



THE NEW BRUNSWICK KINESIOLOGY ASSOCIATION NEWSLETTER

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SUMMARY

- Interview with a Kinesiologist: Valérie Godin
- We are getting ready for reopening!



KINESIOLOGISTS ARE MOVEMENT AND PHYSICAL ACTIVITY SPECIALISTS

A WORD FROM THE PRESIDENT

Dear members,

I hope this message finds you in good health and high spirits.

During this difficult time it is important to remind ourselves of the things we can be most grateful for.

As we prepare to move forward with this new way of life, we urge and support the initiatives you are taking to prepare your business for reopening. As always, the NBKA has aligned our mission to the needs of kinesiologists across the province. We are working with our neighbors to establish new rules and how they have changed in order to offer the most support and evidence-based answers for you to continue to provide excellent care.

Yours ,

Kendra



2020 ANNUAL CONFERENCE AND AGM

Given the uncertainty surrounding the gathering in the next few months because of the Covid-19 situation, we will have to adjust and follow the public health directive this fall for our annual conference.

In the best case, we nevertheless established a date for the annual conference and AGM. It would be on November 21th in Moncton that the NBKA members would have the chance to meet and discuss around new continuing education opportunities.

If the situation allow it, we would like to welcome kinesiology students to participate again to a poster competition. The deadline to submit an abstract would

therefore be on November 6th.

All the prevision for this conference are then subject to change depending on the evolution of the pandemic and the public health imposed regulations.

We will keep you informed as the situation progressed.

## INTERVIEW WITH A KINESIOLOGIST: VALÉRIE GODIN



**How long have you worked as a kinesiologist?** I started working as a kinesiologist in November 2019.

**Where do you practice kinesiology? Can you describe what you do, and which services are offered.** I practice the profession with Mind at Peace / Centre Mieux-Être since February 2020. The center is a multidisciplinary clinic which is based on the complete well-being of the person and we work as a team to meet the multiple needs of the population. I work in collaboration, among others, with psychologists, social workers, massage therapist, acupuncturist, depending on the need of my client. My services are mainly focused on reactivation and well-being, as well as personalized training programs adapted to your goals, for at home or in the gyms. I meet my clients first in the office and then I meet them where they complete their exercise or train to offer my full support.

**Please share with us your academic and professional background.** I obtained my bachelor's degree in kinesiology science at the Université de Moncton in 2016. After my post-secondary studies, I did not feel ready to work in this field so I started working as a 911 dispatcher. Besides, I still work there and my schedule allowed me to start my own company, 4 years after my graduation. November 2019, I finally took the leap! I started by taking a few clients during my days off and just before Christmas, Mind At Peace Center contacted me to collaborate. I learned a lot working with them and I make sure to read on new subjects to better meet the needs of the population.

**Do you think that your training prepared you well to be a kinesiologist? What changes or what would you have added to be more prepared?** For my part, I did not feel ready right after my studies to be working alone. I think it would be important to introduce more different cases to broaden our skills and more opportunity for "on the job training" or practical work.

**What were your motivations to work on your own account? What were your biggest challenges?** To help people in my community is my motivation to be self-employed. I wanted the opportunity to be able to change things and develop my ideas to their full potential. I would like to help my community to be more active and thus give people the tools to improve their health, achieve a sense of well-being and feel the benefits of an active lifestyle! My challenges for the moment are mainly to create a clientele. I am lucky to have an office with Mind At Peace so I can focus on developing better working methods. Many people are not sure what kinesiology is in New-Brunswick, so I must work hard to get clients to me. Being self-employed also requires a lot more data collection and organization, which I am improving little by little. With the current situation, (Covid-19), it is very difficult to start a business and I had to revise my methods and change my goals so I wouldn't lose motivation. However, it allows me to be more creative and improve my communication skills.

**What are the advantages?** A big advantage of being on my own account for me is obviously to have my own schedule. Due to the fact that I have another job, I have a different schedule each week and I have the opportunity to see clients during the day, evening and weekends. Another advantage is the possibility of creating my own ideas, dream bigger and work with other professionals who have the same values at me.

