

Argyle Physical Activity Strategy Objectives

- GOAL #1: INCREASE THE NUMBER OF PHYSICAL ACTIVITY LEADERS IN THE MUNICIPALITY**
- GOAL #2: ENHANCE THE COMMUNICATION IN THE MUNICIPALITY TO INCREASE THE AWARENESS OF THE BENEFITS OF PHYSICAL ACTIVITY AND TO PROMOTE PHYSICAL ACTIVITY OPPORTUNITIES**
- GOAL #3: IMPROVE ACCESS TO PHYSICAL ACTIVITY OPPORTUNITIES**
- GOAL #4: IMPROVE ACCESS TO PHYSICAL ACTIVITY FACILITIES**
- GOAL #5: TO INCREASE LOCAL, MUNICIPAL AND ORGANIZATIONAL POLICIES THAT SUPPORT PHYSICAL ACTIVITY**

Objectives by Year

2011	
Objective	Status
Objective 1.1: By December 2011, the Argyle Recreation Department will create a workplace wellness program in which employers within the municipality would encourage employees to incorporate physical activity into their lifestyle through group activities and incentives.	<i>Completed and ongoing.</i> MODA has a workplace wellness committee established in 2011 by Julien. This committee meets once a month to plan activities for employees. A Physical Activity Incentive Policy & Workplace Wellness Policy was created by this committee and adopted by Council in 2013. Active Living Coordinator is the lead of this committee.
Objective 3.1.: MODA will have a separate budget item to offer grants to P.A. groups in the Municipality by 2011-12	All grants to organizations go through Council for approval. Council does place a high priority and value to Physical Activity but there is no separate budget item for Physical Activity groups
Objective 3.3: MODA will post, led by the IT Department, the Ipsos Reid survey and community PA surveys on the municipal website by April 1 st 2011.	Completed by Scott (I.T.) in the time frame.

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<p>Objective 3.7: Annually, the Recreation Department will provided the coaching clinic and referee clinic in French (3 per year with one being French)</p>	<p>-Drumlin Heights to include the NCCP course as part of the grade 11 P.E. curriculum in 2014 -2015.</p> <p>-Julien Boudreau is now (March 2014) certified to deliver the NCCP course and can deliver it in French when the need arises.</p>
<p>Objective 4.6: Develop and promote community family activity packs (5) for families to borrow by 2011. (OBJECTIVE CHANGE to reflect the needs) <i>To develop and promote physical activity for all, by eliminating barriers for vulnerable groups, such as cost and equipment.</i></p>	<p>-Summer staff is taking inventory of the equipment ARC. Working on creating a loan program structure.</p> <p>-Active Living Coordinator is working on an Adaptive Equipment Program committee for YSMRA. This adaptive equipment program will help to eliminate some of the barriers for some residents in our Municipality.</p>
<p>Objective 5.2: By 2011, MODA shall incorporate PA in its grants to organizations applications, identifying PA as a specific measurable.</p>	<p>This is ultimately a Council decision and at times a Political one.</p>

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2012	
Objective	Status
<p>Objective 1.2: By December 2013, 3 companies or businesses with 10 or more employees will participate in a workplace wellness program facilitated by the Argyle Recreation Department.</p> <p>Objective 5.4: By 2013, 3 schools and 2 businesses (>10 employees) in Argyle will develop a PA policy component for their operation.</p>	<p>3 Businesses/ school in the Municipality have been identified as a pilot program (July 2014)</p> <p>Information regarding the benefits of Workplace Wellness is being gather August 2014.</p> <p>Meeting to be scheduled with Businesses beginning September 2014. This first meeting will be an information sharing and an assessment of the company's assets and need. Follow –up meeting if interested to create a customized program to suit their needs.</p>
<p>Objective 2.2.: By 2012, MODA will have a facebook page and website, dedicated to physical activity benefits and opportunities in the area so that 600 residents will be aware of what's available to them.</p>	<p>An Active Living Facebook page was created in May 2013 to promoting healthy and active lifestyles in our Municipality as well as educating the public on the benefits of PA, and promoting PA opportunities. As of July 2014, we have 549 followers. We also share with the municipal facebook page for combined total of over 1000 followers.</p> <p>The Municipal website has been updated and a Recreation calendar of events has been added as well as the recreation material has been updated.</p>
<p>Objective 2.3: By 2012, All events for seniors will include information about physical activity benefits and opportunities available to them.</p>	<p>Since this objective (2.3) has been created, there has been a change as to how we distribute our information. The Municipal newsletter has a section on Active Living opportunities and education as well as the promotion of our recreation activities. The creation of an Active Living Brochure was completed in 2013. This brochure is not specifically designed for senior but has information for all ages.</p>
<p>Objective 3.2: The recreation staff of MODA will implement 4 family events (i.e. walking, snow shoeing,</p>	<p>Since January 2013, the Recreation Department has implemented family swims at YMCA (March break), family skating</p>

