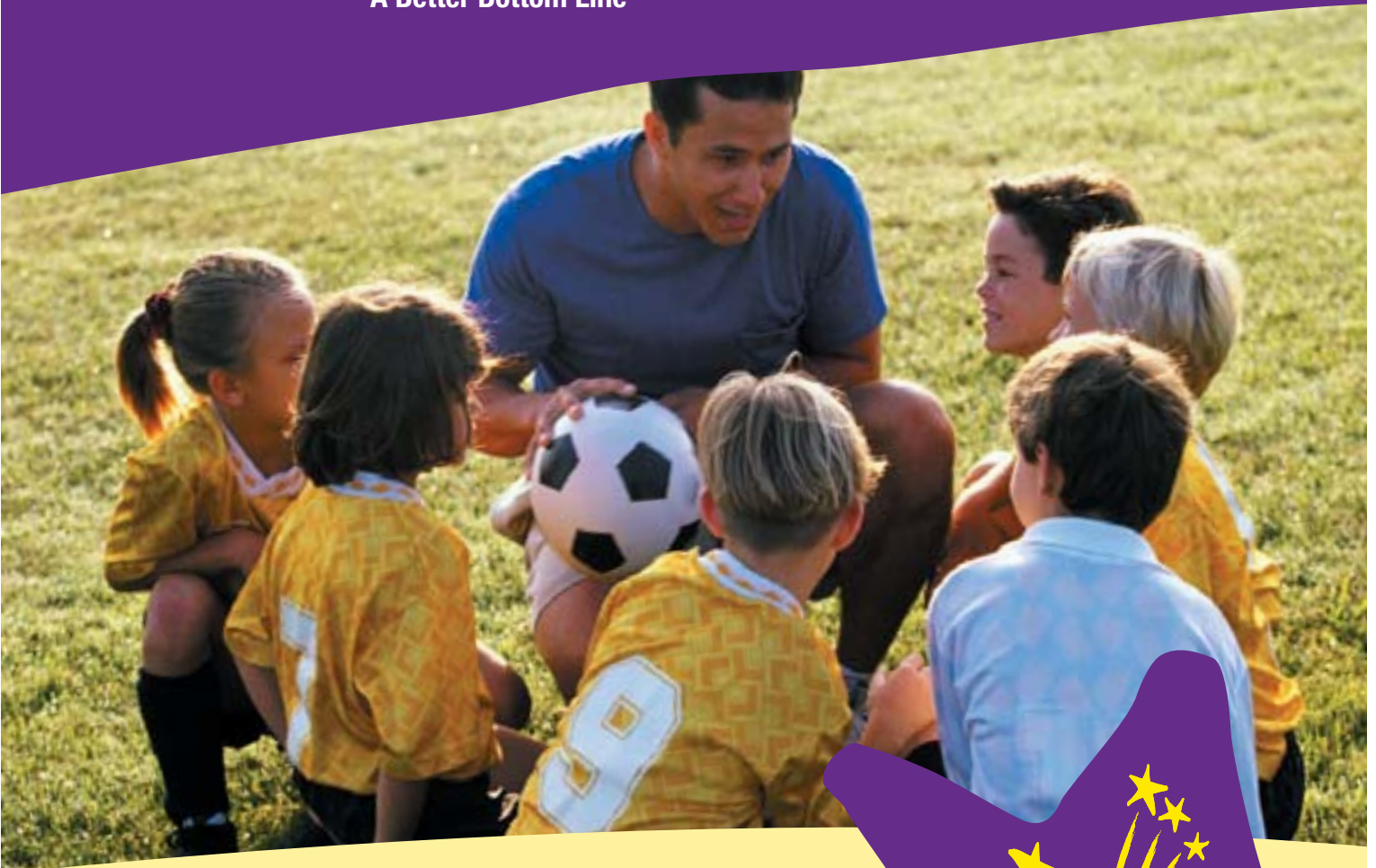


# Positive play in Sport



National Quality Assurance Accreditation  
LTAD aligned Training and Resources  
Tools to Measure Competencies  
Leading Edge Child Development Expertise  
A Better Bottom Line

