

SOUTH CENTRAL ORIENTEERING ASSOCIATION JUNIOR SQUAD

REPORT TO SCOA COMMITTEE MEETING SEPTEMBER 2020

HIGHLIGHTS

- Due to the pandemic, all physical National and JROS camps and competitions were cancelled. However, three athletes took part in 'virtual' Lagganlia and Adam Methven was successful in being selected for GB Talent Camp, delayed until October 2020.

ACTIVITIES JUN – SEP 20

- Carys Sharp, Amelia Wing and Jocie Hilton attended a 'virtual' Lagganlia. The virtual camp covered the basic techniques such as compass, pacing, attack points, and simplification. It also aimed to introduce some of the elements of major competitions of which they may well have been unaware, such as quarantine and to routines to deal with distraction. Also fundamental to Lagganlia is creating a friendship group for the athletes to develop together over coming years – the organisers aimed to achieve this too.
- Several athletes and parents took part in Lockdown O, including the World Junior Lockdown Champs on 17-19 Jul.
- Frank Townley and Adam Methven took part in the British Orienteering Selection Weekend on 28-30 Aug in the Lakes. Both put in consistently good performances in all three events: urban/forest sprint, middle and long.
- We conducted our first forest training since Lockdown on 8 Aug. This required effort to understand the new guidelines, preparing risk assessments, ensuring sufficient coaches to enable groups of 6 athletes/coach and reassuring athletes and parents that it would be safe to attend. Whilst we ran the session successfully, the British Orienteering guidelines appear to focus on return to competition with insufficient guidance for coaching young athletes, in a similar manner to Sport England/England Athletics or Dept for Education Out of School Settings (up to 15 children in a COVID secure environment). The latest Government "Rule of 6" states "All supervised activities for children, including sports and exercise groups, should carry out a risk assessment – up to any number of participants".

Date	Location	Coach/Comments
17 Jun	Zoom	Laurence led a training session on Zoom. Athletes practised map memory exercises combined with physical exercise to test taking in the right level of detail from the map.
15 Jul	Zoom	Fiona Bunn led a training session on Zoom. Athletes practised identifying features, visualisation and map memory whilst conduct various physical activities.
8 Aug	Frith	10 athletes, 5 coaches and 2 assistants attended a COVID safe training session. The planning was conducted by Fiona. Athletes were coached on relocation, attack points and planning routes.
12 Aug	Zoom	Laurence led a training session on Zoom. 5 athletes and 4 coaches discussed setting the map, aim points and planning.

LOOKING FORWARD

- Lagganlia attendees are expecting to attend a Lake District forest weekend to put the skills they learned online into practice in the forest.
- We are hoping that Hawkshead will take place too. However, it is likely to be in a different format due to accommodation and transport limitations.
- There are currently limited opportunities to hold selection races for England, GB and JROS competitions and camps. The squad will continue to monitor the latest news and ensure that the athletes are made aware.

PLANNED ACTIVITIES

Date	Location	Coach/Comments
19 Sep	Ash	Training Session
Oct	TBD	
Nov	TBD	
22-24 Nov	Hawkshead, Lakes	TBD due to COVID
Dec	TBD	

FRITH

