

# COMMUNITY PROFILE



## Outlook 2017-2020

Working together to get more  
kids, more active, more often.

Last updated: 2019-06-12



[saskatchewaninmotion.ca/outlook](http://saskatchewaninmotion.ca/outlook)



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## Executive Summary

The overall purpose of this document is to act as a resource in support of physical literacy initiatives in Outlook, as well as to function as a reference for community stakeholders, organizations and governments working within the sport and recreation sector present in Outlook.

## Introduction

### Background

#### Partners for Physical Literacy (P4PL)

Partners for Physical Literacy provides stewardship, guidance, and support to organizations working to inspire children and youth toward physical literacy. P4PL is a collaborative of individuals and organizations that are passionate and committed to increasing physical literacy and physical activity for Saskatchewan's youth. It is comprised of volunteer stakeholders from education, sport, recreation and physical activity. P4PL is supported by the partners as part of a commitment to a sustainable future for Saskatchewan people.

#### Saskatchewan *in motion*

Saskatchewan *in motion* is a proud partner in the P4PL. The focus of our work is to inspire, galvanize, connect and promote community action to get more kids, more active, more often.

We're an exciting province-wide movement of parents, community leaders, educators and decision makers who are taking action to get kids moving! We believe we're ALL responsible for making sure the kids we care about get at least 60-90 minutes of physical activity every day.

We can all do our part to get more kids, more active, more often – and with the help of our network, we do so by focusing on the following pillars:

- Sending them out to play
- Letting them walk to school
- Inspiring kids who love to move
- Balancing screen time

Saskatchewan *in motion* is an initiative of Active Saskatchewan and is supported by a board of directors, strategic partner organizations, and a team of staff to help inspire action, provide tools and resources, and keep us all connected.

## Call to Action

### Community Action Planning (CAP)

This document (i.e., your community profile) identifies the many assets the Town of Outlook has to offer and the opportunities that exist to make a real difference for children and youth in the community, schools and families. The CAP is huge tenet of Saskatchewan *in motion*, and it is intended to help lay the foundation for community leaders to develop, implement and evaluate an Action Plan to help achieve Outlook's goal of becoming a physical literacy enriched community.

### Purpose

Gathering data, talking to residents, and compiling a community profile will help identify strengths, assets, and opportunities to guide the identification of priorities and actions for a long term action plan that meets the needs of the community in our efforts to increase the health and physical literacy levels of Outlook, children and youth.

### Process

**Gathered existing data** - Demographic and other data about the Town of Outlook was gathered from existing sources such as census reports, the Canadian Health Survey and previously compiled profiles.

**Consultation process** – Community members (including youth) were offered the opportunity to provide information through surveys, focus groups, and one-on-one conversations.

**Moving Together Symposium** – All data compiled will be presented to community leaders at the Moving Together Symposium. Community leaders will have the opportunity to review the collected information and helped fill in the gaps. Time will be provided to add to the opportunities that will be identified.

### Information Analysis

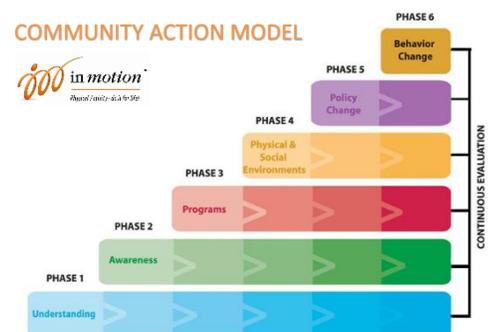
The information in this profile is compiled to follow three models for community action planning;

#### 1. Community Action Model

Built on a foundation of successful models for behaviour change, the Saskatchewan *in motion* Community Action Model is a simple, clear and focused approach to guide community action planning toward behaviour change.

The Community Action Model will help you to;

- Identify a starting line for long term strategies,
- Build momentum,
- Validate existing work,
- Celebrate early success toward long term goals, and
- Identify solutions to bumps along the way.



The model includes six elements to consider when creating an *in motion* community. The elements are dependent on each other for success, therefore it is not a step by step process, rather a series of building blocks that when put together in your own unique way will help you achieve your objectives.

In the case of this physical literacy pilot project, it was agreed by the P4PL to include and use Saskatchewan *in motion's* Community Action Model to aide Outlook in achieving your physical literacy-focused objectives.

