A step-by-step guide to registering with Gymnastics BC as a full member club, associate member, and/or auxiliary member.
Cheers to 50 years!

We’ve been proudly providing positive and diverse gymnastics experiences in British Columbia since 1969. To learn more about how we’re celebrating this milestone year, visit www.gymbc.org!

About Us

Gymnastics BC ("GBC") is the provincial sport organization responsible for the governance, development and promotion of gymnastics in BC. The association oversees the disciplines of women’s artistic gymnastics, men’s artistic gymnastics, trampoline gymnastics, acrobatic gymnastics, aerobic gymnastics and recreational gymnastics.

Gymnastics BC is made up of full member clubs and other affiliated organizations, individual members, the Board of Directors, volunteer committees and the provincial office and staff in Vancouver.

Learn more at www.gymbc.org
Table of contents

Important contacts ................................................................. 4
Registration and reporting deadlines ........................................ 5
Zone fees .................................................................................. 5
Important notes .......................................................................... 5
Registration overview and fees .................................................. 6
Trampoline Insurance Limitations “NEW” .................................... 7
Insurance levy “NEW” ............................................................... 7
Club / organization membership ............................................... 8
  Full member clubs overview .................................................. 8
  Full member club renewal ..................................................... 9
  Becoming a full member club ................................................ 9
  Associate membership .......................................................... 10
  Auxiliary membership .......................................................... 10
Individual membership ............................................................ 12
  Members affiliated with a full member club ......................... 12
  Independent members: coaches, judges, volunteers ............ 13
  Independent athletes ............................................................ 13
  Honourary membership ......................................................... 13
  Reporting public access program usage .............................. 14
Required use of consent forms “NEW” ..................................... 15
Gymnastics BC technical programs ......................................... 16
  Judging ................................................................................. 16
  Coaching .............................................................................. 16
  Trampoline Gymnastics ....................................................... 16
  Women's Artistic Gymnastics .............................................. 17
  Men's Artistic Gymnastics .................................................. 17
  Gymnastics For All ............................................................ 18
  Aerobic Gymnastics ........................................................... 18
  Acrobatic Gymnastics ........................................................ 18
  Rhythmic Gymnastics ........................................................ 18
  Registration & Responsibilities for Gymnastics For All ......... 19

All registration forms are available on the GBC website:
www.gymbc.org

Notice

Gymnastics Canada membership fee: $8 per member (page 6)
Insurance levy (page 7)

Acronyms

BCRSGF = British Columbia Rhythmic Sportive Gymnastics Federation
CIT = Coach in Training
CR or CRC = Criminal record (check)
FIG = International Gymnastics Federation
GBC = Gymnastics BC
GCG = Gymnastics Canada
Pre-CIT = Pre Coach in Training
RIS = Respect in Sport

Discipline specific acronyms

DMT = Double Mini Trampoline
GFA = Gymnastics For All (recreational gymnastics)
MAG = Men’s artistic gymnastics
TG = Trampoline gymnastics
TR = Trampoline
TU = Tumbling
WAG = Women's artistic gymnastics
Important contacts

Interim CEO, Andrée Montreuil ................................................................. 604-333-3491, amontreuil@gymbc.org
Chair, Ana Arciniega ................................................................. chair@gymbc.org
Vice-Chair, Katherine Campbell .......................................................... vicechair@gymbc.org

Administrative services
Administration and Event Coordinator, Leanne James ..................................... 604-333-3495, ljames@gymbc.org
Member Services Manager, Brittany Cawson ................................................. 604-333-3498, bcawson@gymbc.org
Communications and Marketing Manager, Melissa Mungall ......................... 604-333-3492, mmungall@gymbc.org
Finance Coordinator, Gurjit Mann .......................................................... 604-333-3497 (ext. 8,4), accounting@gymbc.org
Finance Director, Katherine Reinhardt .......................................................... director_finance@gymbc.org

Technical programming
Technical Director, Andrée Montreuil .......................................................... 604-333-3491, amontreuil@gymbc.org
Technical Education Manager, John Carroll .................................................. 604-333-3493, jcarroll@gymbc.org
Gymnastics For All Manager, Keara Urquhart (Hooi) ........................................ 604-333-3494, kurquhart@gymbc.org
Men’s Technical Coordinator, John Carroll ..................................................... 604-333-3493, jcarroll@gymbc.org
Women’s Technical Coordinator, Crystal Gilhooly .......................................... 604-333-3497 (ext. 8, 3), cgilhooly@gymbc.org
Trampoline Gymnastics Coordinator, Debbie McBoyle .................................. 604-333-3497 (ext. 8, 1), dmcboyle@gymbc.org
Provincial Coach, Richard Ikeda ................................................................. rikeda@gymbc.org
IST Coordinator, Gavin Leung ...................................................................... gleung@gymbc.org
Equipment On-site Coordinator, Marc Crippen .............................................. mcrippen@gymbc.org
Equipment Rental & Logistics Coordinator, Michelle Ricks ......................... equipment@gymbc.org

Gymnastics For All Chair, Mary Morice ...................................................... director_gfa@gymbc.org
Men’s Technical Chair, Michael Hood .......................................................... director_mtc@gymbc.org
Women’s Technical Chair, Alana Jensen ...................................................... director_wtc@gymbc.org
Trampoline Gymnastics Chair, Megan Conway .............................................. director_tg@gymbc.org

Other important contacts
Director at Large, Sherri Taylor ................................................................. directoratlarge_1@gymbc.org
Director at Large, Su Bailey .......................................................................... directoratlarge_2@gymbc.org
Director at Large Missy Preston ..................................................................... directoratlarge_3@gymbc.org
Past Chair, Twyla Ryan ................................................................................... pastchair@gymbc.org

Provincial Advisory Committee (Zone Chairs)
Zone 1, Vivian Hughan ......................... vivian@glacierygymnastics.com
Zone 2, Heather Ivanitz .............. heatherivanitzgym@gmail.com
Zone 3, Melissa Coombes ................ mcoombes@telus.net
Zone 4, George Burgoyne ................ justgeorgex6@gmail.com
Zone 5, Carlene Lewall ................. carlenelewall47@gmail.com
Zone 6, Heather Lapage .............. hilapage@gmail.com
Zone 7, Karl McPherson .......... comp@terracepeaks.ca
Zone 8, Lucia Fendelet ................. lfendelet@shaw.ca

Gymnastics BC
Gymnastics BC was incorporated under the Societies Act in 1969 as the Provincial Sport Organization for gymnastics. GBC offers programs, resources, and opportunities for over 200,000 participants at over 80 clubs throughout the province.

Office location
268-828 West 8th Avenue
Vancouver, BC V5Z 1E2
Phone: 604-333-3GYM (496) [office directory]
1-800-556-BCGA (2242) [BC only]
Fax: (604) 333-3499
info@gymbc.org
www.gymbc.org

Gymnastics BC Membership
Gymnastics BC (GBC) membership is required to access the programs and services of GBC, and through GBC, those of Gymnastics Canada Gymnastique (GymCan). The membership year is in effect from September 1 - August 31 of each year. GBC annually publishes and circulates all policies and procedures related to membership and registration through this “GBC Registration Handbook.” Policies found in this handbook will govern all membership and registration queries.

