

# Resistance Training Specialty Leader Certification Registration

The information below will be reflected in all AFLCA documents and files.  
(please print)

NAME (displayed on certificate): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE:(HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

EMAIL: \_\_\_\_\_

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**Please note that the AFLCA will return partial applications - you must send all of the information in the checklist below!**

\_\_\_\_\_ Photocopy of C.P.R. (Heartsaver A or CPR level A) certification (**CPR must updated within 1 year**). (If you obtained your CPR during a First Aid course it will expiry one year from the date of issue)

\_\_\_\_\_ The signed Practical Assessment attesting to the completion of the practical assessment requirements. This needs to be completed by an **AFLCA Specialty Trainer** (lists provided at the back of this package.)

\_\_\_\_\_ Certification Fees: \$75.00 (\$25 for each additional specialty) Exercise Theory is not considered a specialty)

\_\_\_\_\_ Photocopy of exam cover sheet(s), both exercise theory and your chosen specialty, which indicate when and where you wrote your exam(s).

You will become a Certified Specialty Fitness Leader of the AFLCA upon successful completion and submission of all of the above requirements. Expect at least four weeks after the submission of these requirements for delivery of your certificate.

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**Office Use:**

Date \_\_\_\_\_

Documents Processed: \_\_\_\_\_

**Please expect 4 – 6 weeks for processing from the time that our office receives this application.**