

## Gymnast to coach ratios

There are several diverse factors to consider when making recommendations about the ratio of participants to coach in Gymnastics and Trampolining activities.

These factors might include: the age and stage of development of the participants, the level and type of activity, the experience of the participants and coach and the type of facility and equipment available. However, the coach in charge must always make an assessment (i.e., a risk assessment) of each situation and must determine a ratio of participants to coach/es that is reasonable, safe and effective.

Please note that THERE MUST BE at least two qualified coaches always present during training sessions. One minimum Level 2 coach, plus one appropriately qualified assistant coach, in the disciplines being offered.

To ensure that a safe and effective coaching situation is maintained, Scottish Gymnastics recommends the following reasonable ratio of participants to coach:

### Preschool Classes

For independent child classes, a ratio of eight participants to one coach is recommended. This can be increased proportionally to the number of qualified assistant coaches, i.e., 8 per additional directly supervised assistant coach.

For classes where the parent, guardian or carer is participating with the child, a maximum ratio of 20 children to one coach is recommended.

### Gymnastics Classes

Suitably qualified Scottish Gymnastics coaches must supervise all gymnastics activities. Coaches must be qualified to the level of performance of the participants in the specific discipline of the sport.

The recommended maximum number of participants to one apparatus/station is 8 participants\*.

Where more than one apparatus/station is to be supervised, the coach in charge must carefully assess the following:

- a) The age, stage of development, experience, varying ability and number and discipline of the participants.
- b) The coaches' own qualifications and experience.
- c) Their ability to observe, advise, support and respond to the difficulties of anyone in the gymnastics area.
- d) The level and type of activity and suitability of the apparatus arrangements.

Normally, one coach would not be expected to supervise more than 16 gymnasts, without other suitably qualified coaches being in attendance. However, where a directly supervised and qualified assistant coach is used, in addition to the supervising coach, each additional assistant coach may supervise a maximum of 8 participants (i.e., qualified lead coach = 16 gymnasts plus 8 gymnasts with assistant coach = 24 in total).

\*Where the coached activity is TeamGym, a team may consist of up to 12 gymnasts. It is acceptable, when training for trampette and tumbling, and where the training involves streaming, for one coach to be responsible for the full team of up to 12.

## Trampoline Gymnastics

All trampolining activities must be supervised by suitably qualified Scottish Gymnastics coaches. It is incumbent upon the coach in charge to ensure that trained spotters of suitable size are provided at each side not protected by alternative safety measures such as end decks.

The recommended maximum number of participants to one trampoline is 8 participants. Where more than one trampoline is to be supervised, the coach in charge must carefully assess the following:

- The age, stage of development, experience, varying ability and number and discipline of the participants.
- The coaches' own qualifications and experience.
- Their ability to observe, advise, support and respond to the difficulties of anyone in the trampoline area.

Normally, one coach would not be expected to supervise more than 16 recreational trampolinists, without other suitably qualified coaches being in attendance.

The coach in charge must also ensure that the person/s sliding in the "push in mat", if not a qualified coach, is trained, experienced, of sufficient maturity and familiar with the performer.

## Coaching Disabled People

When working with disabled participants, a competent assessment of the risk to the individual and other participants must be made when determining the ratio of gymnasts to coach. Depending on the nature of the disability, one-to-one supervision may be necessary.

## Coaching Adults

Gymnast to coach ratios should be the same for adult classes as they are with a child class. However, a second, non-participating 'responsible adult' would not need to be present unless the adults that are being coached are vulnerable adults.

## Further Guidance

When groups are warming up, cooling down or working on low-risk activities on a floor area, the ratio may be increased within the bounds of safety.