



Invites schools and community organizations to collaborate with two Active Communities Vancouver projects: Red Fox Running – February to June 2008 and the 2008 Active Adventure Passport – March to May 2008 – through:

- Active Adventure Passport Park Days
- Red Fox Active Adventures
- Red Fox Leadership Training



## **Active Adventure Passport Days**

Five Park Days are held in April and May to promote increased activity levels and healthy choices among families.

Trout Lake, Strathcona, Memorial, Hastings and Killarney Parks are highlighted.

Each park day will feature:

- Portable Climbing Wall
- Red Fox Active Adventures
- Participation from community recreation, health and safety organizations

### *How to collaborate:*

Run an activity station or booth at a Park Day, promoting your organization's recreation or health-promotion mission



## Red Fox Active Adventures

A series of stations in a carnival setting, promoting fitness and healthy choices, delivered to schools, community centres and parks to promote the participation of Aboriginal and inner city families in the 2008 Active Adventure Passport

- Stations include activities that promote hand/eye coordination, balance, stamina and artistic and cultural expression
- Vancouver Native Health provides food security and health-promotion stations
- Sessions are lead by trained community members from the Red Fox leadership training program



*How to collaborate:*

- Invite Red Fox Active Adventures to your school, community centre, Aboriginal centre or neighbourhood house
- Join a Red Fox session and run an activity station promoting your organization's mission

## Red Fox Leadership Training

Capacity-building training and mentorship to Aboriginal and inner city youth and parents that foster increased learning, confidence and healthy lifestyles.

Workshops on recreation and health-promotion skills and work experience leading Red Fox Active Adventures develops trained, confident community members for community organizations. Junior leaders are developed to assist in Red Fox Active Adventures at inner city schools.

*How to collaborate:*

- Host a Red Fox Training session for Grade 6 and 7 students at your school.
- Promote the leadership training to your community members.





## Red Fox Running

- Is an Active Communities Vancouver project reaching out to Aboriginal and inner city children and families, to increase activity levels, capacity, social responsibility and food security.
- Is a partnership between the Vancouver Park Board and Vancouver Native Health Society.
- Is the third phase of the Red Fox program, that partners with the Vancouver School Board, community associations, health promotion agencies, MoreSports and Aboriginal agencies to enhance existing community programs and create leadership opportunities.
- The mandate of Red Fox Running is developing youth and parent volunteers from the Aboriginal and inner city communities, to lead activities in the schools and community for children and families, to foster Aboriginal and inner city participation in the 2008 Active Adventure Passport and maintain increased activity levels.
- Here is a link to the PowerPoint of the pilot, Red Fox Waking, on the Active Communities Vancouver website  
<http://www.vancouver.ca/parks/activecommunity/pdf/2RFWPP.pdf>.
- Funders of the Red Fox program are the Union of BC Municipalities, Telus and Active Communities (BCRPA).
- Host agencies include Helping Spirit Lodge Society, Hastings Community Association and Vancouver Native Health Society.





## 2008 Active Adventure Passport

- Is a City of Vancouver project lead by the Park Board. The goal is to increase activity levels among school-aged children and their families, through highlighting local Vancouver Park Board facilities and building community collaborations.
- The pilot of the Active Adventure Passport was held at Tillicum Elementary, an inner city school.
- The second phase was held at five schools in the Templeton Hub.
- The third phase will be delivered to 59 elementary schools in East Vancouver and the West End.
- The fourth phase, in 2009, will be delivered to all Vancouver public elementary schools.
- Background information is available on the Active Communities Vancouver website: <http://vancouver.ca/parks/activecommunity/passport.html>



For more information, contact Emma Sutherland, Active Outreach Coordinator, at [activeoutreach@gmail.com](mailto:activeoutreach@gmail.com) or 604.319.2571. Active Outreach fosters the participation of Aboriginal and inner city families in Active Communities Vancouver projects.