



Scope of Practice Resistance Training Leader (RTL)

The IFC Resistance Training Leader is certified to:

- Lead a safe and effective exercise session** by providing effective and appropriate exercises in order to meet the needs of participants.
- Provide weight room monitoring and equipment orientation.
- 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 RTL is recognized by the IFC to lead an exercise session in the weight room in the following areas:

- Orientation to any cardiovascular equipment in the facility.
- Orientation to any strength training equipment in the facility.
- Orientation to basic free weight exercises.
- Provide a beginner to intermediate strength training program for apparently healthy individuals.

Once certified, an RTL is **not** recognized by the IFC to provide leadership in the following areas (additional training must be obtained):

- To provide dietary advice beyond the Canada's Food Guide.
- To provide personalized exercise prescription.
- To provide lifestyle counselling.
- To provide a fitness appraisal based on the Canadian Physical Activity, Fitness and Lifestyle Appraisal.
- To work in any capacity with an individual who is not apparently healthy.
- To act in any capacity as a personal trainer.