

Continuing Personal Development (CPD)

Update No 5. August 2014



National Coaching Conference

There will be a National Coaching Conference on the weekend of 24/25 January 2015, based at Lydiard Park Academy, Grange Park Way, Swindon SN5 6HN, Wiltshire.

The theme will be '**Coaching in Sprint orienteering**'. Conference timings are outlined below. Delegates will be able to attend Saturday, Sunday or the weekend; there will be a mixture of outdoor practical sessions, discussions and a keynote speaker. The conference fee will be announced soon. No accommodation is being provided, delegates will have to source their own. Lunch is included on both days.

Saturday 24th January 2015:

9am: Parkrun (optional)

10am to 5pm: Conference

Sunday 25th January 2015:

9am - 1:30pm: Conference

Further information and booking forms, as they become available, will be posted on the British Orienteering website.

Meanwhile, book the dates in your diary!

CPD Log

The latest version of this ([CPD log template august 2014](#)) is available on the [British Orienteering website](#).

There have been changes to the points system; these changes are back dated to January 2014. The changes are detailed on the 'Summary' tab in the August 2014 template. There are also an extra couple of boxes on the front page.

- **Front page:** boxes for you to state your 'Coaching goals' and, after three years 'Review of progress'. By setting your own goals, it should help you to focus your attention with regard to the 'Knowledge' and 'Training' you do for the period of the log. If you have not attained your goal/s then you can give the reason/s in the 'Review' box. Some examples of goals you might set are given on the 'Examples' tab.
- **Training:** the points for this have been simplified and brought in to line with points gained from Knowledge. Basically, 1 point per hour up to 6 points per day) for training. If the training is split into 'formal / taught' and 'follow up work / tasks / practical sessions' you can claim separately the points for the time you spend on this.

Licence to coach

If you are a qualified coach and wish to maintain a 'Licence to coach', you need to ensure that you are doing the following:

- Maintaining a CPD log, preferably using the template on the British Orienteering website (although other formats are acceptable). Licence details can be found [here](#).
- If you have not already submitted your CPD log to your ACR (Association Coaching Representative) then be prepared to do so before the end of February 2015. Coaches who submit logs which meet the standard will have their licence to coach renewed for three years.
- If you have recently qualified (and well done!) then the three years starts from your date of qualification. However there is nothing to stop you submitting before then if you wish to.

- If, for various reasons, you have been unable to accumulate the points required for the level of your coaching qualification, but you still wish to be involved in orienteering coaching then please get in touch with your ACR. Each case will be considered on an individual basis and, if possible, your licence to coach will be renewed for an appropriate time (e.g. the ACR can recommend a one year licence).

Further information and support can be found on the [British Orienteering website](#)

CPD - ideas

Short of things for your CPD log? Start by looking at the previous four editions of [CPD Update](#) (as there is no point repeating the links again!).

sportscoachUK

Information about the workshops:

<http://www.sportscoachuk.org/workshops/about-our-workshops>

and links to the 'Workshop finder' (England only).

The Resource Bank has a range of materials

<http://www.sportscoachuk.org/coaches/resource-bank>

Recommendations from coaches

A short article on mental blocks for athletes.

- http://www.open.ac.uk/platform/news-and-features/overcoming-mental-blocks-in-sport?ONEML=pf1309&MEDIA=pf1309stu_gen_110

A couple of books on muscles - both recommended to other coaches.

- The Concise Book of Muscles ISBN 978 1 905367 11 5 is a basic guide to the main muscle groups in the body. It has diagrams to show exercises to stretch and strengthen each muscle group.
- The Muscle Book ISBN 978 0 89389 263 0 is a very useful book. It also covers anatomy but gives guidance by indicating what body language you might experience when you have damaged or injured a particular muscle. This is a great help in tracking down what the problem might be. It also shows what pressure points can be used to relieve pain.
- Sport Injuries A Self Help Guide by Vivian Grisogono.

For sports psychology

- Sports Psychology: A Student's Handbook by Matt Jarvis. It has reflective exercises in it (as do several of the texts) but doesn't mention orienteering (like all the other texts). It's a useful exercise in itself to imagine how the topics relate to orienteering.

Many thanks to the coaches for these recommendations - keep them coming!

SOA website

A couple of articles which are of general interest to coaches:

- Colour blindness in orienteering <http://www.scottish-orienteering.org/soa/page/colour-blindness-in-orienteering>
- Concussion, along with a link to a leaflet produced by the Scottish Government <http://www.scottish-orienteering.org/soa/page/youth-sports-concussion>

e-learning

There are a number of (pay for) e-learning modules available through the Skills Active website.

http://shop.skillsactive.com/index.php?dispatch=categories.view&category_id=265

For example, Coach Clean

Coach Clean is an interactive e-learning programme designed to give coaches the knowledge and understanding to help guide athletes in clean sport. Coach Clean has been developed by sports coach UK and UK Anti-Doping (UKAD) and is the only anti-doping course that relates to the coach's role.

Coach clean - £25.00

<http://www.sportscoachuk.org/resource/coach-clean-0>

<http://shop.skillsactive.com/e-learning/coach-clean.html>

If anyone has completed any of these modules, please let us know; what was the quality of the learning like, did doing the module enhance your expertise as a coach, did the time suggested match the time you took, etc?

Tax guidance

The following information is taken from Coaching Edge Summer 2014 Issue 36.

On the sports coach UK website, search for 'Tax Guidance for Coaches and Tutors'. You should find the following:

- Employment Status of Coaches: A Guide for Employers / Deployers and Coaches.
- e-Learning support: budgeting for payment of tax and N. I. contributions.
- Record keeping and mobile applications
- An HMRC produced YouTube video and relevant information on a range of relevant tax matters.