



Island**Fitness**Council  
DEVELOPING ACTIVE LIVING LEADERS

## Scope of Practice Aquafitness Leader (AFL)

The IFC Aquafitness Leader is certified to:

- Lead a safe and effective aquatic group fitness class\*\* by providing effective and appropriate exercises in order to meet the needs of participants.
- Lead exercise groups that are based on IFC standards and NFLA guidelines.
- Incorporate the use of appropriate equipment based on identified or implied needs of the participants.
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and the PAR-Q.
- Lead participants that are **apparently healthy**.

\*\*Once certified, an AFL is sanctioned by the IFC to lead group aquafit classes in the following areas:

- Shallow water aquafit
- Deep water aquafit
- Muscular conditioning for the water
- Any combination of the above classes

Once certified, an AFL is **not** sanctioned by the IFC to teach the following classes (additional training must be obtained):

- High/low aerobics on land
- Step aerobics on land
- Muscular conditioning classes on land
- Group cycling classes
- Cardio Kickboxing or any variation
- Older adult fitness classes
- Specialty classes such as arthritics and cardiac rehab