- **Understanding:** Gaining a clear understanding of the term, physical literacy, and comprehension of it in the community
- **Awareness:** Raising public awareness and support to increase physical literacy in their activities
- **Programs:** Providing quality, accessible programs that build skills and confidence for lifelong activity participation
- **Environments:** Ensuring the physical and social environments in your community provide fun, safe, convenient and easy access to a wide range of opportunities that enrich residents' physical literacy
- **Policy:** Advocating for healthy public policy that facilitates action and ensures the sustainability of your action plan
- **Behavior Change:** Describes the positive behavior you want to see more of (e.g., an overall increase in residents' physical literacy)

## 2. 30-30-30 A Shared Responsibility:

Saskatchewan *in motion* responds to the inactivity crisis affecting our children and youth with a simple solution.



Saskatchewan *in motion* believes that parents, educators and community leaders must share responsibility to ensure our kids are active a minimum of 30 minutes each at home, at school and in the community.

The P4PL also agreed to adopt this philosophy in piloting the physical literacy project in your community; however, it is focused on encouraging these audiences to share responsibility to ensure Outlook kids are dedicating 30 minutes in each areas (i.e., at home, at school and in the community) to engaging in activity that develops their physical literacy.

## 3. Asset Based Action Planning:

Saskatchewan *in motion* follows an approach that seeks to uncover and use the strengths within communities as a means for sustainable behavior change.

- The first step in the process is to assess the resources of a community through an inventory or through another process of talking to the residents to determine what types of **strengths, assets and opportunities** are available.
- The next step is to support communities, to discover what they care enough about to act.
- The final step is to determine how citizens can act together to achieve those goals.

The P4PL supported the use this approach; however, it was agreed that it was used with a physical literacy lens.

## Literature Review

It is important to situate all the information and data collected from Outlook within the current body of knowledge. This section briefly defines physical literacy and physical activity, as well as addresses the state of physical literacy and physical activity at the provincial (i.e., within Saskatchewan) and national level.

## Physical Literacy of Children and Youth

### Definition of Physical Literacy

The International Physical Literacy Association (2014) defined physical literacy as “the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life” (as cited in “Canada’s Physical Literacy Consensus Statement”, 2015, p. 1).

Physical literacy can be further broken down into 4 elements (“Canada’s Physical Literacy Consensus Statement”, 2015, p. 2):

- **Motivation and Confidence (Affective):** An individual’s enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.
- **Physical Competence (Physical):** An individual’s ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.
- **Knowledge and Understanding (Cognitive):** The ability to identify and express the essential qualities that influence movement, understand the benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.
- **Engagement in Physical Activities for Life (Behavioural):** An individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one’s lifestyle.

Physical literacy is integral to children’s development, as it enables them to:

- Discover the joy of moving,
- Learn how their bodies move and push their limits,

- Build confidence and enthusiasm about play,
- Explore the physical world around them, and
- Set the foundation to enjoy a lifetime of physical activity. (Partners for Physical Literacy, 2018, para. 1)

## References

(2015, June). Canada's Physical Literacy Consensus Statement. Retrieved from:

[http://physicalliteracy.ca/wp-content/uploads/2016/08/Consensus-Handout-EN-WEB\\_1.pdf](http://physicalliteracy.ca/wp-content/uploads/2016/08/Consensus-Handout-EN-WEB_1.pdf)

Partners for Physical Literacy (2018). Physical literacy. Retrieved from:

<http://www.skphysicalliteracy.ca/physicalLiteracy.html>

## Overview of National & Provincial/Territorial Data: Physical Literacy of Children and Youth

The 2018 *ParticipACTION Report Card* stated that Canadian children have low physical literacy levels:

- **D+ Physical Literacy Level:** Only 36% of 8 to 12 year olds in Canada assessed by the Canadian Assessment of Physical Literacy (CAPL) meet or exceed the minimum level recommended for physical literacy.
  - 37% meet or exceed the minimum level recommended for the physical competence domain of physical literacy.
  - 29% meet or exceed the minimum level recommend for the daily behaviour domain of physical literacy.
  - 34% meet or exceed the minimum level recommended for the motivation and confidence domain of physical literacy.
  - 39% meet or exceed the minimum level recommended for the knowledge and understanding domain of physical literacy.

The Royal Bank of Canada Learn to Play – Canadian Assessment of Physical Literacy study (RBC – Learn to Play CAPL) examined the four domains of physical literacy (physical competence, daily behaviour, motivation and confidence, knowledge and understanding) in 8 to 12 year old Canadians and reported a number of findings, including the following:

- Children with physical competence, and motivation and confidence, scores meeting or exceeding the minimum recommendations are more likely to meet the physical activity and recreational screen time recommendations within the Canadian 24-Hour Movement Guidelines for Children and Youth. However, the knowledge and understanding domain of physical literacy does not appear to be related to physical activity or screen time guideline adherence in 8 to 12 year olds (ParticipACTION, 2018, p. 71).

