

# Arthritis Foundation®

## Life Improvement Series

### FAQs about Pre-requisites and Changes regarding Arthritis Foundation Life Improvement Series Instructor Training

- ❖ ***Why do I have to complete a Pre-training Module and Knowledge Test?*** The Pre-training Module establishes a baseline knowledge of arthritis for all trainees. By completing the pre-test, we will have assurance that everyone who attends the training has at least this minimum level of knowledge and will reduce the total training time devoted to varying levels of questions. The Pre-training module must be completed at least one week prior to the date of the training. Trainees are required to submit a completed Knowledge Test (pgs. 35-39 of the PDF that you can print at the conclusion of the module) and receive confirmation of registration from the Arthritis Foundation before attending.
- ❖ ***I don't have e-mail, can the module be mailed to me? If it has to be mailed, will we include a pre-paid return envelope?*** We will mail the module and test if necessary, but you must email or fax a copy of your completed Knowledge Test at least one week prior to the training. Please also consider visiting your local library to establish a free email account and/or access the online module.
- ❖ ***Does completing the Knowledge Test mean that I will receive a certification to teach an Arthritis Foundation Life Improvement Series Program?*** No, but it does give you approval to attend the training. The Arthritis Foundation Trainer teaching your session has final authorization on whether you pass or fail the certification. This is decided based on the Trainer's observations during the training (e.g., your teach-backs in class) as well as a final exam of approximately 20 questions.
- ❖ ***What are the pre-requisites for Aquatic Trainees?***

The Virginia Chapter typically strives to certify aquatic professionals at the highest level of certification (Instructor) available, but will, in special circumstances, certify individuals at the Leader level if needed.

  1. Basic requirements for LEADERS include:
    - Current certification in cardiopulmonary resuscitation.
    - Ability to swim at least 25 yards using any stroke without stopping; ability to jump into deep water, surface, and either float for a minimum of 10 minutes or tread water for a minimum of 1 minute; and ability to perform the recovery position from face up and face down in shallow and deep water.
  2. INSTRUCTORS must meet above requirement, AND:
    - YMCA, Red Cross or other nationally recognized lifeguard or water safety/ rescue certification is required.
    - First aid certification is strongly recommended.

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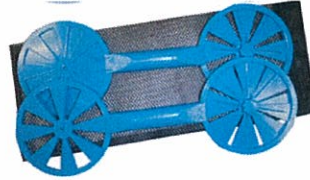
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- ❖ *What equipment am I required to bring to my training session? Because so many new pieces of equipment are now included in the Aquatic Program, and because of the addition of the deep water exercises, you must bring at least the following:*

Gloves (Lycra, not neoprene)



Paddles with open/close vanes



AF/Host facility will provide for your use:



Flotation belts – provided courtesy of the hosting facility and/or AF Trainer



Kickboards



Upper body trainers – these new items are made of firm, molded plastic; different from foam bar bells



Noodle Bars

You may bring any of these items if you prefer to use your own equipment. If you wish to purchase them prior to class, please request a resource list from the chapter office. We do not recommend any vendor over any other, but do have a list of vendors known to supply these various types of equipment.

For the **Exercise Program**, trainees must bring the following:

- One set of hand weights (1-3lbs.)
- One set of ankle weights (2-5lbs.)

Resistance bands will be provided to trainees by the Arthritis Foundation.

We will also remind you about this equipment in the confirmation letter we will send to you to confirm your registration and notify you of important details about the training (e.g., directions, etc.)