

Minimum coaching requirements for Artistic 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	- Club directed program using the GymCan Pre-CIT Mentorship Manual and Workbook as a program guide. - Mentorship program can take 1-2 yrs.	Coaching tasks may include assisting coaches with: - Circuit and equipment set-up and take down Ensuring a safe gym environment - Class management (e.g. taking children to the bathroom, keeping children in their group) Leading games or other activities - Skill demonstration and basic skill instruction or assistance The Pre-CIT <u>MUST NOT</u>: - Be left alone with a group of children at any time - Be given sole responsibility for development or delivery of an activity - Be given responsibility for communication with parents of gymnasts - Be given responsibility for disciplining children Supervisor must be 18 yrs +, be a minimum of Gymnastics Foundations Certified in the appropriate age and level of class. One-on-One direct supervision required. NO spotting of any skill or supervise a group.	Gymnastics For All (Recreational) Programming Athletes 3 – 10 yrs.
COACH IN TRAINING	15 YRS +	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.	Coaching tasks may include assisting coaches with: - Circuit and equipment set-up and take down Ensuring a safe gym environment - Class management (e.g. taking children to the bathroom, keeping children in their group) Leading games or other activities - Skill demonstration and basic skill instruction or assistance The CIT <u>MUST NOT</u>: - Be left alone with a group of children at any time - Be given sole responsibility for development or delivery of an activity - Be given responsibility for communication with parents of gymnasts - Be given responsibility for disciplining children Supervisor must be 18 yrs +, be a minimum of Gymnastics Foundations Certified in the appropriate age and level of class. One-on-One direct supervision required. NO spotting of any skill or supervise a group.	Gymnastics For All (Recreational) Programming Athletes 3 – 10 yrs.

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GYMNASTICS FOUNDATIONS (GF) ARTISTIC TRAINED	15 YRS +	Gymnastics Foundations (GF) Courses in the Locker: • Emergency Action Plan (EAP)Module • Making Ethical Decisions (MED) Module & Evaluation • Lesson Planning for Community Sport Gymnastics (LPCSG) Module In Person Courses: ○ Introduction (9-hours) ○ Artistic (9-hours) ○ Active Start (9-hours)- Pre-requisite EAP, MED, LPCSG, Introduction, Artistic. ○ Trampoline (9-hours)- Pre-requisite EAP, MED, LPCSG, Introduction, Artistic.	Once a coach has completed the required courses, they may work as a coach or assistant coach under indirect supervision. Indirect supervision means: • Within reasonable proximity • In sight of a GF Certified coach (18+) • Not in a separate room <i>A C1-certified coach is strongly recommended for supervision.</i> Coach must have completed one of the following: • EAP, MED, LPCSG, Introduction, Artistic or • EAP, MED, LPCSG, Introduction, Artistic, Trampoline or • EAP, MED, LPCSG, Introduction, Artistic, Active Start NO supervising a group Coaches who have not completed the GF Trampoline course are not permitted to coach any trampoline skills. Must follow direction provided by their supervising coach.	Gymnastics For All: • CANGYM ○ Burgundy, ○ Tan, ○ Red, ○ Bronze, ○ Purple • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Pre-Competitive: • WAG CCP 1 – 2 • Xcel Bronze • MAG P1