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<p>Nordic walking, etc.) by 2012 and every year thereafter</p>	<p>(December 2013), family curling (February 2013, 2014), Snowshoeing (February 2013, cancelled in 2014) and winter walking (February 2013), Sliding party (Pubnico golf course in 2013, Belleville school 2014 – cancelled), family golf fun night (summer 2011, 2012, 2013 & 2014), Fun run (summer 2011, 2012, 2013, 2014 with increased participation each year), 3 family kayaking evenings August 2013, Aug. 2014) and Family Bike rides (August 2013 in Pubnico, July 2014 in Belleville).</p> <p>2014 Lifeguard service is available at Glenwood Provincial Park July and August on Saturdays and Sundays.</p>
<p>Objective 3.5: By 2012, MODA will develop a specific strategy to target vulnerable groups. EXPANDED OBJECTIVE: <i>MODA will develop a strategy to target women, girls at the junior High school level in the after school time period, as well as providing free unstructured play opportunity consistent with the Provinces vulnerable target groups.</i></p>	<p>Thrive Provincial Program has identified for us vulnerable target groups and time periods. These include girls from grades 6 to 9 in the after school time period (2 pm to 6pm). Research shows that there is more screen time during this time period. Women have also been targeted as being less active than men.</p> <p>Funding was received through <i>Thrive</i> for Physical Activity Program for girls during the after school time period. The Active Living Coordinator has implemented PA programs at Drumlin Heights school in the after school time period for girls in Grades 6 to 9 in March 2013, and October 2013. A PA Bowling program was implemented in the 3 elementary schools for a four week period in each, for girls in grades 5 & 6 during the after school time period (February to June 2014).</p> <p>Program</p> <p>Funding was also through Recreation & Sport Facility Access – <i>Thrive Program</i> to provide free unstructured play to family and children.</p>

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	<p>4 free evening programs were supported in the Spring of 2014, and more will be supported in fall 2014.</p> <p>-Active Living Coordinator provided support to the 40 and over women's bike group by advertising and promotion.</p> <p>-5 new walking groups have been created with the majority being women. 4 community Champions were trained in the Heart & Stroke Walkabout Course.</p>
<p>Objective 3.8: By 2012, MODA will initiate or support communication for organizations to increase P.A. opportunities.</p>	<p>Active Living Face Book Page supports and promotes Physical Activity Program in and around the Municipality of Argyle and surrounding areas.</p>
<p>Objective 4.2: By 2012, a new track and field facility will be constructed and available for public use.</p> <p><i>OBJECTIVE 4.2.1: By 2016 there will be a synthetic surface on the track at Par-En-Bas school so the track can be used by all.</i></p>	<p>The Track & Field was completed in 2012 for the Acadian games. In 2014, the track has seen more use than ever. Six CSAP elementary schools held track meets at PEB, Junior High And Elementary school Districts were held in May at PEB track and Drumlin Heights also held their own meet at this track.</p> <p>The Track is beginning to need lots of maintenance. Only 7 lanes were usable this year. There is a group of 10 individuals looking to form a South West Nova Athletic Club. A synthetic track is being talked about and Council is very interested in this project making it the 4th priority on their list in 2014.</p> <p>The synthetic track would increase the accessibility of all to participate and less maintenance would be required.</p>
<p>Objective 4.5: By 2012, create a trail maintenance fund to support groups in maintaining trails.</p>	<p>MODA has supported the maintenance for the Rails to trails. In March of 2014 , \$34, 660.00 was given from MODA for the maintenance of the Rails to Trails. In 2015, Active Living will have a budget line for Trail Maintenance.</p>
<p>Objective 5.1: By 2012, MODA will develop and approve a workplace wellness policy that supports P.A.</p>	<p>-Related to objective 1.1 Workplace Wellness Policy adopted by</p>

