

Minimum coaching requirements for **Trampoline Gymnastics** (applicable for all training and competitive environments)

\* All coaches must be Respect in Sport Certified and are encouraged to obtain Police and Child Welfare Checks.

Coaching Status	Age	Minimum Training Requirements	Roles & Responsibilities	Athlete Level
PRE-CIT	13 – 15 YRS	<ul style="list-style-type: none"> <li>• Club directed program using the GymCan Pre-CIT Mentorship Manual and Workbook as a program guide.</li> <li>• Mentorship program can take 1-2 yrs.</li> </ul>	<p>Coaching tasks may include assisting coaches with:</p> <ul style="list-style-type: none"> <li>• Circuit and equipment set-up and take down ensuring a safe gym environment</li> <li>• Class management (e.g. taking children to the bathroom, keeping children in their group) Leading games or other activities</li> <li>• Skill demonstration and basic skill instruction or assistance</li> </ul> <p><b>The Pre-CIT MUST NOT:</b></p> <ul style="list-style-type: none"> <li>• Be left alone with a group of children at any time</li> <li>• Be given sole responsibility for development or delivery of an activity</li> <li>• Be given responsibility for communication with parents of gymnasts</li> <li>• Be given responsibility for disciplining children</li> </ul> <p><b>Supervisor must be 18 yrs +</b>, be a minimum of <b>Gymnastics Foundations Certified</b> in the appropriate age and level of class. <b>One-on-One direct supervision required.</b></p> <p><b>NO spotting</b> of any skill or supervise a group.</p>	Gymnastics For All (Recreational) Programming Athletes 3 – 10 yrs.
COACH IN TRAINING	15 YRS +	<p>Coach in Training (CIT) is for anyone that is 16 years and older and wants to see if they would like to coach gymnastics. This classification is only good for one year. Following that, Coaches in Training must take Gymnastics Foundation Courses to continue coaching.</p>	<p>Coaching tasks may include assisting coaches with:</p> <ul style="list-style-type: none"> <li>• Circuit and equipment set-up and take down Ensuring a safe gym environment</li> <li>• Class management (e.g. taking children to the bathroom, keeping children in their group) Leading games or other activities</li> <li>• Skill demonstration and basic skill instruction or assistance</li> </ul> <p><b>The CIT MUST NOT:</b></p> <ul style="list-style-type: none"> <li>• Be left alone with a group of children at any time</li> <li>• Be given sole responsibility for development or delivery of an activity</li> <li>• Be given responsibility for communication with parents of gymnasts</li> <li>• Be given responsibility for disciplining children</li> </ul> <p><b>Supervisor must be 18 yrs +</b>, be a minimum of <b>Gymnastics Foundations Certified</b> in the appropriate age and level of class. <b>One-on-One direct supervision required</b></p> <p><b>NO spotting</b> of any skill or supervise a group.</p>	Gymnastics For All (Recreational) Programming Athletes 3 – 10 yrs.

Coaching Status	Age	Minimum Training Requirements	Roles & Responsibilities	Athlete Level
GYMNASTICS FOUNDATIONS (GF) TRAMPOLINE TRAINED	15 YRS +	<p><b>Gymnastics Foundations (GF)</b></p> <p><b>Courses in the Locker:</b></p> <ul style="list-style-type: none"> <li>• Emergency Action Plan (EAP)Module</li> <li>• Making Ethical Decisions (MED) Module &amp; Evaluation</li> <li>• Lesson Planning for Community Sport Gymnastics (LPCSG) Module</li> </ul> <p><b>In Person Courses:</b></p> <ul style="list-style-type: none"> <li>○ Introduction (9-hours)</li> <li>○ Artistic (9-hours)</li> <li>○ Trampoline (9-hours)- <b>Pre-requisite</b> EAP, MED, LPCSG, Introduction, Artistic.