

# The Pathway to Become a CALA Instructor Trainer



**Policy # 1** - Current CALA Membership

**Policy # 2** - Current CPR and First Aid

**Policy # 3** - Current Liability Insurance  
Check out the Insurance Program available through CALA  
[http://www.calainc.org/InsuranceProgram/insurance\\_program1.htm](http://www.calainc.org/InsuranceProgram/insurance_program1.htm)

**Policy # 4** - **CALA Vertical Water Training & Group Aquafitness Leadership Completed**  
Must complete a CALA Vertical Water Training and Group Aquafitness Leadership Training Course (40 - 44 hours). Formerly called Total Track (before January 1, 2003), then called Foundation Part I and II (as of January 1, 2003). It is now to be called CALA Foundations of Vertical Water Training – The Kopansky Method Training Course and CALA Group Aqua Fitness Training and Leadership Specialty Course.



**Note:** If you have **only** had the opportunity to participate in one part of the Foundation Course - formerly called the Fast Track Course, then it is imperative that you attend a Vertical Water Training & Group Aquafitness Leadership Course or host a Vertical Water Training course whereby you can choose to apprentice train the first weekend and attend the Group Aquafitness Leadership Training, observing the trainer and learning how the material is facilitated. Then you would have to apprentice train the second weekend on another occasion under the supervision of a designated 'Master' Trainer.

\*It is highly recommended that you also register and complete the CALA Specialty Courses as soon as possible. If you plan to train a Specialty, such as the CALA Water Running and Aqua Jogging Specialty, you must have attended the course, as a participant and passed the certification with distinction status.

**Policy # 5** - **Current CALA Certification or Recertification Status**  
Must have successfully completed CALA Certification procedure (theory exam & practical assessment – pass with distinction)



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**Policy # 6** - **Submit resume to apply for CALA Training for Trainers (“T4T”) Course**  
T4T’s for new CALA Instructor Trainers are usually held annually. Costs, locations and details will be forwarded to you once approved as a T4T candidate. Our vision is to build a team of Trainers to facilitate the Vertical Water Training & Group Aquafitness Leadership Training courses, The Healing Waters Program, and a variety of Specialty Courses and Workshops that suit specific trainer expertise.

**Policy # 7** - **Apprentice Train**  
Train sections of the course with a designated ‘Master’ Trainer.

**Policy # 8** - **Earn Trainer Status**  
Once you have, apprentice trained, you will receive feedback on your training, and a decision will be made about your readiness to train “on your own.” If your master trainer agrees that you are ready to train on your own, the next time you train the section that you have apprenticed and been approved in, you will be paid.



**Policy # 9** - **Earn Full Trainer Status and Signing of Trainers Agreement Form**  
You must be approved on every section of the course to attain this status. On occasion, two different trainers will train a course due to different areas of expertise. A Trainers Agreement outlining full roles, responsibilities and code of conduct must be reviewed and signed at the beginning of each year.

**Policy # 10** - **Training Fees for the Vertical Water Training Course**  
\$25.00 per hour minimum (negotiable with facility.) Travel and accommodation negotiated with facility.

Continuing Education Opportunities, Trainer Appreciation Package and other information available upon request!