

Orienteering Coach Qualification



Pre-requisites:

- be at least 17 years of age to start the training and 18 years of age prior to certification
- be able to perform the skills and techniques of TD 5 (Level 5) of the British Orienteering Step System

Cost -The fee will be £285 per learner as an initial offer until 31st Dec 2024 and hereafter £310 per learner, all costs/fee will be reviewed annually.

This fee covers:

- British Orienteering Coaching registration fee
- British Orienteering eLearning enrolment fees
- British Orienteering resources
- Post and Packing
- Administration Fee
- Assessment Fees for the final assessment; the Learner may be required to pay an additional fee for re-assessment if required.
- Certification
- Internal Quality Assurers Fees

The purpose of the Qualification

is to develop orienteers through **linked** and **progressive high-quality** coaching sessions

There are some short pre-course tasks to do and be marked in advance of the course.

These are followed by short bite sized eLearning modules covering:

The Role and Responsibilities of an Orienteering Coach
Coaching Styles
Inclusive Coaching
Safe Coaching
Psychological & Physical Coaching
Nutrition & Hydration

Introduction to Safeguarding eLearning Course*

*Unless the candidate has already completed the Introduction to Safeguarding eLearning Course

To embed learning, check progress and to have professional discussions there will be 3 online webinars organised and delivered by the course tutor. If a course is for people in the same club area it is possible for these online webinars to be delivered face-to-face at a convenient time & place for everyone.

There is a face-to-face practical session when all the trainee coaches deliver a short technical coaching session to their peers which is followed by peer and tutor review / evaluation.

Coaches then plan, deliver and evaluate a series of 4 orienteering coaching sessions on one theme to a group (of any age/experience) **and one physical training session** and discuss how these sessions went with a mentor.

Prior to the assessment day the session plans and related paperwork are marked by the tutor/ assessor.

Within 12 months of starting the training (this can be completed in as little as 3 - 4 months) **the final observed assessment takes place.**

An assessor watches a technical orienteering coaching session of 45 – 60 mins before the coach is qualified.

Trainee coaches are provided with a set of personal resources and the tutor is available to give support & advice throughout the period of training.

What will I be qualified to do?

Those accredited will be able to coach the full range of techniques and skills in the sport of orienteering and to lead a group of coaches in delivering a programme in a safe and enjoyable way.

Coaches accredited will be able to introduce the sport to participants, coach at club training sessions and coach athletes competing in local and regional events.

What could I do next?

Ensure that you keep up to date with initiatives by:

- Reading the British Orienteering web site
- Being a member of British Orienteering and ensuring you have valid insurance
- Keep a log of your coaching and personal development
- Attend personal development events, workshops, conferences.
- Keep up to date with sports science initiatives
- Coach at clubs involved in delivering training sessions
- Observe and assist coaches working in orienteering's talent pathway

Funding Opportunities

Clubs and Regional Associations usually help coaches with the costs of training in return for their volunteer coaching in the club / regional squad.

Information on funding opportunities for Coaching Courses can be found [Here](#)

Further information

Please contact coachingadmin@britishorienteering.org.uk