Additional Canadian research has revealed that fundamental movement skills (e.g., running, kicking, throwing, balancing, etc.) are positively related to the development of physical literacy and overall health. Such data shows:

- 9 to 12 year olds with greater fundamental movement skill scores (as assessed by Passport for Life and PLAY Basic tools, have more favourable levels on health indicators such as body weight, body mass index, waist circumference, percent body fat, handgrip strength and cardiorespiratory fitness (ParticipACTION, 2018, p. 71).

Unfortunately, there is no data specific to Saskatchewan children and youth’s physical literacy levels currently available. In fact, according to ParticipACTION (2018), “future studies [are] needed to study trends in physical literacy over time, and in different geographical locations” (p. 68).

References:

ParticipACTION (2018). The ParticipACTION report card on physical activity for children and youth. Retrieved from [https://participaction.cdn.prismic.io/participaction%2F38570bed-b325-4fc8-8855-f15c9aebac12\\_2018\\_participation\\_report\\_card\\_-\\_full\\_report\\_0.pdf](https://participaction.cdn.prismic.io/participaction%2F38570bed-b325-4fc8-8855-f15c9aebac12_2018_participation_report_card_-_full_report_0.pdf)

## Physical Activity of Children and Youth

### Definition of Physical Activity

According to the World Health Organization (2018), physical activity is “bodily movement produced by skeletal muscles that require energy expenditure” (para. 1). Unlike exercise, which is “structured, repetitive [movements that aim] to improve and maintain one or more components of physical fitness” (WHO, 2018, para. 2), physical activity have individuals moving while working, playing, carrying out household chores, travelling, engaging in recreational pursuits and more.

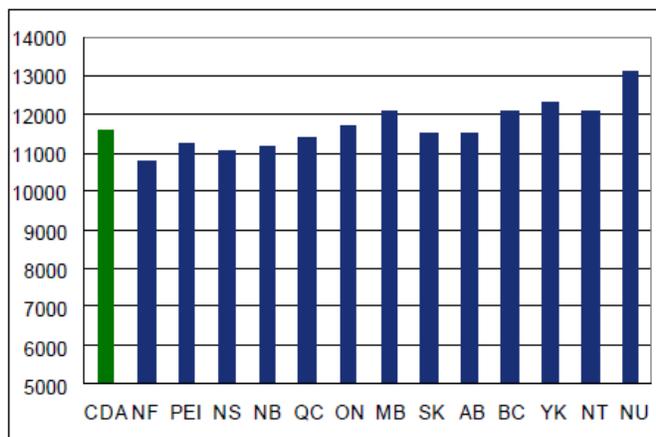
References:

World Health Organization [WHO] (2018). Physical activity. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

### Overview of National & Provincial/Territorial Data: Physical Activity of Children and Youth

The following reports the best available evidence on the physical activity levels of Saskatchewan children and youth. Although provincial in scope, previous Saskatchewan *in motion* research has shown little or no variation on physical activity levels between communities and regions of Saskatchewan. The Canadian Fitness and Lifestyle Research Institute’s (CFLRI) CANPLAY study (i.e., a Canadian physical activity levels among youth study) is a joint project of all federal provincial/territorial governments.

The CFLRI’s CANPLAY study measured physical activity levels of children and youth using pedometers to measure daily steps. In Saskatchewan, children and youth take a similar number of steps as the national average (i.e., Canadian children, aged 5 to 19, take 11,600 daily steps on average, whereas Saskatchewan children take roughly 11,500 steps).



Average daily steps of children and youth by province/territory, 2009-2011

### Child characteristics:

In Saskatchewan, boys take more daily steps on average than girls do (i.e., almost 1,600 more steps), which is similar to the pattern that also appears at the national level. It is particularly evident that daily steps decrease by increasing age group; however, only aged 11 to 14 years old take significantly more steps than girls of the same age.

In all years of the CANPLAY study in Saskatchewan, it was evident that boys take more steps than girls (i.e., currently 1,600 more steps). The age-related decrease in steps appears within all study years, and also appears for both boys and girls. The gender differences within specific age groups vary over time. During the first couple of years of the CANPLAY study (i.e., years 1 and 2 combined), younger boys (aged 5 to 10) and older boys (aged 15 to 19) took significantly more steps than girls of the same ages. However, in the later years of the study, significant gender differences only appeared among 11 to 14 year olds.

