

Saskatchewan Cheerleading Association

# Cheer Coaches Certification Policy



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## Saskatchewan Cheerleading Association Cheer Coaches Certification Policy

### Cheer General Information

Our certification process focuses on safety to ensure our athletes receive the best instruction possible and to align with the insurance we provide our members. It is mandatory that ALL coaches are certified through the SCA up until Cheer Canada gives clear or definite instruction. Coaches must be at least sixteen years of age to become certified, with some exceptions.

The following courses and documents are mandatory for all SCA cheer coaches to be considered certified:

1. Intro to Coaching online exam
2. SCA online cheer safety exams
3. SCA in-person exams (every three years)
4. Concussion Course (one-time)
5. Respect in Sport Online course (one-time)
6. First Aid training (minimum sport first aid)
7. NCCP modules: 1) Making Ethical Decisions (MED); 2) Planning a Practice; and 3) Nutrition\*\*

\*\* Required for Level 3+/Median Coaches

Coaches will not be considered “SCA certified” until documentation is provided proving all requirements have been met. **Coaches who fail to complete certification/re-certification will be subject to fines.** (see “Failure to Certify” & “Failure to Re-Certify” below).

“Introduction to Coaching” is mandatory for all first-year coaches and recommended for all previously certified coaches. The “Intro to Coaching” includes a power-point presentation, which can be helpful through-out the safety exams. Coaches must complete the online safety exam(s) for the level(s) the coach wishes to receive certification in. These exams are available online. ([www.sca.ca](http://www.sca.ca)). All coaches must complete the general safety exam and the level to which they are coaching. The safety exams test the coaches’ knowledge of the ever-changing rules. To prepare for the safety exams please be sure to review the rules and age grids for your discipline, which can be found on the Cheer Canada website ([www.cheercanada.ca](http://www.cheercanada.ca)). The SCA reviews the safety exams annually. The online safety exams do not expire, however should the exams be updated due to significant changes in the rules, coaches will be informed that they must re-take the online safety exams.

Coaches must also complete the SCA in-person certification exam(s). This is a one-on-one exam between the coach and an SCA certified examiner. The examiner will ask the coach a series of stunt and tumbling based instruction questions within the leveled/divisional parameters. For example, the all star level 1 SCA exam will consist of questions surrounding the instruction of level 1 stunts and tumbling skills. The examiner is looking for answers that demonstrate the coach’s knowledge of how to safely and successfully teach athletes the at-level-skills for the level/division being tested. Coaches will be informed of their success rate at the end of the exam. The SCA certifies up to all star level 6 and Scholastic University Premier. **SCA one-on-one exams expire after 3 years.**

**Coaches suspected of cheating during their one-on-one exams will be asked to do a follow up session and answer additional level appropriate questions. A second examiner will sit in on follow up sessions to ensure consistency.**

Coaches must certify by progression, meaning an all star coach must be successful at level 1 prior to proceeding to level 2 certification, and so on for all star. For scholastic, they must pass the beginner level prior to proceeding to novice, and so on. The tumbling and stunt sections of each exam are separate; therefore, a coach can be successful in one area and still be considered certified for that area. For example, a coach who passes the tumbling section of an exam, but fails the stunt section, is considered certified in



tumbling for that level, but not stunting. In this example, the coach may continue to coach tumbling skills, but must be supervised by a certified coach to instruct stunting skills for that level.

**It is mandatory that all high level (level 3/median +) cheer coaches complete the following NCCP modules: 1) Making Ethical Decisions (MED); 2) Planning a Practice; and 3) Nutrition.**

The modules are designed to teach coaches the fundamentals of:

- Making ethical decisions - analyze a challenging situation and determine if it has moral, legal or ethical implications; and apply the NCCP Ethical Decision-Making Model to properly respond to each situation in a way that is consistent with the NCCP Code of Ethics.
- Nutrition: determine if foods and beverages consumed by your athletes before, during and after training are adequate; offer suggestions for more suitable food and beverage alternatives when necessary; and gain a better understanding of the best way to promote healthy food choices that are consistent with basic sport nutrition principles to both athletes and their parents.
- Planning a Practice: organize a well-structured practice plan with safe, age-appropriate activities you've designed to match the proficiency level of participants; identify potential risk factors that could impact the sport and practice activities; create an emergency action plan; and identify practice goals and design activities that offer the best training benefits for the athletic skills required in your sport.

