

Uniform Policy

We believe that looking like a fitness professional from the very first session of the course will assist a student to excel in their fitness career. Being presentable and well groomed is integral to feeling and acting like a Master Trainer.

An Institute shirt is part of the Friend's uniform and is presented to all students at their first session. Students are required to be in uniform for every session and assessment.

The Institute uniform consists of:

- The Institute shirt
- Personal Trainer professional pants or shorts that allow freedom of movement and match the Institute shirt (denim attire and skirts are not permissible)
- For extra warmth on those chilly days, a short or long sleeved top (white or black only) under the Institute shirt OR the Institute jacket over the top
- Clean presentable trainers (no open shoes, thongs, canvas slippers or high heels)

We want students to smell good too so they should consider their personal hygiene.

Extract from Australian Institute of Fitness Pty Ltd *Student Handbook* V1101