



**Orienteering Instructor  
Accreditation**

**SYLLABUS AND COURSE HANDBOOK**  
VERSION 1, JANUARY 2022



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## Copyright Statement

OA has designed the overall coaching framework, as well as the syllabus for each level of orienteering coaching accreditation. These documents are the intellectual property of OA Inc. and are subject to copyright.

## Contents

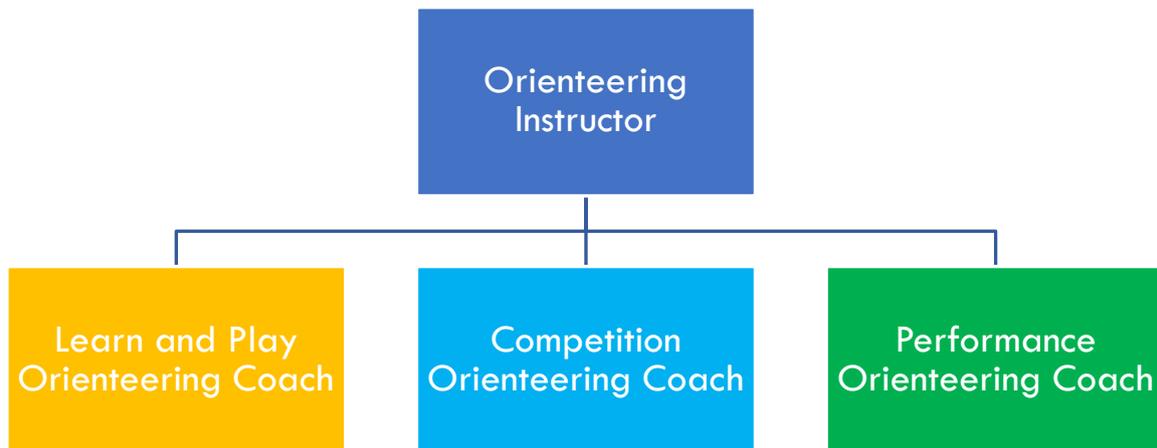
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## Section 1: General Course Information

### Orienteering Australia Accreditation Structure

Orienteering Instructor Accreditation is the entry point of the Orienteering Australia (OA) coaching accreditation structure (see Figure 1). Details of this overall structure, as well as general information relevant to all orienteering coaching accreditation courses, can be found in the OA Coaching Framework.

*Figure 1: Orienteering Coach Accreditation in Australia*



### Orienteering Instructor

The Orienteering Instructor Accreditation course aims to provide “instructors” with the skills and knowledge required to deliver basic instruction of orienteering navigation, from beginners all the way through to high performing participants. Orienteering instruction can be delivered formally (i.e. when teaching orienteering in schools) or informally (providing feedback following an orienteering event). Orienteering instructors will often support orienteering coaches with their coaching activities.

Orienteering Instructor Accreditation has been designed to meet the needs of both:

1. School teachers wanting to deliver orienteering in primary or secondary schools.
2. Community members, which could be current orienteers, wanting to deliver orienteering coaching/skill instruction in community or school settings.

### Course Details and Administration

Course details specific to Orienteering Instructor Accreditation are outlined below. For general information relevant to all accreditation courses, refer to the OA Coaching Framework.

### Candidate Requirements

Community members (non-teachers) seeking Orienteering Instructor Accreditation have requirements which they must meet during the accreditation program. The only requirement for teachers completing Orienteering Instructor Accreditation is to have a valid teacher registration. These requirements are outlined in [Table 1](#). The Community Coaching General Principles (CCGP) course is recommended for all candidates, and can be accessed on the [Australian Sport Learning Centre](#).

For detailed information regarding these requirements refer to the OA Coaching Framework.

*Table 1: Orienteering Instructor Accreditation Candidate Requirements*

Candidate	Teacher	Community member (non-teacher)
Pre-requisites	Teacher registration	Member of OA WWCC or State/Territory equivalent
Corequisites	NA	Signed Coaching COEA form
Recommended	Current first aid and CPR certificate CCGP	Current first aid and CPR certificate CCGP

### Gaining Accreditation:

To gain Orienteering Instructor Accreditation candidates will need to:

1. Complete all course modules
2. Provide evidence of meeting all candidate requirements

All documentation will be submitted to the **State/Territory Coaching or Schools Coordinator** for review, using the authorisation templates in [Appendix 1](#). Following satisfactory review, the **Manager of Coaching and Officiating Administration** will be notified to process the accreditation. New coaches will be notified that their accreditation has been processed and will be added to the regularly updated list on the coaching page of the OA website.

### Recognition of Prior Learning (RPL)

The RPL process for all OA coaching accreditation courses is outlined in the OA Coaching Framework. However, for most candidates of Orienteering Instructor, RPL will not be applicable.

Individuals who were accredited as a Level 0 Orienteering Coach prior to January 2022 (in previous coaching framework) will be automatically transitioned to Orienteering Instructor Accreditation.

### Re-accreditation

Orienteering Instructor Accreditation is valid for **five years**, during which time coaches must acquire a certain number of 'points' to qualify for re-accreditation. Points can be awarded for several coaching and coaching related activities, which are outlined in the OA Coaching Framework. An electronic coaching diary which calculates points for re-accreditation can be found on the coaching page of the OA website.

