

Discover the HIGH FIVE[®] Difference!

HIGH FIVE[®] is Canada's only comprehensive quality standard for organizations providing sport and recreation programs to children aged 6 to 12.

HIGH FIVE[®] is built on the belief that all children deserve to have sport and recreation experiences that support his or her healthy development. The [National Longitudinal Survey of Children and Youth](#) estimates that 87% of Canadian children aged four to fifteen participate in organized activities outside of school every year. Research shows that the experiences children have in sport and recreation at an early age have a life long impact. Positive experiences in sport and recreation help children become capable, caring adults who contribute more effectively to the community in the future.

HIGH FIVE[®] Vision

Through sustained involvement in quality sport and recreation, all children aged 6 to 12 are experiencing healthy development.

HIGH FIVE[®] Mission

HIGH FIVE[®] is a Quality Assurance Framework committed to assisting children along the path of healthy child development by:

- Ensuring that sport and recreation practitioners develop a high level of knowledge and expertise in child development;
- Helping parents to make informed choices;
- Providing practitioners with the tools for enhancing and maintaining a high level of program quality.

HIGH FIVE[®] training, resources, policies and procedures and evaluative processes have been developed to empower organizations to focus on the elements that impact healthy child development and to instill quality in sport and recreation programming for children. Registered Organizations benefit from the support system of specialized training, innovative tools and resources to help move toward the goal of quality assurance and possibly Accreditation.

HIGH FIVE[®] was conceived in 1994 by Parks and Recreation Ontario and launched in November 2001. Since then, more than 33,000 persons have been trained in the Principles of Health Child Development, 4,500 trained in using the QUEST 2 and 700 as **HIGH FIVE[®]** Trainers.

“**HIGH FIVE[®]** ensures that children have positive experiences in our program from the moment they enter our facilities. It has given staff insight into the role they play in creating positive memories for these children **HIGH FIVE[®]** has also helped to create safe environments where children feel welcome.”

*Tracy Burns-Gagnon,
Community Recreation Programmer
Halifax Regional Municipality*

“You know, we've just opened this \$12 million facility and it is more important to us what happens inside of it between our staff and the children than the profile of this building development. We will continually focus on the well-being of children - they are our community's future and **HIGH FIVE[®]** has provided us with the tools and processes to do this well and in a way that is grounded in research and leads us to consistent quality.”

*Shirley Eggleton,
Chair of Public Works
City of Peterborough, Ontario*

