

Registration Information

D.1 Registration Procedure

All members must be registered as outlined in Section Six (6) of the Policy Manual. The registration forms must be completed properly, designating members as such. For example, athletes must be registered preschool, recreational or competitive.

Registering competitive athletes. All athletes competing in GNS sanctioned events must be registered as competitive athletes by October 1 of the competitive season. An athlete who is registered recreational and it is decided that the athlete will compete, the club must submit the athlete's name to the respective committee (WPC, MPC, TPC) for approval. The club is then responsible for ensuring the athlete is registered as a competitive athlete.

Failure to follow this procedure will result in the club paying a fine to GNS. The club will be disallowed participation in any GNS sanctioned event until this fine is paid and the athlete(s) re-registered.

D.2 Membership Fee Structure

The fee structure is set at the Annual General meeting of Gymnastics Nova Scotia. The fee structure for 2009-2010 is as follows:

| | | |
|-----------------------|---|-----------------------------|
| Active Club Fee | - | \$200.00 per club |
| Associate Club Fee | - | \$100.00 per club |
| Pre-school Gymnasts | - | \$ 14.00 per gymnast |
| Recreational Gymnasts | - | \$ 14.00 per gymnast |
| Recreational Coaches | - | \$ 15.00 per coach |
| Competitive Gymnasts | - | \$ 45.00 per gymnast |
| Competitive Coaches | - | \$ 25.00 per coach |
| Judges | - | \$ 25.00 per judge |
| Other Members | - | \$ 5.50 per member |

D.3 Minimum Standards for Clubs

GNS requires that all club coaches (19 & over) have police screening AND child abuse checks completed every 3 years.

GNS also requires that all club coaches complete the Respect in Sport On-line Program.

GNS recommends that all clubs have a person in the facility during training hours that has current First Aid Certification.

Clubs must meet the minimum standards listed below to become an active member club of Gymnastics Nova Scotia.

Artistic Gymnastic Clubs

A. Facility

- Ample space between pieces of equipment and the walls.
- Adequate ceiling height and spacing between equipment items.
- Must contain an emergency exit and access to a telephone line.
- Adequate lighting.

B. Equipment

- Adequate padding for all landing surfaces - consideration given to the length of descent.
- Adequate padding underneath all elevated equipment. i.e. Proper landing mats. 3" - 6" in depth. "Adequate padding" is defined as being that outlines of metal or wood cannot be felt through padding.
- Floor equipment/legs of equipment must be stable, meaning unable to move freely and/or wobble.
- Cables, nailings, bars, etc., must be tightly fastened and secure.
- Surfaces must be flat, smooth and/or finished, free of obstacles and/or profusion of any sort.
- GCG approved equipment - i.e. AAI or Speith Anderson must be available in clubs offering competitive gymnastics programs.

C. Staff**i. Competitive Gymnastics**

- Supervisory Instructor 19 years of age or older
Minimum Full Level II NCCP Gymnastics Certification
- Class Instructors 16 years of age or older
Minimum Full Level I NCCP Gymnastics Certification
- Assistant Instructors in training to certify as a level one gymnastic instructor.

The supervisory instructor must be present (in the gym) during classes.

The supervisory instructor may or may not be directly involved with instruction of the class.

ii. Recreational Gymnastics

- Supervisory Instructor 19 years of age or older
Minimum Full Level I NCCP Gymnastics Certification
- Class Instructors 16 years of age or older
Minimum Full Level I NCCP Gymnastics Certification
(see exemption process – Appendix D.4)
- Assistant Instructors in training to certify as a level one gymnastic instructor.

The supervisory instructor must be present (in the gym) during classes.

The supervisory instructor may or may not be directly involved with instruction of the class.

Clubs using Trampoline**A. Trampoline Clubs****(1) Recreational and Provincial one competitive category.****a) Equipment**

- Round trampoline bed
- frame pad secured to entire trampoline covering springs/cords
- gymnastic mats surrounding trampoline
- GCG approved mini-trampoline
- frame pads secured and surrounding entire mini-tramp covering springs/cords
- landing mat - 6 x 12 feet x 10 inches. Medium density foam.

b) Staff

- Supervisory or Head Coach: 19 years of age or older
Minimum Full Level I NCCP Trampoline Certification
- Assistant Coaches: Minimum of 16 years of age
Minimum Level 1 NCCP Technical Trampoline Course
obtaining full certification

(2) Provincial Two and higher competitive categories**a) Equipment****Trampoline**

- 4 x 8 ft spring waded trampoline
- full frame pads secured to entire bed covering springs 1 1/4 inch foam
- ceiling height - 8 m.
- gymnastic mats surrounding trampoline
- 5 x 8 ft x 8 inches medium density foam end deck mats
- end decks firmly attached to trampoline

Double mini-trampoline

- GCG approved double mini-tramp
- frames pads secured covering springs
- landing mat 6 x 12 ft x 10 inches
- gymnastic mats surrounding landing area and DMT
- ceiling height 6 m.

b) Staff

- Supervisory/Head Coach: 19 years of age or older
Minimum Full Level II NCCP Trampoline Certification
- Assistant Coaches: 18 years of age or older
Minimum Level II NCCP Technical Trampoline Course obtaining
full certification

* Note: Provincial Two Category does not require end decks.

* Note: To host a trampoline competition, requirements change and are listed in the trampoline technical handbook.

B. Gymnastics Clubs/Classes**1. Recreational Clubs/Classes****a) Equipment**

- Round trampoline Bed
- full frame pads secured and covering springs/cords
- gymnastic mats surrounding trampoline
- GCG approved mini-trampoline
- frame pads surrounding entire MT, secured and covering springs/cords
- crash mat 6 x 12 feet x 10 inches medium density foam

b) Staff

- Supervisory/Head Coach: 19 years of age or older
Minimum Level I NCCP Technical Trampoline Course
- Assistant Coaches: Minimum 16 years of age
Minimum Level I NCCP Technical Trampoline Course

(2) Competitive Clubs/Classes**a) Equipment**

- 4 x 8 ft spring loaded trampoline
- full frame pads secured covering springs
- gymnastic mats surrounding trampoline
- ceiling height - 6m
- GCG approved mini-trampoline
- full frame pads secured to MT, covering springs
- crash mat 6 x 12 ft x 10 inches
- gymnastic mats surrounding trampoline and covering landing area

b) Staff

- Supervisory/Head Coach: 19 years of age or older
Minimum Level II NCCP Technical Trampoline Course
- Assistant Coaches: 16 years of age or older
Minimum Level II NCCP Technical Trampoline Course

* Note: Level I trampoline certification does not include inversions. Level I coaches are not certified to teach or supervise inversions of any sort and will leave themselves and the club open to a liability suit in the event of an injury.

* Note: pullovers and turnovers are introductory inversions and considered to be Level II skills.

* Note: these are minimum standards only. Clubs may also receive further equipment recommendations by contacting the Trampoline Technical Committee for the province.

