

SOA Volunteer Pathway

Helpers on the day

No experience required:

Eg support roles at events, reporting to a Team Leader, eg marshalling, parking, putting up/down tents, cake stall etc)



Any responsible adult/older teen with a little experience and a clear explanation:

Eg Local event - registration, start, download, welcoming newcomers, collecting controls
Eg Larger events – marshalling, enquiries



Parking Team Leader
Experience of large car parks!

Start/Finish team leader
1+ years experience of attending national+ events

Assembly Team Leader
1+ years experience of attending national+ events

Computing and Radio controls
1-2 years experience + SI experience

Event officials

Local event (Level D) Planner (age 14+, TD5+) or Organiser (age 16+)

Experience required: British Orienteering member, advisable 2+ years of attending events

Training – Event Safety Workshop (3 hrs), CWPS, mentoring from experienced members, SOA courses- planner/organiser (including young persons courses)



Regional (Level C) Planner

Regional (Level C) Organiser

Grade C controller
SOA C Controllers course
Experience of planning and organising regional events, TD5 skills



National (Level B) Planner

National (Level B) Organiser

Grade B controller



Championship (Level A) Planner

Championship (Level A) Organiser / Multi-day coordinator

Grade A Controller

Coaching

Coaching Helper

No experience required.
Help with advance admin/comms, logistics, driving, food and in/out tracking sheet



Coaching Assistant or Young Coach (age 14+)

Protecting Vulnerable Groups (PVG) disclosure and CWPS. SOA Coach Foundation course, age 15/16+ (6 hours).



Club coach

2+ years experience advisable, TD4+, age 17+, PVG, CWPS. SOA course accredited with SQA at Level 5



Lead coach

TD5+, 5+ years experience advisable, PVG, CWPS. SOA course accredited with SQA at Level 7 (approx 80h)

Club Governance

Support roles

No O experience required
eg trophy coordinator, club kit coordinator



Appointed officers
Suitable experience/knowledge:
eg Permissions, Equipment



Suitable experience/knowledge:
Committee member (eg. president, treasurer, fixtures sec., social sec.)

Provide mentoring for succession planning

SOA/S6D Governance

Anyone with suitable knowledge and experience may hold these positions - reliant on availability

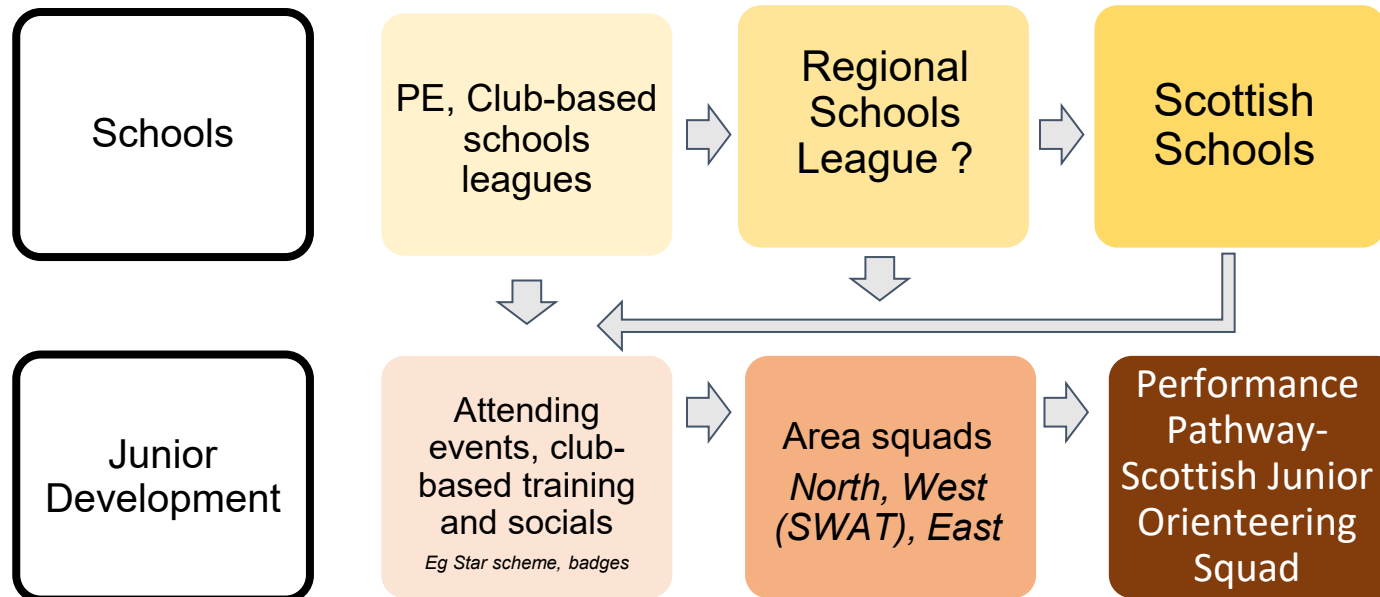
Position Holder, eg trophy coordinator, controllers' advocate

