

# **Proceedings**

**ACTive Strategy Development Day  
Saturday November 30, 2002**

## **Introduction**

Through the support of Sport Canada and Health Canada, the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) hosted a one-day Strategy Planning session to present, discuss and move forward *ACTive: The Canadian Strategy for Girls and Women through Physical Activity and Sport*. The session took place on Saturday, November 30<sup>th</sup> as part of the National Conference on Women, Sport and Physical Activity (November 28 – December 1, 2002), in Hamilton, Ontario.

The purpose of this session was to bring together key stakeholders from a variety of different sectors to present the *ACTive Strategy Framework and Action Blueprint* and allow participants to learn about initiatives, share experiences, network with colleagues and start to develop specific Action Plans to move the Strategy forward within their jurisdiction.

Over 60 individuals (please see participant list Appendix A) attended the Strategy Planning session, with representation from the sport, physical activity, health, education, justice and social service sector. Although the group came from a variety of different backgrounds and contexts, all rose to the challenge and as a result developed excellent action oriented steps to move forward.

This report provides an overview of what took place during the Strategy Planning session as well as the reporting back component that occurred the following morning (December 1) as part of the Opening Plenary session.

### **ACTive Strategy Overview- How did we get to this point?**

*ACTive* is a Canadian Strategy focused on increasing physical activity and sport opportunities for girls and women. This Strategy is informed by the principles set out in the *Brighton Declaration on Women and Sport (1994)* and carried forward by the *Windhoek Call for Action (1998)*. Similar strategies have been implemented in England and Australia, and now it is Canada's turn.

### Development of ACTive

#### *History:*

The development of the Canadian Strategy started a few years ago, based on a need to raise the priority of opportunities for girls and women in physical activity and sport. Sport Canada and Health Canada agreed to support the initiative financially and CAAWS served as the lead. Our first step was to do some research to find out what the issues and concerns were. This was done through consultations with over 100 organizations and individuals. Responses came from a diverse cross-section including governments, sport organizations, clubs, health providers, educators and individuals who indicated an extraordinary level of commitment across all sectors for the development of a Canadian Strategy.

From this data and pulling from work done in other countries in this area, we started the process of developing a Canadian Strategy, with the concept initially

presented at the World Conference on Women and Sport, held in Montreal in May 2002. Now we are here in Hamilton with a more detailed Strategy Framework and Action Planning Blueprint.

#### *Why take this approach?*

When CAAWS started developing the ACTive Strategy, they examined other national and international policies and plans that had been developed around increasing opportunities for girls and women through sport. From this review it was determined that another strategic plan or policy document was not going to accomplish what we needed as traditionally these documents end up sitting on the shelf instead of being used. It was also determined that the reason they are not successful is that people brainstorm, consult and develop the policy document or plan and then think the work is done once it is printed. What is missing is the action component that is necessary to bring the document to life.

So based on this, we decided to do it differently. Because we have such a complex society, it is difficult to prescribe a single Canadian plan for everyone. With this in mind, the ACTive Strategy Framework and Action Blueprint were developed to provide as much flexibility for action as possible. The document itself is designed as more of a directed workbook, with ideas along the way, but no set way of doing things. The structure and framework are there to guide you, but the actions you bring forward are totally your own.

### **ACTive Strategy Framework and Action Blueprint**

#### Goal

To increase physical activity and sport opportunities for Canadian girls and women.

#### Objectives

1. To focus, mobilize and energize multi-disciplinary key stakeholder partners in the promotion and delivery of physical activity and sport for girls and women.
2. To develop national coordinating mechanisms to engage key stakeholder partners.
3. To increase the communication and promotion of physical activity and sport opportunities for girls and women.
4. To increase research and evaluation initiatives dedicated to physical activity and sport for women and girls.
5. To increase the profile of women and girls involvement and successes in physical activity and sport.

### Outcomes

1. Increased number of girls and women participating in physical activity and sport.
2. Increased access for women and girls to physical activity and sport services and programs.
3. Increased number of women and girls involved in physical activity and sport leadership and decision-making positions - as coaches, volunteers, administrators, officials, etc.
4. Increased excellence in sport for women and girls.
5. Decreased individual and systemic barriers for girls and women in physical activity and sport.
6. Increased equity in physical activity and sport as a social norm within Canada.

