



COACHING COMMITTEE

Report to the Board of British Orienteering.

Meeting of **COACHING COMMITTEE**

Held on 12th June 2010 at Carrs Lane Church Centre, Birmingham, B4 7SX

The Board is asked to NOTE:

- 10/27** Progress on the introduction of a Continuing Personal Development (CPD) programme for British Orienteering Coaches.

- 10/28** The totals of courses conducted and attendees on those training courses which have been introduced in the last two years.



COACHING COMMITTEE

MINUTES (12/6/10)

Minutes of the meeting of COACHING COMMITTEE

Held on Saturday 12th June 2010 at Carrs Lane Church Centre, Birmingham, B4 7SX

10/19 Chairman, welcome and introductions

Present: Mark Saunders WOA, Don McKerrow SEOA, Jon Carberry NWOA, Linda Thornton NEOA, Keith Marsden Chairman, James Clarke BSOA, John Woodall Board member, Christine Vince SWOA, Ursula Oxburgh EAOA, Nev Myers YHOA, Hilary Palmer EMOA, Dave Rogers SCOA, & Derek Allison Director of Coaching.

10/20 Apologies for absence: Ed Nicholas British Orienteering Development Manager & Mike Hamilton British Orienteering Chief Executive

Corresponding members:

Sarah Dunn SOA, Ray Finlay NIOA,

Sarah Dunn is standing down as the SOA representative.

10/21 Declaration of Interest (2010)

Nev Myers has now completed his Declaration.

Declarations are still outstanding from Christine Vince, Mark Saunders, James Clarke, Ursula Oxburgh, Sarah Dunn, Ray Finlay & Don McKerrow.

Most!

10/22 Minutes of last meeting

The minutes of the last meeting were approved. See British Orienteering website:

http://www.britishorienteering.org.uk/downloads/documents/governance_minutes_coaching_13_03_10.pdf

10/23 Matters arising not covered elsewhere in agenda or not completed

British Orienteering Development Manager

The new British Orienteering Development Manager, Ed Nicholas, had requested to attend meetings of the Coaching Committee. Unfortunately Ed was unable to attend this meeting due to illness, but it was agreed that an invitation be extended to him to attend future meetings.

KM

British Orienteering Coaching Days.

Delays to the database resulted in the Mendips coaching day (24th April) not being marketed as much as envisaged. The Graythwaite day (15th May) was successful with 24 individual members and 9 groups.

It is important that we continue to offer Coaching Days and offers to put on future days in the coming year would be welcomed

ALL

DVD/CD distribution

The office admin situation is expected to be easier with the introduction of the on line licensing system. Consideration can then be made to sending the UKCC Level 1 Resource CD to those who have not yet received it, and the

Coaching DVD and Strength and Conditioning DVD to those coaches who renew an old Level 3 or 4 license.

Emergency Response Plan

PMN: International Committee has prepared a draft for approval by the Board at its meeting on 7th July. The Plan is expected to be available on the website soon after that.

Trail O

The Trail O Committee is interested in contact with Coaching Committee with regards to using Trail O as a coaching aid. Christine will follow this up.

CV

10/24 Feedback from the Board

John Woodall reported the Board's approval and notes from the March Coaching Committee meeting.

He also reported that the ranking lists have been extended downwards to cover members in the year they turn 16. John explained that the Board did not want 14 year olds to be ranked and this would have been possible under the proposal submitted by Coaching Committee (i.e. to rank all M/W 16's).

As this explanation was new to members of the Committee there was a request that it be confirmed.

KM

The Risk Assessment Form, as previously championed by Coaching Committee, had been adopted by the Board. It is being included in the UKCC material when the Qualifications Credit Framework (QCF) changes are made. The Board were not able to offer financial support for the proposed Regional Association's training camp at Lagganlia. An approach to a Charitable Trust outside Orienteering had been successful and will reduce the cost to attendees on the camp.

It was suggested that a formal bid to the British Orienteering Development Fund be submitted for future training camps.

10/25 Reports from Regions

An appeal for brief electronic reports was made.

ALL

NWOA – Jon Carberry

SELOC: Paul Turner.

1. Regular Monday club nights have moved outside for summer. As well as the base venue at the school, we have also used other local venues to get out into park terrain, typically focusing one week on techniques and returning the following for an exercise. One coach has newly qualified at UKCCL1 and run first club session.

