

Gymnastics Activity Instructor Course FAQ's

From what age can you attend the Gymnastics Activity Instructor (GAI) course?

18 years old.

Can we hold a closed GAI course?

Yes, a provider will need a minimum of 10 candidates to organise a closed course.

Can an GAI supervise any other coaches?

A GAI can supervise a Level 1 or Award Scheme Coach. However, the Level 1 must not coach any skills outside of the Activity Instructor Course (AIC) syllabus. Additionally, there cannot be any more than 24 gymnasts in the session, unless there are additional GAI's present.

How many participants can an GAI have in their session?

A GAI can directly supervise 16 gymnasts. If there is an additional Level 1 coach or Award Scheme Coach, then 8 more gymnasts can be in the session. The total gymnasts must not exceed 24.

What sessions is a GAI qualified to deliver?

The GAI course is designed specifically to support

Leisure Centres with the set-up of Jump into Gymnastics within their sites, without the need for a Gymnastics Level 2 Coach. There are also a number of additional programmes the GAI can deliver:

- **Jump into Gymnastics**
Jump into Gymnastics provides a new delivery of recreational gymnastics within Leisure Centres for children aged 5-11, please see Jump into Gymnastics FAQ's.
- **Core Proficiency Awards**
Developed for primary school aged children, this awards scheme is built around 10 different types of activity i.e. strength, jumping and rolling with 8 levels of attainment. This can be used in conjunction with Jump into Gymnastics.
- **GymFit**
A programme aimed at 11+ which can be used to improve the general fitness and physical condition of your participants via a series of challenging exercise work cards.

Everyone can experience the unique thrill of a team competition no matter their age or ability.

- **Key Steps**

Suitable for 5 years and up this covers three areas of gymnastics: floor, vault and body management. This allows gymnasts to progress through three levels that suit their ages and ability. This can also lead into the Next Step competition framework.

How much is it to attend an AIC?

£220 per candidate.

How long is the course?

The course takes 4 days to complete. On the completion of the 4 days the candidate will be qualified. Rather than an assessment there is a continuous evaluation on the course.

Do I need to take gymnasts onto the course?

Gymnasts are not required during the course. Attendees are required to take part in the practical elements of the course.

Is there an assessment?

On the completion of the 4 day course the candidate will be qualified. Rather than an assessment there is a continuous evaluation on the course.

Do I need British Gymnastics membership?

To attend a GAI course, you do not need to be a British Gymnastics member.

Do I need insurance?

Candidates will be covered under the Leisure Centre's public liability.

Can a GAI deliver on all apparatus?

GAI's cannot deliver session on beam or high bar.

What workshops can a GAI attend?

GAI's CAN attend GymChallenge, GymFit, Festival and My Club workshops. They CANNOT attend TeamGym or FreeG workshops as these require a minimum of a Level 1 qualification.

How can I find out where a course is?

Depending on the number of candidates you have to attend the GAI course there is an option to run a closed course or attend an open course. For further details, please email Claire Bell – claire.bell@british-gymnastics.org. Alternatively, to find out your nearest open course use the course finder.