Orienteering Instructors will receive an email 90 days prior to accreditation expiry. It is then the individual's responsibility to gather and submit evidence of their coaching practice to their **State/Territory Coaching Coordinator**.

Further information about reaccreditation can be found in the OA Coaching Framework.

## Section 2: Orienteering Instructor Accreditation Program Overview

### Competency statements

To achieve accreditation, Orienteering Instructor candidates must demonstrate the following competencies:

1. Select and implement basic sequential orienteering exercises within a teaching program
2. Identify resources, equipment and technology that can be used in the instruction of orienteering skills

### Performance standards

Performance standards outline “how” an Orienteering Instructor candidate demonstrates these competencies. They are used to assess a candidate’s performance with each competency. One performance standard may be relevant to multiple competency statements. Performance standards are outlined in the relevant learning modules.

### Learning Modules

The Orienteering Instructor Accreditation program is organised into 2 learning modules. Both learning modules are designed so that they can be delivered to a specific audience, either school teachers/coaches or community members.

### Orienteering Coaching Resources

These resources supplement both learning modules included in Orienteering Instructor:

Coaching Resources, British Orienteering Federation.

[https://www.britishorienteering.org.uk/coach\\_resources](https://www.britishorienteering.org.uk/coach_resources)

Coaching Resources, Orienteering Australia. <https://orienteering.asn.au/index.php/coaching-resources/>

Cool Awesome and Educational, Goran Andersson (Sweden).

[https://issuu.com/byorienteering/docs/cool\\_book\\_ages6-15\\_english\\_web\\_final](https://issuu.com/byorienteering/docs/cool_book_ages6-15_english_web_final)

Orienteering Australia YouTube Channel. <https://www.youtube.com/user/OrienteeringAUS>

Orienteering New Zealand Coaching Framework. <https://www.orienteering.org.nz/coaching-framework/>

Technical Skills Progression and Lesson Plans, Orienteering Canada.

<http://www.orienteering.ca/resources/long-term-athlete-development/>

## Section 3: Course Modules

### Introduction to Orienteering

#### Relevant Competency Statements

1. Select and implement basic sequential orienteering exercises within a teaching program

#### Performance Standards

- Understand what orienteering is and what it involves
- Understand and identify the basic features of an orienteering map
- Understand and identify basic symbols
- Develop skills in being able to interpret basic symbols with map to ground and ground to map approaches
- Be able to identify when changes to an orienteering map are required (i.e. new path built)
- Understand and teach basic skills of map orientation and course navigation to an orienteer of any level of experience
  - orientation to surrounding features
  - thumbing the map
  - simple handrails
  - checklist/leg planning
  - control descriptions and codes
  - what to do when lost/injured
- Conduct practical exercises with students or orienteers using an orienteering map
- Understand and implement basic risk management strategies
- Understand the physical demands of orienteering, e.g. endurance, speed, strength, agility, and how these can affect the technical component
- Be aware of pathways for athletes in the sport of orienteering, including social, competitive and high-performance participation
- Understand the relationship between physical activity and both mental and physical health, encouraging development of physical literacy for individuals of all ages

#### Delivery Materials

Introduction to Orienteering presentation

## Delivering Orienteering Instruction

### Relevant Competency Statements

1. Identify resources, equipment and technology that can be used in the instruction of orienteering skills

### Performance Standards

- Understand the resources available to deliver orienteering to primary and/or secondary school students
- Identify orienteering coaching resources that can be used for school and community orienteering:
  - OA coaching resources page
  - ONZ coaching framework
- Demonstrate the ability to set an orienteering training activity on an orienteering map, including understanding of how setting software (e.g. Purple Pen) can be used to achieve this
- Identify state and national policies/guidelines relevant to providing orienteering instruction at community orienteering events and training sessions (e.g. Child Safety)
- Identify options for further development in the OA coaching framework (i.e. coaching accreditation courses)
- Identify potential drivers for participating in coaching and reflect on why you may want to coach

### Delivery Materials

Delivering Orienteering Instruction Presentation

Course setting software (e.g. Purple Pen)

Orienteering in Primary Schools Program Delivery Guide

Orienteering in Secondary Schools Program Delivery Guide

## Appendix 1: Authorisation Templates

### Orienteering Australia Orienteering Instructor (Community) Accreditation Authorisation

(as per Syllabus 2022)

Candidate Details	
Name	
Club	
DOB	
Address	
Email	
Mobile	

Requirement	Status
Member of OA	
Working With Children Clearance (N <sup>o</sup> and expiry)	
Code of Ethics acceptance	
Orienteering Instructor Accreditation Course	
Recommended: First aid and CPR	
Recommended: Complete Community Coaching General Principles Course	

Date	
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Accreditation Nominator	
Position	

## Orienteering Australia Orienteering Instructor (Teacher) Accreditation Authorisation

(as per Syllabus 2022)

Candidate Details	
Name	
School	
School Address	
Email	
Mobile (optional)	

Requirement	Status
Current teacher registration	
Orienteering Instructor Accreditation Course	
Recommended: First aid and CPR	
Recommended: Complete Community Coaching General Principles Course	

Date	
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Accreditation Nominator	
Position	