2. We took a good contingent to BOF Coaching Day at Graythwaite and combined with PFO to run Experienced, Improvers and Beginners groups.

Lakeland Orienteering Club: Carol McNeill, Lead Coach

1. We have completed another series of 9 Saturday morning coaching sessions focused on racing skills in preparation for the British Championships.

2. We have run Wednesday after school coaching sessions since February half term and including Wednesday training events.

3. We have been accepted by BO as one of 5 clubs to become a Club Talent Squad supported by BO.

4. We have brought on board Chris Heppenstall & Heather Burrows to lead the new squad which will be formed later this year.

5. We are formulating plans to link club athlete development to NWJS and National EADP
6. We are trying to establish at least one Level 1 coaching course and a Level 2 course for the autumn.
7. Coaching development has been separated into several roles. This needs more co-ordination and follow up.
8. A regular 'coaching corner' has been set up on the website with invites for all members to take part in coaching.
9. Many recent top event results have been attributed to the extra coaching given and received this year.

Border Liners: John Roelich:

1. **Clubmark:** we are slowly but surely completing the evidence necessary to be able to submit an application for Clubmark Status. We had a most productive meeting with Hamish Willis, and a subsequent one with Eileen Cubbon from Cumbria Sport.
2. **Junior Activities:** our Schools League (6 weekly events during the first part of the Summer term) is being well supported (part 1 report attached). Average attendance 145 Primary and Lower Secondary. Follow on Introductory Events (4 successive Wednesdays in June) are being planned in local parks.
3. **Junior Coaching:** Club coaches have run further sessions with Longtown Junior School (affiliated school) and will include coaching activities in Introductory Events in June, with the hope of attracting new juniors into the Club. Junior Coaching planned for Autumn.
4. **Cumbria SchoOlympics:** (July 1st) Orienteering Event included in this event, Club Development Officer assisting with the running of the event. Young Leaders from Carlisle Leadership Academy helping with running of the event.

SROC: Quentin Harding.

1. Mark Edwards has completed his Level 2 coaching qualification.
2. SROC members attended the BOF training day at Graythwaite. It was well received and provided much needed coaching for some self taught mature orienteers.
3. The Tuesday evening sessions at Ripley have been temporarily suspended over the summer months. The sports hall was not available during the exam period and there are numerous other activities available during this period.

NWJS: Jon Carberry.

1. Ran training weekends in March and June.
2. New athletes' day in May (not linked to BOF day) identified 8 potential members for September.
3. Athletes selected for GB: JWOC (1) EYOC (1), BOF Training Camps: Poland (2), Sweden (2 ex. plus 1), Scotland (10) and Regional Squad Camp: Scotland (4).
4. Bi-annual summer tour to Fredrikstad, Norway.
5. Conscious that the links to club talent squads still very tenuous but improving, that changes in event structure has meant temporally suspending "squad standards" therefore limiting the ability to monitor an athletes commitment & progression, and the squad need more coaches for weekends.

EMOA – Hilary Palmer

- UKCCL1 course currently being staged (assessment day June 19) with 8

- participants, 7 of whom are from EM
- UKCCL2 course held in May/June has completed the Internal assessment stage with 8 participants: 6 from EM, 1 from WM and 1 from YH
- NOC and DVO now have 3 weekly satellite clubs running in the north, central and south of their counties. Whereas Sport England grant funds were used to pay lead coaches in many of the first satellites our focus is now turning to sustainable volunteer coaching teams sharing the responsibility of leading the coaching and in training more coaches to help. See recent Focus article about our new coaches in the West Notts satellite.
- LEI is now running a weekly coaching night for club members and 2 after school coaching series.
- LOG holds technique training for its members interspersed with low key local competitions.
- The EM Junior Squad coaching will include time in Sweden this summer for the first time.

SCOA – Dave Rogers

Junior Squad Activities:

- Junior Squad conducted 22 training days in the last 12 months [7th June 2009 to 6th June 2010]. Squad numbers around 35 mark, with 15 to 20 regular attendees.
- Preparations underway for the Junior Interregional Championships in Wales on 26th and 27th June 2010. A team of around 15 juniors and 4 coaches and helpers will attend [reduced numbers due to school exams].

