

2010 Senior Fitness Instructor Certification Renewal Criteria

If you completed a full renewal in 2008 or were certified between July 1st, 2008 and June 30th, 2009, you are due for renewal this year (2010). In order to maintain current certification status, your renewal forms must be completed and submitted to the Canadian Centre for Activity and Aging by June 30th, 2010. Thereafter, renewal takes place **biannually**. The requirements for the renewal process are listed below.

1. Instructor **Renewal Fee**: \$50.00 for 2 years
2. Proof of Current **CPR** (First Aid recommended)
3. **Insurance** *not* required but highly recommended
4. Minimum # of **Teaching Hours** (full classes): 20 (confirmed with signature of program supervisor)
5. Annual **Refresher Workshop**: These half-day workshops will be provided by SFIC Trainers throughout the year at the CCAA and country-wide to provide:
 - i. Updates: new and relevant research findings, best practices and changes in the SFIC program
 - ii. Review: Brief highlight of key information from the SFIC course
 - iii. Q & A: An opportunity to get your questions answered and network with other instructors

NOTE: Due to accessibility challenges with attending an SFIC Refresher Workshop, other fitness-related workshops/seminars may be substituted instead. These workshops may include activity and/or aging related topics such as, but not limited to, different resources/tools to use in your fitness classes or information on specific age-related special conditions.

6. **Peer Class Observation**: Attend another instructor's class, watch their class and complete the *Peer Class Observation Form*.

Is certification mandatory? Do I have to renew? No. Maintaining your certification status can only be enforced through your employer as a condition of employment/volunteering for teaching classes. Although there is no law that states an instructor must be certified in order to teach, there are many benefits to maintaining your certification status (see below). One benefit that affects all of us is maintaining and raising the standards within our industry to represent a message of professionalism, safety and credibility to the public.

Benefits of Renewal

- Official Designation after name (CCAA-SFIC) with backing and support of CCAA
- Increased Marketability through CCAA promotions and website
- Professional Credibility and Peer Recognition
- Access to Insurance Coverage
- CCAA E-Newsletter
- Invitations to participate in special research initiatives

Attention Volunteer Instructors: Check with the organization for which you teach. Organizations recruiting and training SFIC volunteers are eligible for the "Volunteer Agency License" which is subject to special privileges and guidelines.

Submit renewal documents to

Sarah Merkel
Canadian Centre for Activity and Aging
1490 Richmond Street
London, ON N6G 2M3

Sarah Merkel
Project Coordinator
smerkel2@uwo.ca
519.661.2029