

Physical Activity

Best Management Practices & Policies

Keep Kids Busy

Physical Activity and the Benefits of Doing it Regularly

Employee Wellness - Free Access to Recreation Facilities

NWT Water Smart...Making NWT a Safer Place to Live, Work & Play

Culture & Community of Traditional Games

NWT HEALTHY COMMUNITIES Toolkit

*Keep Kids Busy ...
and out of trouble!*

After the school day ends, is when most extracurricular activities take place. Times and program lengths vary, but one thing that remains consistent is that an involved kid is a busy kid. The busier the schedule, the less time there is to engage in trouble.

If a kid is going to get into trouble, they will most likely do so between the time school ends and the time parents arrive home from work. Simply put, filling this unsupervised time with extra-curricular activities gives kids something constructive to do.



Keep Kids Busy...

BUSIER SCHEDULES KEEP KIDS OUT OF TROUBLE!



Aklavik: Lack of Youth in Justice

It was a simple solution for a small community of 600 people located on the Peel channel of the MacKenzie River Delta 113 km south of the Arctic Coast. **“Keep the Kids Busy...and out of Justice.”**

By keeping the kids in the community “really busy” and introducing new activities, it would keep their mind off going to break into someone’s house, or off doing any criminal activity.

The community also credits the participation of the RCMP to the

success of not having to refer any Aklavik children to the local community justice committee in the past 6 months.

By having positive role models, creating new activities, and the revival of Aboriginal Games the children of Aklavik have set new goals and sights on life.

The saying goes “it takes a village” but in this case a community to come together for the children of the future.



Consideration of Extracurricular Activities

Age Matters: The supervision that extracurricular activities provide is just as relevant as the activities themselves. Since kids begin to form their own decisions about right and wrong between the ages of nine and sixteen, the more adult guidance they have during this time, the better. Participation in after-school programs enriches kids and strengthens their self-esteem, making it easier for them to resist dangerous temptations. A kid that focuses all of their energy on baseball and school has little time to engage in drug and alcohol use or run with a gang.

Academics: Focus on academics is an important part of any extracurricular program. Just because kids are throwing a ball around or playing their favorite instruments, doesn't mean that their learning is on the back burner. For instance, many schools only allow students to participate in extracurricular if they pass their core studies and display appropriate behavior in the school environment. Thus, kids place more emphasis on good behavior and making the grade, than they do roaming the streets and looking for trouble.

Balance: There is such a thing as being too busy and the participation in after-school activities can be overwhelming to some kids. This is especially true for students who engage in more activities than they can handle. Activity overload can actually undo all of the good that extracurricular programs provide if a kid has no time for homework or studying. A healthy balance between home, school and after-school programs is essential.





RCMP Const. Sebastian Andrews, who is currently stationed in Fort McPherson, N.W.T., turned heads during a spring carnival festival in Tsiigehtchic, when he participated in virtually every event of the festival.

Jayneta Pascal...

Aklavik's Justice Coordinator, says when it came to preventing youth from committing crimes, Pascal came up with a simple but effective solution: just keep the kids really busy!

Pascal explains that it helped to reach out early to youth to ask them what activities they'd like to take part in.

Find Your Community Champion

Community Champion: RCMP Constable Sebastian Andrews

Const. Sebastian Andrews has been in the North for almost 5 years. Andrews made a name for himself during his prior posting in Tuktoyaktuk.

There, with the sponsorship of Gatorade, he launched an after school fitness program called **Tuk Power**, which regularly attracted groups of 15 to 20 kids in the back of the RCMP garage.

Andrews thinks the program even helped Tuktoyaktuk achieve its zero youth crime rate during his stint.

Andrews says that his approach by policing is partly shaped by his own childhood experience and luckily the RCMP were very supportive - **"that I wanted to give back to the youth."**

Tap in to the Champions or Volunteers in your Community...

1. Motives: Champions or volunteers in your community no doubt have good hearts and believe in your organization's work. But most volunteers have additional reasons for volunteering. Ask volunteers what they'd like to get from their experience, and look for ways to satisfy that.

2. Make Volunteering Convenient: Be willing to work around schedules.

3. Make Volunteering Fun: Ensuring the volunteers get an opportunity to share and be part of the big picture which are likely to include their own motives.