Junior Squad Successes:

- Summer Tour and Championship Selections:
- Dane Blomquist and Jamie Hicks - Lagganlia Summer Tour
- Peter Bray - Uppsala Summer Tour; European Youth Championships

Club Coaching Updates:

BAOC:

- BAOB have been actively coaching on a much wider spectrum than normal. This is due in part to 7 more UKCCL2 Coaches having completed their 3 Day course and are now going through their mentoring sessions with senior coaches. These sessions have been to a number of clubs and members in the SCOA, SWOA and SEOC. We have now 2 coaches in Germany and one in Cyprus and one in the Falklands, we intend to expand this to a wider audience to increase membership and participation in all age groups. The mentoring sessions are progressing well with the intent for all to have completed their final L2 assessment in September 2010.

There have also been three Orienteering Coaching Performance Days which 43 Orienteers from local clubs of Light Green and above standard attended. From validation of the one day coaching sessions it was requested to run 2 days orienteering performance courses days which are advertised on the BAOB Web page and will run 10-11 July, 4-5 September and 30-31 October 2010. The lead coaches are Colin Dickson and Dave Rollins. The first course is now half full. Our intent is to get an additional 8 L1 coaches qualified in 2010 so we can further spread the word and to run more formal and structured coaching in the future.

At the Army Orienteering Centre, Longmoor, Colin Dickson continues to run one week basic skills courses (up to Light Green) with an average of 22 attending (one

course in April and 2 in May, with the next in July). We also run Intermediate Skills Course (Light Green to Blue) - one in April and one in May, with the next course in September. We run an Advanced course, however that is in September and January each year and is for those who want to compete. We have also run a Planners course with 6 students and the next course is in September. All courses have fully qualified coaches and all course are opened to military and civilians.

SOFA:

- SOFA ran an introduction to map reading session for 1st Catisfield Scouts on 5th May 2010 and on 10th June 2010 ran an introductory session on orienteering for the Young Farmers Club at Denmead.

SOC:

- Over the last 3 months SOC have run a club coaching evening every Thursday at the Gregg School, Southampton. This is a continuation of a club night we first ran last year. We aim to provide coaching for beginners and established orienteers and regularly get a mixture of abilities coming along.
We have also provided coaching for beginners at our recent local events such as the local event at Anderwood and at Dibden Purlieu.
We are also running a summer series of events in and around Southampton every fortnight. This has been very successful at attracting new people to try orienteering and come back again for more. We have, with the aid of other club members provided help for beginners in getting started.
These activities are continuing until the summer holidays and we will continue to provide coaching for beginners at our local events.

TVOC:

- In May 2010, TVOC organised two full-day (Friday) 'Introduction to Orienteering' days for year-8 children from 7 schools in Oxfordshire -we had approximately 70 girls at the first session and 70 boys a week later. The activities were organised at Wittenham clumps near Wallingford, and comprised an introduction to o-maps and initial map walk, followed by cones exercises and the 'naughty numbers' grid, with a 45 minute score event in the afternoon. Around 4 coaches and 7 teachers were on hand each day. Feedback from the children has been good, (quote: "Langtree girls are raving about the day to everyone.") and a few have already attended recent TVOC summer-series local events.
The two sessions were organised by Alison Smith (TVOC club captain) in conjunction with Tina Blower, Schools Sports Co-ordinator.
Coming up, at the end of June TVOC will be running further 'Introduction to Orienteering' activities at the Bucks Youth Games (Aylesbury) and Oxfordshire Youth Games (Oxford) - in the past these events have been attended by upwards of 1,000 children of all school ages, with several hundred trying out the orienteering activity.
We have been provided "informal" coaching at all of our Saturday events and propose to do so for the remainder of this series. Beyond that we are considering whether some coaching can be integrated into the Summer Series, but nothing is finalised.

SOA – Sarah Dunn

- Several further UKCC Level 1 and 1 UKCC Level 2 courses have been held in Scotland during the spring.
- ScotJOS and SEDS have held several further training weekends leading up to the spring season competitions.
- The SOA coaching conference held near Dunfermline in April was a big success

with around 30 coaches attending. Feedback was positive and it is hoped to run a similar day in the future, at least every second year.

- No trials of CPD scoring in Scotland have yet been made
- I have now stood down as the SOA Performance Director (post has not yet been filled) and would also like to stand down from the BOF Coaching Committee. Please contact Donald Grassie (SOA President) to confirm who my replacement will be as the SOA rep.

