

British Orienteering Community Orienteering Leader Award

Aim To provide the knowledge, understanding and practical ability to lead Community Orienteering club nights safely

The course is one day with no assessment

LEARNING OUTCOMES:

- Knowledge of Community Orienteering/Orienteering Resources (Outcome 1)
- What makes a good leader = making it fun and exciting (Outcome 2)
- To be able to instruct orienteering skills and activities (Outcome 3)
- To show progression using a variety of different environments (Outcome 4)
- To be able to plan and deliver sessions which meet British Orienteering safety guidelines. (Outcome 5)

The Community Orienteering Leader Award

The 1 day Community Orienteering Leader Award introduces candidates to the knowledge, understanding and practical ability to lead Community Orienteering club nights safely.

Aims of the Course

The course reinforces leadership skills such as organisation, planning, communication and teamwork and introduces basic orienteering skills and techniques through interactive sessions. This award will therefore enable candidates to be capable of demonstrating the techniques employed, and the skills to supervise a group safely within the Community Orienteering Programme according to British Orienteering guidelines.

What is the Community Orienteering Programme?

The Community Orienteering Programme is the delivery of weekly evening sessions which allows new and existing orienteers the chance to learn and practise Orienteering skills and activities in a friendly, welcoming and motivating environment.

What would I have to do as Community Orienteer Leader?

A leader is the key motivator and deliverer of activities within the Community Orienteering Programme. This course introduces the knowledge, understanding and practical ability to lead club nights safely. You will be able to deliver task card activities on enclosed sites such as schools or parks and following the course will be insured to deliver these activities if you are a member of British Orienteering.

Course Overview (Course Duration approximately 7 hours)

Session	Approximate timings	Section Aim
1	15mins	<i>Welcome Domestics Ice breaker Course outcomes Introduction to Year in a Box</i>
2	15mins	<i>What is Orienteering/Community Orienteering and resources</i>
3	30mins	<i>What makes a good Leader? Interactive Session - Role and Responsibilities of a Leader</i>
4	60mins	<i>To introduce a map and orientation using indoor maps, star and short courses concepts.</i>
		BREAK
5	30mins	<i>To reinforce orientation principles in a larger setting including alternative training formats</i>
6	60mins	<i>To introduce orienteering on a site map and reinforce map walk, star & loops formats</i>
		LUNCH
7	30mins	<i>To raise awareness of planning safe orienteering sessions</i>
8	120mins	<i>Setting up other activity formats i.e. score event, relay, cross country</i>
9	30mins	<i>Course Evaluation</i>