4. Show Appreciation: Every volunteer wants to know that he or she is making a difference and advancing the cause.



NWT HEALTHY COMMUNITIES Toolkit

Developing Habits

For children and teens to grow up healthy, it's important they are physically active and eat healthy foods every day.

To help children develop habits that will last a lifetime, an active, healthy lifestyle must start early in life.



Physical Activity

AND THE **BENEFITS OF DOING IT REGULARLY**



Benefits of Physical Activity

- Reduce your risk of heart attack
- Lower blood cholesterol
- Lower risk of Type 2 Diabetes and some Cancers
- Feel better - more energy, better mood, more relaxed
- Manage your weight better
- Lower blood pressure
- Stronger bones, muscles, joints and more
- Strong immune system - quicker recovery time

Things to Remember:

Aim for at least 30 minutes of physical activity everyday

See everyday activities as a good opportunity to be active

Try to find time for regular exercise

Minimise the amount of time spent in prolonged sitting



Kids with ready access to unsupervised outdoor play have better developed **motor skills, social behaviour, independence and conflict resolutions skills.**

Get out of the way ... and let them play!

Outdoor play is essential because **kids are more active when they're outside**

We may be so focused on trying to intervene in our children's lifestyles to make sure they're healthy, safe and happy, that we are having the opposite effect. We overprotect our kids to keep them safe, but keeping them close and keeping them indoors may set them up to be less resilient and more likely to develop chronic diseases in the long run.

Parents: Encourage your children to engage more fully with their outdoor environments in a variety of weather conditions. When children are supported to take risks, they have more fun and learn how to assess and manage risk in all areas of their lives.

Educators & Caregivers: Regularly embrace the outdoors for learning, socialization and physical activity opportunities, in various weather conditions - including rain and snow.

School & Child Care Administrators: Choose natural elements over pre-fabricated playgrounds and paved areas - and encourage children to play in, and help design, these environments.

Schools & Municipalities: Examine existing policies and bylaws and reconsider those that pose a barrier to active outdoor play.



Access to active play in nature and outdoors - with its risks - is essential for healthy child development.

We recommend increasing children's opportunities for self-directed play outdoors in all settings - at home, at school, in child care, the community and nature!



Being on the Land

Being on the land is part of an active healthy lifestyle with the benefit of enjoying the sport of the game, commune with nature, and bringing home a feast to the families in your community.

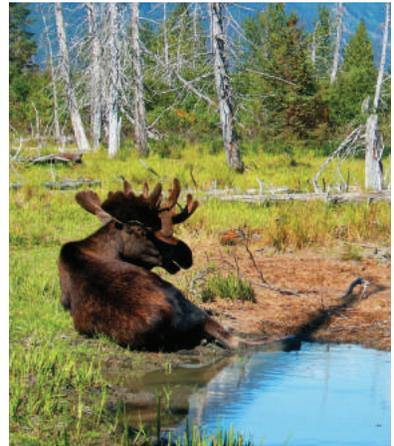
1. Connection with Family and Friends: Being on the land is a natural physical activity that can be done in solitude or socially, with friends and family.

2. Exercise: Being on the land is physically demanding. Whether it is preparing blinds, tending food plots, scouting the woods, hiking into fishing holes, or skidooring to camp. All this preparation is far healthier than that of a sedentary lifestyle.

3. Connecting with Nature: Being in nature provides time to clear your mind. There is no rush, no schedule, no deadlines; nature moves at its own pace. Outdoor exercise is associated with a decrease in tension, anger, and depression when compared to indoor activity.

4. Nutrition: The objective of being on the land is to bring home game meat and eat the fruits of your labour.

5. Adrenaline Boost: Catching wild game can be an exhilarating thing to do!



Being on the Land emphasizes the importance to support the Northern Traditional Games

For more information on the Northern Traditional Games please refer to Smart Management Practice: Culture and Community of Traditional Games

Funding Opportunities with NWT Recreation & Parks Association:

