



GYMNASTICS FOR ALL (GFA)

OPERATIONS MANUAL (Formerly P&P Manual)

2019-2020

October 2019

Gymnastics For All

2019-20 Season Information Summary

1. GENERAL INFORMATION

The information in this first section summarizes the major elements in the 2019-20 season.

Program information, including Technical Committee minutes are available on the GBC Website.

Gymnastics BC GFA Program Page:

<http://www.gymbc.org/recreational-gymnastics-play/>

Gymnastics Canada GFA Program Page:

<http://www.gymcan.org/disciplines/gym-for-all/gym-for-all-overview>

2. GFA COMMITTEE

2.1 2019-20 GFA Committee Members

GFA Chair	Mary Morice	director_gfa@gymbc.org
Committee Members	Sherri Taylor	sherri.flipcity@gmail.com
	Jen Olthoff	recreational.director@wrgym.org
	Tami Calkins	calkinsgym@gmail.com
	June Tiefenbach	jktiefenbach@gmail.com
	Karyne Bailey	office@prgymnastics.ca
	Sho Litvack	newsho@live.ca
	Catou Tyler	program@whistlerygymnastics.com
	Sabrina Schilling	schilling.sabrina.11@gmail.com
GBC Staff (non-voting)	Keara Urquhart	kurquhart@gymbc.org
	Andrée Montreuil	amontreuil@gymbc.org

2.2 2019-20 Committee Meetings

October 21, 2019	GBC Office & Conference Call
January 17, 2020	
April 2020 TBC	
July 2020 TBC	Typically in conjunction with the GFA Recreational Conference

Meeting dates are subject to change.

2.3 GFA Assembly/AGM

July 2020 TBC (typically in conjunction with GFA Recreational Conference)

3. 2019-20 GFA EVENTS**GFA Recreational Conference**

Date: July 2020 (typically in conjunction with GFA AGM)

Location: TBC

BC Gymnaestrada

Date: May 22 – 24, 2020

Location: PineTree Community Centre (Coquitlam)

Gymnastics For All

Important Note

Please consult the Gymnastics BC (GBC) Gymnastics For All (GFA) Manager with any questions regarding document accuracy or current status.

In the event that any policy contained in this document is contradicted by another policy of the Association, the latter shall prevail.

Clarification of Decision Making Authority

Items are marked to indicate whether they are considered a rule, a policy or a procedure. They are also marked with which body has authority over the decision-making process.

In general, rules will be under the authority of a Technical Committee or an appropriate staff member, policies will be under the authority of the Board of Directors and procedures will be under the authority of staff. Any relevant supporting documents will be referenced to provide clarity.

Where an item does not indicate authority, it is assumed to be informational or under the authority of staff.

PART 1: GENERALITIES

1.1 Operations Manual - Additional Sections

The Operations Manual (OM) is comprised of many sections. If you don't find the information in the present section, please consult the other sections.

1.2 Program Objectives and Goals

Type: Policy

Decision by: Board

Reference Document(s): None

The goals and objectives of the GBC GFA Program is to:

- Coordinate, supervise and support the technical aspects of Gymnastics for All programs in BC, including emerging programs and initiatives;
- Continue to increase numbers of recreational gymnastics participation throughout the province;
- Promote gymnastics as a foundation sport and means to develop physical literacy;
- Determine the technical rules and procedures as they are applied to all GFA activities;
- Organize clinics, training camps and seminars to help in the development of athletes and coaches;
- Work with a selected host club to support the organization of a yearly provincial Gymnaestrada;

1.3 Terms of Reference

Type: Policy

Decision by: Board

Reference Document(s): Committee Policies and Procedures – GFA Terms of Reference

Gymnastics For All Committee (GFAC)

Composition

The GFAC is composed of the Chair and (up to) 15 voting members and 2 non-voting members.

Voting Members

Voting members are comprised of the Chair (also a member of the GBC Board of Directors) and members-at-large. Members-at-large may be assigned a specific portfolio. Portfolios are dependent on the particular program focus areas for the year.

Non Voting Members:

- GBC Gymnastics For All (GFA) Manager
- GBC Technical Director

Attendance

Voting members for all committees will be expected to attend all scheduled meetings. Any member missing more than one (1) meeting will lose his / her voting privileges. Extenuating circumstances will be taken into consideration.

Voting and Quorum

Each voting member may cast one (1) vote. All motions will be decided by majority vote.

The quorum for all GFAC meetings shall be the majority of the directors in office.

