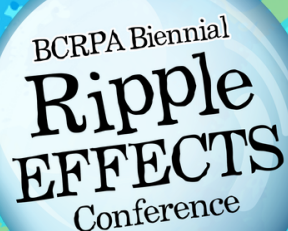




ACTIVE PROFESSIONALS CONFERENCE

October 20 - 21, 2023
Minoru Centre for Active Living
7191 Granville Ave, Richmond, BC



BCRPA Biennial
**Ripple
EFFECTS**
Conference

**Friday, October 20 and
Saturday, October 21**

**Professional Development
for All Aquatic Professionals**



Saturday, October 21

**BCRPA's Premier Fitness
Conference for Fitness
Professionals**



SPECIAL THANKS

Planning Committee

Charity Nelson, City of Fort St. John
Debi Jones, City of Richmond
Stéphane Delise, formerly UBC
Kimiko Hirakida, Lifesaving Society
Lauralee March, Township of Langley
Michelle Wilcox, District of Squamish
Sean Healy, City of Maple Ridge
Teriney McGuire, City of Fort St. John



SPECIAL THANKS

Planning Committee

Dave Thomson, formerly District of West Vancouver
Elena Verescu, North Vancouver Recreation and Culture Commission
Jill Nadon, The Beat Studio
Kat Fournier, Township of Langley
Kim Darcey, SKY Personal Training & Fitness
Michael Marousek, Vancouver Board of Parks and Recreation
Rhonda Jackson, City of Burnaby
Stephanie Campbell, City of Port Coquitlam

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(Architect of Minoru Centre for Active Living)



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Tower Fitness Equipment

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Tower Fitness Equipment began as a service company and incorporated in April 2008. Through networks and our reputation of exceptional customer service, we have expanded and have been in the business of supplying premium fitness equipment for approximately 11 years. We first became a dealer for TRUE Fitness in 2012 and have expanded our fitness equipment offerings from there. We have grown from a small group to the 17-person team we are today. Our team has ample experience working with various municipalities and community centers throughout British Columbia. Tower Fitness Equipment looks forward to partnering with you to understand your facility's needs and come up with solutions to address any requirements. We assist municipalities in running their facilities on a day-to-day basis as well as developing procedures and practices; we consider demographic and location to customize the needs of each facility.

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Click on the session block to
view full descriptions.

Schedule At-a-Glance

Friday, October 20



Ripple Effects - Day 1	
8 am - 9 am	REGISTRATION and MARKETPLACE EXPO
9 am - 9:30 am	Welcome and Opening Remarks
9:30 am - 10:30 am	Opening Keynote "Zero To Hero: Raising A Champion," presented by Brent Hayden
10:30 am - 10:50 am	BREAK and MARKETPLACE EXPO
10:50 am - 11:50 am	<u>Friday Block 1 (F1)</u> <ul style="list-style-type: none"> • F1-A: Canfor Leisure Pool Virtual Tour with HDR • F1-B: Critical Incidents Stress - Your Staff and You • F1-C: Sensory Friendly Swim Time
11:50 am - 1 pm	LUNCH and MARKETPLACE EXPO
1 pm - 2 pm	<u>Friday Block 2 (F2)</u> <ul style="list-style-type: none"> • F2-A: Lifeguard Engagement and Retention Strategies • F2-B: First Aid for Opioid Poisoning Emergencies - Naloxone Training • F2-C: Polarity Management: A Framework for Working in an And/And World
2 pm - 2:20 pm	BREAK and MARKETPLACE EXPO
2:20 pm - 3:20 pm	<u>Friday Block 3 (F3)</u> <ul style="list-style-type: none"> • F3-A: Acting My Wage - The New Generation • F3-B: Putting the UMPH into your Swimming Programs • F3-C: Vancouver's Two-Spirit, Trans, Gender Diverse Inclusive Swim: A Tale of Listening to the Community
3:20 pm - 3:25 pm	BREAK
3:25pm - 4:00 pm	Young Professional Aquatics Award & Door Prizes



Click on the session block to view full descriptions.

Schedule At-a-Glance

Saturday, October 21 - Morning

		 Ripple Effects - Day 2
7 am - 8 am	REGISTRATION & MARKETPLACE EXPO	MARKETPLACE EXPO
8 am - 9 am	Saturday Block 1 (S1) <ul style="list-style-type: none"> • S1-A: The Warm Up - Setting Your Class Up For Success • S1-B: The Two Osteo Conditions: Osteoporosis and Osteoarthritis • S1-C: Cardio Kickboxing Fundamentals (Active) • S1-D: Indoor Cycling Teaching Ideas To Go! (Active) • S1-E: Aquatic Fitness 101 • S1-F: Minoru Centre for Active Living Pool Tour guided by the City of Richmond and facility architect hcma 	Bonus Session (Optional) S1-F: Minoru Centre for Active Living Pool Tour guided by the City of Richmond and facility architect hcma
9 am - 9:15 am	BREAK and MARKETPLACE EXPO	MARKETPLACE EXPO
9:15 am - 9:45 am	Opening Remarks and Fitness Award	Saturday Block 2 (S2) <ul style="list-style-type: none"> • S2-A: Innovative Programming Panel on Addressing the Lifeguard Shortage • S2-B: Staff Development & Culture - The Journey of a Lifeguard / Swim Instructor • S2-C: Aquatic Fitness 101
9:45 am - 10:45 am	Plenary The Foundations of Workplace and Career Mentoring	
10:45 am - 11 am	BREAK and MARKETPLACE EXPO	BREAK and MARKETPLACE EXPO
11 am - 12 pm	Saturday Block 3 (S3) <ul style="list-style-type: none"> • S3-A: Aquatic Movement Modifications for Neurological Complications (Active) • S3-B: Delivering Fitness to Equity-Deserving Groups • S3-C: Building Strength with Soft Skills • S3-D: Fancy Dancy Step (Active) • S3-E: Leaking When You Lift Is NOT Normal (Active) 	Saturday Block 3 (S3) <ul style="list-style-type: none"> • S3-A: Aquatic Movement Modifications for Neurological Complications (Active) • S3-F: The Foundations of Workplace and Career Mentoring



Click on the session block to
view full descriptions.

