

GYMNASTICS FOUNDATIONS STEP 1 - COURSES REQUIRED BEFORE STEP 2

Coach Minimum Age: 15 years old
*Locker Account Required to take NCCP Courses

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Standard First Aid and CPR (recommended) <input type="checkbox"/> Back Check with Child/Youth Intervention <input type="checkbox"/> <u>Respect in Sport for Activity Leaders</u> <input type="checkbox"/> Safe Sport - Direct Athlete Contact | <ul style="list-style-type: none"> <input type="checkbox"/> <u>NCCP Emergency Action Plan (EAP) Online Module</u> <input type="checkbox"/> <u>NCCP Making Ethical Decisions (MED) Online Module & Evaluation</u> <input type="checkbox"/> <u>Foundations Theory 5 Online Modules listed below:</u> <ul style="list-style-type: none"> o Fun, Fitness and FUNdamentals o Understanding your Participants o Safety Considerations and Risk Management o Logistics of Lesson Planning o Building a Lesson Plan |
|--|---|

GYMNASTICS FOUNDATIONS STEP 2 - COURSES REQUIRED

- Gymnastics Foundations (GF) Introduction Course

Gymnastics Foundations (GF) Specific Courses:
 Artistic / Trampoline / Active Start

These courses are in-person courses and can be found on the **AGF Uplifter site**. In Alberta GF Introduction and GF Artistic are offered together as a package.
*Availability for these courses are based on Gymnastics Facility availability and Learning Facilitator schedules.

GYMNASTICS FOUNDATIONS STEP 3 - TRAINED COACHES

Once a coach has completed the courses they will be considered **Trained** and they may work as a coach or assistant coach under **indirect supervision**.
See below for reference and more information:

Indirect Supervision means the coach must:

- Be within reasonable proximity to a **GF Certified coach who is 18 years or older**
- Remain in sight of the supervising coach
- Not in a separate room

*A **C1 Certified coach who is 18 years or older** is strongly recommended for supervision.

To be considered a **Trained Coach**, the coach must have completed one of the following course combinations:

- EAP, MED Evaluation, Theory, Introduction, Artistic,
- or**
- EAP, MED Evaluation, Theory, Introduction, Artistic, and Trampoline
- or**
- EAP, MED Evaluation, Theory, Introduction, Artistic, and Active Start

Athlete Levels **Artistic Trained Coaches** can Coach:

- **CANGYM**: Burgundy, Tan, Red, Bronze, Purple
- **CANJUMP**: Level 1-4 (Bronze) Tumbling only
- **F.A.S.T**: Tumbling only
- **Pre-Competitive**: WAG CCP 1-2, Xcel Bronze, MAG P1

Athlete Levels **Trampoline Trained Coaches** can Coach:

- **CANJUMP**: Levels 1-4 (Bronze) Trampoline & Double Mini Trampoline (DMT)
- **F.A.S.T**: Trampoline & Double Mini Trampoline (DMT)

Athlete's **Active Start Trained Coaches** can Coach:

- Athletes ages 0 - 5 years old

NO Spotting of any skills or supervising a group.

Coaches who have **not completed the GF Trampoline course** are not permitted to coach any trampoline skills.

*Note: Once a **coach is certified**, they may coach their own group, with the skills they are certified in, **NOT trained in**. If the coach is 18 years or older, they may supervise.

GYMNASTICS FOUNDATIONS STEP 4 - CERTIFICATION

Once you are ready to start the evaluation process, follow the following steps:

1. Minimum Age to get Certified is 16 yrs
2. **Go to the Alberta Gymnastics Federation (AGF) website**
3. **Select Coaching & Judging, then choose Evaluations and Certification**
4. **Follow the Evaluation Package to build your coaching portfolio and complete it.**
5. **Create an Account** - This account will be used to communicate with evaluators
6. Select the **correct GF evaluation** form from the drop-down.
7. Fill out the application form and **upload all required documents**. (Make sure you have everything required when you start the application submission process, because it will not save if you do not complete)
8. **Submit Application and Pay.**

Evaluator Process:

- **The evaluator will reach out, introducing themselves**
- **Portfolio Debrief with Evaluator**
- **Lesson Observation and Debrief with Evaluator**
- **Evaluation Completed:**
 - o If successful, it will be entered into Locker.
 - o If not successful, the evaluator will advise on next steps.