

Australian Calisthenic Federation

## PROGRAM FOR ACCREDITATION UPDATING

## Level Two Updating Program current from May 2011

Updating points must be a minimum of 48 points over a four year period

**FIRST AID:** (maximum of 12 points per 4 years)

### **Compulsory**

Requalify – Essential First Aid

Optional	8 points
Annual update CPR	4 points
Senior First Aid	12 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	2 points / hour
(each 30 mins over the hour =	= 1 point)
ACF National Coaches Conference	24 points
Coaching Effectiveness Audit (Video Self-analysis) - apply through coaching association	4 points / 2 years

**<u>COACHING:</u>** (maximum of 32 points per four year period)

Coach	one age/division	4 points / year
Coach	two or more ages/divisions	8 points / year
Specialist coaching	solos/duos/gracefuls	2 points / year
	Calisthenics skills	2 points / year
Specialist item	e.g. Song and Dance	2 points / year
National/State/Territory I	Representative Team Coach	6 points / year

**PRESENTING/ASSESSING:** (maximum of 32 points per four year period)

Presenting courses and seminars	2 points / hour
Presenting Prep Class for Calisthenics Skills	2 points / hour
Assessing Level One candidate	2 points / hour
Writing/producing modules	8 points / module

### ADJUDICATING/SKILLS EXAMINING

For coach/adjudicator and coach/examiner	2 points / year
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**ADMINISTRATION:** (maximum of 32 points per four year period)

ACFCC Delegate	8 points / year
State/Territory Course Co-ordinator	8 points / year
Coaches' Association position – Executive	4 points / year
Coaches' Association position – Other	2 points / year

# **COMPETITIONS:**

Attendance or participation at National Championships	2 points / year
Assessing/timing/writing at approved competitions	2 points / year