



CANADIAN SPORT FOR LIFE *Kingston*

e-Summit Resource

Recreation

BEST PRACTICES, NEWS AND RESOURCES

Canadian Sport for Life National Summit, January 28-30, 2014

2014

Canadian Sport for Life (CS4L)

recognizes that quality sport and physical activity offer rich benefits to Canadian society through improved health, stronger communities, higher sporting achievement, and stronger national identity. By improving sport, CS4L aims to improve the lives of all Canadians.

The 2014 CS4L National Summit

brought together 550 leaders who work to enhance the quality of sport and physical activity in Canada.

CS4L Kingston was highlighted by the Canadian Sport for Life leadership as a best-practices city.



Best Practices in Recreation

Not business as usual

Recreation programming is moving away from chronological age classification and specialization in one activity to developmental stage clusters and exposure to multiple sports.

Physical Literacy Leadership Academy

Sport 4 Life Cochrane launched a program that will help parents, teachers, coaches, and recreation leaders incorporate sport-specific and general physical activity into teaching and coaching programs.

Invest in training

- ➔ The City of Surrey provides 14 hours of Physical Literacy training to all recreation instructors. Administration expects that the increased quality of programming will cover the training cost and accompanying wage increase for trained instructors.
- ➔ The City of Winnipeg trains all front-line staff and cashiers in Canadian Sport for Life and Physical Literacy. All staff are able to educate customers on the curriculum and can help with program selection.

Use local experts

Varsity team members at UofT Scarborough are required to help train community coaches one day a week throughout the sport season.

Edmonton YMCA

After training all summer camp staff in Physical Literacy and adding daily Physical Literacy skills development into summer camp programming, Edmonton YMCA summer camps saw a 5- point increase in camp satisfaction scores from parents.

Ask questions

- ➔ Ask yourself: Are instructors facilitating the physical activity of the participants, or managing the activity itself?
- ➔ Ask parents: What do you want for your child? How would you like me to facilitate that?

Intentional programming

Cardel Place is on a mission to raise healthier generations in Calgary and beyond. No longer a traditional recreation centre, they are a mission-driven social enterprise committed to:

- ➔ Providing healthy living leadership and innovation
- ➔ Pioneering solutions to child, youth and adult physical inactivity
- ➔ Creating a new model for Canada's public recreation sector

Common terminology

Best-practice municipalities and recreation organizations have consistent language in their strategic plan, staff training, programming curriculum, and promotional material.

Did you know...

13.7% of Canadians have a sensory, intellectual or physical disability? That is equal to 17,125 Kingston residents. [Learn](#) what you can do to ensure your programming is inclusive for all abilities.



Back-Pocket Activities

Masking tape is a cheap, disposable, and safe option for indoor programming:

- ➔ Mark two squares on the ground and play basketball. A point is scored if the ball bounces in the square.
- ➔ Create a zigzag path and have children skip or hop on one foot.
- ➔ Draw hopscotch and tic-tac-toe.
- ➔ Mark out a target and curl indoors.
- ➔ Create a city with roads, buildings and parking lots for hotwheel cars.
- ➔ Create a human size board of checkers. Use participants to play a real game.
- ➔ Attach the tape to walls and furniture for a laser obstacle course.



Dare to imagine

What did Recreation look like 50 years ago?
What will it look like in 50 years?



Engaging Youth

- Drop-in programs/events such as Street Games, 3-on-3 Basketball tournaments, 5-a-side soccer
- Offer a variety of activities for casual participation rather than commitment over an extended period of time.
- Mobile and Internet technologies to enable participants to select activities



Facility Scheduling

Times or areas designated for single-gender, absolute-beginner, under-weight or over-weight, and age-specific participants reduce feelings of "being on display".

14%

Canadian adults (18- to 79-year-olds) meeting the Canadian Physical Activity Guidelines

\$6.8 Billion

Annual cost of Physical Inactivity to taxpayers



**CANADIAN
SPORT FOR LIFE**
Kingston

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A Call to Action

Data from the Canadian Health Measures Survey indicates that the average Canadian is weaker, less flexible and more obese than they were just a generation ago. This means that as a country, we are less physically fit than we have been in the past.

Recreation, Sport, Education and Health program providers can work together to deliver quality activity and sport programming, and ultimately lead to a healthy Canadian population.

Work with the Education Sector

The school system has children for 300 minutes per day and has direct access to parents and guardians. Teachers and parents make up a large number of community coaches.

Collaborate with Local Sport

Recreation and sport can work together to create seamless delivery of quality sport and physical activity programming:

- Multisport programs for physical literacy
- Programming for lifelong activity and excellence
- Innovative approaches to facility usage
- Expert coaching, leadership and inspiration for broad-based participation in physical activities.

Talk to Health Providers

Health providers are on the ground and are seeing the needs of our residents. Is there a need for a low-impact fitness program for obese children in Kingston? Relevant programming will address current gaps.

By putting the programs in place that will give our residents an active start, we can increase the chance that our population will get healthier and stay physically active for life.

Let's keep the conversation going.

Funding

➤ **RBC Learn to Play Project** provides grants from \$1,000 to \$25,000 that focus on improving the quality of sport programming, and supporting the development and implementation of physical literacy principles in local organizations and communities across Canada.

➤ **Ontario's After School Program** provides funding to help sport and recreation organizations deliver quality programs for children and youth in priority neighbourhoods.

Websites

- www.PhysicalLiteracy.ca
- www.PLAYGreat.ca
- www.KingstonGetsActive.ca

Resources

- [Activities & Lesson Plans](#)
- [Becoming a CS4L Community](#)
- [Physical Activity Guidelines](#)

Videos

- [Physical Literacy explained](#)
- [Library of Fundamental Movement Skill videos](#)