Schedule At-a-Glance

Saturday, October 21 - Afternoon

		Ripple Effects - Day 2
12 pm - 1 pm	LUNCH and MARKETPLACE EXPO	Plenary Agency Updates & Door Prizes
1 pm - 2 pm	Saturday Block 4 (S4) <ul style="list-style-type: none"> S4-A: Understanding Client Body Types and Eating Options S4-B: I Got Your Back - Training the Hips and Feet to Reduce Pain (Active) S4-C: Are Your Clients Overtraining or Under Recovering? S4-D: Dance Intervals Through the Decades (Active) S4-E: What Has Depth Got To Do With It? Combining Deep and Shallow Water Class Formats (in-pool session) S4-F: Yoga and Pilates Fusion Class 101 (Active) 	LUNCH and MARKETPLACE EXPO OR Aquatic Fitness Leader Training S4-E: What Has Depth Got To Do With It? Combining Deep and Shallow Water Class Formats (in-pool session)
2 pm - 2:15 pm	BREAK and MARKETPLACE EXPO	BREAK and MARKETPLACE EXPO
2:15 pm - 3:15 pm	Saturday - Block 5 (S5) <ul style="list-style-type: none"> S5-A: The Journey of a Personal Trainer and a Strength and Conditioning Coach S5-B: Spice Up Your Aquatic Fitness Class! (in-pool session) S5-C: Fit For All: An Inclusive Circuit Fitness Experience (Active) S5-D: Agility = Fun + Function (Active) S5-E: Separating Fact from Fiction: The Latest Research on Effective Resistance Training Methods S5-F: Planning the LEAP: Moving Your Fitness Career from the Side of Your Desk to the Top 	Plenary Mental Health Awareness @ Work: Building Psychologically Safe & Healthy Workplaces OR Aquatic Fitness Leader Training S5-B: Spice Up Your Aquatic Fitness Class (in-pool session)
3:15 pm - 3:35 pm	MARKETPLACE EXPO BLOWOUT SALE	
3:35 pm - 4:45 pm	Closing Keynote Health and Well-Being At Home and in the Workplace	Bonus Session (Optional) 3:35 pm - 4:35 pm: Commercial Aquatics Supplies: Pool Filtration Media and Networking (registration required)
4:45 pm - 5 pm	Closing Remarks & Prizes	



Registration Rates

Early bird savings end Sep 27

Online registration closes Oct 12

Fri, Oct 20 and Sat, Oct 21

Professional Development for All Aquatic Professionals

	Member & BCRPA Fitness Leader Rate	Non- Member Rate
Early Bird Rates (Ending Sep 27, 2023)	\$375	\$410
Regular Rates (Starting Sep 28, 2023)	\$405	\$465

Sat, Oct 21

**BCRPA's Premier Fitness Conference for
Fitness Professionals**

	Member & BCRPA Fitness Leader Rate	Non-Member Rate
Early Bird Rates (Ending Sep 27, 2023)	\$225	\$270
Regular Rates (Starting Sep 28, 2023)	\$280	\$340

General Information

Refund & Cancellation Policy

A partial refund of 70% of the conference registration fee will be given for cancellations received by **Sept 20, 2023**. Cancellations made starting **Sept 21, 2023** are non-refundable. Registrations are transferrable. All requests for cancellations must be submitted in writing by email to registration@bcrpa.bc.ca and received within the allotted cancellation times noted above.

BCRPA Fitness CECs

BCRPA Fitness CECs are available for attendance. To qualify for Fitness CECs during Ripple Effects, Fitness Leaders must sign out at the registration desk at the end of their last day of attendance. To qualify for Fitness CECs during BCFit'23, Fitness Leaders must complete the event evaluation.

CECs earned will be added directly to Fitness Leader accounts on [The Registry® of Fitness Professionals](https://www.bcrpa.bc.ca/the-registry) within 14 business days.



Fri, Oct 20 to Sat, Oct 21: 7 CECs

- 1 additional CEC available for attendance at session S4-E



Sat, Oct 21: 6 CECs

Policy on Conference Program Content

The presentations at Active Professionals Conference belong to the presenters. BCRPA assumes no responsibility for any errors or omissions in the information included in the program guide. In addition, the views and opinions of the presenters are not necessarily those of the Association. The conference program content is subject to change without notice.

Policy on Event Photography and Recording of Presentations

The policy on recording presentations and event photography is in effect.

All conference policies are available online at: www.bcrpa.bc.ca/conferences/policies/apc/

Accommodation Information

Secure your room at the [Executive Hotel Vancouver Airport](https://www.executivehotelvancouverairport.com) at a discounted rate! Located at **7311 Westminster Highway, Richmond, BC**, the Executive Hotel Vancouver Airport is just a short 10-minute walk to the conference.

- Conference rates apply for stays between Oct 19 and Oct 23, 2023.

Book early to take advantage of these savings. Room Rates start at \$189 per night and include free parking, Wi-Fi, and a free airport shuttle between 6 am and 10:30 pm.

To book your stay, call the hotel locally at 604-278-5555 or toll-free at 1-800-663-2878.

Mention the group name "BC Recreation and Parks Association" or group code "100248".

Rooms are subject to availability upon booking.

WestJet Discount

WestJet is offering 5% off Econo* and 10% off EconoFlex and Premium fares for travel within Canada and 2% off Econo*, 5% off EconoFlex and 10% off Premium base fares for guests travelling Trans-border.

To take advantage of this offer, you will need the **DISCOUNT CODE: 8B3P5TX**

Please visit www.westjet.com/conventions to make a booking online.

Applicable Rules:

- The booking is to be made to Vancouver International Airport (YVR)
- The travel period is between: 10/13/2023 and 10/28/2023
- No discount will apply to Basic or Business class bookings.

Travel Agents: if booking in **GDS**, use promo code: **YBE27**



Program - Friday, October 20

Opening Keynote

9:30 am - 10:30 am

Zero To Hero: Raising A Champion

Presented by Brent Hayden

Join Olympic swimmer Brent Hayden in this Keynote Presentation to invigorate and rejuvenate your passion for the aquatics sector. Throughout his phenomenal career, the aquatics community has been cheering Brent on and supporting him in every step of his incredible journey as a decorated swimmer.



Brent Hayden, a former international swimmer from Canada, is passionate about helping others unlock their potential. During his presentation, he will share the secrets of his Olympic mindset that took him from failing swim lessons to world champion and then to becoming the first Canadian to win an Olympic medal in the 100m freestyle. While people often remember the success, they rarely ever get a glimpse into what it's really like to be a professional athlete carrying the weight of a nation on your shoulders. You will leave knowing you can rise through any challenge.



