PLAY Calgary Meeting Notes

September 25, 2019

Thank you to Jeff Wilkins & InjaNation for hosting

www.playcalgary.ca - find meeting notes and info here

1. Welcome & Introductions

a. Attendance:

- Leah Yardley – Be Fit For Life Calgary
- Ashley Fox – Be Fit For Life Calgary
- Emily Gauthier – Calgary Catholic School Board
- Lynn Jobe – Active For Life
- Kim Hall – CBE Physiotherapist
- Cathy Stones – City of Calgary Recreation
- Bobbi Thomas – City of Airdrie
- Travis Walsh – City of Airdrie
- Scott Bailey – Ever Active Schools
- Heather O'Bray – Between Friends
- Jared McLeod – U of C Alumni
- Sarah Malahias - YMCA
- Amber Hooper - YMCA
- Jodi Minton – Be Fit For Life Grande Prairie
- Lindsay Wright – Be Fit For Life Edmonton
- Jeff Wilkins – InjaNation
- Kris Fox – U of C Faculty of Environmental Design
- Tessa Larsen – U of C Masters Student
- Amanda Foster – Westside Recreation Centre
- Lauren Hutchinson – BOKS Canada
- Louise McLellan – Ever Active Schools
- Tiffany Wideen – Be Fit For Life Lethbridge
- Caylee Vogel – Be Fit For Life Lethbridge

- Megan Hinds – Repsol Sport Centre
- Kristin Kuzel – U of C Active Living
- Amy Macfarlane – Recreational Respite Inc
- Tracy Morgan – Town of High River
- Miho & Emma – Student at U of C – Faculty of Environmental Design
- Keith Simmons – Community leader and advocate
- Rebecca Rubiliak – U of A Masters Student – BFFL and EAS
- Taylor Wilkes – U of C Kinesiology student

2. **Tools for getting to know your participants** – Rebecca & Lindsay
    a. 2 new resources - Leading Physical Activity and All about You – utilize with leaders to use with their participants
    b. See resources in meeting note section on www.playcalgary.ca
    c. BOKS working on an assessment for volunteers – gauge interest and motivation
3. **The Outdoor PLAYBook**
    a. Kris Fox and Tessa Larsen – www.outdoorplaybook.ca
    b. Professor in the Faculty of Environmental Design
    c. Leverage the Outdoor PLAYbook as a web-based Knowledge Transfer resource
    d. Info about The Outdoor PLAYbook below
    e. Kris Fox can be reached at: mk.fox1@ucalgary.ca

- The Outdoor PLAYbook can step in to link people and organizations to new ideas and new resources.

- Who can we network / link?
    - School-based organizations
    - After school organizations
    - Parks programs (independently or with schools as joint-use sites / multi-agency)
    - Geographic zones of western Canada (the Yukon / NW Territories collaboration you mentioned being one example)
    - Concept-based organizations – this can be related to type of play, public health, social diversity, special issues (such as autism or nature play)
    - Different age groups – move beyond elementary aged school children. Are some underrepresented (like high school aged)?

- What would be on an Organization / Concept Profile Page?
    - Name of Organization or play-related concept
    - Target audience
    - Keywords / buzzwords
    - 300-500 word summary
    - 3 images max (photos, images, diagrams)
    - Logo (to “link” to)

- Potential content expansion areas for the PLAYbook are (in no particular order):
  Physical literacy, physical accessibility, cognitive development, physical development, autism, active transportation, nature play (geographically based as well), geography types ("northern towns", winter cities, mountains, prairies etc), play and activity types.

4. Organization Highlight

a. Recreational Respite – Amy MacFarlene - https://recrespite.com
b. Founder and CEO of Recreational Respite Inc., National
   Vice Chair, Standards Council of Canada (Vulnerable Persons Committee)
c. Recreational Respite offers: Community inclusion – 1 on 1, group programs, recrespite metrics, inclusion tools/workshops
d. Contact Amy for any speaking, partnership or learning opportunities

5. Common Vision – New Federal Policy on Physical Activity

a. More info available here:
   i. https://www.canada.ca/en/public-health/services/publications/healthy-living/lets-get-moving.html
   ii. https://activealbertacoalition.ca
   iii. To connect with the Active Alberta Coalition or for updates please email info@everactive.org

6. **Jar of BURNING questions for discussion and debate** – Leah Yardley
   a. How do we educate about the social, emotional side of physical literacy when people think it is just about Fundamental Movement Skills?
      i. Involve parents
      ii. Have leaders be able to speak to the 'why'
      iii. Not just 'sport' camps but beyond
      iv. Quality Phys Ed covers all key elements of Physical Literacy
      v. The whole picture, the whole puzzle
      vi. HighFive
      vii. How do we use the word physical literacy and educate about it
      viii. Conscious of how we behave to those who may be new to physical activity
7. **Conference and Workshop debrief** –
   a. Holistic approach to physical literacy resource – IPLC – Sport Wales

b. UBC creating safe and caring neighborhoods – Independent Mobility documentary – Free range kids
c. Disconnect to Connect (D2C) group – Contact info: cherniwchan@gmail.com or fecilia@crackedpepperevents.com

8. **Sharing of new programs and projects** – Round Table Sharing
    a. Great Graphic from Vivo – Physical Activity and Social Connectedness graph - https://www.vivoplayproject.com
    b. 100 kids out at loose parts play event – Shawnee Ridge Community – contact Lynn Jobe for more info
    c. Duff Gibson – NEW I love a challenge launched – www.iloveachallenge.ca – goal is 40 videos – call out at the bottom of the page – partner with Ever Active Schools
    d. City of Airdrie had Travis build physical literacy into their daycamp programs. Participants were able to take home a report card of their progress and activities. Rec and pre-school programs are next to highlight and report to parents around participant progress. Quality lesson plans are key.
    e. Alberta Active After School website – resources available at no cost – over 500 activities – sign up for e-news and/or highlight your program - https://everactive.org/projects/after-school/
    f. InjaNation – third year for running after school programs and day camps – incorporated a skill development badge and progress system – highly successful
    g. BOKS –worked with 5 cree nations and they loved the 'As Big as the Sky' books – BOKS turns 5! This year – just hit 5000 schools worldwide – research project just starting with Dalhouise University about the impact of BOKS at the school level – rolling out a High School program, building it out right now
    h. Active for Life – working with Dr. Dawne Clark – looking at daycare settings and the ECE level – positive results with intentional programming
    i. BFFL launching – Older Adult Warm Up poster – Finding Balance Campaign
    j. Ignite! At U of C has launched – increased physical activity options for students on campus – peer to peer based program
    k. ActiveCITY.- Active Economy – Sept 18th, over 300 people attended! https://www.activecityproject.org

9. **Upcoming Events & NEW Resources**
    a. National Coaches Week – Sept 21-29
    b. Fast and Female Breakfast – Oct 1st

c. Empowering Women & Girls Through Sport – Oct 2nd – FREE – Canada's Sports Hall of Fame
d. Inclusive Sport and Recreation Working Group - in Calgary Oct 3rd
e. Parents In Sport Week – Oct 7-13th
f. Summer Camp Connects Meeting – Oct 10th 9am-Noon @ U of C
g. Take Me Outside Day – October 23rd
h. NEW - Developing Physical Literacy Resource available at www.sportforlife.ca
i. NEW – Australian Physical Literacy Framework available at https://www.sportaus.gov.au/physical_literacy

10. Next Meeting Date

a. November 27, 2019 – 1-3pm – @ Westside Recreation