SOA Board of Directors

Scottish 6 Days Co. Board of Directors

SOA Junior Participation Pathway

Technical Difficulty (TD1-5)	String	White (TD1)	Yellow (TD2)	Orange (TD3)	Light Green (TD4)	Green (TD5)	Blue (TD5)	Brown (TD5)
Typical age/ability	2-10	7-11	8-13	11+	13+	Has skills required and reasonable fitness	Has skills required and good fitness	Has skills required and with high level fitness
Skills required	Follow the string	Follow linear features, mostly paths	Follow linear features with decision points	Follow different linear features eg. walls, streams. Leave linear feature to find control	Mostly in terrain. Competence with a compass. Catching feature close behind control.	Most difficult. Should be fully competent with a compass. Need an understanding of contours on the map and how these match up to the real world. Catching feature far from control.		
Distance	300-900m	1km	1-1.5km	2-3km	3-4km	3-5km	5-7km	7-9km
Time	5-30 mins	15-45 mins	20-60 mins	25-60 mins	30-60 mins	40-60mins	50-90mins	60-90mins



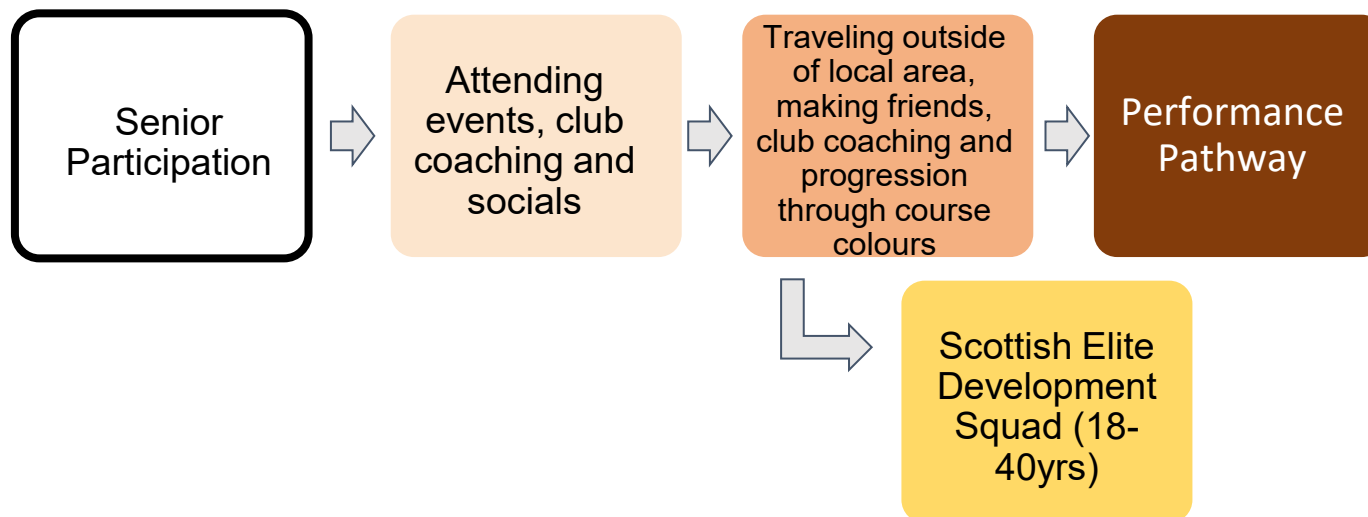
Juniors can progress through the coloured courses as shown above. Typically, they progress with age, but can participate in any course they feel confident that they have the skills and fitness level required.