**Sport participation:**

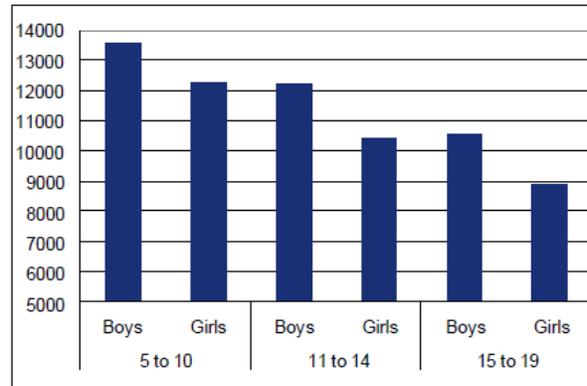
The relationship between a child’s participation in organized sport and physical activity and a greater number of steps appears within all study years in Saskatchewan.

In Saskatchewan, children who participate in organized physical activities and sport take significantly more daily steps on average compared to children who do not participate in these types of activities (i.e., roughly 1,700 more steps). This relationship is similar to that found nationally.

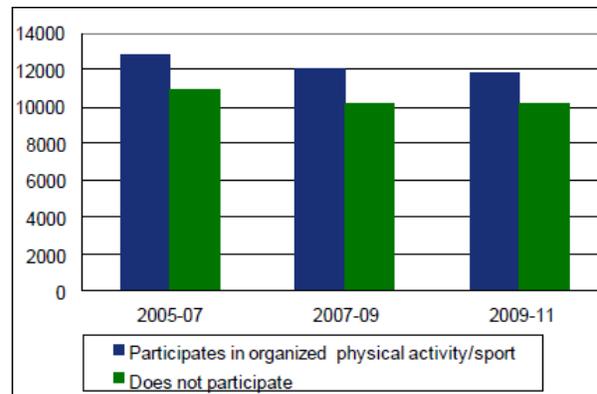
**Parent and household characteristics:**

In Saskatchewan, there is no significant association between children’s daily steps and household income. However, this differs nationally as children from the highest household incomes (i.e., ≥\$100,000 per year) take more daily steps on average than those from households with incomes between \$40,000 and \$59,999.

In the earlier years of this study, there appeared to be a lack of a relationship between a child’s daily steps and parents’ education levels. However, it was later uncovered that these determinants in fact affect their step count. It was evident that children whose parents have a university education take more steps than children whose parents have less than a high school education (in years 5 and 6 combined).



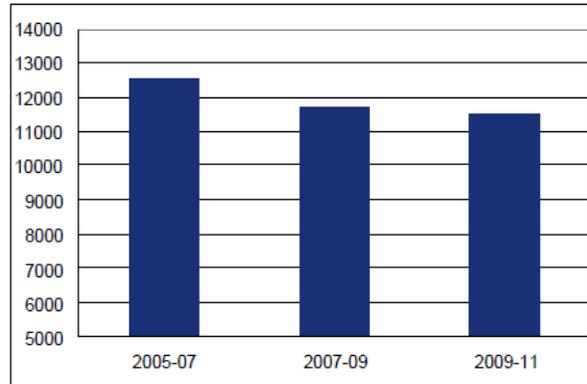
**Average daily steps of children and youth in Saskatchewan by age and sex of child, 2009-2011**



**Average daily steps of children and youth in Saskatchewan by participation in organized sport and physical activity, 2009-2011**

**Trends in activity level over time:**

Compared to the first two years of this study (i.e., years 1 and 2), there has been a decrease in overall steps taken by children and youth residing in Saskatchewan.



**Average daily steps of children and youth in Saskatchewan, trends, 2005-2011**

## Outlook

Located on the banks of the South Saskatchewan River, the scenic riverside Town of Outlook is the perfect place to live, work and play! Outlook is a short drive from Lake Diefenbaker and is less than an hour south of Saskatoon, yet our community is safe, affordable, friendly, and offers a variety of amenities for all ages and interests.

We are also home to the largest irrigation project in the province, which means that our community's diverse and strong agriculture base has led to Outlook becoming "Saskatchewan's Breadbasket", as well as a comprehensive agricultural service centre in West Central Saskatchewan. Considering these features, we believe that Outlook is a great community to visit, live and grow in!

