



**Gymnastics**  
Australia

# NATIONAL UPDATING POLICY

## 2008 Updating Conditions

### Updating for Members

In order to maintain or regain your Technical Membership as a Gymnastic Coach/Judge, you are required to show evidence that you have been involved in a constant process of re-education. This re-education is defined as Updating (UPD) and can be achieved by attending either approved accreditation courses or by attending a number of approved Updating activities that are relevant to your gymsport(s), level(s) and accreditation types

### A Simplified System for Everybody

In order to calculate the total number of Updating Points that you must complete per annum, you simply note your highest level of accreditation (Coach, Judge, Coach/Judge). Members do not need to complete separate Updating for both their Coaching and Judging accreditations.

Regardless of the number of accreditations you hold, the total number of Updating Points you will complete will be based simply on your highest level of accreditation. Therefore a Level 3 Coach will be required to complete 18 points. For example, if your highest level of accreditation is:

Level **1** you must complete a minimum of **6** updating points per annum

Level **2** you must complete a minimum of **12** updating points per annum

Level **3** you must complete a minimum of **18** updating points per annum

Level **4** (and higher) you must complete a minimum of **24** updating points per annum

The purpose of Updating is to ensure members attend a minimum number of activities designed to maintain and extend present competencies. Coaches may attend more than the required number of Updating hours in any year, but **Updating hours cannot be carried over or used to fulfill the Updating requirements of future years**

### Maintaining your Updating Records

When GA's current accreditation system was implemented, all members received an Updating Log Book, which was used to keep a record of all Updating activities they completed.

In 2003 we introduced a more coordinated method of tracking coaches UPD activity. As we develop this system we have become less dependant on Log Books to verify UPD activity. GA and State Associations are now recording your 'sanctioned' UPD activity on the national database. To assist us in this process you should ensure that you seek sanction PRIOR to attending UPD activity from your State Association.

If you are completing updating that is not being recorded by your state association or GA on the national database it is your responsibility to have your Log Book signed by the coordinator of these Updating Activities. This Log Book will need to be submitted with your Technical Membership renewal form to GA, as verification of Updating Hours you have completed annually.

If Gymnastics Australia has your Log Book for the Renewal period and you participate in an Updating activity, simply have the course presenter sign your Confirmation Letter/Participation Invitation etc and add to your Log Book on its return.

## Updating Events – What activities can I do?

It is essential for you as a Gymnastics Australia Technical Member to ensure that the Updating Activities you participate in are directly relevant to both the Gymsport(s), level(s) and types of accreditations you hold.

With this in mind, you are asked to ensure that the activities you attend will enhance your coaching/judging competencies and assist in the development of better coaching/judging practices.

A common sense approach will be applied when verifying that appropriate Updating has been completed. For example a technical member with both coaching and judging accreditations cannot fulfill the UPD requirement through officiating activities.

Activity	Points (UPD Code)	Conditions
<b>Workshops</b>		
<b>Gymnastics Australia Workshops:</b> <ul style="list-style-type: none"> <li>• Workshops (Technical/Club 10)</li> <li>• Clinics</li> <li>• Forums</li> </ul>	1 point per hour  <i>(Gymsport_WS)</i>	Sanctioned by Gymnastics Australia and recorded on the National Database.
<b>State Association Workshops:</b> <ul style="list-style-type: none"> <li>• Congress</li> <li>• Clinics</li> <li>• Club 10</li> <li>• Technical Information Days</li> </ul>	1 point per hour  <i>(Gymsport_WS)</i>	Sanctioned by the State Association and recorded on the National Database.
<b>Club Workshop:</b> <ul style="list-style-type: none"> <li>• Planning</li> <li>• Risk Management</li> <li>• Sport Specific Training</li> <li>• Mentoring</li> <li>• Officiating Practice</li> <li>• Video:               <ul style="list-style-type: none"> <li>○ Coaching Analysis</li> <li>○ Officiating Analysis</li> </ul> </li> </ul>	1 point per hour  Level 1 & 2: Maximum 50% allocated  Level 3+: Maximum 6 pts allocated  <i>(Gymsport_WC)</i>	Sanctioned by the State Association and recorded on the National Database.  Clubs must apply for sanction prior to the UPD activity. See <a href="http://www.gymnastics.org.au">www.gymnastics.org.au</a>
<b>“Managing the Risks of Coaching” On-line education course</b>	3 points  Maximum 3 pts  <i>(GENERIC_WS)</i>	Sanctioned by Gymnastics Australia and recorded on the National Database.  Requirement for all members to complete for their subsequent membership renewal.
<b>State Association Worksheets:</b> <ul style="list-style-type: none"> <li>• Club Observations</li> <li>• Skill Analysis</li> <li>• Video Analysis</li> </ul>	1 – 3 pts per w’sheet  Coaches: Maximum 3 pts allocated  <i>(GENERIC_WS)</i>	All worksheets must be submitted to, and sanctioned by, the State Association and recorded on the National Database.