GBC offers different types of membership affiliations:
• Full Member Club
• Associate Member
• Auxiliary Member
• Individual Member
• Independent Member
• Honorary Member
Registration and reporting deadlines

<table>
<thead>
<tr>
<th>Type</th>
<th>Deadline</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full member club (renewal)</td>
<td>August 31</td>
<td>$320. Renewals received after August 31 are subject to a $50 late fee</td>
</tr>
<tr>
<td>Full member club (new club)</td>
<td>Ongoing</td>
<td>$320. Approval by the GBC Board of Directors must be given before membership takes effect</td>
</tr>
<tr>
<td>Associate membership</td>
<td>Ongoing</td>
<td>No cost</td>
</tr>
<tr>
<td>Auxiliary membership</td>
<td>Ongoing</td>
<td>$50 registration fee required</td>
</tr>
<tr>
<td>Individual membership</td>
<td></td>
<td>See page 6 for detailed breakdown on categories and membership fees</td>
</tr>
<tr>
<td>• Fall</td>
<td>October 15</td>
<td>Zone fees may also be applicable. See below for details</td>
</tr>
<tr>
<td>• Winter</td>
<td>February 28</td>
<td></td>
</tr>
<tr>
<td>• Spring</td>
<td>April 30</td>
<td></td>
</tr>
<tr>
<td>• Summer</td>
<td>August 31</td>
<td></td>
</tr>
<tr>
<td>Changing categories (MAG &amp; WAG)</td>
<td>March 1</td>
<td>Competitive athletes must be registered in the level they will be competing in until BC Championships. NOTE: following BC Championships, athletes may move UP in category</td>
</tr>
<tr>
<td>Birthday party reporting and remittance</td>
<td>Month end</td>
<td>$6.50 per birthday party. Invoices are issued quarterly.</td>
</tr>
<tr>
<td>Field Trip reporting and remittance</td>
<td>Month end</td>
<td>$6.50 per field trip. Invoices are issued quarterly.</td>
</tr>
<tr>
<td>One-time participant reporting</td>
<td>Month end</td>
<td>$2.50 per participant. Invoices are issued quarterly.</td>
</tr>
<tr>
<td>Upgrading</td>
<td></td>
<td>$106.65 ($23.60 → $130.25)</td>
</tr>
<tr>
<td>• Recreational to competitive</td>
<td>21 days before competition</td>
<td></td>
</tr>
<tr>
<td>• Interclub to competitive</td>
<td>21 days before competition</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$79.25 ($51.00 → $130.25)</td>
</tr>
</tbody>
</table>

Zone Fees

<table>
<thead>
<tr>
<th>Zone</th>
<th>Recreational</th>
<th>Competitive</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$6</td>
<td>$6</td>
</tr>
<tr>
<td>2</td>
<td>$5</td>
<td>$5</td>
</tr>
<tr>
<td>3</td>
<td>n/a</td>
<td>$5</td>
</tr>
<tr>
<td>4</td>
<td>n/a</td>
<td>$2</td>
</tr>
<tr>
<td>5</td>
<td>n/a</td>
<td>$3</td>
</tr>
<tr>
<td>6</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>7</td>
<td>$10</td>
<td>$10</td>
</tr>
<tr>
<td>8</td>
<td>$10</td>
<td>$10</td>
</tr>
</tbody>
</table>

Zone fees are per athlete (automatically added to the membership registration invoice).

Important notes

Effective date for insurance
Member clubs are NOT insured until all GBC club registration documentation and fees are received by GBC for the current membership year.

Gymnastics BC membership fee and taxes
Gymnastics BC is a not-for-profit society which is currently exempt from charging GST on certain programs and services. Member clubs collecting the GBC annual individual membership fee from individual club members are not required to charge GST on these fees; regardless of their registration status for GST.

To ensure compliance, member clubs must clearly display the Gymnastics BC membership fee, insurance levy, and Gymnastics Canada membership fee as separate line items on all registration forms, marketing materials, invoices and receipts and list it as an exempt item.

Communicating the Gymnastics BC membership fee
The Gymnastics BC membership fee, insurance levy, and Gymnastics Canada fee must NOT be grouped or associated with other membership or administrative fees levied by the club. For example, all recreational gymnasts in B.C. must be shown to pay the $31.60 Gymnastics BC membership fee and insurance levy, not $35 or $40, etc.

Please note that insurance coverage is a membership benefit, however it is not the only benefit to membership with Gymnastics BC. For a full list of membership benefits, please visit the Gymnastics BC website.

Verification of competitive athletes
Please contact the GBC office for details on the verification of competitive athlete membership.

Late fees
Late fees will apply five business days after receipt of registration if payment has not been received for any GBC deadlines (this includes BC Championships, Gymnaestrada, registration and travel fees for National events (i.e. Canadian Championships) and all other GBC hosted events).
**Registration overview and fees**

**September 1, 2019 - August 31, 2020**

The club penalty for allowing athletes to compete without being properly registered as a competitive athlete is $100 per athlete plus the cost of the upgrade to competitive. This rule will be monitored and strictly enforced.

