

## Continuing Personal Development (CPD)

### Update No 4. July 2012

#### Introduction

The British Orienteering Continuing Personal Development (CPD) programme began in 2011. The purpose of such a programme is to help qualified orienteering coaches maintain and improve their knowledge and skills by undertaking a range of activities.

From the viewpoint of the National Governing Body, it ensures that the coaching workforce maintains their level of knowledge and keeps up to date with current best practise, including any safety issues.

Since 2011 approximately 150 coaches have submitted CPD logs and from this a lot of information relating to examples of good practice have been evidenced; adjustments to the points have also been made and these are detailed below.

#### Points adjustments

From the start of January 2013, the following adjustments to the points have been implemented:

- Attendance at First Aid courses: updated to half day = 3 points; one day = 6 points; two days = 12 points
- Attendance at British Orienteering Coaching Conference and Attendance at a Regional Coaching workshop: updated to one day = 6 points; two days = 12 points.

Discussion is taking place regarding the points for attendance at and assessment of the UKCC courses, along with the points for tutoring and assessing these. Please let your Association Coaching Co-ordinator (ACC) know your views on this.

#### CPD Log

The latest version of this (CPD\_log\_template\_july\_2013) is available on the British Orienteering website.

[http://www.britishorienteering.org.uk/page/licenced\\_coaches](http://www.britishorienteering.org.uk/page/licenced_coaches)

Please note the following:

1. An extra tab has been added giving examples for the "What gained/other notes" column as many were asking for assistance regarding this.
2. For general sport reading, e.g. CompassSport, time should relate only to articles related to coaching of orienteering. Some indication as to its value should be indicated in the right hand column of the CPD log.

#### 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. Licence details and the template can be found at [http://www.britishorienteering.org.uk/page/licenced\\_coaches](http://www.britishorienteering.org.uk/page/licenced_coaches)
- If you have not already submitted your CPD log to your ACC then be prepared to do so before the end of April 2014. Thank you to all who have taken the opportunity to submit

their logs 'early' - and so have their licence to coach extended until the end of 2014 or 2015.

- 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.

Further information and support can be found on the British Orienteering website:

[http://www.britishorienteering.org.uk/page/coach\\_support](http://www.britishorienteering.org.uk/page/coach_support)

Log years	Log submitted by	Licence renewal	Resubmission date
2011	April 2012	End 2014	By April 2015
2011 & 2012	April 2013	End 2015	By April 2016
2011, 2012 & 2013	April 2014	End 2016	By April 2017

## CPD - ideas

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

[http://www.britishorienteering.org.uk/page/coach\\_support](http://www.britishorienteering.org.uk/page/coach_support)

## UK Athletics

As a running sport, we should be using information from another running sport. There is a wealth of information on the UK Athletics website:

<http://ucoach.com/>

Have you got your copy of 'Athletics 365'? (either the larger ring binder or the smaller, less expensive book).

While on that website, explore the videos where there is a wealth of information. Richard Lecky-Thompson delivered one about 'Junior fell running':

<http://ucoach.com/share/view/Richard-Lecky-Thompson-Junior-Fell-Running/from-filter/>

How about exploring this one (about 14 minutes long):

<http://coaching.uka.org.uk/share/view/QA-Taking-my-coaching-to-the-next-level/from-filter/>

## sports coach UK

There is an increasing volume of resources available here. You can access some of them through free membership; others are available with a paid for membership. Did you read the blog about 'Right brain, left brain'?

<http://www.sportscoachuk.org/blog/develop-your-right-brain-coaching-7-top-tips-narrative-coaching>

App available for mobile devices from Apple Store and Google Play:

1. Coaching Edge magazine - the UK's leading magazine dedicated to sports coaching (free downloads for sports coach UK members)
2. Free special editions - including a bumper edition containing two inspirational videos of coaches sharing their experiences and philosophies, and some great advice on how to plan for success
3. Free articles - selected articles from the Coaching Edge archive will be available to view
4. A free eBook - download The Coach's Book; within its pages, you'll find inspirational tales of some great coaches
5. Coaching quick guides - informative guides answer questions on key aspects of coaching (free downloads for sports coach UK members).

## **Triathlon**

Want to be smothered with information? Triathlon has wealth of information about training, running, injury, nutrition etc. You can subscribe (free) to their 5 x week email

<http://triathlete-europe.competitor.com/>

A short 'strap line' lets you know if you want to read the articles.

## **Drugs in Sport**

Are you up to date with the 'drug regulations'? You can enhance your knowledge through a couple of online resources

<http://isc.realwinner.org/>

<http://www.asada.gov.au/education/index.html>

sports coach UK have an interactive e-learning programme "Coach Clean" but it costs £25.00.

## **Other websites**

The Canadians continue to develop resources which are worthwhile reading.

[http://www.orienteering.ca/pdfs/2011/COF\\_LTAD\\_draft.pdf](http://www.orienteering.ca/pdfs/2011/COF_LTAD_draft.pdf)

<http://www.orienteering.ca/resources/junior-development/>

## **E-learning**

Quite a few sports are using this approach for formal and informal learning; swimming, athletics and triathlon come to mind. At the moment orienteering does not have the resources to start along this pathway - but it should be on the wishlist for the future!

And finally, coaches work many hours more than contact time!

## **A coach's week**

<http://www.sportscoachuk.org/blog/coach%E2%80%99s-week>

Coaching isn't just about turning up at a session and then going home again an hour or so later. Our research has shown that for every hour a coach spends coaching they will also spend:

- 20 minutes in preparation
- 16 minutes reviewing
- 13 minutes with administration
- 18 minutes travelling

When you look at it like this it starts to throw up some interesting questions. For example, if you ask someone to do an extra hour coaching each week will they also have to find another 67 minutes for everything that accompanies the session? Or alternatively, if you can reduce administration and travel times can you free up more time for coaching? (which is what people really want to do!)

Ultimately what this shows is that workforce planning needs to consider not only what happens in a session but everything else a coach has to do in their week.

To help with assessing the value of the coaching workforce to the sport, the association or the club, consider having someone in your club attend a sports coach UK workshop entitled: "Supporting coaches: A Guide to Recruiting, Developing and Retaining Your Coaches" This workshop lasts three hours and, unlike many sports coach UK workshops, is tailored to the needs of the delegates.