SWOA – Christine Vince

SWJS

The Squad continues to hold regular training weekends, and they joined SC Junior Squad for a day's training in May. One athlete will be joining the Lagganlia tour. Five will be going to the Cairngorm camp.

SW Clubs

The UKCC Level 1 course in May 2010 which was run principally for NGOC resulted in five new UKCC Level 1 coaches – three from NGOC and two from BOK.

DEVON Orienteering Club have been invited to join the 2010 "Increasing Club Talent Squads" project.

Y & H – Nev Myers

SEOA – Don McKerrow

- Saxons are beginning to do club junior training.
- HH continue to do junior training also including some juniors from LOK.
- SO's activity sessions continue.
- A UKCC Level 1 course at Longmoor was recently cancelled so the region now has people looking for both Level 1 and Level 2 courses.
- The region will need to organise a First Aid Course before the end of the year.
- HH is organising BSOC in November but it is not clear if a World Schools Selection Race will be required on the Saturday as BSOA has not yet decided if it will be sending a team.

NEOA – Linda Thornton

CLOK is continuing its Monday night junior coaching session, plus after school clubs, school coaching half days and funs sessions for cubs/scouts.

NATO is continuing to go into schools and local scout groups

NN has no coaches and very few members.

We have our 1st qualified UKCC level 2 and are hoping to put on a Level 1 course in the autumn.

EAOA – Ursula Oxburgh

WOA – Mark Saunders

10/26 Coaching – general

Coaches database

The recent transfer of Coaches details to the main database has resulted in Coaches details now being available to Regional representatives. All representatives were requested to give feedback on suggestions for improvement and any other requirements of the database by the end of June.

ALL

It was questioned why does the office need to have a copy of the first aid qualification' when it could be witnessed by the Coach educator. The Chairman was asked to check.

KM

Now that the database has migrated across to the web based system it is important that Regional Association representatives follow up 'unlicensed' coaches; particularly those they know are coaching.

ALL

Coach Photo Identification

It was decided that the web based membership card would suffice. It was noted that from 2011 the British Orienteering membership card will indicate members who are Licensed coaches.

Administrative Procedure

The Teaching Orienteering Part 1, 2 and UKCC administrative procedure was nearing completion and would be communicated to Coach Educators etc. in the near future.

DA

Charges for candidate packs to the end of the year would be:

Teaching Orienteering Part 1 £15

Teaching Orienteering Part 2 £27.50 (previously a differential to reflect the additional cost of resource for Scottish Courses)

Scottish UKCC Level 1 Courses £140 per candidate, minimum charge (6) £840

Other UKCC Level 1 courses £195 per candidate, minimum charge (6) £1,170

From 1/1/11 the candidate fees would be:

Teaching Orienteering Part 1 £20

Teaching Orienteering Part 2 £30

Scottish UKCC Level 1 Courses £190 per candidate, minimum charge (6) £1,140

Other UKCC Level 1 courses £230 per candidate, minimum charge (6) £1,380

Vetting and Barring

Due to changes in the requirements, it will no longer be a coach license requirement to have a CRB check but all coaches who work with children or vulnerable adults still need to have one.

Coaches Code of Conduct

Following recent advice from SportscoachUK; it is proposed to change the process to have one signed hard copy kept by British Orienteering when the coach first becomes licensed but not require coaches to re sign annually. When the coach renews membership/licence there would be a statement confirming that the coach agrees to abide by the code of conduct that can be ticked and that should suffice.

This could also be a potential web-based activity if the code of conduct is on-line and the coach has to click on an 'agreement' box or equivalent.

Orienteering Development Pathway Working Group' members

It was strongly felt that there should be Coaching Committee representation on the proposed Working Group developing the ODP and the Chairman was requested to make the Committee's views known.

KM

10/27 Coaches Continuing Professional Development.

A further paper had been submitted to the committee (See Appendix 2)

There was continued support from the Regional Representatives and a number of specific points were made by those Representatives who had 'trialled' the proposed points scoring. For example the points for a days

coaching (and preparation) were compared with the points for a weeks coaching on a training camp.

It was suggested that British Orienteering should maintain a list of suitable workshops and reading as CPD possibilities, and that this could then be used by Assessors when producing a coach's action plan during assessment.

DA

Feedback with regard to the CPD programme and process should be sent to Keith Marsden by the end of July

ALL

The plan is that the CPD documentation, including the (spreadsheet) log, be further revised, based on comments received, by the end of the summer and that an explanation be circulated to all coaches early in the autumn with the intention of implementation in 2011.

