

May 5, 2020



## Spread the word about ***YOUR*** virtual fitness classes!

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### List your online fitness classes on BCRPA's public site!

Fitness Leaders like you have been one of the first to adjust to the physical distancing measures currently in place, pivoting your business models and service delivery to virtual online formats.

**We want to help spread the news about your online classes! [Fill out this form](#)**, and we will post your class(es) on our [Virtual Fitness Classes webpage](#) and highlight them through our social media channels.



We also want to **showcase your story of how you've made this exciting shift to**

teaching fitness classes virtually! [Click here to send us your story](#)

We will share your stories with all our registered Fitness Leaders and the public through our social media channels as well as on our [Healthy Living Matters website](#).

Thank you for playing such an important role in keeping people active and healthy during this very challenging time!

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## HUB International insurance webinar - recording now available

On April 29, BCRPA hosted a webinar in conjunction with our insurer, [HUB International](#), to clarify matters relating to insurance coverage for those offering or considering offering online training.



Thank you to those who participated and for the valuable feedback you have provided.

[Click here to watch the full HUB Insurance webinar](#). Feel free to start at minute 2:13 to skip the technical set up of the webinar.

**Please note: BCRPA will no longer be answering any insurance-related questions or replying to insurance-related inquiries. We have now provided you all the information that is available to us. If you have further insurance-related questions, please [contact HUB directly by email](#) or by calling 604-269-1919.**

Here is a final summary of the information you need to know:

- The current BCRPA group policy provides coverage to any Fitness Leader that conducts online training as long as it is within 10% of their annual gross revenue. As an accommodation, **until September 30, 2020, HUB has agreed to lift the restriction and extend coverage for Fitness Leader whose online training exceeds 10% of their gross revenues.**
- **If Fitness Leaders will be conducting online classes that exceed 10% of their gross revenues**, they will need to [contact HUB directly by email](#) or by calling: 604-269-1919 to have an endorsement issued. This additional premium costs \$10 for unlimited online training and is payable to HUB directly.
- **All training must utilize two-way communication channels only, such as Zoom or Skype, ensuring you can both see AND communicate with participants.** Publicly accessible broadcast tools such as Instagram Live, Facebook Live, YouTube, etc., and pre-recorded videos are not acceptable methods of delivering online training. This is because these platforms do not allow for Fitness Leaders to determine if participants are in distress, or performing exercises in a way that could lead to injury.
- Fitness Leaders seeking insurance information/coverage on **one-way** online communication platforms should [contact HUB Insurance](#) directly.
- **A verbal PAR-Q is permitted at this time**, meaning you can ask the required questions directly to participants via the two-way communication channel you are using.

For any further inquiries, please [contact HUB directly by email](#) or by calling **604-269-1919**.

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## Reminder: First Aid and CPR certifications have been extended

Due to COVID-19, First Aid and CPR courses are currently not being held. We recognize this impacts your ability to renew your registration, so to make the renewal process easier for you during this period, we have made the following change:



**All First Aid and CPR certifications which expire between March 1, 2020, and August 1, 2020 have been extended for 90 days beyond their expiry date.** For example: this means if your First Aid and/or CPR certification had an expiry date of May 1, 2020, it will now be valid until July 30, 2020. We will make further extensions as necessary.

Therefore, if your First Aid and/or CPR certifications expire within this date range, you can still purchase your renewal.

If you have any questions, please [email BCRPA](#).

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## Does your registration expire between March 1 - August 1, 2020?

As announced in a communique to all Fitness Leaders on March 31: **Every Fitness Leader with a registration expiry date between March 1, 2020, and August 1, 2020, has received an automatic 90-day extension.**



For example: if your registration had an expiry date of May 1, 2020, it will now be valid until July 30, 2020.

We will adjust this further if required based on the recommendations of the provincial health authorities in relation to COVID-19.

For more information, visit the [Fitness Program website](#). If you have any questions, please [email BCRPA](#).

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## BCRPA New Office Hours

Be assured that even though we are working virtually - we are still open for business to support you at this time.

**Effective May 1, 2020 BCRPA's new office hours are:  
Monday - Thursday, 9:00am - 4:00pm.**



Please note we are not reachable by phone at this time, but you may leave a voicemail which will be returned via email. For any other matters, you can reach us via email at [registration@bcrpa.bc.ca](mailto:registration@bcrpa.bc.ca).

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## Course of the Month: The New Power Eating - 8.5 CECs

[Human Kinetics' Course of the](#)

**Month. The New Power Eating**, will help you enable your clients and athletes to transform their bodies as they build muscle, lose fat, and maximize performance.

Author Susan Kleiner delivers the proven strategies she's used with male and female professional athletes and Olympians in one practical, effective course that gives you the know-how to help your clients reach their personal goals.

In [The New Power Eating](#), Kleiner brings together the latest scientific research on nutrition planning and explains nutrient timing guidelines. Whether it's a heavy or light training day, in peak season or off-season, you'll learn how your clients can achieve their physique and performance goals safely, legally, and effectively.

You'll also find fascinating facts, based on the author's research, that explain how the relationship with food and the gut-brain axis can affect physical and emotional health and performance. Discover gender-specific guidance and strategies that take advantage of the body's benefits and overcome unhealthy triggers or habits to create and maintain an effective Power Eating plan.

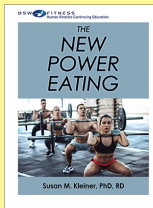
Upon completing the course, you can take the companion exam to **earn 8.5 CECs**. To learn more, click [here](#).

**Use code B210** to receive 40% off the regular price. **Offer runs May 1, 2020 – May 31, 2020.**



COURSE OF THE MONTH

May 2020



- Complete the **online course**
- Take the **CE Exam**
- Earn **8.5 BCRPA CECs**

**Save 40%** off regular price!

Offer valid May 1 to May 31, 2020  
Use code B210 at check-out.

<https://canada.humankinetics.com>



**BCRPA FITNESS  
INSTRUCTORS**

GET

**30% OFF\***

**SELECT CLOTHING  
& FOOTWEAR**



3713 Kensington Ave  
Vancouver  
(604) 299-8851  
[info@fitfirst.ca](mailto:info@fitfirst.ca)

**LadySport**

3545 W 4th Ave  
Vancouver  
(604) 733-1173  
[info@ladysport.ca](mailto:info@ladysport.ca)

\*CONTACT THE STORES FOR DETAILS

## QUICK LINKS

**BCRPA pre-approved  
courses and workshops**

**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.

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#### JOB POSTINGS

- [See ALL job postings](#)

#### FEATURED POSTINGS

- [Senior Manager, Recreation - District of Saanich | Vancouver Island/Coast](#)
- [Pool Manager, Full Time Exempt - Northeast](#)