### Key Strategy Areas

1. Participation Development
2. Access to Facilities and Services
3. Leadership and Decision Making
4. Excellence
5. Awareness
6. Research

Developing Action Plans that address these six key strategy areas will ensure we achieve the overall Strategy goal of increasing physical activity and sport opportunities for Canadian girls and women

### Key Stakeholder Involvement

Involvement of the following Key Stakeholder Sectors is essential if the Strategy is to be successful.

- Physical Activity and Sport
- Government (Federal/Provincial/Territorial/Municipal)
- Health
- Education and Physical Educators)
- Justice
- Social and Community Services
- Urban Planners and Architects
- Media
- Corporate Canada

### **What Currently Exists**

To begin this interactive session, a number of programs were presented specific to the six key strategy areas. The purpose of presenting these initiatives was to show some of the many programs that are already out there that groups can modify or build on. It is essential that we do not reinvent the wheel and waste the limited resources we have to develop initiatives that are already in place. Within the ACTive Strategy Workbook these programs and more are listed with

descriptions and contact information to allow you to communicate with the coordinators for more information (a PDF of the ACTive Strategy workbook can be downloaded at: [www.activestrategy.ca](http://www.activestrategy.ca)).

During the presentation the following programs were highlighted:

#### Participation Development

- Mothers in Motion- CAAWS
- Esso Fun Day- Canadian Hockey Association
- “Get Moving” website- Heart and Stroke Foundation
- Active and Safe Routes to School- Go for Green

#### Access to Facilities and Services

- Pathway to Gender Equity- YWCA of Canada
- Gender Equity in Schools Initiative- CAHPERD
- Stars for Skates Hockey Challenge- Big Brothers and Big Sisters of Canada

#### Leadership and Decision Making

- Women and Coaching Program- On-line Mentor Program and the Canadian Journal for Women in Coaching- Coaching Association of Canada
- Futures of Women in Sport- University of Ottawa
- Collaborative Community Coaching (C3)
- Leaders Among Us- Heart and Stroke Foundation of Nova Scotia

#### Awareness

- Go Girl! There Are No Limits Symposium- Calgary Parks and Recreation
- 2002, Year of Girls and Women in Sport- City of London
- Go Girls! Healthy Body, Healthy Minds Mentoring Program- Ontario Physical and Health Education Association
- Girls Empowered- elective course at Lorne Atkins Jr. High School in St. Albert, Alberta
- Kensington Community Support Project- National Crime Prevention Strategy

#### Excellence

- Long Term Coaching Apprenticeship Program- Women in Coaching
- Nike All Canada Camp
- Women in Wind- Canadian Yachting Association
- Women and Sport Breakthrough Awards- CAAWS

#### Research

- Canadian Fitness and Lifestyle Research Institute
- Centres of Excellence for Women’s Health – Health Canada
- The Canadian Girl-Child Initiative- Canadian Institute of Child Health

Throughout the presentation, participants were asked if they knew of any other programs that should be highlighted. This ‘open-mike’ session was very energetic, with many additional initiatives coming forward. Some of these included:

- Kidsport Yukon- providing opportunities for girls to borrow equipment and try a sport
- YWCA Vancouver- Girls Unplugged- a workshop looking at the whole girl
- University of Toronto- Women in intramurals as a way to learn about sport and physical activity- coach and student athlete leaders
- Sport Nova Scotia- provincial Sport Organization Sport Fair- showcasing activities and encouraging individuals to try sport and physical activity
- City of Toronto- Girls Sport Camps; Swim for it, a specific program for Muslim women
- Baseball Canada- Blast Ball- an entry level where diamonds are not used- assists in the problem of access to facilities
- Sunnybrook Womens Health Centre- Women’s health champion program- how you train and mentor champions
- Canadian Paediatric Society- Advocacy for children and youth, developing provincial/territorial champions
- Commonwealth Games Association- the 52% solution
- Canadian Coaching Association- National Women in Coaching retreat
- 2010 Winter Olympic Bid- developing a women and sport strategy as part of the bid

This is just a snapshot of the exciting programs that came forward. Participants were informed that the ACTive Workbook in no way contained an extensive list and as a result, the ACTive website will be setting up a feature in which everyone can add these and other programs on a regular basis. It is the vision of the ACTive Strategy coordinators that this database will become a clearinghouse of sport and physical activity programs for girls and women from across Canada and around the world. As soon as this database is developed, participants will be notified and asked to start inputting their own programs.

