

PROVINCIAL ACTIVITY GUIDELINES FOR AFTER-SCHOOL PROGRAMS IN ALBERTA

The Provincial Activity Guidelines for After-School Programs in Alberta are a resource to support organizations in offering quality after-school programs that support Alberta's children and youth to be healthy and physically active.

The Guidelines provide three key recommendations for offering quality after-school programs and a number of strategies for program managers and frontline leaders that can be used to implement these strategies.

The three recommendations are as follows:

-  offer an after-school program that allows children and youth to accumulate at least 30 minutes of developmentally appropriate moderate to vigorous physical activity;
-  offer an after-school program that serves all children and youth including those most at risk of being inactive (e.g., girls, older youth, those with a disability and individuals with greater financial need); and
-  offer high quality programming that prioritizes collaboration and continuous improvement.

Visit www.abactiveafterschool.ca for more information on these Guidelines and the supports available to you for implementation!

