

Coaching Officer – report to SCOA Committee – 5th March 2021

1. Coaching Conference: the 2021 Coaching Conference was hosted by SOA and held entirely on line over about 4 weeks in January. It proved to have been very successful as far more people were able to attend and it enabled the attendees to share good practice with Scottish coaches. What was missing was the opportunity to share ideas and practices in the informal breakout sessions.

The venue for the next Conference is going to be in the SWOA area in January 2023.

2. Conference Themes – all material can be accessed via the Coaching section on the BOF website and may be of interest even if you are not a Coach!

Introduction to Strength & Conditioning A practical session, exploring some of the key concepts of strength & conditioning.

Coaching and Covid – assessments and precautions. Different home nation governments/associated sports bodies have addressed requirements for continuation of sporting activities during the coronavirus pandemic in different ways.

Safety for Coaches - It addresses risk assessment (including dynamic risk assessment), area dependent hazards, the hierarchy of precautions, emergency plans and reporting.

Junior Squad Coaching Practices and Experiences - This webinar focuses on online sessions and looking at ideas of how to do technical training online whilst we can't get out into the forest.

Additional Support Needs in Orienteering Coaching - The objective of this workshop is to share experiences of working with youngsters with ASN and to map out some simple tips for other coaches to assimilate

Using Virtual Platforms for Coaching This session will explore the ways virtual tools and apps can be used for Coaching.

Simulating Sweden We can't always get to top quality terrain. So how do we bring Sweden (or Scotland) to our local wood?

What is a Coach? A look at what modern coaching entails

3. Safeguarding & protecting Children – all British Orienteering Coaches should be aware that there is a new requirement to attend some kind of Safeguarding course in order to maintain their BOF Coaching Licence.

The coverage of this topic in the current coaching courses is not sufficient apparently and the National body - Child Protection in Sport Unit - requires our Coaches to cover this separately, particularly where they deal with Juniors or vulnerable adults. It is also a useful refresher.

BOF has some money, available until the end of March, and are running a number of online Safeguarding courses for free until then.

I sent an email to all of the Club Reps in mid February but it would be good if all of the Club Reps on the SCOA Committee could also check that the active Coaches in their Club are aware of this requirement, please, as the BOF notification may have passed them by, particularly if they are not actively coaching at the moment.

The coaches need to contact Peter Brooke asap as the courses have been filling up really quickly (Pbrooke@britishorienteering.org.uk) asap.

Development Officer – report to SCOA Committee – 5th March 2021

1. Annual M/W12 Youth Camp : planning for the next Junior Forest Camp for Juniors between 11 & 13yrs, from the three Southern Associations, scheduled for Saturday – Sunday(6th/7thNov 2021) has been postponed until the same weekend in 2022 (5th/6th Nov 2022). The Burley Youth Hostel has been booked and the deposit paid via SCOA funds and been now been transferred until 2022.

2. Junior Activities – November Classic: since the planned Junior Camp is now not taking place this year, Phil Conway (GO) and I wondered if there might be some scope for providing some fun Orienteering based activities at the November Classic, to rekindle interest for those less experienced Juniors from across the South, who have now not been doing much Orienteering over the past months. This would, of course, depend upon the logistics of the eventual site and the agreement of the Organiser, and I plan to communicate with SOC as soon as is practicable.

Liz Yeadon March 2021