

August 29, 2019



In this issue...

- BCRPA FL leads Enderby to win Canada's Most Active Community
- Participant-to-Instructor Ratio Guidelines
- BCFit'19 Early Bird Basket Winner Announced!
- Sponsor Feature: Take the Course of the Month and earn CECs!
- Sponsor Feature: FREE Ladysport workshop
- BCRPA Fitness Instructors Clothing & Footwear Discount
- Job Postings

BCRPA FL leads Enderby to win Canada's Most Active Community

Enderby was recently announced as the national winner of [ParticipACTION's inaugural Community Better Challenge](#), an initiative to help communities sit less and move more.

Leading the way to the title of **Canada's Most Active Community**, was Enderby & District Recreation Coordinator and BCRPA registered Fitness Leader, Sheryl Hay.



The small community of just 3,000 came out on top racking up 1,964,908 minutes of physical activity across 722 events. As well as being crowned the champion, the community also received \$150,000

to support their community to keep moving.

Congratulations to the City of Enderby and Sheryl!

Participant-to-Instructor Ratio Guidelines

Recently, **BCRPA** was asked two questions on the topic of student-to-instructor ratios for Personal Training and Group Fitness. While BCRPA has no specific policy or guidelines, we solicited some information that may help you make an informed decision.



Question 1: *Personal Training - What is the maximum number of people a personal trainer can train within their scope of practice?*

This ratio is not defined in the BCRPA, NFLA, or ICREPS Personal Trainer Scope of Practice, and the lines between personal training, small group training, and group exercise are also blurry. Based on the feedback we've collected and some research we have done, here is what seems to be the general consensus on this question:

For Private Training: One trainer and one client.

For Partner Training: One trainer and two clients.

For Small Group Training: One trainer and up to 11 clients. The ratio of one trainer to between 3 and 6 clients seems optimal for small group, but it could at time be up to 11 clients.

In the above scenarios the Personal Trainer's Scope of Practice is:

- Conducting an assessment of fitness goals and the reason for engaging a training program
- Conducting a fitness assessment(s) that then define the training program
- Communicating the assessment results to the client(s) as a rationale to explain the proposed training program
- Conducting ongoing fitness monitoring to track progress toward goals.

The most important aspect in the scenarios above is the assessment, analysis and program design that is developed from the assessment and analysis. These conditions are not normally part of a Group Exercise Class.

Question 2: *Group Fitness Instructors – What is the maximum number of people a Group Fitness Instructor can train within their scope of practice?*

This question is not so much about instructor-participant ratios as it is about class or session conditions. Many large scale fitness classes have been conducted successfully. Thus the conditions to conduct such classes seem to be the important variable, and relies on the sound judgement and experience of the registered fitness leader.

Here are the top considerations in making the ratio determination:

- Safety,
- Instructor experience,
- Venue size (legal consideration of a venues / class physical capacity),
- Equipment availability, and
- Class type:
 - A class that requires minimum cuing and instruction lends itself to a larger class size, and
 - A class that requires more cuing and instruction lends itself to a small class size.

To follow up on these or any other questions related to your BCRPA Registered Fitness Leader status, [contact BCRPA](#).

BCFit'19 Early Bird HUB Prize Basket Winner Announced!



The BCFit'19 winner of the Early Bird prize draw is Martha Donaldson!

Congratulations Martha and we look forward to seeing you at [BCFit'19, taking place September 13 - 15, 2019](#) at the beautiful Delbrook Community Centre in North Vancouver.

Thanks again to HUB International Insurance for their generous contribution of the prize basket, and for their sponsorship of BCFit'19.



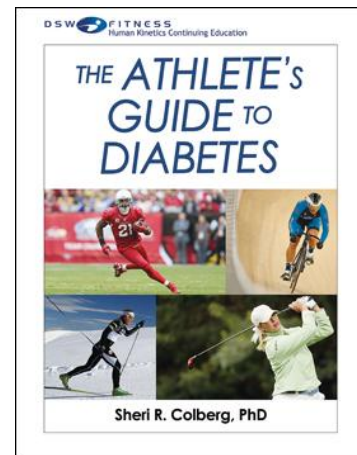
Sponsor Feature: Take the Course of the Month and earn CECs!



To better serve your professional development needs, we've now transitioned from the Book of the Month to offer you Human Kinetic's [Course of the Month!](#)

Whether you're working with those who exercise for recreation, or competitive athletes, *The Athlete's Guide to Diabetes With CE Exam* has the training and performance advice you need to help your clients remain active while effectively managing type 1 or type 2 diabetes.

Upon completing the course e-book, BCRPA Registered Fitness Leaders can [take the companion CE exam to earn continuing education credits \(CECs\)](#).



● [Print Course](#)

Learn the most up-to-date information on:

- insulin and other medications and their effects on exercise,
- nutritional practices and supplements, including low-carbohydrate eating,
- the latest technologies used to manage glucose, including continuous glucose monitoring (CGM),
- injury prevention and treatment as well as tactics for diabetes-related joint issues, and
- mental strategies for maximizing performance and optimizing health.

To learn more and register for *The Athlete's Guide to Diabetes* course, [click here](#).

Use code **B115** to receive 40% off regular price. **Offer expires September 30, 2019.**

Sponsor Feature: FREE LadySport workshop

Athletic shoes are one of the **most important pieces of equipment for the fitness professional** as well as their clients. The questions can be endless and unless you have a solid understanding of footwear design you may not be able to offer the best advice to your clients on these important decisions!

Athletic Footwear: What Every Fitness Professional Should Know

Date: October 3, 2019

Time: 6:00pm - 8:00pm



Location: 3545 W. 4th Ave, Vancouver (LadySport)

Cost: FREE

This workshop will familiarize you with what goes into making one shoe different from the other as it pertains to functional movement and injury management.

To register or for more information, call: 604-733-1173.

While you are there, make sure to check out [LadySport in-store discounts](#) on select items until September 9!



BCRPA FITNESS INSTRUCTORS

GET **30% OFF***

SELECT CLOTHING & FOOTWEAR

FitFirst FOOTWEAR
3713 Kensington Ave
Vancouver
(604) 299-8851
info@fitfirst.ca

LadySport
3545 W 4th Ave
Vancouver
(604) 733-1173
info@ladysport.ca

*CONTACT THE STORES FOR DETAILS

QUICK LINKS

BCRPA pre-approved courses and workshops

The Registry OF FITNESS PROFESSIONALS

Conversation Corner



Membership Benefits



LadySport and FitFirst host an instructor [discount program](#) for all eligible BCRPA instructors.

Check out [our list](#) of over 25 more companies across BC offering discounts from 10 - 50% for registered BCRPA registered fitness leaders.

JOB POSTINGS

- [See ALL job postings](#)

FEATURED POSTINGS

- [Group Fitness Instructors | Mainland/Southwest](#)
- [Rock Climbing Instructor | Mainland/Southwest](#)

- [Recreation Instructors - Aquatic Fitness Instructors | Mainland/Southwest](#)