GYMNASTICS FOUNDATIONS (GF) ARTISTIC CERTIFIED	16 YRS +	Gymnastics Foundations (GF) Courses in the Locker: • Emergency Action Plan (EAP)Module • Making Ethical Decisions (MED) Module & Evaluation • Lesson Planning for Community Sport Gymnastics (LPCSG) Module In Person Courses: ○ Introduction (9-hours) ○ Artistic (9-hours) ○ Active Start (9-hours) ○ Trampoline (9-hours) GF Artistic Evaluation: • Coach Profile • Program Description • Lesson Plan • Emergency Action Plan • MED Online Evaluation • Observation in Training (on-site or video) • Debrief with Evaluator	Once a coach has completed all required courses and passed evaluations, they are eligible to supervise their own group. Coaches who are 18 years or older and are certified in GF Artistic/Trampoline may act as supervising coaches for Pre-CIT or CIT participants. Coaches may not teach: • C1-level skills • Inverted skills involving flight (e.g., flipping) Coaches who have not completed the GF Trampoline course are not permitted to coach any trampoline skills. <u>Professional Development Points (PD Points)</u> 10 PD points required over 5 years How to acquire PD Points: ▪ Active Coaching ▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points) ▪ CAC NCCP workshop or online courses ▪ GymCan NCCP course ▪ GymCan non-NCCP activity ▪ Multi-Sport Non-NCCP activity	Gymnastics For All: • CANGYM ○ Burgundy, ○ Tan, ○ Red, ○ Bronze, ○ Purple • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Pre-Competitive: • WAG CCP 1 – 2 • Xcel Bronze • MAG P1

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COMPETITION INTRODUCTION (C1) ARTISTIC TRAINED	16 YRS +	Pre-requisites: Gymnastics Foundations (GF) Courses in the Locker: • Emergency Action Plan (EAP)Module • Making Ethical Decisions (MED) Module & Evaluation • Lesson Planning for Community Sport Gymnastics (LPCSG) Module In Person Courses: ○ GF Introduction (9-hours) ○ GF Artistic (9-hours) ○ GF Trampoline (9-hours) Competition Introduction (C1) Courses in the Locker: ▪ NCCP Sport Nutrition Module In Person Courses: ○ C1 Theory (8 hours) ○ Common Apparatus (16 hours) ○ Women's Apparatus (7 hours) ○ Men's Apparatus (7 hours)	Once a coach has completed the required courses, they may work as a coach or assistant coach under indirect supervision. Indirect supervision means: • Within reasonable proximity • In sight of a C1 certified coach (18+) • Not in a separate room •May spot athletes performing C1 skills that they have been trained in. •NO spotting or teaching C2 and/or C3 NCCP skills •NO coaching beyond scope of training <u>CANNOT</u> supervise GF Trained coaches unless is GF Certified and is 18 yrs and older. <u>CANNOT</u> use a trampoline as a training aid for saltos unless coach has C1 Trampoline or old Level 2 Trampoline	Gymnastics For All: • CANGYM ○ Blue, ○ Turquoise ○ Silver, ○ Orange, ○ Yellow • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Competitive: • WAG Silver- Platinum • WAG CCP 3 – 6 • MAG P1 & P2
COMPETITION INTRODUCTION (C1) ARTISTIC CERTIFIED	16 YRS +	Competition Introduction (C1) Courses in the Locker: ▪ NCCP Sport Nutrition Module In Person Courses: ○ C1 Theory (8 hours) ○ Common Apparatus (16 hours) ○ Women's Apparatus (7 hours) ○ Men's Apparatus (7 hours) C1 WAG/MAG Evaluation: • Coach Profile • Program Description • Lesson Plan • Skill Development Model • Emergency Action Plan • MED Evaluation • Spotting Assessment • Observation in Training (on-site or video) • Debrief with Evaluator	Once a coach has completed all required courses and passed evaluations, they are eligible to supervise their own group and act as a supervising coach to C1 coaches if they are 18 yrs or older. •NO spotting or teaching C2 and/or C3 NCCP skills •NO coaching beyond scope of training <u>CANNOT</u> use a trampoline as a training aid for saltos unless coach has C1 Trampoline or old Level 2 Trampoline. <u>Professional Development Points (PD Points)</u> 20 PD points required over 5 years How to acquire PD Points: ▪ Active Coaching ▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points) ▪ CAC NCCP workshop or online courses ▪ GymCan NCCP course ▪ GymCan non-NCCP activity ▪ Multi-Sport Non-NCCP activity	Gymnastics For All: • CANGYM ○ Blue, ○ Turquoise ○ Silver, ○ Orange, ○ Yellow • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Competitive: • WAG Silver- Platinum • WAG CCP 3 – 6 • MAG P1 & P2

