



Scottish
Gymnastics
1890 - 2020

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Scottish Gymnastics Education Club Course Requests September 2019

This briefing note outlines the procedures followed by Scottish Gymnastics in relation to planning and delivering Education courses requested by our clubs in Scotland. For questions relating to anything outlined in this document, please direct these to the Education Team, on coacheducation@scottishgymnastics.org or 0131 271 9750.

Expectations of a Club

- When requesting a course the local authority should have sourced a number of candidates interested in attending the course
- To run an exclusive/closed course there should be at least 10 candidates for Level 1 and 8 candidates for Level 2. There is a maximum number of 12 coaches of each level of course.
- A facility with appropriate gymnastics equipment should be sourced (in line with equipment requirements outlined below)
- The club should provide gymnasts of an appropriate standard, at least one per candidate. Gymnasts should have already taken part in a gymnastics class and be aware of the basic rules of the gym e.g. appropriate dress and behaviour expected
- A chaperone must be provided to register and sign out the gymnasts before and after the course. The chaperone must also be available at break and lunch time for the gymnasts. Ideally this should be someone who already has a relationship with the gymnasts.
- The candidate must be booked on to a course online before the start of the course and payment must be made in full at this point
- Identify an appropriate mentor(s) for the candidates. The mentor must hold a qualification at least one level above the course learner, ideally in the same discipline.

Expectations of Scottish Gymnastics

- Advertise the course on the Scottish Gymnastics website and to other clubs/local authorities if the club is unable to fill the course
- Can help source a facility and projector if required
- Provide a qualified professional tutor to deliver the course and an assessor for the exam
- Will provide all course material and distribute to the candidates directly
- Administrate the course in full providing both Governing Body and SQA certificates.

Equipment Requirements Level 1 & 2 Coach Education

For all L2 courses, a theory room, projector and white screen must be provided for day 1 of the course.

Acro

- L1 - 12x12m Matted floor area, safety mats (minimum of 4), training aids (tables/platforms, boxes, benches, blocks), music/audio facilities
- L2 - L1 requirements **AND** rebound equipment (trampoline, DMT, trampette), overhead rig, balance blocks/pedestals

General

- L1 - bars, beam, 12x12m matted floor area, vaulting apparatus, springboards (minimum 2), safety mats (minimum of 4), high bar, low bar, A-bars, bench (minimum 2), floor beam, beam, spotting blocks (minimum 2), hand apparatus (balls, bean bags, hoops or skipping ropes), training aids (benches, elastics, inclines etc)
- L2 - L1 requirements **AND** shiny bar, trampette, trampoline

Men's Artistic

- L1 - 12x12m floor area with 25mm surface, vaulting apparatus and springboards (minimum of 2 with different tensions), safety mats (minimum of 4), low pommel horse (minimum of 2), 1 handle mushroom, full height mushroom (minimum of 2), floor mushroom, full size parallel bars, rings (full size and adjustable), low bar, high bar, shiny bar, spotting blocks (minimum of 2), trampette, pommel bucket, training aids (benches, elastics, inclines etc)
- L2 - L1 requirements **AND** trampoline

Rhythmic

- L1 & L2 - 10x10m matted floor area, hand apparatus; hoops, ropes, clubs, ribbons, balls, ballet barre, mirrored wall, music/audio facilities

Teamgym

- L1 - minimum 12x12m floor, TG trampette (minimum of 2), vaulting apparatus, safety mats, trampoline, music/audio facilities, trampoline, tumble track to soft land area or pit, trampette/vault to soft land area/pit
- L2 - L1 apparatus **AND** vaulting table

Trampoline

- L1 - Minimum hall height 5m, minimum of 2 trampolines and end decks, spotting/push in mats, mats to surround apparatus, floor mats for warm up and physical preparation
- L2 - L1 requirements **AND** rigs/belts

Tumbling

- L1 - 10x10m floor, tumble track, safety mats, coaching blocks, rig/belts
- L2 - L1 requirements **AND** fast track into pit, springboards

Women's Artistic

- L1 - 12x12m floor area with 25mm surface, vaulting apparatus and springboards (minimum of 2 with different tensions), safety mats, low and high bar, A-bars, polished bar, beam and floor beams, trampette, vault table, 60cm blocks (minimum of 2), music/audio facilities, training aids (benches, elastics, inclines etc)
- L2 - L1 requirements **AND** trampoline

Learn to Coach/Safe In Your Hands

- Learn to Coach – classroom space with projector (2 hours), hall space with floor mats and coaching blocks (2 hours)
- Safe In Your Hands - classroom space with projector (2 hours)

Pre School CPD

- **Essential** - 10 x 10m floor area with minimum 25mm thick surface, vaulting apparatus (platform, section box or equivalent), springboard (junior desirable), Music/audio facilities, Safety mats (minimum of 4), Hoops (minimum of 12), Ropes (minimum of 12), Balls (minimum of 12), Bean bags (minimum of 12), Mini bouncer/trampette, bench (minimum of 2)
- **Desirable** - Floor beam, Low bar or junior bars, floor bar, ribbons (minimum of 12), feathers (minimum of 12), scarves (minimum of 12), tap sticks (minimum of 12), parachute, small apparatus (parachute, hopscotch, ladder, wobble board, tunnel, spots), soft play shapes (wedges, steps, cubes etc), trampoline