

WaterART Certification Process

The goal of the WaterART Certification programs is to provide the highest standard of theoretical, practical and leadership skills to become an excellent Instructor or Trainer.

Our educational system help individuals to perform at their personal best with self paced exercise design. The instructor may purchase all materials via home study (you complete everything at home) or via onsite education (you are guided through with a Master Trainer). All exams have a six month time frame to complete (after purchase or after the training event) except onsite instructor level which is four mouths after the event.

All WaterART certification programs have been developed based on industry standards and achievable competencies. Industry standards require all instructor re-qualify or renew their qualifications every two years.

There are no grandfathering into our WaterART Program. All candidates must complete the required competencies to achieve full certification. If you have expired for more than one year, you will be required to complete the competencies again.

Whether you complete home study or onsite education - the system and exam competencies are the same. All exams are clearly laid out in the back of all manuals and you are allowed to ask as many questions as required to better understand the materials.

If you are completing the following programs and/or are New to WaterART Certifications, you will be required to complete both theory exam and a practical assessment (either onsite practical assessment with qualified Master Trainer or a DVD/VHS video submission).

Required programs that require both theory & practical assessment:

- Instructor Certification (land or water)
- Seniors Instructor Certification (land or water)
- Personal Trainer Specialist Certification,
- Weight Management Consultant
- Rehabilitation Specialist Certification programs

* if you are late - you are subject to late fees (\$35.00 for each the theory & practical assessment). There are no exceptions to this rule as everyone has the same time frame.

Theory exam: may be submitted via EMAIL OR MAIL,

You may simply email the answers to us (don't retype the questions, but please identify the question, and exam and person submitted the exam.)

OR mail us the full exam (please get tracking but no signature is required)

In USA: WaterART Fitness International Inc, 210 South 8th Street, Lewiston NY 14092

In CANADA: WaterART Fitness International Inc, 83 Galaxy Blvd Unit 19, Toronto, ON M9W 5X6

We do confirm all exams & emails –so you must assume that if we don't email you, we did not receive your exam.

HOW TO COMPLETE FULL INSTRUCTOR CERTIFICATION

FOR INSTRUCTOR **ONSITE** PROGRAM - you have up to four months to complete the exams.

FOR ALL OTHER CERTIFICATIONS (ONSITE & HOME STUDY) - you have up to six months to complete the exams.

All practical assessments for certification exams may be booked

- 1) emailing US
- 2) booking direct with Master Trainer's/Assessors **OR** submit a VHS Video /DVD/flash drive of your program. (30-45 minutes).

Note: If you submit a DVD /VHS video - for water training, you may do this in your home like you are teaching on deck. Make the program simple with not too many people - and as long as we can see & hear you teaching (safe, effective & enjoyable exercise) the goal is for you to demonstrate competencies.

Email the theory exam directly (click here). Simply write the question number & then your answers for the theory exam. Be sure to include your name & address & when you completed the training. We confirm all exams we receive via email or phone. OR You may also MAIL the exams

IN CANADA: WaterART Fitness International Inc, 83 Galaxy Blvd., Unit 19 , TORONTO, M9W 5X6

IN USA: WaterART Fitness International, 210 South 8th St. Lewiston, NY 14092

Below is the process for Practical Assessments (except for Rehabilitation Specialist, Personal Trainer Specialist, WMC)

All candidates have an option to

1) submit a home VHS video/DVD(USB stick) of your class . The class design should be written out as part of the theory exam. This is generally worth 20-25%. The assessor will follow along the program design with your video/DVD submission). All details are clearly itemized in the manual. You may choose to video yourself in your home if you do not have a pool. Also, you may choose to teach yourself (we call this ghost teach) although sometimes it may be easier teaching a real group.

2) Complete an ONSITE practical assessment at a scheduled certification session OR work one on one with a Master Trainer (the person being examined goes to the MT AND makes this a convenient.) This process generally takes about 20-30 minutes per person . There may be a group so you are required to stay for the entire session.

The Practical Onsite Assessment involves: teaching other instructors who attend the assessment session or the Master Trainer if this is an individual assessment. When there are several people in a group- the group acts as the class for the person being assessed (as they can learn from each others performances). The goal is to assess how each instructor completes the competencies required for the practical (see below).

Each Instructor planning on-site assessment must attend the pre-arranged group session or work with the M.T. at a convenient time & location, once you are scheduled to do so. If you cannot attend you MUST give 24 hours notice and re-schedule.

The Onsite practical assessment will include:

1: Oral: answering a few "safety" questions

2: Demonstrate the ability to show a variety of basic moves though working positions.

3: Teach class components (For specialty certifications specific learning will apply to these class components)

a) teaching a 3-5 minute warm up

b) teaching a 3-5 minute Cardio set

c) teaching two 3-5 minute Strength sets (be sure to perform enough sets & reps or 3-5 sets of 8-25 repetitions)

d) teach a 3-5 minute Warm Down.

You are evaluated based on

1) do you understand the exercise objective?

2) can we see, hear and understand you ?

3) is the exercise safe and effective? ,

WaterART is Exercise with a Purpose so we hope that you will COMPLETE your Certification & benefit with becoming qualified & competent!

Certification Report and Diploma:

Once BOTH parts of the certification are completed report cards are written and we email the report card to you.

