



COACHING EDUCATION
(Coaching, NCCP, and Certifications)

BCRSGF COACHES SYSTEM GRID

COMPONENTS	RG Youth & Adults (General Gymnastic s)	ACTIVE STAR	FUNDAMENT ALS Entry Level Youth (Ages 4-8)	TRAINING TO TRAIN (Ages 9-12)	TRAINING TO COMPETE (Ages 12-14)	TRAINING TO WIN (Age 15+)
COACHING	Gymnastic Foundation Pre-NCCP School Teachers	Gymnastic Foundation Pre-NCCP School Teachers	Gymnastic Foundation Pre-NCCP School Teachers	Comp 1 Gymnastic Foundation Physical support Psychology support	Comp 2 Comp 1 Gymnastics Foundation expert Psychology expert	Comp 3 Comp 2 Comp 1 Gymnastic Foundation Physical expert Psychology expert
COMPETITIONS	Gymnaestr adas (Trainee Judges)	no	Provincial Stream Gymnaestradas Club Judges Trainee Judges	National Stream Provincial Stream Prov. / Nat'l. Judges Rankings	National Stream Provincial Stream Nat'l. / Prov. Judges Rankings	International National Stream Brevet / Nat'l. Judges Rankings
FACILITIES	Clubs Rec. Department s Schools	Clubs Rec. Departmen ts Schools	Clubs Rec. Departments Schools (Gr.1- 3)	Clubs Rec. Departments Schools (Gr. 4- 6)	Regional Centers Clubs PacificSport	Centers Clubs PacificSport

BC RHYTHMIC GYMNASTICS COACHING PATHWAY

1. PRE-CIT PROGRAM

Starting at age 13, potential coaches may participate in a Pre-CIT program at their club. The Pre-CIT program was created by Gymnastics Canada (GCG) to allow younger potential coaches begin training before they are eligible to participate in NCCP courses.

The GCG Pre-CIT program is the **ONLY** recognized program for 13-15 year olds and those who complete it are eligible to attend NCCP Gymnastics Foundations training courses early: at age 15 (eligibility for certification remains at 16 years of age).

1.1 Program length

- Thirteen-year-old Pre-CITs should complete the program over two full training years, but can complete it one year if that is how their club delivers the program (they would still have to wait until they are 15 years old before moving on to Gymnastics Foundations courses).
- Fourteen and 15 year old Pre-CITs have the option of completing the program in one or two training years.

1.2 Program contents

Part 1-Year 1: complete five hours of tutorials (covering 10 topic areas) and assist in the gym for 10 hours.

Part 2-Year 2: complete an additional 10 hours of tasks related to coaching, officiating and administration.

1.3 Pre-CIT eligibility

A Pre-CIT may only assist a certified coach (minimum Gymnastics Foundations certified, Level 2 technical highly recommended) under one-on-one direct supervision (one certified coach can supervise one Pre-CIT at one time).

A Pre-CIT must **NEVER** be given sole responsibility for a group of children.

1.4 NCCP certification

A Pre-CIT coach who has completed the program and is ready to move on to NCCP Gymnastics Foundations courses may do so at age 15 (they still can't become certified until they are 16).

The Pre-CIT must complete and submit a LINK Pre-CIT Practical Record form to BCRSGF before registering for the course.

2. GYMNASTICS FOUNDATIONS

NCCP Gymnastics Foundations (GF) is comprised of three training courses:

- Intro

- Theory
- Discipline specific (active start, artistic, trampoline and rhythmic)

Pre-requisites

Gymnastics Foundations is where every new coach must start their NCCP training.

2.1 Intro course

The intro course is an active two-day course taught in the gym and is applicable to all the gymnastics disciplines. Coaches-in-training learn the three Fs: Fun, Fitness and Fundamentals of gymnastics during this course.

This must be the first course a coach-in-training attends. The coach-in-training must complete the 10 tasks in the GF intro workbook prior to attending their next training courses.

2.2 Theory course

The theory course is a one-day classroom course that is applicable to all gymnastics disciplines. The content covered in this course is "Make Ethical Decisions" (MED) and "Planning a Lesson". GF theory can be the second or third course a coach attends, but the completed workbook from the GF intro course must be brought with them to the course.

