

UPDATING AND DEVELOPMENT PROGRAM

Level One

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



Australian
Calisthenic
Federation

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)

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 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

Mentoring – (logbook must be verified by Coach Association)

1 point/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

No points will be credited for watching Nationals via webcast