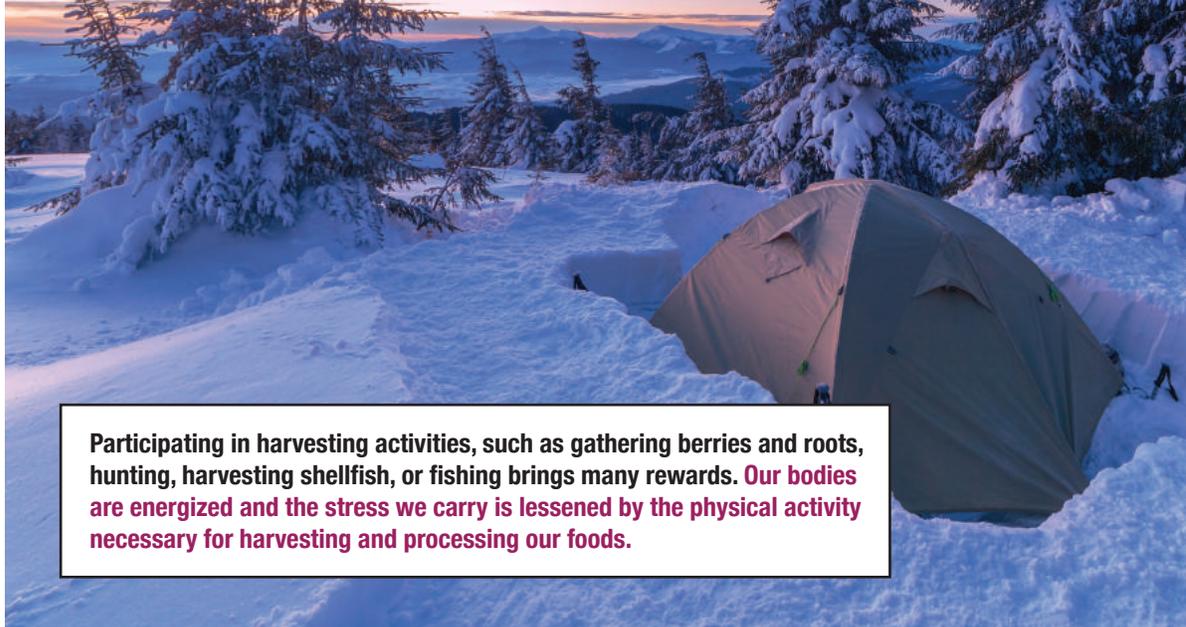
NWT on the Land Collaborative Fund was created to promote & support on-the-land initiatives in the NWT by providing easier access to funding and other resources. There is a lot of interest in on-the-land programs, but funding the money to run these programs can be a lot of work for communities and organizations that have to apply to many different places to get the funding & support they need.

For more info on **On The Land Collaborative Fund** visit:

www.nwtrpa.org/on-the-land-programs/otl-collaborative-fund.html

For more info on these programs offered at **NWT Recreation & Parks Association** please contact:

P: 867-669-8375
www.nwtrpa.org/on-the-land-programs.html



Participating in harvesting activities, such as gathering berries and roots, hunting, harvesting shellfish, or fishing brings many rewards. Our bodies are energized and the stress we carry is lessened by the physical activity necessary for harvesting and processing our foods.

Suggestions for On The Land activities:

Schools and communities across the NWT believe that the traditional way is “Fish camps come before classrooms”. Here are a few suggestions your community could offer:

- Berry Picking 101: Learning which berries are growing around your community and safe to eat. Picking the berries and bringing them back to make jam preserves. (In Tsiigetichic, the Elders volunteer to go on the land and teach students)
- Participating in fish camps and learning how to make dry fish. (Many schools across the NWT offer a fish camp during the school year. In many cases the teachers explain this to be a teach the teacher activity which is a great confidence boost for our youth)
- Being on the land and learning to use the natural resources (i.e.: moss is great for cleaning the dishes)
- Learning about winter safety and survival techniques. This is a requirement if you are going out on the land by skidoo or foot.
- Learning to use a compass or GPS.
- How to paddle and properly operate a canoe.
- Camping Out: learning what is involved in packing and setting up camp; lighting and maintaining a campfire; collecting wood and essentials for your stay.

Are these activities something your community would be interested in offering for the youth?

Through On The Land Programs, the NWTRPA supports community leaders in creating and sustaining activities and programs that help youth:

- Feel confident and safe in the outdoors;
- Develop a connection to their cultural heritage;
- Experience on-the-land learning, and;
- Have fun!

NWTRPA offer risk management packages and workshops, Paddle Canada canoe certifications, Red Cross wilderness and remote first aid, winter safety and survival workshops, and GPS workshops. NWTRPA also support the planning and delivery of and-based programs.