If joining through the schools pathway, juniors can at any point join in with a local club and then progress onto Area Squads etc.

Events range from Local (Level D) to Championship (Level A) and anyone of any ability/age can attend all these events.

SOA Senior Participation Pathway

Technical Difficulty (TD1-5)	Yellow (TD2)	Orange (TD3)	Red (Long Orange) (TD3)	Light Green (TD4)	Short Green (TD5)	Green (TD5)	Blue (TD5)	Brown (TD5)
Typical age/ability	Adult beginner, no navigation experience	Adult Beginner, some navigation experience	Adult beginner with reasonable fitness and some navigation experience	Has skills required	Has skills required and generally reduced mobility/low fitness	Has skills required and reasonable fitness	Has skills required and good fitness	Has skills required and with high level fitness
Skills required	Follow linear features with decision points	Follow different linear features eg. walls, streams. Leave linear feature to find control	An orange, but longer distance for those who are fitter.	Mostly in terrain. Competence with a compass. Catching feature close behind control.	Most difficult. Should be fully competent with a compass. Need an understanding of contours on the map and how these match up to the real world. Catching feature far from control.			
Distance	1-1.5km	2-3km	6-8km	3-4km	3-4km	3-5km	5-7km	7-9km
Time	20-60 mins	25-60 mins	40-90 mins	30-60 mins	40-60mins	40-60mins	50-90mins	60-90mins

