

## UPDATING AND DEVELOPMENT PROGRAM

Level One

Updating points must be a minimum of 24 points over a four year period

FIRST AID: (maximum of 6 points per 4 years)

Compulsory

Requalify – Essential First Aid 4 points

Optional

Annual update C.P.R. 2 points Senior First Aid 6 points

\* Nurses – RN and EN must provide verification of update qualifications to gain points

**SEMINAR/WORKSHOP:** (no annual limit) - **NB**: external seminars/workshops require prior approval

Lecture or physical participation 1 point / hour

(each 30 mins over the hour =  $\frac{1}{2}$  point)

1 point/year

Level 1 online ASC Community Coaching General Principles Course 5 points / 4 years

ACF National Conference 12 points
Level 2 General Principles Module 10 points
Level 2 Modules 2 points / hour
Complaints Handling Module ASC Online 2 points/4 years

Coaching Effectiveness Audit (Video Self-analysis) - apply through coaching association 2 points / 2 years

NB: Compulsory for those all Coaches prior to first reaccreditation

**COACHING:** (maximum of 16 points per four year period)

Coach 2 points / year one age/division Coach 4 points / year two or more ages/divisions 1 point / year Specialist coaching solos/duos/gracefuls 1 point / year Calisthenics skills Specialist item e.g. Song and Dance 1 point / year National/State Team Coach 3 points / year

Mentoring – (logbook must be verified by Coach Association)

PRESENTING/ASSESSING: (maximum of 16 points per four year period)

Presenting courses and seminars

1 point / hour

Presenting Prep Class for Calisthenics Skills

1 point / hour

1 point / hour

1 point / hour

4 points / module

**ADJUDICATING/SKILLS EXAMINING** 

For coach/adjudicator and coach/examiner 1 point / year

**ADMINISTRATION:** (maximum of 16 points per four year period)

ACFCC Delegate 4 points / year State/Territory Course Co-ordinator 4 points / year Coaches' Association position – Executive 2 points / year Coaches' Association position – Other 1 point / year

**COMPETITIONS:** 

Attendance or participation at National Championships 1 point / year Assessing/timing/writing at approved competitions 1 point / year

No points will be credited for watching Nationals via webcast