

Fidelity Checklist
A Matter of Balance



MANAGING CONCERNS ABOUT FALLS

Requirement	Meets	Notes
Master Trainers attend 20-hour training to become certified in MOB and MOB-V* and attend Maine Health Quarterly Meetings		
Master Trainers provide at least 8-hour training + optional 4-hour MOB-V training for coaches*		
Master Trainers observe newly-trained coaches at least once during their first MOB workshop* <ul style="list-style-type: none"> • Should take place during first four sessions • Arrange prior with coach 		
Two coaches (or 1 MT) lead the in-person sessions; Two coaches/2 MT + 1 tech support for the virtual delivery* <ul style="list-style-type: none"> • Follow curriculum • Lead exercises as outlined 		
Guest Healthcare Professional Visit* <ul style="list-style-type: none"> • Any session (4 or 7 is the best fit) 		
MOB Class = Eight 2-hour sessions*		

<ul style="list-style-type: none"> • Classes can be offered 1 time a week for 8 weeks OR • Classes can be offered 2 times a week for 4 weeks <p>Required Session 0 for virtual delivery = 9 sessions*</p>		
<p>Class size = 8-12 participants, 12 max for safety*</p>		
<p>Class Completion = 5 or more sessions</p>		
<p>Coaches are using the most updated NC AMOB forms from https://healthyagingnc.com/program-forms/</p> <p>Agency/Organization is collecting*:</p> <ul style="list-style-type: none"> ○ PAR-Q ○ Program information sheet ○ Attendance Sheet ○ First Session Form ○ Last Session Form 		
<p>Master Trainers provide 2.5 hours of updates for coaches annually *</p>		
<p>TUG Certification for any coach IF administering the TUG/collecting Pre-/Post- TUG data (through HANC online training, Building Better Balance, or other)</p>		
<p>AMOB Coaches teach 2x/year to maintain certification*</p>		

*Required for fidelity