In addition to the presentation about ‘what currently exists’, participants were invited to participate in a share fair to view materials on display around the room. This allowed participants to both highlight what they were doing and learn from their colleagues about other initiatives.

### **Strategic Opportunities**

The afternoon session looked at the importance of capitalizing on strategic opportunities, such as a funding initiative or an on-going international event like the Olympic Winter Games. Knowing about these opportunities and understanding how to capitalize on them will contribute to the development of your own initiatives and as a result, move to ACTive Strategy forward. Similar to the database of initiatives, an on-going list of Strategic Opportunities with contact

information will be housed on the ACTive website with new opportunities announced through the ACTive listserv. To join the ACTive listserv, visit the website at: [www.activestrategy.ca](http://www.activestrategy.ca)

The following strategic opportunities were highlighted in the presentation: the Healthy Living Symposium (Spring 2003); the Diabetes Strategy (2001-2004); The 2002 Speech from the Throne and the Romanow Report (both highlight the importance of sport and physical activity); hosting of local, provincial/territorial, national and international events; and, building on the current successes of our Canadian girls and women's teams (eg. hockey and soccer).

Participants were then asked to share any additional Strategic opportunities. The following came forward:

- Private/public partnerships
- The aging population and in particular the increased number of older women as a key target audience
- Municipal, provincial/territorial and federal leadership races/elections
- International treaties and declarations
- Human rights
- The National Children's Agenda
- The National Roundtable on Research
- Departments of Education and their statements on physical education
- Innovation Symposium (2004)
- Physical Activity Guides for Children and Youth and support materials
- Role Models
- National Institutes for Health Research
- Kyoto Accord
- Status of Women Groups
- UN Special Summit on Children- Canada's commitment to develop a national plan of action

### **Small Group Sessions**

After the strategic opportunities were presented, participants were asked to move into small groups to discuss strategic opportunities in greater detail and begin working through the ACTive workbook to develop their own Action Plans. The room was divided into six sections, with areas assigned to the six key strategy areas: Participation Development; Access to Facilities and Services; Leadership and Decision Making; Excellence; Awareness; and, Research.

### **Presentation of Action Plans**

During the small group session, participants used the collective insight of their colleagues to develop individual and group Action Plans to present back to the larger group.

It was an honour to have Secretary of State for Amateur Sport, Paul Devilliers join as a participant during this session and again for the Sunday morning conference wrap-up, where many of the Action Plans were presented in greater detail.

Below please find an overview of the commitments to action that came forward during these two sessions. These individual and group action plans are based on interests particular to the presenter's sector or needs. Please note that this only reflects a small sample of the commitments coming forward as time could not allow for everyone to present. Everyone will be able to develop their own plans and have them included on the ACTive Website. Together, these plans as well as numerous others, will collectively contribute to achieving the ACTive Strategy outcomes.

**Education Sector- Presenter: Farida Gabbani, Past President CAHPERD**

The focus of the group Farida was working with was education. They did not talk about the specific six strategy as outlined in the ACTive Framework but instead looked at education as it's own key strategy area. This would involve all aspects of the education system (principals, teachers, decision makers, administrators, etc) with them all working to increase physical education opportunities for girls and women.

**Action 1: Awareness**

Increase awareness of decision makers and educators about the value of physical education for girls.

**Action 2: Advocacy**

Work with parents and meet with provincial/territorial minister of education to mandate daily physical education in our schools across Canada

**Action 3: Research and Access to Facilities and Services**

Determine how the physical education resources, intramural resources and school sport resources are spread out within the school system and ensure that 50% of facilities, equipment and uniforms are distributed to girls and young women.

**Action 4: Advocacy**

Examine the current curriculum. Across Canada outcome based curriculum is being developed everywhere and we need to look at this curriculum in terms of the special needs of physical education for girls and young women. The outcomes are there, but they need to be put into action.

**Action 5: Awareness and Advocacy**

Faculties of education need to make physical education a mandatory course. For many institutions it is an elective, so we end up having graduates that are

coming into the education system with little or no knowledge of the physical education issues we are trying to bring to the table.

#### Action 6: Awareness and Advocacy

Introduce specialist physical educators at the elementary level. Currently anyone can teach physical education at the elementary level, with specialists being used at the secondary level only. If we are to build from the bottom up and give children the skills and confidence needed to maintain physical activity, we need to start this process early.

