

# Becoming a Gymnastics Foundations Coach

## Pre-Coach in Training

- Apprentice coach following the GCG Pre-CIT program (contact Gym Sask to obtain this document)
- Intended for 13-15 year olds

- Pre-CIT can act as an assistant to a Certified Coach
- Must be under the DIRECT supervision of a certified coach (in the same group)

## Coach in Training (CIT)

- Have not completed any Gymnastics Foundations (GF) courses or may have completed 1 or 2 courses
- 15 years old and older

- CIT may have the opportunity to lead warm-ups & coach sections of the lesson
- Must be under the DIRECT supervision of a certified coach (in the same group)

## GF Trained (15 yrs+)

- Have completed 3 GF courses (Theory, Intro, Discipline Specific)
- GF Tramp course is required to supervise or teach any trampoline activities
- GF Active Start course is required for coaching participants under 6 years old

- Can coach his/her own group with a Certified Coach present in the gym

## GF Certified (16 yrs+)

- Completed 10 week practical workbook
- Completed discipline specific portfolio review & video evaluation (details in the Gymnastics Foundations Coach Evaluation Package)

- Can coach without supervision (coaches under 18 years old require the presence of an adult in the venue)
- Required to be a Head Coach of a Rec club

**Important:** All Pre-CIT, CIT, Trained, Certified coaches (13 yrs+) must complete the online Respect in Sport (RIS) modules. Trained coaches are recommended to complete the Making Ethical Decisions (MED) online exam. Certified coaches are required to complete the MED online exam.

Gymnastics Foundations Certification is required to coach at Performances, Fun Meets and Pre-Competitive (Inter-Club) events.