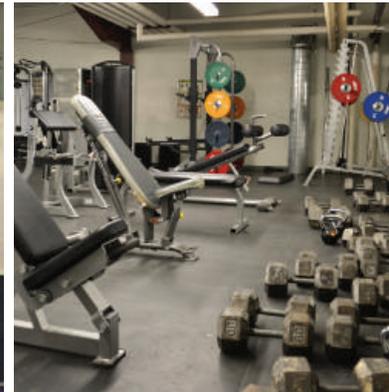
NWT HEALTHY COMMUNITIES Toolkit

Healthier, Happier Employees!

Studies have shown that employees are healthier and happier if given employment benefits that promote wellness. As a community that operates recreational facilities, why not provide employees with free access to community recreation facilities. By adding this benefit it will boost staff morale as well act as an attraction/retention for employees!

Employee Wellness

FREE ACCESS TO RECREATION FACILITIES



What can you offer to your employees as part of the Health & Wellness Benefit?

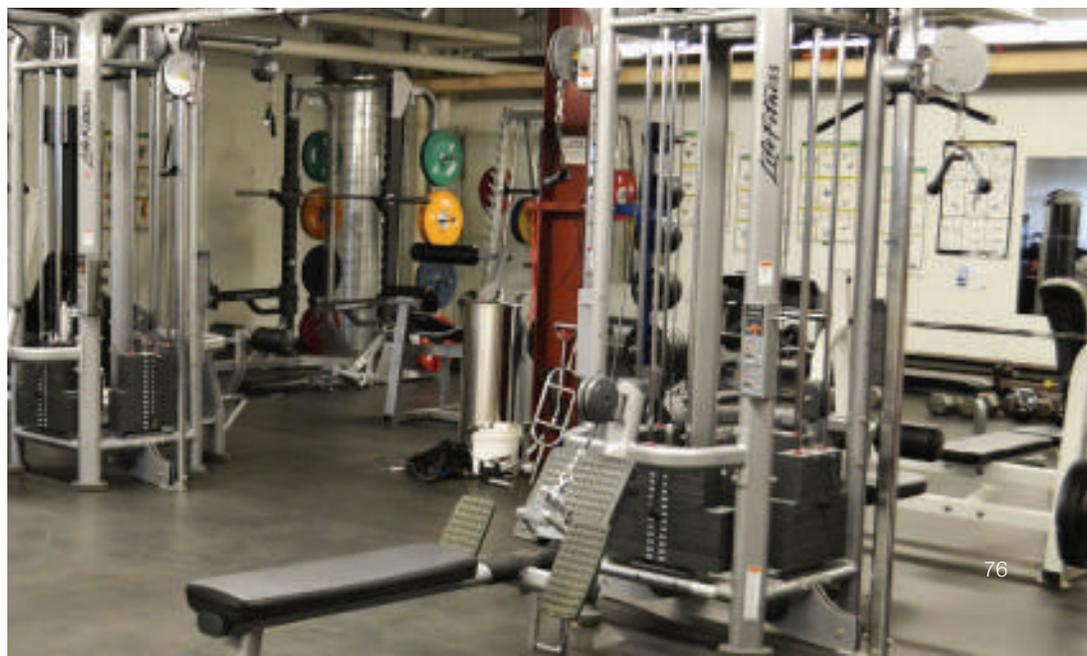
- Membership to Community Gym
- Cover or subsidize Wellness Program
- Pool or Arena passes for employee and/or their families
- Host staff parties at the Pool, Arena, or Curling Club
- Free fitness classes
- Support Employees by taking part & offering a flex time benefit where feasible.



Benefits of being *Physically Active*

- Employees are less likely to be sick
- Reduced health care expenditures
- Reduced Absenteeism
- Employees have more energy
- Higher level of self- confidence & inspires confidence in others
- Employees more likely to be goal orientates at work
- Acceptable to the public as its costs the community nothing.
- Employment benefit for attraction/ retention of staff
- Demonstrates that the community values its staff
- Less stress and better focus

ALL OF THIS AT NO ADDITIONAL COST TO THE COMMUNITY!



NWT HEALTHY COMMUNITIES Toolkit



Be Water Smart...

The NWT Water Smart Program is available to every community in the NWT

NWT Communities have engaged with the Lifesaving Society to build awareness and provide opportunities to develop skills that will keep their communities safe in, on and around the water. The Northwest Territories Water Smart® Program can be adapted to meet the unique needs of each community. In the community the Lifesaving Society and community members will work together to deliver Water Smart education.

