

Beyond the Mat: Revolutionising Business Success



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About Us

Recreational Gymnastics Australia (RGA) is part of the Belgravia Group which is a privately-owned group of companies that was first established in 1990 by Geoff Lord.

Coach Accreditation Framework

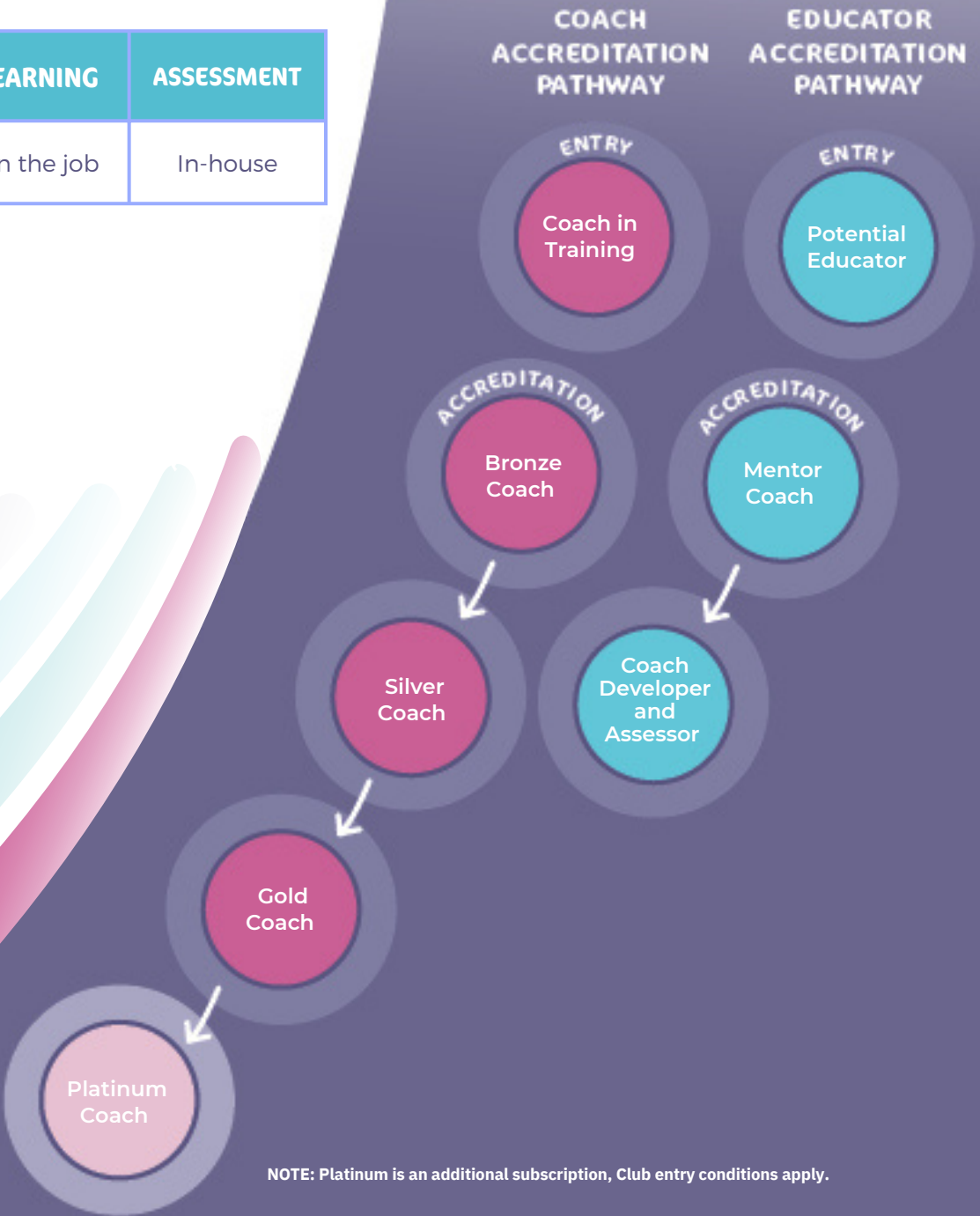
A Club-centered approach to workforce development.
Build your workforce in a simple, flexible and cost effective manner.