#### Action 7: Advocacy

Mandate 150 minutes of Quality Daily Physical Education (QDPE) in all Canadian schools.

#### Action 8: Advocacy

Advocate and lobby to work with provincial/territorial Ministries of Health, Education, Sport and Recreation to come together on physical education as this is an important issue for all three jurisdictions.

#### Action 9: Awareness and Advocacy

We can all help. Everyone has to go away and ask the right questions of the right people and to demand physical education as a right within the UN Charter for the Rights of the Child.

#### Bright ideas:

- Advocate for dedicated funding for physical education from the federal government. If they are already sending money to the provinces/territories for health and education, do not send it as a lump sum, dedicate it for this particular purpose.
- Reduce the number of mandatory credits so children and youth have room to choose art, drama and physical education.
- Advocate for the federal government to change transfer payments to procurement funding to move beyond jurisdictional debates- they are Canadian children- not provincial/territorial children.
- Active school communities are currently moving forward so we need to ensure the needs of girls and women are being met.

### **Health (Physician) Sector- Presenter: Dr. Claire LeBlanc, Canadian Paediatric Society**

#### Action 1: Awareness

Educating physicians on the benefits of physical activity for children and youth and in particular the importance of getting and keeping girls and women active is an essential first step in getting the medical community involved in this issue. Currently physicians do not see this as a problem, they are not educated to what the issues are and they must realize that they need to be part of the solution not

part of the problem- this includes giving excuses to not go to phys ed class for any little reason.

### Action 2: Advocacy

Physicians have an influential voice and have an important, credible role to play in getting physical activity messages on the political agenda. As part of this commitment, CPS is creating a kit and slide show that will be made available on the CPS website to support specific champions in every province/territory to meet with provincial/territorial level representatives to discuss this issue.

### Action 3: Multi-sectoral Partnerships

We need to work together if the ACTive Strategy is to be successful. This means forming and maintaining strong partnerships and CPS is dedicated to developing strong relationships with groups such as CPRA and CAHPERD so that we can partner around health, recreation and education initiatives at the community, p/t and national level. To achieve this, CPS plans to host a meeting of organizations in Ottawa 2003-2004 to create linkages, develop communication strategies and identify champions to move the issue forward. Additionally within the government itself we need to be communicating between departments to address cross-cutting issues like physical inactivity. We have our individual roles to play but if we work together we can do so much more- we all need to be part of this team.

## **Sport Sector- Presenter: Jasmine Northcott, Athletes CAN**

### Action 1: Leadership

Athletes CAN is committed to partnering with CAAWS to create more female athlete leaders in sport. This will be done through building on the strengths of the two organizations. CAAWS's strength is educational resources for female athletes and Athletes CAN's strength is leadership training initiatives and initiatives at the high performance level. Through working together, leadership training initiatives will be developed in a language that will be interpreted positively by female athletes. The time for this kind of partnership is now as CAAWS is actively working on educational materials through their new program Views and Athletes CAN is actively working on a new effective athletes leadership manual, outreach, developing a yearly athletes forum and looking into mentoring programs.

### Action 2: Leadership and Decision Making

In addition to providing leadership resources for athletes to become more involved in the world of sport, Athletes CAN would like to keep athletes involved by sitting on boards or being part of committees. It is important that we get athletes involved and keep them involved so that we have more female athletes sitting at decision-making tables.

## **Sport- Presenter: Hillary Dunn, 2010 Winter Olympic Games Bid**

### Action 1: Leadership, Excellence and Advocacy

Develop a Women and Sport Strategy as part of the bid for the 2010 Olympic Winter Games in Vancouver, BC. The purpose of the strategy will be to advance the role of women through sport and create a lasting legacy as a result of hosting the Games. This is an incredible opportunity to promote the participation of women and set a precedence for future bidders and for future games. Once complete, the strategy criteria will be submitted to the International Olympic Committee's working group on women.

### Action 2: Research

As part of the Winter Games Strategy development process, the Bid Committee is developing a research document, highlighting best practices. This document is currently in its final draft.

