

UNITED STATES ORIENTEERING FEDERATION

APPLICATION FOR COACHING ACCREDITATION

LEVEL 2

IDENTIFICATION

Name: \_\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_

Address: \_\_\_\_\_ Phone ( ) \_\_\_\_\_ (Home)

\_\_\_\_\_ Phone ( ) \_\_\_\_\_ (Work)

Type of employment: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Number of years orienteering: \_\_\_\_\_

Member of USOF? NO \_\_\_\_\_ YES \_\_\_\_\_ Since \_\_\_\_\_ USOF # \_\_\_\_\_

REQUIREMENTS: List dates, places, people. Use back of sheet if needed.

1. Attend and participate in some of the following Level 2 activities\*:  
**(participation required is a minimum of 45 hours but no more than 15 hours in any single event)**

a. Design and set, or design and vet, O meet or O training courses. (REQUIRED)

Event(s) \_\_\_\_\_

Date(s) \_\_\_\_\_ Hours(s) \_\_\_\_\_

b. Complete an appropriate level course for your age group. (REQUIRED)

Event(s) \_\_\_\_\_

Date(s) \_\_\_\_\_ Hours(s) \_\_\_\_\_

c. Organize and/or participate in delivering a Junior Training Camp.

Event(s) \_\_\_\_\_

Date(s) \_\_\_\_\_ Hours(s) \_\_\_\_\_

d. Organize and/or participate in delivering a Coaching Level 1 Workshop.

Event(s) \_\_\_\_\_

Date(s) \_\_\_\_\_ Hours(s) \_\_\_\_\_

e. Coach at least one Junior for a minimum of one year. Please describe coaching given and to whom.

Date(s) \_\_\_\_\_ Hours(s) \_\_\_\_\_

Attach a statement from the athlete describing the help s/he received and his or her perception of the value it gave to his or her results.

\* The same type of event may be used only once for the purpose of gaining hours for this requirement.

f. Upgrade an existing orienteering map or map a new area. Attach a copy of the finished map(s). Circle areas you worked on.

Location(s) \_\_\_\_\_

Date(s) \_\_\_\_\_ Hour(s) \_\_\_\_\_

g. Complete any college level coaching course. Attach a copy of the completion certificate.

Course name, course number and institution:

Date(s) \_\_\_\_\_ Hour(s) \_\_\_\_\_

2. Complete the USOF Coaching Orienteering Level 1 Course of Instruction\*\* (REQUIRED) Attach a copy of the completion certificate.

Date \_\_\_\_\_

3. Establish proven results against navigation standards by accomplishing **one** of the following: (REQUIRED)

a. Coach one or more athletes who placed in the top 3 individually at a State, Regional or National Cross Country (foot) Orienteering event on Orange or higher level courses (distance nonspecific on foot-, mountain bike-, or ski-O) OR

b. Coach five or more athletes at a State, Regional or National Championship Cross Country (foot) Orienteering event who certify as Pathfinder or Expert (classic distance on foot only, not necessarily at the same time or at the same event).

List Event(s) and Names of athletes:

\_\_\_\_\_

\*\*Those who certify Level 1 from this class must be Level 1 for one (1) year before applying for Level 2. This does not apply for those who have certified as Recognized Coaches for Level 1 retroactive based on past performances. Those who have a Certificate of Recognition may apply for Level 2 immediately after completing the coaching course. Anyone desiring to certify other USOF Coaches by teaching the Coaching Certification Course must have participated in the Certification Course as an Assistant Instructor at least once.