

Fundamental Movement Skills (FMS) Workshop

Terms and Conditions 2018

Introduction

GymEDGE is a sports coach development programme, developed by Gymnastics Ireland, that uses core fundamental gymnastics skills and training techniques to build the complete athlete or player. The Fundamental Movement Skills (FMS) workshop is designed to facilitate all coaches to learn the basic FMS in gymnastics and how to apply them to any sport or activity.

This 6-hour workshop workshop is fully accredited by Gymnastics Ireland and Sport Ireland Coaching. It is part of the Coaching Development Programme for Ireland (CDPI) which consists of a partnership between over 60 National Governing Bodies of sport and Sport Ireland Coaching. The aim of the CDPI is to support the education and development of coaches in line with best practice for participants and performers.

Candidates are awarded a Level 1 CDPI qualification.

Eligibility

- All candidates must be 16 years of age
- Ideally all candidates will have a basic coaching qualification in any sport or teaching qualification, however this is not a requirement

Booking

- This workshop can be booked by an organisation (NGB, LSP, club, local authority etc) by downloading the online booking form in full and emailing to sarah@gymnasticsireland.com
- Gymnastics Ireland will revert back to the lead contact/ facilitator on this form to confirm details and arrangements. This email is confirmation of the workshop booking.

Course Venue

- The organisation is responsible for booking the venue and covering the costs.
- The venue should be at minimum the size of one basketball court.
- The venue must be fit for purpose, with suitable noise level e.g. not being held alongside a fitness class in the adjoining court/ room
- As the first part of the workshop is theory based, course facilitators should ensure that there is enough seating for all candidates and access to a plug point and suitable area for laptop, projector and screen etc. to be set up - ideally chaired seating is required.

Required Equipment

- Matting that is suitable for rolling e.g. gymnastics mats/ judo mats/ thick yoga mats etc. **Quantity will depend on the number of participants and types of matting e.g. one gymnastics mat per 4 participants*
- Benches (School-type benches are fine). *Approx. 5 required*
- Balls of a variety of shapes and sizes
- It is suggested that participants also bring along equipment from their own sport e.g. hurl & sliotar

Fees

Once the booking has been made, a confirmation email will be issued. The receipt of this is confirmation of the workshop being booked. An invoice will be issued prior to the commencement of the workshop, which must be paid before the workshop takes place.

PLEASE NOTE:

All workshops must be paid for, in full, prior to the commencement of the workshop and/ or within 30 days of receipt of the invoice.

GymEDGE FMS Workshop	
Workshop Fee	€1,200
Maximum number on the workshop	20
Number of hours	6
<i>*Sport Ireland Coaching CDPI Level 1 Certification</i>	

Cancellations

In the unlikely event that Gymnastics Ireland is forced to cancel a workshop, organisations will receive a full refund, or a new date will be agreed and set with Gymnastics Ireland and the organisation.

Course Refreshments

This is at the discretion of the participating organisation/ course facilitator

Attire

- As the workshop is predominantly practical in nature, all candidates are required to wear suitable exercise attire e.g. leggings/ tracksuit/ shorts and runners. Candidates who are not suitably dressed will not be permitted to take part
- Long hair must be tied up (male and female)
- No Jewellery is permitted e.g. rings, necklaces and watches must be removed

Insurance

Course Candidates and tutor are covered by Gymnastics Ireland's Public Liability Insurance during workshop hours.

Certification

- This workshop is designed to provide coaches with the opportunity to gain valuable personal development in sports coaching
- It is certified through Gymnastics Ireland and Sport Ireland Coaching
- Each candidate who completes the course will hold a level 1 Coaching Development Programme for Ireland (CDPI) certificate in **'Gymnastics Fundamental Movement Skills'**
- Candidates **must** complete the full 6 hours to gain certification.

Please Note: All candidates names must be sent to Gymnastics Ireland at least one week prior to the workshop. Candidates' names and details will be sent onto Sport Ireland Coaching who will issue the certificates. Without these details, certificates will not be issued.

Medical Consent

- All candidates signing up to a Gymnastics Ireland workshop give permission to be given medical treatment by a qualified practitioner if required.
- Course candidates consent to being taken to see a doctor or hospital in the case of an emergency.

Photographs or Video Permission

- All candidates on Gymnastics Ireland workshops may be used in photographs for promotional purposes by Gymnastics Ireland.
- If any candidate does not wish to be photographed or videos for promotional purposes, they must express this to the lead tutor prior to the commencement of the workshop.

Attendance

- 100% attendance on this workshop is required to gain certification.

Damages/ Injuries/ Loss of Possessions

GI will not be held responsible for damages, injuries or loss/ damage to possessions. Due to the practical nature of these workshops candidates will be asked to actively participate within the session.

Data Protection and Privacy

By registering for this workshop, candidates contact information will be shared with Sport Ireland Coaching, a unit of the Sport Ireland, and held on the all-island Coach database.

The information may be used to contact candidates regarding specific research, upcoming coaching conferences and events which would support candidates on-going education/development as a coach

NOTE:

- For Gymnastics Ireland, the personal data collected within the candidate registration and evaluation will be saved on our centralised server.
- The data collection is used only for improving and simplifying the technical and organisational processes within Gymnastics Ireland and improving the data quality for evaluations and statistics.
- By registering for this workshop, candidates agree to the collection and use of information in accordance with the Terms and Conditions above.