

Minimum coaching requirements for **Trampoline/DMT/Tumbling** (applicable for all training and competitive environments)

Coaching status	Minimum Training requirements	Role and responsibilities	Athlete levels they can coach
Gymnastics Foundations TRAMPOLINE (TG) and/or Artistic Gymnastics (AG) TRAINED	<ul style="list-style-type: none"> Refers to coaches who have completed: GF THEORY + GF INTRODUCTION + GF SPORT SPECIFIC (Artistic Gymnastics (AG) and Trampoline (TG)) 	<ul style="list-style-type: none"> Minimum NCCP Training: Gymnastics Foundations (GF) Trampoline for Trampoline (TRA) & Double Mini Trampoline (DMT). When TRA and DMT are utilized at this level a GF Trampoline TRAINED coach must be supervised by L2 Trampoline CERTIFIED coach that is 18+ years of age. Coaches must be Gymnastics Foundations Artistic Gymnastics TRAINED for Tumbling (TUM) and must be supervised by a certified GF Artistic CERTIFIED coach that is 18+ years of age. May NOT teach C1/Level 2 NCCP skills or inverted skills with flight. Gymnastics Foundations coaches are required to follow the guidelines as per the relevant NCCP Gymnastics Foundations discipline manual. 	<p><i>Athletes 6+ years of age</i></p> <p><u>Learn to Train (Developmental):</u></p> <p>TG TRAINED:</p> <ul style="list-style-type: none"> CANJUMP 1-4 TRA & DMT & TUM FAST TRA & DMT & TUM <p>AG TRAINED:</p> <ul style="list-style-type: none"> CANJUMP 1-4 TUM FAST TUM <p>TG/AG TRAINED:</p> <ul style="list-style-type: none"> Interclub & Demo Groups <p>Non-inversion elements only Must be under indirect supervision L2 TG CERTIFIED coach who is 18 years+ for TRA & DMT. GF AG CERTIFIED supervisor for TUM.</p>
Gymnastics Foundations TRAMPOLINE (TG) and/or Artistic Gymnastics (AG) CERTIFIED	<ul style="list-style-type: none"> 16 years+ to certify Refers to coaches who have completed: GF THEORY + GF INTRODUCTION + GF SPORT SPECIFIC + EVALUATION= CERTIFIED 	<ul style="list-style-type: none"> May NOT teach Level 2 NCCP skills or inverted skills with flight (flipping). Gymnastics Foundations coaches are required to follow the guidelines as per the relevant NCCP Gymnastics Foundations discipline manual. 	<p><i>Levels as listed above</i></p> <p><u>Learn to Train (Developmental):</u></p> <p>TG CERTIFIED:</p> <ul style="list-style-type: none"> CANJUMP 1-4 TRA & DMT & TUM FAST TRA & DMT & TUM <p>AG CERTIFIED:</p> <ul style="list-style-type: none"> CANJUMP 1-4 TUM FAST TUM <p>TG/AG CERTIFIED:</p> <ul style="list-style-type: none"> Interclub & Demo Groups <p>Non-inversion elements only Must be under indirect supervision L2 TG CERTIFIED coach who is 18 years+ for TRA & DMT. GF AG CERTIFIED supervisor for TUM.</p>
L2 TG or L2/C1 AG TRAINED	<ul style="list-style-type: none"> Competition Introduction THEORY + L2/C1 TECHNICAL 	<ul style="list-style-type: none"> May spot athletes performing NCCP COMP 1/L2 skills. May NOT spot or teach Level 3 NCCP skills. May NOT coach beyond scope of training. May NOT supervise Gymnastics Foundations trained coaches. May coach under indirect supervision of a certified coach (minimum L2/C1 certified and 18 years+). 	<p><i>Levels as listed above</i></p> <p><u>Training to Train (Provincial Stream):</u></p> <p>L2 TG TRAINED:</p> <ul style="list-style-type: none"> CANJUMP 5-12 TRA & DMT & TUM L1-L4 TRA & DMT & TUM <p>C1/L2 AG TRAINED:</p> <ul style="list-style-type: none"> CANJUMP 5-12 TUM L1-L4 TUM <p>L2TG/C1 AG TRAINED:</p> <ul style="list-style-type: none"> Interclub & Demo Groups <p>Must be under indirect supervision L2/C2 CERTIFIED coach in respective discipline.</p>

