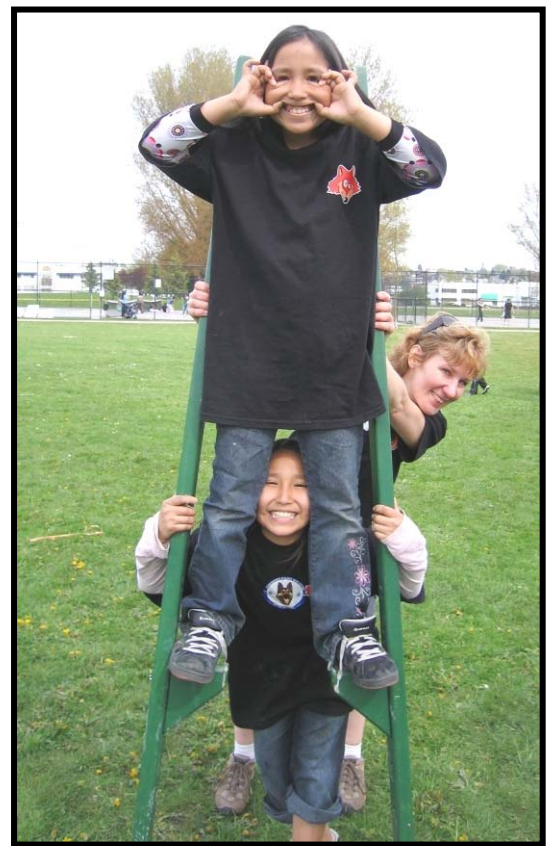




**ACTIVE  
COMMUNITIES™**  
VANCOUVER



# Active Adventure Passport 2008

The [Active Adventure Passport](#) encouraged families to be active by providing 10 free active adventures. These free family adventures included: swimming and skating, exploring local parks and participating in action packed Park Days. Activities at the free Park Days featured: wall climbing, soccer games, urban nature walks, and a mini Olympic obstacle course. The Red Fox program provided fun circus arts such as stilt walking, juggling, pogo sticks and skipping. Free family admission to the BC Sports Hall of Fame was also included as part of the Passport.

The 2008 Active Adventure Passport was part of the City's Active Communities Vancouver initiative. This municipal initiative was part of the provincial ActNow BC! goal to encourage and support British Columbians to adopt more healthy active lifestyles. The Passport program was specifically aimed at supporting children and their families to explore and enjoy local fitness opportunities.

In 2008, more than 20,000 children in 58 Vancouver Elementary Schools, and their families were introduced to active family fun at local recreation parks, pools and ice rinks. Passports were stamped as each activity was completed and participating students received recognition prizes for their participation. The Active Adventure Passport program will be expanded in the spring of 2009 to reach all 40,000 Vancouver Elementary School children.

## Passport Launch Activities

In anticipation of the Passport's spring launch, introductory presentations were given to school administrators, teachers, and Community School Coordinators at 58 Vancouver Schools in east and north Vancouver. These [Active Adventure Passport Presentations](#) were conducted between January and March 2008. Teachers and students received an overview of the passport adventures and were invited to participate in the program and track the students' progress. Teachers were provided with a supplementary [Teachers Active Adventure Guide](#) designed to support and enhance the Passport.

The Passport was launched on March 13, 2008 at Tillicum Annex. This school started the first Active Adventure passport in 2006. Park Board Chair, Korina Houghton; Vancouver School Board Vice-Chair, Carol Gibson; and Principal, Darren Mitzol presided at the [kick-off](#).

## Swimming and Skating

The Active Adventure Passport provided two free family swims and a free family skate at any of the Park Boards nine indoor pools, six outdoor pools and four ice rinks. The leisure pool at Killarney was a popular destination for many families and 5, 287 people used their Passport for a free family swim at Killarney Pool.