## Discover the **HIGH FIVE**<sup>®</sup> Difference



*“The evidence indicates that HIGH FIVE<sup>®</sup> is having a positive impact on quality delivery in member agencies, and most importantly, is improving the experiences for children enrolled.”*

– HIGH FIVE<sup>®</sup> Primary Research and Evaluation Report, August 2004



The best way to play<sup>™</sup>

# Working together to provide quality sport

Quality, organized play helps children develop the skills they need to succeed in life. HIGH FIVE® trained coaches and leaders can make it happen! Sport environments can assist children in learning important life lessons like how to win and lose graciously, how to set goals, how to overcome adversity, and achieve a sense of mastery.

HIGH FIVE®'s training, practical tools, resources, and Accreditation process complement NCCP training and help ensure quality, child-centered program delivery. It's the best way for organizations, committed to the safe and healthy development of children, to deliver programming of the highest standard.

By making every child's sport and recreation experience a positive one, organizations and sport clubs will establish a reputation for quality and expertise. This will result in an increase in participation; making operations more effective and working environments will become more rewarding for coaches, volunteers and for the participants.



*“The HIGH FIVE® Coach Reflections and QUEST 2 are functional, interactive tools for coaches that complement the new competency/outcomes based National Coaching Certification Program model very well. The HIGH FIVE® Principles of Healthy Child Development, as well as the Coach Reflections and QUEST 2 tools have been presented and incorporated into the Swimming Skills Coach Course with great success.*

*As the President of the Canadian Swimming Coaches and Teachers Association (CSCTA), as well as having been a course conductor under the old NCCP system and now both a Skills Coach Facilitator and Assessor I can see how invaluable these tools are to improving the quality of swim coaching in Canada as well as adding a new level of professionalism to coaching as a career choice. When I assess coaches that have completed the Coach Reflection tool the most common feedback I get is that it has helped them identify their personal strengths and set goals for themselves, as well as create a more challenging, creative and motivating program for their swimmers.*

*I also see the great difference the QUEST 1 tool makes in providing sound direction and a variety of templates for coaches and board of directors with regards to quality policies and procedures within swim clubs. At the same time, this tool allows coaches on-going measures to ensure quality improvement in their programs which helps with the overall goals of swimmer retention.”*

*- Christy Yaremczuk, President CSCTA*

Established in 1994 by Parks and Recreation Ontario (PRO), HIGH FIVE® is the mark of quality that distinguishes organizations with an active commitment to superior, organized play experiences for children.

The number of organizations that have embraced the HIGH FIVE® commitment to quality continues to grow each year. These organizations include the Canadian Red Cross, Canadian Swimming Coaches and Teachers Association, Gymnastics Ontario, Minor Hockey Associations, Boys and Girls Clubs, YMCAs, and municipal recreation departments that serve thousands of children throughout Canada.

Every day, leaders in these organizations put into action what research confirms: HIGH FIVE® is the best way to play!

*“Our coaches and board members have all participated in the HIGH FIVE® Principles of Healthy Child Development training workshop. We are very excited to be involved and feel that our Learn to Skate program has been enhanced by the HIGH FIVE® principles. We can see the benefits of the program as further support for a child-focused learning environment. We would recommend that any sports organization involved with children participate in HIGH FIVE®!”*

*- Dana Harvey, President, Oakville Figure Skating Club*



**HIGH  
FIVE**

The best way to play™

# 5 great reasons to choose HIGH FIVE®

## 1 National Quality Assurance Accreditation

- ✓ HIGH FIVE® is the recognized, quality assurance standard in children's sport and recreation in Canada.
- ✓ HIGH FIVE®'s quality assurance process can be applied to any program or activity designed for children aged 6 to 12 years. This supports LTAD's goal of integrated quality assurance standards in community, school and organized sport.
- ✓ Organizations and sport clubs that display the HIGH FIVE® Accreditation logo on their brochures and websites will be recognized by parents and the community as a provider of quality sport and recreation programming.

