

Continuing Personal Development (CPD)

Update No 2.

February 2012

Introduction

As part of the introduction of a Continuing Personal Development (CPD) programme in 2011 British Orienteering agreed to produce a series of updates to assist coaches in accumulating points for their CPD.

This is the second such update and once again we are indebted to those who have written to members of Coaching Committee with ideas and suggestions and we would welcome further thoughts and references.

There is a wealth of good coaching material out there, especially in the increasing number of web sites, so if you come across something that you think would be of interest please let us know.

Feedback from Coaching Committee

Coaching Committee considered a number of queries and suggestions from coaches regarding specific points with respect the Continuing Professional Development.

Here are the items and the feedback from the Committee:

- It was thought that the newly introduced Event Safety course was of such importance to all coaches, that tutoring on that course should be worth 3 points for each course tutored.
- For extended coaching periods e.g. away weekends, coaches may record 1 point per hour for each hour of actual preparation and coaching.
- For general sport reading, e.g. CompassSport, time should relate only to articles related to coaching (and orienteering). Some indication as to its value should be indicated in the right hand column of the CPD log.

Training courses

At the last Coaching Committee it was asked for an explanation of the meaning of “**Minimum Standards for Deployment**” as related to sportscoachUK workshops.

The answer to this query, as supplied by sportscoachUK, is:

“Minimum Standards for Deployment are requirements that apply to all coaches, regardless of their level of qualification or their sport, which are seen as the basic standards a coach needs to meet to carry out his or her role safely and effectively.”

These courses are generally organised on a county wide basis through the County Sports Partnerships.

Whilst talking about workshops it is always useful keeping your eyes on the web site of your local County Sports Partnership (CSP).

For example the Herts partnership is organising a Coach education week at February half term. On offer are seminars on:

- Core Stability
- Performance Nutrition
- Sports Psychology
- Preparing Athletes for Performance
- Injury Prevention
- Fitness Testing

Hertfordshire can't be the only CSP organising such coach education, so coaches are encouraged to check out what's happening in their region.

In England details of your local CSP are available through sportscoachUK:

<http://www.sportscoachuk.org/site-tools/about-us/who-we-work/county-sports-partnerships>

In Scotland the link is:

<http://www.sportscotland.org.uk/ChannelNavigation/Topics/TopicNavigation/Coaching/Sports+Coach+UK+courses/>

In Wales the situation is not as clear and the best advice we can give is for people to contact their local sports development unit through their local council website.

A course worth considering is the 'Guide to Mentoring Sports Coaches' from sportscoachUK. With the increasing use of mentors in both UKCC Level 2 and Level 3 British Orienteering will be requiring increasing numbers of experienced coaches who are willing to support learner coaches through these awards.

Don't forget that each of the workshops is worth 3 CPD points.

Lectures

In this Olympic year The Royal Institution in Albermarle Street, London are sponsoring a number of interesting lectures. These are covering the science behind Olympic sports, athletics and triathlon and are likely to be of interest to Orienteering coaches.

Details at:

<http://www.rigb.org>

More web sites

Another web site worth exploring is

<http://O-Training.net/>

You will never be short of ideas for 'Orienteering Exercises' or 'Training Tips' if you log on to this web site.

If you are in need of information regarding injuries and their rehabilitation why not try:

<http://www.ultimate-orienteering.com/>

As well as general articles there is a 'detailed look at ankle strains':

<http://www.ultimate-orienteering.com/?p=4825>

The exploration of the web and the use of Google provides access to a number of excellent web sites providing advice on injury prevention and rehabilitation.

Another source of more general information is YouTube videos. We highlighted some in the last newsletter but you may wish to access:

<http://www.youtube.com/user/Orienteeringtvuk?feature=watch>

and if you scroll down you can watch the Paul Murgatroyd Dynamic Stretching video

http://www.youtube.com/watch?v=0WkJs8BloBo&context=C3a058b0AD0EgsToPDskKDKeWUL86HY5_cVmD_ltg7

Many of these videos can be used by coaches for general sport promotion as well as coaching.

Other reference material

Don't forget that if you are unable to attend the annual British Orienteering Coaching Conference (in February) copies of the papers presented are on the British Orienteering web site at:

http://www.britishorienteering.org.uk/page/coach_support

I'm sure a review of these will provide you with ideas that can be included in your coaching.

Finally

Many of you know of valuable sources of interest to all coaches; we encourage you to share these with everyone so all are able to expand their expertise. Please let your Regional Representatives know and we will include them in the next newsletter.

Regional Representatives are listed at:

http://www.britishorienteering.org.uk/page/coaching_committee