

# Arthritis Foundation & AEA FAQ & General Information

## AQUATIC EXERCISE ASSOCIATION (AEA)

The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health and wellness worldwide. AEA

- Provides reliable and accessible education to fitness professionals.
- Provides professional training and Certification to assure safe, effective and enjoyable programming for the exercising public.
- Provides networking and resources to unite the global fitness industry in a positive manner for decades to come.

### **What will be AEA's role and responsibilities in regards to the aquatic and exercise programs?**

AEA will provide the online and live training programs for land and aquatic professionals, as well as renewal programs.

### **Who do we contact at AEA?**

For online or live trainings, and renewal procedures or general inquiries:

- Call AEA at 941-486-8600 or toll-free 888-232-9283
- Email inquiries to [info@aeawave.com](mailto:info@aeawave.com)
- Visit AEA's website, [aeawave.com](http://aeawave.com)

## ARTHRITIS FOUNDATION

### **What will the Arthritis Foundation (AF) local office responsibilities now be in relation to the aquatic and exercise programs?**

The AF will no longer manage the programs, collect participant data, conduct trainings, or market to instructors and participants. AF local offices will refer people interested in becoming instructors (AFAP & AFEP) to AEA. In the future, participants and instructors will be able to locate classes in their community through [arthritis.org](http://arthritis.org) and AEA's website.

### **Will the programs continue to use the AF name and how should we handle questions from the public, professionals and sites?**

Yes. We are only changing management, training and distribution not the main objective of the programs.

### **Are Arthritis Foundation Program instructors allowed to use "Arthritis Foundation" in their classes?**

Yes, as long your AFAP or AFEP Certification is current. Specific terminology for promotions will be available from AEA in January.

### **Will we receive replacement certificates or some form of training verification?**

With documented verification, AEA will provide updated certificates in a printable format.



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## ARTHRITIS FOUNDATION AQUATIC AND EXERCISE PROGRAMS

### **How do I renew my AFAP/AFEP certification?**

AEA will offer blended training that includes two separate components, online and in-person. You must complete the online component before attending the in-person training.

Another renewal option is obtaining a minimum of 15 continuing education credits from AEA-AFEP/AFAP 2015 Approved Provider courses.

In addition, valid CPR/AED must be maintained throughout the certification period.

### **I was certified a long time ago but I am expired. What are my options?**

If your AFEP/AFAP expired prior to January 1, 2012 you will need to complete the AEA blended training.

### **When will the online trainings be available?**

Online training will begin no later than March 1, 2015.

### **When will the in-person trainings be available?**

In-person training courses will begin in May 2015, and then will be held throughout the year in various locations across the USA.

### **What are the renewal fees for 2015?**

Renewal fees are \$59.00 per program, or \$89.00 for both AFAP & AFEP when renewed at the same time. Renewals are valid for a two-year period. Note: Renewal fees are waived if you are taking the blended training (online and in-person).

### **If I have a three-year expiration is it still valid?**

Yes. However, AFEP/AFAP Certification will be reverted to a two-year renewal period. You will need to follow standard AFEP/AFAP renewal requirements.

### **Will AEA accept online water safety and CPR/AED courses?**

Yes. AEA does accept online courses.

### **Are instructors required to become AEA certified?**

No, but if you are teaching the aquatic program, it is recommended.

### **What are additional recommendations for instructors?**

AQUATIC SPECIFIC - AEA's Aquatic Fitness Professional Certification (depending upon the instructor's level of experience and professional commitment), and basic water safety training

LAND SPECIFIC - A nationally recognized fitness industry Certification program



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**Will certified instructors have to be re-trained immediately, or can they wait until their AF AFEP/AFAP Certification expires?**

You may renew under the requirements at your time of renewal.

**What is AEA's quality assurance protocol?**

AEA utilizes an independent committee for examination development and third party management through FLS and test.com. In addition, AEA contracts exam administrators for live examinations. AEA will conduct random facility inspections to ensure professionals are adhering to the AEA Fitness Professional, AFEP and AFAP procedures.

**Will AEA provide continuing education for each program?**

Yes, beginning in fall of 2015 there will be courses available to assist with professional growth and continuing education credits (CECs) for the AF-certified professional.

**Are the AF manuals going to be updated/revised?**

Yes, the two manuals (Aquatic Program & Exercise Program) will be consolidated into one e-manual. Additional revisions will take place over the next few years.

**When will the revised AF e-manual be available?**

The revised materials will be available no later than March 2015.

**How do I get the new AF e-manual?**

The manual will be included in the price of the training programs. The manual will be available as a download for computers and devices. The instructor can choose to self-print this manual.

**Will AEA add equipment to the land or water programs?**

No additional equipment will be added to the programs at this time.

**What is going on with the YMCA and the aquatic program? Will they do their own program, or will they be following AEA guidelines?**

The YMCA will continue to implement their version of the aquatic program until August 2015.

**When will the Arthritis Foundation Exercise Program training with the Aerobics and Fitness Association of America (AFAA) be phased out?**

The AFAA online exercise program training workshops will end in April 2015.

**If an instructor needs to recertify, can they do so by taking the online AFEP training on AFAA's website? Or should they wait till the AEA trainings are available?**

It is recommended that they wait until the revised programs launch in 2015. However, the AFAA program is an excellent continuing education resource for all professionals working with arthritic clients.



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**What will happen to the Arthritis Foundation Tai Chi program?**

This program will no longer be offered through the Arthritis Foundation. For instructors and participants seeking Tai Chi training or classes for people with arthritis, refer to Tai Chi Productions, [www.taichiforarthritis.com](http://www.taichiforarthritis.com). Dr. Lam is continuing with the Tai Chi for Arthritis program.

**What is the status with Walk With Ease (WWE), and how will we access the training?**

The Arthritis Foundation will be managing WWE. WWE is the only physical activity program the AF will be managing. Moving forward, the WWE leader training will only be available online. No training will be conducted in person.

The WWE training can be accessed beginning in 2015 through AFAA's website. Once the training is ready, Arthritis Foundation staff will be notified. The one-month introductory fee is \$69 and after the first month the fee will be \$79. The leaders will download the posters and manual from the AFAA website. Leaders will contact the AF local office for certification. Certificates are located on AF Connect.

**RECORD KEEPING & REPORTS****Will instructors need to submit class records/data to AEA?**

Instructors will be required to send attendance reports and liability waivers to AEA. In the near future, clients/students will be able to complete this form online. AEA will provide the forms, and advise where and how to submit.

**Are facilities required to sign an agreement with AEA?**

Yes, an acknowledgement of practice and policy will be used for all instructors leading the public and private classes.

**Are instructors required to have their own liability insurance?**

Yes. All instructors and trainers must maintain liability insurance. Rates vary depending on carrier.



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