</li> </ul>	<p>Once a coach has completed the required courses, they may work as a <b>coach or assistant coach under indirect supervision</b>. <b>Indirect supervision means:</b></p> <ul style="list-style-type: none"> <li>• Within <b>reasonable proximity</b></li> <li>• <b>In sight</b> of a GF Trampoline Certified coach 18 yrs +</li> <li>• <b>Not in a separate room</b></li> <li>• Tumbling skills <b>must be supervised</b> by GF Artistic or C1 Trampoline certified coach 18 yrs +</li> </ul> <p><b>A C1-certified coach (18+) is strongly recommended for supervision.</b></p> <p>Coach must have completed the following:</p> <ul style="list-style-type: none"> <li>• EAP, MED, LPCSG, Introduction, Artistic, Trampoline</li> </ul> <p><b>NO</b> Spotting of any skill or supervise a group</p> <p>Coaches <b>may not teach:</b></p> <ul style="list-style-type: none"> <li>• <b>C1-level skills</b></li> <li>• <b>Inverted skills involving flight</b> (e.g., flipping)</li> </ul> <p>Must follow direction provided by their supervising coach.</p>	<p><b>Gymnastics For All:</b></p> <ul style="list-style-type: none"> <li>• <b>CANJUMP – GF TRAMPOLINE TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 1 – 4 (Bronze) Trampoline (TRA), Double Mini Trampoline (DMT)</li> <li>○ F.A.S.T Trampoline (TRA), Double Mini Trampoline (DMT)</li> </ul> </li> <li>• <b>CANJUMP – GF ARTISTIC TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 1 – 4 (Bronze) Tumbling</li> <li>○ F.A.S.T Tumbling</li> </ul> </li> <li>• <b>INTERCLUB &amp; DEMO GROUPS – GF TRAMPOLING/GF ARTISTIC</b></li> <li>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</li> </ul>
GYMNASTICS FOUNDATIONS (GF) TRAMPOLINE CERTIFIED	16 YRS +	<p><b>Gymnastics Foundations (GF)</b></p> <p><b>Courses in the Locker:</b></p> <ul style="list-style-type: none"> <li>• Emergency Action Plan (EAP)Module</li> <li>• Making Ethical Decisions (MED) Module &amp; Evaluation</li> <li>• Lesson Planning for Community Sport Gymnastics (LPCSG) Module</li> </ul> <p><b>In Person Courses:</b></p> <ul style="list-style-type: none"> <li>○ Introduction (9-hours)</li> <li>○ Artistic (9-hours)</li> <li>○ Trampoline (9-hours)- <b>Pre-requisite</b> EAP, MED, LPCSG, Introduction, Artistic.</li> </ul> <p><b>GF Trampoline Evaluation:</b></p> <ul style="list-style-type: none"> <li>• Coach Profile</li> <li>• Program Description</li> <li>• Lesson Plan</li> <li>• Emergency Action Plan</li> <li>• MED Online Evaluation</li> <li>• Observation in Training (on-site or video)</li> <li>• Debrief with Evaluator</li> </ul>	<p>Once a coach has <b>completed all required courses and passed evaluations</b>, they are eligible to supervise their own group.</p> <p>Coaches who are <b>18 years or older</b> and are certified in GF Trampoline may act as supervising coaches for <b>GF Trampoline coaches</b>.</p> <p>Coaches <b>may not teach:</b></p> <ul style="list-style-type: none"> <li>• <b>C1-level skills</b></li> <li>• <b>Inverted skills involving flight</b> (e.g., flipping)</li> <li>• Tumbling skills <b>must be supervised</b> by GF Artistic or C1 Trampoline certified coach 18 yrs +</li> </ul> <p><b><u>Professional Development Points (PD Points)</u></b>  <b>10 PD points required over 5 years</b></p> <p><b>How to acquire PD Points:</b></p> <ul style="list-style-type: none"> <li>• Active Coaching</li> <li>• Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points)</li> <li>• CAC NCCP workshop or online courses</li> <li>• GymCan NCCP course</li> <li>• GymCan non-NCCP activity</li> <li>• Multi-Sport Non-NCCP activity</li> </ul>	<p><b>Gymnastics For All:</b></p> <ul style="list-style-type: none"> <li>• <b>CANJUMP – GF TRAMPOLINE CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 1 – 4 (Bronze) Trampoline (TRA), Double Mini Trampoline (DMT)</li> <li>○ F.A.S.T Trampoline (TRA), Double Mini Trampoline (DMT)</li> </ul> </li> <li>• <b>CANJUMP – GF ARTISTIC CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 1 – 4 (Bronze) Tumbling</li> <li>○ F.A.S.T Tumbling</li> </ul> </li> <li>• <b>INTERCLUB &amp; DEMO GROUPS – GF TRAMPOLING/GF ARTISTIC</b></li> <li>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</li> </ul>

