

BCRPA's Fitness News Bulletin



60 years of championing the power of recreation and parks

Oct 31, 2019



In this issue...

- Earn 14 CECs: Red Cross Psychological First Aid Instructor Course
- Volunteer for Ripple Effects and earn CECs!
- Pro Tip: How to clean your water bottle
- Increase your exposure and share our knowledge: Healthy Living Matters!
- Reminder: Validate your account on The Registry® of Fitness Professionals
- Maternity / Parental Leave and your BCRPA registration
- Sponsor Feature: Course of the Month – Your Workout Perfected
- Upcoming BCRPA holiday office closures
- Is your First Aid / CPR up to date?
- Fitness Town Black Friday Sale
- Job postings

Earn 14 CECs: Red Cross Psychological First Aid Instructor Course

Complete this exciting 2 day-course and you will receive both a **Psychological First Aid** and a **Psychological First Aid Instructor** certificate, each valid for 3 years.

When: November 12 & 15, 2019

Where: Delbrook Community Recreation Centre, 851 West Queens Rd. North Vancouver

Cost:

- Registered Fitness Leaders: \$270
- Non-Registered Fitness Leaders: \$299 (Lunch is included.)

Course Description:

You will learn in-depth knowledge and techniques to recognize and assist people who are experiencing loss, grief, trauma, and stress. The course focuses on self-care and personal protection, using case-based learning and the latest evidence from the international community. You will also learn a how to increase your resilience as it relates to emotional, psychological, and social well being.

This 2-day course includes:


- Psychological First Aid Course,
- Psychological First Aid Instructor Course,
- Psychological First Aid - Self-Care (*online*),
- Psychological First Aid - Care for Others (*online*).

Pre-requisites:

- Must be a minimum of 18 years of age,
- Must have **Canadian Red Cross First Aid Instructor or Water Safety Instructor Certification,**
- Must have **Fundamentals of Instruction.**

To register, visit the [BCRPA Ripple Effects website](http://www.bcrpa.bc.ca/ripple-effects/extra).

For Front-line Workers
Assisting people in crisis after trauma




**Psychological First Aid
Instructor Course**

November 12 & 15, North Vancouver

Includes: **Psychological First Aid and
Psychological First Aid Instructor certificates**
(Both valid for 3 years)

• **BCRPA Fitness Leaders earn 14 CECs**
Learn more: www.bcrpa.bc.ca/ripple-effects/extra



Volunteer for Ripple Effects and earn CECs!

[Ripple Effects](#), BCRPA's premier **aquatics workshop**, is seeking **volunteers!** A variety of shifts and roles are available for November 13 & 14, 2019, and **CECs are available for this volunteer opportunity.**



BCRPA Provincial
**Ripple
EFFECTS**
Aquatics Workshop

Ripple Effects
November 13-14 | North Vancouver
• Certifications and CECs available

Register
Now!

If you're interested, please email [Paula Becerra](mailto:Paula.Becerra).

Pro Tip: How to clean your water bottle

Bacteria will grow just about anywhere, including your water bottle. It doesn't matter what type of material it's made from—glass, plastic, aluminum or ceramic—yuck!

Ensuring your water bottle is completely clean can be challenging. **To do it properly you'll need a bottle-cleaning brush, soapy water and denture cleaning tablets.**



During the week, clean your water bottle every day using your bottle-cleaning brush and soapy water followed by a thorough rinse and dry. On the weekend give it a deep cleaning using your bottle-cleaning brush, soapy water and denture tablets. **Here's how to do it:**

1. Begin with soapy water and your bottle-cleaning brush and give your water bottle and lid a good brushing and thorough rinse.
2. Then fill your water bottle and a bowl with warm to hot water.
3. Next plop in a few denture-cleaning tablets into your filled water bottle and a few into the bowl (put your water bottle lid in the bowl) and let them sit overnight. (**Pro Tip:** The denture tablets are excellent at picking away the grudge around the hard to get places in the lid and at the bottom of your water bottle.)
4. In the morning wash one more time and then give it a really good rinse.

Good as new!

Increase your exposure and share your knowledge: Healthy Living Matters!

Do you have a fitness issue, experience, technique, event or approach you are passionate about? Submit your story to us!



We're always looking for fitness-related articles of interest written by BCRPA Registered Fitness Leaders to publish on our new website, [Healthy Living Matters](#). Content on the site is read by fitness professionals, recreation and parks professionals and the general public.

You can submit your story ideas anytime via email to [Kevin Penny](#), BCRPA Physical Activity Programs Senior Manager. Authors of selected stories will receive CECs.

