

Become a Coach with BOK!

Bristol Orienteering Klub are providing an opportunity for you to train as a Level 2 Orienteering Coach.

Level 2 Coaching Award

The Qualification

The Level Two qualification is for people who wish to coach the techniques and skills of orienteering within a club environment.

The qualification is awarded by British Orienteering.

Course Pre Requisites

- Be 17 years old on the first day of the course
- Be 18 years old by the assessment day

UKCCL2 Orienteering Coach: what is covered in the training?

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 some 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 marked and the 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 to a group (of any age/experience) & one physical training session and discuss how these sessions went with a mentor.
- There are 2 other written tasks to complete

Within 18 months of starting the training the final assessment takes place.

An assessor watches a technical orienteering coaching session of an hour before the coach is qualified. This can be a group session involving other trainee coaches from the course and/or a group of club members.

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.

After Qualification

BOK is intending to expand its training provision for adults and juniors interested in orienteering. As a newly qualified coach BOK members would be expected to help deliver these programmes.

How do I book a place on a UKCC Level 2 Course?

BOK is hosting a course on the weekend 14th/15th October at Mendip Outdoor Pursuits Centre, Churchill, BS25 5PQ.

The first assessment day will be either Sat 25th November or 2nd December. The final session will be Saturday or Sunday 3rd/4th March. The second and third dates are subject to confirmation.

How much does the Level 2 coaching orienteering course cost?

The cost per person is £540

Funding Opportunities

Currently the funding opportunities are:

- SWOA have indicated they will give a grant of £300 for each of their members.
- BOK members must pay £50 to the club Treasurer when applying. This will be refunded when they complete the qualification and start coaching for the club.
- BOK will pay the balance for their members and consider bids for travel and accommodation costs.

Members of other clubs and associations will be expected to pay their own course fee by the registration deadline. They should apply directly to their own organisations or other bodies for financial support.

How to Apply and Questions

Book your place by 31st August 2017. Spaces are limited. Application forms are available at the last item on the webpage https://www.britishorienteering.org.uk/coach_education_staff or from Jim Hayward, to whom they should also be returned at jim.hayward@mendip.me. Jim is able to answer questions about the course by email or telephone 01934 834877.

Payment needs to be made to BOK at the same time as applying, ideally by bank transfer to account number 01847601, sort code 30-99-51 with a reference of CC2 and your name.