The intention is to start recording points in 2011 with those coaches whose license runs out at the end of 2011 being expected to accumulate 1/3rd of the total points, those whose license runs out at the end of 2012 will be expected to accumulate 2/3rd points and from 2013 the system will be fully implemented.

10/28 Coach Education

Teaching Orienteering

At the previous Coaching Committee feedback was requested regarding the current Teaching Orienteering courses. The following had been received.

SOA - "Feedback about Teaching Orienteering course is always VERY positive – part 1 at least; we still haven't done a part 2 in Scotland, though I think one's likely this autumn. I think it doesn't fit so well with the Scottish curriculum as it does with the English. Part 1 is a well structured course, and the candidate packs (resources) are good, especially when you add maps and stuff to them. It fits well into a single one-day or 2 evening sessions; 5 or 6 of us in Scotland have delivered it with varying regularity and we all like it and know the punters like it too."

As a result of the overall feedback received no changes to the current Teaching Orienteering courses are envisaged in the near future.

Qualifications Credit Framework (QCF)

Keith Marsden, Pat Mee and Derek Allison are continuing the work to move the UKCC qualifications across to the QCF. The Level 1 was mostly complete with a number of changes to the learning programme, exam paper and Tasks. The only outstanding items were in association with the elements of UKCC Level 2 which due to being drawn down to the orienteering Level 1 have resulted in some further changes to tasks. Revised copies of all the new material will be circulated to all Coach Educators and Assessors in due course.

It is expected that the changes to Level 2 will be completed on time.

National Skills Academy (NSA) e-learning possibility

Two meetings have recently been held regarding the possibilities of e-learning with the effect of making coaching courses more accessible and aiding the access for CPD.

Access to generic training courses, orienteering specific modules, forum and virtual classrooms are all being considered under the NSA scheme. The event managers and development team are also involved.

UKCC Level 3

The Chairman reported on progress on UKCC Level 3. He said that the award will be aimed at coaches coaching at more senior levels, principally from Talent Club Level upwards.

Specialists in the various key elements of the course are being sought to

develop the sessions. An outline Learning programme has been prepared which envisages 6 days of face-to-face work together with practical coaching. The practical coaching is based on the personal coaching of two individuals for a minimum of 12 weeks each. It is anticipated that this will mean an overall elapsed period of not less than 6 months.

It was questioned whether, rather than develop under the UKCC umbrella British Orienteering shouldn't develop its own high level coaching course. It was pointed out that this would leave British Orienteering open to the forfeiture of funds already awarded for the production of the Level 3 award – and British Orienteering would then have to find the funds in order to develop the new award. It was also pointed out that additional funding had been received because we had completed and endorsed our Level 1 and 2 awards and it was envisaged that further funding would be offered were we to continue with the proposed development of Level 3.

UKCC Coach Course demand

The Director of Coaching reported that it is disappointing that so few courses had been requested by Regions and Clubs in the recent past

Course statistics (to date)

(Teaching Orienteering courses were launched in June 2009; UKCC courses were started in September 2008 and UKCC Level 2 courses in September 2009)

Course	Courses	candidates	Passed	Out of time
TOPS 1	257	2641		
TOPS 2	31	261		
Level 1 E/W/NI	43	335	267 (79.7%)	14
Level 1 S	10	71	59 (83%)	0
Level 2 E/W/NI	5	28	1 (3.5%)	0
CTS*	6	53	20 (38%)	0
IAPS*	9	86	35 (41%)	0
CIVPS*	3	19	6 (31%)	0

*includes archery Learners

10/29 Coaching License to Practice– covered under Database discussions.

10/30 Assessor DVD

Filming has been completed although there are discussions on whether re-shoots should take place to change all references to Candidates to Learners (as required by the changes to QCF) the new agreed term.

10/31 British Orienteering Competition Review

After some general discussion it was decided that it was not the role of this committee to comment on the Competition review. It was argued that coaches respond to the competition structure by preparing athletes to compete successfully at the competitions within the structure, regardless of what that structure may be.

It was made clear that members of the committee were free to express their opinions to the review either as individuals or as a member of another committee, association or group.

10/32 British Schools Orienteering Association Report

JC reported that the BSOA had reset its annual membership fee to zero. It is hoped to generate more funding from merchandising.