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for staff and council.	Council May 2013 Physical Activity Incentive Policy adopted by Council May 2013
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2013	
Objective	Status
<p>Objective 1.3: By September 2013, the Argyle Recreation Department will partner with both high schools to provide coaching and training certifications to students in grades 10-12.</p>	<p>Working with Drumlin Heights School and Sports Nova Scotia to have the NCCP course provided in their Grade 11 curriculum in 2014-15. If proven successful Active Living Coordinator will work with ESPB.</p> <p>Active Living Coordinator is working with the CSAP Elementary schools by facilitating a Physical Activity Leadership program for students in Grades 5 and 6. These students then become leaders in their school and facilitate cooperative games with the younger students during recess and lunch breaks. In Fall 2014, Active Living Coordinator will be working with the 2 Tri-County schools to facilitate this course to their students.</p>
<p>Objective 2.4: By 2013, the Physical Activity Strategy will have a promotion plan that increases the awareness of activities and opportunities in Argyle</p>	<p>The Promotion plan for Physical Activity began with the adoption of a Recreation Logo to identify ARC. The logo was followed by a Facebook page on Active Living, a twitter account was created in June 2013, and the new Municipal website will include a section on Active Living in Argyle.</p> <p>A more specific promotion plan is the posting of pictures of the residents being Active on the Active Living Facebook page.</p>
<p>Objective 3.4: MODA will offer complete financial assistance for registered certifications (Zumba, Yoga, and Fitness) to people in the community in return the leaders shall offer 3 free sessions in MODA by 2013.</p>	<p>Through RFATT funding was available to train leaders in High Five –Principles of Healthy Child Development. 26 people have been trained in 2014.</p> <p>-8 soccer coaches received training in Fundamentals and Active Start Soccer in 2014.</p> <p>-1 coach received training in Rally Cap Baseball in 2014.</p> <p>1 coach was trained in Run Jump Throw (Track & field) in 2014.</p> <p>More emphasis has been put on teaching the</p>