Program - Friday, October 20

Session Block 1

10:50 am - 11:50 am

F1-A: Canfor Leisure Pool Virtual Tour

Presented by HDR, Gold Sponsor

Join HDR for a virtual tour of the Canfor Leisure Pool. Incorporating universal design principles, the Canfor Leisure Pool opened at the end of 2022. This state-of-the-art facility prioritizes inclusivity for individuals of all ages, genders, and mobility levels. Situated in the heart of downtown Prince George, the aquatic facility boasts the distinction of housing Canada's first NinjaCross system.



HDR is an award-winning integrated Architecture, Engineering, and Planning firm with a history of challenging conventional practices and innovating across disciplines and geographies. They are experts at creating distinctive environments that promote recreation and wellness, enhance a community's reputation as a great sports destination, and often establish a dynamic gateway into a city.

F1-B: Critical Incidents Stress - Your Staff and You

Presented by Karen Zaidan

Major or minor, an incident can lead to trauma, whether you have been involved in the incident and/or even observed it. Learn the signs and symptoms, how to positively support your staff and build a team that supports each other through trust and open communication. There are 7 steps to a positive debrief which will hopefully lead to staff feeling supported and returning to work with confidence. By attending this workshop you are taking that first step in acknowledging the importance of staff mental health and wellbeing.

Karen Zaidan is the Aquatics Supervisor at the Whitehorse Lions Aquatic Center in the Yukon. She is also a National Trainer with the BC/Yukon branch. Living in the North for over 20 years, Karen brings knowledge to aquatics from the Northern perspective and often thinks of her job as a life coach – not just a supervisor. When not working, she is on the trails with her dogs hiking and biking – even in the winter!

F1-C: Sensory-Friendly Swim Time

Presented by Silken Handford-Perronnet

This session provides an overview of the characteristics of autism and a range of practical tools to host a sensory-friendly swim at a recreation centre. Attendees will learn which groups benefit from this type of event, how to reduce sensory input in a pool environment and what frontloading tools can be created ahead of time.

Silken Handford-Perronnet is the Community Training Coordinator at the Canucks Autism Network. In her role, she oversees and coordinates training for community organizations who are seeking to learn how to be more inclusive to the autistic community.



Program - Friday, October 20

Session Block 2

1:00 pm - 2:00 pm

F2-A: Lifeguard Engagement and Retention Strategies

Presented by Sheena Fulop

New research sponsored by the BC & Yukon Branch of the Lifesaving Society suggests that working to engage and retain lifeguards is as imperative to addressing the current lifeguard shortage as the creation and recruitment of new lifeguards. Learn more about the research findings, and different strategies that can be used in your community centres to create an integrated and engaged aquatics team.

Sheena Fulop

Biography to come.

F2-B: First Aid for Opioid Poisoning Emergencies - Naloxone Training

Presented by Sean Healy and Kimiko Hirakida

Opioid poisonings are not just happening on the streets of Vancouver, this is a nation-wide crisis impacting all ages and demographics across Canada. In 2021, approximately 6000 Canadians lost their lives to opioid toxicity. How can you end the stigma and be prepared to help?

Sean Healy has a long tenure in aquatics through municipal work. He continues to be a faithful supporter of the aquatics industry as a trainer and consultant, and through allied local non-profit organizations, such as Lifesaving Society, Red Cross and BCRPA.

Kimiko Hirakida has been a Red Cross volunteer for over ten years as part of the Water Safety team. After the 2022 transition, she maintained her volunteer role by shifting her passions to the Opioid Harm Reduction Advisory Group. Currently, she is also Program Manager at the BC & Yukon Lifesaving Society branch.

F2-C: Polarity Management: A Framework for Working in an And/And World

Presented by M. Beth Page

Some of the fundamental professional and personal tensions we face are polarities. These challenges can be complex, involve competing priorities, and are often longstanding. This experiential session will invite you to consider a framework that may be of service as you re-examine these challenges with polarity management as a tool. You are invited to bring your current challenges, and collaborate with colleagues as we learn together how best to apply polarity management thinking to our current and strategic challenges in aquatics.

M. Beth Page

Biography to come.



Program - Friday, October 20

Session Block 3

2:20 pm - 3:20 pm

F3-A: Acting My Wage - The New Generation

Presented by Yue-Ching Cheng and Kimiko Hirakida

We all saw the "quiet-quitting" trend on TikTok and Instagram - the one where workers demonstrated self-preservation of their energy towards their job due to burnout and exhaustion. "Acting My Wage" is the next progression in our aquatic workplaces with the trend driving employees to create output that matches their wage, not striving to go above and beyond. How can we create positive work environments that engage our staff so they want to contribute to the success of their team's future?

F3-B: Putting the UMPH Into Your Swimming Programs

Presented by Paula Thulin and Michelle Hebein

The only difference between TRY and TRIUMPH is a little UMPH. We have faced many troubles in the past few years: a pandemic, staffing shortages and a major change in learn to swim program offerings, while still providing essential operations. This session will highlight some UMPH moments that made a difference in effecting positive change to our program delivery. We will highlight some new initiatives and their impacts. We will share new ideas and out of the box thinking for program delivery. Walk away with some confidence that you can put a little more UMPH's into your TRIUMPHS!! *"If you want to be the best you have to do things that other people are not willing to do"* - Michael Phelps

F3-C: Vancouver's Two-Spirit, Trans, Gender Diverse Inclusive Swim: A Tale of Listening to the Community

Presented by Kai Scott and Christa Giles

This presentation explores the origins and lessons learned from 8 years of the Two-Spirit, trans, and gender diverse (2STGD) inclusive swim at one of Vancouver Park Board's pools. This session is ideal for municipalities that are considering starting an inclusive swim or have already begun and are wanting to know about or discuss key considerations to making their swim a success.

Yue-Ching Cheng is the Department Chair for Recreation Studies and the Research Coordinator for Social Sciences, Humanities, and Creative Arts in the Applied Research Centre at Langara College. He is an educator and project management professional who is passionate about increasing quality of life and building social capital within communities through learning and shared experiences.

Kimiko Hirakida has been with the BC & Yukon Lifesaving Society as Program Manager since June 2022. In her role she led the transition from Red Cross Swim to Lifesaving Society Swim for Life in BC & Yukon and speaks regularly with media on drowning prevention. Kimiko brings experience working with staff teams all over BC & Yukon and spends time teaching Lifesaving Society courses in small remote communities.

Paula Thulin and **Michelle Hebein** have been working together for almost 30 years. They bring a wealth of knowledge from what they learned as MIT's with the Canadian Red Cross. Paula and Michelle now chair the Swim For Life Advisory group where they work with an amazing group of volunteers. The SFLAG group developed some amazing resources that were needed to support the Swim Transition. They hope you walk away from their session with a smile on your face and an UMPH in your step.

