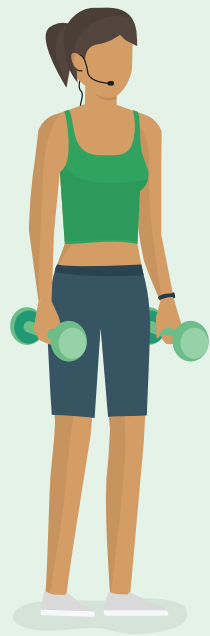


> FRONTLINE ROLE SPOTLIGHT:
AQUA EXERCISE INSTRUCTOR



CAPABILITIES

VALUES & BEHAVIOURS

Safety	Prioritises the wellbeing of clients through understanding client needs, supervision, clear communication of safety protocols, and immediate action to mitigate risks.
Client Engagement	Builds a sense of belonging and inclusivity, establishing connections with participants, organised and able to work with diverse populations, including the elderly.
Teamwork	Contributes effectively within the team, collaborating seamlessly, provides valuable insights, and fosters a supportive environment celebrating achievements.
Learning & Development	Engages in professional development to enhance instructional techniques and adapt approaches to individual client needs, fostering effective and dynamic classes.

TECHNICAL SKILLS

Planning sessions
Basic water rescues
Anatomy & physiology
Fitness knowledge

SOFT SKILLS

Communication
Time management
Cultural competency

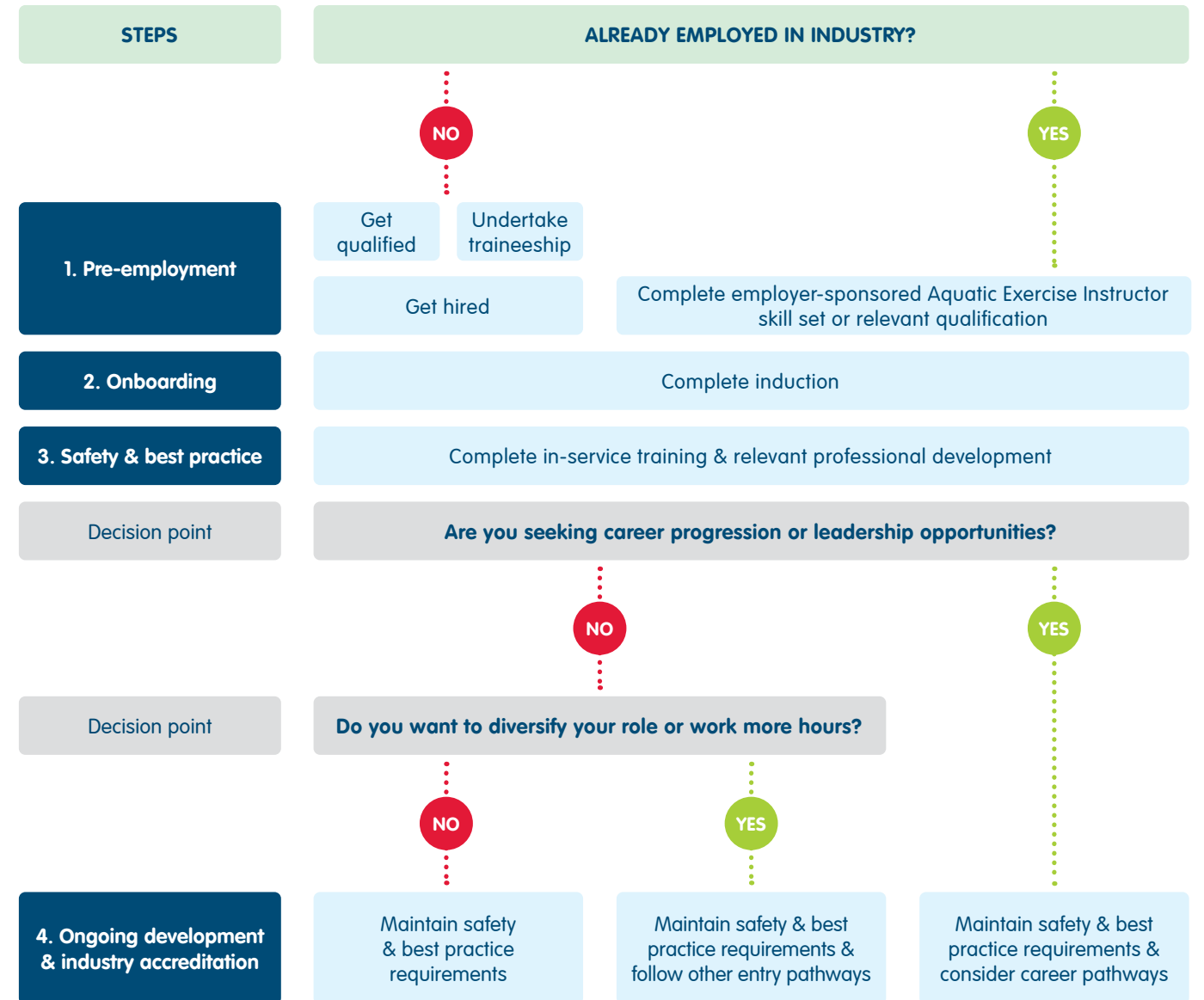
“Aqua Exercise Instructors provide valuable guidance, motivation and supervision in a class setting to optimise each participant’s health outcomes.”

SAFETY & BEST PRACTICE

Initial Qualification	Re-Accreditation	Onboarding / Induction	In-Service Training	Health Requirements	Fitness Requirements
Nationally recognised Aqua Exercise Instruction skill set Provide First Aid & Cardiopulmonary Resuscitation Working with children check or equivalent	Professional registration with a recognised accrediting body Annual CPR re-accreditation Three-yearly First Aid accreditation	Orientation to facility, plant equipment, safety rules Emergency Procedures Supervision Plan Aquatic risk assessment Relevant plant and equipment Escalation procedures Child supervision and safety policies etc.	Three-monthly Includes: Teaching methodologies Plan and deliver aquatic programs Simulated emergency response Resuscitation Aquatic rescue	20/20 vision (with corrective lenses) Good hearing (with aid) Medical approval if required Immunisations	Annual fitness test: Demonstrate good health and physical fitness for the duties of their role



TYPICAL ENTRY PATHWAY: AQUA EXERCISE INSTRUCTOR



DEVELOPMENT PATHWAYS

Aqua exercise instructors are tasked with leading aquatic fitness classes at aquatic facilities. They design and deliver engaging workouts tailored to participants’ fitness levels and goals, emphasising water-based exercises for strength, flexibility, and cardiovascular health.

Instructors ensure the safety of participants during sessions, provide guidance on proper form and technique, and may also assist with program development and participant management. They may be called on to assist in rescue and first aid.

PATHWAYS

Aqua exercise instructors generally progress in the industry through either the Aquatic Education and Programs Pathway, or through an exercise professionals pathway, both of which allow them to take on greater responsibilities and develop as leaders.

Outside of the aquatic industry, Aqua Exercise Instructors have valuable skills and knowledge in human anatomy and physiology, leadership, training, and education, making them attractive to a range of employers, particularly in the healthcare or education sectors.

A TYPICAL AQUA EXERCISE INSTRUCTOR*

- Performs more than one aquatic industry role
- Works less than eight hours a week as an aqua exercise instructor
- Has a second job
- Undertakes three or more professional development sessions per year
- Works for more than one organisation and works across multiple facilities
- Most enjoys being physically active and interacting with people

*According to Royal Life Saving research

