



Good afternoon everyone, thank you for coming

First and Foremost, I would like to acknowledge that we are on the traditional territory of the Algonquin people and I wanted to give thanks for their hospitality.

My name is Christena Dykstra and I will be presenting on Halifax Regional Municipality's Multi-Sport Program and the benefits partnerships have on bridging the gap between recreation and sport delivery systems. I will be specifically talking about our partnership with Sport for Life and the implementation of the PlayBuilder Tool.

As a community Recreation Intern I was employed to create a standardized sport curriculum to improve consistency, program delivery and organizational capacity. This will be achieved through the multi-sport program.

This program and the partnerships HRM has created will serve as a case study for my master's research at the University of New Brunswick

## Agenda

- MSP
- Partnership Development
- Training
- Evaluation
- MSP → Next Steps

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Before we get started I wanted to acknowledge key partners for this program and give thanks for their continued support.

Sport for Life

Sport Nova Scotia

The Province of Nova Scotia

Recreation Nova Scotia

Momentum IT Group

This presentation will discuss HRMs MSP, processes for partnership development, clarity of roles, training, evaluation and next steps with regards to system alignment.



Purpose:

To Enhance participant experience through efficient and effective use of available resources. In the past, recreation programming did a great job of fun; creating friendships, and following the principles of High Five healthy child development, though there was not enough emphasis on skill development, acquisition or physical literacy. The MSP currently focuses on 6 sports with room to grow and develop other sports in the future.

The MSP will address the gap within physical literacy by offering

- Consistent program delivery throughout HRM
- Standardized sport curriculums
- Enhanced and consistent staff training and
- Informed partnerships for program delivery

The MSP follows guidelines established within the Long-Term Athlete Development Model and seeks to provide foundational sporting opportunities while developing physical literacy. The MSP also focus on access and inclusion of introductory sport program to ensure participants have the opportunity to participate and explore

## Partnership Identification

Sport	Pre-School	Child	Youth	Adult	Total
Soccer	112	67	10	0	189
Basketball	30	110	19	25	184
Gymnastics	42	24	4	0	70
Volleyball	0	19	9	4	32
Badminton	0	16	31	40	87
Tumblebugs	12	0	0	0	12
<b>Total</b>	<b>196</b>	<b>236</b>	<b>73</b>	<b>69</b>	<b>574</b>

Of these 574 programs, over 75% of them directly impact participants between the ages of 1 and 13 (Phase One of Implementation Plan).

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Through data collection and review of program registration rates, I was able to narrow down 5 sports to incorporate with the MSP; Soccer, Basketball, Gymnastics, Volleyball and Badminton. Tumblebugs is an introductory movement programs under the gymnastics umbrella specific to Nova Scotia.

574 programs which impact just under 7,000 participants. 75% of the programs impact participants age 1-13

Through this identification, I was able to begin conversations with Sport Nova Scotia to connect HRM to respective PSOs regarding partnership development, information sharing and strategic planning to provide a more efficient and clear athlete pathway.

Upon speaking with our partners, I determined it was prudent to add a 6<sup>th</sup> sport to the MSP; Athletics which will be introduced through a national programs titled Run, Jump, Throw, Wheel – an introductory track and field program for children and youth.



Although competitive sport is not our mandate, we need to provide necessary high quality skill development and connectivity so that competitive sport regardless of the level, is a viable option for all of our participants.

I have developed this LTAD model to better define where each stakeholder sits and the role that each play. Recreation/HRM is indicated by Red, Yellow and Blue. Sport is indicated by the shades of green.

HRMs focus are stage 1-3 which encompass ages 0-5, 6-8, and 9-12 respectively along with Intro stages, First Involvement, Awareness and Active for Life

Dotted line indicates where a handoff between recreation and sport delivery systems occurs; this is generic and there are many exceptions to this model.

HRM will follow National guidelines and partner with PSO and CSO to connect our programs and provide a clear athlete pathway for those interested while providing high quality skill development and acquisition to be active for life. This clarification of roles and partnerships provide peace of mind for stakeholders and partners to ensure that we are all doing our part in helping participants remain active for life while creating



Through the MSP, HRM has collaborated in different capacities with various partners who have an invested interest in recreation, sport and healthy lifestyles

CS4L is a driving force for our MSP as we are the first municipality in the world to partner and pilot the PlayBuilder program.

HRM will be using the PlayBuilder to ensure we as an organization are not only meeting, but exceeding industry standards with regards to physical activity and physical literacy.

The PlayBuilder will be utilized as a lesson plan generator which ensures program consistency throughout our region regardless of geographic location. Such programs include the Jr NBA Rookie program, Tumblebugs, Run, Jump, Throw, Wheel and various soccer, badminton and volleyball programs that align with the LTAD.



