



UPDATING AND DEVELOPMENT PROGRAM
Level One from March 2012

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 ó Essential First Aid 4 points

Optional

Annual update C.P.R. 2 points

Senior First Aid 6 points

* Nurses ó 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)

Level 1 online ASC 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

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

Coachesø Association position ó Executive 2 points / year

Coachesø Association position ó Other 1 point / year

COMPETITIONS:

Attendance or participation at National Championships 1 point / year

Assessing/timing/writing at approved competitions 1 point / year