

Scottish Orienteering Association Development Conference

'Community 'O' and the Club Night
Concept'

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Community 'O'

- Sport England – Whole Sport Plan (WSP)
- Weekly, local, regular activity
- Accessible to all
- Stepping stone into mainstream
Orienteering

Community 'O'

- Familiar areas – Park, School etc
- Non intimidating (Internal Participation Survey)
- Family Orientated/Social Atmosphere

Participation 'Club Nights' in England

EMOA – 7	SCOA – 2
NWOA – 7	EAOA – 2
NEOA – 2	
YHOA – 2	Total - 25
SWOA - 3	

Achieving a sustainable 'Club Night'

- Coach Availability
- Coach Education
- Physical Training
- Shared Responsibility
- Volunteer Coordinator Course

Achieving a sustainable 'Club Night' continued...

- Social aspect
- Coaching....'not just for Juniors!'
- Venue
- What to charge?
- Experienced vs Newcomers

What people want....

- Newcomers – Develop skills, improve, learn the basics, social, fun.
- Club Members – Fitness, Challenge, Competition, social, fun.

What are others doing?

- **Southdowns:**
 - Adventure Running theme
 - Weekly Street O, Indoor Games, Park O, Score
 - 2 lead coaches
- **Pendle Forest:**
 - Summer Rotation
 - Winter Sportshall

What are others doing?

- **Buxton (DVO):**
 - Great terrain on the doorstep
 - Technical most weeks
 - Paid coach
- **Mansfield (NOC):**
 - Beginners club
 - Mentoring of coaches

Resources

- Club Coach Forum
- Club Activity Guide
- Club Physical Activity Guide
- Strength and Conditioning DVD
- Increasing Participation - Website

Questions?