Make Ethical Decisions (MED) evaluation

Following completion of the theory course, coaches must complete the online MED evaluation. Coaches who do not have the online MED evaluation on file have not met the requirements for completing the course and are unable to obtain status as a certified coach.

2.3 Discipline specific course

The discipline courses are one-day active courses taught in the gym.

Rhythmic - coaches learn about body posture, locomotion, apparatus manipulation for rope, hoop, ball, ribbon and scarves as well as basic skills specific to rhythmic gymnastics. Coaches will be prepared to coach recreational rhythmic participants ages six to 12.

The discipline specific courses can be the second or third course a coach attends.

2.4 Becoming certified

Following completion of the three Gymnastics Foundations courses (including the online MED evaluation), coaches must assemble their "Coaching Portfolio" and complete the Gymnastics Foundation evaluation process to become certified.

2.5 Coaching Portfolio

Beginning on page 6 of the Gymnastics Canada Coach Evaluation package are details on building the portfolio.

2.6 Gymnastics Foundations evaluation process

There is NO time requirement between the coach taking the Gymnastics Foundation courses and completing the Gymnastics Foundations evaluation.

Currently, BCRSGF (and the other provinces) are able to process the evaluations until Gymnastics Canada finalizes the process,

The club evaluator(s) must have been certified Level 1 or Gymnastics Foundations for a minimum of one (1) year, or be certified Level 2 (or higher). The name of the club evaluator(s)

must be submitted to BCRSGF prior to any evaluations being completed.

Evaluations should take between 2.5 and 4 hours to complete. The Gymnastics Canada coach evaluation package and evaluator guide MUST be used. These are available in electronic format. The evaluator guide is available upon request from BCRSGF.

There are no fees payable to BCRSGF as these interim evaluations are completed within the club. Each club may decide if and how much their club evaluator(s) will be compensated and if there is to be a charge to the coach being evaluated.

Information for Club Evaluators

Evaluator responsibilities are as follows:

2.6.1 Prior to the Evaluation

Review the coach's portfolio to ensure it is properly completed (detailed portfolio content requirements are available in the evaluator guide)

Schedule the evaluation session with the coach

2.3.2. During the Evaluation and Follow Up

- Observe the coach actively coaching a class/lesson.
- Conduct a debriefing session with the coach and design an action plan to assist the coach in developing long and short term goals,
- Send a copy of the following pages to BCRSGF (the coach should retain the ORIGINALS):
- The first or second evaluation application form
- Appendix 1: coaching portfolio evaluation form
- Appendix 2: videotaped lesson evaluation form (use even if it was not a videotaped lesson but an "on-site" evaluation)
- Please do NOT send the entire package (or the GF workbook), just the requested pages

The above pages are required to process the coach's certification.

It is imperative that club evaluators complete the evaluation process as laid out in the evaluator guide.

If there are any question as to the quality of evaluation that B.C. coaches receive, Gymnastics Canada has the authority to refuse the certification process.

All clubs are encouraged to take advantage of this interim process to certify their coaches.

3 NCCP COMP 1

Level 2/ Comp 1 is comprised of three components:

- Competition-Introduction Part "B" (theory)
- Technical
- Practical

Coaches must be trained under Gymnastics Foundations to begin Comp 1 training.

Competition-Introduction Part "B" (theory) course

The Comp-Intro Part "B" course is a two-day multi-sport (not specific to gymnastics) classroom course. The content covered in this course is "Teaching and Learning", "Design a Basic Sport Program" and "Mental Skills".

This can be the first or second Comp1 course a coach attends.

Practical

Following completion of the theory and technical courses, coaches must complete the practical

BCRSGF

requirement to become certified Comp1.

The practical component is a log of Comp 1 coaching hours completed after attending the Comp 1 technical course.

Required number of hours

200 hours

The coach must submit the completed Comp1 practical record form to BCRSGF

Becoming certified

A coach is certified once they have completed the three Level 2 components: Competition-Introduction Part "B" (theory), Technical and Practical.

4. NCCP COMP 2

Comp 2/ Level 3 is comprised of three components:

- Competition-Development (theory)
- Discipline specific technical course (technical)
- Practical

Pre-requisites

Coaches must be certified Level 2 to begin Level 3 training.

Competition-Development (theory) course modules

Competition-Development consists of six modules, focused on training coaches who are working with athletes who are in the training to train or training to compete stages of long-term athlete development.

Four of the six modules must be completed to meet the requirement for Level 3.

