

Minimum coaching requirements (applicable for all training and competitive environments)

Coaching status	Role & Responsibilities	Athlete levels they can coach
Pre-CIT	<ul style="list-style-type: none"> May act as an assistant coach under one-on-one direct supervision of a certified coach (minimum Gymnastics Foundations certified, Level 2 technical highly recommended) May NOT supervise a group or spot any skill Follow direction provided by their supervising coach 	<ul style="list-style-type: none"> GFA programming (excluding Interclub, recreational cheerleading and acrobatics) Public access programs
Gymnastics Foundations coach in training (CIT) + RiS program	<ul style="list-style-type: none"> May act as an assistant coach under supervision of a certified coach (minimum Gymnastics Foundations certified, Level 2 technical highly recommended) May NOT supervise a group or spot any skill Follow direction provided by their supervising coach 	<ul style="list-style-type: none"> Levels as listed above
Gymnastics Foundations trained + RiS program	<ul style="list-style-type: none"> May act as a coach or assistant coach under supervision (within reasonable proximity - within eye-sight) of a certified coach (minimum Gymnastics Foundations certified, Level 2 technical highly recommended) May NOT teach Level 2 NCCP skills or inverted skills with flight Gymnastics Foundations coaches are required to follow the guidelines as per the relevant NCCP Gymnastics Foundations discipline manual 	<ul style="list-style-type: none"> Levels as listed above WAG - JO 1-2
Gymnastics Foundations certified + RiS program	<ul style="list-style-type: none"> May supervise their own group May act as a supervising coach to Pre-CIT or GF coach in training May NOT teach Level 2 NCCP skills or inverted skills with flight (flipping) TG: May only coach non-inversion elements Gymnastics Foundations coaches are required to follow the guidelines as per the relevant NCCP Gymnastics Foundations discipline manual 	<ul style="list-style-type: none"> Levels as listed above GFA programming (excluding recreational cheerleading and acrobatics) TG: Provincial level 1 (non-inversion elements only)
Gymnastics Foundations trained + L2 technical or Comp 1 Trained + RiS program	<ul style="list-style-type: none"> May spot athletes performing Level 2 NCCP skills May conduct skill assessment for participants who have previous gymnastics experience to determine if aerial inversions are allowed May NOT spot or teach Level 3 NCCP skills 	<ul style="list-style-type: none"> Levels as listed above GFA programming (excluding recreational cheerleading) High school programs Level 1-2 WAG - JO 3-4 MAG - Provincial levels 1-2 TG - Provincial levels 2-4
Gymnastics Foundations certified + L2 technical or Comp 1 Trained + RiS program	<ul style="list-style-type: none"> May supervise Gymnastics Foundations trained coaches May NOT spot or teach Level 3 NCCP skills 	<ul style="list-style-type: none"> Levels as listed above
L2 or Comp 1 certified + RiS program	<ul style="list-style-type: none"> May NOT spot or teach Level 3 NCCP skills MAG/WAG/TG: Required to access field of play at GBC sanctioned events (including BC Championships and BC Games) and Western Canadian Championships (Western Canada Cup for TG) 	<ul style="list-style-type: none"> Levels as listed above All GFA programming (recreational cheerleading programs must follow GBC program guidelines - see GFA section of the policy and procedures manual) High school programs levels 3-5 WAG - JO 5-8, Aspire MAG - Provincial level 3-4
L2 or Comp 1 certified + L3 technical + RiS program	<ul style="list-style-type: none"> May coach and spot any gymnastics skill 	<ul style="list-style-type: none"> Levels as listed above
L3 certified + RiS program	<ul style="list-style-type: none"> Required to coach MAG/WAG/TG National stream (and higher) athletes (excluding WAG Pre-Novice) Required for selection and to access field of play at national and international events including Elite Canada, Canadian Championships, Canada Cup, Worlds, WAGs, Indos etc. 	<ul style="list-style-type: none"> All levels
L4 certified + RiS program	<ul style="list-style-type: none"> No restrictions 	<ul style="list-style-type: none"> All levels

Pre-Coach-in-Training (Pre-CIT): a 13 to 15 year old who is not yet eligible to start NCCP Gymnastics Foundations (GF) training

Coach-in-Training (CIT): someone who has started their NCCP GF training

Trained: a coach who has completed the three GF training courses (intro, theory & discipline specific)

Certified: a coach who has completed the three GF courses + GF evaluation, OR the technical, theory and practical components for Level 2 or 3

Respect in Sport (RiS): a grass-roots online training program required by ALL BC coaches, CITs and Pre-CITs who are 15 years or older

Police Record Checks (PR checks) with vulnerable sector search (VSS) are required for ALL BC coaches and CITs who are 18 years or older