

Teaching Orienteering Part 1

Who should attend Teaching Orienteering Part 1?

The training is aimed at teachers, youth sector workers and people working in schools and outdoor centres. The training delivers the knowledge, understanding and practical ability to teach the basic skills of orienteering. Anyone over the age of 16 can attend the course however the Orienteering Young Leader Award suitable for 14 – 19 year olds may better meet young people's needs. Attending Teaching Orienteering Part 1 is a prerequisite for anybody wishing to deliver the Orienteering Young Leader Award or attend the British Orienteering Teaching Orienteering Part 2 training

Are there prerequisites?

Candidates must be over 16 years of age and it will be an advantage if you have some knowledge of orienteering prior to the course although this is not essential.

What is a person who has attended a Teaching Orienteering Part 1 trained to do?

Introduce the basic skills of orienteering to beginners in a fun and exciting way on areas that are safe such as school sites or outdoor centre grounds. You will also be able to deliver simple competitions for participants.

What does Teaching Orienteering Part 1 training involve?

On the course you will be given the knowledge to introduce the basic skills of orienteering and have opportunity to discuss and practice using this knowledge. The course is 6 hours and practical in nature and you will be expected to join in with group discussions and activities.

What are the learning outcomes of the training?

Introduce children to orienteering in a safe environment

- Plan sessions to introduce the basic understanding of how to use an orienteering map and include the following skills: map as a bird's eye view, importance of north, map orientation, use of map colours and commonly used symbols, keeping in contact with the map and "thumbing".
- Plan and deliver orienteering sessions that meet the safety standards required by British Orienteering.
- Organise and deliver simple orienteering competition
- Be able to advise children on the opportunities to further their orienteering experience

Is there assessment – if so what form does it take?

Candidates are not assessed; following the training candidates will receive a certificate of attendance. Candidates wishing to gain a formal, assessed qualification should talk to a tutor to identify the most appropriate route for them to take.

How do I find and attend a Teaching Orienteering Part 1 Course?

A list of Teaching Orienteering Part 1 Courses can be found on the [Training Courses page](#); you can also register and book online via this page.