TRAINING	LEARNING	ASSESSMENT
In the venue	On the job	In-house

Purpose

In response to workforce shortages, RGA has created a Coach Accreditation Framework tailored for recreational gymnastics programs. It's simplicity enables the framework to easily be applied to other gymnastics-like movement programs.

Accreditation Pathways



NOTE: Platinum is an additional subscription, Club entry conditions apply.

Coach Accreditation Components

BRONZE COACH	SILVER COACH	GOLD COACH
Current Working with Children Check	Current Working with Children Check	Current Working with Children Check
How to teach - Online: Community Coaching Essentials Skills (Australian Sports Commission) - Online: Safeguarding Children & Young People in Sport Induction (Sport Integrity Australia) - Application of essential skills in the gym	How to teach - Online: Inclusive Coaching (Play by the Rules) - Application of essential skills n the gym	How to teach Theory: preparing recreational participants for more advanced skills
What to teach Gymnastics drills and activities	What to teach Gymnastics drills and activities	What to teach Gymnastics drills and activities
		First Aid Certificate

Coach Accreditation Boundaries

BRONZE COACH	SILVER COACH	GOLD COACH
- Under Supervision of a mentor at all times - Can teach in small groups within a larger group session	Can teach recreational gymnastics	Can teach a salto and other tumbling skills in the context of recreational gymnastics
	Cannot teach salto and advanced tumbling skills	

Coach Skill Boundaries

	BRONZE COACH	SILVER COACH	GOLD COACH
REBOUND	• Entry-level Rebounding, bouncing or landing. • Using the feet or body. • Landing from a maximum of 60cm.	• Progressive with rebounding, bouncing, leaping, jumping or landing. • Using the feet, hands or body. • Landing from a maximum of 110cm.	• Can competently rebound, bounce, leap, jump and land in a variety of shapes and combined with locomotor and rotation skills. • With no height limitation. • No vaults with saltos in the 2nd phase.
SWING	• Entry level hangs, supports, swings and circles. • Low bar only.	• Progressing with hangs, supports, swings and circles. • High bar movements are allowed with the coach standing on the matting. • There is no movement between bars of different heights.	• Can competently combine supports, swings, and circles in combination. • Movement between bars is limited to low to high bar connections only. • Back fly away tuck or layout only.
BALANCE	• Entry level balance skills on feet or with the body with a wide base of support. • Centre of mass must be low to the apparatus. • Momentary hand support allowed.	• Progressing with balance skills on feet, hands or with the body. • Balance skills with a maximum of 360 degree turn.	• Can competently balance to perform skills with contact. • Skills may contain up to a maximum of 720 degree turn.
LOCOMOTION	• Entry level locomotor skills.	• Progressing with locomotor skills.	• Competent in all locomotor skills with a maximum of 360 degree rotation.
ROTATION	• Entry level rotation skills with whole-body support.	• Progressing with flight elements with hand support. • Rotation about the sagittal, transverse or longitudinal axis.	• Competent flight elements without hand support. • Maximum 360 degree rotation about the sagittal, transverse or longitudinal axis. • Rotation about 1 or 2 axis combined allowed.

Educator Accreditation Components

COACH MENTOR	COACH DEVELOPER & ASSESSOR (CD&A)
Current Working with Children Check	Current Working with Children Check
Minimum of Silver Coach Accreditation (or equivalent)	Minimum of Silver Coach Accreditation (or equivalent)
How to be a mentor • Online: Safeguarding Children & Young People in Sport Induction (Sport Integrity Australia) • Online: Harassment and Discrimination (Play by the Rules) • Practical Training How to develop and assess a coach • CD&A assessment of the theoretical aspects outlined in the Mentor Curriculum • Application in the gym	How to be a CD&A • Online: Safeguarding Children & Young People in Sport Induction (Sport Integrity Australia) • Online: Harassment and Discrimination (Play by the Rules) • Practical Training How to develop and assess a coach • Virtual training & assessment • Application in the gym

Educator Roles and Responsibilities

COACH MENTOR	COACH DEVELOPER & ASSESSOR
Role Support, guide and advise	Role Coach training and assessment
Responsibilities • Deliver the CD&A's coach training plan • Share experiences, knowledge and ideas • Guide coach learning, growth and development • Listen to, encourage, and support • Plans sessions and ensures safety	Responsibilities • Design and deliver the coach training program • Instruction, tutoring and mentoring • Track progress, and set goals and targets • Assess coach against accreditation competencies and sign off

Club Moderation Visits

As an RGA member club you will be assigned an RGA moderator. RGA's commitment to provide moderation ensures quality assurance and effective risk management, fostering the success of our member clubs.

