

# 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 Make Ethical Decisions (MED) online exam (Comp-Intro version). 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.