Kai Scott pairs his technical skills from 15 years as a social scientist conducting social impact assessments with his lived experiences as a trans man to develop innovative solutions for greater inclusion of gender diversity.

Christa Giles works for the Vancouver Board of Parks and Recreation as a Recreation Programmer II, 2SLGBTQIA+ Inclusion. Christa is a white, agender queer person with 30+ years of aquatic experience, and they enjoy challenging their recreation peers to increase the inclusion of trans, fat, and disabled folks in recreation and sport settings.



Program - Saturday, October 21

Bonus Session (Optional)

8:00 am - 9:00 am

Minoru Centre for Active Living Pool Tour

Guided by the City of Richmond and architect and Gold Sponsor hcma

Start the day off with a hot coffee and croissant, followed by a pool tour led by representatives from the City of Richmond (owner) and hcma (Michael Henderson, architect). This tour provides a behind-the-scenes look at the operations and design of this notable facility which includes 6 pools, 2 saunas, 1 steam room, waterslides, climbing wall and more.



hcma designs buildings, brands, and experiences that maximize positive impact. They create solutions that ignite conversation and build compassionate communities. By learning from others, advocating for inclusive, accessible design, and striving to understand the deeper social context, hcma hopes to contribute to a future where people and institutions come together to make a positive change.

Session Block 2

9:15 am - 10:45 am

S2-A: Innovative Programming Panel to Tackle the Lifeguard Shortage

Presented by Charity Nelson, Julie Kaufman and Oliver Nugent

Hear about innovative programs from across the province that have been running to address the lifeguard shortage. This panel discussion will include panelists from Fort St. John, Richmond, and the Lifesaving Society, BC & Yukon Branch.

Charity Nelson is a Recreation Programmer for Fort St. John.

Julie Kaufman is an Aquatics Supervisor for the City of Richmond.

Oliver Nugent is the Lifesaving Society's Education Coordinator for Sport and First Aid and is a Master's student in Organizational Psychology.

S2-B: Staff Development & Culture - The Journey of a Lifeguard / Swim Instructor

Presented by Daniel Marcotte

Explore the journey of aquatic professionals from the start of their employment throughout their career development and actively collaborate on creating a meaningful experience for staff to grow and stay within your organization. Themes include staff training & development, opportunities for leadership, and building positive relationships. During the session, apply these themes to the different stages of an aquatic staff member throughout their career. Learn how to implement strategies with a range of staff resources, budgets and other considerations.

Daniel Marcotte is an Aquatic Program Supervisor for the City of Coquitlam, with over 25 years of experience training lifeguards and swim instructors. Dan started as a volunteer in aquatics at the age of 12 and was hooked because of the support and mentorship he received. In the summer of 1991, he stepped onto the pool deck as a lifeguard and jumped into the pool as a swim instructor. The support, training, and mentorship in the industry has inspired him to continue paying it forward.

S2-C: Aquatic Fitness 101

Presented by Vanessa Der

Curious about aquatic fitness? Come learn about the fitness principals specific to aquatic fitness as well as the physical and psychological benefits to your participants. Dispel common aquatic fitness myths and learn why participating in, or implementing aquatic fitness programming within your facilities can make a difference in our communities.

Vanessa Der has been teaching aquatic fitness with various municipalities since 2002. She is a BCRPA Registered Teacher of Fitness Leaders in Aquatic Fitness. Vanessa is passionate about aquatic fitness and often translates various land-based fitness movements to her classes.



Program - Saturday, October 21

Session Block 3

11:00 am - 12:00 pm

S3-A: Aquatic Movement Modifications for Neurological Complications

Presented by Judy Bjornson

During this one hour land instructed aquatic rehabilitation session, participants will learn techniques they can use in their aquatic programs to assist participants with neurological complications such as Parkinson's and Stroke.

This is an Active Session.

S3-F: The Foundations of Workplace and Career Mentoring

Presented by Ben Dantzer and Michèle Manter

In this session, Mentor Canada will introduce and explore the Foundations of Workplace and Career Mentoring. Research has consistently shown that workplace and career mentoring programs are an effective strategy for attracting, developing and retaining talent.

Judy Bjornson is a Certified Master Trainer for WaterART Fitness International and is working as a Hydrotherapist at the WV Aquatic Physiotherapy Clinic. She also instructs other programs such as Fall Prevention Balance and Mobility, Parkinson's PWR, Mobility and Rehab for Stroke survivors and M.S. in Aquatics and on land.

Ben Dantzer, Quality Mentoring and Capacity-Building Specialist at Mentor Canada, supports the diverse needs of the Canadian mentoring sector by developing and scaling relevant tools and resources and providing technical assistance to build capacity and support quality mentoring experiences.

Michèle Manter, a bilingual Training Specialist at Mentor Canada, brings a wealth of experience and expertise in delivering engaging presentations, developing curriculum, and facilitating highly effective in-person and online training sessions.

PLENARY

12:00 pm - 1:00 pm

Agency Updates

Presented by BCRPA and Lifesaving Society BC & Yukon Branch

Get the latest updates from the Lifesaving Society, BC & Yukon Branch and BCRPA on program news and funding opportunities.

Stay until the end to pick up your lunch.

Session Block 4

1:00 pm - 2:00 pm

Lunch and Marketplace, OR

S4-E: What has Depth Got to Do With It? Combining Deep and Shallow Water Class Formats

Presented by Jeannie Mansell

Discover ways to combine different water depths to coach a class when space is an issue or when clients have different needs. Use flotation equipment, speed and surface area to increase work while enjoying the buoyancy and hydrostatic effect of water.

This is a Pool Session. Please bring your swim gear.

Jeannie Mansell has over 25 years of experience teaching, mentoring and supervising fitness. Jeannie is a BCRPA Registered Fitness Leader in Group Fitness (SFL), Aquatic Fitness (SFL), Yoga Fitness, and Personal Training. She has also earned a Certificate in Fitness and Wellness from Simon Fraser University. Jeannie's passion is to help Fitness Leaders achieve their goals and find their place to shine. She is currently the Fitness Coordinator at Steveston Community Centre in Richmond.



Program - Saturday, October 21

Session Block 5

2:15 pm - 3:15 pm

CLOSING PLENARY:

Mental Health Awareness @ Work: Building Psychologically Safe & Healthy Workplaces

Presented by Maria Weaver

Join Maria Weaver from CMHA BC for an informative and interactive plenary session on creating and maintaining psychologically safe and healthy workplaces. This session will provide attendees with immediate tools on how to facilitate psychological safety in their workplace and how to build a culture that prioritizes mental health awareness at work. Get ready to dive into a topic of increasing importance to the workplace of today.

