



Instructor Qualification and Competence Register

Every instructor, every qualification, every expiry date — aligned with the European Register of Exercise Professionals levels

Instructor	Qualification (award, provider, EQF/EREPS level)	Verified at source ☐ (date)	Specialisations (e.g. older adults, pre/post-natal, rehab)	Scope of practice — may instruct	CPR/AED (expiry)	First aid (expiry)	Insurance (expiry)	CPD hours this year
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Levels (EREPS / EQF, for reference)

Level	Role	May
EQF 3	Fitness assistant / gym instructor	Induct members; supervise the floor; deliver group classes within qualification
EQF 4	Personal trainer / group fitness instructor	Programme and train apparently healthy adults one-to-one and in groups
EQF 5	Specialist (e.g. exercise for health, older adults, pre/post-natal)	Work with the special populations named in the qualification, with medical clearance where required
—	Not on this register	Does not instruct, supervise or programme

Rules. No instruction outside the recorded scope. Expiries flagged 60 days ahead; an instructor with an expired CPR certificate does not work the floor alone. Qualifications verified with the awarding body, not from a copy. Members may ask to see an instructor's entry.

ASF standards: Fitness & Wellness Standard 2 — instructor competence (means of verification: register, verification records)