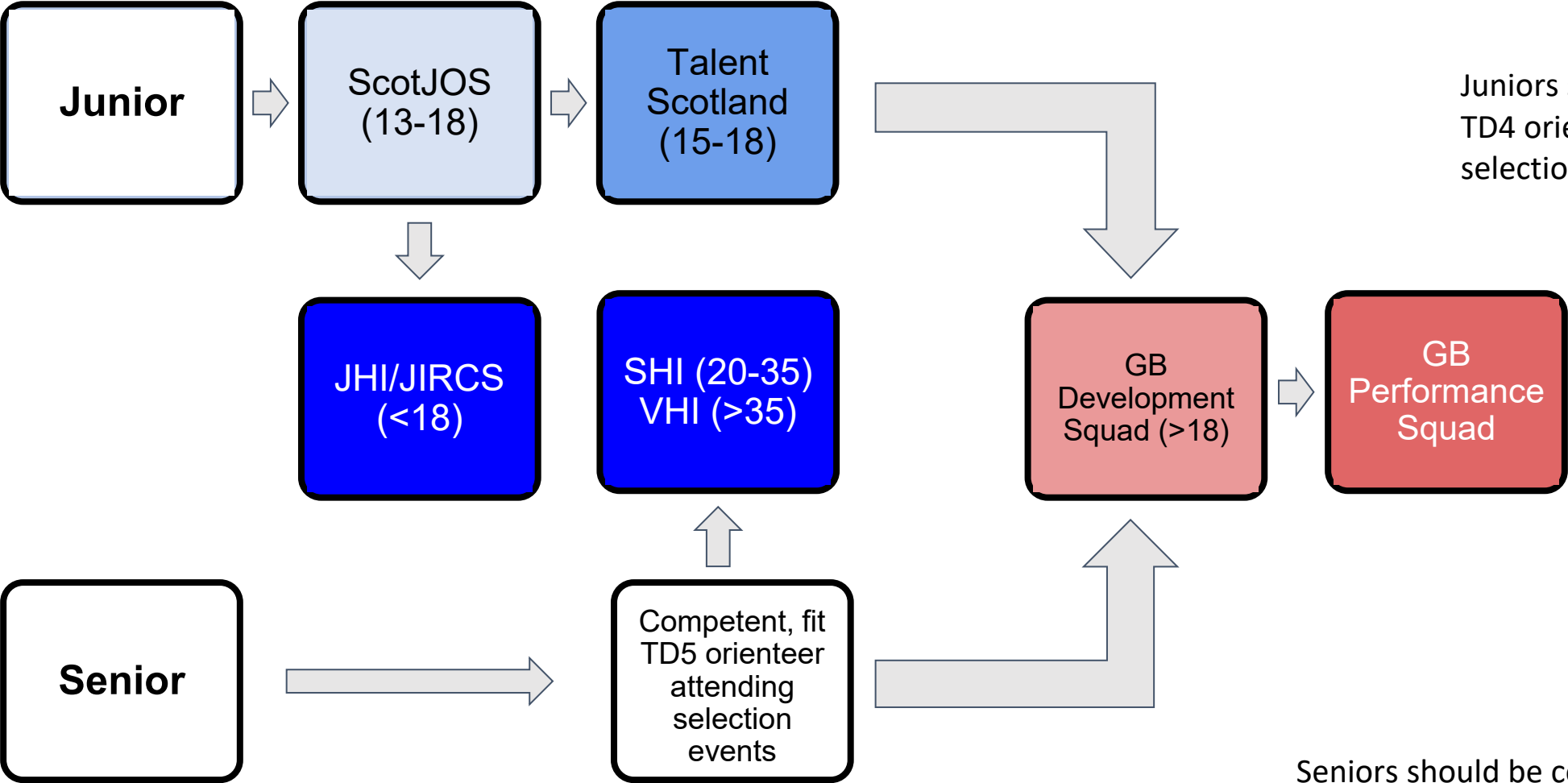


Seniors can progress through the coloured courses as shown above. Typically, they progress with experience, but can participate in any course they feel confident that they have the skills and fitness level required.

Events range from Local (Level D) to Championship (Level A) and anyone of any ability/age can attend all these events.

SOA Performance Pathway

Previous progression through the colour coded courses is required for initial entry onto the performance pathway. There is also a requirement of selection to progress through the performance pathway.



Juniors should be competent TD4 orienteers to gain selection for ScotJOS.

Seniors should be competent TD5 orienteers with high levels of fitness to gain selection for SHIs/VHIs. Only the highest quality orienteers will be selected for GB Squads.

★ Different levels of events to suit

- Local
- Regional
- National
- International

★ Club coaching and activities

★ Variety of terrains and locations



★ Different levels of courses to choose from



Junior specific

- Junior Inter-Areas
- Junior Area Squads
- Junior Inter-Regional championships (JIRCS)
- Junior inter-club competition (Jamie Stevenson Trophy)
- SCOTJOS (Scottish Junior Squad)
- Junior Home International (JHI)



★ Competitions abroad - holidays!



★ Social opportunities

★ GB squads

Opportunities in Orienteering



★ Mountain Bike Orienteering

★ Scottish 6 Days

Senior specific

- Senior Home International (20-35)
- Veteran Home International (>35)
- SEDS (18-40)
- World Championships
- World Masters Championships (>35)

★ Trail-O (wheelchair and physical impairment friendly)

★ Coaching and volunteering

- Planning
- Organising
- Controlling
- Young Leaders

(all SOA provided courses)

★ Opportunities for all ages and physical abilities

