

COACHING QUALIFICATIONS

Orienteering is associated with the National Coaching Accreditation Scheme, which is coordinated by the Australian Coaching Council. This Scheme offers an on-going coaching education program for coaches through the provision of coaching courses at three levels (1-3).

Level 1

At this level, coaches are expected to be competent in coaching beginners and inexperienced orienteers. It is aimed at club coaches. Applicants must be at least 16 years of age and have achieved a competitive performance commensurate with one bronze badge point in the OA national badge scheme.

The course requires 14 hours of instruction (usually run over a residential weekend) including theory of coaching fundamentals, physical fitness and training, prevention and treatment of injuries, organising a coaching session, and orienteering rules, and practical exercises in coaching orienteering skills. Following this, the trainee coach must document his/ her coaching experience over one season (taken as 10 events).

Level 2

At this level, coaches are qualified to coach at State level. Applicants must have the Level 1 qualification and have at least 2 years' coaching experience. They should be over 18 years of age, of at least bronze badge standard, and also have some experience of course-setting, controlling, or mapping.

The course has 3 phases (all to be completed within a 3-year period):

- a) A VicSport accredited course in general principles of sports coaching. This is usually conducted over 12 sessions and assessed by written examination or assignment. It may be done by correspondence.
Reference: Towards Better Coaching / Australian Coaching Council. AGPS, 1980.
- b) A residential course in orienteering coaching principles (30 hours).
- c) Documentation of 2 seasons of coaching senior orienteers.

Level 3

This level is aimed at national level coaches. An accredited Level 3 course for orienteering coaches is now available.

Aussie Sports and Level O

With the thrust to widely introduce modified sports in primary schools, a Level O coaching scheme has been set up (separate from NCAS) to provide basic coaching training in various sports for teachers. Orienteering has been included in the Aussie Sports program and a Level O (Elementary Instructors) Certificate has been introduced. It is aimed at teachers/youth leaders who are not regular orienteers.

The course requires a minimum of 10 hours over one day and evening, or two days.

Reference: Elementary Orienteering Instructors' Handbook. D. Gale 1987, for Orienteering Australia.