

Certification Checklist for Indoor Cycling Exercise Leader

In order to complete the certification process to be an Indoor Cycling Exercise Leader (ICE) you must complete all of the following steps:

- Exercise Theory Course
- successful completion of written ET exam (80% pass mark)
- ICE course done in-person
- 8 to 10 hour practicum with an NSFA registered ICE, or another approved mentor
- Successful completion of written ICE exam (80% pass mark)
- Successful completion of ICE practical evaluation (80% pass mark)
- Proof of current (less than 1 year old) 1st Aid and CPR, any level, from one of the following approved providers:

Red Cross, St. John Ambulance, Lifesaving Society, or, Heart & Stroke Foundation.

