

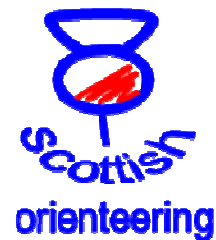


EXCELLENCE IN SPORTS COACHING



UKCC Level 2 Certificate in Coaching Orienteering

Information Pack for courses running in Scotland



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Welcome

Welcome to the UKCC Level 2 Certificate in Coaching Orienteering (L2CCOQ). This Information Pack will give you an insight into the Award and this course.

If after reading this pack you are interested in attending a L1ACOQ course with the aim of becoming a UKCC Level 2 orienteering coach please refer to the course application instructions at the end of this pack.

If you are attending a course you will receive a copy of British Orienteering's Policies and Procedures and the relevant Scottish Qualifications Authority documents.

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 coach talented athletes on our Association and International talent squads and this may well become one of the high points of your life.

Coach development is fundamental to the development of orienteering and British Orienteering is working with our partners, sportscoachUK, 1st4sport and the Sports Councils to establish a world class coaching system for orienteering. The UK Coaching Certificate Level 2 is the second rung of the coaching ladder to be nationally endorsed against improved standards and will meet the needs of those people wishing to progress on the coaching pathway.

I hope you enjoy the Level 2 training and your future coaching.

Mike Hamilton
Chief Executive, 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.

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 coaching session(s)
1	Plan and deliver sessions, supported by prepared resources, in safe environments

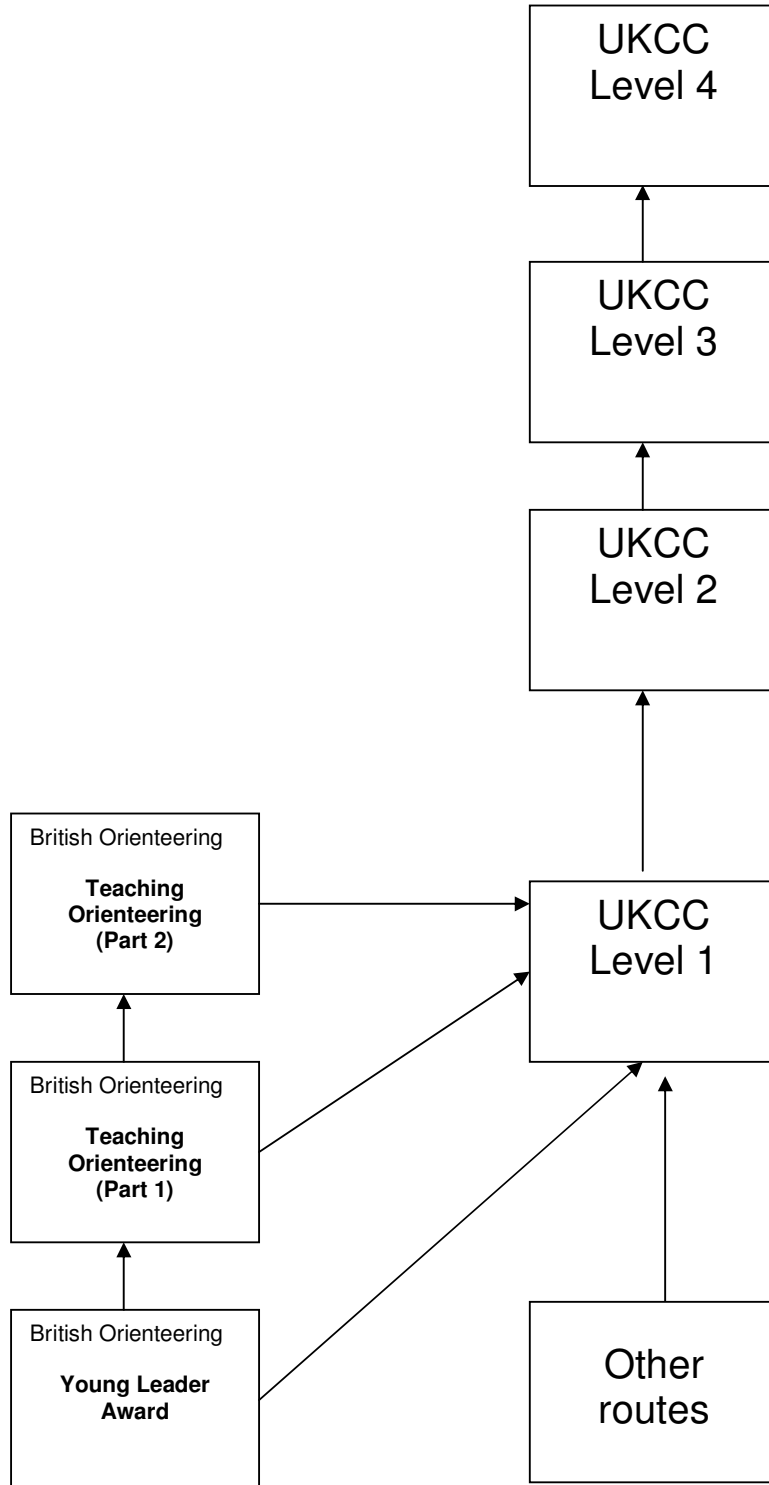
The role of the Scottish Qualifications Authority

The Scottish Qualifications Authority (SQA) is the main awarding body for qualifications in Scotland. The SQA awards the coaching qualifications for several sports governing bodies in Scotland, and ensure that those qualifications are properly regulated.

