

SKILL LEVELS



PLATINUM



GOLD



SILVER



BRONZE

SKILL LEVELS- athlete profiling

This document has been put together to give athletes, coaches and parents an idea of the skills orienteers should have acquired by certain stages of their development.

By developing these skills in a systematic way it will allow orienteers of all ages and abilities to progress to the appropriate level for their age/ability.

Why have Bronze, Silver, Gold & Platinum been used?

The colours Bronze, Silver, Gold & Platinum have been chosen to specify different skill levels as reduce confusion between the colours White to Brown that we use to describe the technical and physical difficulty of orienteering courses.

Self assessment

Included in this document is an athlete self assessment to allow athletes along with their coaches and parents to gauge which skill level they currently are at and which skills they are missing or need to work on.

How will Skill Levels be used

This Skill Levels document will form the basis of the NI Junior Squad's training and coaching and may also be used to help inform selections.

SKILL LEVELS- athlete profile

BRONZE

- Relatively new to orienteering. Understands basics
- Age 11 - 14
- Can complete a Yellow course without the help of an adult.

SILVER

- Has been orienteering for a while and understands more complex O-Skills
- Age 12 - 16
- Can complete a Light Green.

GOLD

- Has been orienteering for at least 2 years
- Age 14 - 18
- Orienteering has become their main sport. Trains and competes regularly.

PLATINUM

- Has been orienteering for at least 3 years
- Age 16+
- Competes internationally (JHI, JWOC etc.). Analyses performances.



BRONZE

SKILL	APPLYING SKILL	DESCRIPTION
SCALE/ DISTANCE JUDGEMENT	To be able to use scale to calculate distance along a line feature.	<p>Athletes should:</p> <ul style="list-style-type: none"> -have a good understanding of maps -be able to quickly and effectively orientate their maps -be able to navigate along connecting line features -be able to make simple route choice decisions -be able to relocate using 'catching' and 'collecting' features -be able to track progress during a leg using 'collecting features' and by thumbing/ folding the map -regularly take part in local events and training days.
SYMBOLS/ FEATURES	Be able to identify all orienteering map symbols and features including ISSOM symbols	
ORIENTATING MAP TO TERRAIN	Using the features around them to correctly orientate the map.	
ORIENTATING MAP USING COMPASS	To be able to orientate their map to North using a compass.	
SELECTING HANDRAILS/ SIMPLE ROUTE CHOICE	To be able to quickly select the shortest/ most appropriate handrail to lead them to their control	
SIMPLE CATCHING FEATURES	To be able to select features along/ or next to a handrail to alert them to going too far.	
COLLECTING FEATURES	To constantly identify features on the ground as you pass them and locate them on the map.	
THUMBING THE MAP/ FOLDING THE MAP	Be able to use their thumb to track their progress along a leg. Being able to fold a map effectively can also help track progression.	



SILVER

SKILL	APPLYING SKILL	DESCRIPTION
CUTTING CORNERS	To recognise when it is quicker to cut a corner rather than following a handrail.	<p>Athletes should:</p> <ul style="list-style-type: none"> -be able to select the best 'tool' when appropriate - be able to minimise errors and relocate effectively -become more consistent and find the majority of controls mistake free -regularly take part in local events and training days. -exercise daily (multi-sport).
AIMING OFF	Be able to aim to one side of a control or feature so that they know which way to turn once they hit the feature.	
ATTACK POINTS	Be able to navigate to an obvious feature near a control from which the control can be located.	
COMPASS BEARINGS	Be able to use their compass to accurately travel across terrain in the right direction.	
ROUGH ORIENTEERING	To be able to navigate quickly using their compass and large features in the terrain.	
FINE ORIENTEERING	To be able to use the map, distance judgement and compass to accurately navigate along a short route in detailed terrain.	
RELOCATION	To be able to realise that they do not have full 'control' and to be able to STOP to look at the terrain around them and to relate it to the map allowing them to work out where they are.	



GOLD

SKILL	APPLYING SKILL	DESCRIPTION
TRAFFIC LIGHTS	Be able to change their speed depending on where along a leg they are and what type of terrain they are navigating through.	<p>Athletes should be:</p> <ul style="list-style-type: none"> -training 4-7 hours per week (dependant on age). Basic training schedule which should incorporate key sessions. Training aimed at key races. -becoming more competent in all technical skills and their overall consistency is improving. -interested and engaged; has aspirations for success. Makes some use of support available. -beginning to understand the purpose of setting a balance between orienteering goals and life goals.
CONTROL FLOW/ PLANNING AHEAD	Before punching a control athletes should be aware of the direction they are going to exit the control from and have an plan for the leg ahead.	
VISUALISATION	Be able build a mental image of the terrain using the map.	
SIMPLIFICATION/ MAP MEMORY	Be to able simplify the map allowing them to remember the detail necessary for orienteering efficiently.	
STRUCTURED TRAINING	Having a structure training plan that they are following leading to increased fitness.	
GOAL SETTING	To know which races that they want to focus on and perform best at.	
CONSISTENCY	To reduced the length of time spent making mistakes and therefore overall results becoming more consistent.	



PLATINUM

SKILL	APPLYING SKILL	DESCRIPTION
HIGH LEVEL OF FITNESS	Through a structured training program athletes should be achieving high levels of fitness.	<p>Athletes should be:</p> <ul style="list-style-type: none"> -training 5-8 hrs per week. Comprehensive training schedule periodised for key events. Overall training programme aimed towards becoming World-Class. -mostly consistent, occasional below standard performances. -core commitment, self motivated, focused on personal improvement. Makes use of support available. -seeking balance of orienteering goals and life goals.
TECHNICAL MASTERY	Through training and increased experience athletes should have mastered all orienteering techniques and know when to use the correct technique.	
LEARNING TO RACE/ WIN	Athletes should be focussed and disciplined allowing them to race to their full potential.	

JUNIOR SQUAD SKILLS LEVELS

RECORD BOOK



PLATINUM



GOLD



SILVER



BRONZE



Self Assessment

NAME: _____ DATE: _____

Please use this self assessment to rate your skill levels from 0-5 (with 0 being you are not aware of the skill at all; 5 being that when you use the skill you successful most of the time). Please provide some evidence of why you have given yourself this rating. It could be linked to a routegadget course where you can show that you have used the particular skill well.

Skill	Rating	Evidence
Scale/ distance Judgement		
Symbols/ features		
Orientating map to terrain		
Orientating map using compass		
Selecting handrails/ simple route choice		
Simple catching features		
Collecting features		
Thumbing the map/ folding the map		
Cutting corners		
Aiming off		
Attack Points		
Compass Bearing		
Rough Orienteering		
Fine Orienteering		
Relocation		
Traffic Lights		
Control flow/ planning ahead		
Viualisation		
Simplication/ Map memory		
Structured training		
Goal setting		
Consistency		



BRONZE

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Plan/ focus for course (to be filled in before event)

Based on your 'Actions' from your last event what are you going to focus on in this event

Post Event

Your thoughts on overall satisfaction, strengths and weaknesses in this event

Actions

Your plans to address weaknesses or build on strengths