

What went well and why?
What went not so well and why?
How did the session meet the needs of the group?
How effective was your organisation: a) Before the session?
b) During the session?
Did any safety issues arise and if so, what did you learn from this?
What feedback have you had from participants or other coaches?
If you ran the session again, what might you change?
Injuries/Accidents (if none occurred, you must state 'None')



Orienteering Coaching - Self-Evaluation Form

Notes: