



Scope of Practice Older Adult Fitness Leader (OAFL)

The IFC Older Adult Fitness Leader is certified to:

- Lead a safe and effective older adult 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. (Special concerns such as arthritis, osteoporosis, hip replacements, etc. are not to be diagnosed by the leader, if such conditions arise, refer the participant to the appropriate health care provider.)

**Once certified, an Older Adult Fitness Leader (OAFL) is recognized by the IFC to lead group classes with healthy independent seniors that have been given the "green light" by their physicians to start an exercise program in the following areas:

- Low impact aerobics.
- Step aerobics (if appropriate)
- Muscular conditioning classes.
- Combination classes using any of the above format.
- If leaders encounter participants with special needs they should consult the appropriate health care provider for further exercise program guidelines.

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

- Water based classes.
- Specialty classes such as arthritics, cardiac rehab., etc