Fidelity Checklist
Tai Chi for Arthritis and Fall Prevention (TCAFP)

Requirement	Meets	Notes
TCAFP Instructor successfully completed the initial TCAFP Instructor qualification led by a certified Tai Chi for Health Institute Master Trainer.*		
TCAFP Instructor holds a current CPR/First Aid certification for in-person workshops.*		
TCAFP Instructor maintains Tai Chi for Health Board Membership and completes TCAFP recertification training every two years.* Updated 10.15.25		
TCAFP Instructors review and adhere to the Tai Chi for Health Institute's Code of Ethics.		
One or two instructors can lead the sessions and must:* ● Follow the guidance provided in Dr. Lam's TCAFP Handbook and Teaching Tai Chi Effectively ● Include in all sessions: warm-up, progressive forms, cool-down, tai chi principles. ● Follow the Stepwise Progressive Teaching Method: Watch Me, Follow Me, Show Me		

Updated 9.23.25

TCAFP Workshop = Sixteen 1-hour sessions* Workshops can be offered: ● 1 time a week for 16 weeks OR ● 2 times a week for 8 weeks OR ● On an on-going basis ● Recommended Session 0 for in-person and required for virtual workshops ● See Instructor Toolkit for complete program guidance.		
Class size instructor:student ratio = 1:25 allowed, 1:18 recommended or 2:25. Not to exceed 1 to 25 instructor:student ratio* Not to exceed 12 participants in a virtual workshop*		
Class Completion = 11 or more sessions		
Instructor is trained on Mon Ami and administering the following forms: https://healthyagingnc.com/program-forms/		
TUG Certification for instructors **IF** administering the TUG/collecting Pre-/Post- TUG data (through HANC online training, Building Better Balance, or other)		

*Required