GYMNASTICS ONTARIO

NCCP REQUIREMENTS FOR ONTARIO COACHES

July 1, 2009 to June 30, 2010

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 programs **and** receive additional professional development through their club.

All member clubs must have an NCCP Certified Level 2 Coach on staff which has been a requirement for Gymnastics Ontario membership since 1998. All member clubs must also be sure that they are following the appropriate NCCP coaching guidelines as outlined in this document. **Gymnastics Ontario now requires that all member clubs have a legal adult (age 18+) on site at all times. This adult must have completed the Risk Management program, parts A and B, and have their current first aid certificate.**

Gymnastics Ontario also strongly recommends for good practice that all member clubs have a second adult (age 18+) on site at all times. This second adult does not have to have any NCCP, Risk Management or first aid certification. For instance: a parent or school teacher on site will fulfill this recommendation where the coach fulfills the requirements noted above.

For Example:
If the coach is appropriately certified, is 18 years or older, has completed the Risk Management program and a has a current first aid certificate then the second adult in the gym does not have to have any NCCP, Risk Management or first aid certification.

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 or via email at calexander@ogf.com.

Important Notes

Trampoline – The following apparatus are classified under trampoline (above ground or in ground):

Trampoline
Double Mini Trampoline
Tumble Track (excludes rod tumbling floor)

- ***Clubs utilizing tumble track who do not have coaches with the minimum Level 1 Trampoline or Foundations Trampoline technical training will have the 2009-2010 season as a grace period in which to get their coaches trained.***

First Aid – In order to be certified in Trampoline under the old NCCP 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

Old NCCP Level 1 and current Level 2 and 3 Certification:
Certification consists of three parts:

- Theory (visit www.coachesontario.ca for appropriate theory courses and schedule),
- Technical (Artistic, Trampoline, or Rhythmic), and
- Practical (Practical forms are on our website www.ogf.com, under Coaching, NCCP forms)

New 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 after you have completed your Technical or Foundations Introduction course (weekend #1). A **level 2 certified** coach must review and sign the practical hours form.

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 Pre-CIT or Uncertified coach

Requirements are as of **July 1, 2009** (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	➢ **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 two ratio (Certified Coach to two 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 or Foundations Sport Specific Course completed 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, 2009** (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	➢ *****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.)
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, double mini, and tumble track.		

* **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, 2009** (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	➢ NCCP Level 1 Certified Artistic or Gymnastics Foundations Trained ➢ Completion of NCCP Level 2 Women's Technical ➢ Completion of Risk Management Program – Both Parts A and B *** Must have completed both NCCP Level 2 Women's Technical and Theory 2 (Introduction to Completion B) to be on a competition floor.**
OCP *(Ontario Competitive Program)* **Level 2 to 4**	Women's Artistic	➢ 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 *** Must be Certified Level 2 Women's to be on a Competitive floor**.
Coach of Interclub	Aerobics Men's Artistic Rhythmic Trampoline Tumbling	➢ *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 *** Must be Certified Level 2 to be on a Competitive floor.**

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, double mini, and tumble track.

- ➢ 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, 2009** (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 *(Ontario Competitive Program)*	Women's	• 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	• *****NCCP Level 2 Certified • Completion of Risk Management Program – Both Parts A and B
Coach of Provincial Stream Athlete	Tumbling	• 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	• 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

Note:

- **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

*** 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, 2009** (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	➢ *****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	➢ NCCP Level 2 Certified Trampoline ➢ Completion of Risk Management Program – Both Parts A and B
Coach of National Stream Athlete	Tumbling	➢ 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	➢ 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

Note:

- **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.**

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