

Municipal Physical Activity Leadership Program Annual Report Template April 2018 – March 2019

1. Please reflect on the implementation of your **community physical activity strategy** over the last fiscal year, and fully complete the template below.

2018/19 Main Accomplishments/Initiatives (who, what, where, how) **please provide an adequate description that will ensure understanding	Priority Area or Priority Population	Policy, Social Environment and/or Physical Environment How did this initiative allow you to reach many community members providing social support for physical activity? How did this initiative impact the physical environment? Was there a policy change associated with this initiative?	MPAL role (e.g. facilitated, delivered, built capacity etc.)	How were physical activity barriers (e.g. time, cost, access etc.) addressed?	Describe community engagement for this initiative. For example, what partners, departments, volunteers etc. were involved?	Were existing provincial or national initiatives leveraged? (e.g. Sneak It In Week, Heart&Stroke Walkabout™, Making Tracks) Please explain	Estimated reach. How many community members do you think this action directly reached?	Notes
Example: Local coalition established bike loan program in the recreation centre through working with sponsors.	Cycling	Policy established to ensure free access to bikes	Facilitated by bringing partners together and connecting to funding source	Bikes are loaned for free, increasing access	Volunteers run the program. Public health contributed funds and time to the committee. Municipal recreation staff helped with planning	We used Bring Back Play promotional messages and resources. When the program was launched, we connected the event to the campaign through materials and through speeches/ messaging.	To date, 100 individuals have borrowed bikes. 60 people attended the launch.	
After the Bell program for Junior High schools girls attending École secondaire de Par-en-Bas (PEB). This program was held once a week for 6 weeks in the fall and 9 weeks in the winter. Participants were travelled to activities by bus so that transportation was not an issue.	Females across the lifespan	Removes the social barrier of participating in physical activity by connecting girls to community recreation groups/leaders.	Facilitated in partnership with Yarmouth Recreation staff in preparing the schedule, organizing transportation, securing community partners and leaders, developing youth leadership opportunities (junior leaders) by mentoring and engaging them in the program.	The program was free of charge and the girls were picked up at the school and brought to the various venues that the activities were held and then bussed back to the school where parents would be waiting to bring them home.	Municipal recreation staff helped promote the program. Co-lead by Argyle and Yarmouth MPALs, youth leaders, and community individuals specialized in various activities. Also partnered with the local school (PEB) in promoting this program to encourage participation.	Funding through the Thrive initiative made the program possible.	The participation rate for the girls in Argyle increased from last year where most days had at least 10 girls participating, combined with the Yarmouth participants and community partners seeing on average more than 2 dozen participants per week.	

Series of 7 Winter Hikes were planned throughout the winter months to engage females in physical activity in environments they might not have gone to alone.	Females across the lifespan	Removes the social barriers of participating in physical activity by connecting women to other women and also providing a safe environment to participate in. This also allows them to feel comfortable in engaging in the activity on their own with friends by having experienced a friendly and safe environment.	Facilitated, planned, promoted and delivered the program.	The activities were offered free of charge in a safe environment. All necessary equipment was provided for the participants. (snow shoes, poles, headlamps)	Municipal recreation staff assisted with the promotion and provided assistance during the activity itself along with the MPAL.	N/A	Each hike varied between 10-20 participants.	
Yoga for ladies 55+ was held in 2 local communities in the winter of 2019, free of charge and registration was not required.	Females across the lifespan	Removes the social barrier of participating in physical activity by providing an activity free of charge that is targeted at their age group and also offered in two different communities so that transportation would not be an issue and also providing an option of when and where to participate.	Organized through the Recreation Department with Facility access funds. Lead by a certified yoga instructor.	The activity was free of charge and equipment was also provided to those who didn't have any. The activity was held in two local communities so transportation was not an issue.	Municipal recreation staff organized and planned the activities and hired the trained instructor to facilitate the activities. The Hubbard Point community hall and the Club Social des Isles were partners.	Thrive funding was accessed through Facility Access.	An average of 8 participants per location per session.	
South Shore Female Network initial meeting March 2019	Females across the lifespan	Not applicable at this time.	MPAL was part of the initial discussions.	Not applicable at this time.	South Shore recreation department staff were involved in the initial discussions.	N/A	Not applicable at this time.	
Yoga in the Park. Two yoga sessions were provided for females in the summer of 2018 at Glenwood Park and Comeau's Hill Beach.	Females across the lifespan	Removes the social barrier of participating in physical activity by providing an activity at a low cost and located with two different communities within the	Organized through the Recreation Department and lead by a certified yoga instructor.	The activity was low cost and equipment was also provided to those who didn't have any. The activity was held in two	The Municipal recreation staff planned and promoted the activities and hired a trained instructor to facilitate the activity.	N/A	10 -12 females attended each session.	

