

THE RAC Professional Development & Continuing Education Credit Program Categories and Activities List

All learning and/or activities listed that furthers the Members success, as a RAC RCRT will be able to be counted toward their credits. The member must earn 60 CEU hours (30 Credits) each 3 year membership cycle from activities listed within the categories below. Fixed Credit's applied and is designated for certain activities within each category. All credits may be accrued from category I. Please refer to the document entitled 'RAC Professional Development & Continuing Education Credit Program Policy & Guidelines' for descriptions of Activities.

Activity Category	Credit Percentage	Description of Activity	Confirmation Documents	Number of Credits/Hours
I	Min 50% = 15 credits = 30 Hours	RAC National Conference Individual Session Attendance	Receipt and Certificate of Completion/Attendance/Achievement	2 hrs = 1 CEU
		Attendance at RAC AGM	same	3
		Membership/Attendance at RAC Chapter Meeting	same	2 hrs = 1 CEU
		Attendance at a RAC Approved Educational Event – workshop, seminar, training program	same	2 hrs = 1 CEU
		Volunteer on RAC Committee, Board or Project	Chair Signature & Statement of Active Participation & Attendance	5
		Promotion of RAC in the Community	Statement From Host, Booking Receipts, Documents, or Communications etc.	3 per event
		Publication of Research, Article or Review in the RAC Canadian Journal of Reflexology	Copy of Published Papers, RAC Confirmation of Submission	5
		Assist a RAC Approved Teacher With a Full Certification Course (this may not be combined with auditing or refreshing a course and is subject to RAC Teacher approval)	Teacher Signature & Statement of Active Participation & Attendance for Duration of the Training Course	3
		Delivery of RAC Approved Workshop's & Seminar's at RAC Approved Educational Event or Conference	Copy of RAC Approval & Confirmation of Event	2 hrs = 1 CEU
		Delivery of RAC Accredited Professional Reflexology Foot/Hand/Ear Certification Course	Administration Documents Verified by RAC	5
		Recipient of RAC Membership Awards	Award Notification Letters, Certificates or Confirmation From RAC	2
		RAC Personal Development & Study Group	Submission of RAC of Designated Forms.	2 per group

Activity Category	Credit Percentage	Description of Activity	Confirmation Documents	Number of Credits
II	Max 25% = 7.5 credits = 15 Hours	Attendance at a Non-RAC Reflexology Event or Conference	Certificate of Attendance/Achievement or Receipt	2
		Membership in Other Reflexology Organizations	Receipt and Membership Number	2
		Committee or Board Participation in Other Reflexology Organizations	Chair Signature & Statement of Active Participation & Attendance – Contact Information to be Included	2
		Participation or Volunteer Work in Community Organizations That Directly Promote Reflexology	Letter or Statement from Organization With Contact Information	2
		Volunteer Reflexology Work	A letter from the organization to Confirm Contribution	2
		Reflexology Formal Training, Workshops, Seminars or Upgrading	Receipt, Certificate/ Diploma or Certificate of Attendance/Achievement	2
		General Publication of a Book, Article, Review or Research in Reflexology	Letter from the Publication and Copy of the Document	2
		Delivery of a Non-Approved RAC Reflexology Workshop or Seminar	Letter With Details Confirming Participation	2
Activity Category	Credit Percentage	Description of Activity	Evidence	Number of Credits
III	Max 25% = 7.5 credits = 15 Hours	Membership in Other Health Profession/ Modality Organizations	Receipt and Membership Number	1 per membership
		The Certified Practice of Additional Health Professions/ Modalities	Membership Receipts, Course Receipts, Certificates and Transcripts	1 per modality
		General Publication of a Book, Article, Review or Research in Another Health Modality/Profession	Letter of Confirmation From Publisher	1
		Attendance or Speaker at Other Health Events, Workshops, Seminars or Training	Receipt & Certificate of Achievement/Attendance. Letter confirming the Event From Organization	1 per event

Activities may only be submitted once only. This list may be updated and/or amended as necessary