

Scope of Practice and Insurance for SPRA Certified Fitness Leaders

Group Exercise Scope of Practice

The SPRA Group Exercise Leader is certified to:

- Lead a safe and effective land group exercise class (as detailed below) by providing effective and appropriate exercises in order to meet the needs of participants
- Lead exercise groups that are based on SPRA and NFLA performance standards and guidelines
- Incorporate the use of appropriate equipment based on identified or implied needs of the participants
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and the PAR-Q
- Lead participants that are apparently healthy
- Attend to CPR and First Aid situations as they occur

Once certified, a SPRA Group Fitness Leader is recognized by the SPRA Fitness Division to lead group land based exercise classes in the following areas:

- Hi/lo impact aerobics
- Step aerobics
- Muscular conditioning classes
- Combination classes using any of the above formats

Once certified, a SPRA Group Exercise Leader is **not** recognized by the SPRA Fitness Division to teach the following classes (additional training must be obtained):

- Shallow or deep water aqua fitness classes
- Older Adult classes
- Specialty classes such as arthritics, cardiac rehab, etc.
- Group cycling classes
- Cardio kickboxing
- Yoga
- Pilates

SPRA Aqua Exercise Scope of Practice

The SPRA Aqua Exercise Leader is certified to:

- Lead a safe and effective group aquatic exercise class (as detailed below) by providing effective and appropriate exercises in order to meet the needs of participants
- Lead exercise groups that are based on SPRA and NFLA performance standards and guidelines
- Incorporate the use of appropriate equipment based on identified or implied needs of the participants
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and the PAR-Q
- Lead participants that are apparently healthy
- Attend to CPR and First Aid situations as they occur

Once certified, a SPRA Aquatic Exercise Leader is recognized by the SPRA Fitness Division to lead group aquatic exercise classes in the following areas:

- Shallow water aqua fitness
- Deep water aqua fitness
- Muscular conditioning for the water
- Any combination of the above classes

Once certified, a SPRA Aquatic Exercise Leader is **not** recognized by the SPRA Fitness Division to teach the following classes (additional training must be obtained):

- Hi/lo impact aerobics step aerobic or muscular condition classes on land
- Group cycling classes
- Cardio kickboxing
- Yoga or Pilates
- Older adult fitness classes
- Specialty classes such as arthritics & cardiac rehab

Exercise for Older Adults Scope of Practice

The SPRA Older Adult Exercise Leader is certified to:

- Lead a safe and effective group older adult exercise class (as detailed below) by providing effective and appropriate exercises in order to meet the needs of participants
- Lead exercise groups that are based on SPRA and NFLA performance standards and guidelines
- Incorporate the use of appropriate equipment based on identified or implied needs of the participants
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living for Older Adults, and the PAR-Q
- Lead participants that are apparently healthy (Special concerns such as arthritis, osteoporosis, hip replacements, etc. are not to be diagnosed by the leader, if such conditions arise, refer the participant to the appropriate health care provider.)
- Attend to CPR and First Aid situations as they occur

Once certified, a SPRA Older Adult Exercise Leader is recognized by the SPRA Fitness Division to lead group classes with healthy independent seniors that have been given permission by their physicians to start an exercise program in the following areas:

- Low impact aerobics
- Step aerobics
- Muscular conditioning classes
- Any combination of the above classes

If leaders encounter participants with special needs they should consult the appropriate health care provider for further exercise program guidelines.

Once certified, a SPRA Older Adult Exercise Leader is **not** recognized by the SPRA Fitness Division to teach the following classes (additional training must be obtained):

- Group cycling classes
- Cardio kickboxing
- Yoga or Pilates
- Shallow or deep water aqua fitness classes
- Specialty classes such as arthritics, cardiac rehab, etc.

Insurance Details:

The insurance for S.P.R.A. Fitness Leaders is \$2 million liability insurance through HUB International TOS Limited. This insurance program ensures that you have adequate coverage as long as you work within your Scope of Practice as a Group, Aquatic, or Older Adult Fitness Leader, regardless of where you instruct in Canada. For more information, please visit http://www.hubinternational.com/content_image.aspx?id=1408.

The S.P.R.A. insurance program only provides coverage for certified Fitness Leaders in good standing. The insurance is included as part of the annual \$70 certification fee.