		Municipality. Also provided a different type of environment to take part in the activity normally done indoors. Allowed a connection to nature.		local communities so transportation was not an issue.				
Moms & Tots was a drop-in activity for mothers and young children to enjoy unstructured play where toddlers could run and play with others. It was held at a community school, free of charge and registration was not required.	Females across the lifespan	Removes the social environment barrier by providing a venue and activity free of charged where moms can freely allow their children to play.	Organized through the Recreation Department with Facility access funds.	The activity was provided free of charge and was in a local community removing the transportation barrier. The activity took place once a week and was held on a Friday early in the evening so that the issue of putting children to bed early for school the next day was not an issue.	Municipal recreation staff planned the activity and hired a supervisor. The interest for the activity came from the community members. It was self-lead by parents. École Pubnico-Ouest was a community partner.	Thrive funding was accessed through Facility Access.	An average of 40 participants per session including parent and child.	
Girls Basketball was a program that was organized by a local volunteer for girls in grades 4-7. The activity took place at École secondaire de Par-en-Bas with 17 girls participating from the surrounding area. The program lasted for 5 weeks for 1 hour per week.	Females across the lifespan	Removes the social barrier of participating in physical activity by making it a girls only sport, connecting them to community leaders and providing the program free of charge, therefore eliminating the financial barrier.	Organized through the recreation department to have access to a school in the evenings free of charge, as well as assisting with the promotion of the program through schools, social media, etc.	The program was free of charge, in the evenings when parents were available for transportation and was centrally located for easy access.	Municipal recreation staff, a local school and a volunteer were all involved in making this program a success.	N/A	17 girls participated in the program.	
Minor Baseball is a co-ed summer league where children and youth between the ages of 5-15 can participate in the sport. There	Children and Youth	Social environment allowing physical activity by providing the activity on a weekly basis for a total of 10	The Recreation Department is responsible for the administration of the Argyle Minor	The cost for children to participate is at a low cost. The sport takes place	The coaches are all volunteers in the community. The municipal recreation	N/A	57 children participated in the sport	

are games being played against other baseball associations in nearby municipalities. There is also a Ball School level where the children learn the skills and drills of the sport.		weeks. This program is co-ed, allowing anyone to play in the age divisions applicable.	Baseball Association. The MPAL assisted with all the necessary documents, registration, insurance, equipment and jerseys.	once a week in local communities eliminated the distance barrier for participation.	staff assist with the planning process.			
Minor Soccer is a co-ed summer league where children and youth between the ages of 3-18 can participate in the sport and play games against other soccer associations in nearby municipalities. The Minor soccer club also has levels for ages 3-4 and 5-6 where they don't play games but learn the drills and skills of the sport.	Children and Youth	Social environment allowing physical activity by providing the activity on a weekly basis for a total of 10 weeks. This program is co-ed, allowing anyone to play in the age divisions applicable.	The Recreation Department is responsible for the administration of the Argyle Minor Soccer Club. The MPAL assisted with all the necessary documents, registration, insurance, equipment and jerseys. The soccer club also hires a summer student to assist with these responsibilities.	The cost for children to participate is at a low cost. The sport takes place once a week in local communities eliminated the distance barrier for participation.	The coaches are all volunteers in the community. The municipal recreation staff assist with the planning process.	N/A	274 children between the ages of 3-18 participated in the sport	
East Pubnico BMX Track was completed in 2017 with a few adjustments made for safety concerns. The Grand Opening took place in June 2018 with over 100 people in attendance.	Youth (12-18 years) Walking cycling	Physical environment was affected with the re-purposing of an old ball field. The social environment is affected as well as it allows community members to use the facility by walking and cycling around the track removing barriers by being in a safe environment. Seniors are using the facility and feel safe from vehicles, wildlife etc.	MPAL assisted the recreation department staff with logistics of the repairs required to make the park a safe place to play.	Physical activity barriers were removed as the park is a place to play free of charge and open for all ages year round.	Municipal recreation staff and Public Works staff were involved in the planning of the park. The community was involved in the initial stages of the planning through community meetings by offering ideas of what was wanted as well as offering opinions on the areas that were deemed unsafe. The Communities, Culture and Heritage	N/A	There are community individuals of all ages using the track on a daily basis. There is no definite number recorded.	

