

ACCESSING

• **Everybody gets to play™** - This program is focused on ensuring that economically disadvantaged children and families have access to quality leisure experiences. Because everybody needs to play, but not everybody has the chance.

- The Everybody gets to play™ initiative is designed to help recreation practitioners and volunteers mobilize the resources already available in their community. This initiative provides:

- * Research and facts about poverty in Canada, the health and social consequences of poverty, and how recreation can improve the lives of kids, families and communities.
- * Tools to help you build partnerships in your community and plan effective action,
- * Workshops that can help you build skills, raise awareness and mobilize your community, and
- * Success stories about programs that have already made a difference.



These workshops are complimentary to the Everybody gets to play™ Tool Kit and essential for understanding the community mobilization steps for making your recreation programs more accessible to children and families of low-income.

Everybody gets to play™
Everyone. Active. Every Day.

• **HIGH FIVE®** - A comprehensive quality standard for organizations providing sport and recreation programs to children aged 6-12 to ensure their organizations support healthy child development. The program offers the following workshops:

- Information Session
- 100 - Principles of Healthy Child Development (PHCD)
- 110 - PHCD Sport Primer
- 200 - Quality Experience
- Scanning Tools (QUEST) 2
- 210 - QUEST 1 Review of Best Practices
- 400 - Becoming a HIGH FIVE Trainer



The best way to play™

- Registered Organizations: HIGH FIVE® Registered Organizations share a common commitment to providing quality experiences for children. They include municipalities, sport clubs, childcare agencies, camps and not-for-profit organizations (YWCA, YMCAs, Boys and Girls Clubs) that provide recreation and sport for children aged 6 to 12.

• Older Adult DVD

- With accessibility issues being a major barrier for many older adults to participate in physical activity there is a need to deliver physical activity opportunities to them to be utilized in their homes in an easy-to-use, cost effective manner. With this in mind the BC Ministry of Healthy Living and Sport (MHL) in partnership with the BCRPA are developing resources in the form of physical activity fact sheets and a physical activity DVD. These resources were determined to be the most suitable and requested tools through a series of focus groups held with older adults who stated that they wanted the information available in a simple format that will provide them clear guidelines of what they should and shouldn't be doing specific to their individual health needs and limitations.

Everybody Active -

• Overview

- Everybody Active promotes increased access to physical activity opportunities by coordinating province-wide resources, facilitating community collaboration, and advocating for increased awareness and policy development.

It provides community leaders and practitioners in the fields of leisure, health and social services with critical tools and resources to facilitate positive change and better health at the local level, so that all community members have the opportunity to live active lifestyles regardless of income or life situation.

Everybody Active is a joint initiative between the BC Recreation & Parks Association and the Heart & Stroke of BC and Yukon.

• Grants

BCRPA's Everybody Active \$2,000 seed grants are small funding opportunities for BC communities to increase physical activity opportunities for people affected by poverty. Capacity-building and grassroots activities that strengthen the ability of communities to make physical activity possible for all makes better health possible. Sixty seed grants totaling \$90,000 are awarded to communities committed to collaborating around increasing access to physical activity.

CERTIFYING

• Playground Safety Awareness Course

through BCRPA - This course provides participants with a clearer understanding of how their local playgrounds measure up, how to approach inspection, upgrades, new equipment and retrofitting.

• Pool Operator Courses

Pool Operators Level 1 & 2 courses provide participants with an understanding of swimming pool operations and maintenance.

• PoolSafe BC Course

through BCRPA - This training provides aquatics staff with the knowledge and skills needed to recognize, evaluate and control hazards in a pool setting.

• Fitness courses/workshops

consult the Fitness Program Courses/Workshops page of the BCRPA website for a complete list of the latest learning opportunities for Registered Fitness Leaders.

• Community Leaders' Workshop

through BCRPA - This workshop is intended for commissioners, board members and volunteers to help them learn their role and impact on parks and recreation in their community.



• Overview

- The Active Communities Initiative is a cross-sectoral initiative focused on supporting communities to increase physical activity levels of British Columbians by 20% by the year 2010. The initiative mobilizes and collaborates with communities, local governments, First Nations and partner organizations to promote healthy lifestyle choices, increase accessibility to physical activities and build supportive community environments. The Initiative is delivered by BC Recreation and Parks Association (BCRPA) with funding from the Provincial Government through ActNowBC and in partnership with 2010 Legacies Now. There are currently 200 Active Communities registered with the initiative.

- Grants are offered twice a year, once in November and another in May and are up to a maximum of \$5,000. Registered Active Communities can apply for either of two grant categories which are: Active Community plan development or implementation, or walkways, trails and/or bikeways development and maintenance.

- In total, over \$440,000 dollars have been disbursed to BC Communities to enable them to promote and increase physical activity levels. To find out more about where the funds have been spent on specific Active Communities grant funded projects, visit www.activecommunities.bc.ca.



BCRPA
ENABLING
COMMUNITIES

ENGAGING

• Active Aging

- BCRPA's Active Communities Initiative has created The BCRPA Active Aging Consultation Report and literature review to support registered communities in engaging aging adults. These reports inform Active Communities and the development of a BC Ministry of Health province-wide Active Aging Strategy. The report is

- comprehensive, province-wide and documents:
- existing seniors' strategies, including tools and promising practices
- services and supports that assist seniors in staying active
- barriers and gaps in community supports

Active Communities also works closely with BCRPA's Fitness Program to connect registered Active Communities with programs available for aging adults.

