



Policy # **96001C** **Group Fitness Leader Re-certification Requirements**

Approved by Board: March 20, 2021

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 **on or prior to** the expiry of one's current certification. These requirements apply to **all FNB** Group Fitness Leaders.

Group Fitness Leaders

- Maintain a current CPR
- Maintain FNB membership annually.
- Maintain a current FNB liability insurance annually
- Complete the on-floor FNB/FLC practical evaluation for each specialty with an FNB certified evaluator within 12 months of initial certification.
- Complete an FNB supplied article/video with a quiz relative to teaching skills annually. This is offered free of charge and worth 1 CEC.
- Obtain 6 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

Revised and Updated: February 2021(Updated evaluation and CEC requirements, moved PFT information to PFT policy 2021C PFT Re-Certifications).

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