The Northwest Territories Water Smart Program provides education on safe boating practices, wearing of lifejackets/PFDs, learning Swim to Survive skills, and establishing safe waterfronts and boat launches.

NWT Water Smart

MAKING NWT A SAFER PLACE TO LIVE, WORK & PLAY



Lifejacket Loaner Stations in the NWT

Lifejacket Loaner Stations provide lifejackets for the public to borrow, at no cost, and then return after use. Lifejackets of all sizes are readily available - when and where they are needed most. Lifejacket Loaner Stations are a collaboration between the **Lifesaving Society & Alberta Parks**.

Lifejacket loaner stations are available at:

- Fred Henne Beach Territorial Park (Yellowknife)
- Hay River Territorial Park (Hay River)

Consider a lifejacket loaner station for your community!



Boating and Fishing Tips from the Lifesaving Society

WaterSmart® Tips
Top Tips for Swimmers from the Lifesaving Society...

Know before you go. Check the weather forecast.

Closely supervise young children near water. If you're not "within arms reach", you've gone too far.

Always swim with a buddy. And play and swim in areas supervised by a lifeguard.

Protect your neck. Go feet first, first time. Never dive into shallow water.

Learn to swim and learn lifesaving skills.

Top 10 Boating and Fishing Safety Tips

- 1. Lifejackets. Choose it - use it! Always wear a lifejacket or personal flotation device (PFD)!** Don't just have it in the boat, pick one and **wear** it.
- 2. Boat sober.** Booze/Drugs and boating don't mix. Alcohol intensifies the effects of fatigue, sun, wind and boat motion to negatively affect balance, judgement and reaction time.
- 3. Get carded.** Get trained in boat safety. You can get ready for the Pleasure Craft Operator Card test by taking a Lifesaving Society **Boat Operator Accredited Training (BOAT)™** course. The course will help you to know the "rules of the road", how to respond in a boating emergency, and how to operate a pleasure craft safely. Everyone who operates a power-driven boat needs proof of competency.
- 4. Know before you go. Check the forecast and create a simple safety checklist.**
- 5. Wear the right gear!** Wear your lifejacket or PFD, of course, as well as good sunglasses, sunscreen and appropriate clothing. Paddles, whistles and flares are the right gear, too.
- 6. Drive your powerboat or PWC responsibly.** Look before you act, stay low, drive at moderate speeds, be aware of changing weather conditions, and drive with extreme caution and proper lights after dark.
- 7. Never stand up in your small powerboat, canoe or other similar watercraft.** Numerous drownings occur when people stand up and move around their boat.
- 8. Get trained - take Lifesaving Society courses.** Be prepared in the event of a crash-whether your boat capsizes or you need to rescue someone else. Become aware of the dangers of cold water.
- 9. Don't overload.** Avoid capsizing by following the load restrictions of your craft. This includes not only the number of passengers, but also the weight of your gear.
- 10. Follow the rules of the road.** Be courteous of others using the waterways and obey all boating rules. Be watchful of swimmers and other boaters, and **always** have a spotter for water-skiers and tube riders.



Isn't it just swimming lessons?

Swim to Survive is different than swimming lessons - and not a replacement for them. Swim to Survive teaches just the essentials needed to survive an unexpected fall into deep water - an important first step to being safe around water.

How Inuvik made Swim to Survive a Reality for the Youth

Town council approved donating pool hours and personnel to administer the lessons.

The cost of the donated pool hours was estimated at \$17,550. This helped all public school students and preschool students get their basic swimming skills.

The program teaches youth how to deal with the initial shock of being in water and teach kids how to tread water, at the very least along with boat safety.

As part of the initiative, the Inuvialuit Regional Corporation and Gwichin Tribal Council provided funds to purchase life-jackets for each student who completed the program. The life-jackets were estimated at \$14,000. There was a wonderful completion ceremony presided over the Mayor where every student marched into the gym with their life-jacket on. A proud moment for the Town of Inuvik!

Challenges

Working with the schools to bring each student for a few swimming classes each week. This program enabled an opportunity for a strong partnership between the schools and the Town of Inuvik to work together to make this a reality for all students.

Positive Outcome!

