



Policy # 22101C **Re-certification Requirements for Personal Fitness Trainers**

Approved by Board: March 20, 2021

Rationale: As public knowledge increases and with the growing interest in self health care, Personal Trainers are required to design more sophisticated fitness programs and answer more in-depth questions. The re-certification process ensures that the PFT has met the minimum standards to train clients and prepare programs in a safe, and effective manner.

Policy: The following is an outline of the requirements necessary for re-certification. All requirements must be fulfilled **on or prior to** the expiry of one's current certification.

- 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 an on-floor practical evaluation with an FNB certified evaluator within 12 months of initial certification.
- Complete an FNB approved article/video with a quiz relative to teaching skills annually. *These are offered free of charge and worth 1 CEC.*
- Obtain 8 Continuing Education Credits (CEC's) annually

**** The option to complete an evaluation will be open to anyone who would like to participate at any time and will be worth 1 CEC. The costs will be reflective of any current evaluation fees.**

Effective Date: April 1, 2021

Renumbered February 2021(Moved from 96001C)

Reviewed: June 4, 2013 (Amalgamated GFL leader information, removed on floor hours requirements)

Updated and approved by Board: June 8, 2001

Original Approved by the Board: 1996 (Was in 96001C)