## Tumbling Coaches

Tumbling coaches who have *NCCP certification in gymnastics*, minimum of a competition 2 (Artistic) or level 2 (T&T), are not required to complete the SCA portion of certification. NCCP credentials must be provided to the SCA. Tumbling coaches are still required to complete their respect in sport, concussion training and first aid. Upon proof of NCCP certification, RIS, concussion training and first aid, tumbling coaches will be considered SCA certified. Tumbling coaches who have not completed the SCA portion of the certification are restricted to only coaching tumbling skills.

## Junior Coaches

To qualify to be a junior coach you must be at least 14 years old. Junior coaches must become certified under the SCA coaching certification program. Junior coaches are limited to Level 1/Novice certification and may not coach unsupervised above the U8 and Elementary age divisions.

## Coaches-In-Training

To qualify to be a coach in training you must be at least 12 years old. All coaches in training must complete the following before assisting in any practices. Respect in Sport, Concussion awareness and the Intro to Cheer-CIT. All coaches in training must be accompanied at ALL times by a SCA certified coach. All coaches in training over the age of 16 are limited to 2 years under this program at which time they must become certified under the SCA coaching certification program.

## Cheer FAQs

### **I think I already have my SCA certification, do I need to re-certify?**

SCA certification expires after three years as does first aid certification. Both SCA and First Aid certification must be kept up to date. Please contact the executive director [executivedirector@sca.ca](mailto:executivedirector@sca.ca) to inquire about your certification and if it's time to re-certify!

### **What level of certification do I require?**



You must obtain your SCA certification up to the level you will be coaching. For example, if you are coaching a Level 2 senior team you must certify up to level 2 through the SCA.

**Do I have to certify at all levels?**

If you have a current SCA certification that will expire, you have the opportunity to challenge the level you are currently certified at. For example, if you have a current SCA level 3 certification that will expire shortly, you can challenge the level 3 exam and bypass levels 1 and 2.

**Do all of the coaches for our team need to be certified?**

Yes, it is required that ALL coaches are certified. New coaches may begin as coaches-in-training.

**Is there an age limit?**

Yes, coaches must be at least 16 years of age to receive certification for all levels. Junior coaches (ages 14—15) are restricted to level 1/novice certification and may not coach above the U8/elementary ages. All coaches, junior coaches and CITs can attend the SCA training clinics and conference. CITs must work under an SCA certified coach.

**I am up for re-certification. Can I challenge the level above my current certification instead of re-certifying at my current level?**

Yes, you can upgrade your certification in place of re-certification. You must still complete this prior to December 1<sup>st</sup> of the current season or you will be subject to the “failure to re-certify” fine.

**Failure to Certify**

New coaches/junior coaches (not CITs) who fail to complete certification by December 1<sup>st</sup> of the current season will individually be subject to a \$100 fine for failing to complete their certification in a timely manner. In addition, coaches actively coaching in Saskatchewan without certification will result in coach ineligibility at SCA sanctioned events until certification is completed. In some cases, coaches will be subject to loss of coaching membership. **This policy will come into effect July 1, 2021.**

**Failure to Re-Certify**

Certified coaches that consecutively coach for 4 years (ie throughout their certification expiration date) and fail to renew their certification by December 1<sup>st</sup> of the current season will individually be subject to a \$250 fine for failing to complete their re certification in a timely manner. This includes any portion of their certification that can be subject to renewal under the current SCA coaching certification program (updated 2020). In addition, coaches actively coaching in Saskatchewan without certification will result in coach ineligibility at SCA sanctioned events until certification is completed. Coaches will receive 1 email reminder no later than September 1<sup>st</sup> of the current season to renew their certification, but ultimately it will be up to the coach to track and be responsible for their own certification. Coaches with questions about the status of their certification may email [executivedirector@sca.ca](mailto:executivedirector@sca.ca) for an update at any time. **This policy will come into effect July 1, 2021.**

**First Aid**

All coaches must complete their first aid training OR the Sport Injury Prevention and Care (SIPAC) Workshop. Each year the SCA may offer the Sport Injury Prevention And Care (SIPAC) Workshop to members, but ultimately it is the responsibility of the coach to ensure they are certified.