The number of calls the fire department receives every year was concerning regarding youth-related incidents involving water safety. The Town is more confident knowing that each student has been given the opportunity to learn and be prepared for water safety. Inuvik's goal was to continue the partnership and has made swimming lessons a part of the phys-ed curriculum. The Town has also offered the program to non-swimming adults as well!

Swim to Survive

Inuvik's goal was simple:

Teach every student in town the basic swim lessons needed to stay afloat! Swim to Survive is important to the whole community, because of how much time is spent on water during the year.





Ice Safety Tips

1. Use designated ice surfaces

Many communities have designated ponds for activities such as skating that are maintained by knowledgeable personnel. Designated ice should be regularly tested to ensure that it is thick enough and strong enough for recreational use.

2. Measure ice thickness in several locations

Local conditions such as currents and water depths can affect ice thickness. Consult knowledgeable local individuals. Recommendations for ice thickness are based on clear, blue or green ice:

3" (7cm) or less - STAY OFF!

4" (10cm) - ice fishing, walking, cross country skiing

5" (12cm) - one snowmobile or ATV

8"-12" (20-30cm) - one car or small pickup truck

12"-15" (30-38cm) - one medium truck (pickup or van)

3. Avoid traveling on ice at night

At night it is very difficult to see open holes in the ice. This is a frequent cause of snowmobile drownings.

4. Never go onto ice alone

A buddy may be able to rescue you, or go for help if you get into difficulty. Before you leave shore, tell someone where you are going and expected time of return.

5. Stay off river ice

River currents can quickly change ice thickness over night or between different parts of the river.

6. Never go onto ice alone

Wear a lifejacket or PFD over your snowmobile suit or layered winter clothes to increase your survival chances if you do go through the ice.

7. Wear a snowmobile flotation suit or a lifejacket

Include ice picks, ice staff, rope, and a small personal safety kit in your pocket, which should include a lighter, waterproof matches, magnesium fire starter, pocket knife, compass, whistle and a cell phone.

8. Avoid alcohol

Alcohol impairs your judgment and speeds up the development of hypothermia.

9. If you drive on ice, have an escape plan

Open your windows, unlock your doors, ensure seat belts are unfastened and turn on your lights to allow you to quickly escape from your vehicle should it go through the ice.

10. Always supervise children playing on or near ice

Children should always be under adult supervision. Children that aren't within arm's reach have ventured too far. Insist that they wear a lifejacket/PFD or thermal protection buoyant suit.



For more information on the Programs and Services offered with the
NWT Lifesaving Society please contact the office at (780) 415-1755 or
visit their website www.lifesaving.org