## 2 Ready-to-Use Training & Resources to help implement Long Term Athlete Development (LTAD)

With an emphasis on mental, cognitive and emotional development, HIGH FIVE®'s training and resources complement NCCP's expertise in physical, technical and tactical training to create a holistic approach to fostering healthy child development (the 6th Key Factor in the LTAD). This ensures that coaches and sport leaders have the knowledge and skills to create a sport experience that:

- ✓ Has an appropriate emphasis on winning
- ✓ Teaches children how to set goals and overcome adversity
- ✓ Uses approaches that are developmentally appropriate
- ✓ Models how to win and lose graciously
- ✓ Gives children a sense of mastery and confidence
- ✓ Fosters healthy relationships between athletes, coaches, officials, administrators and parents
- ✓ Promotes a life-long commitment to physical activity and healthy lifestyles



*“The Sport Action Pack Resource is a great one-time investment that provides long-term value for budget minded sport organizations. Based on the latest research in children’s sport, it contains influential messages that will help you build and reinforce a positive child-first approach to sport. The ready-to-use Codes of Conduct are an especially attractive feature for sport organizations that lack the time or resources to develop their own.”*

*- Rick Dawson, President, Burlington Lions Optimist Minor Hockey Association (BLOMHA)*

### 3 Tools to Measure Competency

#### Coach Competency Tools

HIGH FIVE®’s QUEST 2 Tool allows sport organizations to determine whether training messages are translated into coaching competencies and will measure the extent to which a sport program supports the healthy development of the children involved. These tools have been field tested, are statistically valid and can be used across a wide spectrum of different sport and recreation activities.

The Hands-On HIGH FIVE® Database provides club administrators access to up-to-date information on their progress and comparisons to the aggregate scores of registered organizations in their province. This powerful tool provides a research based rationale for budgetary support and decision making by identifying priority areas for improvement.

#### The Tools examines 5 areas:

- ✓ Coach-child Interactions
- ✓ Supervision and Safety
- ✓ Child-to-child Interactions
- ✓ Coach Behaviour and Interactions
- ✓ Program Characteristics and Supports

#### Risk Management Competency Tools

##### QUEST 1 Tool and Guide to Best Practices

- ✓ Inventories an organization’s policies & procedures
- ✓ Identifies gaps
- ✓ Provides ready to use sample policies
- ✓ Identifies whether policies are clearly communicated to all levels of an organization
- ✓ Identifies adherence to the application of policies
- ✓ Measures whether best practices are well documented and monitored
- ✓ QUEST 1 scores can be compared to Quality Assurance Standards and to the aggregate scores of Registered Organizations in each province



#### Quality Assurance (The ultimate competency tool)

The HIGH FIVE® Accreditation process provides a specially developed, quality assurance framework for children’s sport and recreation services that helps organizations achieve and maintain the highest, recognized quality and safety standards.

#### How does HIGH FIVE® Accreditation work?

The HIGH FIVE® Accreditation process is based on a quality framework that identifies four areas of organizational effectiveness that are essential to the delivery of quality programs for children.

These areas, defined as modules, are:

- Training & Development
- Program Assessment
- Policies & Procedure
- Internal/External Awareness

There are five levels of achievement within the framework that lead to Accreditation:

- 1 JOIN US!** - Register today
- 2 LEARN!** - Attend training and gain knowledge
- 3 MEASURE!** - Use HIGH FIVE® tools to measure the quality of your services
- 4 IMPROVE!** - Make improvements to gain the benefits of quality
- 5 ACHIEVE!** - Celebrate the highest achievement level - Accreditation

*“Coach Reflections Workbook is a must for every coach! It is inspirational, easy to use and gives practical guidance for using a healthy child development approach to sport. Using this approach will develop confident and skilled athletes who are dedicated to your sport.”*

*- Vicky Bradley, Coach, Burlington Gymnastics Club*

## 4 Leading Edge Child Development Expertise

HIGH FIVE® provides organizations with access to child development intelligence and research that supports Canada's new Long Term Athlete Development model.