Activity	Points (UPD Code)	Conditions
<b>Courses</b>		
<b>Accredited Coaching Courses:</b> <ul style="list-style-type: none"> <li>• State</li> <li>• National</li> </ul>	1 point per hour Maximum 50% pts allocated  ( <i>Gymsport_CO</i> )	Sanctioned by the State Association/ Gymnastics Australia and recorded on the National Database.  UPD points will only be allocated per course once.
<b>Accredited Judging Courses:</b> <ul style="list-style-type: none"> <li>• State</li> <li>• National</li> </ul>	1 point per hour Maximum 50% pts allocated  ( <i>Gymsport_CO</i> )	Sanctioned by the State Association/ Gymnastics Australia and recorded on the National Database.  NOTE: All Judges MUST re-accredit every 'Olympic cycle'.
<b>Course Presenting:</b> <ul style="list-style-type: none"> <li>• Accredited Judging Course</li> <li>• Accredited Coaching Course</li> <li>• State/National Workshop, Congress</li> </ul>	1 point per hour Maximum 80% pts allocated  ( <i>Gymsport_CO</i> )	Sanctioned by the State Association/ Gymnastics Australia and recorded on the National Database.
<b>Other providers of Coach Education:</b> <ul style="list-style-type: none"> <li>• ASC               <ul style="list-style-type: none"> <li>○ Beginner Coaching General Principles</li> <li>○ Community Coach Training Program</li> <li>○ Disability Education Program</li> </ul> </li> </ul>	3 points per course Maximum 50% pts allocated  ( <i>GENERIC_CO</i> )	Sanctioned by the State Association/ Gymnastics Australia and recorded on the National Database.
<b>Tertiary studies:</b> <i>Examples include...</i> <ul style="list-style-type: none"> <li>• Human Movement</li> <li>• Physiotherapy</li> <li>• Massage</li> <li>• Law</li> <li>• Risk Management</li> <li>• Administration</li> <li>• Certificate I,II,III,IV,V Courses</li> </ul>	Maximum 50% pts allocated  ( <i>GENERIC_CO</i> )	Sanctioned by the State Association / Gymnastics Australia and recorded on the National Database.  Verify course content/results to allocate appropriate UPD.
<b>First Aid Courses:</b> <ul style="list-style-type: none"> <li>• Senior</li> <li>• Basic</li> <li>• CPR</li> </ul>	3 – 6 points  Level 1: Max 3 pts allocated Level 2+: Max 6 pts allocated  ( <i>GENERIC_CO</i> )	Verified by Certificate of Attainment (include expiry date) for UPD point allocation.  Note: Kindergym & Level 2 Coaches must maintain First Aid certification.
<b>Mentoring:</b> <ul style="list-style-type: none"> <li>• Supervising Level 1 Post Course requirements</li> <li>• Scholarship coaches and judges</li> <li>• Lower level accredited judges</li> </ul>	3 – 6 pts  Level 1: Max 3 pts allocated Level 2+: Max 6 pts allocated  ( <i>Gymsport_CO</i> )	Sanctioned by the State Association / Gymnastics Australia and recorded on the National Database.  Level One Coaches may only gain UPD points for this activity, if they have completed 'supervisor' training.

