

January 30, 2020

PRESENTERS WANTED FOR



Apply by February 9, 2020

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Apply to be a presenter at BCFit®'20

Apply now to be a presenter at BC Fit'20!
Applications are being accepted until
11:59pm on Sunday February 9, 2020.

Are you ready to take your skills and experience to the next level? Do you have expertise that you would love to share with the fitness community, particularly on one or more of the following topics:

- **Cycle**
- **Supervisory/ Leadership Skills**
- **Older Adult/Osteofit**



- Exercise Psychology
- Yoga... and more!

Here's more about what we are looking for from BCFit'20 presenters:

- **Practical information** that fitness leaders can put into practice immediately.
- **A mix of session types** - practical, activity-based learning, as well as lecture-style classroom learning.
- **Conference day sessions** (75 mins) OR more **intensive workshops**.
- **Train-the-trainer format** - designed to engage participants in how to train and deliver the material to others; more than just a class with participants simply partaking in the session.
- **Innovation** - entirely new concepts and approaches.
- **Engagement and interactivity** - tell us how will you engage and lead your audience!
- **A diversity of audiences** - we are looking to provide a mix of sessions at BCFit'20: some for the beginner, the intermediate, and the advanced Fitness Leader. ***Please indicate what audience your session will be targeting.**

To complete your application please follow these easy steps:

1. [Click on this link](#) to download the presenter application, then **SAVE** it to your computer.
2. Complete your application and **SAVE** it.
3. Email your completed application to [BCRPA](#).

Applications will be accepted until 11:59pm on Sunday, February 9, 2020.

Questions? [Simply send us an email!](#) We look forward to hearing from you.

BCFit®'20 Conference Planning Volunteers needed!

It's official! [BCFit'20](#) has been scheduled for **September 11–13 at Delbrook Community Centre in North Vancouver.**

We are currently **seeking Conference Planning Committee volunteers** to help us take BCFit'20 to the next level!

Are you:

- A knowledgeable and innovative fitness professional;
- Interested in helping review presenter applications and planning activities during BCFit'20
- Able to attend planning meetings by phone in the lead-up to the big event
- Energetic, enthusiastic, and able to commit from February until September 2020, and
- Not applying to present at BCFit'20?

If this describes you, [send us an email](#) to express your interest and help us make BCFit'20 even better!



ICE Workshops for prospective TFLs and SFLs start this month

Are you interested in taking on a larger role in the fitness industry and contributing to the development of other fitness professionals?

[Read more here](#) about **how to become a Supervisor of Fitness Leaders (SFL) or a Trainer of Fitness Leaders (TFL).**

The first step in the process is to [attend an Instructor Competency Evaluation \(ICE\) workshop](#). These workshops are open to all



Registration is now open for these workshops:

Date and Time	Type of ICE Workshop	Location
Thursday, February 13 6:30pm – 9:30pm	Group, Aquatic, Pilates, and Yoga Fitness	Surrey
Thursday, February 27 6:30pm – 9:30pm	Weight Training and Personal Training	Surrey
Thursday, March 12 5:30pm – 8:30pm	Group, Aquatic, Pilates, and Yoga Fitness	Victoria
Thursday, March 19 5:30pm – 8:30pm	Weight Training and Personal Training	Victoria

[Click here for instructions on how to register.](#)

Don't see a workshop in your region? Not to worry — we have more workshops throughout the province scheduled for 2020. [Find a full list here](#), located under "ICE Workshops for TFL & SFL Candidates".

Any questions? Just email registration@bcrpa.bc.ca.

Looking for courses and workshops for CECs?

Are you planning your professional development for the year? Want to know what upcoming courses and workshops are being offered for CECs? Have one in mind but want to know how many CECs it is worth?

Find a list of all upcoming BCRPA-approved courses and workshops on our [Approved Courses & Workshops page](#). Each entry includes the title, location, date, contact information, and how many CECs are granted.



We update this information twice a month. Make sure to [bookmark this page](#) in your browser for future reference!

How to update your First Aid and CPR information on The Registry®

Updating your First Aid and CPR certifications is a **mandatory requirement** of being a BCRPA-registered Fitness Leader.

Every time you renew these certifications, you must add the details to your account on [The Registry® of Fitness Professionals](#). Here's how:

1. Log into your account at www.thefitnessregistry.com.
2. Click on **First Aid Certificate**, and then the **+Add Certificate** button.
3. Fill in the form. If you've taken a single course for both First Aid and CPR, you can update

Add New First Aid Certificate

First Aid and CPR: Check this if the certificate is for both First Aid and CPR.

CPR Type:

Expiry Date (MM/DD/YYYY):

Certifying Organization:

Instructor Name:

Course Start Date (MM/DD/YYYY):

Course End Date (MM/DD/YYYY):

- both at the same time by clicking **Check this if the certificate is for both First Aid and CPR**
4. Click Submit.
 5. Repeat these steps with the **CPR Certificate** tab, if necessary.

Your information will be automatically updated. You are not required to submit copies of your certifications, unless you have been randomly audited.

