



Requirements to attend the GLA:D training course remotely

The GLA:D course is being offered through remote technology. The following information is provided for you to consider if attending the course is an option for you at this time.

Criteria for acceptance

The criteria for acceptance into the program is the same and requires that all trainees have the scope of practice and the knowledge and experience to provide the exercise program for individuals with a chronic condition in a group format.

Course format

The course is run over 1.5 days, including didactic sessions and participation in neuromuscular exercise. The course is hosted by a number of instructors including experienced clinicians and you are required to attend all sessions. As such you will be required to sign on to each individual component throughout the 1.5 days.

Timing

Over the year the courses will be hosted to accommodate different times zone to allow individuals to attend in the Atlantic provinces, in Central Canada and in the West. You can attend any course however you will need to note the time zone and ensure that you attend at the correct time.

What you need

As the course is remote you will need to make sure your space is prepared so you can participate in order to receive your certification. You will therefore require the following:

1. Undisturbed space

The course will be provided through an IT platform which will include visual display, chats and question and answers. You therefore require a place to participate where you are not being disturbed.

On the day 1 afternoon you will be completing the neuromuscular exercises so will need to have sufficient space for the instructors to see your complete lower extremity and trunk. This usually requires you to be a minimum of 8 feet from the camera.

2. Technology

You will need to have sufficient technology and bandwidth to host a visual display i.e. camera for the 1.5 days

3. Equipment

The certification requires participation in the neuromuscular exercises. To complete these exercises successfully you will need the following equipment:

a. *Strengthening exercises:*

- Theraband and a stable attachment close to the ground

b. *Core exercises:*

- Mat



- Gym ball
- c. **Functional exercises:**
 - Step (that you can step over)
 - Stable hard surfaced chair e.g. dining room chair
- d. **Positional exercises:**
 - slider (e.g. cloth/sock on a tile/hardwood surface or something plastic on a carpeted surface)
 - a long mirror for visual feedback (optional)

Location

The remote course has been designed to ensure sufficient exercise participation to certify clinicians who take it at home or within a clinic. However, to promote learning it is recommended that, wherever possible you take the course, specifically the exercise components, with other clinicians as this will allow you to see others doing the exercise and to practice providing modifications.

To facilitate this interaction the GLA:D team will require information on where you will be taking the sessions and will provide you with information about other centres in your area who are also participating.