Maria Weaver is a skilled and enthusiastic leader, educator and facilitator with many years of experience across sectors including higher education, non-profit, and community health. With her experience working front-line and later managing a crisis line, she is adept and compassionate in providing crisis de-escalation, mental health promotion and suicide prevention training and education. Maria works for the Canadian Mental Health Association, BC Division as the Associate Director, Suicide Prevention and Life Promotion.

OR

S5-B: Spice Up Your Aquatic Fitness Class

Presented by Jessica Rahman

"When you're feelin' dry as dust
I will show you how to ADJUST!
Smiling, dancing, aquafit is fun,
All you need is to be out in the sun."
(Or PRETEND you're in the sun!) ♪ ♪ ♪

Join Jessica as she takes you through a series of new ideas and techniques. Topics covered include what to take into consideration when choosing the appropriate music, new ways to use equipment, and most importantly, the translation of land movement to aquatic movement.

Jessica Rahman has been working in aquatics for 21 years. She started teaching aquatic fitness in 2010, while working as an Aquatic Supervisor for the City of Delta. Through the years, she has taught at various private facilities and municipal facilities, including a class in the Yukon! Her passion for helping others to stay safe in, on and around the water led to her current business adventure - Water Safety First. Jessica teaches swimming lessons, as well as Aquatic Fitness at her home business, as well as around the Surrey, White Rock and Langley areas.

This is a Pool Session. Please bring your swim gear.

Bonus Sessions (Optional)

3:35 pm - 4:35 pm

New Pool Filtration Media and Networking

Presented by Commercial Aquatic Supplies, A Division of DB Perks & Company

Join Commercial Aquatics Supplies for this combined networking and learning session. Get the latest on the benefits of AFM (Activated Filter Media), grab some complimentary snacks and hors d'oeuvres and connect with peers from across the province. Snacks will be provided.

Sponsored by DB Perks & Associates Ltd.

Registration is required.



Commercial Aquatic Supplies is 100% Canadian owned and operated. They have been supplying public municipal pools and YM/YWCA's throughout Canada since 1974. They offer a wide range of products for aquatic facilities, from deck level to pump room, including chemical controllers, filters, UV systems, cleaning & maintenance supplies, racing lanes, guard chairs, program supplies, large foam toys and more!



Program - Saturday, October 21

Session Block 1

8:00 am - 9:00 am

S1-A: The Warm-Up - Setting Your Class Up For Success

Presented by Lela Dawson

Whether you are teaching a spin, TRX, strength training or a mind-body class, you need to create a warm-up that educates and prepares your class for the exercises and allows you to deliver a class that is safe, fun and challenging, and where every participant can feel successful.

Lela Dawson has been active in the fitness industry for 30 years. She is a BCRPA TFL Pilates and Group Fitness instructor, a Nationally Certified Pilates Teacher with the NPCP and a member of the Pilates Method Alliance (PMA). Lela primarily focuses on pilates and combines her teaching experiences into mentoring new Pilates Fitness instructors.

S1-B: The Two Osteo Conditions: Osteoporosis and Osteoarthritis

Presented by Debbie Cheong and Tera Mezynski

Explore the importance of group exercise programs for your participants with osteoporosis and osteoarthritis. Learn the differences between these two conditions, as they are often confused with each other. This session covers key principles for exercise prescription, including a short exercise demonstration. Assist your clients to minimize their risk and/or best manage their condition. Keep your clients going strong at all stages of osteoarthritis and osteoporosis.

Debbie Cheong is a Physical Activity and Falls Prevention consultant to BC Women's Health Centre Population and Global Health, BC Ministry of Health (Population and Public Health), and Fraser Health Falls and Injury Prevention and an active member of BC Fall Prevention Community of Practice. She is the Master Trainer for Osteofit, Get Up & Go! and Carefit programs. Debbie also develops and delivers training courses for fitness instructors and Recreation Therapists and leads exercise classes.

Tera Mezynski, B.Sc. Kinesiology, M.Sc. Physical Therapy. Tera has worked in the health care industry for over 15 years. She has extensive training in lower extremity arthroplasty and has assisted the development of surgical pathways for total knee and hip clients. Neuromuscular exercise, exercise muscle patterning and exercise prescription are some of her areas of expertise and passion.

S1-C: Cardio Kickboxing Fundamentals

Presented by Andrew Alcalde

Learn the basic fundamentals of cardio kickboxing (CKB), while integrating intervals for a cardio-tastic workout. This old-school format is quite often intimidating to instruct, but learning the basic foundation of CKB movement will help you build and layer your sequences to help your clients feel victorious. In this session, you will learn basic fundamentals of martial arts movements for the upper and lower body, as well as some advanced movements and how to perform these movements safely with proper technique. You'll also learn about cueing, building, and layering your movements in 8-counts, performing the movement to a tempo-based, safe bpm's and adding intervals in between combinations to maximize your heart rate to design a workout that fits your participants' needs. FUN, FUN AND MORE FUN!

Andrew Alcalde is a BCRPA Registered Fitness Leader, Group Fitness Instructor and a highly respected leader in Vancouver's fitness community. Andrew is widely known for his accessible, personable, and entertaining training style, balancing fitness with fun to engage and motivate his clients and community members. His supportive and energetic approach allows all individuals, from beginners to fitness enthusiasts, to reach far beyond their fitness goals. In 2021, Andrew received the highly coveted BCRPA Fitness Professional of the Year Award and was recently named one of Canada's Top Fitness Instructors 2023 by IMPACT Magazine



Program - Saturday, October 21

Session Block 1

8:00 am - 9:00 am

S1-D: Indoor Cycling Teaching Ideas To Go!

Presented by Rachel Seay

Join Rachel Seay for a thrilling indoor cycling session that will take your classes to the next level. In this session, Rachel will guide you through a series of exciting song and drill combinations designed to make your classes fun and invigorating. You'll leave with a complete playlist of choreographed indoor cycling drills, perfectly synced with energizing songs. Get ready to revolutionize your indoor cycling sessions with these powerful teaching ideas and leave your riders craving for more!