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COMPETITION INTRODUCTION ADVANCED (C2) ARTISTIC TRAINED	16 YRS +	Pre-requisites: Competition Introduction (C1) Courses in the Locker: ▪ NCCP Sport Nutrition Module In Person Courses: ○ C1 Theory (8 hours) ○ Common Apparatus (16 hours) ○ Women's Apparatus (7 hours) ○ Men's Apparatus (7 hours) C1 Certification Competition Introduction Advance (C2) In Person Courses: ○ C2 Introduction & Planning (4 hours) ○ Common Apparatus (18 hours) ○ Women's Apparatus (7-hours) ○ Men's Apparatus (7-hours)	Once a coach has completed the required courses, they may work as a coach or assistant coach under indirect supervision. Indirect supervision means: • Within reasonable proximity • In sight of a C2 certified coach (18+) • Not in a separate room • May spot athletes performing C2 skills that they have been trained in. • NO spotting or teaching C3 NCCP skills • NO coaching beyond scope of training <u>CANNOT</u> use a trampoline as a training aid for double saltos unless coach has C2 Trampoline or old Level 3 Trampoline	Gymnastics For All: • CANGYM ○ Green, ○ Gold • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Competitive: • WAG Diamond & Sapphire • WAG CCP 6 – 8, Aspire • MAG P3, P4, P5, Aspire
COMPETITION INTRODUCTION ADVANCED (C2) ARTISTIC CERTIFIED	16 YRS +	Competition Introduction Advance (C2) In Person Courses: ○ C2 Introduction & Planning (4 hours) ○ Common Apparatus (18 hours) ○ Women's Apparatus (7-hours) ○ Men's Apparatus (7-hours) C2 WAG/MAG Evaluation: • Coach Profile • Program Objectives • Athlete Descriptions • Yearly Training Plan • Long Term Action Plan • Athlete Progress Report • Club Training and Competition Schedule • Coach Self-Assessment • Observation in Training (on-site or video) • Debrief with Evaluator	Once a coach has completed all required courses and passed evaluations, they are eligible to supervise their own group and act as a supervising coach to C1 & C2 coaches if they are 18 yrs or older. • NO coaching beyond scope of training <u>CANNOT</u> use a trampoline as a training aid for double saltos unless coach has C2 Trampoline or old Level 3 Trampoline <u>Professional Development Points (PD Points)</u> 20 PD points required over 5 years How to acquire PD Points: ▪ Active Coaching ▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points) ▪ CAC NCCP workshop or online courses ▪ GymCan NCCP course ▪ GymCan non-NCCP activity ▪ Multi-Sport Non-NCCP activity	Gymnastics For All: • CANGYM ○ Burgundy- Yellow ○ Green, ○ Gold • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Competitive: • WAG Diamond & Sapphire • WAG CCP 3 – 8, Aspire • MAG P3, P4, P5, Aspire

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COMPETITION DEVELOPMENTAL (C3) ARTISTIC TRAINED	16 YRS +	Pre-requisites: Competition Introduction Advance (C2) In Person Courses: - o C2 Introduction & Planning (4 hours) - o Common Apparatus (18 hours) - o Women's Apparatus (7-hours) - o Men's Apparatus (7-hours) C2 Certification Competition Developmental (C3) In Person Courses: - o Common Apparatus (11 hours) - o Women's Apparatus (14 hours) - o Men's Apparatus (14 hours) Courses within Alberta Sport & Locker: ▪ Coach & Leading Effectively ▪ MED Online Evaluation ▪ Manage a Sport Program ▪ Psychology of Performance ▪ Managing Conflict & Evaluation ▪ Leading Drug Free Sport & Evaluation	Once a coach has completed the required courses, they may work as a coach or assistant coach under indirect supervision. Indirect supervision means: • Within reasonable proximity • In sight of a C3 certified coach (18+) • Not in a separate room • May spot athletes performing C3 skills that they have been trained in. • NO coaching beyond scope of training <u>CANNOT</u> use a trampoline as a training aid for double saltos unless coach has C2 Trampoline or old Level 3 Trampoline	Gymnastics For All: • All Levels • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Pre-Competitive: • All Levels Competitive: • All Levels