## Adventure Park Days

In addition to the free swimming and skating, the adventure passport included five major special event park days. All of the events were well received with 2,500 to 5,000 people

attending each event. Popular activities at the Adventure Park Days included: wall climbing, hurdling over the Olympic obstacle course, Red Fox games and tug-of-war. The Red Fox games were lead by dozens of volunteer leaders. They provided guidance and support as children improved their skills on stilt walking, pogo sticks, skipping, and hula hoops. MoreSports provided pick-up soccer games for the whole family.

The Park locations were dispersed through East and North Vancouver and included:

[Trout Lake Adventure Day](#) on April 13

[Strathcona Adventure Park Day](#) on May 4

[Hastings Adventure Park Day](#) on May 18

[Killarney Adventure Park Day](#) on May 25

Healthy Kids Day at the Langara YMCA on May 31

### **Key Partners**

The following organizations were major contributors to the success of the 2008 Active Adventure Passport.

- The Red Fox Program, coordinated by Emma Sutherland, provided Instructors and trained volunteers to teach stilt walking, juggling, pogo sticks, hula hoops and run the Olympic Obstacle course
- More Sports Coordinator, Dick Woldring, arranged for MoreSports Instructors to lead Mini Soccer Games and provided soccer equipment
- Vancouver Native Health provided healthy fresh fruit at the Park Days
- Trout Lake, Strathcona, Hastings, and Killarney Community Centres' Associations and Coordinators provided helpful Staff, enthusiastic Youth Volunteers, and equipment.

### **Promotion**

The Passport program was promoted through a social marketing theme. All 58 participating schools received PowerPoint presentations about the Passport goals, activities, and incentive program. These presentations were provided at school assemblies and to the school staff teams. The goal was to develop Passport champions who would act as role models and mentors for the students.

A few days prior to distributing the Passports the students took a notice home to their parents. The notice explained the scope and intent of the forthcoming Passport. It was available in English, Chinese and Punjabi.

Before Active Adventure Park Days, the principals received posters that described the many adventures and fun to be had at the next event day. These posters and notices in school newsletters kept the students informed about the Passport roll-out.

### **Recognition Prizes**

All 58 participating schools received recognition prizes for many of the 20,000 students that completed the majority of the active adventures in the passport. Prizes included 1,000 soccer balls signed by Bob Lenarduzzi, 2,000 Frisbees, and 2,000 hacky sacks.

The top ten schools listed below received additional prizes for the children and Teacher Champions who gave outstanding support for the Passport program.

Top Ten Schools for participation:

1. Livingstone
2. Maquinna Annex
3. Nootka
4. Cunningham
5. Dickens Annex
6. Tecumseh Annex
7. Tyee
8. Fleming
9. Mackenzue
10. Begbie

The top three schools, Livingstone, Maquinna Annex, and Nootka were formally recognized in the Fall. The School celebrations also served as a launch of the 2009 Active Adventure Passport, which will be available to all 40,000 Vancouver Elementary School children in the spring of 2009.

### **Recommendations**

The following recommendations will be considered when implementing the 2009 Active Adventure Passport.

Gather feedback from teachers, Community School Coordinators, students, and Community Police representatives via focus groups to plan the 2009 Passport

Work closely with the Community School Coordinators to help promote the 2009 Active Adventure Passport and Park Days

Give a Passport presentation at Vancouver Elementary School Teachers Province-wide Professional Day

Suggest each school and each classroom appoint an Active Adventure Champion to promote the Passport

Include secretaries in the school staff presentations as they are key personnel and receive the Passports, Classroom Point Trackers, posters and prizes. Many of the parental inquiries are handled by the office staff.

Add contact numbers to the Teacher's Guide for activities such as wall climbing and Red Fox Active Adventures. This will enable schools to contact these organizations directly.

Provide the Passport Power Point presentation to the schools to enable them to share it with School PAC and other local organizations.

Report by: Michele Bates, Jim McKenzie and Emma Sutherland