

# PROVINCIAL ACTIVITY GUIDELINES FOR AFTER-SCHOOL PROGRAMS IN ALBERTA - GUIDELINE PILOT SUMMARY



In fall 2016, the Recreation and Physical Activity Division of the Ministry of Culture and Tourism awarded a Macro Grant to Ever Active Schools. The purpose of the project was to increase physical activity in children and youth by enriching after school programs with physical activity. This was achieved through the development and implementation of active after school guidelines and provision of support through a community of practice.

The Guidelines were piloted in 4 sites across the province: Wizkid's AfterSchool Program (Brooks), Boys & Girls Clubs of the Foothills (Black Diamond), OLR Kidz Club (Sylvan Lake) and Groovy Kids Club (High Level).

Training to support the implementation of the Guidelines is being developed and was trialed during the pilot phase. Two of the pilot sites (Brooks and Black Diamond) participated in hands-on professional learning in addition to the standard support provided.

Amounts of physical activity pre and post implementation of the guidelines were tracked using pedometers. Data was analyzed pre and post, overall and by gender to see any differences between boys and girls enrolled in each of these after school programs.

Key informant interviews were also conducted with the program leaders and an online survey was used to gather feedback on the pilot and the Guidelines. This data can be found on the following page.

WIZKID'S  
AFTERSCHOOL  
PROGRAM

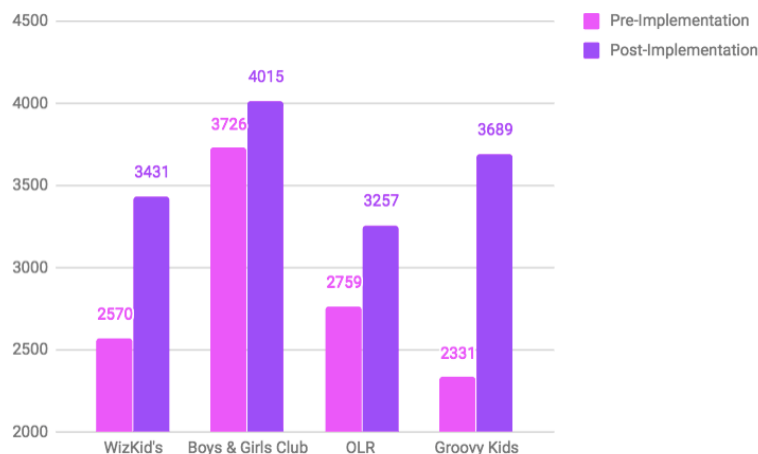
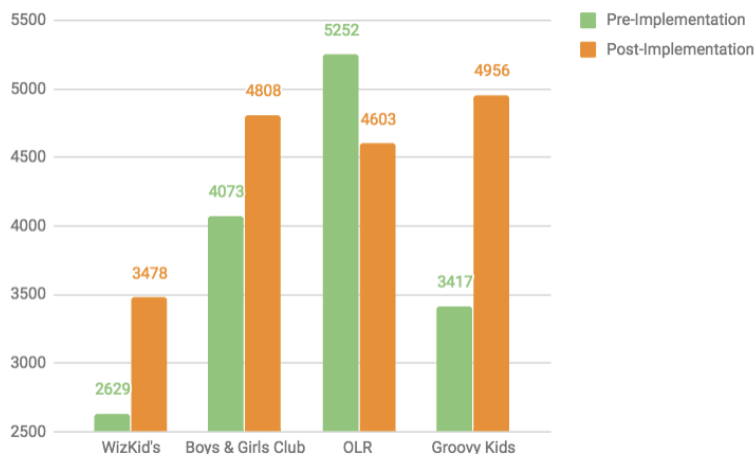
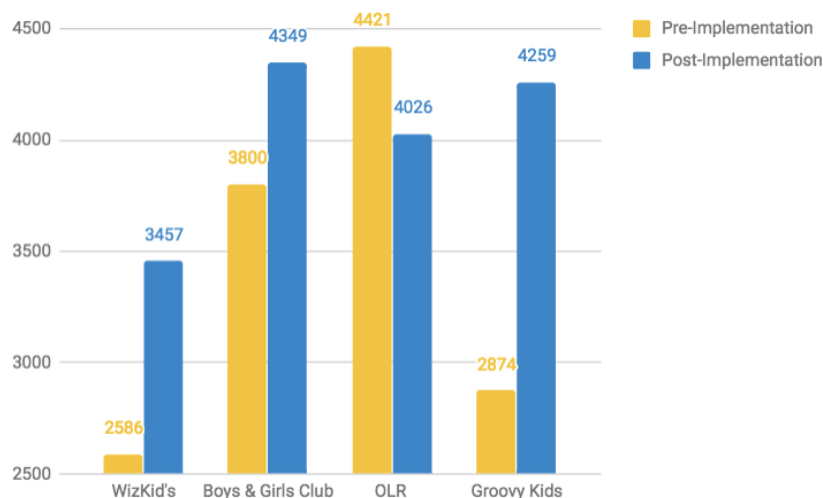


Boys & Girls Clubs  
of the Foothills  
Great futures start here



## PILOT DATA & FEEDBACK

These charts display a comparison of pedometer steps pre and post implementation of the guidelines. The chart to the right displays overall steps pre/post, the chart on the bottom left displays boys steps pre/post and the bottom right chart displays girls steps pre/post. The Guidelines suggest 4600 steps/day.



All of the programs, with the exception of OLR, increased their physical activity levels, some of them by more than 25%. Overall, the programs also narrowed the gap between boys and girls in terms of amounts of physical activity. OLR's decrease in steps could be explained by the type of physical activity the students were participating in, particularly the boys. The post pedometer data was collected in the spring - meaning much more time was spent outdoors.

At the end of the pilot program leaders were asked to identify the biggest barriers to implementation and the most common barriers were:

- Lack of training available to after school programs,
- Lack of staff knowledge,
- Programming structure which usually doesn't offer 'organized' activities,
- Weather, and
- Space

