

# East Midlands Orienteering Association Executive Committee Meeting – 30 January 2017

Item No	Description	Action
<b>Present:</b> Mike Gardner (DVO), Bob Haskins (LEI), John Hurley (DVO), David Olivant (NOC), Pauline Olivant (NOC), Hilary Palmer (NOC), Chris Phillips (LEI), Amanda Roberts (LOG), Julie Webster (NOC), Mark Webster (NOC), Ursula Williamson (LEI), John Woodall (NOC).		
1	<b>Apologies for Absence:</b> No apologies were received.	
2	<b>Approval of Minutes of Meeting on 7<sup>th</sup> November 2016</b> – The minutes were accepted as a true record of the previous meeting. Approved: Ursula Williamson Seconded: John Woodall	
3	<b>Website version of minutes</b> – It was agreed the website could take the minutes as they stood. Approved: John Hurley Seconded: Chris Phillips	<b>Mike Gardner</b> to inform webmaster.
4	<b>Actions Outstanding from previous minutes (not covered elsewhere)</b> <ul style="list-style-type: none"> <li>a) The Junior Squad funding to attend the last JIRCs – it has been decided rather than try to balance it now, a single balancing payment at the end of the financial year will be made in the accounts.</li> <li>b) Mike did add John Mather to the EM distribution list.</li> <li>c) The East Midlands Champs at Wakerley did make a loss for LEI. John Hurley thanked LEI for staging the event.</li> <li>d) O-Safe – John Hurley had mailed Mike Hamilton and did get a reply and his comments will get incorporated in to the next issue of O-safe. Club reps are asked to ensure that clubs are aware that the document was updated in October 2016 and is now available at <a href="https://www.britishorienteering.org.uk/images/uploaded/downloads/governance_O-Safe%202017.pdf">https://www.britishorienteering.org.uk/images/uploaded/downloads/governance_O-Safe%202017.pdf</a>. It contains clauses that should be incorporated/referenced in club and association constitutions. East Midlands will look to incorporate this in to the constitution at the next AGM.</li> <li>e) At the last meeting John Hurley had asked clubs if they felt they could continue with 2 urban events per year. DVO, LEI and LOG felt they should be able to do this. NOC were OK this year, but may have problems some years.</li> <li>f) Mike Gardner had been asked to bring up the position of the Hypervets in the EM Urban League. These new classes for M/W75+ have been added to the UK Urban League, but at this stage not added to the EM Urban League. This means those who ran the Hypervets class at the Belper event will score no points in the EM Urban League. The male Hypervets class was run on course 5, as opposed to course 4 which was used for the Ultravets. The women's Hypervets was run on the same course as the ultravets so the members would not necessarily be impacted. It was proposed that as the EM Urban League has</li> </ul>	<p><b>Club reps</b> to look to ensure O-safe policy is included / referenced in club constitutions.</p> <p><b>Mike Gardner</b> to ensure that change to include O-safe is on agenda for EMOA AGM.</p> <p><b>Amanda Roberts</b> to bring up with Paul Murgatroyd.</p>

	<p>normally shadowed the UK Urban League, we should use the same classes (i.e. include Hypervets) for the other EM Urban League events.</p> <p>Post Meeting Note: Amanda Roberts had talked to Paul Murgatroyd who feels that as the course has only just been introduced to the UK Urban League we may want to see how it runs for a year or two. He also felt that you would need to have an extra course to cover the hypervets (though at Belper what was done were both were on course 5 which did not necessitate the addition of an extra course). We need to agree the approach for next EM League events at next meeting.</p> <p>g) Contactless Dibbers – The current status is that Events and Competitions Committee had recommended that if events have contactless dibbers (as well as normal dibbers), then they must always provide a number of contactless dibbers for hire. The Board had not had time to approve this so it is still not approved as such. One concern brought up by John Hurley was whether this applied to all events, even level D. The committee felt that it should apply to all Level C and above events, but not for level D. Chris Phillips to take this to Events and Competitions Committee.</p>	<p><b>Chris Phillips</b> to take this to Events and Competitions Committee.</p>
5.	<p><b>Treasurer's Report</b></p> <p>The Treasurer provided a summary based on the current status of the EMOA Accounts before the meeting. There were no queries based on the circulated accounts.</p> <p>A contribution for funding from Charlie Rennie to attend the World Schools O Champs in Sicily was agreed as long as Charlie provides a report for EMEWS.</p>	<p><b>Mark Webster</b> to send monies to Charlie on proviso of report for EMEWS.</p>
6.	<p><b>Development</b></p> <p>Chris had a request for the committee to approve the upgrade of Jeff Baker of LOG from level C controller to level B. This was approved by the committee.</p> <p>The Planners &amp; Controllers Conference is set for 4<sup>th</sup> March at Charnwood College. Invites have been sent to all level B controllers, and asked clubs to forward on to other controllers and planners. So far have had 8 LEI. 4 DVO and 1 LOG attendees.</p> <p>David Olivant is looking at holding an experienced mappers workshop in the Autumn (it will target the experienced not beginners). It was agreed EMOA would provide some funding once plans in place.</p> <p>Mike Gardner mentioned he had a couple of potential planners in DVO wanting a planners course and asked if other clubs had members needing a course. It was suggested this should be added to EMEWS.</p>	<p><b>Chris Phillips</b> to ensure that Jeff Baker is upgraded in all lists to level B controller.</p> <p><b>Dave Olivant</b> to finalise any details for experienced mapping workshop</p> <p><b>Mike Gardner</b> to mention planners course in EMEWS.</p>
7.	<p><b>Coaching</b></p> <p>Hilary attended the Annual Coaching Conference and there are a lot of presentations available on the BO website under Coaching / Coach Support (and Hilary had sent a number of attachments before the meeting). Club reps were requested to share the materials with their members.</p> <p>Hilary asked the committee to consider whether there was a venue in the East Midlands where we could host the Coaching Conference, preferably with a nearby mapped area and good public transport access, able to host the numbers. The event normally runs from 10:30 – 18:00 on Saturday and 9:00 to 16:00 on Sunday. There is no</p>	<p><b>Club Reps</b> to share the materials with their committees.</p> <p><b>Club Reps</b> to ask clubs to consider if any suitable venues for hosting Coaching Conference</p>