**Notice:** Insurance levy approved at 2019 EGM (page 7), Gymnastics Canada fee - $8 for all members

<table>
<thead>
<tr>
<th>GBC Category</th>
<th>GBC Fee</th>
<th>Ins. Levy</th>
<th>GymCan Fee</th>
<th>Total</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gymnastics For All (see page 17 for details and requirements)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Casual Gymnasts</td>
<td>$2.50</td>
<td>$7.50</td>
<td>$8</td>
<td>$18.00</td>
<td>A recreational gymnast who participates five times or fewer, casually throughout the year or in short programs.</td>
</tr>
<tr>
<td>Recreational Gymnasts</td>
<td>$12.50</td>
<td>$11.10</td>
<td>$8</td>
<td>$31.60</td>
<td>An individual who pursues the recreational aspects of gymnastics within their club and does not participate in GBC sanctioned competitions or Interclub events. This includes: Gymnastics For All programs for artistic, trampoline and rhythmic gymnastics which may include: pre-competitive, parent-tot*, preschool, recreational, teen, adult, advanced rec, special needs, Gymnaestrada/performance, circus arts/ACRiX, ActiveStart. Recreational gymnasts may take part in GBC sanctioned Gymnaestradas.</td>
</tr>
<tr>
<td>Interclub Gymnasts</td>
<td>$30.00</td>
<td>$21.00</td>
<td>$8</td>
<td>$59.00</td>
<td>Recreational gymnasts who participate in GBC sanctioned Interclub events in artistic, trampoline, or acrobatic gymnastics.</td>
</tr>
<tr>
<td>Recreational Acrobatic Gymnasts</td>
<td>$20.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$40.50</td>
<td>Individuals who participate in GBC club operated recreational acrobatic programs.</td>
</tr>
<tr>
<td>Recreational Cheerleading Participant</td>
<td>$25.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$45.50</td>
<td>Individuals who participate in GBC club operated recreational level cheerleading programs. See GBC Policies, Procedures &amp; Regulations (Gymnastics For All section) for detailed information.</td>
</tr>
<tr>
<td><strong>Competitive Gymnastics</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Developmental Athlete</td>
<td>$12.50</td>
<td>$11.10</td>
<td>$8</td>
<td>$31.60</td>
<td>An individual who pursues the competitive aspects of gymnastics within their club but does not participate in GBC sanctioned competitions or Interclub events.</td>
</tr>
<tr>
<td>Competitive Athlete (MAG, WAG, TG, Acro)</td>
<td>$90.00</td>
<td>$40.25</td>
<td>$8</td>
<td>$138.25</td>
<td>An individual who pursues the competitive aspects of gymnastics and competes in GBC sanctioned competitions (at any level). This includes the disciplines of artistic, trampoline and acrobatic gymnastics.</td>
</tr>
<tr>
<td>Adult Competitive Athlete</td>
<td>$12.50</td>
<td>$12.50</td>
<td>$8</td>
<td>$33.00</td>
<td>Adult competitive gymnasts who participate in GBC sanctioned adult events at any level.</td>
</tr>
<tr>
<td>Aerobic Competitive Athlete</td>
<td>$25.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$45.50</td>
<td>Competitive aerobic gymnasts who participate in GBC sanctioned aerobic competitions at any level.</td>
</tr>
<tr>
<td>Independent Athlete</td>
<td>$300.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$320.50</td>
<td>Independent athletes are athletes who are in bad standing with a full member club, training at another full member club and wishing to participate in a competition or Interclub event. The athlete pays the appropriate membership fee and the per event registration fee ($200 - max three days). See independent athletes for more details (page 12).</td>
</tr>
<tr>
<td><strong>Coaches, judges, volunteers, staff and honourary members</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Coach in Training (Pre-CIT)</td>
<td>$10.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$30.50</td>
<td>An individual who is taking or has completed the two year Pre CIT club level training program for 13 to 15 year olds who have not yet taken NCCP training.</td>
</tr>
<tr>
<td>Recreational Coach</td>
<td>$25.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$45.50</td>
<td>An individual who coaches recreational gymnasts. This includes Gymnastics for All programs which may include: ActiveStart, parent-tot, preschool, school aged, adult, parkour, special needs, Interclub, acrobatic, associate member programs and one-time visitor programs such as birthday parties and special events.</td>
</tr>
<tr>
<td>Competitive Coach</td>
<td>$25.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$45.50</td>
<td>An individual who coaches competitive athletes and/or cheerleading participants.</td>
</tr>
<tr>
<td>Learning Facilitator</td>
<td>$25.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$45.50</td>
<td>An individual who is certified to facilitate NCCP Courses.</td>
</tr>
<tr>
<td>Judge</td>
<td>$25.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$45.50</td>
<td>An individual who is actively judging competitions in any discipline: artistic, trampoline, acrobatic and/or aerobic gymnastics.</td>
</tr>
<tr>
<td>Volunteer</td>
<td>$9.00</td>
<td>$12.50</td>
<td>$8</td>
<td>$29.50</td>
<td>An individual, with or without club affiliation, who supports the sport of gymnastics (i.e. members of the club’s board of directors, individual parents who help with club activities such as driving, helping set up equipment, concessions and committees etc.)</td>
</tr>
<tr>
<td>Staff</td>
<td>$2.50</td>
<td>$12.50</td>
<td>$8</td>
<td>$23.00</td>
<td>An individual who works at the club but is not a coach (or athlete). This could include administrative or maintenance staff.</td>
</tr>
<tr>
<td>Honourary</td>
<td>No Cost</td>
<td>n/a</td>
<td>n/a</td>
<td>No Cost</td>
<td>An honourary member is someone who has been recognized for outstanding service to Gymnastics BC (i.e. Life Member). These individuals can be registered by a full member club as an individual member or as an independent member but shall not be required to make payment of dues.</td>
</tr>
</tbody>
</table>
On July 1, 2019, new gymnastics insurance requirements came into effect in BC. The Gymnastics BC insurance policy has placed limitations on the use of trampoline devices in unstructured programs.

- Trampoline devices are considered to be any apparatus that has any form of bed-type surface, attached to a frame by springs; this includes, but is not limited to, competition trampolines, backyard trampolines, mini-trampolines, double-mini-trampolines and tumble-tracks;
- Trampoline devices may no longer be used in birthday parties, drop-in sessions, drop-in day camps or parkour programs;
- Structured recreational programs (considered regularly scheduled programs over multiple weeks or multiple days in one week that teach progressive skill development) may use trampoline devices, however, a certified NCCP Level 2 trampoline certified coach must be present in the gym if any trampoline devices are being used. NCCP Level 2 trampoline certified coaches are permitted to coach their own group. If NCCP Level 2 trampoline certified coaches are supervising other groups, they must be aware and able to observe the groups (including the group's coach and participants) on the trampoline devices. This area of programming comes with a liability sub-limit of $500,000 per occurrence with an annual total combined limit across all Gymnastics BC member clubs of $1,000,000 (recommended coverage is minimum $5,000,000);
- Competitive trampoline activities are permitted, provided that the participant is appropriately registered as a competitive athlete and is being directly coached (one-on-one) by a certified NCCP Level 2 coach at all times (minimum standard);
- User Groups who conduct cross-training activities and who utilize trampolines must request permission from Gymnastics BC and must meet the following requirements; complete the User Group to Conduct Cross-Training Activities form, the activity is a gym rental, the club provides a 'gym attendant', the user group uses their own coaches, and the user group provides proof of $5 million liability and lists Gymnastics BC and the full member club as additional insured.

Insurance levy *NEW*

Along with the new requirements, Gymnastics BC has seen an increase in insurance fees from the insurance provider. As a result, an Extraordinary General Meeting was held on July 19, 2019, and an insurance fee levy (additional to the membership fees approved at the 2018 AGM) was approved. The levy aims to be as fair as possible to all categories of members. The insurance levy can be found on page 6.
Club / organization membership

Full member clubs overview

Annual registration fee: $320
A full member club offers competitive, recreational and/or one-time participant programs.
Full member clubs may be formally constituted as a not-for-profit society or be established as a for-profit business.
Member clubs are registered as Gymnastics BC full members.
Where the club registers competitive gymnasts, the recreational gymnasts associated with that competitive club (through operation in the same facility and the sharing of the same staff and/or equipment) must be registered with GBC.
If the competitive club’s facilities are in a publicly operated/municipal recreation centre and therefore unable to charge membership fees due to policy, the competitive club must still register as a full member club and register all of its gymnasts and the public centre can register as an associate member.