Once you are successful - you will receive an official WaterART Certified Diploma, status and online profile recognition.

Please understand that some "speciality" certifications may not require a practical assessment if the Instructor is currently certified and qualified with their WaterART Certification qualifications. For a better understanding of where a practical assessment is required please check the chart below)

TYPE OF CERTIFICATION PROGRAM	TIME TO COMPLETE EXAM WITHOUT PENALTY FEE	DO YOU HAVE TO COMPLETE A PRACTICAL ASSESSMENT	PRACTICAL ASSESSMENT OPTIONS **If you are required to complete a practical
Core or Full Certifications			
Instructor Certification via Onsite Training (Land or Water)	4 months	Yes	Onsite Assessment or VHS Video/DVD submission
Instructor Certification via Home Study (Land or Water)	6 months	Yes	Onsite Assessment or VHS Video/DVD submission
Seniors Instructor Certification via Onsite Training or Home Study (Land or Water)	6 months	Yes	Onsite Assessment or VHS Video/DVD submission
Personal Trainer Specialist Certification via Onsite Training or Home Study (Water)	6 months	Yes	Submit 5 Personal training assessments and suggested programs for weeks 1 4 & 8 Must submit DVD/VHS video of one program card.
Rehabilitation Specialist Certification via Onsite Training or Home Study (Water)	6 months	Yes	Submit VHS Video/DVD demonstrating 3 stages of a case study with a client
Weight Management Consultant Certification via Onsite Training or Home Study (Land or Water)	6 months	Yes	Onsite Assessment of one week of presentation or VHS Video/DVD submission
Specialty Certifications – Do not require practical assessment if your qualifications are current			
Common Movement Disorders Instructor Certification via Onsite Training or Home Study (Land or Water)	6 months	No unless it is your first water certification with us OR Cert is expired Yes	Onsite Assessment or VHS Video/DVD submission
Arthritis Instructor Certification via Onsite Training or Home Study (Land or Water)	6 months	No unless it is your first water certification with us OR Cert is expired	Onsite Assessment or VHS Video/DVD submission
Kids Instructor Certification via Onsite Training or Home Study (Water)	6 months	No unless it is your first water certification with us OR Cert is expired	Onsite Assessment or VHS Video/DVD submission
Pre & Post Natal Instructor Certification via Onsite Training or Home Study (Water)	6 months	No unless it is your first water certification with us OR Cert is expired	Onsite Assessment or VHS Video/DVD submission
Managing a Healthy Weight Instructor Certification via	6 months	No unless it is your first certification	Onsite Assessment or VHS Video/DVD submission

Onsite Training or Home Study (Land or Water)		with us OR Cert is expired	
Mind Body Instructor Certification via Onsite Training or Home Study (r Water)	6 months	No unless it is your first water certification with us OR Cert is expired	Onsite Assessment or VHS Video/DVD submission
Shape Up and Water Train Certification via Onsite Training or Home Study (Water)	6 months	No unless it is your first water certification with us OR Cert is expired	Onsite Assessment or VHS Video/DVD submission
Coming Soon : Sports Conditioning Specialist Certification	6 months	No unless it is your first water certification with us OR Cert is expired	Onsite Assessment or VHS Video/DVD submission
Coming Soon: Parent & Tot/Toddler Instructor Certification via Onsite Training or Home Study	6 months	No unless it is your first water certification with us OR Cert is expired	Onsite Assessment or VHS Vi

***Please note we cannot read faxed or scanned documents for theory exams.**

*** We will not download from video websites or other websites that we are not familiar with because of viruses and cannot risk nor compromise our system.**

In order to maintain the certified status for any of the certifications a instructor/trainer must complete 16 hours of continuing education every two years.

Please note all certification diplomas can only run for a maximum of 2 years.

When paying for a Certification renewal, one fee covers all certifications which run concurrently from the date of the last certification.

Therefore if you are utilizing a specialty certification for automatic renewal the renewal date will be two years from the date you PASS the new certification exam. Assume that it will take us 2 weeks to mark if submitting via mail and within a week if submitting via email.

If you are having difficulty with any exam you may email us your questions at any time. The written exam may be submitted via emailing the answers OR mailing the exam.

The practical assessment may be completed by submitting home video/DVD at the same time as the written submission

If completing an onsite assessment with a Master Trainer or qualified assessor the assessor will submit the mark to the WaterART Head Office. Only when both marks are received does the candidate receive their report card.

The Candidate must score a grade of 75% on all exams to become certified.

All re-write of theory exams or re-takes of practical assessments are \$35.00 / exam/ attempt.

After a year without completion you will be required to forfeit the program or exam and re-do the program.

All candidates must hold a valid and current CPR/First Aid OR Life-guarding qualifications. You may complete these emergency safety training qualifications either before or after training date however, this should be done prior to certification.

Emergency safety qualifications do not have to be submitted with exams (as generally these dates don't coincide) It does say on your official Certification Diploma that it is up to you to keep Emergency Safety Qualifications current or the certification is invalid.

Note: Certified Instructors or Trainers are eligible for liability insurance coverage through Sport & Fitness Canada or Sport & Fitness USA.

**For details, please refer to Renewal Procedures
How to Complete Instructor Certification Exams**

Certification Renewal Procedures (PDF)

Certification Standards

Refund & Cancellation Policies

Should you have any questions - please email us at info@waterart.org