## **Multi-sectoral: Presenter: David Carmichael, Let's Get Moving! Canadian Professional Coaches Association**

### Action 1: Awareness

Develop 2 – 3 key messages that are delivered consistently, across sectors, throughout Canada. To develop these messages and make sure they are communicated effectively, a strategic communication summit would be organized in the spring of 2003 where multi-sectoral groups would work collectively to develop an 18 month action plan. An important barrier to overcome in the development of these messages is language- we need to use a common language to develop key messages that are delivered consistently by partners in sport, physical activity, health, education, justice, social and community services. It is very difficult if decision-makers do not hear consistent messaging. Working multi-sectorally is a long process, but we could make a difference collectively– the collaboration is starting!

### Action 2: Partnership

Collaboratively we need to go to every level of government and suggest they collaborate with other government departments. They are currently not working well together and as a result are unaware of opportunities to collaborate. The multi-sectoral structure of the ACTIVE Strategy needs to be mirrored in every context, including government.

## **Recreation Sector/Multi-Sectoral: Presenter: Sharon Jollimore, Canadian Parks and Recreation Association**

### Action:

Taking a multi-sectoral approach requires a considerable amount of time and energy to build awareness and obtain buy-in from partners. It is also important to ensure accountability, measure outcomes and secure necessary resources.

When CPRA developed its multi-sectoral poverty strategy, the process was slow at first, but the commitment of a wide range of sectors has led to numerous opportunities and allowed messages to be delivered more effectively and more consistently. The foundation for moving forward collectively around increasing opportunities for girls and women in physical activity and sport is imbedded in the ACTIVE Strategy and CPRA is committed to developing an Action Plan that will advance the Strategy while at the same time integrating CPRA's current and future initiatives. This does not need to be a complicated process- start small and build based on strategic opportunities.

### **Government Sector- Presenter: Theresa Harvey Pruden, Status of Women Manitoba**

#### **Action 1: Research and Participation Development**

To create more opportunities for girls and women, it was decided that we must first determine why girls and women are not active- what are the barriers? To answer this question it was decided that we all need to talk to women and determine why they are not active.

#### **Action 2: Research and Participation Development**

Based on this barriers concept, Theresa has decided to turn the strategy into action when she goes home by engaging Manitoba and the girls and women of Manitoba in a consultation involving surveys, focus groups, etc. This will give the politicians in Manitoba some made-in-Manitoba current information as to why girls and women are not active and why they might need to be active. At minimum Theresa will be looking for a wider range of physical activity options for girls and women so that Manitoba can bring sport and physical activity to a wider group of women

#### **Action 3: Research**

Do not forget academics in your plans, they are part of the solution. Theresa plans to work together with Sandy Kirby on these consultations to do a qualitative analysis and get some of the hard data. Theresa will then use this to engage her government colleagues once she has the facts.

#### **Action 4: Awareness and Strategic Opportunities**

Capitalizing on strategic opportunities is another area that Theresa plans to pursue immediately. During her discussions during the Strategy Planning day, she found out information about active transportation initiatives. The Premier of Manitoba is currently trying to determine initiatives around the Kyoto Accord, so the timing is perfect to bring forward initiatives that build into the Manitoba environment strategy a host of other benefits such as a walking, riding your bike, etc.- green ways to incorporate activity into your day.

### **Academic Sector- Presenter: Wendy Bedingfield, Acadia University**

### Action 1: Awareness and Advocacy

Gender is a factor that overlays everything. Throughout the last two days we have heard about great programs that have not been overlaid from the perspective of girls and women and we know that those generic programs – age, poverty, high performance, etc.- will attract fewer girls and women if we do not pay attention to the gender framework that needs to surround it. Girls and women need different things in those programs and we must attend to that. We must assure gender is always on the table.

### Action 2: Leadership

When we go back to our jobs it will be difficult to get girls and women on those tables that are not about girls and women but are about physical activity and sport, so as a group we thought about a way to do it.

We all accept from government an accountability framework that tells us we must do certain things if we are to get government funding and lately in our sport organizations they have things like having an athlete on our board of directors or providing opportunities to athletes with disabilities. Building on this, we should be ready to accept a condition that says we must be managed by a gender equitable board of directors. If funders make that a stipulation in the funding criteria, implement it over a two or three year period and then it is on the table where we need it. This kind of approach could be expanded into every sector to ensure there are more women and girl leaders.

### Action 3: Leadership

That CAAWS and the NSF develop programs and materials to assist NSOs PSOs, multi-sport organizations and other sectors in creating their own gender equitable boards.

