

The Quality Mark of Exercise Professionals



# Benefits for REPs Registered Exercise Facilities



## What is REPs

A not for profit industry owned register to ensure New Zealanders receive world class safe and effective exercise advice.

Registration is the expected standard and the right thing to do with more than 3000 NZ exercise professionals registered, and over 200,000 worldwide.

REPs is about the industry setting its own standards and ensuring that those working in the industry are recognised. REPs promotes registered exercise professionals and facilities, and provides cutting edge resources to support exercise facilities to deliver exercise services.

REPs is recognised by Exercise New Zealand, Skills Active Aotearoa (ITO), and is in regular communication with key government agencies

## In a nutshell, REPs facility registration provides :

- Publicly recognisable and marketable quality mark
- Health and safety best practice guides
- Independent exercise facility recognition
- Easy quality check for the public
- Valuable resources and marketing material
- Discounted exercise professional registration fees

including the Ministry of Health, ACC, and the Ministry of Sport and Recreation. REPs is globally recognised by the International Confederation of Registers for Exercise Professionals (ICREPs) of which NZ REPs is a founding member.

REPs message to the public is clear :

**For safe and effective exercise advice, ONLY use REPs Registered Exercise Professionals!**

## What is a REPs Registered Exercise Facility

REPs have made it easy for the public to find registered exercise professionals, by also registering exercise facilities. Registered facilities agree to ONLY use registered exercise professionals to deliver exercise services. So all exercise professionals at the facility must be REPs registered. This means that the public have the assurance that every exercise professional at the Registered Exercise Facility is registered and at the level appropriate for their role.

A useful analogy is that of a hospital. When visiting a hospital the public know that all of the medical and nursing staff will be appropriately registered and undertake professional development to keep up to date with their knowledge. There is no need for the public to individually check whether each medical professional is registered. A registered exercise facility provides the public with a similar type of assurance that all of its exercise professionals will be registered with REPs at the appropriate level, and undertake professional development to remain up to date. (This medical example is not intended in any way to imply that exercise professionals are medically trained).

Registered exercise facilities agree to be members of Exercise New Zealand.

## Which Facilities in New Zealand are REPs Registered

With around 200 registered exercise facilities registered (health clubs, gyms, yoga and personal training studios etc) this is the normal and right thing to do! The reputable facilities in New Zealand are REPs registered, and this network continues to grow as further facilities commit to recognising their professionalism.

If you are a professional business operating in any industry, it is expected that you register with your professions registration body. This ensures that the registration body can collectively promote the benefits of using registered professionals in that industry!

## Benefits for Registered Exercise Facilities



### Marketable Quality Mark

Facility registration provides powerful promotion of a facility's commitment to quality standards in delivering exercise advice. The public can immediately identify that the facility only uses registered exercise professionals. Registered exercise facilities are authorised to use REPs branding in their marketing.



### Independent Verification

Independent verification and recognition that the facility and its exercise professionals meet New Zealand and international standards for exercise advice and instruction. Registration clearly enables exercise facilities to differentiate themselves from the 'cowboys' who have little or no training.



### Crucial Health & Safety Resources

The Health and Safety at Work Act 2015 (HSWA) imposes obligation on those delivering exercise to ensure it is safe. Registered exercise facilities and their exercise contractors have access to the latest cutting edge guides and online support tools to manage their health and safety obligations.



### Facility Listing on the REPs Searchable Database

Listing on the REPs searchable database so New Zealanders can easily find your facility.



### Discounted Exercise Professionals Registration Fees

Significant discounts (20-30%) off the registration fees for your registered exercise professionals. This provides a valuable benefit exclusively for exercise professionals operating from a registered exercise facility.

# Benefits for Registered Exercise Facilities



## REPs Resources and Tools

With over 400,000 New Zealanders already using exercise facilities, your existing members/clients provide a substantial pool of people to promote and market the benefits of using a registered facility.

You have access to a range of cutting edge and practical REPs resources and tools to help you operate your business, while at the same time promoting the benefits of using registered facilities. Producing these resources yourself would take a significant investment of time and money, so REPs registration saves you this hassle.

Our resources include best practice pre-screening and client forms, and our Tell Me More client brochure series providing valuable guidance on exercise and wellness topics. These resources are free in some cases, or at a nominal cost, and are ONLY available to registered professionals and facilities. The resources provide a clear point of difference in professionalism and marketing.



## Free Industry Jobsite Listing

List job vacancies on the industry specific and owned fitnz.co.nz industry jobsite for free. Through our association with REPs registered education providers, we encourage students/graduates to register as job seekers on the site to match them with industry specific job opportunities.



## FitEx Conference Significant Discount

Run by ExerciseNZ, the FitEx conference is the not to miss annual industry event! The conference has a cutting edge line up of local and international speakers bringing you the latest updates, research and information on topics including exercise prescription, as well as sales and management.



## Professional Development Discounts

It is important that exercise professionals remain up to date with the latest science, research and trends in exercise delivery, so receive discounts on a wide range of continuing professional development education. It is essential that your team keep up to date, which will ultimately ensure your members and clients get the best possible experience - and added member/client retention for you!



## Risk Insurance for Registered Exercise Contractors

All contractor registration levels include professional insurance coverage (public liability, statutory liability, and professional indemnity). This means the facility has certainty that its contractors have insurance coverage in the case of any claim relating to the contractors actions.

## How to Register Your Exercise Facility Now



For further information and to register online as a facility now, please go to [www.reps.org.nz](http://www.reps.org.nz)  
Or contact us directly on 0800 55 44 99 for help.



# REPs Resources and Tools

Registered Exercise Facilities have full access to our cutting edge resources and tools



**Pre-Exercise Screening Form**

Approved and recommended by the NZ Register of Exercise Professionals (REPs). To be used in conjunction with the REP's New Zealand Pre-Exercise Screening and Assessment for Exercise Professionals (PEEP) for the purpose of REPs Registered Professionals only.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Medical Problems/Injury and Contact: \_\_\_\_\_

**SECTION 1 - IMPORTANT MEDICAL INFORMATION**

QUESTION	YES	NO
<b>CHRONIC MEDICAL AND PHARMACY CONDITIONS:</b> Do you have heart condition or other, or a history of heart disease or stroke? Do you have any blood pressure problems or are you on any blood pressure medicine? Do you have any diabetes? Do you have any asthma? Do you have any other medical conditions? Do you have any other medications?		
<b>IF YOU SAY YES TO ONE OR MORE OF THE FOLLOWING QUESTIONS, THIS PROCEDURE WITH CAUTION SHOULD BE USED.</b>		

**IMMEDIATE ACTION:**  
Refer to a health care professional with a history of heart disease or stroke?  
Refer to a health care professional with a history of heart disease or stroke?

**REPs NZ Register of Exercise Professionals**

**New Zealand Pre-Screening Guide**

Produced by Skills Active and endorsed by Exercise Association of NZ

**Health & Safety Considerations for Exercise Professionals in New Zealand**

Version 1.3 | August 2016

Produced by **Exercise Association of New Zealand**

**NZ REGISTER OF EXERCISE PROFESSIONALS TRAINING & NUTRITION LOGBOOK**

REPs is a member of **iCREPS**

**REPs Registered Exercise Facility**

[www.reps.org.nz](http://www.reps.org.nz)

Receive world class exercise advice

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