Coaching Status	Age	Minimum Training Requirements	Roles & Responsibilities	Athlete Level
COMPETITION INTRODUCTION (C1) TRAMPOLINE TRAINED	16 YRS +	<p><b>Pre-requisites:</b> Gymnastics Foundations (GF)</p> <p><b>Courses in the Locker:</b></p> <ul style="list-style-type: none"> <li>• Emergency Action Plan (EAP)Module</li> <li>• Making Ethical Decisions (MED) Module &amp; Evaluation</li> <li>• Lesson Planning for Community Sport Gymnastics (LPCSG) Module</li> </ul> <p><b>In Person Courses: (each course is a daylong)</b></p> <ul style="list-style-type: none"> <li>○ GF Introduction (9-hours)</li> <li>○ GF Artistic (9-hours)</li> <li>○ GF Trampoline (9-hours)</li> </ul> <hr/> <p><b>Competition Introduction (C1)</b></p> <p><b>Courses in the Locker:</b></p> <ul style="list-style-type: none"> <li>▪ NCCP Sport Nutrition Module</li> </ul> <p><b>In Person Courses: (3-day course)</b></p> <ul style="list-style-type: none"> <li>○ C1 Theory (8 hours)</li> <li>○ Trampoline / Synchronized Trampoline / Double Mini / Tumbling (24 hours)</li> </ul>	<p>Once a coach has completed the required courses, they may work as a <b>coach or assistant coach under indirect supervision</b>. <b>Indirect supervision means:</b></p> <ul style="list-style-type: none"> <li>• Within <b>reasonable proximity</b></li> <li>• <b>In sight</b> of a C1 certified coach (18+)</li> <li>• <b>Not in a separate room</b></li> </ul> <p>•May spot athletes performing C1 skills that they have been trained in.</p> <p>•<b>NO</b> spotting or teaching C2 and/or C3 NCCP skills</p> <p>•<b>NO</b> coaching beyond scope of training</p> <p><u><b>CANNOT</b></u> supervise GF Trained coaches unless is <b>GF Certified</b> and is 18 yrs and older.</p>	<p><b>Gymnastics For All:</b></p> <ul style="list-style-type: none"> <li>• <b>CANJUMP- C1 TRAMPOLINE TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 5-8 (Silver) Trampoline (TRA), Double Mini Trampoline (DMT), Tumbling (TUM)</li> <li>○ Level 9-12 (Gold) Trampoline (TRA), Double Mini Trampoline (DMT), Tumbling (TUM)</li> </ul> </li> <li>• <b>CANJUMP – C1 ARTISTIC TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 5-8 (Silver) Tumbling</li> <li>○ Level 9-12 (Gold) Tumbling</li> </ul> </li> <li>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</li> <li>• <b>Interclub &amp; Demo Group</b></li> </ul> <p><b>Competitive:</b></p> <ul style="list-style-type: none"> <li>• <b>C1 TRAMPOLINE TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 1-2 TRA, DMT, TUM</li> </ul> </li> <li>• <b>C1 ARTISTIC TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 1 – 2 TUM</li> </ul> </li> </ul>
COMPETITION INTRODUCTION (C1) TRAMPOLINE CERTIFIED	16 YRS +	<p><b>Competition Introduction (C1)</b></p> <p><b>Courses in the Locker:</b></p> <ul style="list-style-type: none"> <li>▪ NCCP Sport Nutrition Module</li> </ul> <p><b>In Person Courses: (3-day course)</b></p> <ul style="list-style-type: none"> <li>○ C1 Theory (8 hours)</li> <li>○ Trampoline / Synchronized Trampoline / Double Mini / Tumbling (24 hours)</li> </ul> <p><b>C1 Trampoline Evaluation:</b></p> <ul style="list-style-type: none"> <li>• Coach Profile</li> <li>• Program Description</li> <li>• Lesson Plan</li> <li>• Skill Development Model</li> <li>• Emergency Action Plan</li> <li>• MED Evaluation</li> <li>• Spotting Assessment</li> <li>• Observation in Training (on-site or video)</li> <li>• Debrief with Evaluator</li> </ul>	<p>Once a coach has <b>completed all required courses and passed evaluations</b>, they are eligible to supervise their own group and act as a supervising coach to C1 Trampoline coaches if they are 18 yrs or older.</p> <p>•May spot athletes performing C1 skills that they have been trained in.