



**LEVEL ONE  
UPDATE PROGRAM**  
Current from May 2011

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 = ½ point)

ACF National Coaches Conference 12 points

Level 2 General Principles Course 10 points

Level 2 Modules 2 points / hour

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

**NB:** Compulsory for those commencing Level One from January 2007 prior to first reaccreditation

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

Coach one age/division 2 points / year

Coach two or more ages/divisions 4 points / year

Specialist coaching solos/duos/gracefuls 1 point / year

Calisthenics skills 1 point / year

Specialist item e.g. Song and Dance 1 point / year

National/State Team Coach 3 points / year

**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

Assessing Level One candidate 1 point / hour

Writing/producing modules 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