**What are your expectation towards the association? Which services do you expect to receive?** My main expectations from my association is the opportunity to educate myself more, to get the latest updates regarding our profession and continued support.

**To finish, do you have any advice to those who want to become a kinesiologist?** For those who wants to become a kinesiologist don't be afraid to take the

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### 2020 NBKA MEMBERS

MEMBRES CERTIFIÉS

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leap. Invest in your studies and take the advantage of on the job trainings and volunteer opportunities available to you to gain as much experience as possible. Finally, I recommend to be a student member of your association since you will be entitled to certain advantages such as staying up to date in the field.

## OUR MISSION:

- ◆ PROVIDE LEADERSHIP THROUGHOUT THE PROMOTION OF THE SCIENCE AND PROFESSION OF KINESIOLOGY AND ENHANCE THE APPRECIATION OF KINESIOLOGY SERVICES.
- ◆ STIMULATE THE EVOLUTION OF THE PROFESSION OF KINESIOLOGY THROUGH DEVELOPMENT AND PROMOTION OF EDUCATIONAL OPPORTUNITIES TO ITS MEMBERS.
- ◆ FOSTER PARTNERSHIPS WITH THE ACADEMIC COMMUNITY THROUGH SUPPORT OF RESEARCH AND KINESIOLOGY PROGRAM DEVELOPMENT.
- ◆ ENHANCE BENEFITS OF MEMBERSHIP



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## STAY UP TO DATE WITH THE NBKA



NEW BRUNSWICK KINESIOLOGY ASSOCIATION



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## RECOVERY FOR COVID-19

As the province remains in a state of emergency, we must start to consider a new way of life. After attending a provincial meeting on health care reopening strategies, we can confirm you are required to develop [a reopening strategy](#) that follows provincial guidelines, in order to reopen your practice. As we are an unregulated health profession, we continue to wait until the next phase to reinstate our services, with the exception of those that are providing direct support to regulated health services providers ([See the renewed and revised mandatory order](#)).

When creating this document, we must prepare for appropriate measures to ensure our safety and the safety of our clients and their loved ones. The following points must be addressed in the reopening strategy. This strategy does not need to be approved by the association or the province before reopening however must be available upon request should the province ask.

- Physical distancing- employers are required to adhere to physical distancing guidelines whenever possible.
- Engineering controls- it is advised to create physical barriers and increase ventilation when physical distancing is not possible to maintain.
- Administrative controls- it is also advised to redistribute certain tasks to reduce close contact, and use technology to facilitate communication.
- PPE and non-medical masks- have employees and clients wear PPE when possible and non-medical cloth masks.

The expectation is not complete elimination of risk, but reduction as much as possible, and offer adequate training for your staff to meet these expectations.

Please consult the provincial department of health or WorkSafe NB for further clarification on guidelines for your return to work.

We wish you a safe and successful transition in your return to work.

## INFORMATION SESSION COVID-19

Next Tuesday, on **May 19th at 7:30 pm**, the NBKA will host a webinar about kinesiology services reopening. This informal meeting will be facilitated by our president Kendra Cooling and will aim to help members as they develop their strategy plan for reopening their services.

We invite our members to participate and to those who have already reintegrated their services to share their new work experience and talk about the new measures in place in their workplace for reducing the risk of transmission with COVID-19.

An email with an agenda and an invitation to the meeting will be sent at the beginning of next week.

## ADDITIONAL LINKS

<https://www2.gnb.ca/content/dam/gnb/Corporate/pdf/EmergencyUrgence19.pdf>

[https://www.worksafenb.ca/media/60984/covid-19\\_health\\_and\\_safety\\_measures\\_for\\_workplaces.pdf](https://www.worksafenb.ca/media/60984/covid-19_health_and_safety_measures_for_workplaces.pdf)

<https://www.cka.ca/en/covid-19>

<https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/Promo/covid-19/covid-op-plan-guide.pdf>

<https://www.worksafenb.ca/media/60996/embracing-the-new-normal.pdf>