Benefits for Full Member Clubs (Board members, staff, etc.)
• A dedicated full-time staff available to support and assist you.
• A dedicated volunteer board of directors.
• Partnership management with the Government of BC; True Sport; viaSport; Team BC programs; Sport BC; Canadian Sport Institute; and BC Games Society.
• Membership with Gymnastics Canada
• SOCAN club fees ($64/year) paid on your behalf (Tariff 19).
• Re:Sound club fees paid on your behalf.
• Access to the National Sport Trust Fund (donation processing for club based fundraising projects; tax receipt provided for $20 and above).
• Communication including: email (GBC Weekly), phone, mail and resources on the GBC website.
• Annual Registration Handbook with information pertinent to the current season.
• Safety and Risk Management resources.
• Liaison with municipal governments, municipal recreation and facilities departments, provincial sports organizations, provincial gymnastics organizations and GBC member clubs.
• Vote at GBC General Meetings.
• Coverage through GBC’s sport accident and liability insurance program for sanctioned events in and outside of club facilities ($5 million). Also included is Errors and Omissions Liability (Directors & Officers / Wrongful Acts) ($2 million).
• Access to program grants (i.e. KidSport and other sport sector grants).
• Technical committee programming and support.
• Access to the GBC Club Portal to utilize in conjunction with Gymnastics For All programs.
• Annual awards and recognition of athletes, volunteers, coaches, and judges.
• Eligibility to host events and hosting assistance.
• Coaching development courses (including Respect in Sport paid on your behalf).
• Access to equipment rentals and discounted purchase rates.
• Access to electronic scoring program rental for artistic and trampoline competitions.
• Access to athlete camps and talent identification.
• Access to discounted resource materials (CanGym manuals and badges, Up Down All Around, Kids CanMove manuals, etc.).
• Individual member, coach, judge and athlete benefits (page 12).

Obligations of Full Member Clubs
Full member clubs must fulfill several obligations to ensure continued GBC membership. These conditions include:
• Provide a safe training environment for all participants and members.
• Adhere to the GBC Codes of Conduct.
• Adhere to Safe Sport screening procedures/requirements.
• Abide by trampoline insurance limitations as outlined on page 7.
• Ensure all registered coaches have met the minimum coaching requirements (including first aid), completed the Respect in Sport online training program and have completed and submitted a current CRC - within the past three years (page 16).
• Ensure that all individual members are registered in the appropriate membership categories and that any changes or upgrades are made within the designated timelines.

Use and retain appropriate waivers & releases for all individually registered members before the participant enters the gym for the first time.
• Track, record and submit membership data and payments as outlined in the membership policy for all individual club members by the GBC required deadlines.
• Track, record, retain and submit required participant list data and payments (where applicable) by month-end for one-time visitors (i.e. birthday party & guest participants) and associate member programs (i.e. school field trips) (page 14).
• Understand that from time to time GBC staff will conduct field audits and verify membership registration, request supporting documentation for one-time visitor or associate member program participation and review competition participation to ensure registration compliance.
• Adhere to all established deadlines for all program activities administered by GBC.
• Inform GBC of any out-of-facility activities to ensure appropriate insurance coverage is available (i.e. demos, mall displays, parades).
• Notify and file incident reports and accident claim forms with GBC for all injuries which occur within the member club or any GBC sanctioned programs and activities.
• Participate only in GBC/GymCan sanctioned activities and submit the appropriate documents for sanctioning requests with GBC for all out-of-province or out-of-country activities.
• Clubs with associate member programming must follow the guidelines as outlined on page 10.
• Follow all policies, procedures & regulations.
• One-time visitors must complete waiver(s) and the Assumption and Acknowledgement of Risk for Minors form. GBC member clubs must retain digital copies and submit to GBC.
Any new club that wishes to be recognized as a full member club of GBC must submit a full member club application package with the $320 membership fee, for consideration by the GBC Board of Directors.

Acceptance of New Club Membership

The GBC Board of Directors reviews all new full member club applications twice per year; Spring and Fall. Application submission deadlines and notification of status dates can be found on the GBC website. Please allow ample time between the submission of your application and your anticipated program start date.

The board has the sole discretion to approve or deny club membership.

Following this review, notification of status will be sent to the applicant.

The board may refuse a new application for membership for reasons including, but not limited to:

- Incomplete application
- History of failing to be a member in good standing with any other provincial or national sport organization
- Concern over training, safety, personnel or risk management issues

If the new full member club membership is denied, the membership fees will be returned to the applicant.

Probation period

All new clubs are placed on probation for one year to ensure compliance with all GBC policies.

All new clubs on probation with GBC are required to provide a deposit against membership fees. The deposit is based on the number of programs offered and the anticipated membership size of the club.

<table>
<thead>
<tr>
<th>Number of members</th>
<th>Deposit Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 100</td>
<td>up to $500</td>
</tr>
<tr>
<td>Up to 300</td>
<td>up to $1500</td>
</tr>
<tr>
<td>Up to 500</td>
<td>up to $2000</td>
</tr>
</tbody>
</table>

The deposit is held by GBC until the end of the club’s probationary period.

At the club’s request, the deposit can either be returned or utilized against future invoices. At any time during the probationary period GBC may, at its discretion, apply all or part of the deposit to invoices in arrears.

All clubs on probation are required to make payments at the time the invoice is issued.

New clubs are not extended a 30 day grace period to pay any account.

How to Register as a NEW Full Member Club

For a new club to become a GBC full member club, the following must be submitted for consideration by the GBC Board of Directors:

1. Letter of introduction (describing the club, facility, staff, coaching ratio)
2. Completed GBC new full member club application form (five pages, available on the GBC website) including promotional material or website detailing program information.
3. Copy of Certificate of Incorporation, Certificate of Good Standing or business license.
4. Letter from landlord, city, municipality, or lease confirming operating location
5. Copy of criminal record checks for principals or officers (e.g. owner, manager, head coach), if not already on file with GBC
6. $320 membership fee
**Associate membership**

Annual registration fee: $0

GBC associate membership is designated to organizations already covered under a corporate insurance plan, including, but not limited to: all public recreation departments, community centres, YM/YWCAs and schools.

Associate membership provides a communications and information network and access to Gymnastics For All services for programmers, participants, teachers and coaches involved in the community recreational and school aspects of gymnastics.

Associate members are not eligible to participate in GBC recreational or competitive events, except GBC’s BC Gymnaestrada.

Programs with participants and/or coaches involved in GBC events (exception Gymnaestrada), training in the same facility as associate members, may be registered under the GBC full club membership guidelines.

Sport development groups who wish to use trampoline devices should register as associate members and provide proof of liability insurance with $5 million coverage.

**Benefits of Associate Membership**

- $5 million liability insurance (not sport accident) coverage only for rec-ed, daycare, preschool and school members involved in programs run by GBC full member clubs (maximum of eight visits per year).
- Information concerning GBC conferences and events.
- Member pricing on all GBC and GymCan resources sold by GBC, including badges, manuals and videos.
- Opportunity to request workshops and school in-services (i.e. Kids CanMove; “Using Up Down All Around Lesson Plans in the Classroom”).

**Obligations of Associate Membership**

The following conditions must be met:
- The facility/group applying for associate membership may NOT be a subsidiary of a GBC full member club.
- The program/activity must be sanctioned by GBC and conducted in a GBC full member club or the associate member’s school/facility by the full member club’s certified coaches.
- Adequate instructor to student ratio must be maintained.
- Coverage is provided to encourage introductory classes only.
- Individual participants are limited to a maximum of eight training classes per year at any one GBC full member club. If they would like to attend more classes, they must register as recreational members of a GBC full member club.
- Associate member to provide a participant list for each program to the GBC full member club conducting the program. This participant list will be retained in the club’s annual records.
- Associate members assume responsibility to inform participants and/or parents of participants, of the inherent risk of sport and obtain parental permission and assumption of risk forms.

