



# BCRPA Weight Training Module ICE Registration

# Form A

**CANDIDATE INFORMATION:** Please print clearly. You can access your Fitness Leader account at [www.thefitnessregistry.com](http://www.thefitnessregistry.com)

|  |  |                                   |
|--|--|-----------------------------------|
| <b>First Name:</b>   | <b>Last Name:</b>  | <b>BCRPA Leader ID:</b>           |
| <b>Current Email Address in the Registry®</b>              |  |                                   |
| <b>Current First Aid in the Registry®</b>                  | <b>Attached? Yes / NO</b>  | <b>In the Registry®? Yes / NO</b> |
| <b>Current CPR in the Registry®</b>                        | <b>Attached? Yes / NO</b>  | <b>In the Registry®? Yes / NO</b> |
| <b>Is this your first BCRPA Module?</b>                    | <b>If yes, please provide your Fitness Theory Registration Date:</b> |                                   |
| <b>BCRPA Weight Training Course Completion Certificate</b> | <b>Attached? Yes / NO</b>  | <b>In the Registry®? Yes / NO</b> |

### Instructor Competency Evaluation (ICE) Procedure:

#### 1. Before you contact an Evaluator:

- Refer to the back of **Form D** for the components of the evaluation and to determine how you will be marked.
- Complete **Form B** (Exam Questions).
- Complete five (5) programs using **Form C-2**. To do this you will select any three scenarios from **Form E** and then complete two actual programs using two people you select yourself (friends/family members/classmates).
- Obtain permission from a local fitness facility to use it for your ICE evaluation.
- Arrange to have a friend act as a “client” for the evaluation.

#### 2. Contact an Evaluator:

When you are ready for your evaluation, please refer to [http://bcrpa.bc.ca/fitness\\_program/registration/ice.htm](http://bcrpa.bc.ca/fitness_program/registration/ice.htm) for a list of current evaluators. Ensure your evaluator is currently registered – check their registration status on the Registry® of Fitness Professionals. You may then contact one directly to make arrangements for your evaluation. The evaluator will discuss the ICE procedure and how to submit your form B2 for marking. The evaluator will also discuss the date, time and location of the ICE as well as any fees they may charge you to conduct the ICE evaluation.

### Please check and make sure that your BCRPA ICE PACKAGE contains the following forms:

**Form A:** ICE Registration Cover Letter  
**Form B:** Exam Questions

**Form C-2:** Program Design  
**Form D:** ICE Practical Evaluation - double-sided page

**Your evaluator will email the BCRPA confirmation once you have completed and passed the ICE.**

PLEASE ALLOW 5 - 10 BUSINESS DAYS FOR PROCESSING upon received confirmation from ICE evaluator. Please check the Registry® for Fitness Professionals for registration status in the specialty. The BCRPA will not notify Fitness Leaders regarding the status of the ICE package.

Date of ICE: \_\_\_\_\_