	<p>support from BO so the fee to attend is set to cover the cost of venue.  Club Reps were asked to consider if there were any suitable venues we could use.  Hilary shared slides which covered the new training available for coaches. These are attached to these minutes.</p>	<p><b>Club reps</b> asked to identify any new coaches.</p>
8.	<p><b>Junior Squad</b>  John Hurley had received an updated squad report from Dai Bedwell. The squad has been very busy.  JIRCS 2018 is still being investigated by DVO who are looking to host both the individual and the relays currently. DVO may need some support with the risk of the finances. If this is required then DVO need to present a budget to EMOA.</p>	
9.	<p><b>Correspondence</b>  The only item Mike had received was for a survey on SI and EMIT which he replied to.</p>	
10.	<p><b>Fixtures</b></p> <ul style="list-style-type: none"> <li>a. <b>EMOA League 2017</b> – The NOC event at Strawberry Hill on April 23<sup>rd</sup> is likely to be moved to September/October.  In addition Calke may need to be a middle distance event but could fit in the EM League. Doug Dickinson is still looking in to the planning and whether can also fit in YBT. Committee agreed as long as publicised in advance.</li> <li>b. <b>EMOA Urban League</b> – Have 8 events in the League.</li> <li>c. <b>Future Major Events</b> <ul style="list-style-type: none"> <li>i) <b>12 March 2017 – Compass Sport Cup Round</b> – LOG – Burwell and Haugham – please encourage members to share transport if possible.</li> <li>ii) <b>18 March 2018 - Midland Champs 2018</b> – LEI - Belvoir</li> </ul> </li> <li>d. <b>Future Possible Events</b> <ul style="list-style-type: none"> <li>i) <b>2018 – EM Score Champs</b> – Need a club to volunteer to host the EM Score Champs in 2018</li> <li>ii) <b>Junior Inter-Regional Champs 2018</b> – DVO pulling together this currently.</li> <li>iii) <b>British Sprints / Middles 2019</b> – LEI / DVO – need to know if we want to do this for 14 March Fixtures meeting.</li> <li>iv) <b>17 March 2019 - Compass Sport Cup Heat 2019</b> – NOC</li> <li>v) <b>2020 Junior Home Internationals</b> - due to be in East Midlands, any clubs want to organise?</li> <li>vi) <b>Midland Champs 2020</b> – DVO</li> <li>vii) <b>CompassSport Cup Final 2020</b> – Believe Scotland have now taken 2020 date, but still want nominations for 2021 – Do DVO have a suitable area as other clubs think their areas are not suitable at this time of year.?</li> <li>viii) <b>British / British Relays 2021</b> – Wales have offered some possible areas for event. SYO have no</li> </ul> </li> </ul>	<p><b>Club Reps</b> to kick off discussions within clubs over their ability to resource a BOC 2021 weekend in North Wales.</p>