					Department provided funding for the project			
A 5 km fun run was held in June 2018 in the community of East Pubnico. The run was family friendly and participants were encouraged to walk or run.	Walking	Social environment is affected as it allows individuals and families to participate removing barriers by participating in a safe environment.	The MPAL assisted the Recreation Department with the planning and implementation of the activity.	Physical activity barriers were removed as the event was at a low cost, access to all and was held in the evening allowing more individuals to participate.	Municipal recreation staff planned the event. Volunteers assisted with the event. A community hall was used as a starting/stopping point for the event.	N/A	41 runners/walkers took part in the event.	
A Run into Spring 5km and 10km timed run/walk was held in March of 2019. Participants had a choice of selecting the 5km or 10km run. The run took place on the rails to trails, eliminating the need for a road permit.	Walking running	Social environment is affected as it allows individuals and families to participate removing barriers by participating in a safe environment. This was also a timed event so that participants could monitor their training progress by having their run time available to them. Participants also had a choice on the distance of the event which makes it more appealing to some.	The MPAL assisted the Recreation Department with the planning and implementation of the activity.	Physical activity barriers were removed as the event was at a low cost, access to all and was held on the weekend allowing more individuals to participate.	Municipal recreation staff planned the event. Volunteers assisted with the event.	N/A	33 participants to part in the event.	
A cycling guide was created to provide safe and enjoyable areas for Municipal residents and visitors to bike. The guide provides safety cycling tips as well as measured routes.	Cycling	Both social and physical environments are affected by providing access and knowledge to safe biking routes within the Municipality.	MPAL assisted the Director of Recreation services with reviewing the data going into the cycling guide.	Guides are given out free of charge.	The AT committee formed of community volunteers were involved in the planning of the cycling guide.	N/A	Difficult to estimate how many cyclist take advantage of using the cycling guide.	
The Argyle Recreation Department purchased 6 kayaks, life jackets and the necessary equipment needed to be used in programs as	AT	Both social and physical environments are affected as the kayaks can be borrowed for use free of charge.	MPAL and Director of Recreation Services were involved in the planning of the	Kayaks are loaned for free, increasing access.	Recreation staff along with the Argyle Recreation Commission which consist of community volunteers	N/A	The kayaks have been used numerous times when individuals didn't have their own kayak to join the recreation staff	