In addition, SIPAC Workshop is available through the Sport Medicine and Science Council of Saskatchewan. Teams, schools, and clubs can make arrangements to host a Sport First Aid course and can invite any coaches to participate. Please visit [www.smscs.ca](http://www.smscs.ca) for more information.



Other companies who offer First Aid training include:

St. John's ambulance – [www.sja.ca](http://www.sja.ca)

Red Cross – [www.redcross.ca](http://www.redcross.ca)

Regina First Aid – [www.firstaidregina.ca](http://www.firstaidregina.ca)

Cheer Smart – [www.cheersmart.ca](http://www.cheersmart.ca)

## **Concussion Awareness**

Concussion awareness training is **mandatory** for all coaches' certification. Coaches can obtain concussion training one of two ways. It is the responsibility of the coach to ensure they are certified.

### **SCA Subsidized Training**

Annually the SCA may offer a course on concussion awareness to membership. This training does not expire and the SCA will maintain a record of those in attendance. Training will either be offered at the coaches' conference, in conjunction with the sport first aid or in conjunction with the spring membership meeting.

### **Heads Up: Concussion in Youth Sports**

*Heads Up: Concussion in Youth Sports* is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion.

## **Respect in Sport**

Sask. Sport requires all coaches within their membership to complete this course. Please be advised this training must be completed by anyone who will be coaching cheerleading in the province. You will be required to submit a copy of all coaching certificates for your program by November 30th of the current season.

Respect in Sport is transferable across all sports. If a coach already has a certificate from another sport a copy of this may be submitted and they will not have to retake the program. Please be advised that Respect in Education will also count as completion of the course. Many teachers may have completed this course, we will still require a copy of the certificate in order for this course to be valid.

To access the course please visit: <https://sasksrc.respectgroupinc.com>

## **Certification Records**

The SCA will maintain an up-to-date list of all SCA certified coaches. Coaches will be informed when their certification expiration is approaching. It is the responsibility of individual coaches to maintain their own accurate records.

## **Coaches' Certification Examiners**

The SCA shall maintain a list of qualified certification examiners for the cheer in-person exams. Examiners shall submit an application form (appendix A) and that application shall be submitted to a committee of peers selected by the SCA board for review. If deemed necessary, the committee may request a formal interview with the applicant. After the review, the committee will vote on whether they see the applicant fit to examine and certify cheer coaches from levels 1 to 6 (Not all examiners will examine all levels). Examiners are expected to be fair, unbiased and truthful during their evaluations. Examiners are given an honorarium of \$50/hour for their time.



## Appendix A

### Coaches' Certification Examiner Application Form

#### Overview

Thank-you for your interest in becoming an SCA coaches' certification examiner. Your application shall be submitted to a committee of peers selected by the SCA board for review. If deemed necessary, the committee may request a formal interview with you. After the review, the committee will vote on whether or not they see you fit to examine and certify cheer coaches from levels 1 to 6. As an examiner it is expected that you will remain fair, unbiased and truthful during your evaluations. Examiners are given an honorarium of \$50/hour for their time.

Applicant Information	
Name:	
Program/School/Club:	Signature
Address:	
City/Town:	Phone:
Postal Code:	Email:
Applicant Experience	
Please list any relevant cheerleading, dance, tumbling, coaching and/or judging experience that can be considered an asset as an examiner. Please include any of your current or past coaching credentials.	
Are there any conflicts of interest that might be an issue if you are successful?	
As an examiner you will be called on a minimum of three times a year where we will require your services. Are you willing to prioritize these occasions?	
<b>Submit to:</b> Saskatchewan Cheerleading Association C/O Alissa Stewart, Executive Director 7103 Maple Valley Cres., Regina, SK S4X 0B2 Email: <a href="mailto:Executivedirector@sca.ca">Executivedirector@sca.ca</a> (preferred)	