

FITNESS NB POLICIES AND PROCEDURES CERTIFICATIONS

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Policy #: 96001C Re-certification Requirements for Fitness Leaders and, Personal Fitness Trainers

*Date Approved by the Board: **November 3, 2014***

Rationale: As public knowledge increases and with the growing interest in self health care, fitness leaders are required to design more sophisticated fitness programs and answer more in-depth questions. The re-certification process ensures that the fitness leader has met the minimum standards to lead a safe, fun, and effective exercise program.

Policy: The following is an outline of the requirements necessary for re-certification. All requirements must be fulfilled prior to the expiry of one's current certification. These requirements apply to the Group Fitness Leader specialties of; Choreography, Step, Portable Equipment, Indoor Cycling, Resistance Training, Aqua-fitness, Older Adult, and Yoga.

Group Fitness Leaders

- Maintain a current CPR Level A or C **annually**.
- Maintain FNB membership **annually**.
- Maintain a current FNB liability insurance **annually**
- Complete on floor practical evaluations for each specialty by an FNB certified evaluator as follows:
 - One evaluation within 12 months of initial certification.
 - Subsequent evaluations every three years.
- Obtain 12 Continuing Education Credits (CEC's) over a two year period.

Personal Fitness Trainers

- Maintain CPR Level C annually.
- Maintain a current Standard First Aid.
- Maintain a current FNB membership **annually**.
- Proof of additional PFT Liability Insurance **annually**.
- Complete on floor practical evaluations for each specialty by an FNB certified evaluator as follows:
 - One evaluation within 12 months of initial certification.
 - Subsequent evaluations every three years.
- Obtain 21 Continuing Education Credits (CEC's) over a two year period.

Effective Date: **March 31, 2015**

Last reviewed: November 3, 2014