

Authority Disability

Gymnastics Two-Day Training Course

Final checklist of functions achieved – Candidate copy

This self-assessment to be completed at the close of the course.

**This copy is your personal statement of limitations and should be kept with your certification.**

Delete that which does not apply

Yes / Need more work

1. Can assemble gymnastics equipment and floor safely
2. Can carry out safety checks on equipment and area

Yes / Need more work

Yes / Need more work

1. Is aware of contra-indications and increased risk of gymnastics

Yes / Need more work

1. Can construct an environmental risk assessment
2. Can carry out risk assessment for the individual

Yes / Need more work

1. Can supervise safety while….

Yes / Need more work

1. Going round the gymnastics equipment
2. Using methods for additional gymnastics specific supports

Yes / Need more work

1. Can, on completing session, put equipment away safely to prevent unauthorised use

Yes / Need more work

Yes / Need more work

1. Has full knowledge of all Winstrada primer grade 1 and 2 exercises

Yes / Need more work

1. Has full knowledge of all Winstrada primer grade 3 exercises

Yes / Need more work

1. Is confident with adapting for those unable to stand
2. Is confident with adapting for those blind or partially sighted

Yes / Need more work

1. Is confident with adapting for bar skills

Yes / Need more work

1. Can provide and manage support systems for

Yes / Need more work

1. sitting / kneeling positions
2. ambient students

Yes / Need more work

1. Can provide aids for non-ambulant students using foam blocks, towels, pillows, human frame etc.

Yes / Need more work

1. Understands the principles of gymnastics moves and how to correct them

Yes / Need more work

1. Can assess students’ abilities, identify and meet needs and use the Winstrada development programme and Authority Gymnastics Functional Index (AGFI) as appropriate

Yes / Need more work

Yes / Need more work

1. Can anticipate and be aware of students who may be at risk

Yes / Need more work

1. Can develop methods of progression