PlayBuilder is an online dashboard which houses 1000s of activities focusing on developing fundamental movement skills. Fundamental sport skills and physical literacy

Individual activities and progressions can be uploaded and selected to build lesson plans, lesson plans can be selected to then build programs

Curriculums will be housed within an HRM specific dashboard which staff can access to develop lesson plans that are age and stage appropriate and follow FMS guidelines. Sport curriculums for HRM have been provided by PSOs through partnerships and will be uploaded on an HRM specific PLAYBuilder dashboard.



Through partnership HRM has been able to strengthen cross-sectorial relationships, provide program leaders with up to date equipment, training and resources for the betterment of our participants.

These partnerships are paramount to the success of the MSP and provide staff with the tools and resources to effectively lead our sport programs.



## Staff Training

Sport	Training	# of Staff Trained (Fall)	# of Staff Trained (Winter)
<b>Athletics</b>	RJTW	11	N/A
<b>Badminton</b>	Fundamentals	13	N/A
<b>Volleyball</b>	Elementary	6	N/A
<b>Gymnastics</b>	Tumblebugs	13	N/A
<b>Basketball</b>	Jr. NBA	18	14
<b>PL/FMS/H5</b>	Superhero Training	6	N/A
<b>Special O</b>	FMS for Special Olympics	N/A	10
<b>Soccer</b>	Active Start	N/A	19
<b>Season Total</b>		<b>67</b>	<b>43</b>
<b>Total to Date</b>			<b>110</b>

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These partnerships also create a credibility factor among parents and participants alike. They have also enhanced participants and staff experiences as both feel they are prepared to learn and to teach.

Since creating these partnerships, HRM has trained 110 of our program staff throughout various training workshops since September 2017



Partnerships will be evaluated as part of my research here at UNB along with barriers and enablers of partnership development and the alignment of both recreation and sport delivery systems

HRM will be evaluating all training workshops internally, receiving feedback from staff via surveys and quantifying those results to identify user feasibility, satisfaction and identifying any gaps moving forward.

All evaluations help both sides of the partnership better understand any inherent gaps within service delivery and may provide insight into creative solutions.



The MSP is phase 1 of a 5 year plan. Phase 1 focuses on children where the latter stages focus on different demographics. This is due to the fact that 75% of the programs impact children directly.

From HRMs Youth Services Plan, a large percentage of youth explained that they are too inexperienced to participate in the programs offered. Participants age 13-24 were surveyed and identified a clear gap in skill development leading to acquisition and indicated a need for a youth try it program in non-traditional sport or recreation opportunities.

To provide some context, 1400 youth were surveyed and 93% indicated a lack of physical literacy or skill sets needed to participate in introductory sport programs. Youth will be the focus of phase 2.

Phase 3 will focus on adult participation in running, walking, cycling, canoeing and skating. These 5 activities have been coined the “Maritime 5” as we feel that all maritimers should have access to these 5 activities in particular.

These next steps ensure that participants have an entry point into LTAD regardless of

## Practical Application

- Step 1: Data collection and analysis and evidence based decisions
- Step 2: Identify potential partners/stakeholders
- Step 3: Partnership and Collaboration
- Step 4: Curriculum Development
- Step 5: Education, training and resource development
- Step 6: Financial Implications
- Step 7: Implementation plan
- Step 8: Evaluation(s)

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HRM has outline an 8 step approach for the development of the MSP and subsequent phases.

Step 1: Data collection and analysis and evidence based decisions to justify areas of focus or sports involved

Step 2: Identify potential partners/stakeholders based on data collected

Step 3: Partnership and Collaboration based on strategic focus or alignment of partners and stakeholders

Step 4: Curriculum Development

Step 5: Education, training and resource development – HRM has created a staff resource as a form of secondary mentorship to provide any assistance our leaders may need during program implementation

Step 6: Financial Implications

Step 7: Implementation plan

Step 8: Evaluation(s) – lets be honest, we don't do this as often as we should, but any previous evaluations can serve as your baseline to measure the success of your program through the multisport intervention

These steps will be adopted to the later phases with best practice being identified in

## Summary

- **Without partnerships, HRM could not have created the Multi-Sport Program**
- **Without partnerships, 574 programs would continue to lack physical literacy and skill acquisition**
- **Without partnerships, HRM would not be able to provide a better path for our citizens to be active for life**

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Without partnerships, we wouldn't be here today

Questions?



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Thank you for your time

## Thank you

Feel free to connect with me if there are any questions:

Christena Dykstra  
Community Recreation Intern  
Halifax Regional Municipality  
dykstrc@halifax.ca

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