British Orienteering - Coaching Pathway

British Orienteering

UKCC



What can a UKCC Endorsed Level 2 Coach Do?

By achieving this certificate you will be able to deliver orienteering sessions in grade A and B areas as described in the safety guidelines:

www.britishorienteering.org.uk/images/uploaded/downloads/governance_safetyguidelines.pdf

The following summarises the characteristics of these areas:

Type of Area	Characteristics of Area
A - Private “safe” areas such as School or Outdoor Centre grounds	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 - “Other” local areas and small woods	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
C - Training on other areas which are neither complex nor exposed	Appropriate areas include easier forests or easier country parks and sites with clear boundaries and ready access for assistance or for emergency vehicles.
D - Training on more demanding areas	Complex, exposed or mountainous areas should be avoided except where sufficient staffing expertise is present.

Also, you will learn how to coach the skills and techniques up to and including Technical Difficulty 5 (TD5), Step L on the British Orienteering Step System.

As a Level 2 Coach you will be able to prepare a series of progressive coaching sessions helping athletes to develop their skills and to progress to Technical Difficulty 5 (Step L).

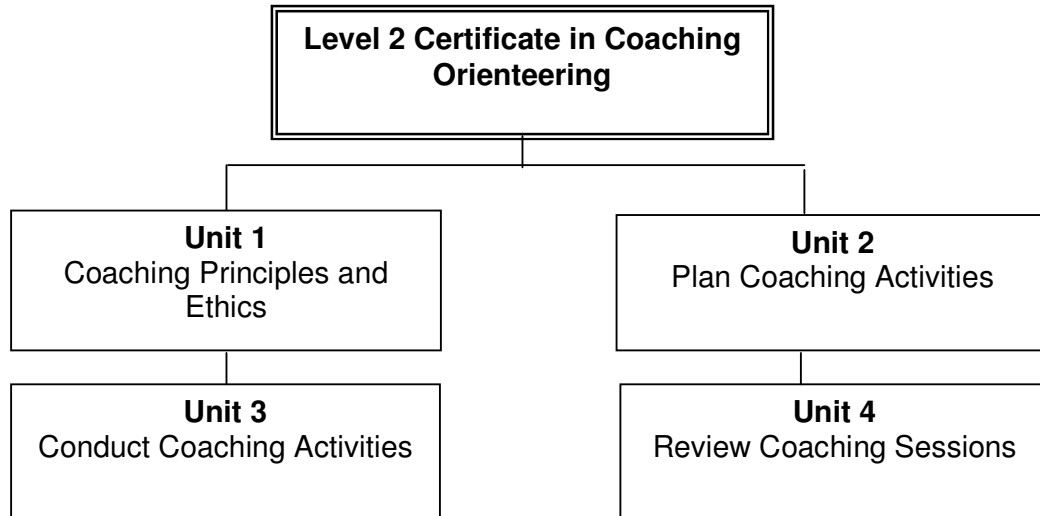
As well as the technical aspects of the sport, you will be introduced to the aspects of athlete development concerned with the planning of physical training and helping the athlete with the mental preparation necessary to become a successful athlete. Such topics as goal setting and nutrition for athletes are also introduced at this level.

Some topics, such as preparing effective coaching sessions, that were introduced at Level 1, will be revisited and then further developed.

Step System Level	Step	Skills	Techniques Introduced	Colour	Age Class
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 2 Certificate in Coaching Orienteering

The qualification is covered over 4 days, 2 of which are mainly training with some assessment and the third and fourth days are mainly assessment. If you are assessed as competent at the end of day 4 you will have achieved a UKCC Level 2 Coach Certificate. The format of the 4 day package is determined by the course tutor, in consultation with participants; in Scotland we usually run courses over a 2-day weekend, one weekend day 4-6 weeks later, and the final day by arrangement. For the first three days you must commit to attend all three days of one course.

The course is broken down into:

- Induction and pre-course tasks – 3 hours
- Course of training – 18 hours
- Internal assessment of candidate's coaching – 6 hours
- Home study prior to final assessment – 20 hours
- Delivery of 6 progressive sessions mentored by a licensed coach – 24 hours
- Independent assessment of a practical coaching session and tasks – 6 hours

If you have any special learning needs, please tell us when you book on the course, and we will make any adjustments necessary to help you succeed.