**How to Register as an Associate Member**

1. Submit a completed GBC associate member registration form (available on the GBC website) to GBC.
2. Provide proof of liability insurance with a minimum of $5 million coverage with application.
3. Once approved, GBC will return the form to the associate member which is to be submitted to the full member club as proof of membership.

---

**Auxiliary membership for club parent associations and booster groups**

Annual registration fee: $50

GBC auxiliary membership is for parent associations and booster groups who are defined as not-for-profit societies, affiliated with a GBC full member club.

The purpose of these groups is to support the member clubs with fundraising activities and assist with programs and operations.

**Benefits of Auxiliary Membership**

- Errors and Omissions Liability Insurance (Directors & Officers / Wrongful Acts) ($2 million)
- General Liability Insurance ($5 million)

**Scope of Activities**

- Fundraising activities may include but are not limited to:
  - Carwashes, Bottle Drives, Chocolate Sales or similar Fundraising Events
  - Community Displays

- Merchandise Sales
- Dinners and/or Auctions *
- Pub Nights *
- *Events in which alcohol is to be consumed, including pub nights, are not covered under this membership. These events require the auxiliary member to obtain an additional insurance rider
- Hosting gymnastics competitions and participation in other GBC sanctioned activities in cooperation with the GBC full member club

**Obligations of Auxiliary Membership**

- The parent association or booster club must register their organization as an auxiliary member with GBC before conducting any business or activities. Applications are encouraged before August 31, however they are accepted on an ongoing basis.
- All board members/directors must be registered as volunteers under the GBC full member club or the auxiliary member club.
- Current criminal record checks (valid for three years from date of issue) are required for ALL board members/directors of the parent association or booster club
- Auxiliary members must submit a list of events to be undertaken by the society for the membership season OR complete a GBC sanctioning request for each event

**How to Register as an Auxiliary Member**

Submit the following to GBC:

1. Completed GBC auxiliary member registration form (available on the GBC website).
2. $50 membership fee.
ONE STOP SHOP FOR YOUR GYM

For All Your Preschool, Recreational and Competitive Gymnastics, T&T, and Cheerleading Equipment Needs!

Proud to be the Official Equipment Supplier to

spiethamerica.com  800-563-6479

© 2016 Spieth Anderson International, Inc.
Individual Membership: athletes, coaches, judges, staff and members

Members affiliated with a full member club

Full member clubs must register every individual member and retain appropriate waivers & releases in order to maintain membership with GBC. Failure to do so may jeopardize insurance coverage and may result in non-renewal of membership with GBC. Membership must be submitted to GBC electronically (see “How to Register Individual Members” below).

Benefits to all Individual Members
- Coverage through GBC’s sport accident and liability insurance program
- Membership with Gymnastics Canada
- Eligibility for GBC recognition awards
- Access to GBC publications

Coach Benefits
- Access to coaching and GBC program courses
- Access to subsidies for coaching courses
- Access to the External Sport Credits program
- Eligibility for available awards

Judge Benefits
- Access to judging and GBC program courses
- Eligibility for provincial and national judging assignments
- Access to the External Sport Credits program
- Eligibility for available awards

Athlete Benefits
- Eligibility to access the Athlete Assistance Program
- Eligibility to access KidSport grants
- Eligibility to access travel subsidies/grants
- Eligibility to access sport science and other support systems as provided by partner organizations
- Eligibility for available scholarship programs
- Eligibility for available awards
- Access to the External Sport Credits program
- Eligibility to compete in GBC sanctioned events and to participate in GBC programs/camps
- Funding support for athletes attending Team BC events and selected international competitions

Deadlines and late fees
GBC establishes and publishes registration deadlines and late fees on an annual basis (page 5). Failure to meet deadlines will affect club access to benefits, including insurance.

Zone Fees
Specific zones have requested that all zone fees be remitted to the GBC office (page 5). If a club’s primary GBC designation is as a trampoline gymnastics club, then that club has the option to opt out of zone fees. The club is then unable to participate in the events, activities and/or benefits the zone provides from these fees.

Athlete Transfer to a New Club
An athlete may register with a new club once the following conditions are met:
- The athlete (or their parent/guardian) and the new club have notified GBC and the current club in writing;
- The current club approves transfer within ten days or ten days have elapsed after notification is provided; and
- The current club does not indicate that the athlete is in bad standing during the 10-day waiting period.

Once these conditions are met, GBC will register the athlete with the new club. If the current club believes that the athlete is in bad standing, they must notify GBC and the athlete within 10 days of receiving notice from the athlete or the new club (whichever is earlier)
GBC will immediately notify the new club that it cannot register the athlete until:
- The athlete meets his/her financial obligation(s) to the former club; or
- If disputed, the matter is resolved by way of mediation, negotiation or other legal process.

Until the matter is resolved, the athlete will be considered by GBC to be an independent athlete with the following conditions:
- The athlete may train at any GBC member club.
- The independent athlete is insured until the end of the current registration year.
- Should the matter be unresolved beyond the current registration year, the athlete must register in the new registration year directly with GBC as an independent athlete.
- In order to compete in any sanctioned competition, an independent athlete must pay the host registration fee and an administration fee of $200 to GBC prior to each competition. Once the matter is resolved, GBC will have discretion to reimburse fees paid on a case by case basis.

- See page 12 for more details on independent athletes.

Once the transfer is resolved, the former club must notify GBC in writing in order for the athlete to be registered with the new club.

Any GBC full member club that contravenes any part of this policy may be fined by GBC up to $500.

Coach Transfer to a New Club
Coaches may change clubs without restriction, however GBC must be notified in writing.

Keeping membership records
Records of registration for minors, including participant lists, must be kept secure until the children reach age 21. Records of registration for adults need to be kept secure for seven years, similar to financial records.

How to Register Individual Members

Gymnastics BC’s registration management system is [Uplifter]. Clubs are provided with an administrative account to register members. Members can be registered using one of three methods:
- Individual registrations in Uplifter
- File import registrations in Uplifter
- Send your excel export (template) to Member Services (2019-2020 only)

The following fields and formats are mandatory:
1. First name
2. Last name
3. Gender
4. Birthdate (yyyy-mm-dd)
5. Address, city, province, postal code
6. Home phone number
7. SKU(s)
8. NCCP number, CRC & RiS (for coaches)
Details on item 7 ("SKU") can be found in the “2019-20_GBC_SKUs” document, available on the GBC website. Multiple SKU categories can be separated by a comma.

GBC will invoice clubs for individual members after each registration period. Incomplete or incorrect reporting will be returned to club for revision.
Registration of members not registered with a full member club

Independent members: coaches, judges, volunteers

Independent members are coaches, judges and volunteers who are not affiliated with or not members of a full member club who wish to participate in Gymnastics BC sanctioned competitions, events and courses (excluding GBC hosted Gymnaestradas). Independent members cannot conduct activities without sanction of either Gymnastics BC or a Gymnastics BC full member club.

