|  |  |  |  |
| --- | --- | --- | --- |
| **Element** | **Y** | **N** | **Comments and Plans** |
| Are you confident in finding and using:   * Dropbox * Website * Registry (including who should/should not be registered) |  | | |
|  |  |  |
|  |  |  |
|  |  |  |
| Does your clinic have a GLA:D® Australia procedure e.g. A “how to book in”, a list of practitioners that are GLA:D® Australia trained etc? |  |  |  |
| Environment and Facilities: Does your clinic have   * Space: Adequate size, all participants are visible to trainer, tripping hazards addressed * Appropriate exercise equipment: a range of therabands, sliders, balance stick, chair, fit ball, step |  | | |
|  |  |  |
|  |  |  |
| Are you confident with the following aspects of running an exercise program?   * Giving clear instructions * Providing feedback * Prescribing exercise including regressions, progressions and dosage * Professionalism and rapport |  | | |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Are you confident with delivering and monitoring the following elements of a GLA:D® exercise session:   * Warm up * Core stability & postural function * Posture alignment * Lower extremity muscle strength * Functional exercise * Cool down * Pain monitoring during and post session * Using RPE * Ensuring participants understand instructions * Maintaining engagement with participants |  | | |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Are you confident with the following elements of delivering GLA:D® education:   * Allowing appropriate time per slide * Speaking clearly * Using appropriate language and explaining jargon * Answer questions, including what to do when unsure |  | | |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Are you confident with knowing what to do when someone does not have a satisfactory response to GLA:D®? |  |  |  |