The development of Fitness Australia's Safety Guidelines for Strength Training has provided a foundation for the approval of Kettlebells CEC programs. The condition for approval of these educational programs is that they comply with the Strength Training Safety Guidelines relating to Health and Movement Screening, Equipment, Space and Setting, Instructor/Participant Ratio’s and Programming. It is recommended that registered exercise professionals comply with these guidelines when instructing Kettlebells. Specific recommendations in relation to appropriate screening and progression for Kettlebells training have been made.

They included the following:

1. Exercise Professionals must ensure that the pre-exercise screening process identifies contraindications in the form of significant injuries, particularly to the shoulder, lower back or hip.

2. Exercise Professionals must ensure that training and conditioning history is considered prior to implementing the more complex or ballistic Kettlebells lifts.

3. Exercise Professionals need to take clients through a progressive approach to stability, control and function before complex integration, particularly at speed.

4. Good squatting and deadlift technique, with good lumbar/pelvic/hip stability and function, plus good overhead shoulder patterning should be achieved beforehand.

5. Clients should be able to demonstrate an ability to stabilise the trunk in three planes of motion against external forces with particular consideration to the deceleration and unilateral forces during complex and ballistic Kettlebells movements.

Fitness Australia will only approve Kettlebells programs for CEC allocation if the content of the educational program is compliant with the Safety Guidelines for Strength Training and the more specific activity related recommendations as outlined above.

To provide safe and effective programming and improved health outcomes for clients, it is imperative that registered exercise professionals initially complete an approved Kettlebells CEC program and then continue to adhere to these safety and activity guidelines at all times.

Approved CEC programs for Kettlebells can be found on the Learning Directory at www.fitness.org.au


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