Rachel Seay is a highly experienced indoor cycling instructor with over 25 years of expertise. She is renowned for training and certifying instructors globally, holding certifications in Schwinn, Keiser, Reebok, Spinning, and Stages. With a background in Kinesiology and Recreational Programming, Rachel brings a dynamic and engaging approach to her workshops and certifications. As the founder of Inner Fit Studios and Indoor Cycling Teaching Ideas, she has cultivated a substantial online following of over 50,000 dedicated followers worldwide.

S1-E: Aquatic Fitness 101

Presented by Vanessa Der

Curious about aquatic fitness? Come learn about the fitness principles specific to aquatic fitness, as well as the physical and psychological benefits to your participants. Dispel common aquatic fitness myths and learn why participating in or implementing aqua fitness programming within your facilities can make a difference in our communities.

Vanessa Der has been teaching aquatic fitness with various municipalities since 2002. She holds a BCRPA Teacher of Fitness Leaders with an Aquatic Fitness designation. Vanessa is passionate about aquatic fitness and often translates various land-based fitness movements to her classes.

S1-F: Minoru Centre for Active Living Pool Tour **Guided by the City of Richmond and architect and Gold Sponsor hcma**

Start the day off with a hot coffee and croissant, followed by a pool tour led by representatives from the City of Richmond (owner) and hcma (Michael Henderson, architect). This tour provides a behind-the-scenes look at the operations and design of this notable facility which includes 6 pools, 2 saunas, 1 steam room, waterslides, climbing wall and more.



hcma designs buildings, brands, and experiences that maximize positive impact. They create solutions that ignite conversation and build compassionate communities. By learning from others, advocating for inclusive, accessible design, and striving to understand the deeper social context, hcma hopes to contribute to a future where people and institutions come together to make a positive change.



Program - Saturday, October 21

PLENARY

9:45 am - 10:45 am

The Foundations of Workplace and Career Mentoring

Presented by Ben Dantzer and Michèle Manter

In this session, Mentor Canada will introduce and explore the Foundations of Workplace and Career Mentoring. Research has consistently shown that workplace and career mentoring programs are an effective strategy for attracting, developing, and retaining talent.

Ben Dantzer, Quality Mentoring and Capacity-Building Specialist at Mentor Canada, supports the diverse needs of the Canadian mentoring sector by developing and scaling relevant tools and resources and providing technical assistance to build capacity and support quality mentoring experiences.

Michèle Manter, a bilingual Training Specialist at Mentor Canada, brings a wealth of experience and expertise in delivering engaging presentations, developing curriculum, and facilitating highly effective in-person and online training sessions.



Program - Saturday, October 21

Session Block 3

11:00 am - 12:00 pm

S3-A: Aquatic Movement Modifications for Neurological Complications

Presented by Judy Bjornson

During this one-hour land-instructed aquatic rehabilitation session, participants will learn techniques to apply in their aquatic program to assist participants with neurological complications such as Parkinson's Disease and Stroke.

Judy Bjornson is a Certified Master Trainer for WaterART Fitness International and is working as a Hydrotherapist at the WV Aquatic Physiotherapy Clinic. She also instructs other programs such as Fall Prevention Balance and Mobility, Parkinson's PWR, Mobility and Rehab for Stroke survivors and M.S. in aquatics and on land. Due to her genuine compassion and extensive disease and disability knowledge as it relates to rehabilitation and movement, Judy was selected as a Program Co-ordinator by the Vancouver Brain Injury Association in 2017.

S3-B: Delivering Fitness to Equity-Deserving Groups

Presented by Karen Harmon

This presentation will enlighten instructors on how to teach fitness to a well-deserving, often feared and misunderstood population. It will include a short video presentation, as well as cover class set-up, music selection, dos and don'ts, health issues, and potential mental health and addiction concerns. You will learn how to find a location and how to get started teaching your own community-based classes to help equity-deserving groups in your area.

Karen Harmon has been teaching fitness for the past 42 years. She currently works for the West Vancouver Community Center and the North Vancouver Recreation Center, instructing stretch and core classes and spinning. Karen also works with special needs teenagers for the School District of West Vancouver. She has authored three books and teaches memoir writing courses at the North Vancouver District Public Library.

S3-C: Building Strength with Soft Skills

Presented by Ingrid Knight-Cohee

We often talk about world class customer service, but how is that applied to the weight room or fitness facility environment, particularly with enhanced inclusivity in mind? This interactive session will explore customer engagement best practices, including orientation, etiquette and retention techniques, taking various client experience levels and demographics into account.

Ingrid Knight-Cohee leads with curiosity, integrity and a collaborative spirit, making her a sought-after fitness industry expert, presenter and consultant. At the helm of Group Fitness at Fitness World Canada, she is instrumental in creating innovative group exercise experiences for over 70,000 members with a team of 140 instructors. Ingrid leverages effective leadership, ingenuity and partnerships to build connected and committed teams.



Program - Saturday, October 21

Session Block 3

11:00 am - 12:00 pm

S3-D: Fancy Dancy Step

Presented by Mirela Rotaru

It is a Fancy Dancy Step Party, and you are invited to challenge your creative ideas! This workshop is designed for instructors who want to build an energetic, fun, and challenging class. If you are looking for something new to teach in your step classes, Choreo Step may be the answer. Aside from the music, breakdown, cueing, and communication, there are many teaching tips to be discovered. Walk away with practical experience and plenty of ideas to incorporate into your step classes. Make Choreo Step part of your group classes and you can build motivation, coordination, agility, and balance as the endorphins of your participants go boom. With motivating music, clear progressions and transitions, anyone can be successful.

Mirela Rotaru has been teaching classes for the past 10 years, and more than 5 years with City of Burnaby as a Group Fitness Leader, Weight Room Recreation Leader and SFL Group Fitness Leader. She teaches in various formats, including HIIT, Circuit, Bootcamp, Core & More, and Total Body Conditioning. Mirela is passionate about Choreographic Step and showing others that fitness can be fun. Her love of music brings the energy she needs to create challenging and entertaining classes.

S3-E: Leaking When You Lift Is NOT Normal

Presented by Kim Vopni

Stress urinary incontinence is very common and accepted as normal after giving birth or as we approach menopause. Pad companies tell us that light bladder leakage (incontinence) is "just part of being a woman." This is false! You do not need to accept incontinence as normal and you can participate in the activities you love without leaking. Join Kim Vopni, The Vagina Coach, for an informative session about why leaking happens and what you can do about it. As fitness professionals, we play a key role in screening for pelvic floor dysfunction and helping our clients move without the need for pads.