Available modules:

- Leading Drug Free Sport (not preferred for gymnastics coaches)
- Managing Conflict
- Coaching and Leading Effectively
- Psychology of Performance
- Developing Athletic Abilities
- Prevention and Recovery.

Discipline specific technical course

The technical courses vary in length according to discipline

Practical

Following completion of the theory and technical courses, coaches must complete the practical requirement to become certified Level 3.

Becoming certified

A coach is certified once they have completed the three Level 3 components: Competition-Development (theory), Technical and Practical

5. COACH REGISTRATION

All coaches must be registered as BCRSGF members and must fulfil BCRSGF's compliance requirements prior to actively coaching.

In order to coach in a BCRSGF member club and at BCRSGF sanctioned events, an individual must be a registered member of BC Rhythmic Sportive Gymnastics Federation. Attending coaching courses also requires appropriate BCRSGF membership.

6. NCCP STATUS

- Logging in at coach.ca and reviewing your certification page.
- Visiting coach.ca and reviewing a public transcript with your last name and NCCP number

7. CRIMINAL RECORD CHECKS (CRC'S)

Reference Document: <http://www.rhythmicbc.com/wp-content/uploads/2017/09/Criminal-record-check.pdf>

All coaches who wish to be members of BCRSGF must complete and file a Criminal Record Check (CRC) with Gymnastics BC if they are 18 years old or older, as per BC Provincial Law ("An employer must ensure that every individual who is hired for employment involving work with children and every employee who works with children undergoes a criminal record check" Criminal Records Review Act, Chapter 86). Police record checks submitted to BCRSGF must also include a 'Vulnerable Section Search' (VSS) (in some cases the VSS is on the same form but not always - check with your local police detachment). CRCs can be completed through the justice department here, via Sterling Back Check at mybackcheck.com, or at your local police station.

7. RESPECT IN SPORT (RIS)

Respect in Sport is a mandatory, grassroots, online training course for coaches and sport leaders. It is designed as a tool to assist coaches in identifying and dealing with abuse, neglect, harassment, and bullying in sport.

As mandated by Gymnastics Canada, ALL BCRSGF coaches are required to complete this course as part of their registration requirements.

8. Requirements for the Coaching Staff

Reference Document: Coaching Operations Manual

For ALL gymnastics-related activities, there must be present at ALL times in the gym:

- A coach that is at least NCCP Gymnastics Foundations (or NCCP Level 1) **certified** (specific certification level required is determined by the level of athletes who are training)
- All coaches must have completed the Respect in Sport program, regardless of the program they coach (recreational or competitive), their NCCP certification level, or the level or age of the participants

BCRSGF

- One adult 19 years old or older (as per provincial law)
- One person that holds a valid certification in first aid from one of the following courses:
 - o SportMedBC / Gymnastics BC First Aid Course
 - o Emergency First Aid - Community Care from St. John Ambulance
 - o Standard First Aid from any of the following providers: Red Cross, St. John Ambulance,

6. RECOMMENDED TRAINING FOR BCRSGF COACHES

6.1 Concussion Training

It is recommended that all coaches complete the NCCP Locker eLearning module, 'Making Headway'; this free module teaches the knowledge and skills required to ensure the safety of athletes where there may be a concussion related situation. See this [1-minute summary of the course](#).

To access the 'Making Headway' module go to your NCCP Locker account at coach.ca, access the eLearning tab at the top of the page and locate the eLearning module on the left-hand side of the page.

6.2 Drug-Free Sport

BCRSGF recommends that all coaches complete the Canadian Centre for Ethics in Sport's (CCES) True Sport Clean 101 module. This free module includes information on doping ethics in sport, supplements, steroid use, and more.

RELATED LINKS

Gymnastics Canada Gymnastique (GymCan): GYMCAN.ORG
Federation Internationale de Gymnastique (FIG): FIG-GYMNASTICS.COM
viaSport Coaches (formerly CABC): VIASPORT.CA/COACHING
Coaching Association of Canada (CAC): COACH.CA
Respect in Sport (RiS): [HTTPS://GYMNASTICSCANADA.RESPECTGROUPINC.COM/](https://GYMNASTICSCANADA.RESPECTGROUPINC.COM/)
Criminal Record Checks (CRC): <https://justice.gov.bc.ca/eCRC/home.htm>

