



## Whistler Gymnastics Program Policies

June 2020

Whistler Gymnastics will provide gymnastics\* and multi-sport cross-training programs.

Priority for programming will focus on local child/youth gymnastic\* activity.

*Gymnastic activities\* includes the disciplines of artistic, trampoline, rhythmic, acrobatic and aerobic. (Acrobatic skill components can include Freestyle aerial and parkour training). Each long-range strategic plan will identify the disciplines currently being offered, the scope/extent of each discipline and the LTAD developmental flow the programs*

### **Current Strategic Planning 2018-21 includes the following disciplines**

- **Gymnastics for All** – Artistic and Trampoline, including Active Start, Fundamentals, Gymnaestrada, High-School, Adult, Cheer and Pre-CIT coaching
- **Acrobatic** – Parkour and Freestyle Artistic and Freestyle Trampoline
- **Artistic Women's Competitive** – Interclub, Developmental, and Provincial JO to Level 6-8
- **Trampoline Competitive** – Developmental/Interclub and Provincial (pre-national) to National Level 5
- Currently no rhythmic aerobic or men's artistic competitive disciplines are being offered. Skills from these disciplines are integrated.
- Pemberton programs are limited to Gymnastics for All, Parkour and Interclub. Trampoline is included in some GFA programming.

Programs will be based on the Canadian Gymnastic [LTAD Plan](#) and in compliance with GBC programming policy and offerings. Whistler Gymnastics Long Term Strategic plans will determine the choice and scope/extent of the programs they are able to provide.

Programming Guidelines will be as follows: -

- Programming will support and partner in developing physical literacy in the region.
- Programs will foster gymnastic fundamentals that can be translated to other sports.
- Programming offerings will be designed suitable to our facilities, community interest, and staff resources.
- Program delivery will focus on our club values, quality of coaching practices, and a healthy and safe gym environment.
- Programming will endeavor to meet the needs of both recreational and competitive athletes within the limits of our organization and facilities.

Annually, Whistler Gymnastics, in alignment with CGG LTAD, will further define and communicate descriptors on seasonal program/class offerings with purpose, age/stage, and readiness requirements and training schedules/times and costs.



More details are shown in [WG Program Flow Chart](#)

Program limitations- are as follows: -

1. Facility space

- a) Equipment layout and rotational use schedules - Management will establish, implement, and supervise use of equipment layout schedules and rotational use schedules. These cooperative schedules will be established annually and adjusted seasonally to meet the diverse needs of programs and to minimize space/equipment conflicts.

Gymnastics for All core programming needs will not be impeded by competitive layout needs.

Consideration will be given to competitive season training and meet schedules.

- b) Maximum Participants in regular gym classes or training sessions will be limited to gym maximums at any one time of total 40 athletes, 5 rotational groups or less and the maximum coach/athlete ratios (See chart). Pemberton total may be reduced to x due to less available space and equipment.

Participant limits may be exceeded for special events. Consideration should be given to further reduce participant numbers for programs requiring special focus, specific equipment, added safety requirements and programs which do not mix well with others i.e. Active Start, Special Needs, Parkour

2. Weekly class schedules will be established annually with minimal seasonal adjustments during fall, winter, and spring sessions. These schedules will aim to enhance the gym experience for all, minimize space/equipment conflicts, best match member needs, co-relate where possible with other community sport programs for seasonal age groups, and time/space consideration to maintain financially viable programming.
3. Daily class schedules will consider items such as but not limited to class/group overlaps, mixed program needs, and suitable coaching coverage.
4. Use of prime time (Mon to Fri 3:30-8 pm)  
Programming for children and youth will be given priority over adult programming during weekday 3:30pm-8pm program time slots.

Annual and Sessional programs will be given priority over short term programs, workshops, or bookings particularly during prime time.

Training groups requiring more than 2 weekly training time slots will need to use non- prime time slots during school-time or weekends.



5. Coaching staff –suitability and availability

Coaching staff will be offered casual employment based on their experience, qualifications, and program suitability. Annual and Sessional programs will be given priority in staffing over short term programs, access programs, and bookings.

All suitable staff will be expected to share in the responsibility for short term programs, access programs, and bookings as established in their employment agreements.

Casual employment agreements will be established annually for competitive stream, seasonally for recreational stream, and weekly/daily for camps and access because staffing requirements are based on confirmed registration numbers.

6. Coaching ratios

Rule of 2 will be following for all coaching/supervision situations.

WG coaching ratios will fall within the range of GBC requirements.

Additional WG guidelines are defined by program type to ensure our minimum/maximum standard of safety, quality, and financial sustainability.

PROGRAM	CLASS	MIN #’S	MAX #’S	RECOMMENDED COACH/ATHLETE RATIOS *PRECIT could be added to GFA groups nearing max
Active Start	Parent and Tot	5	10	1:8
Active Start	KK3, KK4, KK5	5	6*	1:5 (1:6 KK 5)
GFA TG	Gr. 2-7, Teens	5	6*	1:6
GFA AG	Fundamentals 1-3, 4-7, Teens, Interclub	5	8*	1:8 (1:6 new coaches)
GFA Other	Parkour/Freestyle	5	8*	1:6
Competitive	Artistic/Tramp	5	8	1:6
Extra	Adult, Cheer, School Groups, Access	6	10	1:8 (with added teacher, instructor or Precit for youth programs)



## 7. High Performance Competitive Athlete Training -Oros only

Our competitive training programs are set based upon the following standards:

- Safe & adequate equipment for the level of training
- The training needs of the athletes now and in the future as identified by the program management and applicable coaching staff.
- Availability of suitable coaches based on NCCP standards and our added assessment of individual coach suitability. Coaching coverage for other groups must not be affected by assignment to coach HP groups.
- Training hours are available and not interfering with prime-time training hours outlined above.
- Minimum group number are met. If not, the option will be given of paying a higher hourly group rate divided by number of athletes.

The focus of the competitive programs will be as identified in LTAD planning of the current Strategic Plan.

Clear communication of the competitive athletes' potential development pathways and what WG can offer must be undertaken annually by club program management with the athletes, parents, and coaches involved. This is particularly important for athletes nearing the higher limits of our current programming or identified as needing a higher performance level in the future.

Options to extend training beyond our club programming should can be considered such as added time with added cost, partnering and travelling to a suitable club or complete transfer to another club's high-performance program.

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### **Additional Pemberton Program Policies**

Pemberton programs will focus on Gymnastic for All programs including Active start, Fundamentals, Ninja's, Parkour and Teen Gym based on our initial agreement to support a recreational programming satellite in Pemberton.

- Interclub programming will be the only stream of competitive programming allowed.

Due to the non-permanent set-up and take down model and the limited facility time and limited facility space/equipment Pemberton programs may have reduced program offerings as follows but not limited to:

- Total numbers in gym at one time may be reduced
- Program offerings and camps may be limited or not offered at all.
- Trampoline programming may be integrated in GFA
- No adult classes will be offered.
- School field trips will only be offered when coaching is available.