

Before you Start

15 & up

RESPECT IN SPORT

Complete the [Respect in Sport Online Module](#). This is a Sport Manitoba requirement for coaches from all sports. Recertification period is 5 years.

CHILD ABUSE REGISTRY CHECK

Complete a Child Abuse Registry check by bringing two copies of ID to the RGM office. Renewal period is 3 years.

FIRST AID

It is recommended that all coaches obtain CPR/First Aid training.

13 & 14
Years
Old

Apprentice Coach in Training

The CIT Program is club-run where an apprentice coach is under the direct supervision of a Tutor Coach who is at minimum a Foundations certified coach. Coaches can start the course at 13 years old and complete it over 2 years or at 14 years old at complete in one year.

Required Materials:

[Coach-In-Training Tutor Guide](#)
[Coach-In-Training Workbook](#)

In Training

GYMNASTICS FOUNDATIONS

INTRO: Coaches will learn the components of Fun, Fitness, and Fundamentals, common safety tips, and fundamental movement patterns in this course that covers common topics for all gym sports. Register through RGM or Manitoba Gymnastics Association.

GYMNASTICS FOUNDATIONS

THEORY: Coaches will learn how to apply an ethical decision making process to coaching and learn how to effectively plan a practice. Register through RGM or Manitoba Gymnastics Association.

GYMNASTICS FOUNDATIONS SPORT SPECIFIC (RHYTHMIC):

Coaches learn fundamental movement patterns and basic skills that are specific to rhythmic gymnastics and learn how to teach young participants in a fun and exciting environment.

COMPETENCY: 10 weeks of coaching under the DIRECT supervision of certified coach. Complete 10-week work book with your mentor coach.

MAKING ETHICAL DECISIONS ONLINE

EVALUATION: MED online evaluation "Competition INTRO" version. Visit [coach.ca](#). You must achieve 80% or higher on the evaluation.

Trained

You may now coach your own group under the indirect supervision of a certified Foundations or Level 1 coach.

Certified Gymnastics Foundations Coach

Successfully complete Gymnastics Foundations Evaluation by submitting your Portfolio + Video to the RGM office for evaluation by a Master Learning Evaluator to become CERTIFIED

When Certified you may mentor, tutor and supervise other coaches in the Pre-CIT and Gymnastics Foundations Program. You may coach your own group unsupervised.

Certification is required for coaching at interclub competitions and Provincial Gymnaestrada.

Level 2 NCCP

Level 2 can be taken after a coach is Gymnastics Foundations "Trained". You may take Level 2 courses in the areas of sport specific training that you have successfully completed. Minimum Age = 16

Level 2 required for Elite MB & Provincials, World Gymnaestrada