Duties of the GFAC

- a. determine and implement goals and objectives for the development of GFA in BC;
- b. report all decisions made by the GFAC to the GBC Board of Directors and the GFA Assembly;
- c. adopt and ensure that all technical policies are respected;
- d. adhere to all policies and procedures of GBC;
- e. assist the GBC staff as necessary;
- f. provide input and support for recreational events on a yearly basis (Gymnaestrada, conferences, etc);
- g. provide a Provincial base of programming that all clubs can use;
- h. through the Chair, create ad-hoc committees for special projects;
- i. monitor, regulate and evaluate all activities related to the GFA programs;
- j. ensure decision processes and lines of communication are established, respected and maintained;
- k. hold a minimum of 3 meetings per year, not including the GFA Assembly;
- l. promote sound risk management practices.

GBC GFA Assembly

The GBC GFA Assembly will provide the general direction of the program for the following year. The GFAC will consider the motions and discussions during the assembly to determine the direction, however the GFAC is not bound by those motions.

Elections

The Chair is elected for a 2-year term by the GFA Assembly (elected on odd years). All other members are elected at the GFA Assembly for a 1-year term.

PART 2: GYMNASTICS FOR ALL PROGRAMS

PLAY Gymnastics

Previously, all GFA programming fell under the PLAY Gymnastics brand.

The brand is currently under review. Please contact the GFA Manager for further information.

2.1 CanGym

Reference Document(s): www.gymcan.org/disciplines/gym-for-all/cangym

In existence for over 30 years, the CanGym developmental badge program has gone through many changes -- from the earliest version of the “Red, White, and Blue” program to the multi-level program our clubs use today.

As a foundation sport, gymnastics is often the first activity a young participant will experience. Recognizing the integral role our sport plays in setting the stage for long-term participation in sport and activity, the CanGym program currently carries the untapped potential to become THE national flagship program for all Canadians as they begin their journey in sport and recreation.

In order to tap into this potential, the current CanGym program is being revitalized to address the needs, abilities, and interests of a dynamic range of participants - from the Active Start to the Active for Life stages of development. Building off the fundamental movement patterns of gymnastics, the CanGym revitalization project aims to provide a program for all ages and gymnastics disciplines, but will focus on artistic, trampoline, and rhythmic gymnastics as the initial framework.

To this end, the CanGym Program philosophy has recently been updated:

“CanGym is a nationally recognized program that unites participants, coaches, clubs, and communities of all gymnastics disciplines. Utilizing an inclusive and developmentally appropriate approach, the CanGym program empowers participants to build a foundation of physical competence and confidence to enjoy a lifetime of healthy, active living.”

Gymnastics Canada has partnered with technical contractors across the province to revise the curriculum. These technical contractors will work with additional experts and consultants from across the country to help build the content of the program with special consideration given for discipline-specific skill progression, curriculum design, child/stages of development, and special needs programming.

The revised curriculum is currently being piloted in different phases across the country. The official revision is scheduled to roll out for the 2020/2021 season.

2.2 CanJump

Reference Document(s): www.abgym.ab.ca

The CanJump program was developed by the Alberta Gymnastics Federation and is supported by Gymnastics Canada. The program is an innovative recreational program dedicated to teaching trampoline and tumbling to children of all abilities, ages 4 years and up, in a fun, challenging and rewarding atmosphere. This new approach to the badge system allows individuals to progress at their own pace.

The program offers all three TG disciplines: individual trampoline, double mini trampoline and tumbling. Individual trampoline focuses on the participant performing a combination of skills, one after the other with no breaks or extra jumps in between. In double mini trampoline participants will start by running up to the double mini, jumping into the mount area, perform 1 or 2 skills which land back on the double mini followed by a dismount skill onto a landing mat. Tumbling consists of performing a series of tumbling skills in a straight line using a competitive TG tumbling floor or on a line of mats.

A complete copy of the CANJUMP program can be ordered through the Alberta Gymnastics Federation website (www.abgym.ab.ca).

2.3 Interclub

Reference Document(s): <http://www.gymbc.org/recreational-gymnastics-gfa/>

The GBC Interclub program is designed to expand the scope of participation in recreational gymnastics in BC. Interclub provides a training framework and offers opportunities for athletes to attend sanctioned events, at which they perform gymnastics routines to showcase personal ability.

Designed for all levels of recreational gymnasts, Interclub does not require a minimum or maximum skill level to participate. Artistic movement is encouraged and there are no skill restrictions, provided that the skills are being taught in a safe, progressive manner by a qualified coach.

The GBC Interclub program is specifically designed for recreational athletes and is not meant to be used as a developmental competitive or pre-competitive program. Junior Olympic compulsory routines are not permitted in the interclub program.

Interclub is offered in the WAG, MAG and TG disciplines, across three categories: Performance, Performance Plus and Performance Challenge.

For full program eligibility and rules, please refer to the [Interclub Program Manual](#), which is available for download on the website.

Coaching requirements can be found in the coaching section of the GBC Operations Manual.

