

Maintenance of Certification Requirements
As of February 2023
*include gradations



LEGEND
C = Certified
T = Trained
T & C = Applies to both trained & certified coaches
BLANK = No PD requirement

Sport	Community Sport-Initiation (CSP-INIT)	Community Sport-Ongoing Participation (CSP-ONG)	Competition-Introduction (COMP-INT)	Competition-Development (COMP-DEV)	Competition-High Performance (COMP-HP)	Instruction-Beginners (INST-BEG)	Instruction-Intermediate Performers (INST-IMD)	Instruction-Advanced Performers (INST-ADV)
5 Pin Bowling			5 YRS 20 PTS (C)					
10 Pin Bowling			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Alpine Skiing			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Archery			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	
Athletics	5 YRS 10 PTS (C)		5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Badminton			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Baseball			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Basketball			4 YRS 16 PTS (C)	4 YRS 24 PTS (C)				
Biathlon	5 YRS 10 PTS (C)		5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Blind Sports – Goal Ball				5 YRS 30 PTS (C)				
Bobsleigh and Skeleton				5 YRS 30 PTS (C)				
Boccia			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Boxing			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Broomball			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Canoe Kayak			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		3 YRS 12 PTS (C)	3 YRS 12 PTS (C)	3 YRS 12 PTS (C)
Cricket			5 YRS 20 PTS (C)					
Cross Country Skiing		5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Curling			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Cycling			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Diving			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	
Equestrian			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Fencing	5 YRS 10 PTS (C)		5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Field Hockey			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Figure Skating			3 YRS 12 PTS (C)	3 YRS 18 PTS (C)		3 YRS 6 PTS (C)	3 YRS 12 PTS (C)	
Football	5 YRS 10 PTS (T)		5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Freestyle Skiing			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Golf			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	
Gymnastics	5 YRS 10 PTS (C)		5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Hockey	5 YRS 10 PTS (C)		5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Judo	5 YRS 10 PTS (C)	5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	5 YRS 30 PTS (C)	5 YRS 30 PTS (C)	5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	5 YRS 20 PTS (C)
Karate			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Lacrosse		5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Lawn Bowls			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Luge				5 YRS 30 PTS (C)				
Nordic Combined				5 YRS 30 PTS (C)				
Orienteering			5 YRS 20 PTS (C)					
Parachuting				5 YRS 30 PTS (C)		5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	
Pickleball		3 YRS 6 PTS (C)						
Racquetball			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Ringette	5 YRS 10 PTS (T)		5 YRS 20 PTS (T & C)	5 YRS 30 PTS (T & C)				
Rowing			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Rugby			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Sailing			3 YRS 12 PTS (C)	3 YRS 18 PTS (C)		3 YRS 6 PTS (C)	3 YRS 12 PTS (C)	
Shooting				5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Ski Jumping				5 YRS 30 PTS (C)				
Snowboard			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				

Soccer			3 YRS 20 PTS (C)			3 YRS 20 PTS (C)		
Softball			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Special Olympics			5 YRS 20 PTS (C)					
Speed Skating			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Squash			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)	5 YRS 20 PTS (C)	
Swimming	5 YRS 10 PTS (T & C)		5 YRS 20 PTS (T & C)	5 YRS 30 PTS (T & C)		5 YRS 10 PTS (T & C)		
Synchronized Swimming			5 YRS 20 PTS (C)	5 YRS 30 PTS		5 YRS 10 PTS (C)		
Table Tennis			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Taekwondo			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Team Handball			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Tennis			3 YRS 24 PTS (C)	2 YRS 12 PTS (C)		4 YRS 23 PTS (C)		
Triathlon		5 YRS 10 PTS (C)		5 YRS 30 PTS (C)				
Ultimate			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Volleyball			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Water Polo			4 YRS 16 PTS (C)					
Water Ski & Wakeboard	5 YRS 10 PTS (T)		5 YRS 20 PTS (T & C)				5 YRS 20 PTS (C)	
Weightlifting			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)		5 YRS 10 PTS (C)		
Wheelchair Basketball			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Wheelchair Rugby			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				
Wrestling			5 YRS 20 PTS (C)	5 YRS 30 PTS (C)				