Please note: We accept either Emergency or Standard First Aid and a minimum of CPR-A. We also accept Occupational First Aid and are offering a certification course on February 28 in Langley as part of our Parks Professional Pathways' conference. [You can find more information here.](#)

Registration is open!

BC RECREATION AND PARKS ASSOCIATION



February 24 – 28, 2020 • Langley

3 days of Certificate Training Workshops

2 days of Educational Sessions

1 stop shop for your professional development!

Formerly known as **BCRPA's Parks and Grounds Spring Training**

Registration open for Parks Professional Pathways - earn CECs!

Registration is now open for [Parks Professional Pathways \(formerly Spring Training\)](#) - a fresh, new, dynamic professional development opportunity uniquely designed for anyone who works or studies in the field of parks, horticulture, and maintenance.

When: February 24 – 28, 2020

Where: Coast Hotel & Convention Centre, Langley

What:

- 3 days of certifications and workshops including First Aid, WHMIS, Playground Safety, and Risk Management
- 2 days of education sessions

How: Flexibility to register for one, or up to all 5 days! [Check out the full Program Guide here.](#)

BCRPA Registered Fitness Leaders can **earn 5 CECs each day for attending** Feb 26 and/or February 27!

For more information and to register, visit the [Parks Professional Pathways website.](#)

Contact education@bcrapa.bc.ca with any questions you may have.

Volunteer for Parks Professional Pathways - earn CECs!

The things you do every day have an effect on the world around you. Explore your path by volunteering for [Parks Professional Pathways](#). We need you!

A variety of volunteer shifts are available on

February 26 and 27. We need volunteers for room monitoring, equipment management, Tradeshow support, registration, and more. Shifts are flexible, with availability ranging from the whole conference to half a day.

Perks include:

- Connecting and networking with Parks' professionals from across the province,
- Earning CECs,
- Sitting in on a session or two, and
- Gaining experience in special-event operations.



Create your own pathway – sign up to volunteer today by emailing projects@bcrpa.bc.ca with your availability! **Application deadline is February 14, 2020.**

Course of the Month: Stretching Anatomy - 4 CECs

Human Kinetics' Course of the Month, [Stretching Anatomy](#), shows how to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. It's like having an X-ray of each stretch, only better. Not only do you [see full-colour illustrations of the muscles in action](#), but you also see how a change in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness.

A promotional graphic for the 'Stretching Anatomy' course. It features the Human Kinetics logo at the top left. The main text reads 'COURSE OF THE MONTH February 2020'. Below this is a list of benefits: 'Complete the online course', 'Take the CE Exam', and 'Earn 4 BCRPA CECs'. A yellow starburst graphic contains the text 'Proud Sponsor of BCFit 19'. A green banner at the bottom states 'Save 40% off regular price!' and 'Offer valid Feb 1 to Feb 29, 2020. Use code B0203 at check-out.' The website URL 'https://canada.humankinetics.com' is also provided. On the left side of the graphic is a small image of the course cover, which shows a human figure in a running pose with anatomical diagrams overlaid.

The Stretch Focus section details the technique and benefits of every exercise as well as safety considerations and variations according to skill level. Stretching programs provide three levels of difficulty, including light stretching that can be used to aid in recovery from soreness and injury.

Upon completing the course, take the companion exam to **earn 4 CECs**. To learn more, click [here](#).

Use code **B0203** to receive 40% off the regular price. **Offer runs February 1, 2020 – February 29, 2020.**

NFLA reveals top Canadian fitness industry trends for 2020

The [National Fitness Leadership Alliance](#) (NFLA) recently surveyed its 10,000+ members across Canada and gathered the top Canadian fitness industry trends for 2020.

Read about all eight trends [here](#).

The NFLA is a partnership of not-for-profit organizations, [which includes BCRPA](#), and is dedicated to the advancement of exercise accreditation and leadership.

Read more about the NFLA [here](#).



LadySport presents The Great Shoe Debate, Feb 12 - earn CECs

For those in the Lower Mainland, join [LadySport](#) for a FREE and exciting debate on running shoes and **earn 2 CECs** for attending this free and informative event!

Four [world-class researchers](#), responsible for some of the most current research on running, shoes, and running injuries/biomechanics, will come together under one roof to debate the tough questions surrounding running shoes.

What: [The Great Shoe Debate](#)

When: February 12, 2020, 7:00pm to 9:00pm

Where: University of British Columbia, Vancouver

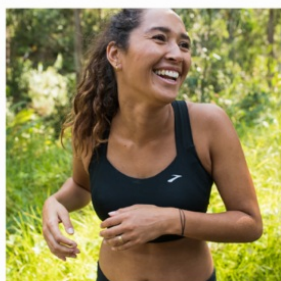
How: For more information and to register [click here](#).



Upcoming BCRPA office Family Day closure

Please note, the **BCRPA office will be closed** for the upcoming statutory holiday:

[Family Day](#) — February 17, 2020.



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 Attendant II | North Coast/Nechako](#)
- [Recreation Program Coordinator | Mainland/Southwest](#)
- [Experienced Aquafit Instructors | Mainland/Southwest](#)
- [Outdoor Bootcamp Instructor | Mainland/Southwest](#)