



## **SECTION VIII: EDUCATION & CERTIFICATION - COACHES**

### **I. Coaching Requirements**

1. Coaches who plan to participate in a sanctioned event with their athletes must have the following requirements:
  - a. USA Gymnastics Competitive Coach membership (annually)
  - b. U101: Safety and Risk Management (every 4 years)
  - c. U100: Fundamentals of Gymnastics Instruction
  - d. T210: T&T Annual Update
2. Coaches age 18+ will also need
  - a. Background check
  - b. U110: U.S. Center for SafeSport course (annually)
  - c. U112: Tough Coaching or Emotional Abuse Course
  - d. U113: Safe Sport Policy Course
  - e. Concussion education acknowledgement
3. It is strongly recommended that all coaches take the T200 course prior to attending any sanctioned event with their athletes.

### **II. Continuing Education**

1. Coaches of any level are able to continue their education through the USA Gymnastics University if they choose.
2. USAG Trampoline & Tumbling offers non-certification education opportunities for coaches, judges and athletes. [Click here](#) for a complete list of courses offered.