

Training Phase

Minimum 15 years old

Gymnastics Foundations Theory Course
4 hour course

Gymnastics Foundations Introduction Course
1 day course

Gymnastics Foundations Sport Specific Course
1 day course

Choose from:
Artistic Gymnastics
Rhythmic Gymnastics
Trampoline Gymnastics
Aerobic Gymnastics
OR
Active Start

Gymnastics Foundations Trained



Certification Phase

Register for Evaluation with your Provincial Gymnastics Federation

Build Coach Portfolio

Coach Profile

Program Description

1 Lesson Plan

Emergency Action Plan

MED Online Evaluation

Observation in Training (on-site or video)

Debrief with Evaluator

Gymnastics Foundations Certified



Maintenance Phase

10 PD points over 5 years

Active coaching

Self-reported PD

CAC NCCP workshops or online courses

Gymnastics Canada NCCP PD

Gymnastics Canada non-NCCP PD

Gymnastics Foundations Maintained