COMPETITION DEVELOPMENTAL (C3) ARTISTIC CERTIFIED	16 YRS +	Competition Developmental (C3) In Person Courses: - o Common Apparatus (11 hours) - o Women's Apparatus (14 hours) - o Men's Apparatus (14 hours) Courses within Alberta Sport & Locker: ▪ Coach & Leading Effectively ▪ MED Online Evaluation ▪ Manage a Sport Program ▪ Psychology of Performance ▪ Managing Conflict & Evaluation ▪ Leading Drug Free Sport & Evaluation C3 Evaluation: • Coach Profile & Philosophy • Program Description, Athlete Inventory • Training Plan with 2 Periodization's • Athlete Efficacy Assessment • Skill Inventory & Forecast • 2 Progress Reports • Pre-Competition Readiness Plan & Focus Plan for Athletes • Emergency Action Plan • Debrief with Evaluator • Evaluation of Podium Training • Debrief with Evaluator Post- Competition	Once a coach has completed all required courses and passed evaluations, they are eligible to supervise their own group and act as a supervising coach to C1, C2 & C3 coaches if they are 18 yrs or older. • NO coaching beyond scope of training <u>CANNOT</u> use a trampoline as a training aid for double saltos unless coach has C2 Trampoline or old Level 3 Trampoline <u>Professional Development Points (PD Points)</u> 30 PD points required over 5 years How to acquire PD Points: ▪ Active Coaching ▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points) ▪ CAC NCCP workshop or online courses ▪ GymCan NCCP course ▪ GymCan non-NCCP activity ▪ Multi-Sport Non-NCCP activity	Gymnastics For All: • All Levels • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Pre-Competitive: • All Levels Competitive: • All Levels

Coaching Status	Age	Minimum Training Requirements	Roles & Responsibilities	Athlete Level
COMPETITION DEVELOPMENT ADVANCED CERTIFIED	16 YRS +	Pre-requisites: Competition Developmental (C3) In Person Courses: - o Common Apparatus (11 hours) - o Women's Apparatus (14 hours) - o Men's Apparatus (14 hours) Courses within Alberta Sport & Locker: ▪ Coach & Leading Effectively ▪ MED Online Evaluation ▪ Manage a Sport Program ▪ Psychology of Performance ▪ Managing Conflict & Evaluation ▪ Leading Drug Free Sport & Evaluation C3 Certification Competition Developmental Advanced (C4) Step 1: NCCP Advance Coaching Diploma (ACD) Course: 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. ACD Evaluation Step 2: Competition Development Advanced (C4) Technical Course: 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. C4 Evaluation	Once a coach has completed all required courses and passed evaluations, they are eligible to supervise coaches to C1, C2, C3, & C4 if they are 18 yrs or older. C4 is a requirement for International Competitions and Olympics. <u>CANNOT</u> use a trampoline as a training aid for double saltos unless coach has C2 Trampoline or old Level 3 Trampoline <u>Professional Development Points (PD Points)</u> 30 PD points required over 5 years How to acquire PD Points: ▪ Active Coaching ▪ Self-reported PD (First Aid, Non-NCCP courses, etc. List of items can be found on the locker under PD points) ▪ CAC NCCP workshop or online courses ▪ GymCan NCCP course ▪ GymCan non-NCCP activity ▪ Multi-Sport Non-NCCP activity	Gymnastics For All: • All Levels • Only Active Start Trained coaches can work with athletes 0 – 5 yrs of age. Pre-Competitive: • All Levels Competitive: • All Levels