### **Distance to other major city centers (one way):**

- Saskatoon – 94km (south)
- Regina – 235km (northwest)
- Swift Current – 206km (northeast)

## Demographics

### Population

<b>Total Population</b>	2,279 (2016)	<b>Diversity</b>	
Total Private Dwellings	1,069	Total visible minority	85
		Aboriginal identity	80
<b>Age</b>			
Median Age	45.6	<b>Family Information</b>	
% population over 15 years	81.8	Total Number of Families (private households)	600
% population 0-14	18.0	1 family without children	315
<b>Education</b>		Lone parent	70
No certification	360	2 parent family	215
High School Certificate	605		
College	270	<b>Occupation</b>	
Apprenticeship	230	Sales & Service	215
University Degree (Bachelor's Degree)	170	Trades & Transport	195
		Business, Finance & Administration	140
<b>Field of Study</b>		Management	95
Health & Related Fields (Recreation, Fitness)	135	Social Science, Education, Government Services	115
Business Administration	95	Health	95
Architecture, Engineering	180	Natural Resources (Ag)	45
Education	125	Art/Culture/Sport/Rec	0
Personal, Protective & Transportation Services	50	Natural & Applied Sciences	45
Agriculture, Natural Resources, Conservation	45		
<b>Employment</b>			
Employed	960		
Unemployed	35	<b>Income</b>	
Not in labor force	755	Median/individual (2015, after taxes)	\$36,645
		Median/household (2015, after taxes)	\$55,616
Source: Statistics Canada, Census Profile, 2016 Census for Outlook, SK			

## Government

<b>Municipal</b>	Mayor:	Ross Derdall
	Deputy Mayor:	David Simonson
	Council Members:	Maureen Applin
		Floyd Childerhose
		Kyle McLeod
		Donna Smith
		Kevin Grotheim
	CAO/Administrator:	Tina Douglas
<b>Provincial</b>	Constituency of Rosetown – Elrose	MLA Jim Reiter
<b>Federal</b>	Moose Jaw – Lake Centre – Lanigan	MP Tom Lukiwski

## Schools

- Outlook Elementary School (Grades K-5)
- Outlook High School (Grades 6-12)
- L.C.B.I High School (Grades 10-12)
- Outlook & District Play School
- Small Steps Early Learning Centre

## Industry (SHR)

Business Services (Management/Enterprises)	0
Retail Trade	2,205
Health Care & Social Services	1,940
Educational Services	1,380
Agriculture and Other Resource Based	6,255
Construction	1,060
Other Services	810

## Health Care

Outlook is part of the Saskatoon Health Region in Saskatchewan	
<b>Facility</b>	
Outlook & District Health Centre	<ul style="list-style-type: none"> <li>• Acute Care beds</li> <li>• Level 4 Long-Term Care facility</li> </ul>

	<ul style="list-style-type: none"> <li>• Medical Clinic</li> <li>• Public Health</li> <li>• Home Care</li> </ul>
Physiotherapy	<ul style="list-style-type: none"> <li>• Sim Physiotherapy</li> </ul>
Chiropractor	<ul style="list-style-type: none"> <li>• Sask Avenue Chiropractor Clinic</li> </ul>
Massage Therapy	<ul style="list-style-type: none"> <li>• Teresa Weldon Massage Therapy (RMT)</li> <li>• Hanson Massage Therapy</li> </ul>
Private Seniors Home	<ul style="list-style-type: none"> <li>• Home Care</li> <li>• Golden Acres – 59 long term beds</li> </ul>

### Health Status (SHR)

	Total	Male	Female
<b>Well Being</b>			
Perceived health, very good or excellent (%)	60.3	58.3	62.4
Perceived mental health, very good or excellent (%)	66.1	62.0	70.2
Perceived life stress (%)	19.6	25.0	13.9
<b>Health Conditions</b>			
Overweight or obese (%)	57.4	64.0	50.3
Overweight (%)	29.3	29.5	29.1
Obese (%)	28.1	34.5	21.2
Arthritis (%)	20.1	22.1	18.0
Diabetes (%)	6.2	7.1	5.2
Asthma (%)	7.5	8.1	6.9
High Blood Pressure (%)	19.4	21.9	16.8
Mood disorder (%)	9.1	F	11.7
Pain or discomfort, moderate to severe (%)	14.6	13.9	15.3
Pain or discomfort that prevents activities (%)	13.1	11.4	14.8
Low birth weight (% of live births)	4.8	4.5	5.1
Chronic obstructive pulmonary disease (COPD) (%)	F	F	F
Injuries within the past 12 months causing limitation of normal activities (%)	..	..	..
Injuries within the past 12 months, sought medical attention (%)	..	..	..
Hospitalized stroke event rate (per 100,000 pop'n)	108	122	99
Hospitalized acute myocardial infarction event rate (per 100,000 pop'n)	174	240	112
Injury hospitalization rate (per 100,000 pop'n)	731	812	640
Cancer incidences (pre 100,000 pop'n)	444.1	495.2	401.4
<b>Personal Resources</b>			
Sense of community belonging (%)	79.1	75.4	82.7
Life satisfaction, satisfied or very satisfied (%)	95.2	94.8	95.5

<b>Well Behaviors</b>			
Current smoker, daily or occasional (%)	26.9	35.5	18.2
Current smoker, daily	20.3	29.5	10.9
Heavy drinking (%)	21.6	28.4	14.4
Leisure-time physical activity, moderate active or active (%)	50.1	42.1	58.4
Fruit and vegetable consumption, 5 times or more per day (%)	39.2	31.4	47.4
Bike Helmet Use (%)	..	..	..