</p> <p>•<b>NO</b> spotting or teaching C2 and/or C3 NCCP skills</p> <p>•<b>NO</b> coaching beyond scope of training</p> <p><u><b>Professional Development Points (PD Points)</b></u> <b>20 PD points required over 5 years</b></p> <p><b>How to acquire PD Points:</b></p> <ul style="list-style-type: none"> <li>▪ Active Coaching</li> <li>▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points)</li> <li>▪ CAC NCCP workshop or online courses</li> <li>▪ GymCan NCCP course</li> <li>▪ GymCan non-NCCP activity</li> <li>▪ Multi-Sport Non-NCCP activity</li> </ul>	<p><b>Gymnastics For All:</b></p> <ul style="list-style-type: none"> <li>• <b>CANJUMP- C1 TRAMPOLINE CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 5-8 (Silver) Trampoline (TRA), Double Mini Trampoline (DMT), Tumbling (TUM)</li> <li>○ Level 9-12 (Gold) Trampoline (TRA), Double Mini Trampoline (DMT), Tumbling (TUM)</li> </ul> </li> <li>• <b>CANJUMP – C1 ARTISTIC CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 5-8 (Silver) Tumbling</li> <li>○ Level 9-12 (Gold) Tumbling</li> </ul> </li> <li>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</li> <li>• <b>Interclub &amp; Demo Group</b></li> </ul> <p><b>Competitive:</b></p> <ul style="list-style-type: none"> <li>• <b>C1 TRAMPOLINE CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 1-2 TRA, DMT, TUM</li> </ul> </li> <li>• <b>C1 ARTISTIC CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 1 – 2 TUM</li> </ul> </li> </ul>

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COMPETITION INTRODUCTION ADVANCED (C2) TRAMPOLINE TRAINED	16 YRS +	<p><b>Pre-requisites:</b>  <b>Competition Introduction (C1)</b></p> <p><b>Courses in the Locker:</b></p> <ul style="list-style-type: none"> <li>▪ NCCP Sport Nutrition Module</li> </ul> <p><b>In Person Courses:</b></p> <ul style="list-style-type: none"> <li>○ C1 Theory (8 hours)</li> <li>○ Trampoline / Synchronized Trampoline / Double Mini / Tumbling (24 hours)</li> </ul> <p><b>C1 Trampoline Certification</b></p> <hr/> <p><b>Competition Introduction Advance (C2)</b></p> <p><b>In Person Courses: (4-day course)</b></p> <ul style="list-style-type: none"> <li>○ C2 Planning (4 hours)</li> <li>○ Trampoline (18 hours)</li> <li>○ Synchronized Trampoline (2-hours)</li> <li>○ Double Mini Trampoline (3-hours)</li> <li>○ Tumbling (6-hours)</li> </ul>	<p>Once a coach has completed the required courses, they may work as a <b>coach or assistant coach under indirect supervision</b>.  <b>Indirect supervision means:</b></p> <ul style="list-style-type: none"> <li>• Within <b>reasonable proximity</b></li> <li>• <b>In sight</b> of a C2 certified coach (18+)</li> <li>• <b>Not in a separate room</b></li> </ul> <p>• May spot athletes performing C2 skills that they have been trained in.</p> <p>• <b>NO</b> spotting or teaching C3 NCCP skills</p> <p>• <b>NO</b> coaching beyond scope of training</p>	<p><b>Competitive:</b></p> <ul style="list-style-type: none"> <li>• <b>C2 TRAMPOLINE TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 3-4 TRA, DMT, TUM</li> </ul> </li> <li>• <b>C2 ARTISTIC TRAINED</b> <ul style="list-style-type: none"> <li>○ Level 3-4 TUM</li> </ul> </li> </ul> <p>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</p>
COMPETITION INTRODUCTION ADVANCED (C2) TRAMPOLINE CERTIFIED	16 YRS +	<p><b>Competition Introduction Advance (C2)</b></p> <p><b>In Person Courses: (4-day course)</b></p> <ul style="list-style-type: none"> <li>○ C2 Planning (4 hours)</li> <li>○ Trampoline (18 hours)</li> <li>○ Synchronized Trampoline (2-hours)</li> <li>○ Double Mini Trampoline (3-hours)</li> <li>○ Tumbling (6-hours)</li> </ul> <p><b>C2 Trampoline Evaluation:</b></p> <ul style="list-style-type: none"> <li>• Coach Profile</li> <li>• Program Objectives</li> <li>• Athlete Descriptions</li> <li>• Yearly Training Plan</li> <li>• Long Term Action Plan</li> <li>• Athlete Progress Report</li> <li>• Club Training and Competition Schedule</li> <li>• Coach Self-Assessment</li> <li>• Observation in Training (on-site or video)</li> <li>• Debrief with Evaluator</li> </ul>	<p>Once a coach has <b>completed all required courses and passed evaluations</b>, they are eligible to supervise their own group and act as a supervising coach to C1 &amp; C2 coaches if they are 18 yrs or older.