JC also announced that the WSOC in 2011 will be held at the end of May in order to avoid snow at the altitude of the event. This date is likely to severely limit the number of juniors and schools willing to attend, due to clashes with exams, and will therefore compromise the selections.

10/33 Coach of the Year Award

Although the quality of nominations has been at an appropriate level, there are still too few coaches being nominated for the award.

It was suggested that the 'Job Description' (see appendix 1) of the regional representatives should include the need to nominate suitable candidates from the regions.

ALL

10/34 Reports from other Committees

Junior Competition's Committee

A request for views on the new 'four level structure' had been circulated; there was a limited response but what had been received has been submitted to Events Committee.

Elite Competition's Committee

The dates for the rounds of UK Cup and FCC 2011 have been approved and will be circulated shortly. The 2012 programme is also being developed.

The UK Cup and FCC 2011 rules are being reviewed.

10/35 Any other business

Coaching Kit

The office is unable to deal with the administration associated with coaching kit and outsourcing is being investigated.

Incentive Schemes

The British Orienteering Development Committee is considering the introduction of the 'Navigation and Racing challenges' in the autumn.

IOF Pictorial descriptions

A request had been received for the Coaching Committee to comment on the use of IOF Pictorial descriptions.

After some discussion it was concluded that both pictorial and English description should be made available for all courses where ever possible.

This conclusion arose from the need to cater for the wide range of competitors, from the junior who was too young to read but understood pictorials to the adult newcomer who would not be familiar with pictorial descriptions on say orange, red or light green courses.

It was suggested that club training sessions should encourage games and exercises to teach Pictorial descriptions.

10/36 Dates of next meetings

Proposed dates; November 13th, 2010; March 19th 2011; June 11th 2011.

Appendix 1

Coaching Committee representative Job Description

a) Represent Region at Coaching Committee

- provide brief report to Coaching Committee of 4 paragraphs maximum that covers previous coach education activity, future coach education activities and any issues that they wish to be addressed by the committee. If they are received 2 weeks prior to the meeting, they can be circulated with the papers.
- request financial support from coaching budget if required
- provide Regional view on meeting discussions
- attendance at Coaching Committee meetings preferable, else written report acceptable
- If designated 'Corresponding Member' then provide written report to Coaching Committee but do not attend meetings.

b) Feed back from Coaching Committee to Region

- provide brief report to Regional committee of discussions/decisions at Coaching Committee meetings; particularly those of specific interest to that Region.
- disseminate information or requests for action from Coaching Committee as appropriate

c) Aiding British Orienteering Coaching Manager

- confirm activities of coaches whose coaching licence is due to expire
- implement national initiatives in the region
- provide additional support as required / requested
- annually nominate a coach for the British Orienteering Coach of the Year Award

d) Point of contact for tutors, coaches and potential coaches within Region

- receive and respond to requests for information on training opportunities and courses in the region sent to the email address
??OAc coaching@britishorienteering.org.uk e.g.
SEOAc coaching@britishorienteering.org.uk etc
- maintain contact with RDOs / course providers in Region, and neighbouring regions as appropriate, and disseminate course fliers to potential attendees when appropriate
- help & advise qualified coaches to maintain, or update, their coaching license

Appendix 2

British Orienteering – Continuing Professional Development (CPD)

March 2010

Introduction

Over the past year the Coaching Committee of British Orienteering has discussed the implementation of a Continuing Professional Development (CPD) programme for its coaches, trainers, coach educators, assessors and internal verifiers.

The Committee has signified its agreement that such a programme should be implemented. The purpose of such a programme is to ensure that all licensed coaches etc are maintaining and improving their knowledge and skills by undertaking a range of activities.

At the meeting of the British Orienteering Coaching Committee held on 21st June 2009 a previous paper (dated May 2009) on the subject was discussed and approved and at that meeting the Coaching Committee requested a paper adding further details to the proposed scheme.

This paper has been produced in response to that request and is a follow up to the previous papers produced for and approved by Coaching Committee.

Why Implement a CPD programme

The benefits of a CPD programme are seen as allowing individuals to

- build confidence and credibility through tracking their individual learning activities
- form and achieve goals by focusing on their training and development
- cope positively with change by constantly updating their skill sets
- being more productive and efficient by reflecting on their learning and highlighting gaps in their knowledge and experience
- adding value to the sport through their continual growing competency

From British Orienteering's point of view it ensures that a person, who perhaps has no desire to become more qualified, maintains their level of knowledge in line with current thinking and practices.