· · Not available for a specific reference period

F Too unreliable to publish

## Physical Activity Facilities

### Outdoor Spaces

- Swimming Pool
- Trans Canada Trail
- Outlook & District Regional Park
- Regional Hiking/Biking Trails
- Riverview Golf Course
- 5 Shale Baseball Diamonds

### Indoor Spaces

- Jim Kook Recreation Complex/“Rec Plex”
- Outlook Civic Centre
- Outlook Legion Hall
- Outlook & District Heritage Centre
- Curling Rink
- Outlook Riverside Fitness
- St. Andrew’s United Church
- Outlook & District Playschool
- School gyms

## Description of Major Facilities

<b>Facility</b>	<b>Description</b>
Jim Kook Recreation Complex	Also commonly known as the “Rec Plex”, the Jim Kook Recreation Complex is located at the southeast corner of Outlook. The Rec Plex houses a modern, multi-purpose arena with an attached four sheet curling rink facility, as well as a 4 Lane Bowling Alley. During the winter months, the Rec Plex is buzzing with activities, such as hockey, figure skating, and public skating; however, dance classes and gymnastics are available at the complex throughout the year too. Lastly, the large lobby and concession are available to rent for user groups and private functions.
Outlook Civic Centre	Located at the southwest end of Town, the Civic Centre offers residents spaces to rent for meetings, presentations, celebrations, and more! Currently, the indoor walking and exercises program, Walk This Way is also held in this facility.
Outlook Legion Hall	The Legion Hall, located on Railway Avenue West, is available for Outlook’s residents to rent out for any function. The Hall currently hosts Royal Canadian Legion meetings every third Wednesday of the month (except in July and August), as well as clogging classes at the beginning of November!

Outlook & District Heritage Centre	Neighbouring the Legion Hall, the Heritage is another great space available for residents of Outlook to rent.
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## Organized Groups in Outlook

### Sports Groups

- Clogging classes
- Outlook School of Dance
- Archery Club
- Indoor Archery
- Outlook Bowling
- Outlook Baseball
- Sask River Tae Kwan Do
- Outlook Senior Ice Hawks Hockey
- Outlook Curling Club
- Outlook Stock Car Association
- Outlook Minor Sports
- Outlook Gymnastics
- Outlook Soccer Association
- Outlook Skating Club – Learn-To-Skate program
- \$2 Drop-In Adult Volleyball

### Recreational Groups

- Outlook & District Arts Council
- Outlook Children’s Choir
- Equinox Theatre
- Pulse Fitness
- Fit for Life Personal Training Service
- T.O.P.S (Take Off Pounds Sensibly)
- Walk This Way
- Outlook & District Playschool
- Outlook Kinsmen Club
- Knights of Columbus
- Royal Canadian Legion (Branch 262)
- Royal Purple
- Scouts Canada
- Senior’s Walking Group
- Outlook & District Wildlife Federation

### Other Sector Groups

- **Outlook & District Chamber of Commerce**
  - This organization promotes all businesses in Outlook and provides a networking opportunity for these business owners. Their slogan, “Locally Minded—Locally Supported”, serves as their mandate, which encourages members of the Outlook & District Chamber of Commerce to work with other groups in the community in order to make Outlook a better place to live, work, and do business.
- **Outlook Toastmasters Club**
  - This club provides a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

