



Level 1 Orienteering Coaching Course

Sunday 7/7/19 Reflections, Cooby Dam, Loveday Rd, Geham

Registration: Email Felicity Crosato (rroc@oq.asn.au) by Thursday, 4 July

Cost: \$88 Non-members - this includes 12 month membership to OQ (required for accreditation for Level 1 Coaches)

Time: 9.00am – 4.00pm. Arrive by 8.45 for registration.

What to bring: - Lunch, waterbottle, hat, clothes for physical activity.
(Tea/coffee, morning and afternoon tea will be available)
- A usb drive and a laptop loaded with Purple Pen (free download)
<http://purplepen.golde.org/>

Pre-requisite: Participants need to complete the online Beginning Coaching Principles course
https://www.sportaus.gov.au/coaches_and_officials/coaches . PE teachers and Level 0 coaches will have already completed this.

Coaching Practice: In order to satisfy the practical competencies each Level 1 candidate is required to:

- Prepare and conduct two training sessions for a group (on the day).
- Plan, implement, adapt and evaluate a sequential program for an individual or a group (you have 6 months to do this)
- Demonstrate competency on a Moderate bush orienteering course

Materials: The following documents will be distributed at the course:

- An electronic copy of the Level 1 Coaching Manual
- An electronic copy of Orienteering Games (hard copy - \$22 on the day)
- An electronic copy of Risk management in orienteering
- An electronic copy of Environmental Code of Practice
- A laminated copy of Coach Code of Ethics – Orienteering