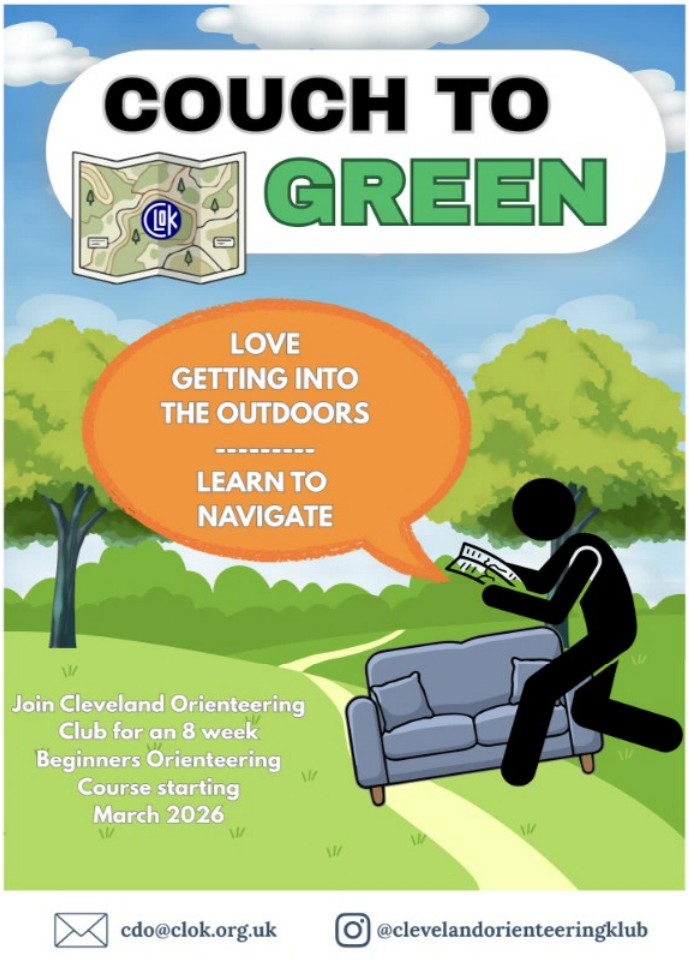
CDO report for 2026 Couch to Green Lite decision, plan and delivering

Advertising the full Couch to Green

We advertised the full Couch to Green via leaflets and social media, instagram and facebook.





- I found that with instagram and facebook there was a number of views but few likes showing low engagement with the posts.
- Instagram had 8,137 views and 15 likes
- Facebook had 7 likes but 22 shares showing more engagement with the post.

- Due to the number of races around the time we would want leaflets circulating park run, I only attended one which could be factoring into the low numbers.

We planned for a full 8 week Couch to Green course, however by 10/03 with a week before Couch to Green planned to start we had 4 people signed up.
We discussed how this would make the session more work than worth and from last year's evidence with 1 or 2 missing each week, would leave us with such low numbers the sessions and some activities would not be feasible.

We planned a new reworked Couch to Green Lite with the following email going out to the

entered participants:

Dear all,

We are very sorry to inform you that we are having to cancel our 'Couch to Green' course this year. This is because we have had significantly reduced numbers signing up, and so it would not be practical for us to run a full course with just four of you.

We will be fully refunding your entry fees.

Though as part of our apology from CLOK , we are proposing to offer you all a Free 'Couch to Green Lite' course. This would instead be 3 face-to-face sessions, prefaced by 3 zoom calls, plus additional coaching support at some of our future orienteering events. These can be found from this link here :-
https://clok.org.uk/Future_events.htm

The proposed reduced dates for this C2G Lite course are, (starting a week later) :-

Zoom 1 - 25th March
Session 1 - 28th March
Zoom 2 - 8th April
Session 2 - 11th April
Zoom 3 - 22nd April
Session 3 - 25th April

We hope that you will all still be interested in attending this course. Please confirm this to me or if you can't make one of these dates. We might be able to accommodate that . Thanks.

I'd also like to set up a group What's App group for us to simplify admin and organisation of this C2G course . Please confirm if you are ok with this, and if the mobile numbers I have are the right ones for this use ?

My apologies again,

Rebecca Mayes
CDO
Cleveland Orienteering Club

From this I received a strong response, all 4 participants were still interested in the course and wanting to partake.

