



Cleveland Orienteering Klub - Couch 2 Green Report and Proposal for 2026

A review of the 2025 Couch 2 Green programme was conducted, and the following points were discussed:

- Conducting seven sessions over an eight-week period proved effective for the 2025 cohort
- Integrating orienteering skills alongside the CLOK Summer Series resulted in the CDO and her assistants being assigned to tasks that shifted their attention from the Couch to Green participants
- Requesting participants to travel outside their local area led to decreased attendance

Based on a review of the 2024 and 2025 programmes, including identification of areas for improvement, participant feedback, scheduled dates for orienteering events in 2026, and progression requirements for successfully completing an orienteering 'GREEN' course, the proposed structure for 2026 is outlined in the table below.

Week	Date and Time	Progression of Technical Skills
1	Sat 21/03 10:30am-12pm	Flatts Lane - PROPOSED • Understanding of map symbols • Recognising map features on the ground • Orientating the map using features or compass • Using line features as handrails
2	Sat 28/03 10:30am-12pm	South Park - PROPOSED • Simplifying navigation with the use of attack points and catching features
	Sat 04/04	No Session (<i>EASTER and JK Weekend – Tay Forest Park</i>)
3	Sat 11/04 10:30am-12pm	Stewart Park – PROPOSED • Developing distance judgement • Using the compass to take bearings <i>(Note – there is a regional event at Errington Woods on Sun 12th April)</i>
4	Sat 18/04 10:30am-12pm	VENUE TO BE CONFIRMED • Physical Fitness <i>(Note – British Middle Weekend – Brown Clee)</i>
5	Sat 25/04 10:30am-12pm	Marske Stray - PROPOSED • Understanding contours through developing the picture of the terrain
6	Sat 02/05 10:30am-12pm	Lazenby Bank/ Eston Moor – PROPOSED <i>(Re-use Orange and Green courses from event on 22nd February 2026)</i> • Deciding on route choice and developing confidence to relocate • Understanding how starts, finishes and downloads work
7	Sat 09/05 10:30am-12pm	Errington Woods – PROPOSED <i>(Re-use Orange and Green courses from event on 12th April 2026)</i> • Putting it all together



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Please be advised that this proposal does not merge any of the 'Couch 2 Green' sessions with CLOK events. Instead, it is suggested that Session #6 and Session #7 utilise the courses from the events scheduled for 22nd February 2026 (Lazenby Bank/Eston Moor) and 12th April 2026 (Errington Woods), respectively, to enable targeted learning and coaching opportunities.

If the programme includes the Summer Series #1 event scheduled in Shildon on 9th May 2026, it will be necessary to consider the integration of urban orienteering into the programme to ensure participants are prepared. This adjustment may affect progression requirements for completing an orienteering 'GREEN' course.

PRO's for Proposal	CON's for Proposal
✓ 7 sessions in 8 weeks ✓ Break in the programme because of JK2025 being held from 3rd – 6th April in Tay Forest Park - Scotland ✓ Physical Fitness Session - feedback from the 2024 and 2025 cohort ✓ Four Summer Series events to enter within 9-weeks of the course finishing - 30/05/2026 – Summer Series #2 – Preston Park, Eaglescliffe - 17/06/2026 – Summer Series #3 – Yarm - 27/06/2026 – Summer Series #4 – Ropner Park and Hartburn, Stockton - 11/07/2026 – Summer Series #5 – South Park, Darlington ✓ Programme completed before CDO sits A-Levels	✗ Programme starts on 21st March 2026, so will need to plan for poor weather ✗ Session planned on the same day as the British Champs not ideal (Physical Fitness) ✗ 2nd May is bank holiday weekend ✗ No sessions merged with CLOK events ✗ No urban orienteering

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- with input from Sarah Hague (Renew Your Running)
4th October 2025