

Free Professional Development Opportunity for Physical Activity Promoters

The Opportunity

With funding from the Ministry of Health Promotion, Parks and Recreation Ontario (PRO) is pleased to provide Physical Activity Promoters the opportunity to become HIGH FIVE® Trainers and to deliver the Principles of Healthy Child Development (PHCD) training in their community. These training sessions are being offered free of charge and for a limited time. PRO has partnered with several provincial organizations with links to public health to promote this opportunity.

What is HIGH FIVE®?

- **HIGH FIVE®** is Canada's only quality standard for children's sport and recreation.
- **HIGH FIVE®** provides training, resources and tools to help organizations ensure positive and quality experiences for children participating in sport and recreation.
- **The Principles of Healthy Development (PHCD)** is specialized training that teaches front line leaders how to use the HIGH FIVE® Principles of healthy child development to provide an exceptional learning experience for children in their care.
- **Using the HIGH FIVE® QUEST (QUEST 2)** is designed to teach supervisors how to improve the quality of their children's programs by learning how to measure them with the HIGH FIVE® scientifically validated QUEST (Quality Experience Scanning Tools.)

How will HIGH FIVE® training benefit Physical Activity Promoters?

Physical Activity Promoters are aware of the importance of quality assurance standards in program delivery and of the impact that positive recreation and sport experiences can have on children – and on their mental and physical development. Research shows that a child's experience in sport and recreation is enhanced by leaders, coaches and instructors who are trained in the HIGH FIVE® Principles in Healthy Child Development. A quality experience in physical activity will encourage children to stay active for life.

Physical Activity Promoters who are trained in the Principles of Healthy Child Development (PHCD) and then go on to be HIGH FIVE® Trainers delivering PHCD in their community will:

- Be better equipped with the knowledge, tools, resources and training to promote children's mental health and physical across Ontario
- Gain expertise in healthy child development;
- Be certified as Trainers to deliver PHCD in their community

HIGH FIVE® training compliments the Physical Activity Promoter's expertise and experience and provides them with additional valuable skills to share in their community.

A recent report by Dr. Kellie Leitch, the Federal Advisor on Healthy Children and Youth, highlighted the need for increased sensitivity to children's mental development.

HIGH FIVE® has developed quality assurance standards and training to support the safety, well-being and healthy child development of children in recreation and sport programs. This doesn't just apply to physical health but mental health as well" – Dr. Kellie Leitch



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This free opportunity includes:

- Costs for all trainings and materials
- Travel* (for participants traveling from outside a 100km radius)
- Hotel during Becoming a HIGH FIVE® Trainer workshop (for participants traveling from outside a 100km radius)
- Lunches during Becoming a HIGH FIVE® Trainer workshop

***Travel eligibility will be determined once training sites are chosen**

This training is for Physical Activity Promoters who:

- Have a demonstrated commitment to children
- Have demonstrated experience in delivering training programs and/or strong presentation skills
- Have some experience in children's recreation and sport
- Have some knowledge of children development

Time commitment for becoming a HIGH FIVE® Trainer:

Successful candidates will be required to complete three separate courses in order to become HIGH FIVE® Trainer

Steps	Course	Length	Estimated date of completion
Step 1	PHCD	1 day	Feb-Apr 2010
Step 2	QUEST 2	1 day	Feb-Apr 2010
Step 3	Becoming a HIGH FIVE® Trainer	2.5 days	May-June 2010

As part of this funded opportunity, once a candidate becomes a HIGH FIVE® Trainer, they will be required to deliver 2 PHCD's by March 2011.

Next Steps

If you are interested or know of someone who would be interested in this opportunity, please send in a name, email and phone number to smcarthur@prontario.org. You will then be sent a:

- Candidate Information Package
- Trainer Application Form
- Trainer Agreement

Please review the candidate information package, read the Trainer Agreement and fill out the Application Form.

Full applications must be received by ~~February 12, 2010~~. **Extended to February 23, 2010.**

Applications should be faxed to 416.426.7371, attention: Simone McArthur.

Once full applications have been received, candidates will be informed of the status of their application within 48 hours.

HIGH FIVE®

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