Running the course

I reworked the 8 power points to ensure that all the important skills would be covered.
Week 1- Zoom - Attendance 3
We covered a beginners guide to orienteering, map overview and skills
This includes map features, how it differs from OS maps etc, using map to ground work and control descriptions, what they are and how they are useful.

Week 1- Session - Flatts Lane, attendance 1

One participant informed previously that she would not be able to make it, one participant concussion prior to session not allowed to exercise, one participant no show.
We used naughty numbers game to show how to orientate a map to north and the importance of doing so. I then walked with the participant around the map walk explaining the features we were passing and answering any questions. I then shadowed around one loop whilst he was building confidence. He then completed two loops solo

Week 2- Zoom - Attendance 3
Covered compass bearings and pacing. How to clips, safety bearings, measurements for pacing etc.

Week 2- Session - Flatts Lane, attendance 4
One participant, unable to find childcare, around age 10 thoroughly enjoyed the orienteering and part of encouraging alexandra to do more. Other participants, a couple, back up and going from concussion.
The session included measuring pace counting, using shape cards to practice bearings and pace counting ending up back at the correct corner of the shape. Then completing the course in Stewarts Park relying on bearings for each leg. We shortened the course slightly to make time for the star relay. The completed Star Relay proved to be very fun and pulled in some practice from the previous session as the course uses the top part of the gardens with different gradients of trees, some buildings, fences, walls etc.

Week 3- Zoom - Attendance 3
Contours, relocation, route choice
Contour features, how to recognize them, shapes of the land, up and down etc. Games to practice remembering features and lining up to correct land.
Relocation key things to remember stop, look around, high ground, check parallel errors.
Route choice, traffic lighting, speed up in the know, slow down in the unknown.

Week 3- Session - Marske Stray, attendance 4
Same 4 as previous week.
Focus on contours, map walk to introduce the area and the features you may see as different due to bigger contour intervals. Then loops, with find a feature course, slopes etc.
We practiced some bearings to keep the newly learnt skills in there minds, very helpful to redo (recommend for future, crossing skills/ sessions).

Post course:

- First step- list of dates of future events to meet participants and introduce them to an event and the people who are always happy to help.

- Alexandra (W45) and Rory (M12) attended Shildon, completed the short course, thoroughly enjoyed, apologised that they couldn't make it to the next event. She has signed up to Tchimes + regular updates for events in our whatsapp group, is interested in the benefits of signing up to CLOK and wants to continue with orienteering. See's that it is a good opportunity for Rory as well.

- Fiona Kennet (W21) and Alex Kennet (M21) attended Preston Park, completed the

medium, and seemed to enjoy it. It was a hot day which meant they chose to walk not run but from speaking to them they aim to come to another event soon and try to run it. During the coaching they jogged/ walked, had a good conversation with Alex about how skills and distance changes when running, very engaged in the sport and want to continue.

- The 4th participant who was entered to participate expressed interest in the shortened version of couch to green but never showed at any training or events, not had contact since, originally added into the whatsapp group but since left.

Round up

- Couch to Green Lite I think has proved to be worthwhile, running 3 sessions, 3 zooms and offering any support at future events.
- I recommend in the future offering this as an option if there are low numbers again. (offer full refund).
- We have received a very positive enthusiastic response to couch to green lite with people wanting to continue orienteering. The participants are engaged in the sport and interested in future events and the workings of the club.
- I recommend friendly faces and introductions to other people in the club who are always happy to help. If these 4 are seen at events I would like CLOK members to introduce themselves and offer any help or reminders of key skills. When events progress from summer series to regional events, show participants the differences, be patient and explain the box system, control descriptions etc.
- For the time being I would advise against asking them to help out with the organisation of events unless they express interest in helping. Their main focus should be on meeting people and developing their skills.

Key recommendations/ points

- Keeping in touch has been the most important thing, since both have come along to an event I still send out a list of future events to gauge interest with positive response.
- Expressing that you're always there to answer questions or help out is reassuring and helps make the participants feel more comfortable. I do this when I send out the future events list to let them know if they need a reminder on any skills that's not a problem at all.
- For future courses I recommend pulling some previously learned skills throughout, bearings are practiced in week three but should be seen through towards the end as refreshers of skills help them stick best.

Actions

- I have created a Couch to Green Lite power point, it covers everything they should know from the original 8 week zoom calls.
- I am creating a section within the Couch to Green part of the google drive to cover Couch to Green Lite.
- I will update session plans in another color with suggestions and recommendations.

On a positive note, recently I have seen at least 3 different members of last year's Couch to Green attend an event either local or in a wider area.