

## COMPETITION INTRODUCTION (C1) STEP 1 - COURSES REQUIRED

Coach Minimum Age: 16 years old

\*Foundations Courses in the same discipline must be completed ([Refer to Gymnastics Foundations Coach Certification Check List](#))

- |   |   |
|---|---|
| <input type="checkbox"/> Standard First Aid and CPR (recommended)<br><input type="checkbox"/> Back Check with Child/Youth Intervention<br><input type="checkbox"/> <b><u>Respect in Sport for Activity Leaders</u></b><br><input type="checkbox"/> <b><u>Safe Sport</u></b> - Coach | <input type="checkbox"/> <b><u>NCCP Emergency Action Plan (EAP) Online Module</u></b><br><input type="checkbox"/> <b><u>NCCP Making Ethical Decisions (MED) Online Module &amp; Evaluation</u></b><br><input type="checkbox"/> <b><u>NCCP Sport Nutrition</u></b> |
|---|---|

## COMPETITION INTRODUCTION (C1) STEP 2 - COURSES REQUIRED

- 
- Competition Introduction (C1) Theory Course

Competition Introduction (C1) Specific Courses:

- 
- ACRO
- 
- MAG
- 
- WAG
- 
- Trampoline

C1 specific courses are in-person courses all C1 courses can be found on the [AGF Uplifter site](#). In Alberta GF Trampoline is required to take C1 courses.  
\*Availability for these courses are based on Gymnastics Facility availability and Learning Facilitator schedules.

## COMPETITION INTRODUCTION (C1) 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 **C1 Certified coach who is 18 years or older**
- Remain in sight of the supervising coach
- Not in a separate room

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

- C1 Theory, MED, EAP, Sport Nutrition, C1 WAG course  
or
- C1 Theory, MED, EAP, Sport Nutrition, C1 MAG course  
or
- C1 Theory, MED, EAP, Sport Nutrition, C1 TG course

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

- **CANGYM**: Blue, Turquoise, Silver, Orange, Yellow
- **CANJUMP**: Level 5-8 (Silver), Level 9 - 12 (Gold) Tumbling only
- **Competitive**: WAG Silver-Platinum, WAG CCP 3-6, MAG P1 & P2, Level 1-2 TUM

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

- **CANJUMP**: Levels 5-8 (Silver) Trampoline & Double Mini Trampoline (DMT), Level 9-12 (Gold) Trampoline & Double Mini Trampoline (DMT)
- **Competitive**: Level 1-2 TRA, DMT, TUM

- **NO Spotting** or teaching C2 and/or C3 NCCP Skills
- **NO** coaching beyond the scope of training
- **CANNOT** supervise GF Trained coaches unless is GF Certified and are 18 yrs and older.
- **CANNOT** use a trampoline as a training aid for saltos unless the coach has C1 Trampoline or old Level 2 Trampoline. Double saltos can be done when you have C2 Trampoline or old Level 3 Trampoline.

\*Note: Once a **coach is certified**, they may coach their own group, with the skills they are **certified** in, **NOT Trained**. To supervise, the certified coach must be 18 years or older.

## COMPETITION INTRODUCTION (C1) 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 C1 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:
  - If successful, it will be entered into Locker.
  - If not successful, the evaluator will advise on next steps.