

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



Coach and Programme Management


UKCC Orienteering Level 3

Coaching Programme

Date of camp: post Easter, April.
Athletes:
Standard:
Transport:
Accommodation: Overnight accommodation is on the map.
Timing: arrive 10:00am, depart 4:00pm the next day.

Your coaching team comprises:

- A** = Level 2 Coach. **Yourself** = aspirant Level 3.
- B** = Level 2 Coach.
- C** = Level 3 Coach (physically slow on rough ground).
- D** = Junior Squad Member (M16, second year, technically good TD5).



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Coaching Programme

You have 50 minutes to plan the weekend.

- Set objectives for the weekend
- Prepare a timetable for the weekend activities. Give a rough outline of exercises, what their purpose is and the area of the map to be used for each.
- Include a programme for a 1 hour indoor evening session.
- What role would each of the 'coaches' take during the day?

Complete as Home Study:

- ✓ Risk Assessment.
- ✓ BOF Registration.
- ✓ Access permissions.

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Coaching Programme Feedback

- What did you need to know to set suitable objectives for a weekend?
- Were your objectives suitable?
- How would you know if you have achieved them?

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Coaching Programme Feedback

- Did you make the best use all of your coaching resources?
- Did you use the best part of the terrain?
- Did your exercise suit the terrain?
- Did you set goals for the athletes? For the coaches?
- Did you know when to collect the controls?
- Was it enjoyable?
- What did the athletes learn? How do you know this?
- Did the coaching group learn anything?

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Coaching Programme Feedback

Changes, what if?

- One of the senior coaches actually has a broken leg and can only sit in the car / minibus.
- The person hanging controls does not return from the forest.
- You have a second minibus and another 14 juniors of the same standard.
- The date of the training is 21st December.
- One of the athletes does not return from the afternoon exercise.
- The building on the map is an outdoor centre and you are based there.

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Scenarios

- These are scenarios are fictitious, any similarity with actual situations are entirely coincidental. Many are not specifically coaching situations but deal with issues coaches may find themselves in.
- The idea of this session is to discuss 'ethical' issues which may arise in managing coaching.
- Many of them could be 'answered' with 'it depends'; therefore those are the discussion points.

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Coach Behaviour

You are the lead coach at Lagganlia; the juniors are all aged 14/15. The orienteering is good and the coaching team are all working very hard and well together.

On the Wednesday, you notice that one of the girls on the camp is flirting with Stewart, one of your 'young coaches'.

At 10pm on the Thursday, the coach who shares the room with Stewart, reports to you that on returning to his bedroom the door was closed and that the coach and junior were inside sat on the bed chatting.

What would you do?

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Behaviour

You are a coach on a tour to Scandinavia. You are sitting drinking coffee in the local town during the half-day off.

One of the juniors comes running up to say that another junior has been caught shoplifting. What would you do?

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Rooming Arrangements

You are the coach for a British Team. A married couple in their mid 20's wish to share a room at the World Championships, would you let them?
What if they were 'only' living together and in their mid 20's?
What if they were 19?
What if they were 17?

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Rooming Arrangements

You are organising a ScotJOS squad weekend. All the athletes and coaches will be sleeping in a scout hut in the only room.

The parents of one the most talented orienteers says they are not happy about the arrangements.

What would you say to them and what would you do?

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Discipline

For disciplinary reasons, you, as a member of the staff on a junior tour have decided to send a junior home.

You confront them with the news. They then tell you that their parents have gone on holiday to Tenerife and they do not know how to contact them.

What would you do?

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Alcohol

You are a coach on the M/W16 training camp to Scandinavia. The information in the Camp Bulletins states that 'anyone possessing alcohol or prohibited substances will be sent home at their parents expense'.

On unloading the kit at the accommodation, a bottle breaks in one of the junior's bags; it is vodka. The junior is devastated and pleads with the Team Manager to let them stay. Sending the junior home will involve one of the coaches being away from the rest of the group for 36 hours.

You have 5 cars and 5 drivers and need them all to transport the group around.

Would you give the youngster a final warning rather than sending her home?

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Alcohol

You are the coach at the World Championships; the team has done well.

At the Banquet at the end of the competition one of the athletes gets very drunk and has to be continuously supervised throughout the night.

The following morning they are very apologetic.

What would you do?

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Drugs

You are the British Team Coach at the World Cup Races in Canada and USA. You have no reserves. Two days before the first race, one of the athletes has very bad toothache, goes to the dentist and obtains treatment. They come back much relieved and raring to go. They show you the painkillers they were given, they have only taken one, and you recognise them from the banned list.

Do you let them run in the race?

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Eating Disorders

An athlete you coach is training very hard to get in the World Championships Team. Although already 'thin', they appear to be losing more weight and when you see them at a weekend training camp you think that they are not eating enough.

What would you do?

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Medical Issues

You are a coach on a training camp in Scandinavia. At the end of a session in a forest an athlete returns saying they have been stung and they 'feel funny'. You immediately suspect an anaphylactic shock so you take them to hospital where this is confirmed and they are admitted to the intensive care unit.

What would you do next?