

CPD – Continuing Personal Development

Licensed coaches have to demonstrate that they are keeping up to date with the latest coaching methods and knowledge – CPD. There are three strands to this:

- Knowledge – acquired from relevant books, articles, DVDs
- Training – attending relevant conferences and courses (including First Aid)
- Experience – coaching and related activities

You are required to accumulate over three years a minimum number of points in each category and a minimum overall total, according to your coach qualification:

	UKCCL1/BOFL2	UKCCL2/BOFL3	UKCCL3+/BOFL4-5
KNOWLEDGE	10	10	15
TRAINING	10	10	15
EXPERIENCE	30	30	30
3-year Total	75	90	120

You can earn points in a variety of ways, including:

Knowledge – 1 point per hour of reading/viewing

Training – 6 points for attending BOF Coaching Conference, 3 points for relevant SportsCoachUK course, 16 points for a 2-day First Aid course

Experience – 3 points for maintaining your CPD log, 1 point per hour of coaching (preparation & delivery), 4 points per day as Coach Educator

Transferrable skills can earn points but are considered on a case by case basis.

This information will be available on the British Orienteering website in the near future; this information is provided in good faith and is correct at time of producing this document, but it is the individual coach's responsibility to check periodically with British Orienteering.

As the system rolls out, you will be required to accumulate an appropriate proportion of the points totals each year.

A template is available for recording and submitting CPD activity.