The responsibilities of your RGA Moderator are:

- Attend an on-site (if not possible, online) moderation visit to your club.
- The initial visit will take approximately two hours. We will have a coffee and a chat to discuss any challenges you are having and how we can help support you. We will celebrate any achievements with you and check in on your coaching team, facility, safety, credentials, training, and management. It's not a test; it's for both parties to work through and support your business's success.
- Annually, you can expect a second online Moderation, which will take approximately 30 minutes to check in on your progress and assist with any questions you have.
- Your Moderator will also request to observe a coach in action in the gym against RGA accreditation competencies.

Areas we look at when doing a Moderation include:

Checklist	Items explored
Facility Safety Venue is safe and fit for purpose	• Evacuation Plan • Incident Report • First Aid Information • Equipment Maintenance Process • Safety Processes
Policy Compliance • Club policies and processes are appropriate and current	• Policies and Procedures • Code of Conducts • Signage Compliance • Child Safety
Class Management • Class Management Systems • Venue Capacity • Coach Ratios	• Timetable • Class Lists/Ratio • Participation Database
Gymnastics Programs • Programs and Lesson Plans	• Lesson Plans • Coach Resources
Staff Information • Staff credentials • Accreditation for program/roles	• Staff Qualifications • Staff Training ◦ Professional Development plans
Coach Training • Coach Developer and Assessor • Mentors • Training Plans	CD&A present to discuss • Mentor Process • Training Plans • Internal training process • Inductions

Why Choose RGA?

RGA are keen to help clubs thrive and provide more avenues for participants to enjoy gymnastics. Here are just some of the reasons why we are different and here to support your business:

- RGA Club Membership fee is based on a “fee per participant” model. The amount is calculated by you declaring your club’s average weekly participation numbers. The only exception to this is for clubs with under 100 members, which in this case, there is a set Club member fee. The RGA Club Membership fee covers your gymnasts and their coaches' RGA registration and insurance. RGA have no extra fees to RPL your current staff across to the RGA framework and no extra technical member fees for coaches or judges.
- RGA offers a club-centred approach to workforce development; with staff training in the gym, learning on the job and assessment “in-house”. The coach accreditation pathway spans, bronze, silver, and gold, mentor coaches and a coaching leader, the Club Coach Developer and Assessor. So no need to pay for additional courses unless you want our support then you can tap into the RGA Education Calendar.
- RGA does not require any updating points to be attained by your coaches.
- Opportunity for your coaching leader to become an RGA Coach Developer and Assessor (CD&A). Your trained and accredited CD&A can then conduct your in-house coach education and assessments, which are an asset to your club’s sustainability (available to RGA members only, \$550 per person). CD&A accreditation is a one-off cost, and does not expire (unless the CD&A leaves the sport for more than 2 years).
- Free, online, coaching support courses supplement the delivery of the RGA Coaching Framework.
- Platinum Coaching Framework is an optional add on to those clubs who require it. Responding to the needs of our member clubs, this product will allow RGA member clubs to purchase an annual subscription to the RGA Platinum Coaching Framework. The RGA Platinum Framework allows RGA Platinum accredited coaches to coach more difficult skills.
- An annual subscription to OHO is free with your RGA membership, OHO is Australia’s Award-Winning Online Service for initial and ongoing screening in the care and community sector. This is to support you in managing the risks.
- RGA helps clubs manage their risks through our unique Club Moderation process. RGA Moderations are a pivotal component of RGA’s commitment to ensuring quality assurance and effective risk management, fostering the success of our member clubs.
- RGA provide Gymnastics Futures League which feeds into the Australian Gymnastics Competition program. Both competition models offer a refreshing and relevant alternative approach to competitions for your club members. These competitions have been well received by parents, athletes, and clubs in 2023.





Trampoline and RGA

Trampoline within Recreational Gymnastics Australia is covered under insurance if:

- The use of trampoline (standard / in the ground) is being used for learning recreational gymnastics skills.
- Is being used as a station within a session
- Being used for the use of rebound apparatus for learning recreational skills
- Teaching of skills as per the competencies and boundaries of the accreditation level.

Trampolining as a sport / program is NOT covered under insurance.