As previously discussed and agreed the programme will address the three key components of;

- Knowledge
- Training
- Experience

These three components encompass

Knowledge: refers to the information pertinent to the performance of professional activities.

Training: refers to activities that guide the individual to apply their gained knowledge in practical situations.

Experience: refers to activities that are conducted during the individual's professional activities and which contribute to the enhancement of the quality and effectiveness of the individual as a professional

There are also those skills which are learnt outside the main context of the programme. These are referred to as 'Transferable skills' and could fall into any component.

The CPD Process

The CPD process will be administered by British Orienteering.

The mechanics of the programme will be defined and documented by British Orienteering.

Every coach will be obliged to maintain their own CPD log and submit it as part of the regular three yearly licensing renewals. Review of the submitted log may be by British Orienteering or a nominated Licensed Coach.

In addition it is also likely that such a system will require British Orienteering to

- highlight texts that constitute CPD learning
- develop specific texts or on-line learning processes
- monitor and maintain up to date material provided by British Orienteering
- direct British Orienteering coaches to relevant material e.g. coaching research material
- British Orienteering will supply Coaches with reminders six months and three months in advance of their licensing lapsing i.e. their CPD renewal being due.

Proposed CPD Programme

Framework

In order to maintain their status as a British Orienteering Licensed Coach, an individual will be required to undertake activities which maintain and extend their knowledge and skill as a licensed coach

Activities will cover the three areas of knowledge, training and experience.

Activities undertaken by a coach under these headings will be awarded a point's score. A coach will be required to attain a minimum total point's value over the three year cycle depending upon the level of their Coaching Qualification.

The coach will maintain a log of such activities which will be submitted to British Orienteering at the point of their licence renewal such that their CPD can be verified and their Licence renewed.

Failure to provide such a log or a log which does not show sufficient CPD activities will result in the coach's licence being suspended.

British Orienteering has yet to define how a License will be restored; for example what CPD has to be done over what period and whether a reassessment will be necessary.

Activities and Scores

The activities associated with these three key components are listed below together with a points score. For each of the three components a minimum and maximum points total is also indicated, as well as the minimum total points by coaching award level.

It is recognised that it is important that as wide a variety of activities are provided in order to allow coaches with a wide variety of coaching interests e.g. schools to National Squad, technical to physical, practical to educational be able to pursue their chosen coaching pathway.

Knowledge Activities

For the following activities, we will rely on self-assessment of what would be considered to be reasonable or otherwise during the CPD assessment.

- self-study of relevant related coaching (orienteering or related subjects) texts
e.g. Teaching Orienteering – Carol McNeil
A Mental Training Workbook – Steve Bird
Get Fit for Orienteering – Steve Bird

1 point per hour
- self-study of DVD's or similar (orienteering or related subjects)
e.g.; Coaching Orienteering – British Orienteering
Strength and Conditioning – British Orienteering

1 point per hour
- self-study of relevant coaching texts such as are available through bodies such as
sports coach UK (Coaching Edge)/ Coachwise/ 1st4sport
/Peak Performance/ Coaching Focus as approved by British Orienteering

1 point per hour
- self-study of relevant sports-related texts and primary research materials, covering
such fields as sports medicine, exercise physiology, sports psychology, and sports
nutrition as approved by British Orienteering

1 point per hour
- transferrable skills

tbd

Points awarded on a case by case basis

Training Activities

- attendance and successful completion of British Orienteering coaching courses

UKCC L1 5 points
UKCC L2 10 points
- attendance at British Orienteering Teaching Orienteering courses

2 points per course
- attendance and successful completion of Coach Education courses

CTS 5 points; IAPS 3 points; CIVPS 3 points
- attendance at British Orienteering Standardisation meetings

2 points per meeting
- attendance and successful completion of a SportscoachUK course
e.g.; An introduction to LTAD
Planning and Periodisation
Coaching children and young people

A guide to mentoring sports coaches
Analysing your coaching

3 points per course

- attendance at British Orienteering Annual Coaching Conference
One day 3 points; two days 6 points
- acting as a Coach mentor in relation to UKCC L2
6 points per candidate
- attendance and successful completion of sports-related course
As approved by British Orienteering
Points awarded on a course by course basis
tbd
- successful completion of on-line training provided by British Orienteering.
Points awarded on a case by case basis
tbd
- preparation of appropriate published articles
e.g. for British Orienteering 'Focus'
for Club magazines
for specialist magazines
6 points per article
- transferable skills
Points awarded on a case by case basis
tbd

