

How to Become a Pole Fitness Instructor

Pole teachers train with schools that set their own rules. Learn the typical steps, what one UK course asks for, how insurers use training proof, and what to check before you teach.

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Pole teachers learn technique, spotting and class design. Schools run their own courses. This guide uses one provider's published rules as an example and tells you what to ask anywhere else.

Know the field first

We found no single worldwide body that certifies pole fitness teachers in the sources we checked. Training providers, insurers and studios each set requirements. Read our guide on pole myths and your first class to see how classes run.

Typical steps

1. Take pole classes as a student for some time. Most providers expect it.
2. Choose a training provider. Ask what it teaches, how it assesses you, and whether insurers accept it.
3. Complete the training and the assessment.
4. Buy insurance before you charge for classes.
5. Take a CPR and First Aid class. The American Red Cross runs classes.
6. Teach a small class, and ask a senior teacher to watch.

An example: Pole Passion (UK)

Pole Passion publishes its rules. They are an example, not a standard.

- No formal entry requirement. You must have some experience in pole fitness as a student.
- Two courses: Foundation, and Intermediate and Advanced. Each runs 2.5 days: 2 days of tuition and a half day of practical and theory assessment.
- The Intermediate and Advanced course includes inverts and safe spotting.
- Each course is accredited for 16 REPs points. REPs is a UK register of exercise professionals.
- Venue and online options exist. Both include exams. An online candidate sends a video of 20 to 40 minutes with at least five syllabus moves, or pays to sit the exam in person.
- Attendees on the REPs register receive certification. Others receive a Certificate of Accreditation. Pole Passion says it suits most insurers for pole-specific cover.
- Pole Passion lists no refunds. Check each provider's terms.

Prices and dates change. Ask the provider.

Insurance

Pole Passion says insurers typically require proof of instructor training or certification. It lists these types of cover: public liability, professional indemnity, personal accident, equipment cover and optional worldwide cover. Studio owners need extra protection, such as employer's liability. The page is from a UK provider and names a UK insurer. If you work elsewhere, ask a local insurer for the same terms. Tell it the apparatus, such as static or spinning pole, and the ceiling height.

Safety basics to learn

- How to check a pole, its fixings and the mats before class.
- How to spot an invert.
- How to adapt a move for an injury, a body or a skill level.
- How to cue, and how to ask permission before you touch a student.

Teacher training

Other teacher guides: [yoga](#), [Pilates](#), [barre](#), [aerial](#) and [hoop dance](#).

Frequently asked questions

Do I need a certificate to teach pole?

The sources we read do not say that one is legally required. Insurers typically ask for proof of training. Studios may ask too. Ask both.

Do I need to be an advanced pole dancer?

Not always. One UK provider says you must have some experience as a pole student. Its Intermediate and Advanced course adds inverts and spotting.

Is a UK course valid in the United States?

Ask the school and your insurer. One UK provider says its qualifications are valid in the UK, Europe, Australia, New Zealand and South Africa. It does not list the United States.

Sources

[Pole Passion: pole instructor training FAQ](https://www.polepassion.fitness/instructor-training-faq) — <https://www.polepassion.fitness/instructor-training-faq>

[Pole Passion: pole and aerial instructor insurance](https://www.polepassion.fitness/pole-fitness-instructor-insurance) — <https://www.polepassion.fitness/pole-fitness-instructor-insurance>

[American Red Cross: CPR classes](https://www.redcross.org/take-a-class/cpr) — <https://www.redcross.org/take-a-class/cpr>