For skills that fall outside of the RGA skills boundaries

Insurance Coverage

Insurance Coverage via the RGA subscriptions provides the following coverage:

Part 1

- General Liability \$20,000,000 any one occurrence
- Products Liability \$20,000,000 any one occurrence and in the aggregate
- Excess \$2,000 or \$25,000 if personal injury resulting in paraplegia, quadriplegia and/or tetraplegia

Part 2

- Professional Indemnity
- \$10,000,000 any one claim in aggregate
- Excess \$1,000
- Retroactive date: Inception of Policy

Part 3

- Personal Accident

Part 4

- Management Liability

Exclusions

There is no cover for abuse in the liability policy

RGA's Insurance Policy covers 'gymnastics-like' activities

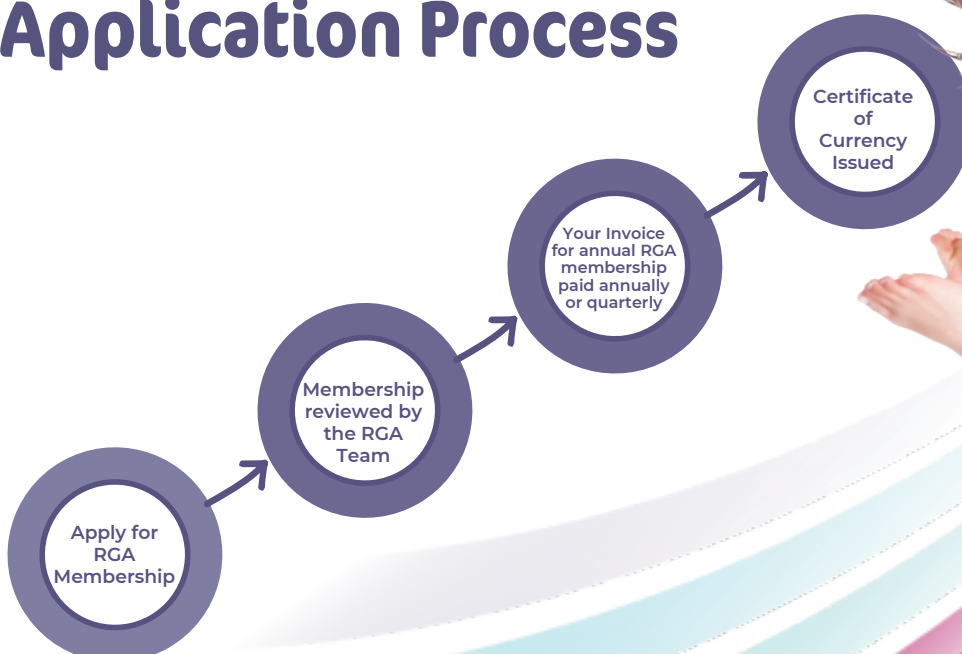
The RGA Coaching Framework Policy outlines a simple and flexible training option for coaches of recreational gymnastics activities while delivering high standards of coach quality and safety. All Clubs who are accepted as RGA members must abide by this policy which includes aspects to minimise the insurance risk:

- All classes must have an RGA-accredited coach, coaching the class
- The coach must hold the correct RGA accreditation level for the skills performed within the class
- The coach to gymnast ratios must be appropriate to the participant's needs.
- All RGA-accredited coaches must meet the policy requirements and components for their level of accreditation.
- An accredited RGA Coach Developer and Assessor must conduct a standardised assessment to accredit the coach.
- For the practical coach assessment, the Club will determine and tailor gym-specific learning drills and activities to meet individual Club needs.
- Activities must fall within the RGA Skill Boundaries
- All member clubs agree to a moderation process to ensure the credibility of the RGA coach accreditation system, the ethical behaviour of assessors and coaches, and the safe management of Clubs in line with national, state, and club regulations.

Under these conditions the RGA Coaching Framework is adaptable to meet the needs of 'gymnastic-like' activities such as: Ninja, Parkour, Cheer-leading, Circus skills, Dance classes (including Pole dancing), Calisthenics, Acrobats and Tai chi.

NOTE: Skills that are outside RGA's skills/movement matrix are excluded from the insurance coverage.

Membership Application Process



Club Subscription Model

A yearly club fee is based on your club's number of weekly participants = maximum estimated weekly club participant capacity. If your club is anticipated to grow during the year, RGA recommends submitting your expected capacity.