2.4 Adult Gymnastics

Reference Document(s): <http://www.gymbc.org/recreational-gymnastics-gfa/>

Adult gymnastics programs throughout B.C. provide opportunities for people of all ages to maintain and learn gymnastics skills. Recreational adult classes offered by clubs are typically recreational, however, adults seeking a bigger challenge and an opportunity to perform in a social setting may enroll in an adult meet.

Gymnastics BC's Provincial Adult Program gives performance opportunities to adults of all ages. The program is competitive, however, is focused more on the social aspect of participation rather than a strict scoring rubric.

Different age categories are available, as to not discourage older performers to participate. Rules are loose and lenient, and judging is casual. Competitors typically receive fun gifts and special awards for their efforts.

Adults (18+) are eligible to compete if they have not competed in the formal competitive structure in the current year. There are no gender restrictions, so men and women can compete, and are encouraged to partake, in all 14 events.

The Adult Program and Code is currently under Adult subcommittee review. For more information, please contact kurquhart@gymbc.org.

Coaching requirements can be found in the coaching section of the GBC Operations Manual.

2.5 Recreational Acrobatic Gymnastics

Reference Document(s): None

At the recreational level, pyramid and partner work CANNOT exceed 2 gymnasts high. Skills involving balancing on knees and shoulders are permitted.

Coaching requirements can be found in the coaching section of the GBC Operations Manual.

2.6 Recreational Cheerleading

Reference Document(s): <http://www.iasfworlds.com/cheer-page/>

Recreational cheerleading is an individual member registration category for individuals who will be participating in GBC club operated recreational level cheerleading programs.

GBC provides insurance that covers basic recreational cheerleading taking place within a full member club facility under the following conditions:

- All recreational cheerleading in GBC clubs must not exceed skills found in the 2019-20 International All Star Federation (IASF) Level 2 rules;
- A Comp 1 supervising coach is present in the gym (not necessarily the cheerleading coach, see further clarifications below);
- The coach directly leading each recreational cheerleading class has a minimum of the following certification:
 - Gymnastics Foundations certified (+ RiS program): for classes that do not exceed the skills listed in the 2019-20 IASF Level 1 rules.
 - Comp 1 Certified (+RiS program): for classes that do not exceed the skills listed in the 2019-20 IASF Level 2 rules.

Coverage for recreational cheerleading outside of a full member club is not provided. If you wish to obtain additional coverage, please contact GBC.

Competitive cheerleading and the training of competitive cheerleading is not part of GBC's programming or insurance coverage.

2.7 Recreational Parkour

Reference Document(s): <http://www.gymbc.org/recreational-gymnastics-gfa/>

Gymnastics BC is offers recreational parkour coaching certification in partnership with the World Freerunning Parkour Federation (WFPF).

Certified instructors are entered into the WFPF database and eligible to coach recreational parkour at any Gymnastics BC member club or WFPF-affiliated facility. All Gymnastics BC full member clubs must have WFPF certified coaches in order to offer recreational parkour programming.

GBC provides insurance that covers recreational parkour taking place within a full member club facility under specific conditions. the following conditions:

- Classes must be taught by a WFPF Level 2 certified coach;
- All recreational parkour in GBC clubs must not exceed skills taught in the WFPF Level 1 and 2 certification course;
- The coach directly leading each recreational parkour class has a minimum of the following certification:
 - Gymnastics Foundations Intro and Theory, and WFPF Level 2 certification (+RiS program)
- All recreational parkour coaches must maintain current WFPF certification.

Coverage for recreational parkour outside of a full member club is not provided. If you wish to obtain additional coverage, please contact GBC.

Competitive parkour and the training of competitive parkour is not part of GBC's programming or insurance coverage.

PART 3: GYMNASTICS FOR ALL EVENTS

3.1 BC Gymnaestrada

Reference Document(s): <http://www.gymbc.org/bc-gymnaestrada/>

In partnership with a member club, the BC Gymnaestrada is the largest recreational gymnastics event in the province. During the weekend, participants take part in workshops, activities and perform their routines.

For athlete eligibility, and more information on upcoming events, please visit the [Gymnaestrada](#) page of the website, or contact GFA Manager, Keara Urquhart (kurquhart@gymbc.org).

3.2 GFA Recreational Conference

Reference Document(s): <http://www.playgymnastics.com/club/gymnaestrada/>

The GFA Recreational Conference is an annual event designed for recreational gymnastics coordinators and coaches, program directors, club managers and owners.

It is typically held in July each year, and offers members the opportunity to learn from renowned speakers and

For information on the upcoming event, please visit the “Events” section of the GFA page of the [website](#), or contact GFA Manager, Keara Urquhart (kurquhart@gymbc.org).