

Introduction to Badge Records

Welcome to Inverness Orienteering Club badge records sheets.

There are two different types of badges that are open to and can be claimed by all juniors.



Event and Colour Course Badges

The badges are the 'Events' and 'Colour Course' awards. There is a spreadsheet for each badge on the tabs within this workbook which details the requirements for achievement.

When you think you have achieved a badge email coaching@invocmail.org.uk and include a copy of the badge record.

These will be reviewed and the club will then issue the appropriate badge.

Star Awards

The final tab is for Scottish Orienteering Star Awards. These go from 1 star to 4 star. There are a list of requirement for each level.

When the junior thinks they have achieved all the requirements, the record will require to be reviewed by a Coach.

The coach will decide if they have achieved the Star award or will give advice on how to conclude the star.

Email coaching@invocmail.org.uk to organise a review. When a Star is complete a certificate will be issued.

Inverness Orienteering Club

EVENT RECORD SHEET

Name: _____

Badge Criteria

To claim an event for this badge you must meet the following requirements:-

Keep a record of all the courses that you complete

How to claim your badge

To claim your badge sent a copy of the completed for to coaching@invocmail.org.uk.

The badge record will be reviewed and we'll organise issuing your badge.

	DATE	EVENT NAME	COURSE	NUMBER OF RUNNERS	WINNERS TIME	MY TIME	RESULT IN TOP 1/2
<i>Example</i>	<i>24/06/2019</i>	<i>Nairn Beach East</i>	<i>Yellow</i>	<i>50</i>	<i>20.06</i>	<i>23.53</i>	<i>6th</i>
1							
2							
3							
4							
5							
Congratulations 5 events, claim your badge						Date Issued	
6							
7							
8							
9							
10							
Congratulations 10 events, claim your badge						Date Issued	
11							
12							
13							
14							

	DATE	EVENT NAME	COURSE	NUMBER OF RUNNERS	WINNERS TIME	MY TIME	RESULT IN TOP 1/2
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
Congratulations 25 events, claim your badge						Date Issued	
26							
27							
28							
29							
30							
31							
32							
33							
34							
35							
36							
37							
38							
39							

	DATE	EVENT NAME	COURSE	NUMBER OF RUNNERS	WINNERS TIME	MY TIME	RESULT IN TOP 1/2
40							
41							
42							
43							
44							
45							
46							
47							
48							
49							
50							
Congratulations 50 events, claim your badge						Date Issued	
51							
52							
53							
54							
55							
56							
57							
58							
59							
60							
61							
62							
63							
64							

	DATE	EVENT NAME	COURSE	NUMBER OF RUNNERS	WINNERS TIME	MY TIME	RESULT IN TOP 1/2
65							
66							
67							
68							
69							
70							
71							
72							
73							
74							
75							
76							
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85							
86							
87							
88							
89							
90							

	DATE	EVENT NAME	COURSE	NUMBER OF RUNNERS	WINNERS TIME	MY TIME	RESULT IN TOP 1/2
91							
92							
93							
94							
95							
96							
97							
98							
99							
100							
Congratulations 100 events, claim your badge						Date Issued	

Inverness Orienteering Club

SCOTTISH ORIENTEERING ASSOCIATION COLOUR AWARD RECORD

Name: _____

Badge Criteria

To claim an event for this badge you must meet the following requirements:-

You can claim it on any events from January 2019

You can only claim against Colour events NOT age related events

The event must have 8 starters

All level of events are counted

White, Yellow and Orange courses you can compete on your own or as a pair

For the White course you have to complete the course.

All other course you have to finish in the top 50% of finishers

OR within 50% of the winners time (Marked as Standard time on the results)

How to claim your badge

To claim your badge sent a copy of the completed for to coaching@invocmail.org.uk.

The badge record will be reviewed and we'll organise issuing your badge.

EXAMPLE

Event No.	Date	Event Name	50% of Winners Time	OR	Top 50%
1	02/02/19	Nairn East Beach	X		
2	07/05/19	Culloden Wood			X
3	10/11/19	Keppernach	X		
Congratulations, claim the Yellow Course Badge			Date Issued		

WHITE COURSE

Event No.	Date	Event Name	Complete Event
1			
2			
3			
Congratulations, claim the White Course Badge			Date Issued

YELLOW COURSE

Event No.	Date	Event Name	50% of Winners Time	OR	Top 50%
1					
2					
3					
Congratulations, claim the Yellow Course Badge			Date Issued		

ORANGE COURSE

Event No.	Date	Event Name	50% of Winners Time	OR	Top 50%
1					
2					
3					
Congratulations, claim the Orange Course Badge			Date Issued		

LIGHT GREEN COURSE

Event No.	Date	Event Name	50% of Winners Time	OR	Top 50%
1					
2					
3					
Congratulations, claim the Light Green Course Badge			Date Issued		

GREEN COURSE

Event No.	Date	Event Name	50% of Winners Time	OR	Top 50%
1					
2					
3					
Congratulations, claim the Green Course Badge			Date Issued		

BLUE COURSE

Event No.	Date	Event Name	50% of Winners Time	OR	Top 50%
1					
2					
3					
Congratulations, claim the Blue Course Badge			Date Issued		

BROWN COURSE

Event No.	Date	Event Name	50% of Winners Time	OR	Top 50%
1					
2					
3					
Congratulations, claim the Brown Course Badge			Date Issued		