- Including regular come-and-play or casual play sessions capacity
- Excluding irregular bookings such as birthday parties, school groups, and classes attended by gymnasts who have already participated once that week.
- Your RGA insurance still covers birthday parties, school groups and one-off events
- The minimum RGA club yearly fee of \$2,000 + GST
- A decrease in participant numbers will not alter my financial commitment to my RGA membership for the calendar year.
- If my numbers increase by more than 10%, I understand I must inform RGA within 14 business days of becoming aware of the expected increase.

Note: we cannot predict the per-participant fee in advance of the current year as it is subject to an annual review by the insurance provider. As a guide, historically the standard RGA membership fee has been:

2023: \$19 + GST per participant

2024: \$19.65 + GST per participant

Is there a cost for coaches to join RGA?

No, you will not have ongoing coach membership costs. Coaches' ongoing membership is tied to working in an RGA club. All RGA member clubs are responsible for providing ongoing and regular professional learning opportunities so that your coaches maintain currency, remain contemporary, and improve their coaching practice.

There will be a one-off cost of \$550 (ex GST) per coach developer and assessor associated with the club's coach developer and assessor's accreditation.

Recognition of Prior Learning (RPL)

Coaches holding current accreditation through other bodies will be eligible for RPL, provided this occurs within 3 months of the club's membership with RGA.

Do we need to provide member data via regular uploads?

No, the club is responsible for maintaining their member data safely and securely. We do not hold a central database of your members' information. We will check your systems for compliance and participant numbers as part of your moderation but will not collect members personal data.

Does it matter if we are a multiple venue business?

No, we operate on the basis of your ABN. If you have one business ABN across multiple locations as long as you report all your participation numbers and list your various location on your application that is fine. We support small, medium and large clubs.

How do I find out about the Platinum product?

Contact RGA directly to see if this product is suitable for your club.



Gymnastics Futures League

The Gymnastics Futures League offers a recreational competition program aimed at promoting enjoyable participation in both individual and team-based events. It provides a positive atmosphere for all participants while fostering growth and progression in gymnastics skills.

Our Aim

To provide an environment where gymnasts can perform and be presented with graded recognition without the pressure and stress of the typical competition environment. We want gymnasts to have fun and enjoy the experience, make friends, smile and be happy.

The Program

This program is based on a levels transition and targets those at an entry level through to intermediate. Beyond this program, gymnasts have pathways into the Australian Levels Program or the Australian Gymnastics Competition (AGC).

Gymnastics Futures League is targeted and suited to those gymnasts who train minimal hours with the below as a guide on the training hours suited to this program:

Futures Level 1	45 minutes to 1 hour once a week
Futures Level 2	2 hours once a week
Futures Level 3	3 hours once a week
Futures Level 4	4 hours across two sessions a week
Futures Level 5	Up to 5 hours per week across two sessions
Futures Level 6	Up to 6 hours per week across two sessions

Events

- Aim to maintain a high level of energy and fun. Sportsmanship between clubs and team-mates is encouraged.
- Are a duration of two hours and focus on floor, bars, beam and vault.
- Entry is open to all clubs and gymnasts to enter including non RGA members.

Developing friends, having fun, and supporting each other are the key objectives of the event, not the performance or the awards.

Competition and Host Manuals can be obtained by emailing our Futures League Coordinator at futures@recreationalgymnasticsaustralia.com.au

OPTIONAL EXTRA:

RGA Platinum Coaching Framework

Once your club is a member of RGA, the RGA Platinum Coaching Framework is an additional offering tailored to cater to clubs seeking to integrate advanced skill levels into their programs.

Seamlessly aligning with the RGA Coaching Framework, built on the foundations of ongoing safe practice and underpinned by a robust and thorough assessment process, the Platinum Coaching Framework allows:

- RGA Platinum accredited coaches to coach more difficult skills
- RGA Clubs to offer a higher level of competition programs within a higher level of skill boundaries
- A pathway for RGA Gold coaches to progress
- Coaches and participants operating at the Platinum level are full insured
- RGA member clubs can purchase an annual subscription to the Platinum Coaching Framework.