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	<p>Fundamentals Movement Skills through SNS. Funding was received through Sport Nova Scotia to sponsor some of the cost related to the certification of the courses. Active Ling budget 2014 has a line item to help coaches receive certification.</p>
<p>Objective 4.3: By 2013, one new community use of schools agreement will be established.</p>	<p>Working with Drumlin School on a new community use agreement and this agreement is to include the use of the fitness center. A joint Grant (ARC and Drumlin) was received to purchase an elliptical machine in 2013. -Also trying to establish a Joint use agreement with Plymouth School. Need to work with CSAP.</p>
<p>Objective 4.7: By 2013, identify and promote the facilities available for PA use so that 10% more residents are making use of these facilities.</p> <p>Objective 4.1: Annually repair outdoor recreation facilities so that by 2014 all 17 are safe for use</p> <p>OBJECTIVE CHANGE: By 2014, Argyle Recreation Commission will develop an infrastructure priority plan to improve the condition of the Facilities within MODA.</p> <p>*See Attached document for Infrastructure priority 2014-2015</p>	<p>In 2013, ARC completed a facility maintenance plan strategy session. 5 top priorities were identified and action plan developed. Infrastructure improvements are taking place on the Wet Pubnico Tennis Court, Wedgeport Tennis court, Belleville a new black top/tennis court and Improvements to our Ball fields. Progress is being promoted on Active Living Facebook Page.</p> <p>Funding was received from Heart & Stroke Foundation for a Kilometer signage along the trails to trails between east and west Pubnico. This trail is being used twice a week by a running/walking group.</p>
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2014	
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<p>Objective 1.4: By 2014, the Argyle Recreation Department will have supported 2 local initiatives that encourage physical activity.</p>	<p>Active Living sponsored a family bicycle ride during the W. Pubnico festival and helped to organize a men’s and women ballgame during the festival. The first Biathlon was organized in 2013 at Glenwood park and a new summer baseball program for children was introduced in 2013. A new Active Start soccer program was introduced in 2014 for children ages 3 and 4 year old.</p>
<p>Objective 4.4: Working with the 6 senior groups within MODA, by 2014 develop senior PA programs in 3 community centers.</p>	<p>A student was hired to work on Senior’s programming during the summer of 2013. Bus trips, senior games and a senior picnic took place in 2013. A survey was given to the senior’s groups to determine their recreation needs. From this survey a year schedule of events and PA program for seniors was planned. The programs and events will take place in different communities with each community having an event in their back yard.</p> <p>Activities include: Qigong & forever young at Pubnico Lions hall(Oct –Nov 2013) Social Tea Nov 2013 in Quinan Valentines Social in Feb 2014 in SAR, Christmas Party in Dec 2013 in Amirault’s Hill CPR & First Aid in March 2014 – Wedgeport Yoga 2013 & 2014 July & August in Tusket Community garden in Amirault’s Hill</p>
<p>Objective 5.5: By 2014, MODA will develop and approve a policy that mandates the municipality to offer PA programs and events for special needs groups.</p>	<p>This will is not a reasonable objective for MODA’s Council. The Municipal office is not accessible therefore it would be unreasonable for Council to approve such policy.</p>

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2015	
Objective	Status
<p>Objective 1.5: By 2014, The Municipality of Argyle will train 5 leaders to promote physical activity.</p>	<p>-4 individuals have taken the walkabout leadership training in 2013, and they are leading walking groups in their own backyard.</p> <p>-Active Living Coordinator trained to facilitate High Five -PHCD. 16 staff members received certification in PHCD in 2014.</p> <p>-Active Living Coordinator certified in Active Start Soccer.</p> <p>-2 people trained in skateboarding- 2014</p> <p>-2 people trained in Kayaking programs- 2012-2014</p> <p>-1 person trained in Rally Cap Baseball- 2014</p> <p>-8 people trained in soccer fundamentals.- 2014</p> <p>-Budget line for Leadership training in 2014-15</p>
<p>Objective 2.1: By 2015, Municipality of Argyle will have developed a brand name and logo, promoting physical activity.</p>	<p>A recreation Logo was designed and adopted to promote PA and recreation in the Municipality in 2013. The logo is on all of our promotional material, facebook page, brochures, and painted on the ball field storage shed in Lower West Pubnico. The logo was printed in color on all of our summer staff shirts in 2013, and fun run t-shirts as well as the biathlon t-shirts in 2013. Many of the prizes given out at events had the new logo printed on them. Window decals of this logo were also purchase and distributed.</p>
<p>Objective 3.6: By 2015, the Recreation Director shall organize a girls' softball league (3 teams) in and around the Municipality of Argyle and the Recreation Director will communicate with Phys-Ed teachers regarding the plans for a girls' softball league.</p>	<p>The Active Living Coordinator organized a girls' softball again in 2013 with only one group for ages 9 to 16 yrs old. On average there was 7-9 girls per night. This is no different than the last two years.</p> <p>-13 girls are registered for the program in 2014. No league in Barrington.</p>

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	There is a possibility of a couple of exhibition games even if they are not the same age group.
Objective 5.3: By 2015, MODA will complete 3 revision sessions of the PA strategic Plan.	The ARC finished their strategic plan in May 2014. The ARC has reviewed the PA strategy on two occasions. The first review was in January 2013, and the second review was done while they completed the ARC strategy. Reviewed PA Strategic Plan with CAO July 2014.

- Infrastructure priority plan 2014-15

<https://www.dropbox.com/s/sovw46j89zvlrb/Infrastructure%20Priority%20list%202014%20-2015.pdf>