

NCCP Gymnastics Foundations



Training Phase

Minimum 15 years old

Gymnastics Foundations Theory Course (online option)
(4-hour course)

GF Theory Online: NCCP
Emergency Action Plan

**Minimum standard is NCCP GF Theory in order to be eligible to complete NCCP Competition 1 Theory. Additional Provincial requirements may apply.*

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

Make Ethical Decisions
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

NCCP workshop or online course

Gymnastics Canada NCCP course

Gymnastics Canada non-NCCP activity

Multi-sport Non-NCCP activity

Gymnastics Foundations Maintained

