

## Continuing Professional Development in sport

*Richard Barbour, Chair of the Coaching Technical Panel, introduces the UK Snowsport Learning Log.*

Continuing Professional Development, commonly known by its acronym CPD, is a process of structured learning. It has been used in industry for decades, with many professional bodies requiring members to log and submit their CPD records.



*Learning to use a video analysis app*

The principles of CPD can equally be applied to those providing sports teaching and coaching. It's about planning, doing and reviewing learning. Think of some learning that would help you to improve your coaching. What do you need to learn? How and where can you do this? And then, having done it, what have you learnt?

Whilst many instructors "refresh" by attending revalidation courses (often required in order to hold a licence) there's a plethora of ways in which to learn and develop. This might include mentoring from a more experienced coach, video analysis of world class performers, learning to use new tools like Coach's Eye, attending Sports Coach UK workshops, reading, eLearning and attending the UK Snowsports [#coachinginaction](#) conference.

CPD was discussed at this year's [#coachinginaction](#) conference and we would like to increase awareness and use of the UK Snowsport Coach Learning Log.

This log is included in all the Development Coach education resources (Levels 1 - 4) and as a [free download](#) on the [UK Snowsports](#) web site. It's intended to provide a useful template for recording the learning that you do and can be helpful in demonstrating your ongoing learning to your club, facility or head of ski school.

The key elements are: date, details of learning activity, effective learning time and key learning with outcomes. I've included an example from my own records to illustrate use of the log:

Name:		Registration number:		Coach learning log
Date	Details of learning activity	Effective learning time (hours)	Key learning and outcomes Mentor feedback where appropriate	
16-Feb-14	National Autistic Society course: Autism and communication. University of Gloucestershire.	3	Considerations for communicating with people with autism. How words can be taken literally. Use of picture boards and other techniques. Gives me additional insight and prompts self-questioning about how I provide information and feedback. Can be used directly with skiers and also insightful for life in general.	

As coaches develop it's natural to take increasing responsibility for self-directed learning. Snowsport England's Coaching Workforce Officer, Ryan Grewcock, is currently compiling a list of suggested CPD activities which will be posted on the [Snowsport England](#) web site and communicated through future editions of Coaching News.

In the meantime, consider an activity that would help you to improve as a coach, go do it and continue recording your learning in the log.

[Richard Barbour](#) is an IVSI Coach and Senior Tutor for Snowsport England. He is a member of the European Mentoring and Coaching Council and works in professional accreditation, coaching and mentoring. He is Snowsport England Disability Coach of the Year.