

Level 2 Certificate in Coaching Orienteering



Pre-requisites:

- be at least 17 years of age to start the training and 18 years of age prior to certification
- hold the Level 1 Award in Coaching Orienteering or have experience of helping with orienteering coaching in your club / region
- be able to perform the skills and techniques of TD 5 (Level 5) of the British Orienteering Step System

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

During the 2 days of the training course there will be 4 outside practical coaching sessions interspersed with discussions on the following topics:

- Roles & Responsibilities of a Coach
- Planning a series of linked coaching sessions: tips and practical sessions on the course
- Safety considerations whilst coaching orienteering
- Delivering & evaluating a series of linked sessions: including warm-up/cool-down ideas, making sessions fun, using relevant exercises so that orienteering techniques are improved
- Physical training and Mental coaching for orienteering club coaches

After the 2 day training course learner coaches will complete five written tasks electronically and plan a session to deliver to their peers on the 3rd day, which is usually 4 – 5 weeks after the initial 2 days.

Prior to the assessment day the written tasks are sent by email to and marked by the tutor/ assessor. On day 3 of the course the tutor/assessor watches coaches deliver an orienteering technique coaching session of approx. 20 mins. The coach and assessor have a discussion after the session and agree an action plan for the next phase.

Following the 3rd day:

- Coaches deliver a series of 4 orienteering coaching sessions on one theme to a group (of any age/experience), one physical training session and discuss how these sessions went with a mentor.
- There are 3 other short written tasks to complete electronically

Within 24 months of starting the training (this can be completed in as little as 2-3 months) **the final 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 coach educator/tutor is available to give support & advice throughout the period of training.

What will I be qualified to do?

- Those accredited at Level Two will be able to coach the full range of techniques and skills in the modern 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.
- Attend UK Orienteering League events
- 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](#).