ORIENTEERING STAR AWARD SCHEME CERTIFICATE

TD	Skill/Technique	Target standards	Target Date	Progress	Date Achieved
1	Fold the map	Understand what to do, how to do it, and why it matters; know what is required and usually do it without prompting.			
1	Set the map using visible features				
1	Keep the map set (walk round the map)				
1	Thumb the map				
1	Know/recognise main map features & symbols	Recognise and be able to describe standard symbols for path, track/road, stream, wall, fence, pond, marsh, boulder, tree, building; map <-> ground			
1	Know main colours used in map	Know what is meant by dark & light green, white, yellow, blue, black - and red/purple for overprint; map <-> ground. Know Start & Finish			
1	Set the map using compass	Know why to do it, how to do it. Be confident which end of compass needle points north.			
1	Choose correct direction from path junction with a control	Usually look at map and leave a control in the correct direction.			
1	Follow line features	Progress confidently along paths, tracks, fences and distinct vegetation boundaries.			
1	Avoid distractions, don't follow others	Usually focus on the orienteering; don't follow others willy nilly.			
		Comments/next steps:			



Date standard achieved:

Coach Name:

Coach signature:

Date:

ORIENTEERING STAR AWARD SCHEME CERTIFICATE

TD	Skill/Technique	Target standards	Target Date	Progress	Date Achieved
1	Fold the map	Do it neatly and quickly, every time.			
1	Set the map using visible features	Do it confidently, with little hesitation. Always keep it set.			
1	Thumb the map	Routinely do it.			
1	Know/recognise main map features & symbols	Confidently recognise and describe all main map symbols			
1	Set the map using compass	When using a compass, always do this.			
1	Avoid distractions, don't follow others	Understand reasons for not following.			
2	Compass use	Confidently use compass to set map, know main directions.			
2	Identify tick-off features on map	Spot useful features that will be seen during a leg.			
2	Recognise and use tick-off features in terrain	Recognise tick-off features previously identified.			
2	Judgement of relative distance	Show understanding and judgement of approximate relative distance, e.g boulder is half way along the path.			
2	Adjust speed sensibly	Know when to slow down and think; understand that there's more to orienteering than running fast.			
2	Check direction of line features	Usually check direction with compass before setting off on path/track etc.			
2	Leave line feature and return to it	Recognise controls on nearby features and be confident to visit them and return to line feature.			
2	Choose correct direction from path junction without a control	Recognise junctions and make correct decisions by checking map.			
3	Using map, identify opportunities for cutting corners	Identify obvious opportunities and describe terrain/features.			
3	In terrain, cut corners using map only	Cut corners previously identified.			



Comments/next steps:

Date standard achieved:

Coach Name:

Coach signature:

Date:

ORIENTEERING STAR AWARD SCHEME CERTIFICATE

TD	Skill/Technique	Target standards	Target Date	Progress	Date Achieved
1	Fold the map	Habitual			
1	Set the map using visible features				
1	Thumb the map				
1	Avoid distractions, don't follow others	Focus on YOUR orienteering.			
2	Adjust speed sensibly	Run hard/move quickly when you know you're going the right way and you know what's going to stop you. Slower final approach to control.			
2	Check direction of line features	Always - quickly - check with compass before setting off.			
3	Cut corners using map and rough compass	Do when obvious opportunities arise.			
3	Recognise major contour features	Identify on map hills etc. With more than 2 contours; recognise them in terrain.			
3	Know/recognise all common map features & symbols	Recognise and be able to describe all common symbols and features.			
3	Identify attack points on the map	Understand purpose of AP; when appropriate, select APs on map.			
3	Plan route to AP and navigate to it	Without prompting, plan backwards starting at AP and execute plan.			
3	Identify alternative routes on map	Understand there's often a choice; identify and describe options involving paths versus cutting corners.			
3	Weigh up advantages and disadvantages of basic alternative routes	Discuss main pros and cons; make a decision basedd on them and your own technical and physical strengths. (TD3)			
3	Estimate distance on map	Roughly estimate on map distances of 50-400m, referring to map scale.			
3	Judgement of absolute distance	Known own pace count for 100m and effect of terrain; walk or run mapped leg 50-100m direct with resonale accuracy and consistency.			
3	Simplify the map	Describe legs in terms of major landmarks/tick-off features			
3	Identify & use catching features	Identify legs with catching features; consistently use them where appropriate.			
		Comments/next steps:			



Date standard achieved:

Coach Name:

Coach signature:

Date:

ORIENTEERING STAR AWARD SCHEME CERTIFICATE

TD	Skill/Technique	Target standards	Target Date	Progress	Date Achieved
1	Avoid distraction, don't follow others	Focus on YOUR orienteering; take clues from other competitors where appropriate.			
2	Adjust speed sensibly	Know when to adjust speed; traffic light orienteering			
3	Identify alternative routes on map	Understand there's often a choice; identify and describe options involving simple terrain options as well as linear features.			
3	Weigh up advantages and disadvantages of basic alternative routes	Discuss main pros and cons; make a decision based on them. (TD3)			
3	Judgement of absolute distance	Reliable judgement of distance covered.			
3	Simplify the map	Routinely pick out essential level of detail.			
3	Identify & use catching features	Exploit reliably where appropriate.			
4	Identify & use simple contour features to use as handrails in terrain.	Use valleys, ridges etc. To navigate short distances in terrain.			
4	Take a bearing/fine use of compass	Routinely take bearing fast and accurately.			
4	Follow a bearing/proceed "on the needle"	Run/walk accurately on bearing for distances over 50m through terrain.			
4	Maintain map contact	Reliably confident of own location to appropriate level of accuracy.			
4	Relocation skills	Use sensible relocation strategy when required; relocate quickly and accurately.			
4	Skill/technique choice	Select & employ correct skills & techniques and combinations for different situations.			
4	Movement interterrain	Move fluidly in terrain as appropriate.			
		Comments/next steps:			



Date standard achieved:

Coach Name:

Coach signature:

Date: