GYMNASTICS

The Ontario Physical Education Safety Guideline for Gymnastics – Secondary Interschool
http://safety.ophea.net/safety-plan/165/1404
Supervision Coaching Qualifications effective September 1, 2016:
Head coach must demonstrate knowledge of sport, skills, strategies and any restricted moves to principal or designate.

At least one *gymnastics* coach must possess **one of the following** coaching qualifications:

- **NCCP Community Sport coach – Gymnastics Foundations Course**
- Completion of gymnastic NCCP level 1 and/or level 2 certification in the past
- Accreditation as a NCCP Gymnastics Learning Facilitator
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in gymnastics, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

How to access the NCCP Courses for Gymnastics:

NCCP Community Sport coach – Gymnastics Foundations Course Register here: https://gymnasticsontarionccp.checklick.com/online-registration Cost: ~$100-$250 Contact: Danielle Hilliard education@gymnasticsontario.ca	Become an NCCP trained coach through the following series of Foundations workshops which are designed to be taken in order. 1. **Introduction:** Coaches will learn the components of Gymnastics Canada's 3F philosophy (Fun, Fitness, and Fundamentals), as well as common safety tips and fundamental movement patterns in this 15-hour course that covers common topics for all gym sports. 2. **Theory:** During this 8-hour theory course, coaches will learn how to apply an ethical decision making process to coaching and find out how to effectively plan a practice. **3. Discipline specific:** **Active Start:** Designed for coaches that work with preschool aged children, this 8-hour in-gym course is an introduction to the Active Start (AS) approach, the AS child, the AS lesson, and the AS program. **Artistic, Rhythmic, Trampoline, or Aerobic:** These 8-hour in-gym courses are designed specifically for each discipline in gymnastics. Coaches learn fundamental movement patterns and basic skills that are specific to each discipline and learn how to teach young participants in a fun and exciting environment.

FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Quest for Gold Coach Bursary program. https://www.coachesontario.ca/q4g/bursary-program/ or email q4g@coachesontario.ca
- Host your own course - Apply for Investors Group Coaching Grants to pay for a NCCP workshop at your school or board. http://www.coach.ca/investors-group-community-coaching-conferences-s12763

Useful Links:

Need more information? Email guidelines@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Gymnastics Ontario http://www.gymnasticsontario.ca/education/coach-ed/
- Gymnastics Canada http://www.gymcan.org/coaching/become-a-coach
- Coaches Association of Ontario https://www.coachesontario.ca/
- OFSAA http://www.ofsaa.on.ca/
- Coaching Association of Canada http://coach.ca/
- Ontario Physical Education Safety Guidelines http://safety.ophea.net