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## CALL FOR PROPOSALS

### INFORMATION AND GUIDELINES 2011-2013

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#### DESCRIPTION

The After School Physical Activity (ASPA) initiative supports the goals and objectives of the Provincial Recreation and Sport Strategy, specifically the key directions: “increasing involvement and participation in recreation, sport and physical activity” and “improving access for all”. It also supports the Provincial Wellness Plan, specifically the wellness priority “physical activity.”

Funding is available to support school-community partnerships that result in increased opportunities for children and youth ages 9 – 15 (Grades 4 to 9) to be physically active. Funding must address barriers (e.g., busing, student costs to participate) that prevent children and youth from accessing sport and recreation activities.

#### GOALS

The goals of the After School Physical Activity proposal are to:

- Increase physical activity opportunities in the after school time period 3:00p.m. – 6:00p.m. for children and youth ages 9 – 15 (Grades 4 – 9), at least two days a week
- Increase physical activity opportunities for girls
- Increase participation in physical activity by children/youth who have limited access to physical activity opportunities in the after school time period
- Develop partnerships between the school and community
- Increase the skills and knowledge of volunteers and community leaders
- Promote physical activity as an important component of wellness in the after school time period

#### FUNDING AVAILABLE

Up to \$25,000 per school year (available for two school years, \$25,000 per school year). Program length is a minimum of 25 weeks per school year.

#### ELIGIBLE EXPENSES

Busing, leadership, supervision, activity fees, and disability related adaptations and accommodations (applicants may request up to \$1,000 for structural changes to accommodate persons with disabilities). Modest equipment purchases (ropes, balls, nets, wax) may be considered.

#### TARGET POPULATION FOR FUNDING

Children and youth ages 9 – 15 (Grades 4 to 9) who have limited access or opportunity for organized recreation and/or sport in the after school time period. A priority is to give children and youth, especially those who may not be sufficiently physically active, more opportunities to be active. Target populations also include girls and students with disabilities who have limited access to after school physical activity opportunities.

#### PROPOSAL REQUIREMENTS

Co-applicants are to propose activities that provide at least two opportunities per week for the target population to be active in the after school period (3:00pm – 6:00pm). Proposals must include a “girls only” component to the physical activity options/time. Activities must illustrate how they are inclusive of youth with disabilities.

#### ELIGIBLE APPLICANTS

A minimum of two “key” partners (co-applicants) with supporting partners are required. Co-applicants must include a community partner and a school or family of schools. Partners include recognized Provincial Sport Organization members, recreation departments/municipalities, community volunteer groups, community youth networks, regional wellness coalitions, health authorities, or not for profit recreation group. An association or

committee of community volunteers affiliated with a municipal council or local service district can be an eligible partner.

#### **INELIGIBLE APPLICANTS**

- Partnerships for which a role defined by the co-applicant is not essential to the success of the proposed activities or can be performed by the other applicant
- “For profit” agencies and providers
- Recreation groups and organizations that are not recognized by the Recreation and Sport Division

#### **INELIGIBLE EXPENSES**

- Proposals where there is a lack of community partners identified and committed
- Capital requests such as large equipment, building materials, new construction, fencing, installing exercise bikes, etc.
- Sporting equipment such as exercise machines and equipment
- School sports teams and competitive sport participation
- Travel for sport teams, uniforms, advertising
- Technology (computers, AV equipment, etc.)
- Core operating expenses (e.g., utilities)
- Rental of school facilities (gymnasium, classrooms)

**\*All activities must comply with the school nutrition and smoke free policies**

#### **SUPPORT**

Department staff are available to help with your proposal. Additionally, successful applicants will have support provided in the implementation, monitoring and evaluation phases of their pilots. Leadership and training in High Five, Fundamental Movement Skills and Community Coaching will be available at no cost to program leaders (See Appendix B for details).

#### **GRANT APPLICATION DEADLINE**

June 1, 2011

#### **GRANT SUBMISSIONS CONTACT**

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## Suggestions for Getting Started

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- ✚ Convene a meeting of potential partners to discuss the proposal. Explore what opportunities currently exist in the community, the logistical support, availability of potential leaders and ideas, past and present successes and failures, for a program proposal.
- ✚ Review the goals and objectives of the pilot and devise “action steps” as part of your planning.
- ✚ Discuss the policy support required for a successful proposal (see appendices for examples).
- ✚ Ensure that new ideas do not interfere with other activity choices already available to children and youth who might want to take part (perhaps a survey might yield valuable insights as to best choices, best days).
- ✚ Identify the barriers that exist in preventing children from participating in after school physical activity in your community and come up with solutions.
- ✚ Explore additional challenges associated with your plan. Plan and budget for solutions.
- ✚ Discuss program concerns and potential problems.
- ✚ Consult with other community stakeholders to see what they are doing. If they are aware of other community successes, you can adapt, use and firm up commitment from your partners.
- ✚ Draft budget, identify in-kind support.
- ✚ Complete the proposal application.