	<p>areas available. Will East Midlands be willing to organise at a distance.</p> <p><b>ix) Midland Champs 2022 – NOC</b></p> <p><b>e. Other Fixtures</b></p> <p>None</p>	
<b>10</b>	<b>Reports:</b> None	
<b>11</b>	<p><b>Sharing Best Practice</b></p> <p>After a recent event NOC did a study about what time folk went through different parts of an event. One thing they wondered was whether it would be possible to shorten the registration window at events by 30 minutes. However, they did not want to be out of step with other EM clubs.</p> <p>The meeting felt that this may not always be appropriate but agreed we should take this back to clubs to comment on it. Any views from clubs?</p>	<b>Club reps</b> to consider proposal from NOC to shorten registration window
<b>11</b>	<p><b>EMEWS:</b></p> <p>The next EMEWS will be out early in February.</p>	
<b>12</b>	<p><b>Any Other Business:</b></p> <p>a. John Hurley drew everyone's attention to the latest BO rules document now available on the BO website.</p> <p>b. At the BO Board on December 8<sup>th</sup> there was a lot of talk about budget issues as Sport England funding continues to be reduced. At present the sport gets around £550,000 from Sport England which still equates to £50 per member. However, as Sport England funding is further reduced orienteering will have to either cut back further or find ways to get the money (levies, membership fees). The BO Board are proposing no further increase in membership fees or event levy in 2018. The Committee felt it would be better to increase fees by a small amount each year rather than have occasional large increases. Mike mentioned that a member of DVO had approached local MP asking why funding was being cut back for none Olympic sports when the Government wanted to encourage folk to get more involved with sports. If anyone else wants to follow up this way Mike can get the letter.</p> <p>c. BO Strategic Plan consultation is due to take place shortly (expected to be out by end of Jan). John will circulate when he gets the information and also draft a response on behalf of EMOA and circulate it for comment.</p> <p>d. There is also a survey on women participating in orienteering which is targeted at members and lapsed members. Encouraged folk to reply if not already done so.</p> <p>e. There is another Development Conference on March 11<sup>th</sup> in Birmingham. It was agreed that John Woodall would attend on behalf of EMOA.</p>	<p><b>Julie Webster</b> to feedback our view to the BO Board on levies and membership fees</p> <p><b>John Hurley</b> to circulate BO Strategic Plan when he gets it (along with draft response).</p> <p><b>John Woodall</b> to attend Association and Club conference and provide feedback</p>
<b>13</b>	<p><b>Dates and venues for future meetings:</b></p> <p>All meetings to be held at the Pace Room, St Mary's Church, Clifton Village, Nottinghamshire at 7.30 p.m.</p> <p>The next committee meeting is scheduled for Monday April 3<sup>rd</sup> 2017.</p> <p>The following meeting is scheduled for Monday 19<sup>th</sup> June 2017.</p>	<b>John Woodall</b> to book hall for next committee meetings.

	The EMOA AGM is scheduled for Monday September 18 <sup>th</sup> 2017.	
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Meeting closed at 9:17pm

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"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



## New Coach Training Launch

Hilary Palmer

2017 onwards

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- **Introductory workshops**
  - 2 x 2½ hours or 1 x 5 hours
  - Delivered by an active coach to club members: meet & greet, coaching helpers
  - Costs met by club
  - Attendance certificate(s)

**Coaching to the Start Triangle**  
**Route to Coaching**

Coaching to the Start Triangle

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- **Brief intro: 'how to coach' and 'what to coach'**
- **Good practice leading a map walk:**
  - Help newcomers use an 'O' map
  - Get started quickly (learn about the map during the map walk)
  - Enjoyment
- **Find one or two controls before doing a course:**
  - Set out and use a 'star' exercise

**Emphasis on FUN for newcomers**

Route to Coaching

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- For those who want to help at club/squad coaching
- **Progression from workshop 1**
  - **Fun warm-up ideas – practical**
  - **Simple safety briefings**
  - **Introduction to Plan > Do > Review**
    - Lead mini sessions using a plan
    - Importance of Coaching Points
    - Evaluate / Peer Review

## Level 2 Orienteering Coach

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- Entry level coach qualification
- Coach a series of progressive sessions
- Demonstrate understanding of basics of what an orienteering coach does:
  - Responsibilities
  - Good practice
  - Plan, deliver and evaluate a series of orienteering coaching sessions including one fitness session

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## Changes to the 2017 L2 Coach

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- Only pre-requisites are identity check & age : 17 for training; 18 to be certified
- 3 short pre-course tasks for all
- 2 day delivery programme almost the same + home study tasks & formative assessment 3<sup>rd</sup> day
- Some new task wording but much remains the same as the previous L2
- Plan, deliver, evaluate series of 4 progressive technical coaching sessions and 1 fitness coaching session
- Home study tasks & practical assessment

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## Electronic portfolio

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- Using Moodle platform
- Secure
- Saves papers being sent by mail
- Learner coach, assessor(s), quality assurer(s) all have access
- Assessors can comment and sign off tasks at any time
- Saves time on assessment days

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## L1 Coach Qualification

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- Clubs need coaches who can help their members to improve
- L2 is the basic entry level coach qualification for coaching within the sport
- L2 is ideal for clubs doing development programmes to increase & retain membership
- L1 content is one-off session coaching using the cards
- Recent interest from outdoor centre staff
- Teaching Orienteering tutors – one of pre-requisites
- Current L1 available until end 2017
- National Steering Group will consider future for L1

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## Coach Educators & Assessors

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- **National coverage is very patchy**
- **Some new people have come forward but more are needed, especially in the south of England and Wales**
- **National Source Group will consider the procedure to train new coach education staff and offer training during 2017 and onwards**

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