

# Continuing Personal Development (CPD)

## Update No 6, January 2016

### National Coaching Conference

There will be a National Coaching Conference on the weekend of **14/15 January 2017**, based at Manchester Metropolitan University (MMU) Cheshire Campus in Crewe (5 minute walk from the train station). Vicky Thornton has taken on the role of conference co-ordinator, thank you Vicky! Delegates will be able to attend Saturday, Sunday or the weekend; there will be a mixture of outdoor and indoor practical sessions, discussions and a keynote speaker. The conference fee will be announced soon and will include lunch on both days. No accommodation is being provided, delegates will have to source their own.

Further information will be posted on the British Orienteering website. Booking will probably be through Fabian4.

Meanwhile, note the dates in your diary!

### CPD log

The latest version of this (CPD\_log\_template\_august\_2014) is available on the British Orienteering website.

<http://www.britishorienteering.org.uk/page/231>

### 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 (although other formats are acceptable). Licence details 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 ACR (Association Coaching Representative) then be prepared to do so before the end of February 2016. Coaches who submit logs which meet the standard will have their licence to coach renewed for three years.
- 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.
- If, for various reasons, you have been unable to accumulate the points required for the level of your coaching qualification, but you still wish to be involved in orienteering coaching then please get in touch with your ACR. Each case will be considered on an individual basis and, if possible, your licence to coach will be renewed for an appropriate time (e.g. the ACR can recommend a one year licence).

You should check your 'qualifications' record on the British orienteering website; login to your account and then scroll down to 'My Qualifications'. Contact British orienteering if you discover any discrepancies.

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)

### CPD ideas

Short of things for your CPD log? Start by looking at the previous five 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)

Check out sports coach UK (<http://www.sportscoachuk.org/>) for ideas, courses and resources.

Have you signed up for 'Connected Coaches'?

<https://www.connectedcoaches.org/>

This is a community where coaches can discuss anything and everything to do with coaching. Ideas can be exchanged, you can learn from others and then transfer this learning into your own coaching.

Occasionally members receive free offers of courses (often part of a pilot project).

### Online courses

More and more courses are becoming available online – this means you can decide when and where you access the course, making it suitable for a modern lifestyle. Quite a lot of the courses are free, others can be accessed by paying a small fee. Some ideas are outlined below.

1. The CPSU (Child Protection in Sport Unit) has a series of webinars

<https://thecpsu.org.uk/training-events/cpsu-webinars/>

(Note: If you didn't attend the live webinar, you'll need to register your name and email to view the recording. This is free and takes only a few seconds):

- Eating disorders and disordered eating in sport (Dec 2015)
  - Make a noise about bullying in sport (Nov 2015)
  - Introducing revised Sports Safeguarding Standards (Sept 2015)
  - Safeguarding children in martial arts activities (July 2015)
  - Understanding grooming for abuse (May 2015)
  - Safeguarding LGBT young people (Feb 2015)
  - Keeping children and young people safer online (Jan 2015)
  - Impact assessments - how to start assessing the effectiveness of your organisation's safeguarding practices (Nov 2014)
  - Empowering sport to tackle bullying (Nov 2014)
  - Practical application of DBS disclosures (Oct 2014)
  - Why, when, what and with whom? Sharing information in child protection cases (July 2014)
2. Increase your knowledge about the anti-doping regulations and become a UKAD Accredited Advisor  
[http://ukad.coachwisehub.com/store/1244-accredited-advisor?tab=1&is\\_lp=1](http://ukad.coachwisehub.com/store/1244-accredited-advisor?tab=1&is_lp=1)

### Some useful PDFs

- What makes your session unmissable for young people?  
<http://www.sportscoachuk.org/sites/default/files/What%20makes%20your%20session%20unmissable.pdf>
- Eating disorders – a coach's guide  
[https://www.b-eat.co.uk/assets/000/000/102/Eatingdisordersacoach%27sguide1.1Oct13\\_original.pdf](https://www.b-eat.co.uk/assets/000/000/102/Eatingdisordersacoach%27sguide1.1Oct13_original.pdf)

### General bits and pieces

- > Physical literacy:  
<http://www.getsportiq.com/2015/11/breaking-inactivity/>
- > Want to be more successful? Steven Sylvester worked with the British Orienteering squad for a number of years; to quote from one athlete he worked with "*Steven was one of the biggest influences for me*". He has now written a book, published 7<sup>th</sup> January 2016 (so no reviews available yet!):  
'Detox Your Ego: 7 easy steps to achieving freedom, happiness and success in your life'

Let you Association Coaching Representative know any useful nuggets you come across so we can all share this information.