

**LEVEL 1 INSTRUCTOR  
COURSE DIARY**

<b>Name</b>		<b>Club</b>	
<b>Course Code</b>		<b>Location</b>	
<b>Course Dates</b>		<b>Course Tutor</b>	

Give a brief outline of your orienteering experience prior to the course. Include details of recent competitions, teaching & planning experience.

<i>Course Appraisal – What was the most valuable parts of this course?</i>
<i>Course Appraisal – What was the least valuable parts of this course?</i>
<i>Self-Appraisal – Things I did well during the course</i>
<i>Self-Appraisal – Things I need to improve on</i>
<i>Course Tutor Comments</i>

## MY ACTION PLAN

You should create an action plan with the course tutor which identify Personal Improvement Goals (PIGS) which you should work on during your assessment period.

<b>Resources I need to create</b>
<b>Personal skills to develop further</b>
<b>Specific teaching skills to develop</b>
<b>Estimated time to complete the required hours prior to assessment and action plan</b>
<b>Other personal improvement goals</b>

Action Plan agreed by

<b>Student</b>		<b>Tutor</b>	
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## GETTING ASSESSED

Within two years of this training, you are required to carry out instruction in either a lead or supporting role. Each session should be recorded using the OI electronic logbook.

**Your safeguarding level 1 certificate should be valid for assessment.**

The following goals need to be complete prior to assessment for your Level 1 Instructor award;

- You are required to complete a minimum of 10 logged sessions (20 hours) in a minimum of two different venues.
- Submit a written plan for a coaching session.
- Demonstrate competence at course planning and creating risk assessments from white to red courses.
- Demonstrate competence of using OSL 4 personal skills.
- Be familiar with the “Leave No Trace” guidelines.

Use the QR Codes below to bring you to the Instructor & Orienteering Logbooks