</p> <p><b>Professional Development Points (PD Points)</b>  <b>20 PD points required over 5 years</b></p> <p><b>How to acquire PD Points:</b></p> <ul style="list-style-type: none"> <li>▪ Active Coaching</li> <li>▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points)</li> <li>▪ CAC NCCP workshop or online courses</li> <li>▪ GymCan NCCP course</li> <li>▪ GymCan non-NCCP activity</li> <li>▪ Multi-Sport Non-NCCP activity</li> </ul>	<p><b>Competitive:</b></p> <ul style="list-style-type: none"> <li>• <b>C2 TRAMPOLINE CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 3-4 TRA, DMT, TUM</li> </ul> </li> <li>• <b>C2 ARTISTIC CERTIFIED</b> <ul style="list-style-type: none"> <li>○ Level 3-4 TUM</li> </ul> </li> </ul> <p>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</p>

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COMPETITION DEVELOPMENTAL (C3) TRAMPOLINE TRAINED	16 YRS +	<p><b>Pre-requisites:</b>  <b>Competition Introduction Advance (C2)</b></p> <p><b>In Person Courses: (4-day course)</b></p> <ul style="list-style-type: none"> <li>o C2 Planning (4 hours)</li> <li>o Trampoline (18 hours)</li> <li>o Synchronized Trampoline (2-hours)</li> <li>o Double Mini Trampoline (3-hours)</li> <li>o Tumbling (6-hours)</li> </ul> <p><b>C2 Trampoline Certification</b></p> <hr/> <p><b>Competition Developmental (C3)</b>  <b>In Person Courses: (4-day course)</b></p> <ul style="list-style-type: none"> <li>o Skills &amp; Technique all events (26-hours)</li> <li>o Tumbling Specific content (6-hours)</li> </ul> <p><b>Courses within Alberta Sport &amp; Locker:</b></p> <ul style="list-style-type: none"> <li>▪ Coach &amp; Leading Effectively</li> <li>▪ MED Online Evaluation</li> <li>▪ Manage a Sport Program</li> <li>▪ Psychology of Performance</li> <li>▪ Managing Conflict &amp; Evaluation</li> <li>▪ Leading Drug Free Sport &amp; Evaluation</li> </ul>	<p>Once a coach has completed the required courses, they may work as a <b>coach or assistant coach under indirect supervision</b>.  <b>Indirect supervision means:</b></p> <ul style="list-style-type: none"> <li>• Within <b>reasonable proximity</b></li> <li>• <b>In sight</b> of a C3 certified coach (18+)</li> <li>• <b>Not in a separate room</b></li> </ul> <p>• May spot athletes performing C3 skills that they have been trained in.</p> <p>• <b>NO</b> coaching beyond scope of training</p>	<p><b>Competitive:</b></p> <ul style="list-style-type: none"> <li>• <b>C3 TRAMPOLINE TRAINED</b> <ul style="list-style-type: none"> <li>o Level 5-7, TRA, DMT, TUM</li> <li>o Junior,</li> <li>o Senior,</li> </ul> </li> </ul> <p>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</p>
COMPETITION DEVELOPMENTAL (C3) TRAMPOLINE CERTIFIED	16 YRS +	<p><b>Competition Developmental (C3)</b>  <b>In Person Courses: (4-day course)</b></p> <ul style="list-style-type: none"> <li>o Skills &amp; Technique all events (26-hours)</li> <li>o Tumbling Specific content (6-hours)</li> </ul> <p><b>Courses within Alberta Sport &amp; Locker:</b></p> <ul style="list-style-type: none"> <li>▪ Coach &amp; Leading Effectively</li> <li>▪ MED Online Evaluation</li> <li>▪ Manage a Sport Program</li> <li>▪ Psychology of Performance</li> <li>▪ Managing Conflict &amp; Evaluation</li> <li>▪ Leading Drug Free Sport &amp; Evaluation</li> </ul> <p><b>C3 Evaluation: (Not Available)</b></p> <ul style="list-style-type: none"> <li>• Coach