



# Sport for Life

## REGIONAL SUMMIT IN NIAGARA 2023

During the 2022 Canada Summer Games in Niagara, a multi-sector group of sport and active recreation influencers gathered to discuss the state of play in the Niagara Region. The group identified four key building blocks on which health, education, recreation, sport bodies, funders, governments, and not-for-profits could collaborate to create a platform for increased quality recreation and sport participation in Niagara.

These building blocks are:

- (1) Building Capacity
- (2) Quality Communication
- (3) Entry and Retention
- (4) Being Data Informed

Multi-sector collaboration around these building blocks is crucial for Niagara's long-term success. Being a physically active population increases productivity, decreases preventable negative health outcomes, decreases healthcare spending, and builds community belonging and ownership.

The Niagara Sport for Life Summit looks to build upon these areas of alignment.

- ◇ We will "Build Capacity" by hosting multiple coaching certification sessions growing the tool kits of our volunteers, recreation leaders and community coaches.
- ◇ We will embolden "Quality Communication" by making delegates "Data Informed," providing the latest research and trend analysis for Health in Niagara. Delegates will then help us identify the tools we need to develop a consistent message across sectors about the positive impact active recreation and sport participation have on the lives of our citizens.
- ◇ We will educate delegates on the barriers facing new members of our community or those that are transitioning from one stage of ability to another. After hearing the challenges of "Entry and Retention" from our neighbours, delegates will be able to strategize how their organization can improve access and support our growing base of active community members.

Through education, participation, and collaboration, we will be able to begin to chart a shared path to a more active and increasingly vibrant Niagara Region.

We hope you and your team will join us on the journey.

Sincerely,

Jay Tredway  
Niagara Sport for Life Summit Lead



# Sport for Life

REGIONAL SUMMIT IN NIAGARA 2023

## Summit Agenda

Thursday, April 20<sup>th</sup>, 2023 @ Canada Games Park

### **8:30am-10:30am - Leaders Landscape Breakfast @ Canada Games Park**

*Thriving Through Changing Times* – Building on the success of the 2022 Niagara Canada Summer Games, community members, influencers and conference delegates will gather for the official opening of the Niagara Sport for Life Summit. The program will include a welcome from Indigenous Elder, Jackie Labonte, a recorded keynote from Sportsnet's Farhan Lalji, and a live-to-air panel discussion facilitated by CKTB's Rod Mawhood on the issues impacting the health of the region; specifically, how we can use physical activity and sport as a tool to make a positive difference in addressing Health of Niagara.

### **10:30-12:30pm - Quality Sport Niagara Summit Session #1**

#### ***Entry and Retention***

- Summit delegates engaged in this workshop will learn from community members and subject experts about the barriers to physical activity participation, and then work to identify ways for new members of the Niagara community to be introduced and welcomed into recreation and sport in the Region.

### ***12:30pm-1:15pm – Lunch for all delegates***

### **1:15pm to 3:15pm – Quality Sport Niagara Summit Session #2**

#### **Building our Common Communication**

- Summit delegates engaged in this workshop will learn about the health challenges facing Niagara from the 2022 "Living in Niagara" report. Delegates will then work to identify ways that their organizations can contribute to the larger promotion of physical activity in the Region, identifying the tools they need to help increase participation in their segment of active recreation and sport in Niagara.

### ***3:15pm-4:00pm – Quality Sport Niagara Summit celebration/conclusion***