



Chelmsford Gymnastics Club

JOB DESCRIPTION

<u>Job Title:</u>	Level 2 Gymnastics Coach (Men's Artistic MAG)
<u>Salary:</u>	To be discussed at interview (Depending on experience and qualifications)
<u>Reporting to:</u>	Rabin Beeloo – Head Coach
<u>Location:</u>	Chelmsford Gymnastics Club
<u>Hours:</u>	Casual hours from Monday to Saturday times ranging from 4-8pm (Weekdays) 9-2pm (Weekends) depending on groups available. This will be determined within the interview process.

Role requirements

- To have up-to-date knowledge of all Safeguarding and Welfare procedures related to children and young people
- To have excellent verbal and written communication skills
- To be Level 2 qualified (Minimum Core Proficiency) Gymnastics Coach
- To possess the knowledge and ability to coach and supervise all aspects of gymnastics for gymnasts aged 4-18
- To have a good general knowledge of the different pathways available within the sport
- To have the flexibility to accommodate and adapt a range of different programmes to meet the needs of gymnasts
- To have the availability to coach week and weekend classes throughout the year
- To be able to plan and coach gymnastics programs under the direction of the Head Coach
- To have competent organisational, administrative and computer literacy skills required to fulfil the role
- To understand and carry out the values and mission of the club to the best standard possible

Essential Functions

- Teach any and all recreational groups through all rotations that are considered safe by current standards.
- Teaching students the skills relevant to your qualification as a level 2 coach (see BG guidelines).



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- Explain and demonstrate age appropriate gymnastics skills.
- Observe and assist participants in acquiring new skills.
- Provide lesson plans demonstrating progression of your students.
- Set up and tidy away equipment specific to each class.
- Check equipment and gym environment regularly to ensure a safe environment for participants & report any problems to the Head Coach
- Update Admin Team, Head Coach and Welfare Team of any issues relating to students
- Report accidents and injuries that occur during class to the Head coach or to the qualified staff member on shift at that time
- Ensure first aid is administered as per First Aid training
- Inform and update parents and carers of programs, policies and information
- Inform and update parents and carers of their child's progress and behaviour
- Assist gymnastics supervisor by providing input for classes
- Take responsibility for own continued professional development by attending meetings, training, clinics, conferences and courses
- To ensure the confidentiality of sensitive information regarding the club, staff and participants at all times, adhering to GDPR
- To adhere to all British Gymnastics policies as well as policies and procedures specific to Chelmsford Gymnastics Club
- To undertake any other duties specific to the role as directed by the Head Coach
- To attend monthly Staff meetings to keep up to date with the development of the club. There may be separate meetings for other areas of the club that staff may need to attend depending on role(s).
- To attend and participate in staff appraisals to be able discuss coaching education and development and other areas within the role.

Required Training and Qualifications

- CPR and First-Aid Certification, or have the ability to obtain within six-months (6) of employment.
- BG Level 2 in Women's Gymnastics with the desire to work towards a level 3 or higher in the future.
- Up to date DBS that must be kept up to date and renewed every three years
- Keep up to date with CPD by attending workshops and events, online seminars and listening to relevant podcasts be it gymnastics or otherwise.

Coaching Skills

- Coaching skills would be permitted as per BG qualifications and discipline (WAG, MAG, General)
- The coaching skills are outlined below for the MAG Level 2 and this is in line with the BG recommendations for the discipline. This is subject to change as BG update their skills matrix information.



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Skills Matrix

Men's Artistic Level 2

The below skills boxes contain the skills which are to be demonstrated by at least one of the participants during the learner's practical assessment.

The learner will be required to:

deliver both activities within either the warm up or cool down (including pulse raiser/lower); the assessor will allocate this at the beginning of the assessment.

deliver two activities from the skills listed; the assessor will allocate these at the beginning of the assessment.

The learner will be allocated one of the following skills boxes for their practical assessment.

<p>Box 1</p> <p>Warm up and class organisation</p> <p>ROM exercises for japana Conditioning exercises for top planche</p> <p>Skills:</p> <p>Floor: Round off back flic Pommel: Forward shear Rings: Muscle up to ½ lever Vault: Handspring vault</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for upstart action Conditioning exercises for the straddle ½ lever</p>	<p>Box 2</p> <p>Warm up and class organisation</p> <p>ROM exercises for forward splits Conditioning exercises for Russian lever</p> <p>Skills:</p> <p>Parallel Bars: Swing in hang with bent legs High Bar: Backwards giant in loops and gloves Floor: Running forwards somersault tucked Pommel: Backwards shear</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for handstand Conditioning exercises for basic swing on rings</p>	<p>Box 3</p> <p>Warm up and class organisation</p> <p>ROM exercises for side splits Conditioning exercises for the straddle lift to handstand</p> <p>Skills:</p> <p>Rings: Bent arm body press to handstand Vault: ¼ straight front to back lie onto safe platform Parallel Bars: Static forwards pirouette High Bar: Forwards giants in loops and gloves</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for manna Conditioning exercises for single leg pendulum swings on pommels</p>
<p>Box 4</p> <p>Warm up and class organisation</p> <p>ROM exercises for Y balance Conditioning exercises for back planche on rings</p> <p>Skills:</p> <p>Floor: Handspring to one foot, handspring to two feet Pommel: Double leg circle on mushroom Rings: Backwards somersault tucked dismount Vault: Handspring to back lie on safety modules</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for front planche on rings Conditioning exercises for handstand</p>	<p>Box 5</p> <p>Warm up and class organisation</p> <p>Conditioning exercises for cast to handstand Conditioning exercises for the forwards shear</p> <p>Skills:</p> <p>Parallel Bars: Drop upstart High Bar: Straddle sole circle Floor: Round off flick backwards somersault tucked Pommel: Double leg circle on flat low horse</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for handstand on rings</p>	<p>Box 6</p> <p>Warm up and class organisation</p> <p>ROM exercises for arabesque Conditioning exercises for bent arm strength</p> <p>Skills:</p> <p>Rings: Cast from inverted hang into basic swing Vault: Handspring Parallel Bars: Forwards uprise to straddle support High Bar: Backwards giants in loops and gloves</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for mid-body tension Conditioning exercises for top planche</p>



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