

Information about your Continuous Professional Development (CPD)

British Showjumping recognise the importance of continued learning and development as an important part of maintaining professional coaching practice. Continued professional development is both about maintaining levels of competence around *compliance* subjects – First aid and Safeguarding, as well as pursuing learning that helps coaches to meet specific development goals. The latter can be focussed on a whole range of subjects and can be broadly categorised across the four areas shown in diagram 1 below. Coaches are encouraged to cover a balance of professional development across all four areas over time.

The CPD log on the following pages is to help you keep a record of learning and development as this is now a requirement of being a British Showjumping registered coach. You will be required to submit this annually.

What CPD is recognised and what can be logged?

Safeguarding and first aid courses are mandatory and must be logged as they are renewed. Annually it is expected that coaches also cover additional professional development from one of the four categories outlined below. The log enables coaches to record both formal learning (workshops, courses, qualifications) as well as informal learning (networking, co-working, research, being mentored, significant reading). The balance of formal to informal learning should be in the ratio 2:1. To reflect the impact of learning the log requires self-reflection around what has been learnt and the impact of the learning on personal coaching practice. For example, if a coach has received some mentoring the following may be logged under the Informal Learning section of the log. Each year there should be alternated, so if informal learning is used one year, then there must be some form of formal learning the year after. Not sure what counts as formal or informal – call head office on 02476 698828.

Informal learning: networking, co-working, research, being mentored, significant reading				
Date	Course/Event	Why?	What did you learn?	What is the impact of the learning on coaching practise?
<i>1/2/19, 3/3/19, 21/3/19</i>	<i>Mentoring session with professional coach</i>	<i>Wanted help to develop my communication skills (explanations and questions)</i>	<i>To time my feedback so the rider is ready to take on information. Too keep my explanations shorter. To involve the rider more by using questions to help them think and take responsibility for their performances.</i>	<i>I talk less and involve my riders more. I am more patient at giving my feedback and now feedback on the important areas that make a difference to performance. I do not overload the rider as much.</i>

Diagram 1 Continued Professional Development



Coaches Continuous Professional Development Record

Name:	
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Date	Course/Event	Why?	What did you learn?	What is the impact of the learning on coaching practise?
Formal Learning: Courses, workshops, qualifications				

Coaches Continuous Professional Development Record

Date	Course/Event	Why?	What did you learn?	What is the impact of the learning on coaching practise?	Signature if needed
Informal learning: demonstration days/evenings, shadowing, networking, co-working, research, being mentored, significant reading					