NWT HEALTHY COMMUNITIES Toolkit

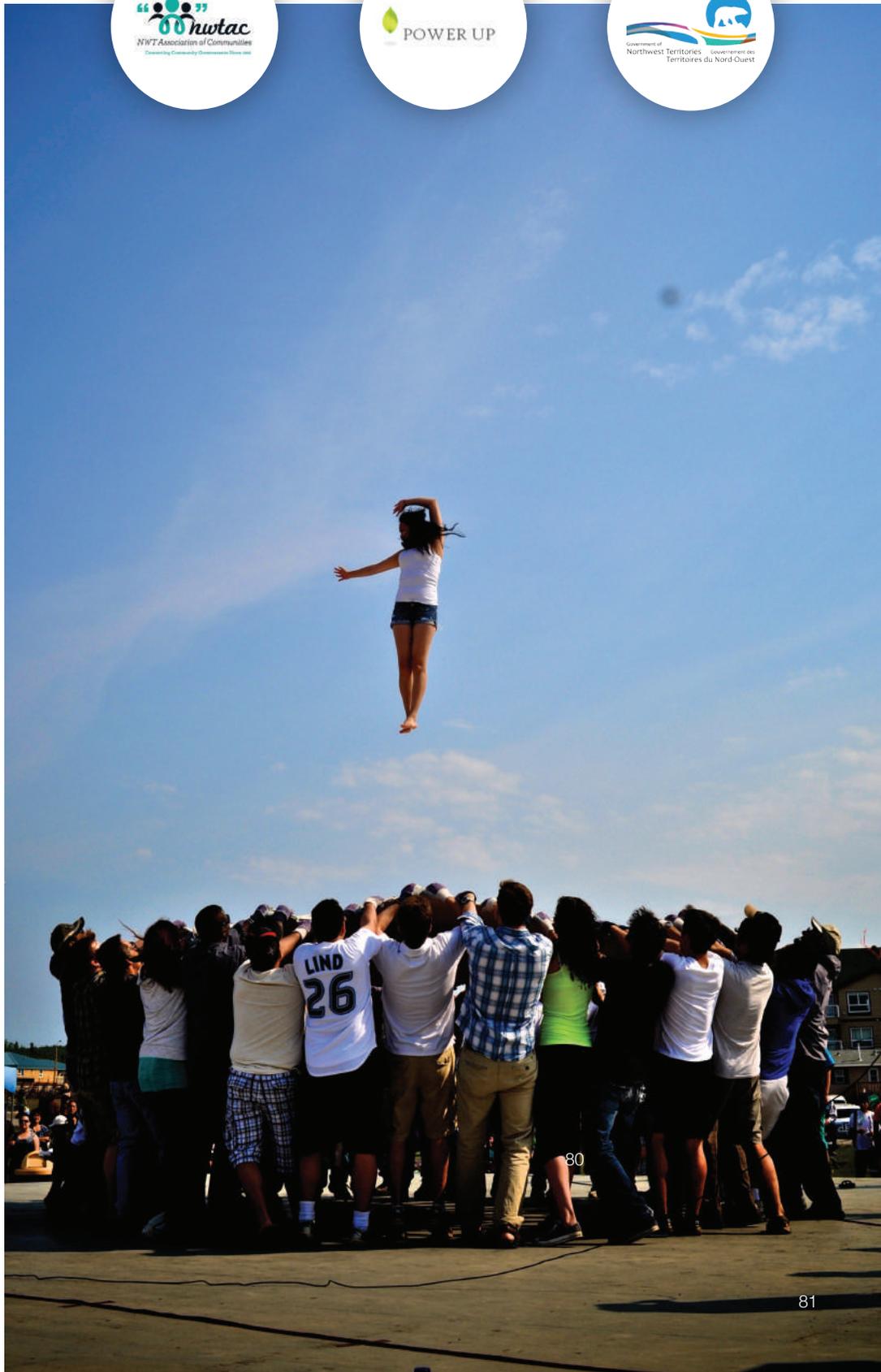
Importance of Tradition

Traditional Games help enhanced the connection of our culture throughout time.

Not only by playing a significant role in encouraging young and old to sharpen their skills on the land and survival, but connecting young and old, showing respect for the land and animals in the making of the different tools used in the games. It is another conduit in the sharing of traditions and teachings.

The games strengthen the relationship we have with each other, the land and its wildlife, and our history as we move forward in a modern world. Building on the inner strength we all have, the games prepare fine motor skills and discipline to youth, as we grow the games takes a role of not only physical strength but mental strength. These are not just games, but a way of life connecting growth and responsibility into the lives of those of those who wish to be part of them.

Culture & Community OF TRADITIONAL GAMES





Blanket Toss (Nalukatuk)

Benefits of Traditional Games:

Keeps the traditions of celebration, gathering and sharing alive. Source of pride and cultural reflection.

Develops strength, endurance, agility, survival, resistance to pain, patience and teamwork.

Practising the values customs of the past by coming together in a spirit of fun and friendly social exchange.

Provide many opportunities for leadership development and peer cooperation skills.

Wonderful elements of positive good mental health.

Promotes community relationships with youth, adults and elders in the community.

Lifelong activity that promotes lifelong physical activity.

Requires minimal equipment or facilities. Therefore not expensive like many other sports.

Reinforce the power of culture and the traditional ways that people are able to have fun on the land.

The blanket toss originated with Inuit hunters because someone who was tossed into the air could spot caribou, whales, or other animals in the distance.

Elders also speak of a time when the blanket toss was part of the ceremony to mark the close of a successful whaling season. Whaling captains were first to be tossed and while high in the air, they would throw gifts such as baleen and tobacco to the crowd.

The blanket toss (Nalukatuk) is arguably the most widely recognized event in the Northern Games. A large group of "pullers" gather around the edges of a blanket to stretch it out at waist height. After a participant climbs into the centre, the pullers rhythmically raise and lower the blanket.

Recommendations for Communities

Work with local aboriginals organizations to organize the following:

- Host competitions
- Orientation programs for new members and visitors to your community
- Make it a part of the Youth Programming in your recreation department