L2 TG or L2/C1 AG CERTIFIED	<ul style="list-style-type: none"> C1/L2 Theory + Technical + Evaluation=CERTIFIED 	<ul style="list-style-type: none"> May act as a supervising coach to C1 coaches in training/trained. Required to access floor at Provincial & Western Championships. 	<p>Levels as listed above</p> <p><u>Training to Train (Provincial Stream):</u></p> <p>L2 TG CERTIFIED:</p> <ul style="list-style-type: none"> CANJUMP 5-12 TRA & DMT & TUM L1-L4 TRA & DMT & TUM <p>C1/L2 AG CERTIFIED:</p> <ul style="list-style-type: none"> CANJUMP 5-12 TUM L1-L4 TUM <p>L2TG/C1 AG CERTIFIED:</p> <ul style="list-style-type: none"> Interclub & Demo Groups
L3 TG & L3/C3 AG TRAINED	<ul style="list-style-type: none"> C3/L3 THEORY + TECHNICAL 	<ul style="list-style-type: none"> May act as a coach or assistant coach under supervision (within reasonable proximity - within eye-sight) of a Level 3/Comp 3 certified coach. Required to coach MAG/WAG/TG National stream (and higher) athletes. May spot athletes performing NCCP L3/ COMP 3 skills. 	<p>Levels as listed above</p> <p><u>Train to Compete (National Stream):</u></p> <p>L3 TG TRAINED:</p> <ul style="list-style-type: none"> Pre-Novice & National Stream TRA & DMT & TUM <p>L3 AG TRAINED:</p> <ul style="list-style-type: none"> Pre-Novice & National Stream TUM <p>Must be under indirect supervision L3/C3 CERTIFIED coach in respective discipline.</p>
L3 TG & L3/C3 CERTIFIED	<ul style="list-style-type: none"> C3/L3 THEORY + TECHNICAL + EVALUATION 	<ul style="list-style-type: none"> May act as a supervising coach to C1-C3/L1-L3 coaches in training/trained. 	<p>Levels as listed above</p> <p><u>Train to Win (National Stream):</u></p> <p>L3 TG CERTIFIED:</p> <ul style="list-style-type: none"> High Performance TRA & DMT & TUM <p>L3 AG CERTIFIED:</p> <ul style="list-style-type: none"> High Performance TUM
L4 TG & L4/C4 AG CERTIFIED	<ul style="list-style-type: none"> C4/L4 THEORY + TECHNICAL + EVALUATION 	<ul style="list-style-type: none"> May act as a supervising coach to C1-C4/L1-L4 coaches in training/trained. Requirement for International Competitions May spot athletes performing NCCP L4/COMP 4 skills. 	<p>All levels</p> <p><u>Winning at all Levels/International Excellence (International Stream)</u></p>

- TG = Trampoline Gymnastics, AG= Artistic Gymnastics, TRA= Trampoline, DMT= Double Mini Trampoline, TUM= Tumbling, FAST= Foundational & Acrobatic Strength Testing (Formerly ATDP).
- Trained = a coach who has completed the three GF training courses (intro, theory & discipline specific)
- Certified = a coach who has completed the three GF courses + GF evaluation, OR the technical, theory and practical components for Level 2 or 3
- If your club is offering a gymnastics sport, you need to have at least one CERTIFIED coach in that sport in the gym during the programming of that class
- Head Coaches of Competitive Clubs: **Must** be NCCP L2/C1 CERTIFIED
- Drop in's & Birthday Parties: Trampoline cannot be utilized during these times under any circumstances
- All coaches **must** be Respect in Sport Certified and are encouraged to obtain Police and Child Welfare Checks
- For information regarding all limitations for Trampoline please refer to Trampoline Limitation document at abgym.ab.ca
- For information regarding the temporary amendment of NCCP requirements for coaching Level 3 trampoline skills, please see the memo at abgym.ab.ca

(Revised Dec 9, 2020)