Activity	Points (UPD Code)	Conditions
<b>Events</b>		
<b>International/National/State Competitions or Events:</b> <ul style="list-style-type: none"> <li>• Coaching: <ul style="list-style-type: none"> <li>○ Team Coach</li> <li>○ Assistant Coach</li> </ul> </li> <li>• Officiating: <ul style="list-style-type: none"> <li>○ Judging</li> <li>○ Technical Assistant</li> </ul> </li> <li>• Event Management: <ul style="list-style-type: none"> <li>○ Floor Manager</li> <li>○ Equipment</li> <li>○ Music</li> </ul> </li> </ul>	<p>Up to 12 points per event or competition</p> <p style="text-align: center;">Coaches: Maximum 50% pts allocated</p> <p style="text-align: center;">Judges: Maximum 80% pts allocated</p> <p style="text-align: center;"><i>(Gymsport_EV)</i></p>	<p>Sanctioned by Gymnastics Australia (Int'l/Nat) / State Association (State) and recorded on the National Database.</p> <p>UPD points will not be allocated for athlete participation.</p> <p>UPD points are allocated for 'event accredited' personnel.</p> <p>UPD points are allocated per event and not per activity within the event.</p> <p>GA reserves the right to cap UPD points.</p> <p>FIG Judges: Mandatory Requirement to show UPD activity within this category. See Appendix A</p>
<b>Regional/Invitational Competitions or Event:</b> <ul style="list-style-type: none"> <li>• Officiating <ul style="list-style-type: none"> <li>○ Judging</li> <li>○ Technical Assistant</li> </ul> </li> <li>• Event Management: <ul style="list-style-type: none"> <li>○ Floor Manager</li> <li>○ Equipment</li> <li>○ Music</li> </ul> </li> </ul>	<p>Up to 12 points per event or competition</p> <p>Coaches: Maximum 50% pts allocated</p> <p>Judges: Maximum 80% pts allocated</p> <p style="text-align: center;"><i>(Gymsport_EV)</i></p>	<p>Sanctioned by State Association and recorded on the National Database.</p> <p>UPD points will not be allocated for athlete participation.</p> <p>UPD points are allocated for 'event accredited' personnel.</p> <p>UPD points are allocated per event and not per activity within the event.</p>
<b>Disability International/ National/State Competitions or Events:</b> <ul style="list-style-type: none"> <li>• Coaching</li> <li>• Judging</li> <li>• Event Management</li> </ul>	<p>Up to 12 points per event or competition</p> <p>Coaches: Maximum 50% pts allocated</p> <p>Judges: Maximum 80% pts allocated</p> <p style="text-align: center;"><i>(GENERIC_EV)</i></p>	<p>Sanctioned by National Disability Sporting Organisations (ie Special Olympics) &amp; advised to Gymnastics Australia for recording on the National Database.</p>
<b>Gymnastic Australia/ State Association Promotional Events Participation:</b> <ul style="list-style-type: none"> <li>• Expo's</li> <li>• School Club Activity Days</li> <li>• Come 'n' Try</li> <li>• Displays</li> </ul>	<p>1 point per hour</p> <p>Maximum 50% pts allocated</p> <p style="text-align: center;"><i>(Gymsport_EV)</i></p>	<p>Sanctioned by the Gymnastics Australia / State Association and recorded on the National Database.</p>