• Boomer Friendly Boot Camps

- The BCRPA, in partnership with the BC Ministry of Healthy Living and Sport, has launched the province-wide Boomer Friendly Boot Camps program. The goal of this initiative is to increase the options for effective, safe and enjoyable physical activity amongst those aged 55-70.

Boomer Friendly Boot Camps are based on the "boot camp" model of exercise classes that are currently popular, but these sessions are delivered in a way that is suitable for those 55-70. The focus of these camps is increasing physical fitness and improving the day-to-day function of the participants. Boot camp sessions are one hour in length and they take place in a variety of settings.



INFORMING

HEALTHY FOOD AND BEVERAGE SALES

• Overview

- Stay Active Eat Healthy encourages recreation facilities and local government buildings to make the healthy choice the easy choice for community members purchasing food or beverage products where they live, work, learn and play. The initiative also encourages a collaborative approach between industry and site managers to provide and promote a wider range of healthy choices.

• Grants

- UBCM is working with the BCRPA to manage the community grant portion of the Healthy Food and Beverage Sales in Recreation Facilities and Local Government Buildings. Thirty grants were offered in Phase 2, to a maximum of \$7,500 each.

In response to an emerging need, BCRPA is administering a Healthy Food and Beverage Sales in First Nations Facilities and Buildings grant program for First Nations communities. The HFBS grant program will assist First Nations communities with the development and implementation of healthy food and beverage sales in Band facilities and buildings. One grant of \$12,500 was distributed by BCRPA to the Simpcw First Nation as part of Phase 1. Five grants, to a maximum of \$7,500 each, were available to First Nations as a part of Phase 2.



• Move For Health Day (MFHD) May 10

- Since 2002, the World Health Organization has promoted Move for Health Day (MFHD) as a global day of physical activity. The BCRPA and partners have led this initiative to bring awareness and life to this campaign in BC. Move for Health Day is now a contributing factor to the province's efforts to meet the 20% physical activity goal for a healthier BC in 2010. The day has captured the imaginations of many and is becoming a launching pad for summer activity routines.

Last year, approximately 68,026 British Columbians from all corners of the Province got moving on Move for Health Day, and provided \$17,700 in small grants to 60 local Active Communities to host active public events during Move for Health Day (May 10, 2008). Through the efforts of community programmers and leaders and many other motivated individuals our goal for 2009 is to have 200 events registered and 70,000 British Columbians getting active!



NETWORKING

• Symposium

BCRPA's flagship annual event, combining the AGM, trade show, training, networking, BCRPA Awards of Excellence, and a professional program that supports the Sectoral Strategic Plan and addresses priority issues in the sector. Symposium 2009 will be held in Whistler from May 27 - 29.

Participants in 2008: 400
(all numbers are approximate, within 10)

• Facilities Conference

A bi-annual one day conference for facility maintenance front-line staff, managers and operators. The 2010 Facilities Conference dates and location are to be announced.

Participants in 2008: 60

• "In Your Face" Youth Workers' Conference

An annual, one-day conference specifically for front-line staff who work with youth. This year's "In Your Face" Youth Workers' Conference is scheduled for November on the Lower Mainland.

Participants in 2008: 165

• Fitness, Strength & Conditioning Conference

This annual two-day event brings together professionals and volunteers from across the province to discuss fitness-related topics and professional development. The Fitness Awards are also given out at the conference. This year's Fitness Conference is scheduled for August 14-16th at the University of British Columbia.

Participants in 2008: 650

• BCRPA Active Communities Regional Roundtables

These one day conferences for members of Registered Active Communities are an opportunity for information sharing, skills building, physical activity and networking.

• Parks and Grounds Spring Training Conference

A two-day annual conference for parks staff, divided into Maintenance Day and Horticulture Day. The next Spring Training Conference dates and location are to be announced.

Participants in 2008: 375

• Aquatics Conference

The Ripple Effects Aquatics Conference is held every two years and focuses on best practices, programming and operations for aquatics professionals. The next Aquatics Conference is scheduled for October 15-16, 2009 in Surrey.

Participants in 2007: 160

BUILDING

BUILT ENVIRONMENT AND ACTIVE TRANSPORTATION (BEAT)

• Grants

- BEAT Community Planning Grants (phase 2) for local governments to develop new plans or amend existing plans for active transportation projects. The phase 2 grants will be made available in spring 2009.

- Grants (stream 2) from the BCRPA Active Communities Initiative aimed at walkways, trails and/or bikeways development and maintenance.

• Provincial Summits

• **Links on the BEAT web page to other information and funding opportunities**
(www.physicalactivitystrategy.ca/index.php/beat/)

COMMUNITY BASED AWARENESS (CBA)

• Overview

- The Community Based Awareness initiative is working to increase awareness of the opportunities for and benefits of physical activity to 35-54 year old adults. Public Awareness grants will be made available to assist with implementation of the CBA marketing program designed to raise awareness at the community level.

• Grants

- Twenty-five grants of up to \$4,000 each are available between January 5 and February 27. Funding is to support implementation of the Marketing Action Plan (M.A.P.), tools and templates. M.A.P. is designed to provide information about the tools you need to market your community events and programs and ensure your campaign messages reach your target audience. Action steps and templates are provided for posters, ads and radio spots and directions for creating promotional materials and press releases.