



GET YOUR COMMUNITY INVOLVED!

# RED FOX WAKING



An Active Outreach project

Building a future that is fit and fun

for everyone

[www.activecommunities.bc.ca](http://www.activecommunities.bc.ca)



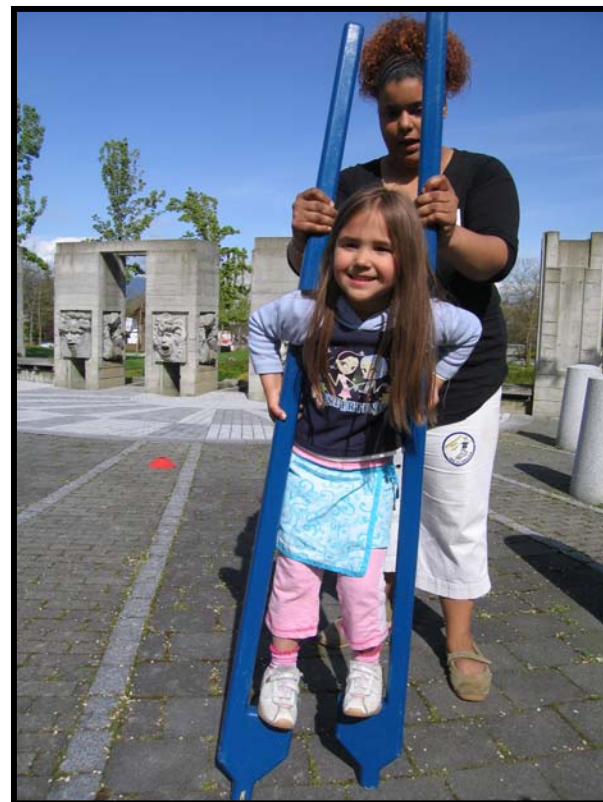


# What is Red Fox Waking?



GET YOUR COMMUNITY INVOLVED!

**a Vancouver Active Communities pilot project of recreation events and leadership training supporting Aboriginal families to increase their activity, health and capacity levels.**





# Who Made RFW Happen?

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- Funded by the UBCM
- Sponsored by the Vancouver Park Board
- Delivered by Active Outreach
- Hosted by Helping Spirit Lodge Society





# Who Benefited?

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- 180 children, youth and parents participated in 11 recreation events at Vancouver Park Board facilities from February to April 2007
- 10 parents and youth took leadership training



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BC

**RED FOX TRAIL TRACKER**

March 17  
12:00pm to 4:00pm  
Break Dancing with  
Rhythm and Action Warehouse  
and  
Active Kids Playshop- Circus Arts,  
Hip Hop dancing and Active Games

At Britannia Community Cafeteria  
1661 Napier Street (by the tennis courts)

Follow Red Fox's Tracks to Adventures in Fitness & Fun.

For Aboriginal Families and your friends. Explore different ways to be active.  
Join the Fun on Saturday Afternoons and on Spring Break  
For free family outings and activities see to April 2007.  
A set shuttle and bus tickets may be available. Seats provided.  
Call them at 604-293-2572 to find out more.

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# Why was Red Fox Waking developed?



GET YOUR COMMUNITY INVOLVED!

RFW supported three of the goals of Act Now BC, a cross-governmental health promotion initiative to improve the health of British Columbians:

- Increasing physical activity
- Increasing healthy eating
- Supporting weight management



ActNowBC

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GET YOUR COMMUNITY INVOLVED!

Vancouver Park Board  
**Active Communities**

Parks and Gardens **Recreation** Board Meetings For Your Information News



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**Step it Up**  
**20%**

Vancouver Steps it Up to be 20% More Active by 2010!

Vancouver Park Board and the City of Vancouver have taken the lead to increase the physical activity of residents 20% x 2010 and pledge to inspire and encourage residents every step of the way!

[Click Here to Learn More...](#) 

Active Outreach was formed to create Vancouver Active Communities programs that reach out to sedentary groups to help them become more active and make healthy choices.

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# Active Adventure Passport Program

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**ACTIVE ADVENTURE PASSPORT**

This six week Passport Program introduced Vancouver elementary students to a series of local fitness adventures.

**Goals of the Fitness and Adventure Passport**

The goal of the "Active Adventure" passport is to provide a six week series of fitness adventures for Vancouver Elementary School students. These adventures will include free swimming, skating, wall climbing and park exploration. The focus of the passport is to help students become more aware of local fitness opportunities.

**Timeline for the Active Adventure Passport**

The Active Adventure Passport is being rolled out in stages:

- 2006 - Pilot project was conducted at Tillicum Elementary School
- 2007 - Develop passport for the Templeton hub
- 2008 - Develop passport for all school hubs in east Vancouver
- 2009 - Develop passport for all elementary students in Vancouver

**2007 - Active Adventure Passport with Templeton Hub Schools**

[Active Adventure Passport](#) [PDF, 3.6Mb]  
[Active Adventure Passport Guide](#) [PDF, 136Kb]

**2007 - ActiveOutreach: Red Fox Trail Tracker**

[Active Adventure Passport](#) [PDF, 1Mb]

**2006 - Passport Pilot at Tillicum Elementary School**

The [program review](#) of the Tillicum pilot project.  
[PowerPoint presentation](#) [PDF, 2.1Mb] of the Tillicum Passport.

