



# **GYMNAST TO COACH RATIOS**

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## PARTICIPANT RATIOS

There are several factors to consider when making recommendations with regards to the ration of Gymnast to Coach / Teacher in Gymnastics and Trampolining activities.

**These factors include:**

1. Age
2. Stage of development
3. Level & type of activity
4. The experience of both the Participants & Coach / Teacher
5. Type of facility
6. Type of equipment available

**HOWEVER**, the Coach / Teacher in charge must always make an assessment (for example a risk assessment) of each situation & must determine a ratio of Participants to Coach / Teacher that is reasonable, safe & effective.

**YOU SHOULD ALWAYS HAVE AT LEAST TWO RESPONSIBLE ADULTS IN THE CLASS AREA.**

It is a condition of our Insurance that the IGA Coaching qualification requirements or an equivalent are complied with as follows:

Clubs must have at least **one designated Coach to a minimum Level 2 qualification** responsible for detailing and setting out all gymnastics activities.

All other coaches must be to a minimum Level 2 qualified.

All Level 1 Assistant Coaches **must be supervised** by a Coach qualified to a minimum of Level 2.

All Coaches must be qualified to the level of performance of the participants in the specific discipline of The Sport.



## GYMNASTICS & TRAMPOLINING RATIOS

Independent child classes:

*A ratio of 1:8 is recommended. This can be increased proportionally to the number of qualified assistant coaches, i.e. 8 participants per additional directly supervised assistant coach*

Classes with the Parent, Guardian or Career:

*A maximum ratio of 1:20 is recommended when a responsible adult is with the participant.*

### **All Gymnastics Disciplines [except trampolining, see below]:**

- A maximum of 8 Participants to any apparatus/station/trampoline.
- A maximum Coach to Participant supervision ratio of 1:16 shall not be exceeded at any time
- Each assistant Coach may supervise up to 8 Participants in addition to the lead Coach group of 16 (e.g. a total of 24 participants for a lead coach and assistant Coach).

### **Trampolining**

All trampolining activities must be supervised by a suitably qualified Coach / Teacher. It is the requirement of the Coach in charge to ensure that trained spotters of suitable size to the Participant, must be in place at each trampoline.

A maximum of 8 Participants to any trampoline, with a maximum of 1 individual Person / Participant on the trampoline at any time.

It is a further condition of our insurance that in respect of Trampolining, Non-Slip socks or trampoline shoes should be worn.