## Local Businesses

### Business listings:

- 35:31 Developments
- A & E Enterprises
- A Healthy Outlook
- Advanced Heating & Installations
- AG Foods
- All Star Towing & Automotive
- Assante Financial Management
- Atrium Optometric Group
- Bank of Montreal
- Bank of Nova Scotia
- Bargain Store
- Barrich Farms
- Bill Rees Law
- Birds Nest Inn
- Bob's Backhoe Services
- Boot Hay Producersw
- Bratton Road Vet
- Broderick Garden Centre/Vel's Hobby Shop
- Bumper to Bumper
- Café Mondo
- Camp Outlook
- Canada Post
- Century 21
- Chris's Kitchen (Cater)
- Cloud 9 Air Spray
- Cooperators
- Credential Services
- CSIDC
- Cutting Club
- Donavon K. Tofin
- Dover Courts Apartments
- Dr. Sarah Pritchard
- Dynamic Autobody
- Elcan Forage
- ESSO Bulk-Mid Sask Ag Services
- Follick & Associates
- Freedom Acres Bed & Breakfast
- Fruitful Adventure
- GDT Ag Services
- Hallmark Realty
- Hank's Concrete
- Hansen Massage Therapy
- Harv's Outlook
- Heartland Health Region
- His & Her Hair
- Home Care
- Home Hardware Store
- Imperial Oil LTD
- Intent Planning Group
- Investors Group
- Irrigation Motel
- J.W.D. Market Garden
- Jacq'y Jaye's Boutique & Espresso Bar
- Jennie Moen Residential & Commercial Cleaning
- Jim Kook Recreation Complex
- Jon's Plumbing
- K&S Restaurant
- Keg Agro
- Keith's Tire Service
- Larry Gifford Drywall
- LB Professional Legal Corp. (LB Burrows Law)
- LB Welding
- Lumber Plus
- Luther Place
- M.R. Website Development Studio
- Mann Agencies
- McIntosh K & Sons Gravel Crushing
- McNichol Brokers
- Mid Sask Community Futures
- Mid-West Agro
- Mobile Windshield
- Modern Restaurant
- NAPA Auto Service
- Northern Konstar Seeds
- Outlook & District Pioneer Home
- Outlook & District Regional Park

- Outlook Auto Service/ESSO
- Outlook Bakery
- Outlook Bowling Alley
- Outlook Building Supplies
- Outlook Curling Club
- Outlook Dental Clinic
- Outlook Electric
- Outlook ESSO Restaurant
- Outlook Florist & Gifts
- Outlook Funeral Chapel
- Outlook Housing Authority
- Outlook Motor Hotel Restaurant
- Outlook Motor Motel
- Outlook Painting & Decorating
- Outlook Refrigeration & Air Conditioning
- Outlook Rentals LTD
- Outlook Swimming Pool
- Outlook Veterinary Clinic
- Outlook's Healthy Alternatives
- P & N Construction Earth Moving
- Patrick Ennis
- Pederson Insurance
- PFRA Spring Creek Bull Station
- Prairie Centre Credit Union
- Prairie Farm Brokerage
- Preus Electric
- Pricewaterhouse Coopers LLP
- Quality Equipment
- Rack Petroleum
- Rafoss Plumbing & Heating
- Rain Maker Irrigation
- RE/MAX Shoreline Realty – Jocelyne Petryshyn
- Red Wheel Motel
- Regal Motors
- Reid Motors
- RenPro
- Riverbend Co-op/Home/Agro
- Riverbend Co-op Pharmacy
- Riverbend Co-op Service Station
- Riverbend Industries Electrical
- RiverGrove Homes
- Riverview Golf Course
- Robertson Gallery & Gifts
- Royal Bank of Canada
- Royal LePage
- Rudy PFRA
- Salon Q
- Sask Ave Chiropractor
- Sask Liquor Store
- Sask Power/Tel/Energy Office
- Saskatchewan Ministry of Agriculture Irrigation Branch
- Saskatchewan Ministry of Agriculture Regional Office
- Saskatchewan Seed Potato Growers
- Shannon McJannet Counseling & Consulting
- Shear Force
- Simonson Electric
- SimPT (Physiotherapy)
- South Sask River Irrigation
- Teresa's Massage Therapy
- Terrace Dining Room (Broderick)
- The Mop Shoppe
- The Mortgage Center (Susan Kasper)
- Thorstad Computer Consulting
- Tom Wright Construction
- Triple S Industries
- True North Seed Potato
- Valley West Irrigation
- Variety Place Association
- Viterra
- Western Irrigation
- Western Sales
- Wright Construction Redi-Mix

## Programs

### Description of Physical Activity Programs

#### Toddler Programs

- 

#### Children & Youth Programs

- 

#### Adult Programs

- \$2 Drop-In Adult Volleyball – from October to February, local adults are able to play co-ed recreational volleyball on Tuesday evenings.

#### Fitness Classes

- 

## Supporting Policies

### Description of Policies

#### Official Community Plan

In 2016, the Town of Outlook had an Official Community Plan prepared by Crosby Hanna & Associates. This document was established to provide the Town with goals, objectives and policies relating to the future growth and development of the community.

Your community's planning goals are as follows:

- To direct development and growth of Outlook towards a diversification of land use activity in a manner that will maintain a positive relationship with environmental values, resource capabilities, community strengths and the broader region.
- To promote the “small town” atmosphere of Outlook, while allowing land owners to develop suitable portions of their land, in an orderly, cost-efficient and appropriate way, consistent with the purpose and within financial capability of the community.