Kim Vopni is a fitness professional known as The Vagina Coach. She is an author, a passionate speaker, and a women's health educator. Her most recent book *Your Pelvic Floor* launched in March 2020 and is part of her business Pelvienne Wellness Inc, a company offering pelvic health programs, products and coaching for women. Kim also certifies other fitness and movement professionals to work with women with core and pelvic floor challenges through her Core Confidence Specialist Certification and Pre/Postnatal Fitness Specialist Certification.



Program - Saturday, October 21

Session Block 4

1:00 pm - 2:00 pm

S4-A: Understanding Client Body Types and Eating Options

Presented by Cherie Seidler

During this session, you will discover the history of endomorph, ectomorph, and mesomorph. Learn about each body type and how fad diets don't work based on those body types, and gain a deeper understanding of the macro breakdown for each individual's body type through a holistic approach based on the Canadian Food Guide. Your takeaway will be a simple meal plan for each body type.

Cherie Seidler has been motivating and inspiring clients for 18 years through fitness and nutrition. She currently works at the Township of Langley and the City of Surrey and has owned her own businesses within the fitness and nutrition industry over the last 15 years. As a personal trainer, she has helped develop client programs to deliver extreme results, and in her group fitness career, she has taught thousands of classes and mentored many to become instructors. One of her main motivators is individuals' overall health, not just their fitness. As a Holistic Nutritionist, she is able to build meal plans for the individual, not the masses.

S4-B: I Got Your Back: Training the Hips and Feet to Reduce Pain

Presented by Melanie Morrissetter

About 80% of the population will have back problems at least once in their lives. Let's train feet, ankles, and hips to reduce or eliminate back pain. During this session, learn how to correct form from the feet, correct form at the knees, release tension, and correct muscle imbalance at the hips to reduce or eliminate pain.

Melanie Morrissetter presented at BCFit'22 and loves sharing her knowledge and fun approach to inform her fellow instructors. Mel is a certified Personal Trainer, SFL, Corrective Exercise Specialist, and an instructor for Yoga, Pilates, Group Fitness, and Aquatic Exercises. She is also a specialist in providing tailored exercises for those recovering from cancer, suffering from arthritis, or osteoporosis. Mel has also developed exercise activities for those with Parkinson's disease, Stroke, and older adults with mobility limitations. She has completed her SFL Osteofit and will complete her SFL Senior in 2023.

S4-C: Are Your Clients Overtraining or Under-Recovering?

Presented by Brian Justin

This session will address the factors that can lead to overtraining and how as a trainer, you can help your clients maximize recovery. The S.A.I.D. principle, increasing muscle mass, client adherence, and maintaining immunity is predicated on attaining recovery. Clients can only stay active if they are healthy! This is especially important amidst the current post-pandemic climate we live in. Join Brian as he discusses the science and practice of recovery in this informative workshop that will hit on training strategies and holistic self-care practices to help with maximizing the 23:1 rule.

Brian Justin is currently a full time Kinesiology Faculty Member at the University of the Fraser Valley in Abbotsford/Chilliwack BC where he teaches Exercise Physiology, Exercise Testing and Prescription, Strength and Conditioning, and Post Rehabilitation Techniques. He earned his Master's and Bachelor's degrees in Kinesiology from UBC. Brian's areas of concentration are exercise physiology, strength and conditioning, injury management, and exercise testing and prescription. Besides teaching students and training clients, he has contributed to two textbooks from Human Kinetics Publishers: *Foundations of Professional Personal Training and Physical and Health Education in Canada*.



Program - Saturday, October 21

Session Block 4

1:00 pm - 2:00 pm

S4-D: Dance Intervals Through the Decades

Presented by Daniela Tempesta

Take part in this dance interval training workout that combines your favourite, simple dance moves interspersed with resistance training bouts, all put to #1 hits of the decades. It's the perfect combination to maximize class efficiency, engage the masses and release joy into the atmosphere!

Daniela Tempesta has an extensive background in dance that has led to a successful 20+ year career in the industry. Her focus is on education and instructor development through courses (ACE's Group Fitness), workshops and mentorship. She is a Functional Range Conditioning Specialist, ACE-Certified, and a BCRPA TFL & PT. Through a foundation in anatomy, she encourages self-inquiry, leaving students feeling balanced in body, mind and spirit. An international presenter, her most recent accolades include IMPACT Magazine's Canada's Top Fitness Instructors of 2021 & 2019.

S4-E: What Has Depth Got to Do With it? Combining Deep and Shallow Water Class Formats

Presented by Jeannie Mansell

Discover ways to combine different water depths to coach a class when space is an issue or when clients have different needs. Learn more about using flotation equipment, speed, and surface area to increase work while enjoying the buoyancy and hydrostatic effect of water.

Jeannie Mansell has more than 25 years of experience teaching, mentoring and supervising fitness. Jeannie holds BCRPA designations in Group Fitness(SFL), Aquatic Fitness (SFL), Yoga Fitness, and Personal Training. She has also earned a Certificate in Fitness and Wellness from SFU. Jeannie's passion is to help Fitness Leaders achieve their goals and find their place to shine. Jeannie is currently the Fitness Coordinator at Steveston Community Centre in Richmond, BC.

S4-F: Yoga and Pilates Fusion Class 101

Presented by Lela Dawson and Tina Grant

Whether you call it Pi-yo, Yogalates or simply Mind-Body Fusion, learn how to combine yoga and pilates to teach a Fusion class. Your participants will love the stretch and extensions from yoga and the core engagement and flexions from Pilates in this well balanced class.

Lela Dawson, has been active in the fitness industry for 30 years. She is a BCRPA TFL Pilates and Group Fitness instructor, a Nationally Certified Pilates Teacher with the NPCP and a member of the Pilates Method Alliance (PMA). Lela primarily focuses on pilates and combines her teaching experiences into mentoring new Pilates Fitness instructors.

Tina Grant, has been in the fitness industry for over 25 years as a group fitness leader, personal trainer, yoga teacher, and BCRPA course conductor for both the Weight Training and Yoga for Fitness modules. Tina is currently a Fitness Programmer at a community centre and teaches 6 yoga classes per week. Tina also offers the Yoga for Fitness module and workshops through her business FitFlow Yoga.



Program - Saturday, October 21

Session Block 5

2:15 pm - 3:15 pm

S5-A: The Journey of a Personal Trainer and a Strength and Conditioning Coach

Presented by Tom Clifford

In this session, learn more about the highs and lows of working within the fitness industry, from working with the general population to elite athletes, and with children to the retired population. You will discover differences and similarities between personal training and strength and conditioning, where to start, and how to develop and continue your journey.

