

Saskatchewan Cheerleading Association

# Performance Cheer Coaches Certification Policy



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## Saskatchewan Cheerleading Association Performance Cheer Coaches Certification Policy

### Performance 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. Coaches must be at least sixteen years of age to become certified, with some exceptions.

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

1. SCA Dance Coaches Online Certification Exams
2. Intro to Coaching Online Exam
3. First Aid training (minimum sport first aid)
4. Concussion Course (one-time)
5. Respect in Sport Online course (one-time)
6. 50 hours proof of dance instruction experience (letter of reference)

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).

In addition to First Aid Training, Concussion Awareness and Respect in Sport, dance coaches are required to complete the SCA Dance Coaches Online Certification Exams. The SCA dance coaches’ certification exams are in five sections and are available online ([www.sca.ca](http://www.sca.ca)).

The first section, “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 remaining exams.

Next is the “Rules and Safety” section for All Star and Scholastic – Coaches must complete the exam(s) for the appropriate team(s) they are coaching.

The final section is “Skills and Scoring”. This applies to the three categories currently offered by Cheer Canada and the SCA: Pom, Jazz and Hip Hop. Coaches must complete the exam(s) for the appropriate team(s) they are coaching. Coaches must only be successful in the category they will be coaching; however, the exam fee will include all categories. It is recommended that all dance coaches certify in all categories, allowing them to coach all disciplines. Coaches are not required to take additional categories if they are not coaching that category.

Type of Coach	Required Exams
Scholastic Pom	1) Scholastic Rules and Safety 2) Pom Skills and Scoring
Scholastic Jazz	1) Scholastic Rules and Safety 2) Jazz Skills and Scoring
Scholastic Hip Hop	1) Scholastic Rules and Safety 2) Hip Hop Skills and Scoring
All Star Pom	1) All Star Rules and Safety 2) Pom Skills and Scoring
All Star Jazz	1) All Star Rules and Safety 2) Jazz Skills and Scoring
All Star Hip Hop	1) All Star Rules and Safety 2) Hip Hop Skills and Scoring



The SCA Dance Coaches Online Certification Exams expire after three years. Re-certification will only require coaches to complete the “Rules and Safety” exam(s) for all star and/or scholastic, depending on the teams they are coaching. This is because coaches who are re-certifying have previously demonstrated their knowledge of skills and scoring in their given categories.

## **First Year Performance Cheer Coaches**

First year dance coaches must have completed the “Intro to cheer” online exam. In addition, first year coaches must be fully certified (SCA online exam) and must submit 50 hours proof of dance **training and/or** instruction experience (letter of reference). If you are a first-year coach and not the primary coach, please follow the coaches in training portion of this document.

## **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 may not coach unsupervised above the U8 and Primary 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 online exam. 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.

## **Performance Cheer FAQs**

### **Do all 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) may not coach above the U8/Primary ages. All coaches, junior coaches and CITs can attend the SCA training clinics and conference. CITs must work under an SCA certified coach.

### **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!

### **I have been coaching and teaching dance for many years, why am I required to become certified?**

The certification process focuses on safety to ensure our athletes receive the best instruction possible. All coaches, regardless of experience, must be certified in order to align with the insurance we provide our members.

## **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 (i.e. throughout their certification expiration date) and fail to renew their certification by December 1st 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 1st 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.

