



NCCP REQUIREMENTS FOR ONTARIO COACHES

July 1, 2008 to June 30, 2009

This document summarizes the Gymnastics Ontario requirements for coaches to participate in member club activities, including training sessions in gyms and attendance at all competitions.

Please note that these are the **minimum requirements** only; Gymnastics Ontario advocates that coaches should complete the appropriate NCCP Program and receive additional professional development through their club.

Since 1998 it has been a requirement for all new clubs applying for membership to Gymnastics Ontario to have an NCCP Certified Level 2 Coach on staff. **Gymnastics Ontario now requires that all G.O. Clubs have a minimum of one NCCP Level 2 Certified Coach on staff during all training, recreation classes, and Birthday Parties. Gymnastics Ontario also recommends that the Level 2 coach on site have their current first aid certification.**

G.O. will review all requirements once the new Foundations to Gymnastics are fully implemented by Gymnastics Canada.

Please note that the Risk Management Program is made up of two parts; Part A – Risk Management and Part B – Respect in Sport.

If you have any questions or concerns please feel free to contact Courtney Alexander, Education Coordinator at 416-426-7096.

Important Notes

Trampoline – The following apparatus are classified under trampoline:

Trampoline (above ground or in ground)
Mini Trampoline
Double Mini Trampoline
Trampoline Board
Tumble Track

First Aid – In order to be certified in any Level of Trampoline you **MUST** submit a copy of a current First Aid certificate with your practical hours.

- Type of First Aid Course – Level 1 – One day course, usually called Basic or Emergency
- Level 2 – Two day course, must include adult and child CPR

NCCP Certification – Certification consists of three parts:

- Theory (Introduction to Competition A or B),
- Technical (Artistic, Trampoline, or Rhythmic), and
- Practical (Practical forms are on our website, under Coaching, NCCP forms)

NCCP Foundations Training:

- Foundations Introduction Course
- Practical Coaching period and workbook
- Foundations Theory Course
- Sport Specific Foundations Course
- Portfolio Evaluation (optional)

Practical Hours – May not start until you have completed your Technical or Foundations Introduction course (weekend #1). A **level 2 certified** coach must review and sign the practical hours form. A **level 1 certified** coach may review and sign the practical workbook for a coach in the Foundations program.

Competitive Floor - Effective July 1, 2008 All Coaches who plan on being on the Competitive floor must be **a minimum of Level 2 Certified** in the discipline they are coaching.

Pre-Coach in Training (new GCG terminology for previous CIT designation)

A pre-coach in training (pre-CIT) designation is applicable only to the following individuals:

Must be registered with G.O. as a CIT or Uncertified coach

Requirements are as of **July 1, 2008** (Please note that these are the minimum requirements only)

Level of Coach	Discipline	For 2008-2009 – The Criteria Below MUST Be Met
Pre-Coach in Training (13-15 years of age)	All Disciplines	➤ Must be under the *direct supervision of a qualified coach in a non-competitive teaching situation.
Uncertified (16 years old +)	All Disciplines	<ul style="list-style-type: none"> ➤ Must be under the *direct supervision of a qualified coach in a non-competitive teaching situation. ➤ Letter of Intent sent to G.O. ➤ **Completion of NCCP Level 1 Technical or Foundations Program within 3 months of their birthday

* **Direct Supervision** is a one to one ratio (Certified Coach to pre-CIT/Uncertified) where the certified coach is directly coaching and is responsible for the athletes in the group and the pre-CIT or Uncertified individual is assisting the certified coach. A pre-CIT or Uncertified coach cannot have their own group.

** The Technical Course completed or Foundations Sport Specific Course must be in the discipline that the individual is coaching.

Coach of Recreational Gymnastics

Must be registered with G.O. as a Recreational coach

Requirements are as of **July 1, 2008** (Please note that these are the minimum requirements only)

Level of Coach	Discipline	For 2008-2009 – The Criteria Below MUST Be Met
Coach of Recreational Gymnastics	All Disciplines	<ul style="list-style-type: none"> ➤ *Completion of NCCP Level 1 Technical OR Completion of NCCP Foundations Program ➤ Completion of Risk Management Program – Both Parts A and B (within 60 days of being registered with G.O.)
<p>Note: When trampoline is used as a component of an artistic/rhythmic recreation program, the coach must have successfully completed the NCCP Level 1 Technical component of trampoline OR Foundations Trampoline Course. The term trampoline consists of the following; trampoline, mini tramp, double mini, and trampoline board.</p>		

*** The Technical Course completed must be in the discipline that the individual is coaching.**

Coach of Invitational Stream Athlete

Must be registered with G.O. as a Coach of Athlete

Requirements are as of **July 1 2008** (Please note that these are the minimum requirements only)

