



**ireland
active**

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**Ireland Active
&
White Flag National
Standard Awards**

**14th Nov 2014
Salthill Hotel, Galway**

Book now at www.eventmaster.ie

Convention 2014

As a result of our members feedback this year Ireland Active is hosting a networking convention in **Salthill in Galway, Friday 14th November 2014.**

Our main objective this year is to create networking opportunities for our supplier member and facility members. We will be hosting consultation seminars and master classes for operational staff.

Cost to attend for the day:

- €65 pp includes buffet lunch & tea /coffee

Cost to attend for the day and Gala Dinner:

- €140 pp

The event will have 2 REPS Ireland CPD credits.



**White Flag Excellence
for Spa & Leisure**

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Convention Friday 14th November 2014

Morning Workshops

11.00am – 12.00pm Employer consultation on Standards for Exercise Professionals

Option 1:

12.00pm – 1.00pm Employer consultation on White Flag Criteria, Standards and Procedures

Option 2:

12.00pm – 1.00pm Education & Training Provider consultation on Standards for Exercise Professionals

1.00pm – 1.45pm Networking Lunch

Afternoon Workshops

1.45pm – 5.00pm

Management Session

Human Resources

- Legislations & Law updates
- Employee Contracts

Risk Management

- Health & Safety Compliance

Pool Water Management

- Interpreting Pool Reads

- How to Save costs

- Key Performance Indicators

Social Media Tips

- Presented by the Corner Shop Gym

1.45pm – 5.00pm

Swim Teaching with Swim Ireland

- Dealing with learning difficulties
- Stroke Analysis

1.45pm – 5.00pm

Fitness Staff

Emerging Training Systems - Practical taster sessions

1.45pm – 2.15pm

Trigger Point* (www.tptherapy.com)

2.20pm – 2.50pm

ZUU Training* (www.zuufit.com)

2.55pm – 3.25pm

Ankorr Training* (www.ankorr.com)

3.25pm – 3.45pm

Networking Break

3.45pm – 4.15pm

TABATA® Body* (<https://gb.tabataofficial.com>)

4.20pm – 4.50pm

TABATA® Cycle* (<https://gb.tabataofficial.com>)

* With Master Trainers



TABATA™

TABATA™

5.00pm – 5.30pm

Ireland Active Members AGM

Book now at www.eventmaster.ie

White Flag National Quality Standard

Gala Dinner

6.30pm Group Photographs

7.00pm Champagne Reception

7.45pm Dinner

- White Flag Awards Presentation during Dinner
- Supplier of the Year
- Overall Leisure Centre of the Year
- Overall Hotel Leisure Centre of the Year

Cost to attend Gala Dinner only:

■ €75 pp

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