well as available for use on loan by community members.			purchase of the kayaks and related equipment.		were involved in the discussions on the use of the kayaks and the importance of purchasing them for program use and loan.		during an evening recreational kayak outing.	
The Argyle Recreation Department purchased 10 bikes and helmets to be used in programs as well as available for use on loan by community members.	Cycling (AT)	Both social and physical environments are affected as the bikes can be borrowed for use free of charge.	MPAL and Director of Recreation Services were involved in the planning of the purchase of the bikes.	Bikes are loaned for free, increasing access.	Recreation staff along with the Argyle Recreation Commission which consist of community volunteers were involved in the discussions on the use of the bikes and the importance of purchasing them for program use and loan.	N/A	Bikes were purchased in March 2019, therefore no programs have been organized yet, however, there have been a few individuals who have loaned the bikes. This will be promoted extensively going forward.	
Active Start is part of the Argyle Minor Soccer Club program providing children the fundamental movements of physical literacy while incorporating the soccer ball in the process.	Other (the early years 3-5 year olds)	Social support for physical activity is provided by encouraging children to participate along with their parents in the program.	The MPAL was one of 5 coaches offering the program to the children.	The program was offered for 10 weeks at a relatively low cost in a local community	The Argyle Minor Soccer Club is involved as Active Start is part of the program. Volunteers are also involved in the initiatives as coaches. Municipal recreation staff are involved in the planning process of the program.	N/A	36 children participated in the activity.	
I am a part of the South Shore Active Communities committee working on promoting Outdoor Play to the Early years centers as well as the Pre-school groups located in the schools in the South Shore.	Other (the early years 3-5 year olds)	Both social and physical environments are affected by this work as child educators are encouraged to promote outdoor unstructured play.	The MPAL has been directly involved in the planning meetings to develop the modules as well as assisting with the presentation of the modules to specific groups.	The workshops were presented during in-service days within their communities.	MPALS from various regions as well as staff from Communities, Culture and Heritage were part of the planning process.	N/A	Approximately 50 early childhood educators participated in the modules.	
Argyle Recreation with multiple stake holders dealing with the early years. (Ex:	Other (the early years 3-5 year olds)	Sharing of what is happening in the tri-counties related to early	The MPAL is the link for the recreation staff to be informed	Multiple stake holders sharing resources to inform	Argyle Recreation with multiple stake holders dealing with the early	N/A	This group has a Facebook page that advertises events,	

public health, education, recreation, juniper house, first nations) Meeting once a month to share resources, knowledge and education on the early years in our region.		year childhood. It is an opportunity to share resources, tools and knowledge related to better inform the multiple stake holders dealing with the early years.	on activities related to the early years.	each other of what is happening in their field.	years. (Ex: public health, education, recreation, juniper house, first nations)		programs, education sessions, etc., which has a potential to reach a very large audience in the Tri-Counties.	
Wedgeport Trail is now complete and there is work being done on a proposed trail at Nakile Home for Special Care.	Other (AT)	Building trails so that people of the communities can walk or wheel. The trail at Nakile is looking at a potential accessible trail.	MPAL supported the project.	A section of the trail is wheel chair accessible.	Volunteers within the community were involved in the planning process as well as some of the physical work in creating the trail. Wedgeport Tuna Museum was also a partner in the project.	The Wedgeport trail received funds from CCH as well as funds from the New Horizons Seniors Grant.	Numerous individuals using the trail on a daily basis.	
March Break activities were put on by the Argyle and Yarmouth Recreation Departments funded by Thrive (Facility Access grant). The activities were sledge hockey, skating, bowling, gym time.	Other (accessibility)	The social support for physical activity was provided by decreasing the financial barrier as all activities were free for all. The physical barriers were address by the Mariners Centre to enable getting on and off the ice more accessible. The sledge activity was inclusive to all.	The MPAL was involved in the planning, promotion and implementation of all activities.	Physical activity barriers were addressed by providing all activities free of charge, in local communities, and inclusive to all.	Schools, Mariners Centre, Bowling Alley and both Yarmouth and Argyle Recreation Departments were involved. Communities, Culture and Heritage provided funding through Thrive for facility access.	Thrive funding was accessed.	Approximately 750 people were involved in the March Break activities.	

2. Is there ongoing work in the municipality that relates to the MPAL priorities that you would like to note?

The Argyle Recreation Commission has completed the update on the Strategic plan for 2019-2022 and it relates well with the MPAL priorities. It has identified females as well as families as target groups and has identified connecting to nature as another priority that relates to the MPAL priorities. The adoption of the AT Plan is a way to move

forward in increasing walking, cycling as well as paddling. Improving the quality of the recreational infrastructure within the Municipality of Argyle is a priority of the PA Strategy as well as the ARC Strategic Plan and work continues to be done to upgrade recreational facilities.

