



## Investing in training is money and time well spent!

In this edition of E-News we'll be focusing on training and development and why it's important for all activity providers to have the necessary qualifications and skills to lead and instruct community classes and programmes.

### What do the stats tell us?

[Over 40% of people working in exercise have a level 5 diploma or higher](#) according to a 2017 Skills Active NZ report on the Exercise Industry. With some 26.5% having a bachelor's degree or higher. This is good news! Both these figures are higher than the average for the total economy. However, there is also a large number of activity providers who have no qualifications or formal training in exercise prescription or instruction.



## What are the barriers?

Barriers to training and completing qualifications are mainly linked to the make-up of the industry\*. They relate to:

- Cost of training and assessment;
- Busy schedules and multiple time commitments;
- Access to and availability of suitable training, qualifications and assessors;
- Relevance of training;
- Quality of training; and
- Limited workplace training capability and/or coordination.

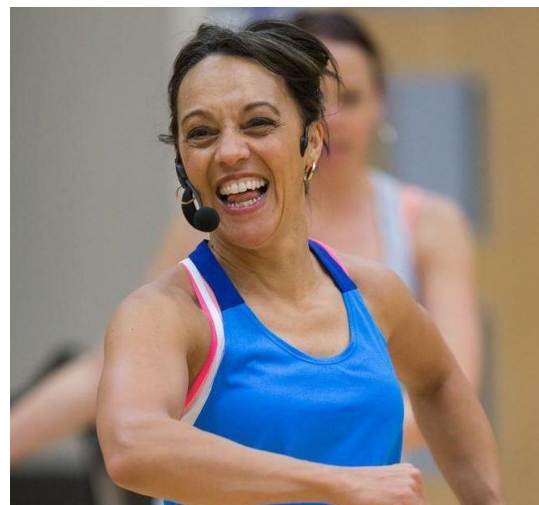
While there are challenges associated with undertaking training, taking the time to upskill is money and time well spent. It will grow your confidence, develop your knowledge base, open up new opportunities and help you meet your health and safety obligations.

\*Skills Active NZ Data 2017

**Linda Miratana** is an award winning instructor based at the Lincoln Events Centre. She recently co-facilitated an Active Canterbury training workshop and talked about the key factors that influence member retention and create successful classes.

[‘What makes an awesome instructor’](#)

written by Paul Peroy is one of her favourite articles. Linda is a strong advocate for undertaking regular professional development.



## Got the fundamentals covered?

Many community based activity providers become instructors and group leaders as a result of their passion for people and/or simply to help out when needed. The work is part-time, low paid or voluntary for many in these roles. Getting the basics right and focusing on the fundamentals is key for providers in this situation.

[Skills Active NZ offers a Level 3 Group Fitness Qualification](#) that covers the following key areas:

- Ensuring safety of class participants;
- Understanding and applying industry best practice;
- Motivating participants;
- Risk management; and
- Knowledge of the fitness community.

These five areas are a great place to start for any community activity provider and are covered as part of most group fitness qualifications.



## Providers of initial qualifications

[The Register of Exercise Professionals](#) (REPs) is a great place to find reputable qualifications as they have created a national register of recognised providers. The content of these qualifications have been reviewed by REPs and meet a clearly defined criteria.

[View a full list of qualifications recommended by REPs.](#) **Embrace a new challenge in 2018 and sign up to complete a qualification or attend a professional development opportunity.**

[Contact Active Canterbury for more advice](#) and we'll help put you in touch with the right industry professionals.



Local activity providers Lisa and Julie take part in a practical boxing session as part of the Active Canterbury training workshop held at the Lincoln Events Centre in October 2017.

## [Education, Training and Development](#)

Active Canterbury has been providing education and training opportunities for local activity providers in Canterbury for over 10 years!

[We are extremely fortunate to have a fantastic relationship with Catch Fitness](#) (Broni McSweeney) who has been instrumental in helping us offer cutting-edge industry topics and top-notch presenters over this time.

### **Mark the date! Waimakariri Activity Provider Day**

**Date and Time:** Saturday 24th February 2018, from 1 to 4pm

**Location:** Rangiora

Join us for an afternoon of ideas for activity providers in North Canterbury, including a *Seniors Eating Well Snippets* seminar. Training counts as 2.5 CPDs if you attend the entire workshop.

[Visit the Active Canterbury website for more information on this free workshop](#), including how to register.

## Community Exercise Foundation Course: It's back in 2018!

**Dates:** Saturday 7th and Saturday 14th April 2018

This exciting two-day foundation course is suitable for leaders of group exercise in a community or church setting, plus new or inexperienced leaders – no previous exercise or instruction experience required. Course will cover exercise and group instruction fundamentals. Cost is \$50 per person.

[Email Nadine Milmine to register your interest today.](#)



**ASB Summer Starter**  
CANTERBURY'S FUN RUN & WALK  
**26 NOVEMBER 2017**  
CANTERBURY'S 10KM & 4KM FUN RUN & WALK  
#summerstarter

**NOT YOUR AVERAGE FUN RUN!**  
IT'S BACK CANTERBURY!

**EARLY BIRD ENTRIES OPEN NOW!**  
ENTER ONLINE NOW AT [SUMMERSTARTER.CO.NZ](http://SUMMERSTARTER.CO.NZ)

The event that's like no other! Whether you're young or old, speedy or slow, silly or serious - there's something for everyone.

celebrate our city life while raising money for charity and enjoying costumes, music, fun and surprises aaaaall the way from New Brighton to Redcliffs!

The ASB Summer Starter is the perfect excuse to come together to

**NEW Garmin Kids Dash, duck and dive!**  
The kids dash, duck and dive starts with the radial run inflatable obstacle course, where kids duck under pillars, dive through inflatable holes and finish with a 1500m dash around the park.  
A portion of your entry is donated to St John

A huge thanks to our Canterbury-loving partners who helped make it all possible!  
ASB THE PRESS MORE FM



### Become an Approved Strength and Balance Programme

ACC, the NZ Health Sector and RST's have joined forces to support the development of Approved Community Group Strength and Balance Classes.

The aim is to help reduce the number of falls. Sport Canterbury is helping support local activity



### Are your First Aid and CPR qualifications current?

Exercise providers must ensure that the level of First Aid/CPR is appropriate and relevant to the environment and conditions in which they deliver exercise.

[The REPs website provides specific industry](#)



### Like some one-on-one mentoring?

Active Canterbury is offering one-on-one mentoring to help community providers:

1. start up new classes and activities,
2. grow their class or participant numbers, and
3. manage existing programmes or

providers to make their classes into an Approved Strength and Balance Programme.

Contact Rebecca Logan for more details (03 373 5043 or [email](#)).

[advice on first aid](#) for Group Exercise Instructors, Personal Trainers, Exercise Consultants, and Facilities.

classes more effectively.

Successful applications will receive up to 4 hours of FREE mentoring and support.

[Apply now for the next round of mini mentoring.](#)

**Applications close on Tuesday 30 January 2018.**



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We welcome your feedback and comments.

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