

Level O- Orienteering Coach Accreditation

Target Group: teachers (primary and secondary), sports coaches, community and recreational people.

Process to acquire Level O Coach:

A. Working With Children Check certificate.

B. ASC online training “Community Coaching General Principles Certificate”. <http://www.ausport.gov.au/participating/coaches/education/onlinecoach>

C. Level O Coach Accreditation course certificate.

D. Have all three approved by State Coaching Director and information sent to Orienteering Australia.

As there are significant differences between the groups who make up the target group there is two pathways to achieving **Level O Coach Accreditation**.

1. Teacher

A teacher will already have **A. Working With Children Check or similar** and will be given **RPL (Recognition of Prior Learning)** for **B. ASC Online training**.

A teacher must complete **C. Level O Coach accreditation course** (Structure outlined below). It is recommended that a teacher complete the **ASC Online training course** (not mandatory) and that they also participate in a minimum of two orienteering event to gain a practical understanding of the sport.

2. Sports coach, community and recreational people

These people must obtain

A. Working With Children Check certificate and complete

B. ASC online training.

C. Level O Coach Accreditation course. **RPL for Coach Accreditation** will be given if they can demonstrate regular attendance at local orienteering events and/or instructing at the basic level to school aged children. To be assessed by the Sate Coaching Director. If not able to gain RPL then they must complete the course. It is strongly recommended that they attend a course to gain experience in demonstrating basic orienteering exercises.

Final step in process is to have the **OA Manager Coaching and Officiating Development** approve the registering of the person as a **Level O Coach**. They can then register with **Sporting Schools** coach registration and complete a Sporting Schools profile page.

Level 1 and above accredited Coaches automatically qualify at Level O as long as they have **Working With Children Check**.

Level O Coach Accreditation Course

As some states already have in place very effective Level O Courses that are conducted regularly, this course outline is an attempt to provide an outline that can be followed when presenting Level O Coach accreditation courses to the target groups outlined above, when an existing Level O Course does not exist.

Scope

Provide the knowledge and skills that will enable the coach to conduct orienteering exercises to students on either school grounds or parkland using a suitable map. The course is entirely sport specific and it is not designed to cover coaching in a bush situation. Level 1 Coach Accreditation is required for this.

Outcomes

- Understand what orienteering is and what it involves.
- Develop skills in being able to “read” an orienteering map.
- Able to implement basic sequential orienteering exercises within a teaching program.
- Conduct practical exercises with students using a map.
- Knowledge of resources available for conducting such exercises.

Course Outline

1. What is orienteering (indicative time 15 minutes).

- Brief history of the development of orienteering.
- Maps and their development.
- Types of orienteering.
- Family sport/clubs.

2. ‘Reading’ a map (basic skills) (indicative time 30 minutes).

- Direction- orientating the map.
- Awareness of scale of map.
- Symbols- basic interpretation of map legend.
- What to do with the map when doing an exercise or a course.

3. Orienteering Skills (indicative time example: 30 minutes, practical component: 1.5 to 2.5 hours).

- Examples of practical applications of these skills- map walk, course setting, star relay, score and line courses etc;
- Be able to complete basic O exercises set by Instructor or peer group.

4. Resources and equipment

- **Books, games, kits, teaching programs-**
 - i. “Teaching Orienteering’ – C McNeill, J Ramsden and T Renfrew.
 - ii. “Orienteering-Skills, Techniques, Training”- Carol McNeill.
 - iii. “OK-GO Orienteering Kit” Orienteering NSW.

- iv. "Orienteering For Schools <http://www.wa.orienteering.asn.au/get-involved/wa-school-programs>
- v. "Ten week orienteering program for Years F-6" Bridget Anderson (Orienteering Australia).
- vi. "Orienteering Training Guides- Bush and Sprint" Nick Dent (Orienteering Australia).
- vii. Lesson plans and Resources- Orienteering Queensland <https://oq.asn.au/teachers-resources>
- viii. Catching Features (an Orienteering Game you can play on a computer). <http://www.catchingfeatures.com/>
- ix.
- **Videos**
 - x. Orienteering For Beginners- You tube video <https://www.youtube.com/watch?v=OZOI9kKuA4I>
 - xi. Series of 10 videos on Getting Started in Foot Orienteering. <http://www.orienteering.asn.au/getting-started-with-foot-orienteering/>
 - iii. What is an Orienteering Map? <https://www.youtube.com/watch?v=vug5kiA67N8>
 - iv. Teaching Physical Education: Orienteering- Reading A Map. <https://www.youtube.com/watch?v=5FdI9ZP8jgg&index=19&list=PLjpf9PcMArDoTyJMmAsBZVE1qhJ3bayBW>
 - v. How to use a compass-easy navigation using the Silva 1-2-3 system. <https://www.youtube.com/watch?v=4O8DmkAC2wI>
- **Maps-** contact State Orienteering Association for information.
- **Permanent courses-** contact State Orienteering Association.
- **Other equipment-** orienteering flags, orienteering punches, orienteering control cards, SI units, map drawing programs (eg; Purple Pen <http://purplepen.golde.org/>).
- **Websites**
 - vi. **ASC Online Coaching Course**
<http://www.ausport.gov.au/participating/coaches/education/onlinecoach>
 - ii. **Orienteering Australia** <http://www.orienteering.asn.au/>
 - iii. **Sporting Schools** <https://www.sportingschools.gov.au/>
 - iv. **Sporting Schools orienteering** <https://www.sportingschools.gov.au/Sports/Orienteering-Australia>
 - v. Each state has a **Working With Children website** eg: NSW <http://www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check>

Duration of Course.

This will depend on the experience of the participants but **minimum should be 2 hours with a maximum of 4 hours** if more practical exercises need to be demonstrated.