Coaches and judges not affiliated with a full member club must register as independent members prior to participation in any GBC sanctioned activities.

Benefits and obligations

Benefits as outlined on page 12 apply to independent coaches, judges and volunteers.

How to Register

Submit the following to GBC:
1. Completed GBC independent member registration form (available on the GBC website).
2. Appropriate membership fees as outlined on page 6.

Independent athletes

Independent athletes are athletes who are in bad standing with a full member club, training at another full member club and wish to participate in a GBC sanctioned competition or Interclub event. These athletes belong to a full member club, but the GBC board and appropriate technical committee have required that they be identified as independent for the season.

Benefits and obligations

• These athletes do NOT receive the full benefits as outlined on page 12.
• These athletes may register as independent athletes, and train at any full member club for that season. Insurance and membership coverage is only in place for athletes while training with a full member club, under GBC policy guidelines or participating in a GBC sanctioned activity.
• Independent athletes may only register with GBC for a new season if they have been declared an independent athlete in the previous registration year.
• A fully certified and GBC registered coach (see GBC Policies, Procedures & Regulations) must supervise the independent athlete during all training and sanctioned GBC activities.
• GBC has no obligation to provide information to independent athletes; they must request subscriptions to GBC communications and are subject to any applicable fees.
• Independent athletes are eligible for Team BC events, but they will not receive any financial support; they are required to pay their own expenses in addition to their portion of the coaches’ and support staff’s expenses, and will be managed under the Team BC guidelines.
• Athletes must pay a $200 registration fee for each GBC sanctioned event they compete in.

How to Register

1. Submit a completed GBC individual member registration form (on the GBC website) with the “independent athlete” box checked.
2. Individual membership fees are as outlined on page 6 (if applicable).
3. Submit completed independent athlete event registration form (on the GBC website) and $200 registration fee for each GBC sanctioned event.
4. Submit applicable Gymnastics Canada fee

Honorary membership (no charge)

An honourary member is someone who has been recognized for outstanding service (i.e. Life Member) to GBC. These individuals can be registered by a full member club as an individual member or as an independent member but shall not be required to make payment of dues. They receive full benefits as outlined on page 12.
Public access programs include programs providing access to the services or facilities of a full member club to the public. Public access programs are recreational in nature and offered under club supervision. The gymnastics component may not be as dominant or regularly scheduled. Public access program participants Participants include one-time visitors (non-members) and associate members. Clubs are required to use the waivers & releases for public access program participants.

One-time visitors
A one-time visitor is not a registered member of GBC and sport accident insurance is not provided. Liability coverage is provided under the club’s full club membership. A one-time visitor may be a guest participant in a one time event including workshops and special event days (bring-a-friend day, gym promotional events, parent days, etc). Clubs must pay $2.50 per one-time visitor to GBC.

One-time visitors must complete waiver(s) and the Assumption and Acknowledgement of Risk for Minors form. GBC member clubs must retain digital copies and submit to GBC.

If a visitor participates more than once in a regular program, he/she needs to be registered appropriately, as either a casual or a recreational member. Drop-in participants are NOT one-time visitors. They must be registered as either casual or recreational members. More information is available in the Safety First manual.

Birthday parties
Birthday party participants who are not already club members, are considered one-time visitors. Only liability insurance (not sport accident insurance) is provided for one-time visitors at a birthday party. Full GBC coverage is provided to any registered club members at a birthday party. Visitors and their parents should be properly informed of this coverage. Clubs must pay $6.50 per party to GBC. Birthday party participants must complete waiver(s) and the Assumption and Acknowledgement of Risk for Minors form. GBC member clubs must retain digital copies and submit to GBC.

More information is available in the Safety First manual.

Field trips and other one-time events (excluding party)
School programs where classes visit a gymnastics facility (school field trips) or where certified instructors go into a school under the sanction of a full member club (PE Instruction or teacher in-service) to provide introductory gymnastic training are included in the associate membership. The school must register as an associate member of GBC and meet the associate membership conditions.

Clubs must pay $6.50 per field trip to GBC. It is the responsibility of the associate member to inform the participants/parents of the inherent risk of the sport and obtain the signed consent to participate.

Managing one-time participants
Clubs must keep written records of the birthday parties, one-time visitors and associate member participants. This information is required for insurance purposes to ensure liability insurance coverage for those programs. For each visit, the club must keep the activity, date and list of participants (first and last names) on file for a minimum of seven years. Clubs are required to use the waivers & releases for these one-time participants. Clubs are also required to post and review the Safety First rules for these program participants prior to any gymnastics participation.

Reporting Process to GBC
For reporting purposes, full member clubs must submit participation data for birthday parties, one-time visitors and associate member activities at the end of each month. Public access program reporting must be completed using the Excel spreadsheet available on the GBC website. The information required is shown below:

- Number of birthday parties during the month ($6.50/party).
- Number of birthday party attendees.
- Number of school/field trips during the month ($6.50/field trip).
- Number of school/field trip attendees (broken down by gender).
- Number of non-member one-time participant attendees ($2.50/participant).

This reporting method automatically calculate any fees owed to GBC. GBC will invoice the club quarterly.
**Required use of consent forms**

As part of the individual member registration process, clubs are required to use and retain the appropriate participation consent forms for all individual members. Clubs are also required to use the waivers & releases for public access program.

The wording on these forms has been chosen carefully by GBC to protect the clubs and the participants. GBC recommends that no portion of the release be modified although additions such as the club name and guidelines for the use of the premises and equipment are permitted. For clubs using electronic registration programs, an electronic Assumption of Risk form and check box must be added to your online registration system.

### Types and use of forms

<table>
<thead>
<tr>
<th>Assumption and Acknowledgement of Risk Forms for Minors</th>
<th>Used for all club members who are under 18 (minors)</th>
<th>Must be signed by a parent of guardian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Consent Form</td>
<td>Used for participants who are 18 and over</td>
<td>Must be signed by a participant</td>
</tr>
<tr>
<td>Companion Release and Indemnity 1, 2</td>
<td>Used for helpers (i.e. parents in a parent and tot program; assistants to special needs participants)</td>
<td>Signed by each helper of the individually registered member</td>
</tr>
<tr>
<td>Event Consent Form: Participant Informed Consent (minor)</td>
<td>For events where participants from other provinces or associate members are involved</td>
<td>Must be signed by a parent or guardian</td>
</tr>
<tr>
<td>Event Consent Form: Participant Informed Consent (adult)</td>
<td>For events where participants from other provinces or associate members are involved</td>
<td>Must be signed by a participant</td>
</tr>
<tr>
<td>Consent for Use of Likeness and Information (included on Minor/Adult Consent Form)</td>
<td>PIPA information required when registering all individual members</td>
<td>Must be signed by parent/guardian for minor and participant if 18 or over</td>
</tr>
<tr>
<td>Informed Consent (included on Minor/Adult Consent Form)</td>
<td>On all club registration forms both hard copy and electronic</td>
<td>Must be signed by parent/guardian for minor and participant if 18 or over</td>
</tr>
</tbody>
</table>

1 Parent and Tot: When registering for parent and tot, the parent (both parents if they plan to share the responsibilities) should sign the proper consent form. Only the child needs to register with GBC as the parent will not actually be participating in the class.

