

PHYSICAL ACTIVITY ALLIANCE OF NORTHERN BC (PAANBC)

VIRTUAL COMMUNITY FORUM SUMMARY (NOV 14, 2022)

Current activities of PAANBC:

- Logo and website development
- Environmental scan of existing tools/resources in northern BC
- Contextualizing 24-hour Movement Guidelines to the north
- Monthly newsletter coming soon



Profiles of Physical Activity Community Champions

Greta Goddard – Indigenous Sport, Physical Activity, & Recreation Council (ISPARC; ggoddard@isparc.ca)

- Goal is to build capacity in the north mostly through Host Applications (e.g., youth camps, professional coaching)
- 2 courses available to the community: Aboriginal Coach Modules & Indigenous Communities: Active for Life Workshop
- Currently creating teams for the North American Indigenous Games 2023
- Other programs: Fit Nation, Physical Literacy, Warriors of Wellness, RISE grant (for children in care), Gathering Our Voices Youth Camp

Brandy Stiles – Northern Adapted Sports Association ([NASA; programs@northernadaptedsports.ca](mailto:programs@northernadaptedsports.ca))

- Goal is to serve as a hub for adapted sports programs and opportunities
- Created an inventory for adapted sports equipment found in Prince George, Fort St. John, Terrace, and Kitimat plus weekly programs in Prince George
- Collaboration with other organizations: free rental sit down skis (Caledonia Nordic Ski Club), equipment and additional training for coaches (PG Track and Field), adapted kayaks (PG Canoe and Kayak Club)
- Dec. 4th Wheelchair Basketball mini tournament in Prince George (free and no experience required)



Profiles of Physical Activity Community Champions

Mandi Graham and Mandie Cote - Engage Sport North
(mcote@engagesportnorth.ca)

- Goal is to meet communities where they are at, build capacity, and support sustainable programming
- Wide reach in services, centres in Prince George, Smithers, and Dawson Creek, and works closely with Upper Skeena Recreation Centre in Hazelton
- One of their projects include Physical Literacy for Communities - Example work with Takla First Nations: trained teachers and EAs in Run Throw Jump Wheel and HIGH Five programs; supplied shoes to students; created transportation plan

Shae Carlson - Robson Valley Community Services / Choose to Move
(shae@rvcsbc.org)

- Aim to make physical activity as accessible as possible
- Adapted to the north by providing a space and assistance for seniors to implement what they have learned from the Choose to Move meetings through 1 hour of gym time per week
- Taking advantage of the sense of community - everyone helping each other, collaborate across organizations (e.g., Better at Home) to tackle issues such as lack of transportation



Thank you for joining us!

PAANBC contact information: physicalactivity@unbc.ca