooling down
- 4.30-5.0 Review of the day.  
Re-cap on the 'what' and 'how' to coach skills,

## **Day 2**

- 9.00-9.45 Planning white and yellow courses.
- 9.45-10.30 Use of the compass  
Demonstration and observation skills
- 10.30- 4.00 (including lunch)  
Planning, risk assessing and coaching steps E-H of the Step System  
All how to coach skills to be used.
- 4.00-4.30 How to evaluate
- 4.30-5.00 Home study task and planning for Day 3

## **Day 3**

- 9.00-10.30 Preparation for Practical Assessments
- 10.30-11.00 Knowledge a Level 1 coach needs on the structure and organisation of British Orienteering.
- 11.00-4.00 (Including lunch)  
Practical assessment delivering a session.  
Session evaluation.
- 4.00-5.0 Individual de-brief and action planning  
Completion of paperwork.

## Individual Course Joining Instructions

If you wish to attend a L1ACOQ course then visit the coaching calendar on the British Orienteering coaching website.

Visit [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) then click on 'developing orienteering' at the top – next click on 'coaching' and finally 'coaching courses'.

Choose the course you wish to attend on the coaching calendar and use the link to obtain the application form for that course (note: the cost of courses may vary according to available funding for the course in that region).

Complete the application form and return to the course organiser along with payment in full.

You will receive confirmation of your booking and details of the course from the course organiser.

Conditions of booking:

If the course is cancelled due to reasons out of your control you will receive a full refund. Should you cancel your booking less than one month prior to the course then you will be due no refund unless a replacement candidate can be found. Should you cancel your booking more than 30 days in advance of the starting date of the course you shall be entitled to a 50% refund.

