

Frequently Asked Questions – What can I coach in the gym?

What is the Skills Matrix?

The Skills Matrix lists the skills that may be covered in each Gymsport Coach Accreditation Course from Intermediate to Advanced Silver and therefore provides a guideline of skills that the coach can coach.

The Skills Matrix is not an exhaustive list. A coach is considered to have the knowledge, skills and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the Skills Matrix.

Can I coach skills which are not within the skills matrix?

Yes.

The list of skills in the Skills Matrix is not exhaustive. During your training for the accreditation, you will have gained the skills, knowledge and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the Skills Matrix.

A coach can also coach new and more advanced skills as part of the process of gaining a higher accreditation but the coach must **exercise a duty of care to participants, seek support and conduct a risk analysis.**

How will I know if the skills I am coaching are covered by insurance?

Gymnastics Australia works closely with JLT to determine the scope of cover within the National Insurance Program.

Please view the document 'What can I coach in the gym?' Read the information specific to your level of accreditation to determine the scope of your insurance cover.

Remember, coach at your level of competency.

Please contact JLT Sport for clarification if you believe your club or coach activities may fall beyond the scope of cover.

I am an Intermediate WAG Coach and want to coach Level 1-3 gymnasts. Does my accreditation allow me to do this?

What you can coach is not determined by the level you coach but by your competency.

Please view the document 'What can I coach in the gym?' to see the Skills Matrix which states skills you are competent to coach. The Skills Matrix is not an exhaustive list. A coach is considered to have the knowledge, skills and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the Skills Matrix.

I have a MAG accreditation but I have also been asked to coach WAG classes. Does my MAG accreditation allow me to do this?

You gained your MAG accreditation because you have been found to be competent in a number of different areas. Some competencies are the same across all Gymsports and some are different. For example if you are competent to coach a handstand in MAG you will be competent to coach a handstand in WAG. Before agreeing to coach the class consider your level of competence and decide if it covers you to coach the class you have been asked to coach.

Can a WAG coach work on children's birthday parties which involve the use of equipment such as rings, ropes, parallel bars and trampolines?

Yes – provided the coach exercises a duty of care by ensuring the coach has the competency to supervise/coach at the party based on the activities of the participants.

A birthday party is considered a recreational activity and the assumption is that participants will be exploring the apparatus and participating in introductory level skills.

Are coaches who conduct classes for children not of school age required to have a KinderGym or GfA Accreditation to be covered under the GA coach insurance policy?

A coach who coaches a class for under 5's can do so with an appropriate Gymsport accreditation. The type of Gymsport accreditation will depend on the nature and content of the course.

A coach is only required to have a KG Accreditation if the Club is a registered Kinder Gym and the coach is coaching a KinderGym class.

As best practice, GA recommends that all classes for children under the age of 5 are conducted by a coach with a KG Accreditation.

If I coach a WAG recreational class, am I required to hold a GfA Coach Accreditation?

No you are not. A coach can coach a WAG recreational class with a WAG accreditation. What you can coach is not determined by the level you coach but by your competency.

Please view the document 'What can I coach in the gym?' to see the Skills Matrix which states skills you are competent to coach. The Skills Matrix is not an exhaustive list. A coach is considered to have the knowledge, skills and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the Skills Matrix.

GA does however highly recommend that a coach who regularly conducts recreation classes gains a GfA Accreditation to learn about GfA philosophies and different approaches to engaging participants in recreation classes.

If I hold a WAG accreditation am I competent to coach rings?

Rings is not covered within the WAG accreditation course so therefore a coach would not have covered rings skills in the accreditation. The coach does however have the competence to safely select, drills and activities, break down skills, pace and sequence activities, conduct a risk assessment etc. A coach would therefore be expected to work with skills of a similar degree of difficulty and seek support prior to undertaking this skill.

Is a MAG / WAG coach covered to use a mini tramp?

Yes, a coach can use a mini-tramp as a piece of apparatus provided the coach exercises a duty of care and works within their level of competence.

A coach should make reference to the document titled 'What can I coach in the gym?' and view the Skills Matrix.

Please note that trampoline is now covered within MAG, WAG and GfA courses.

I completed an Intermediate Coach course in January 2014. I want to be able to coach a salto. Can I go to a salto workshop to coach a salto?

No you cannot.

A coach who completed an Intermediate Accreditation after July 2013 must hold an Advanced Coach Accreditation to coach the salto. The Advanced Coach online courses will begin to be released from October 2014.

Do I have to hold an accreditation to work in the gym or can I assist as a volunteer?

It is perfectly acceptable to have an assistant/volunteer in the gym to assist during a class. Roles may be assisting with class management, completing paperwork or helping to prepare apparatus or equipment.

The assistant / volunteer should not undertake a coaching role, i.e. should not provide coaching tips and advice to an athlete.

If I work on my own in a gym, how do I seek support?

Support can be gained in a number of ways. A coach should select support based on the level of risk. Examples include support from another coach in another gym, reading gymnastics books, talking to a coach by phone or via technology such as SKYPE, referring to GA published material or other gymnastics coaching material, videos on the internet (please select a reputable source).