



Additional assistance at coaching qualification courses & assessments

Coach guidance

We encourage coaches to bring gymnasts who they regularly work with to their coaching courses and assessments. However, we recognise there are times when you may require an extra pair of hands to assist you in supporting some skills or progressions. We are committed to supporting you to attend your course and take your assessment, and therefore in these instances we can allow you to request additional assistance.

Additional assistance (if approved) allows you to bring another coach to your course or assessment to 'assist' you in the supporting of particular progressions or the full skill, with gymnasts who may require more assistance than you are able to give on your own.

As with any coaching situation, you should risk assess whether the gymnast is physically and psychologically ready for the progression or skill which you are supporting or applying additional assistance to. It should not be the case that you apply additional assistance in substitution of the ability or application of effort to the skill by the gymnast, just to show you can support the skill on course or in your assessment. The assistance you and your additional coach give should be an appropriate amount to aid and support the gymnast in completing the progression or skill, but should not 'do it for them'. Equally, the assistance should be viewed as assistance for you; you should be actively involved in the supporting as if you were doing it un-assisted, and you should be managing and directing the additional assistance.

If you bring additional assistance, you also take full responsibility for the coach who is assisting you, and you should ensure the coach is fully prepared, understands what you are asking of them, and understands the implications of assisting you. If the coach is qualified at a higher level than you they will be assisting within their coaching qualification syllabus. However, if you bring a coach who is of a lower qualification (see below for regulations) please remember that if they are fully supporting the skill rather than assisting you supporting the skill, they will be operating outside of their qualification syllabus, and therefore their insurance is invalid.

As with all your coaching you are responsible for the safety and welfare of the gymnast, and you should as stated above do a full risk assessment of the gymnast, skills and progressions, equipment and assisting coach before proceeding.

If you wish to apply for additional assistance you must be aware of the following regulations:

- For Level 1 courses and assessments: The assisting coach must hold a minimum of a Level 1 in the same discipline as the course you are attending or being examined on
- For Level 2 and above courses and assessments: The assisting coach must hold a minimum of one qualification level below the qualification you are attending or being examined on, in the same gymnastics discipline. For example, if you are being assessed on, or attending a TRA Level 3 Technical Module the assisting coach must be a minimum of a Level 2 TRA gymnastics coach
- You can bring an assisting coach who is qualified at a higher level than you in the same gymnastics discipline

- The assisting coach must bring photographic ID on the day
- Assessments: The assessor will assess you in your ability to progress, develop, and support the skills on the assessment syllabus, and they will assess your ability to manage the assisting coach

To apply for additional assistance:

- Download the 'Request for additional assistance form' from the website, or contact your Course Organiser and request the form
- Submit your form as early as possible and a minimum of four weeks prior to your course or assessment to the relevant Course or Assessment organiser
- The organiser will assess your request and inform you within 2 weeks if your request has been approved or denied
- If your request is approved, you should print off the confirmation and ensure you take this to your course or assessment
- A copy of the form will also be sent to the relevant tutor or assessor, who will ask for photographic ID from your assisting coach on the day
- Your assessor has the right to refuse assistance if they cannot prove their identity, or they are not the same coach as approved in the request form
- If your request is denied, you will be able to re-book your assessment within our Terms and Conditions, depending on when your form was submitted. A form submitted within four weeks of assessment could result in a cost being incurred. You can still attend your course and utilise peers or tutors as assistance

It should be noted that if you require Reasonable Adjustment (for a UKCC Level 1 or 2 course or assessment) based on for example a disability you should contact your course or assessment organiser directly.

Post assessment:

If successful in your assessment you are fully qualified to support the skills in your syllabus unaided on the provisional that an appropriate risk assessment has been carried out.