Active Outreach works with schools and community organizations through the Active Adventures Passport Series. Red Fox Waking is part of this series.



# Collaborating for success

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Through RFW, Active Outreach forged new partnerships between the Aboriginal community and the Vancouver Park Board to improve the health and fitness levels of Aboriginal families.





# Working Together

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## **RFW brought together**

- **Aboriginal Agencies**
- **Community Centres**
- **Schools**
- **Policing Centres**
- **Environmental groups**
- **Sports & Recreation groups**

**To provide free, fun activities and training for Aboriginal families**

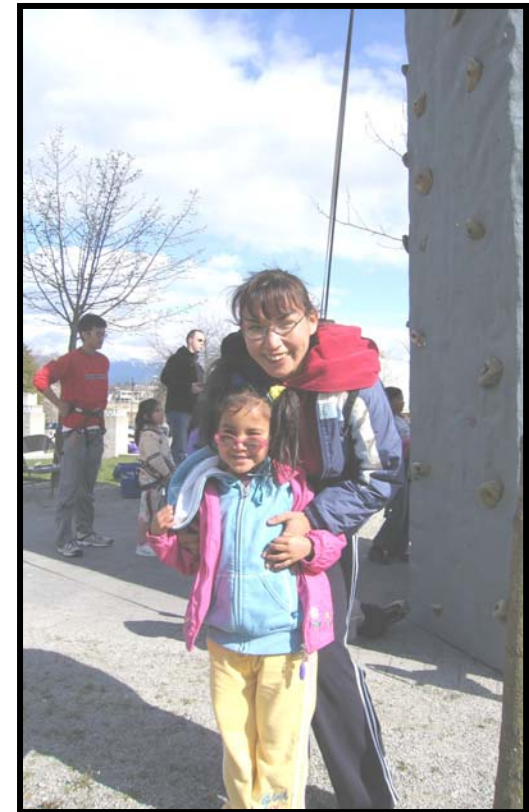




# Key to Success

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RFW is based on the understanding that success comes from building on community strengths and mitigating barriers





# Building on Strengths

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RFW identified, connected and showcased community strengths:

- Parent and youth role models acted as mentors
- Families were shown local, accessible resources in fitness and nutrition





# Increasing Access

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RFW worked around the barriers families can face in being active and making healthy choices:



- Costs**
- Transportation**
- Neighbourhood safety**
- Family support**





# It's all Connected

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- **Exercise**
- **Nutrition**
- **Family and Community Bonding**
- **Capacity Building**
- **Social Responsibility**
- **Environmental Responsibility**





# Supporting Fitness

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**Sustainable activities for children, youth and families were held at community centres, parks and schools**





# Active Infrastructure

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## Families were oriented to local

- Community Centres
- Parks
- Rinks
- Pools





# Supporting Healthy Eating

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**Families learned about nutrition and growing food**



with the  
**Urban Aboriginal Community Kitchen Garden Project**





# Building Capacity

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Parent and youth received training in recreation skills



They took workshops on communication and conflict resolution



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# Supporting Social Responsibility

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Then, the parents and youth led activities for their community





# Caring for the Environment

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Families explored nature locally and at the Aboriginal Gardens at the UBC Farm





# Including Everyone

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## Same Rewards

## Different Challenges



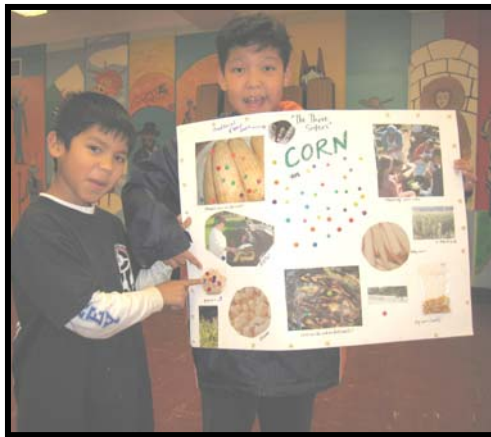
The activities and training were designed to include sedentary people and people with disabilities.

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# Supporting Families

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RFW adapted to the needs of families, to help them to be active together.





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## Red Fox Walking

October 2007 to February 2008

Community volunteers are being trained to lead Red Fox Fun activities at schools and community centres, for the 2008 Active Adventure Passport, to be delivered to 40 elementary schools in East Vancouver.

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# Thanks to our partners

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UNION OF  
BRITISH  
COLUMBIA  
MUNICIPALITIES



Questions? Want to know more? Email us at [activeoutreach@gmail.com](mailto:activeoutreach@gmail.com)

or call Emma Sutherland, Active Outreach Coordinator, at 604.319.2571

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