Reminder: Validate your account on the Registry® of Fitness Professionals

A reminder that we launched a new [The Registry® of Fitness Professionals](#) website on July 17, 2019, and all Fitness Leaders were sent an account validation email at that time.



If you haven't yet accessed [The Registry®](#), please click on the link in that email to validate your account. If you cannot find that email, please check your Junk folder.

If you're having issues logging in and would like the account validation email re-sent, please [email BCRPA](#) and let us know.

Please make sure to use [Google Chrome](#) to access [The Registry®](#).

Maternity / Parental Leave and your BCRPA Registration

Expecting a new addition to your family? Did you know you can put your BCRPA fitness registration on hold and have your renewal date changed to reflect the time you were away due to pregnancy and/or parental leave?

To find out more information or to ask questions about this policy, please [email BCRPA](#).



Sponsor Feature: Course of the Month – Your Workout Perfected

Take advantage of [Human Kinetic's Course of the Month](#) in just three easy steps:

1. Complete the online course;
2. Take the CE Exam;
3. Earn 8 BCRPA CECs!

Nick Tumminello, author of *Strength Training for Fat Loss and Building Muscle and Performance*, knows that a “one size fits all” approach can’t work for everyone. That go-to program you love may be more harmful than beneficial. But maybe, with some slight alterations, it’s exactly what your client needs.

That’s why he developed [Your Workout PERFECTED](#). It’s a unique and cooperative approach—one that works to improve, not replace, your routine.

Inside, there are 243 exercises and 71 programs, including beginner workouts for those who are just starting and even alternative home or hotel gym workouts and bodyweight workouts. Plus, you’ll learn the following:

- The mistakes you may be making
- Minor changes to techniques that can produce big results
- Why certain exercises are preferable over others
- Whether men and women should be trained differently
- Exercises to avoid
- Proven principles to follow
- Combinations and sequences to maximize results

Upon completing the book, certified professionals can take the companion CE exam to earn continuing education credits. To see more [click here](#).

Use code **B147** to receive **40% off** regular price. Be sure to sign up to receive Human Kinetics e-newsletter to stay informed. [Click here](#) to sign up!

Offer runs November 1, 2019 - November 30, 2019.



The banner features the Human Kinetics logo on the left. The main text reads 'COURSE OF THE MONTH November 2019'. Below this, there is a list of benefits: 'Complete the online course', 'Take the CE Exam', and 'Earn 8 BCRPA CECs'. A yellow starburst graphic on the right says 'Proud Sponsor of BCFit 19'. At the bottom, it states 'Save 40% off regular price!', 'Offer valid Nov 1 to Nov 30, 2019', 'Use code B147 at check-out.', and the website 'https://canada.humankinetics.com'. On the left side of the banner, there is a small image of the book cover for 'Your Workout PERFECTED' showing a man in a gym.

Upcoming BCRPA office holiday closures

Please note, BCRPA will be closing our office to observe the following upcoming holidays:

- Remembrance Day – Monday, November 11, 2019
- Christmas Holidays – Monday, December 23 to Friday, December 27, 2019
- New Year’s Day – January 1, 2020



Is your First Aid / CPR up to date?

Is your First Aid and CPR information up-to-date within your account on [The Registry](#)®?

Remember it is your responsibility to keep your First Aid and CPR valid to maintain your insurance coverage!

Keep your First Aid/CPR certificates or wallet card validation in your personal home files as your record of currency and ensure your First Aid and CPR information within your account in [The Registry®](#) is accurate.



Fitness Town Black Friday Sale

Check out [Fitness Town's Black Friday Sale](#) happening for five days only, Friday, November 28 - Monday, December 2, 2019 at all 7 store locations. Get the hottest fitness equipment with **big savings and no waiting.**



Your Fitness Equipment Experts.

Featured sale items include: high end cardio equipment, mid-range cardio and strength equipment, and fitness accessories, as well as a surprise door-crasher item.

Visit [Fitness Town's website](#) for more information on sale items closer to the date!



BCRPA FITNESS INSTRUCTORS

GET

30% OFF*

SELECT CLOTHING & 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

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 BCRPA Registered Fitness Leaders.

JOB POSTINGS

- [See ALL job postings](#)

FEATURED POSTINGS

- [Recreation Programmer \(Specialized Accessible Recreation\) | Vancouver Island/Coast](#)
- [Outdoor Bootcamp Instructor | Mainland/Southwest](#)
- [Personal Trainer | Mainland/Southwest](#)
- [Group Fitness Instructor | Mainland/Southwest](#)