

Osteofit ICE Evaluators to April 2023

Your Osteofit instructor certification is valid for 3 years and must be renewed to maintain registration and liability insurance to lead Osteofit and Get Up & Go! classes. Instructors must also renew their fitness registration every year and complete their Osteofit Instructor Competency Evaluation (ICE) practical exam every 3 years.

If your **OSTEOFIT ICE** expires, your liability insurance to lead Osteofit programs will be void.

Steps for Instructors	Steps for Evaluators
1. Keep certifications current: First Aid, CPR, BCRPA Third Age designation or Older Adult Module and BCRPA/CFES fitness registration in Group Fitness/Weight Training or Personal Training	Maintain status as certified Osteofit instructor
2. Contact an evaluator (see list below) to learn how to complete your initial ICE or Re-ICE	Instructor seeking certification or recertification will contact by email or phone
3. If your ICE has expired more than 3 years ago you must take workshops to refresh your skills. Visit information on workshops here	Provide requirements to instructor on certification or recertification
4. Follow steps given by evaluator	Arrange evaluation of instructor virtually or in person
5. Meet evaluator virtually or in person to get evaluated	Complete evaluation of instructor
CERTIFICATION or RECERTIFICATION COMPLETE!	Contact BCRPA, CFES, and Osteofit to confirm instructor is certified and/or recertified

ICE Evaluator	City	Email	Telephone
Debbie Cheong	Delta	cheong.deb@gmail.com	604-940-0349
Melanie Gallaway	Vancouver	melanie@growingstrong.ca	604-732-9295
Debbie Jessen	Burnaby	djessen@shaw.ca	604-928-7135
Dee Nielson	Port Moody	dee.nielson@shaw.ca	778-867-0151
Meghan O'Connell	Vancouver	whatsyourstrength@gmail.com (email preferred)	604-376-6655
Marise Okruhlica	Port Coquitlam	mariseforfitness@gmail.com	604-313-5573
Elizabeth Roy	Vancouver	royelizabeth850@gmail.com	604-254-4259
Heather Stanton	Ontario	heathercstanton60@gmail.com	519-766-3360
Monica Thomson	Delta	monicat@telus.net	604-808-9471

Reminders to instructors:

1. Keep copies of your certifications accessible as they may be required to verify status
2. Send copies of your completed ICE forms directly to:

CFES Instructors: Send copies of your completed ICE forms directly to CFES Canadian Fitness Education Services Ltd. PO Box 138, Summerland BC V0H 1V0 Email: cfes@telus.net	BCRPA Instructors: send copies of your completed ICE forms directly to BCRPA BC Recreation and Parks Association #301- 470 Granville Street Vancouver, BC V6C1V5 Email: register@bcrpa.bc.ca
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3. Only the Re-ICE qualifies for 1.5 continuing education credits (CECs)

Reminder to evaluators:

1. Advise BCRPA or CFES of completed Osteofit ICE