## **Academic Sector- Presenter: Judy McCrae- University of Waterloo and President CIS**

### Action 1: Leadership

Everyone here is in a position of leadership for the most part and we need to think our leadership through just a touch more. If we are going to action plan all of the great ideas and bring the sectors together we have to spend just a little more energy every day in strategizing just how we can do that. This is going to take our collective wisdom, and energy cannot be wasted, it needs to be used strategically. At the end of the day Judy's group committed to make their personal leadership more strategic and a little less doer, task oriented.

## **Academic Sector- Penny Werthner, University of Ottawa**

### Action 1: Leadership and Decision Making

Challenge the FPTSC to enforce their own policies, resulting in an outcome of no less than 40% representation by women on task forces.

Action 2: Leadership and Decision Making

That CAAWS and sister groups compile a database of committees to encourage women and girls to become members.

Action 3: Leadership and Decision Making

Continue and expand long-term funding for women and coaching programs.

Action 4: Leadership and Decision Making

Sport and physical activity should have a place on the Status of Women.

**Sport Sector- Presenter: Heather Kaulbach, Water Polo Canada**

Action: Leadership

There is a need to develop a coach and officials apprenticeship program for girls and women with the Canadian Sport Centre taking a leadership role.

**Presenter: Sue Holloway**

Action: Awareness

Building on the success in London, ON (2002), in 2004 have Ottawa:

- Host the 2004 Women in Sport and Physical Activity Conference
- Have 2004 declared as the year of active girls and women in Ottawa
- Work with the media to increase the profile of women and girls in sport and physical activity that year (hopefully it will continue)
- Offer new initiatives and host high profile sporting events for women and girls

**Recreation Sector- Presenter: Phyllis Berck, City of Toronto**

Action 1: Excellence and Recognition

Create a Hall of Fame or many Halls of Fame across Canada to recognize the accomplishments of women in sport and physical activity. Possibly NSO's and/or PSO's could nominate candidates.

Action 2: Multi-sectoral Partnerships

Ensure that CAAWS is invited to attend the Canadian Paediatric Society's meeting to look at creating linkages and identifying champions to partner with physicians in the health sector.

**Physical Activity Sector- Flora Dell, Active Living Coalition for Older Adults**

Action:

Almost all of the areas presented and under development are around girls and young women. Please do not forget about older women. This is a growing population that needs to have opportunities in sport and physical activity.

## **Canadian Armed Forces- Presenter: Switch Rousseau**

### **Action: Access to Facilities**

The Canadian Armed Forces have recently updated all their recreation and sport facilities across Canada. These facilities are often available and Switch would be happy to work with you to determine if there is a facility available near you. For more information please call Switch at: 613-996-9979.

### **What is needed to move forward?**

- Political will- incentive, legislative compliance vehicles, national priorities
- Develop an interactive website- updated regularly - once a week to encourage regular, on-going traffic
- Develop a listserv- to announce new programs and plans, strategic opportunities, etc.
- Develop a multi-sectoral task force in your jurisdiction
- Commit to taking personal and collective responsibility- direction setting, energy collaboration, change the way we approach the day, strategies before, outcomes, activities
- Work in partnership with academics- build partners for research
- Demand gender based analysis
- Improve links with Centres of Excellence for Women's Health
- Use the ACTive Strategy workbook to develop your own Action Plans- a pdf of the workbook is available on the ACTive website- [www.activestrategy.ca](http://www.activestrategy.ca)

### **Next Steps- Where do we go from here?**

The Strategy Planning Day has only scratched the surface, with the purpose of the day to present some of the many possibilities and point participants down the road to action.

The next step now will be to take your ACTive Workbooks and develop your own concrete Plan of Action. To do this you will need to work with your colleagues and bring in the partners that will best contribute to achieving your outcome(s)- it is also important to think multi-sectorally whenever possible. Everyone's plans will be different, but all will move the ACTive Strategy forward.

Within the ACTive Workbook there is a page to fax in your Action Plan once it is complete. This information will be placed on the ACTive website and compiled as an overview of the activity taking place throughout Canada and across sectors. Additionally, an interactive ACTive website is being developed to allow individuals to enter and update their Action Plans on a regular basis.

The important part is to start moving forward on your commitments (many are outlined in this report) and let CAAWS know about the great things you are doing to increase opportunities for girls and women in physical activity and sport.