Tom Clifford graduated from the University of Gloucestershire before working in Australia, and Singapore and settling in Canada. These experiences allowed Tom to work with a variety of individuals and athletes from young hockey players to professional rugby athletes.

S5-B: Spice Up Your Aquatic Fitness Class!

Presented by Jessica Rahman

Join Jessica as she takes you through a series of new ideas and techniques to bring to your aquatic classes. Topics covered include what to consider when choosing appropriate music, new ways to use equipment, and most importantly, the translation of land movement to aquatic movement.

Jessica Rahman has been working in the aquatics world for 21 years. She started teaching aquatic fitness in 2010, while working as an Aquatic Supervisor for the City of Delta. Through the years, she has taught at various private and municipal facilities, including a class in the Yukon! Her passion for helping others stay safe in, on and around the water led to her current business adventure - Water Safety First. She teaches swimming lessons as well as aquatic fitness at her home business, as well as around the Surrey, White Rock, Langley areas.

S5-C: Fit For All: An inclusive Circuit Fitness Experience

Presented by Traci Addison

This innovative session will guide you through creating a functional training circuit that's an engaging experience that will challenge, entertain and appeal to every body, leaving your participants yearning for more! Explore the programming design, coaching tactics, and insider secrets required to create an inclusive training experience in a high-energy, multimodality setting.

Traci Addison is a BCRPA SFL Group Fitness and Weight Trainer with over 25 years of experience in the industry. Traci specializes in group fitness, weight training, and has a passion for inspiring individuals to live an active lifestyle. She began her fitness journey with two left feet in a fitness class and has since grown to become a seasoned instructor, able to teach all levels and styles of fitness classes. She is a former competitive age group triathlete who has a love for fitness and cycling. With her knowledge and experience, she is dedicated to helping others reach their fitness goals.



Program - Saturday, October 21

Session Block 5

2:15 pm - 3:15 pm

S5-D: Agility = Fun + Function

Presented by Debbie Jessen

Agility is a very big component of fall prevention. We all know that when someone has a fall, especially a senior, it can result in a lengthy hospital stay, months of convalescence, or worse. As instructors, we can help train our aging participants to help reduce the rate of falls. A big part of this is agility training. Agility can be introduced to all levels of clients and adds a fun and very functional component to group fitness classes. Come ready to play!

Debbie Jessen has been a certified Group Fitness and Weight Room Leader for more than 38 years and has spent more than 30 years with the City of Burnaby, teaching multiple formats for group fitness as well as small group weight training courses. She has a passion for fitness and healthy living and loves to teach classes as well as mentor and educate instructors.

S5-E: Separating Fact from Fiction: The Latest Research on Effective Resistance Training Methods

Presented by André Noel Potvin

During this session, you will learn about the latest research on effective resistance training methods and how to separate fact from fiction. A range of topics will be covered, including the effects of different types of resistance training, progressive overload, volume and frequency, rep ranges, set structures, and rest intervals on training outcomes. This session aims to provide attendees with up-to-date, evidence-based information to make informed decisions about their own and their clients' resistance training programs.

André Noel Potvin, MSc, ACE PT, ACE CES, BCRPA-TFL is an internationally accredited author, fitness educator and clinical exercise specialist with 38 years of leadership and clinical experience. President of INFOFIT Educators School for Fitness Professionals, André is frequently invited to lecture at international public and professional conferences.

S5-F: Planning the LEAP: Moving Your Fitness Career from the Side of Your Desk to the Top of it

Presented by Brenda Adams

Has fitness been your side hustle? Do you want it to be a full-time gig? If so, this session is for you! Brenda has helped hundreds of fitness professionals plan out and improve their careers. She will walk you through the process she uses so you can get clear on your unique fitness career path and the action steps that will help you get there. You will walk away knowing how plan your LEAP!

Brenda Adams has been a fitness professional for over 27 years, dedicating her career to helping personal trainers be at their best so they can deliver their best. Brenda has worked for provincial fitness organizations, chaired the National Fitness Leadership Alliance and ran one of the largest fitness centres in Canada. Brenda is currently working on her Ph.D. at the University of Victoria and her research focuses on improving the wellness of personal trainers.



Program - Saturday, October 21

Closing Keynote

3:35 pm - 4:35 pm

Health and Wellbeing at Home and in the Workplace

Presented by Jonathan Morris

Without question, the global pandemic has ushered in a higher level of awareness around the importance of mental health and wellness. The societal, cultural and workplace norms regarding mental health have definitely shifted, and the legal framework around this issue is also evolving. This movement necessitates that employers pay additional attention in learning how to create and maintain a safe work environment, from both a physical and psychological perspective. We also need to continue supporting people to recognize when they/others are experiencing signs and symptoms of distress and be clear about the resources available.

In a tight labour market, employers who prioritize adapting their workplaces to these new imperatives will be rewarded with a culture that resonates with new joiners and nurtures a more engaged workforce. Those who ignore these imperatives risk impacting the success of their business.



Jonathan Morris

CEO at the Canadian Mental Health Association (CMHA) BC Division, Jonathan will bring you an informative and interactive session that will focus on (a) understanding distress, mental health, and wellbeing; (b) how employers can create and maintain a psychologically safe workplace; and (c) identifying community resources.

Extra Workshop - Sunday, October 22

Extra Workshop

9:00 am - 5:00 pm

Train the Trainer Foundations of Course Facilitation

Presented by Brenda Adams

This Train-the-Trainer workshop is a prerequisite to the Trainer of Fitness Leaders (TFL) application and provides fundamental information on how to enhance your instructional skills and be an effective educator. Course content will cover elements such as facilitation skills, adult learning models and application, pre-course planning, managing your time, creating a positive learning environment, group dynamics, communication skills and more.

TFL application requirements include:

- Current registration as a BCRPA Fitness Leader with completion of one or more specialty modules
- A minimum of 5 years of experience as a BCRPA Fitness Leader
- Complete the “Train the Trainer: Foundations of Course Facilitation” course or equivalent
- Completion of an ICE Workshop and Shadow ICE
- Creation of your own curriculum for a fitness specialty course or permission from another TFL to use their course curriculum
- Submission of a complete TFL Application to BCRPA for review and approval

REGISTER



Brenda Adams

Brenda has been a fitness professional for over 27 years, dedicating her career to helping personal trainers be at their best so they can deliver their best. Brenda has worked for provincial fitness organizations, chaired the National Fitness Leadership Alliance and ran one of the largest fitness centres in Canada. Brenda is currently working on her Ph.D. at the University of Victoria and her research focuses on improving the wellness of personal trainers.