2 When registering a special needs adult with limited mental capacity the Assumption and Acknowledgement of Risk form should be signed by the guardian as well as the consent form by the participant even though the participant is not a minor.

### Waivers & Documentation to be completed

<table>
<thead>
<tr>
<th>Member / Activity Type</th>
<th>GBC Membership form</th>
<th>Assumption of Risk</th>
<th>Companion</th>
<th>Informed Consent</th>
</tr>
</thead>
<tbody>
<tr>
<td>One-time visitor</td>
<td>No</td>
<td>Yes</td>
<td>If applicable</td>
<td>No</td>
</tr>
<tr>
<td>Casual (fewer than 5 visits, includes drop-in)</td>
<td>Yes</td>
<td>Yes</td>
<td>If applicable</td>
<td>No</td>
</tr>
<tr>
<td>Recreational (6 or more visits, includes drop-in)</td>
<td>Yes</td>
<td>Yes</td>
<td>If applicable</td>
<td>No</td>
</tr>
<tr>
<td>Interclub</td>
<td>Yes</td>
<td>Yes</td>
<td>If applicable</td>
<td>No</td>
</tr>
<tr>
<td>Competitive</td>
<td>Yes</td>
<td>Yes</td>
<td>If applicable</td>
<td>No</td>
</tr>
<tr>
<td>Associate member programs</td>
<td>No</td>
<td>No</td>
<td>If applicable</td>
<td>Yes</td>
</tr>
<tr>
<td>Participants from out-of-province</td>
<td>No</td>
<td>Yes</td>
<td>If applicable</td>
<td>Yes</td>
</tr>
<tr>
<td>Youth</td>
<td>Individual member form</td>
<td>Assumption and acknowledgement of risk form for minors</td>
<td>N/A</td>
<td>Participants (under 18) Informed Consent form</td>
</tr>
<tr>
<td>Adult</td>
<td>Same</td>
<td>Adult release and indemnity form</td>
<td>Companion release and indemnity form</td>
<td>Participants (18 and older) Informed Consent form</td>
</tr>
</tbody>
</table>
Judging

Judging courses are generally offered in the fall for all disciplines. Please review the GBC website for dates and locations. Registrations must be completed online. Entry level Men’s Judges can access the online course and exam at any time on the Gymnastics Canada website. All judges must be registered as GBC members. Current membership is required to attend judging courses and to be eligible to judge at GBC sanctioned events. Please ensure your club has submitted your GBC registration, or in the case of independent members, you have completed and submitted the independent membership form (available on the GBC website) and payment to GBC. If you need further information, please contact the GBC Technical Education Manager or Technical Director.

Coaching

Requirements for the Coaching Staff

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

- A coach that is at least Gymnastics Foundations Certified or Level 1 Certified with completed Respect in Sport training;
- One adult at least 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:
  - SportMedBC / Gymnastics BC First Aid Course
  - Emergency First Aid - Community Care from St. John Ambulance
  - Standard First Aid from any of the following providers: Red Cross, St. John Ambulance, Lifesaving Society of BC
  - Occupational First Aid Level 1 from WorkSafe BC

Any other certifications must be approved by the GBC Technical Director.

These responsibilities may be held by one person or a combination of persons.

Respect in Sport (RIS)

Respect in Sport (RIS) is a mandatory online program to be completed by all coaches. This includes Pre-CITs (13-15 years of age) and CITs (16 years of age and older).

Gymnastics BC sends notices to clubs two times per year to inform administrators and head coaches which coaches have NOT completed Respect in Sport.

If after 30 days, the club still has coaches who have not completed the program, the club will be fined $50 for each coach not in compliance with the Respect in Sport requirement. If the club has coaches who are no longer employed with the club, please inform GBC immediately.

Criminal Record Check

Gymnastics BC requires valid Criminal Record Checks (CRC) with vulnerable sector search (VSS) on file for ALL coaches 18 years and older as per provincial law. CRCs are valid for three years from the date of issue.

Coaching courses

Coaching courses are generally offered throughout the year for all disciplines. Please review the GBC website for dates and locations. Registrations must be completed online.

GBC membership

All coaches must be registered as GBC members. Current membership is required to attend coaching courses and to be eligible to coach at GBC sanctioned events. Please note that Independent member coaches cannot conduct activities without sanction of either Gymnastics BC or a Gymnastics BC full member club. See page 12 for more details on independent members.

Minimum Coaching Requirements

Please refer to the Coaching Operations Manual available on the GBC website. If you need further information, please contact the GBC Technical Education Manager.

Trampoline gymnastics

GBC offers trampoline gymnastics programs from recreational to competitive level athletes. GBC is implementing innovative ways to develop trampoline gymnastics programs in order to increase the number of athletes participating in the sport.

Technical Information Resources:
1. Operations Manual circulated in the fall;
2. GBC Policies, Procedures & Regulations (available on the GBC website)

<table>
<thead>
<tr>
<th>Pre-National</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level</td>
<td>Level 5 (Novice)</td>
</tr>
<tr>
<td></td>
<td>TR/DMT</td>
</tr>
<tr>
<td>Age</td>
<td>16U (11-16) OR 17+</td>
</tr>
<tr>
<td>Mobility</td>
<td>L5 requirements in L4</td>
</tr>
<tr>
<td>breakdowns</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>-</td>
</tr>
</tbody>
</table>

*The age group is determined by the athlete’s age as of December 31 of the competition year
Women's artistic gymnastics

GBC offers competitive programs for women's artistic gymnastics from recreational to high performance. All recreational WAG participants must register as recreational members.

For details on the JO program and resources available to all clubs, please see the GBC website.

Technical Information Resources:
1. Operations Manual circulated in the fall;
2. GBC Policies, Procedures & Regulations (available on the GBC website)

<table>
<thead>
<tr>
<th>Proportional/National</th>
<th>Canadian Junior Olympic Program</th>
<th>Canadian Aspire Program</th>
<th>FIG and Canadian Models</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Level 7: 2013↓</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Level 6: 2014↓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Compulsory</td>
<td>Level 5: 2014↓</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Level 4: 2014↓</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Level 3: 2014↓</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Level 2: 2014↓</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Level 1: 2015↓</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*The age group is determined by the athlete's age as of December 31 of the competition year

Men's artistic gymnastics

GBC offers competitive programs for men's artistic gymnastics from grassroots to high performance. All recreational MAG participants must register as recreational members.

Technical Information Resources:
1. Operations Manual circulated in the fall;
2. GBC Policies, Procedures & Regulations (available on the GBC website)
3. GCG Pathway Documents Age Calculation Chart; Appendix A

<table>
<thead>
<tr>
<th>Proportional Pathway</th>
<th>National &amp; Elite Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level Program</td>
<td>Open</td>
</tr>
</tbody>
</table>

*The age group is determined by the athlete's age as of December 31 of the competition year
Gymnastics For All (GFA)

GFA is the umbrella discipline for all non-competitive gymnastics activities and disciplines, including: artistic, trampoline, parkour, acrobatic and aerobic. Gymnastics For All includes all non-competitive GBC programs offered by full member clubs, including those for community recreation and schools.