Profile &amp; Philosophy</li> <li>• Program Description, Athlete Inventory</li> <li>• Training Plan with 2 Periodization's</li> <li>• Athlete Efficacy Assessment</li> <li>• Skill Inventory &amp; Forecast</li> <li>• 2 Progress Reports</li> <li>• Pre-Competition Readiness Plan &amp; Focus Plan for Athletes</li> <li>• Emergency Action Plan</li> <li>• Debrief with Evaluator</li> <li>• Evaluation of Podium Training</li> <li>• Debrief with Evaluator Post- Competition</li> </ul>	<p>Once a coach has <b>completed all required courses and passed evaluations</b>, they are eligible to supervise their own group and act as a supervising coach to C1, C2 &amp; C3 coaches if they are 18 yrs or older.</p> <p><b>Professional Development Points (PD Points)</b>  <b>30 PD points required over 5 years</b></p> <p><b>How to acquire PD Points:</b></p> <ul style="list-style-type: none"> <li>▪ Active Coaching</li> <li>▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points)</li> <li>▪ CAC NCCP workshop or online courses</li> <li>▪ GymCan NCCP course</li> <li>▪ GymCan non-NCCP activity</li> <li>▪ Multi-Sport Non-NCCP activity</li> </ul>	<p><b>Competitive:</b></p> <ul style="list-style-type: none"> <li>• <b>C3 TRAMPOLINE CERTIFIED</b> <ul style="list-style-type: none"> <li>o Level 5-7, TRA, DMT, TUM</li> <li>o Junior,</li> <li>o Senior,</li> </ul> </li> </ul> <p>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</p>

Coaching Status	Age	Minimum Training Requirements	Roles & Responsibilities	Athlete Level
COMPETITION DEVELOPMENT ADVANCED  CERTIFIED	16 YRS +	<p><b>Pre-requisites:</b>  <b>Competition Developmental (C3)</b>  <b>In Person Courses: (4-day course)</b></p> <ul style="list-style-type: none"> <li>o Skills &amp; Technique all events (26-hours)</li> <li>o Tumbling Specific content (6-hours)</li> </ul> <p><b>Courses within Alberta Sport &amp; Locker:</b></p> <ul style="list-style-type: none"> <li>▪ Coach &amp; Leading Effectively</li> <li>▪ MED Online Evaluation</li> <li>▪ Manage a Sport Program</li> <li>▪ Psychology of Performance</li> <li>▪ Managing Conflict &amp; Evaluation</li> <li>▪ Leading Drug Free Sport &amp; Evaluation</li> </ul> <p><b>C3 Trampoline Certification</b></p> <hr/> <p><b>Competition Developmental Advanced (C4)</b></p> <p><b>Step 1:</b>  <b>NCCP Advance Coaching Diploma (ACD) Course:</b>  Advanced Coaching Diploma offered by the Canadian Sport Institute, submission for application can be found on coach.ca. Intake for this course is only once a year.</p> <p><b>ACD Evaluation</b></p> <p><b>Step 2:</b>  <b>Competition Development Advanced (C4) Technical Course: (Not Available yet)</b>  This course is offered through Gymnastics Canada with an application process. For coaches to be accepted into the C4 Technical course they must have completed their NCCP Advance Coaching Diploma.</p> <p><b>C4 Evaluation</b></p>	<p>Once a coach has <b>completed all required courses and passed evaluations</b>, they are eligible to supervise coaches to C1, C2, C3, &amp; C4 if they are 18 yrs or older.</p> <p>C4 is a requirement for International Competitions and Olympics.</p> <p><b><u>Professional Development Points (PD Points)</u></b>  <b>30 PD points required over 5 years</b></p> <p><b>How to acquire PD Points:</b></p> <ul style="list-style-type: none"> <li>▪ Active Coaching</li> <li>▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points)</li> <li>▪ CAC NCCP workshop or online courses</li> <li>▪ GymCan NCCP course</li> <li>▪ GymCan non-NCCP activity</li> <li>▪ Multi-Sport Non-NCCP activity</li> </ul>	<p><b>Gymnastics For All:</b></p> <ul style="list-style-type: none"> <li>• All Levels</li> <li>• Only <b>Active Start Trained</b> coaches can work with athletes 0 – 5 yrs of age.</li> </ul> <p><b>Competitive:</b></p> <ul style="list-style-type: none"> <li>• All Levels</li> </ul>