Experience Activities

- maintenance of coaching log as a British Orienteering coach
3 points
- Membership of an appropriate Coaching organisation e.g. SportscoachUK
3 points
- coaching on a British Orienteering/Regional Coordinators summer orienteering tour
10 points
- acting as a coach assessor, coach educator, internal verifier on British Orienteering-run coach education courses
4 points per day
- General Coaching activity
 - National Squad
 - Regional Squad
 - Club coaching
 - In School1 point per hour for
preparation and delivery

- Member of Coaching Committee
5 points + 3 points per meeting attended
- Coaching Officer for orienteering club or region (D Rogers)
5 points + 3 points per meeting attended
- transferable skills
Points awarded on a case by case basis

The total three year requirement

The total three year requirement will depend upon the Coach's Coaching award level. The totals will be

	Knowledge	Training	Experience	Total
Level 1	Min 10	Min 10	Min 30	100 pts
Level 2	Min 10	Min 10	Min 30	110 pts
Level 3	Min 15	Min 15	Min 30	120 pts
Level 4	Min 15	Min 15	Min 30	130 pts

Coaching Committee may choose to vary these totals in the light of experience.

Coaches Continuing Professional Development.

The benefits of a CPD programme are seen as allowing individuals to

- build confidence and credibility through tracking their individual learning activities
- form and achieve goals by focusing on their training and development
- cope positively with change by constantly updating their skill sets
- being more productive and efficient by reflecting on their learning and highlighting gaps in their knowledge and experience
- adding value to the sport through their continual growing competency

From British Orienteering's point of view it ensures that a person, who perhaps has no desire to become more qualified, maintains their level of knowledge in line with current thinking and practices.

The CPD programme addresses the three key components of:

- Knowledge
- Training
- Experience

These three components encompass:

Knowledge: refers to the information pertinent to the performance of professional activities.

Training: refers to activities that guide the individual to apply their gained knowledge in practical situations.

Experience: refers to activities that are conducted during the individual's professional activities and which contribute to the enhancement of the quality and effectiveness of the individual as a professional

BRITISH ORIENTEERING COACHING LOGBOOK

Coaching logbook for three year cycle from *[start date]* to *[end date]*.

PERSONAL DETAILS

NAME	
ADDRESS	
CLUB	
BOF NO	
TEL NO.	

QUALIFICATIONS

Award	Qualification Date	Renewal Date

POSTS HELD

Position	Responsibility	Dates

ATHLETES COACHED

Athlete coached	Proficiency Level	Dates

Examples include:

- attendance and successful completion of British Orienteering coaching courses
UKCC L1 5 points
UKCC L2 10 points
- attendance at British Orienteering Teaching Orienteering courses
2 points per course
- attendance and successful completion of Coach Education courses
CTS 5 points; IAPS 3 points; CIVPS 3 points
- attendance at British Orienteering Standardisation meetings
2 points per meeting
- attendance and successful completion of a sportscoachUK course
e.g.; An introduction to LTAD, Planning and Periodisation, Coaching children and young people, A guide to mentoring sports coaches, Analysing your coaching
3 points per course
- attendance at British Orienteering Annual Coaching Conference
One day 3 points; two days 6 points
- acting as a Coach mentor in relation to UKCC L2
6 points per candidate
- attendance and successful completion of sports-related course
As approved by British Orienteering
case-by-case²
- successful completion of on-line training provided by British Orienteering.
case-by-case³
- preparation of appropriate published articles
e.g. for British Orienteering 'Focus', for Club magazines, for specialist magazines
6 points per article
- transferable skills
case-by-case⁴

Training Activity	Dates and Hours	CPD Points Claimed
<i>e.g. British Orienteering Coaching Conference 2010</i>	<i>5-7/02/10, 2 days</i>	<i>6</i>

² CPD points awarded on a case-by-case basis – please contact British Orienteering’s Coaching Director for advice on your particular case.

³ CPD points awarded on a case-by-case basis – please contact British Orienteering’s Coaching Director for advice on your particular case.

⁴ CPD points awarded on a case-by-case basis – please contact British Orienteering’s Coaching Director for advice on your particular case.