GBC-recognized activities offered under the GFA banner encompass a tremendous range of ages, abilities, program goals, and philosophies. GBC assists facilities and staff throughout BC with program and leadership development, in addition to event management. Please look for GFA activities in the annual GBC calendar of events.

GFA endeavours to make it possible for all participants to enjoy gymnastics as a life-long pursuit.

GFA member programming

GFA programming includes programs and classes offered in or by full member clubs which are regularly scheduled or seasonal classes where participants receive instruction on an ongoing basis in gymnastic disciplines. These programs include: parent and tot, preschool, special needs, recreational (artistic, trampoline, aerobic, acrobatic), recreational cheerleading (with strict content limitations), recreational parkour, adult gymnastics, Gymnaestrada (or other performance troupes) and Interclub (artistic, trampoline, acrobatic).

GFA participants are registered as recreational, Interclub or recreational cheerleading members. Also included in GFA programming are drop-in sessions, camps (summer, spring break, etc.) and workshops. Participants in these programs are generally registered as casual members if they are attending five times or fewer in a season.

Non-member programming

Non-member programming includes programs and classes for one-time visitors and associate members. Please refer to pages 10 and 14 for more details.

Aerobic gymnastics

Registration as an aerobic gymnastics athlete in B.C. is achieved through a full member club. Competitive categories for aerobic gymnastics include: individual men and individual women, mixed pairs, trios and groups of six.

For more information on aerobic gymnastics, contact the GBC Technical Director.

Acrobatic gymnastics

Registration as an acrobatic gymnastics athlete in B.C. is achieved through a full member club. Competitive acrobatic gymnastics is practiced as men’s, women’s or mixed pairs or as groups (3 women or 4 men).

In BC, the acrobatic program is still under development.

Participants in non-competitive, recreational level acrobatic gymnastics register as recreational members. Participants in competitive acrobatic gymnastics register as competitive acrobatic athletes.

For more information on acrobatic gymnastics, contact the GBC Technical Director or the GFA Manager.

Rhythmic gymnastics

The BC Rhythmic Sportive Gymnastics Federation (BCRSGF) is the provincial sport organization for rhythmic gymnastics in B.C.

The federation administers and delivers a variety of programs designed to encourage participation and develop excellence in rhythmic gymnastics. BCRSGF members include competitive athletes, developing athletes, recreational enthusiasts, coaches, officials, administrators and supporters of the sport.

For more details, please see www.rhythmicsBC.com.
## Registration and responsibilities for Gymnastics For All
### September 1, 2019 - August 31, 2020

<table>
<thead>
<tr>
<th>Membership Required</th>
<th>Number of Visits</th>
<th>Club’s Responsibilities and Registration Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Individuals not registered with full member club</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| One-time visitor / event participant | 1 | - For one-time visitors, a fee of $2.50 per visitor to be submitted to GBC by each month end.  
- For birthday parties and field trips, a fee of $6.50 per party/field trip to be submitted to GBC by each month end.  
- Track, document and retain a detailed list of participants and submit summary info required to GBC by month end.  
- Inform participants/parents in any program related collateral about the gym safety rules and the inherent risk of sport.  
- Coaches to assess participant’s ability to determine level of participation allowed and limitations required for a one-time visit. Refer to page 7 for Trampoline insurance limitation.  
- Provide gym orientation and safety information; provide and enforce gym rules.  
- One-time visitors must complete waiver(s) and the Assumption and Acknowledgement of Risk for Minors form. GBC member clubs must retain digital copies and submit to GBC. |
| Associate member participant | 8 times or fewer | - Associate member affiliation (clubs must require copy of associate member affiliation & proof of $5 million liability).  
- It is the responsibility of the associate member organization to inform parents of inherent risk of sport and obtain written informed consent to participate.  
- Track, document and retain a detailed list of participants and submit summary info required to GBC within 30 days from the onset of the program.  
- Post Gym Safety posters and review during pre-activity gym orientation.  
- Coaches to assess participant’s ability to determine level of participation and limitations required for associate member program (including determination by a Level 2 coach or Competition 2 trained coach if inverted skills are allowed).  
- On each visit provide / review gym orientation, safety information, and provide and enforce gym rules. |
| **Individuals registered with full member club** | | |
| Casual gymnast | 5 times or fewer annually | - GBC registration as a casual gymnast plus payment of applicable member fee.  
- Completed and signed appropriate Informed Consent Form (Adult or Minor).  
- Coaches to assess participant’s readiness in order to determine level of participation and limitations required for a casual visit. (Including determination by a Level 2 coach or Competition 1 trained coach if inverted skills are allowed.)  
- On each visit provide / review gym orientation, safety information, and provide and enforce gym rules. |
| Recreational gymnast | 6 or more times annually or registered in regular classes | - GBC registration as a recreational gymnast plus payment of applicable member fee.  
- Completed and signed Informed Consent Form (Adult or Minor, Companion, i.e. Parent & Tot).  
- Coaches to assess participant’s readiness (including determination by a Level 2 coach or Competition 1 trained coach if inverted skills are allowed).  
- Provide gym orientation and safety information; provide and enforce gym rules on an ongoing basis. |
| Interclub gymnast | N/A | - GBC registration as an Interclub gymnast plus payment of applicable member fee.  
- Completed and signed Informed Consent Form (Adult or Minor).  
- Coaches to assess participant’s readiness (including determination by a Level 2 coach or Competition 1 trained coach if inverted skills are allowed).  
- Provide gym orientation, safety information, and provide and enforce gym rules on an ongoing basis.  
- Refer to Interclub Manual for more detailed information. |
| Recreational Acrobatic gymnast | N/A | - GBC registration as an acrobatic gymnast plus payment of applicable member fee.  
- Completed and signed Informed Consent Form (Adult or Minor).  
- Level 2 coach or Competition 2 trained coach must be present in gym for duration of activity.  
- Coaches to assess participant’s readiness (including determination by a Level 2 coach or Competition 1 trained coach if inverted skills are allowed).  
- Provide gym orientation and safety information; provide and enforce gym rules on an ongoing basis. |
| Recreational Cheerleading participant | N/A | - GBC registration as a recreational cheerleading participant plus payment of applicable member fee.  
- Completed and signed Informed Consent Form (Adult or Minor).  
- Provide basic cheerleading only (see Safety First Manual).  
- Level 2 coach or Competition 2 trained coach must be present in gym for duration of activity.  
- Coaches to assess participant’s readiness (including determination by a Level 2 coach or Competition 1 trained coach if inverted skills are allowed).  
- Provide gym orientation and safety information; provide and enforce gym rules on an ongoing basis. |
Gymnastics BC makes every effort to ensure the information contained in this document is as current as possible. Gymnastics BC reserves the right to make changes to policies, programs, and services described in this handbook without prior notice.