ESCAPE-pain training: flow chart for determining fitness instructor eligibility

**Desired Qualifications**
- Introduction to MI/understanding Behaviour change
- One of more level 4 qualification e.g. low back pain, cardiac, postural stability instructor

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**Review application**

**Applicant has:**

- Level 2/3 gym instructor/personal trainer or equivalent (demonstrating underpinning anatomy and physiology)  
  *Evidence: certificate*
  - **Yes**
  - **No**

    - **No** → Not qualified to attend training
    - **Yes** → Level 3 exercise referral or a level 4 qualification (examples in desired box)  
      *Evidence: certificate*
      - **Yes**
      - **No**

        - **No** → Not qualified to attend training
        - **Yes** → At least 150 hours previous experience of working with specialist populations  
          e.g. exercise, referral, cardiac, back care, falls etc.  
          *Evidence: Application*
          - **Yes** → Qualified to attend training
          - **No** → Not qualified – need phone call to assess further (see notes on next slide)