3. If your community has participated in a citizen survey over the last 3 years, how do you use the results to prioritize your work on an ongoing basis?

We used an on-line registration system to do a public survey in September 2018 of individuals that use the services provided by the Argyle Recreation Department. From the results of this survey we were able to refresh the Argyle Recreation Commission Strategic plan for another 3 years (2019-2022). The Physical Activity Strategic goals are very similar to the overall ARC Strategy and focus areas are walking, hiking, education and awareness, promotion, and leadership development.

4. Do you have a local committee that supports the planning and implementation of the strategy? If so, please describe membership and committee role.

There is no local committee, however, the Argyle Recreation Commission supports the PA Strategy and reporting them on takes place at the Argyle Recreation Commission meetings.

5. Please describe the professional development and networking activities the MPAL engaged in over the last year.

I did not attend PAPE sessions in 2018, however, I did continue to be involved in the South Shore Active Communities meetings focusing on promoting outdoor play and did assist with some of the presentations. I have attended the South Shore Valley meetings (April and September 2018). I attended the Hike Summit as well as an MPAL meeting in May 2018. I attended the Recreation Nova Scotia conference and a 2 day Youth Leadership Professional Development session in October 2018. I attended the Access Attitudes and Behaviors Workshop in January 2019.

6. Please describe the top three challenges that you may have experienced locally, as you have developed and implemented your physical activity strategy over this reporting period. For each challenge, describe how it may be addressed and who you believe should be involved in finding a solution.

- Promotion/communication – This continues to be a real challenge for us. Getting the word out of what we are doing is always a challenge. Social media is very effective, however, not all target groups can be reached through one social media platform. This becomes increasingly difficult to reach everyone and therefore sometimes the message doesn't get out on what we are trying to address. We are working within our department to try and find a reasonable solution and are consulting with our users on what might be the best solutions to the problem.
- Geography – This continues to be a challenge as the Municipality of Argyle is geographically challenging. Trying to plan events centrally is a good concept but not one that always works that well. We have seen much more success when planning events/activities in local communities and some communities have a better success rate than others. We are getting to know more and more what works where so we are making some progress in this area, one small step at a time.

- Partnerships – Working with other MPALS in the region is a great way of networking and sharing information, however, with the fast paced work life we are all experiencing and different work ethics and schedules, it becomes difficult at times to meet as a group that works for everyone. Planning far in advance may be the solution to this problem and having passion and commitment with what you believe in should make it work.

7. If you are in the process of completing your physical activity strategy, please estimate % completion and the anticipated completion date. What supports would help you to complete strategy development?

OR If you are in the process of implementing your strategy, please estimate % completion. What supports would be helpful to you to facilitate ongoing effective implementation of the physical activity strategy?

The PA Strategy has just recently been refreshed along with the ARC Strategy plan for 2019-2022.

8. Please describe how you are measuring the success of the physical activity strategy.

Measuring success can be a difficult task at times, with quantitative data easily measured compared to qualitative data. The online public survey we recently did (September 2018) is a good way of knowing if we are on the right track from the positive responses we received.

9. Please complete the following tables, outlining expenditures of the MPAL program **(only)** for the period of April 1 2016 to March 31, 2017.

EXPENSES (MPAL PROGRAM ONLY)

MPAL Salary and Benefits	MPAL Travel	MPAL Professional Development	Other (Please describe)	Total
58,471.66	3573.00	2048.00		64,092.66

INCOME (MPAL PROGRAM ONLY)

Source	Amount Contributed

Provincial MPAL Program	25,000.00
Municipality/Band	39,092.66
Total	64,092.66
Remaining Funds	0

10. If there are remaining funds, please describe how these funds will be used for the MPAL initiative and by when.

There are no remaining funds.