Level of Coach	Discipline	For 2008-2009 – The Criteria Below MUST Be Met
ODP (Ontario Development Program)	Women's Artistic	<ul style="list-style-type: none"> ➤ NCCP Level 1 Certified Artistic or Gymnastics Foundations Trained ➤ Completion of NCCP Level 2 Women's Technical ➤ Completion of Risk Management Program – Both Parts <p>* Must have completed both NCCP Level 2 Women's Technical and Theory 2 (Introduction to Completion B) to be on a competition floor.</p>
OCP (Ontario Competitive Program) Level 2 to 4	Women's Artistic	<ul style="list-style-type: none"> ➤ NCCP Level 1 Certified Artistic or Gymnastics Foundations Trained ➤ Completion of NCCP Level 2 Women's Technical ➤ Completion of NCCP Theory 2 or Introduction to Competition "B" ➤ Completion of Risk Management Program – Both Parts A and B <p>* Must be Certified Level 2 Women's to be on a Competitive floor.</p>
Coach of Interclub	Aerobics Men's Artistic Rhythmic Trampoline Tumbling	<ul style="list-style-type: none"> ➤ *NCCP Level 1 Certified or Gymnastics Foundations Trained ➤ *Completion of NCCP Level 2 Technical ➤ Completion of NCCP Theory 2 or Introduction to Competition "B" ➤ Completion of Risk Management Program – Both Parts A and B <p>* Must be Certified Level 2 to be on a Competitive floor.</p>

Note:

If programming directly involves the use of trampoline the coach must have successfully completed the NCCP Level 1 Technical component of trampoline OR Foundations Trampoline Course. The term trampoline consists of the following; trampoline, mini tramp, double mini, and trampoline board.

- If the trampoline is used for inversions the coach must have successfully completed the Level 2 Technical component of trampoline. **In order to teach inversion skills on a trampoline, an artistic gymnastics coach must have successfully completed the NCCP Level 2 Technical component of Trampoline or be certified NCCP Level 4.**
- In order to be certified any Level in Trampoline you MUST have a current First Aid certificate.

*** The Technical Course completed must be in the discipline that the individual is coaching.**

Coach of Provincial Stream Athlete

Must be registered with G.O. as a Coach of Athlete

Requirements are as of **July 1, 2008** (Please note that these are the minimum requirements only)

Level of Coach	Discipline	For 2008-2009 – The Criteria Below MUST Be Met
OCP – Level 5 to 9 <i>(Ontario Competitive Program)</i>	Women's	<ul style="list-style-type: none"> • NCCP Level 2 Certified Women's • Completion of Risk Management Program – Both Parts A and B
Coach of Provincial Stream Athlete	Men's Rhythmic Trampoline	<ul style="list-style-type: none"> • *NCCP Level 2 Certified • Completion of Risk Management Program – Both Parts A and B
Coach of Provincial Stream Athlete	Tumbling	<ul style="list-style-type: none"> • NCCP Level 2 Certified in either Artistic or Trampoline • Completion of Risk Management Program – Both Parts A and B
Coach of Provincial Stream Athlete	Aerobics	<ul style="list-style-type: none"> • Completion of NCCP Level 2 Technical Artistic or Rhythmic • Aerobic Gymnastics **PCCP Level 1 Certified • Completion of Risk Management Program – Both Parts A and B
<p><u>Note:</u></p> <ul style="list-style-type: none"> • In order to teach inversion skills on a trampoline, an artistic gymnastics coach must have successfully completed the NCCP Level 2 Technical component of Trampoline <u>or</u> be certified NCCP Level 4. • In order to be certified any Level in Trampoline you MUST have a current First Aid 		

*** The Technical Course completed must be in the discipline that the individual is coaching.**

**** PCCP - Provincial Coaching Certification Program for Aerobics**

Coach of National Stream Athlete ***

Must be registered with G.O. as a Coach of Athlete

Requirements are as of **July 1, 2008** (Please note that these are the minimum requirements only)

To be on the floor at Elite Canada and the Canadian Championships coaches must be fully Certified Level 3 or higher (Exemptions may be granted by GCG in extenuating circumstances)

Level of Coach	Discipline	For 2008-2009 – The Criteria Below MUST Be Met
Coach of National Stream Athlete	Women's Men's Rhythmic	<ul style="list-style-type: none"> ➤ *NCCP Level 2 Certified ➤ *Completion of NCCP Level 3 Technical ➤ Completion of NCCP Theory 3 ➤ Completion of Risk Management Program – Both Parts
Coach of National Stream Athlete	Trampoline	<ul style="list-style-type: none"> ➤ NCCP Level 2 Certified Trampoline ➤ Completion of Risk Management Program – Both Parts A and B
Coach of National Stream Athlete	Tumbling	<ul style="list-style-type: none"> ➤ NCCP Level 2 Certified in either Artistic or Trampoline ➤ Completion of Risk Management Program – Both Parts A and B
Coach of National Stream Athlete	Aerobics	<ul style="list-style-type: none"> ➤ Completion of NCCP Level 2 Technical Artistic or Rhythmic ➤ Aerobic Gymnastics PCCP** Level 1 Certified ➤ Completion of Risk Management Program – Both Parts A and B
<p><u>Note:</u></p> <ul style="list-style-type: none"> • In order to teach inversion skills on a trampoline, an artistic gymnastics coach must have successfully completed the NCCP Level 2 Technical component of Trampoline <u>or</u> be certified NCCP Level 4. • In order to be certified any Level in Trampoline you MUST have a current First Aid certificate 		

*** The Technical Course completed must be in the discipline that the individual is coaching.**

**** PCCP - Provincial Coaching Certification Program for Aerobics**