Activity	Points (UPD Code)	Conditions
<b>Other</b>		
<p><b>Observations:</b></p> <ul style="list-style-type: none"> <li>International/National/State Team Training</li> <li>High Performance Centre Training*</li> <li>International experiences</li> </ul> <p><i>Note:</i> Your UPD points are allocated daily! For example: 1 session, in one day = 2 UPD points for the session OR 3 sessions in one day = 2 UPD points, for the sessions</p>	<p>2 points per day</p> <p>Maximum 50% pts allocated</p> <p>(Gymsport_OB)</p>	<p>Sanctioned by State Association and recorded on the National Database.</p> <p>Verified by Head Coach/Judge HPC/GA Event Manager and recorded where possible on the national database.</p> <p>Clubs on behalf of coaches can apply to State Associations for the 'observations' to be sanctioned.</p> <p>Good Practice: Coaches should seek UPD in HPC other than where employed.</p> <p>FIG Judges: Mandatory Requirement to show UPD activity within this category</p>
<p><b>Observations:</b></p> <ul style="list-style-type: none"> <li>International Training</li> </ul> <p><i>Note:</i> Your UPD points are allocated for observing Senior or Junior International Gymnasts in training at key events (I.e AYOF, Canberra Cup)</p>	<p>1 point per hour</p> <p>Judges: Maximum 50% pts allocated</p> <p>(Gymsport_OB)</p>	<p>Recorded on the National database.</p> <p>Verified by National: Technical Director or Judging Coordinator Coach; GA Event Manager and recorded where possible on the National Database.</p> <p>FIG Judges: Mandatory Requirement to show UPD activity within this category</p>
<p><b>Promotions and Publications:</b></p> <ul style="list-style-type: none"> <li>Write an article for publication in State Bulletin or other resource</li> <li>Provide written report regarding current coaching practices</li> </ul>	<p>1 point per article</p> <p>Maximum 3 pts allocated</p> <p>(GENERIC)</p>	<p>Sanctioned by the State Association and recorded on the National Database.</p>
<p><b>Seminars*</b></p> <p><i>Examples include...</i></p> <ul style="list-style-type: none"> <li>Sports Medicine</li> <li>ANSLA</li> <li>Sport &amp; Recreation</li> <li>ACHPER</li> </ul> <p>* Recognised Registered Training Providers (RTP) only</p>	<p>2 points per seminar</p> <p>(GENERIC)</p>	<p>Verified by certificate of attainment for UPD point allocation.</p>
<p><b>Education Resources:</b></p> <ul style="list-style-type: none"> <li>Contribute to development of Gymsport resources/programs</li> <li>Development of Gymsport Workshops/Clinics</li> <li>Development of Gymsport correspondence UPD worksheets</li> </ul>	<p>Maximum 50% pts allocated</p> <p>(GENERIC)</p>	<p>Sanctioned by the State Association/ Gymnastics Australia and recorded on the National Database.</p>
<p><b>Volunteer:</b></p> <ul style="list-style-type: none"> <li>Sport Management Committees</li> </ul>	<p>Maximum 50% pts allocated</p> <p>(GENERIC)</p>	<p>Sanctioned by the State Association/ Gymnastics Australia and recorded on the National Database</p>

Note: No half points are allocated

## Appendix A

<i>FIG Levels</i>		National Competition	International Competitions	FIG International Competition	FIG (Official) International Competition	FIG Course
Within the cycle						
<b>Maintain or gain FIG Cat.1:</b>						
MAG			3		1	1
WAG			2		1	1
TRP				3	1	1
AER				4	2* (1 event eligible from previous cycles)	2
ACRO			3	1		1
RG			4			1
<b>Maintain or gain FIG Cat.2:</b>						
MAG			4			1
WAG	Intercontinental		3			1
	International		4			
TRP				4		1
AER				3		1
ACRO			4			1
RG			4			1
<b>Maintain or gain FIG Cat.3:</b>						
MAG			2			1
WAG			2			1
TRP				2		1
AER				2		1
ACRO			2			1
RG			2			1
<b>Maintain or gain FIG Cat.4:</b>						
MAG		3				1
WAG		3				1
TRP						1
AER						1
ACRO						1
RG						

### Club Based Updating:

The State Association must sanction all updating activities facilitated by Clubs. Up to half of your total Updating points may be accrued via the following means:

- **OPEN Updating Workshops:** The Club hosts Updating activities that are 'open' to all members of the gymnastics community. These Updating activities are advertised in the State Bulletins
- **CLOSED Updating Workshops:** The Club hosts Updating activities that are for host Club members only.

All forms for State sanctioning are available from [www.gymnastics.org.au/education/upolicy.htm](http://www.gymnastics.org.au/education/upolicy.htm)

Clubs who source RTP to conduct Club Workshops, may apply prior to the activity for additional UPD points to be allocated.