



**Trainer of Fitness Leaders  
Recertification Registration 2011**

**Trainer Information**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE: home: \_\_\_\_\_ work: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

The above information will be used for administration and to send AFLCA information to you. The phone number(s) and email address you provide will be used on the Trainers' List for AFLCA participants to contact you. I wish to recertify my Trainer status in (please check the appropriate specialty(s)):

- Group Exercise**
- Aquatic Exercise**
- Older Adult**
- Resistance Training**

Please Check One of the Following: I am **currently observing in:**

- All Specialties**
- My Specialty Areas Only**
- I am not Observing**

To the best of my knowledge, the information on this form is correct.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

You will be recertified as a Trainer of Fitness Leaders upon successful completion and submission of the following requirements.

Please refer to the back of this page for recertification requirements.

**\*\*\*\*Your documents are due March 31, 2011\*\*\*\***

I hereby grant the Provincial Fitness Unit permission to publish my name phone number and email address on the Provincial Fitness Unit website residing at [www.provincialfitnessunit.ca](http://www.provincialfitnessunit.ca)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Setting the standards for Fitness Leadership and Certification Since 1984*

**Option One - AFLCA Trainer of Fitness Leaders**

1. \_\_\_\_ A photocopy of current CPR (Health Care Provider or CPR Level C) (**must be updated within one year**)
2. \_\_\_\_ You must complete at least one of the following AFLCA related activities:
  - AFLCA courses administrated (provide agency and date of course) **and/or**
  - AFLCA observations administered (provide name of leader and date) **and/or**

AFLCA Resources – some examples would be: manual development, exam development, and member of a project committee, formal selection committees, member of the Board of Directors. All must be approved by the AFLCA.
3. A cheque/credit card for \$50 payable to the AFLCA (certifications postmarked after March 31 of the current year will be subject to a \$25 late fee).
4. Continuing Education
  - Attendance at the Trainers conference (TBAC) every two years **and/or**
  - Collection of 15 pre-approved credits (1 credit = 1 hour) every two years. Examples would be adult education, facilitation skills, management skills, technical skills, performance appraisal, conflict management, organizational development and preparation/facilitation of a new workshop. **Must be at a Trainer Development Level.**
  - Attendance at a Focus Group meeting (reviewing TBAC)
  - Please attach/list professional workshops/courses you've attended in the past year.

**Option Two - Associate Trainer of Fitness Leaders**

1. \_\_\_\_ A cheque/credit card for \$50 payable to the AFLCA (Certifications postmarked after March 31 of the current year will be subject to a \$25 late fee).
2. \_\_\_\_ A Letter outlining the circumstances surrounding the Associate Trainer status. The Associate Trainer status can only be attained once for a maximum of 5 years. Examples would be taking time out to have a family, possible career change, out of country. Recertification fee of \$50 is required every year.

**NOTE:** While on Associate Trainer status a Trainer is not certified; insurance is not valid during this period of time (if applicable).

The Associate Trainer status would allow you to remain on the mailing list of the AFLCA. You receive all mail outs that go to AFLCA Trainers (including new resources, Trainers newsletter). You would choose this if you were not intending on facilitating courses or conducting practical observations in the next few years.

In order for the AFLCA Associate Trainer to attain Trainer status, you must complete the Trainer recertification requirements.

If you have any questions or concerns please feel free to contact me by email [christine.legault@ualberta.ca](mailto:christine.legault@ualberta.ca) or phone 780-492-4435.

Christine Legault  
AFLCA Certification and Administrative Coordinator

**Any recertifications postmarked on April 1, 2011 and later which are being paid by credit card will automatically be charged a \$25.00 late fee.**

Recertification Fee: \$50.00                       Late fee: \$25.00

**Payment Options:**

- |   |  |
|---|--|
| <input type="checkbox"/> Cheque – Made Payable to AFLCA | <input type="checkbox"/> Money Order – Made payable to AFLCA |
| <input type="checkbox"/> Visa                           | <input type="checkbox"/> Purchase Order                      |
|   | <input type="checkbox"/> MasterCard                          |

Name on card: \_\_\_\_\_ Credit Card No.: \_\_\_\_\_

Expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_