



COACHING QUALIFICATIONS

October 2017

We currently offer UKCC (UK Coaching Certificate) qualifications awarded by SQA (the Scottish Qualifications Authority), at levels 1, 2 and 3, as well as a Coaching Foundation course.

For all levels, coaches' competence covers planning, delivering and reviewing of coaching; for Level 1 the focus is on a single session, for Level 2 a series of sessions, and for Level 3 a season or year. There is no restriction on the level of "technical difficulty" (TD) at which a coach can operate, except that they must always be working within their own technical competence. Higher coaching qualifications reflect greater knowledge and skill as a coach; we might have expert coaches of beginners and novice coaches of elites.

The **Coaching Foundation (CF)** is one-day introduction to coaching; there is no assessment. The content of CF is a sub-set of the UKCC Level 1 training. Most learners go on to complete UKCC Level 1 after doing CF, though some take the fast-track route to UKCC Level 2, which requires some written tasks to be completed before the learner is accepted onto the course (RPL - Recognition of Prior Learning).

CF courses are held throughout Scotland, approximately 6 to 8 times a year.

CF is open to Scottish members, while British membership is required for the UKCC qualifications.

Level 1

Level 1 is the "Assistant Coach", usually working with a more qualified coach though sometimes delivering a session alone after having received guidance from a more qualified coach. The focus of the Level 1 coach is the single session, usually progressing a skill within the session. Any progression from one session to the next would be under the direct supervision of a more qualified coach.

Training for Level 1 comprises some independent learning before the tuition and assessment. Most Level 1 courses assume learners have completed CF, in which case the tuition and assessment are completed over 2 days, usually a weekend. Occasionally a 3-day course is arranged, covering the full tuition, practice and assessment, as well as the independent learning beforehand.

Level 1 coaches are qualified to coach in relatively safe areas, types A and B in the British Orienteering area classification.

Pre-requisites for Level 1



- Recent evidence of competence at TD4 (Light Green) or above before assessment at Level 1. This is usually by means of a competition result, but can be by other means.
- Age at least 17 at time of final assessment
- Current member of British Orienteering

Level 2

The Level 2 coach often works alone or co-ordinating a small coaching team, usually within a club or a small cluster of clubs. A Level 2 coach can focus on a series of coaching sessions, often working towards a particular event. They understand about progressing skills from one session to the next, using different areas and refinements to make each session useful to a range of participants.

A Level 2 coach might mentor someone working towards that qualification.

Level 2 coaches are qualified to coach on type C areas, and can undertake a short workshop on “Coaching Safely in Remote Areas” to allow them to coach in areas which would otherwise require a Level 3 qualification.

The Level 2 course involves some independent learning and practical tasks before and after the tuition element, some logged experience (with mentor), one assessment session soon after the tuition, and the final assessment when all other tasks have been completed. Learners have up to 2 years from the start of tuition to complete the qualification.

Pre-requisites for Level 2

- Recent evidence of competence at TD5 (Green, Blue etc.) before their final assessment. As for Level 1, this is usually in the form of competition result.
- UKCC Level 1 orienteering coach qualification or equivalent, or completion of RPL for approved candidates
- Current member of British Orienteering

Level 3

In addition to the role described for Level 2, the Level 3 coach might also work with individual athletes competing at or aspiring to top competitive levels. At this level the coach often takes on the role of guide and mentor to the athlete; he/she tends to help the athlete to analyse performances, set up useful practices and help with lifestyle and psychological aspects of the sport. Level 3 coaches are also qualified to organise extended training camps, overseeing a group of athletes away from home as well as managing a coaching team and other adult helpers.



The format for Level 3 is similar to Level 2: some independent learning and practical tasks before and after the tuition element, some logged experience (with mentor), one assessment session soon after the tuition, and the final assessment when all other tasks have been completed. Learners have up to 2 years from the start of tuition to complete the qualification.

Pre-requisites for Level 3

- Familiarity with high level competitive orienteering (not necessarily as competitor)
- UKCC Level 2 orienteering coach qualification or equivalent
- Current member of British Orienteering

Coaching of orienteering has developed significantly in recent years; we strongly encourage coaches who gained their qualifications some time ago to update and refresh their skills by gaining a UKCC qualification.

Course fees are shown on the SOA's Course Schedule; sportscotland currently offer subsidies to people undertaking coach qualifications. Details are on their website: <https://sportscotland.org.uk/funding/ukcc-subsidy-for-coaches/> or available from the SOA Education Manager, Hilary Quick: hilary@scottish-orienteering.org.

The SOA organises a range of CPD workshops which are open to all coaches.

Details of dates and venues for all courses and CPD workshops are on the Course Schedule.

Any questions regarding these qualifications should be addressed to the SOA Education Manager, Hilary Quick (hilary@scottish-orienteering.org).

The qualification pathway is summarised in the associated diagram (PDF).