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| **Element** | **Y** | **N** | **Comments and Plans** |
| Are you confident in finding and using: * Dropbox
* Website
* Registry (including who should/should not be registered)
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| 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
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| 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
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| 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
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| 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
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| Are you confident with knowing what to do when someone does not have a satisfactory response to GLA:D®? |  |  |  |