HIGH FIVE®'s training and resources support LTAD's FUNDamentals stage encouraging lifelong physical activity. They provide practical tips on integrating child development principles into training and program plans; they help educate parents on how to support their child in sport and create a child first culture that fosters healthy relationships between all stakeholders involved in the child's sport experience (parents, coaches, officials, and administrators).

HIGH FIVE® training and resources focus on information and skills that can help all levels of an organization foster healthy child development.

### ...For Parents

- ✓ Preparing children to participate in sport
- ✓ Maintaining reasonable expectations for children's performance
- ✓ Keeping winning and losing in perspective

### ...For Coaches:

- ✓ Understanding healthy child development and how it relates to sport
- ✓ Common myths about winning, losing and promoting healthy competition
- ✓ Taking a child first approach
- ✓ Recognizing varied learning styles and developmental stages
- ✓ Understanding the emotional, social and intellectual needs of children
- ✓ Helping athletes learn problem solving skills
- ✓ Providing children with opportunities for input, involvement and choice
- ✓ Encouraging co-operation and friendship
- ✓ Recognizing uniqueness and encouraging mastery
- ✓ Valuing and incorporating cultural, racial and linguistic diversity
- ✓ Making sport FUN from a child's point of view

### ...For Administrators:

Ready-to-Use:

- ✓ Risk Management tools
- ✓ Codes of Conduct for parents, officials, coaches, administrators and athletes
- ✓ Reproducible information packages to educate parents and families on a healthy child development approach
- ✓ Resources that encourage participation and input from children and families

### ...For Officials:

- ✓ Improving communication skills with parents and athletes
- ✓ Reducing risk

## 5 A Better Bottom Line

### For Sport Associations:

Developing and designing coach education requires a great deal of time and financial resources. By leveraging HIGH FIVE® products where applicable, (including ready to use training, resources, and competency based tools), sport organizations can save time and money.

### For Sport Clubs:

HIGH FIVE® Accreditation supports more effective program delivery, resulting in increased enrolments, revenue generation, stronger staff motivation and access to funding opportunities.

## Helping Create Positive Stars Every Step of the Way

### HIGH FIVE® is the best way to play!

*"Gymnastics Ontario developed a partnership with PRO through HIGH FIVE® for several reasons. As an ISO 9001 certified organization, the provision of leadership and advocacy is our mandate.*

*The HIGH FIVE® standard fits with our goal of assisting our member clubs with developing programs that meet quality standards. Gymnastics Ontario is committed to healthy child development and accountable for quality recreation and sport programs. In collaboration with PRO, we want to improve the quality of programs offered, reduce liability and enhance safety by providing the HIGH FIVE® standard to G.O. member clubs. G.O. and PRO have developed a 3 year partnership to have at least 30 G.O. clubs become HIGH FIVE® Accredited. With the help of the Trillium Foundation we will be able to "Lead the way by putting children first."*

*- Holly Abramam, Chief Executive Officer, Gymnastics Ontario*





## Get started today!

HIGH FIVE® offers a flexible menu of products and services that can be customized to your sport.

Available through Authorized Providers across Canada.

Contact our HIGH FIVE® National Office for a consultation on how your sport organization can get involved.



The best way to play™

**1-888-222-9838**

**[www.HIGHFIVE.org](http://www.HIGHFIVE.org)**



HIGH FIVE® A quality standard for children's sport and recreation  
Founded by Parks and Recreation Ontario