



Chelmsford Gymnastics Club

JOB DESCRIPTION

<u>Job Title:</u>	Level 2 Gymnastics Coach (Women's Artistic WAG)
<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 WAG 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

Women'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>ROM exercises for Sissone Conditioning exercises for handspring vault</p> <p>Skills:</p> <p>Vault: Handspring to back lie on safety mats Bars: Progressions for the upstart Beam: Cartwheel for backwards somersault dismount Floor: Back flic</p> <p>Conditioning exercises for cast to handstand Tension exercises for the backward walkover</p>	<p>Box 2</p> <p>ROM exercises for backwards walkover Tension exercises for second flight handspring vault</p> <p>Skills:</p> <p>Vault: Run up and take off Bars: Clear hip circle preps Beam: Preparation for cartwheel backwards somersault dismount Floor: Handspring</p> <p>Strength exercises for backwards giant Conditioning exercises for the split leap</p>	<p>Box 3</p> <p>ROM straddle lever to handstand Conditioning exercises for the flyspring</p> <p>Skills:</p> <p>Vault: Second flight for handspring Bars: Undershoot from front support Beam: Four lengths of beam complex in preparation for leaps and jumps Floor: Forwards somersault</p> <p>Conditioning exercises for Russian lever Conditioning exercises for the backwards giant</p>
<p>Box 4</p> <p>ROM exercises for arabesque Conditioning exercises for the backwards somersault</p> <p>Skills:</p> <p>Vault: $\frac{3}{4}$ forwards somersault to back lie Bars: Progressions for upstart Beam: Split leap, sissone Floor: Round off in preparation for backflic</p> <p>Conditioning exercises for straddle lift to handstand Conditioning exercises for the clear undershoot dismount</p>	<p>Box 5</p> <p>Conditioning exercises for split leap Tension exercises for the forwards giant</p> <p>Skills:</p> <p>Vault: Handspring to back lie on raised platform Bars: From squat on low bar catch high bar to swing forwards Beam: Cartwheel Floor: Backwards roll to handstand with straight arms</p> <p>Strength exercises for cast to handstand Conditioning exercises for the round off</p>	<p>Box 6</p> <p>ROM for Russian lever Conditioning exercises for the backflip</p> <p>Skills:</p> <p>Vault: Second flight for handspring Bars: Progressions for the straddle/pike undershoot Beam: Four lengths of complex in preparation for basic acrobatic skills Floor: Backwards somersault</p> <p>Conditioning exercises for backwards somersault ROM and tension exercises for backwards walkover</p>



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