For a glossary of orienteering terms, see the British Orienteering web site http://www.britishorienteering.org.uk/page/newcomers_guide

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 2 qualification. They include:

- A series of assessed written tasks outlined in your candidate pack which will be handed out on day 1 of the course. Some of these tasks will be completed during the course.
- A series of assessed written tasks, that can be completed at home, and which you be expected to complete satisfactorily before your final assessment on Day 4.
- Practical coaching session on Day 3 of the course, conducted with the members of the course, lasting 20-30 minutes.
- Satisfactory completion of 6 mentored practical coaching sessions each of at least one hour in length, to be completed before the final assessment on Day 4. These sessions are to be conducted in at least 2 different venues.
- A practical coaching session of at least 45 minutes' duration conducted on Day 4 of the course with an independent group of orienteers.

The course is very practical with a lot of opportunity to practise your coaching skills with tutor support and feedback. The theme of the course is “progression” and you will be taught and expected to develop this theme throughout the course. You will be given a topic for your practical assessment before Day 3 to enable you to plan and prepare.

You will be expected to prepare and conduct an appropriate outdoor session for your practical assessment on Day 4.

Assessment days, which can be used for your Day 4 practical assessment, might be organised within or amongst clubs, or by the SOA. The normal course fee is calculated to cover fees for assessment and internal verification, but in exceptional circumstances it might be necessary to make additional charges.

Reminder:

You must be able to demonstrate a personal ability to perform the skills and techniques up to and including Level 5 (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.scottish-orienteering.org/documents/natcen/Step_colour_rev2.pdf)

UKCC Level 2 Certificate in Coaching Orienteering Programme

Summary Course Programme (indicative)

Day 1

- 10.00-11.00 Course introduction and induction
Remit of a Level 2 Coach
Orienteering Step System and LTAD
- 11:00-12:30 Coaching styles and philosophy
Code of Conduct
How to Coach Skills
Introducing a technique
- 12:30-13:00 LUNCH
- 13:00-13:30 Safety management
- 13:30-14:00 Planning sessions
- 14:00-15:30 Developing a technique to TD3 (practical)
- 15:30-16:00 Goal setting
Setting goals for technical development
- 16:00-16:45 Mental aspects of orienteering
Goal setting to improve the mental aspects
- 16:45-17:15 Review of day
Requirements of home study tasks

Day 2

- 09:00-10:30 Evaluating orienteering performance
Shadowing (practical)
Questioning and feedback
- 10:30-11:30 Components of fitness
Goal setting for physical development
- 11:30-12:00 Warming up and cooling down (practical)
- 12:00-12:30 Lunch

- 12:30-14:30 Developing a technique to TD4/5 (practical)
- 14:30-15:30 Planning linked and progressive sessions
Methods of session evaluation and evaluation planning
- 15:30-16:00 Day 3 requirements

Day 3

- 09:00-15:00 (including lunch break)
Practical assessment delivering the middle part of session
Session evaluation
Feedback and action plan
- 15:00-16:00 Planning for delivery and evaluation of 6 sessions
Tasks to be completed as home study
Day 4 assessment

Day 4

Independently assessed practical session, timing and venue to be agreed between the candidate and SOA qualification co-ordinator on behalf of SOA and British Orienteering.

How to apply for a course in Scotland

If you wish to attend a UKCC Level 2 Orienteering Coach course in Scotland, please check the course schedule at

www.scottish-orienteering.org/natcen/page/national-centre-course-schedule/

or contact Hilary Quick at the National Orienteering Centre – tel. 01479

861374 or e-mail via www.scottish-orienteering.org/soa/contacts/

Once you've identified your preferred course, fill in the course application form available from the course schedule web page and submit it as described on the form. You might be required to pay a deposit, which will be no more than 20% of the course fee.

Your booking will be acknowledged usually within one working day; at that time you will be told whether the course is confirmed, and if not, when the confirmation decision will be made. Courses will run only if there are at least 4 candidates.

Courses are usually held at Glenmore Lodge and are residential; the course fee includes cost of B&B accommodation there, lunches but not evening meals.

If you wish to travel by train, you can be met at Aviemore station and taken back there at an appropriate time at the end of the course. Please make sure we know of such requirements in plenty of time.

Depending on the needs of candidates, Day 3 of the Level 2 course might be run in a different location.

sportScotland generously subsidise this course by direct payment to SOA.

This subsidy is only available to people who are:

- permanently resident in Scotland AND
- active members of an orienteering club in Scotland

If you think you are eligible, please ask about current funding opportunities when you make your initial enquiry.

Conditions of booking:

If we decide to cancel the course, you will receive a full refund of deposit paid. Should you cancel your booking more than 30 days in advance of the starting date of the course you will be entitled to a refund of 50% of the deposit you paid. Should you cancel your booking less than one month prior to the course then you will be due no refund unless your place is taken by a replacement candidate.