



SUGGESTED COACHING RATIO

MAX # OF PARTICIPANTS	Participant Age Group	Competitive Programs 1 Coach to:	Recreational Classes 1 Coach to:	Birthday Parties 1 Coach to:	School Programs (includes Daycare) 1 Coach to:	Performance Groups 1 Coach to:	Gymnastics Drop-In 1 Coach to:
	3 - 18 months	N/A	10 max participants (plus parents)			N/A	Parent & Child Drop-In 20 max participants + parents/guardian (parent/guardian directed)
	18 mths to 3 years	N/A	10 max participants (plus parents)			N/A	
	3 - 5 years old	N/A	6 max participants	10 max participants	15 max participants, Teacher or Parent volunteers for every 5 participants	8 max participants	
	6 - 11 years old	6-10 max participants The more advanced the skills, the lower the ratio should be.	10 max participants	15 max participants	25 max participants, Teacher or Parent volunteers for every 8 participants	12 max participants	Parent & Child Drop-In 15 max participants + parents/guardian (parent/guardian directed)
	12 + yrs	Higher level competitive may reduce the ratio lower than 1 coach to 6 athletes.	10 max participants	15 max participants	25 max participants, Teacher or Parent volunteers for every 8 participants	12 max participants	Teen/Adult Drop-In 15 max participants

Inclusive programs should consider the specific needs of the group or individual. In some cases, one on one with instructor, parent or teachers aid may be required. Please refer to the documents in the athletes with a disability section on the Gymnastics Saskatchewan website. These forms can help in determining the needs of each participant.