



BC RECREATION & PARKS ASSOCIATION

## FITNESS NEWS BULLETIN

Healthy communities through recreation,  
parks, physical activity and culture

Nov. 17, 2017

### "Fall" into Fitness - important reminders!

With colder weather and shorter days upon us, the Fall season is the perfect time to plan and prepare for upcoming renewals. Be sure to keep an eye on our workshop and course listings for opportunities to learn, expand into new designations and earn CECs!

Find BCRPA approved courses & workshops listed [here](#).

### Holiday Fun!

The BCRPA is putting together a fun and exciting project for the holidays - and we want all Fitness Leaders to be a part of it, no matter where you live in the province.

Here's the catch: we're not sharing the details here! Intrigued?

Email [Ginny](#) to find out more.

### Reminder: Upcoming SFL workshops

Save the date - we have ICE workshops coming to the Lower Mainland on **November 26** (Group Formats - including Group Fitness, Aquatics, Yoga and Pilates) and **November 29** (Weight Training/Personal Training).

This workshop is a [requirement](#) for the SFL application and is worth **3 CECs**. Thinking of becoming an SFL in both areas? You can take both workshops at a discounted rate! See [here](#) for more information.

### Keep an eye on your renewal date

Due to system limitations, The Registry® of Fitness Professionals does not send out reminders when your registration is coming close to expiry. To ensure your insurance remains valid, please keep an eye on your registration date and maintain up-to-date First Aid and CPR.

PS: Don't forget those continuing education credits! Fitness Leaders need 16 CECs for a two-year renewal and SFLs/TFLs need 20 CECs. Avoid late renewal fees by submitting your CECs on time!

Questions about your registration or renewal requirements?

Contact Christina at [registration@bcrpa.bc.ca](mailto:registration@bcrpa.bc.ca)

### Submitting CECs for approval?

As a BCRPA-registered leader, you have full access to [The Registry® of Fitness Professionals](#), which allows you to submit your continuing education for credits free of charge.

Please note that emailing your certificates to the BCRPA for manual entry is **subject to a \$25 administration fee**.

### Fitness Leader Satisfaction Survey

As Fitness Leaders you are the heart of the BCRPA Fitness registration

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#### Quick Links

[Job postings](#)

#### Stay connected:

BCRPA Online Collaboration Site



#### Membership Benefits



LadySport and FitFirst host an instructor [discount program](#) for all eligible BCRPA instructors.

program. We greatly value your feedback as it allows us to improve and grow. Watch your inbox in the coming weeks for our Fitness Leader Satisfaction Survey - we want to hear from you!

### **FitLife BC Magazine - Coming Soon!**

Keep an eye on your email for the upcoming Fall issue of *FitLife BC*, featuring articles by BCFit@17 presenters, highlights from this year's conference and informative feedback from its inaugural Fitness Café!

Check out [our list](#) of over 25 more companies across BC offering discounts from 10 - 50% for registered BCRPA fitness leaders.

### **New CSEP Get Active Questionnaire vs PAR-Q+**

The Canadian Society for Exercise Physiology (CSEP) has recently endorsed the Get Active Questionnaire pre-screening resource for their CSEP professionals (CPT/CEP), replacing the previous PAR-Q and PAR-Q+.

The PAR-Q+ and ePARmed-X+ were created using the AGREE process, relying on evidence-based best practice recommendations emanating from recent [systematic reviews of the literature](#), evidence-based clinical practice guidelines, and current research practice.

BCRPA has reviewed this change with members of the National Fitness Leadership Alliance (NFLA) and at this time BCRPA will continue to endorse BCRPA Fitness Leaders using the PAR-Q+ forms located on our [website](#).

We will keep you informed should this decision change.

More information on the Get Active Questionnaire can be found [here](#).

***BCRPA: Enriching individuals and their communities through the power of recreation and parks.***

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