NOTE: Club entry conditions apply

Platinum Coach Skill Boundaries

	PLATINUM COACH	EXAMPLES OF SKILLS
REBOUND	• High-level rebounding skills with increased complexity of shape, turn and rotation. • Six selected vaults	• Yurchenko Tuck • Handspring front tuck • Tsukahara pike
SWING	• High-level combination of circles and swings through handstand. • High bar to low bar connections allowed. • Flyaways allowed. • Bars maximum difficulty allowed is Women's FIG C value	• Giant swings • Overshoot to horizontal • Double tuck flyaway dismount
BALANCE	• Beam maximum difficulty allowed is Women's FIG C value	• Progressing with balance skills on feet, hands or with the body. • Balance skills with a maximum of 360 degree turn.
ROTATION	• Floor maximum difficulty allowed is Women's FIG C value, exception is a double backwards salto which is permitted	• Double backwards salto • Back salto with 720 degree • Front salto with 540 degree

Questions and Answers

Does my RGA Membership include a One Music license?

No RGA membership does not include a One Music License. We highly encourage clubs seeking a OneMusic Australia licence to become members of Gymnastics Clubs Australia (GCA) who have sourced an agreement with One Music.

Based on 2024, it was \$654.50 inc GST in addition to the GCA Membership; and covers the Rights to:

- to Perform in Public the APRA Works and PPCA Sound Recordings;
- for the purposes of any gymnastics instruction, training, lessons, rehearsals or free events and concerts held at Affiliated Club locations (i.e. not including events or concerts that involve entry fees to attend, which should be licensed separately), including as Background Music at such location; and
- right to Reproduce up to 2,000 tracks containing PPCA Sound Recordings and/or AMCOS Works for the purpose of (a) above by means of;
- Copying from a licensed physical copy (e.g. a CD) to an electronic copy or another physical one;
- Copying from a licensed electronic copy (e.g. a legally acquired MP3 download) to another electronic copy or a physical one; or
- Downloading or accessing a stream from a personal digital music service (that is, using subscription, ad-funded or download music service that is limited in its terms of use to non-commercial listening).

Does RGA provide Policies and Procedures for clubs?

RGA does not provide policy and procedure templates to clubs to use as part of their own business policies however we do have resources you can purchase should you need support with any of these areas.

Non-RGA members are unable to access RGA competitions and education?

RGA is an inclusive organisation that supports the upskilling and sharing of opportunities for athletes and coaches regardless of who their club is registered with. All education workshops (excluding the CD&A which is specific to RGA sites) are open to non-RGA coaches. All Futures League events are open to all athletes regardless of who they are registered with. We encourage participation and inclusion at all events.

RGA Education Opportunities

Booster Bites

RGA Booster Bites are run by specialised speakers on a particular topic. These topics are designed to be of interest to gymnastics professionals as well as those who are interested in key topics including athletes and parents. Topics are non technical based and include areas of interest including leadership, motivation, planning, nutrition, first aid, VIP athlete experience and much more. We encourage clubs to promote these amongst their coaching team as well as (where applicable) their athletes and membership to join.

RGA Coach Workshop

These workshops are designed as additional supplementary training opportunities. These workshops are on key topics that are focussing on specific areas of gymnastics. The benefits of these workshops are:

- Hear from an educator outside of your own site to gain new ideas and different perspective
- Support clubs who do not have the resource to focus on as much education as possible
- Assist clubs and coaches to gain knowledge in key target areas such as under 5's or ninja.
- Continue to maintain a focus on professional development

RGA Coaching Academy

The Coaching Academy is an extensive training academy designed to work towards a part accreditation. During the practical coaching section of the Academy, coaches will have the opportunity to learn and be assessed for their competence in coaching skills appropriate for a Bronze coach in a traditional gymnastics setting, advancing them along their assessment pathway.

CD&A Accreditation Course

The course covers designing and developing a coach learning program, improving coach development knowledge, skills to enhance learning of a coach training and how to plan, organise and assess competence of a coach. There is some pre reading before attending the 3 x 1.5 hours online webinars that run 2 weeks apart. During the month participant will also complete a 6 assessment tasks. On completion of the the course the CD&A will have all the skills and tools to lead coach development and training in your gym.

Flip and Flourish Weekend Intensive

Flip and Flourish is a weekend intensive program ran at the commencement of the new year to refresh, reinvigorate and get excited about the year ahead of coaching. Topics are both practical and theory based and designed to inspire from the top down. Many workshops and sessions are run over the two days, participants can attend one or all.



Be a part of a revolution

Join today

www.recreationalgymnasticsaustralia.com.au