- To promote and encourage innovative and sustainable development within the community, enhancing residents' quality of life while conserving natural and financial resources.
- To encourage commercial and industrial business development that is compatible with the Town of Outlook's character and environmental values, providing new employment opportunities and contributing to tax revenues.
- To promote the redevelopment of lands with existing infrastructure and public services and the maintenance and rehabilitation of existing residential, commercial and industrial structures.
- To encourage a diversity of housing types while facilitating the development of affordable housing strategies.
- To provide for an adequate supply of developable land to meet existing and future market demands for residential, commercial and industrial uses.
- To pursue partnerships and opportunities on economic development and other areas such as infrastructure and service delivery.
- To market and promote the Town of Outlook as a safe, walkable, growing and affordable community to live in.
- To facilitate the growth of the Town's population.
- To obtain the support and assistance of senior governments in the realization of the goals and objectives of this plan where such realization is consistent with the protection and maintenance of federal and provincial interests.
- To support and complement the Statements of Provincial Interest Regulations in the realization of the goals and objectives of this plan.
- To encourage healthy lifestyles among Town residents.

The following objectives and policies address the enhancement of health, recreation and leisure services and opportunities in Outlook:

- Objective 3.1.2.5: To consider quality urban design and the diverse residential needs of the community in the development of neighbourhoods in the Town of Outlook.
  - Policy (a): Support and promote the development of pedestrian friendly, walkable and connected neighbourhoods by orienting development to serve pedestrian and cycling traffic in addition to automobile traffic.
- Objective 3.4.2.1: To protect and facilitate the various functions of the provincial highway and municipal road system in Outlook in order to maintain safe and efficient traffic movement as well as minimize the cost of constructing, improving and maintaining roadways.

- Policy (a): Direct land use associated with heavy traffic away from pedestrians and to areas where their impact on municipal roads will be minimized.
- Objective 3.4.2.2: To promote land use and developmental patterns that encourage alternative forms of transportation (e.g., walking and cycling) while ensuring pedestrian and traffic safety.
  - Policy (a): Consider connectivity and traffic safety for pedestrians, cyclists and private vehicles in all land use and development decisions.
  - Policy (b): Provide opportunities for the development of walking and cycling facilities within the Town of Outlook by exploring and envisioning linkages and connections between commercial areas, green spaces, destination sites and residential areas within Outlook.
- Objective 3.5.2.1: To support, encourage and facilitate, where feasible, the development and enhancement of recreational opportunities and other imperative community services for Town residents.
  - Policy (a): The Zoning Bylaw will contain a community service district to provide for a wide range of community service and other compatible uses.
- Objective 3.5.2.2: To monitor shifts in population structure and types of recreation demands and, on that basis, adjust recreation program delivery and facility provision on the basis of these shifts.
  - Policy (a): Examine, from time to time, the feasibility of expanding the types of recreational programs and facilities in the community in accordance with town demographics and population growth.
- Objective 3.5.2.3: To support public service delivery agencies in the provision of services and, where appropriate, to assist in the programming of services to the public.
  - Policy (a): Encourage extensive participation by service clubs, community and public agencies, developers, the R.M. of Rudy and other interested groups, in the development of recreation and other community facilities.
- Objective 3.5.2.4: To encourage the coordination and integration of community facilities, recreation facilities, and tourism opportunities where appropriate.
  - Policy (a): Facilitate cooperation and communication between the service clubs and groups, community service agencies and the Town of Outlook in the development or redevelopment of community facilities in the Town.
- Objective 3.6.2.1: To recognize the natural and scenic significance of surrounding natural areas and to promote their conservation and preservation in order that these resources may be preserved and managed to benefit wildlife, vegetation and people in the Town of Outlook.

- Policy (b): Encourage the integration of natural features, existing vegetation, habitat, and wetland and riparian areas in the development of the Town’s parks, open space and trail systems.
- Objective 3.6.2.2: To make provision for municipal reserves when land is subdivided.
  - Policy (a): Establish a parks and recreation zoning district in the Zoning Bylaw for the purposes of delineating those areas in which only parks, recreation uses, resource conservation uses and compatible development will be permitted.
  - Policy (b): Zone the area shown as “Open Space” on the Future Land Use Concept for parks, recreation uses, resource conservation uses and compatible development.
  - Policy (c): Permit parks and playgrounds within open spaces in all zoning districts as permitted uses.
  - Policy [d (i)]: Smaller municipal reserve areas within new residential subdivisions should be provided for neighbourhood parks and playgrounds.
- Objective 3.6.2.3: To support, encourage and facilitate connectivity and walkability throughout the Town.
  - Policy (a): Encourage the linkage of natural areas and parks in a continuous open space system.
  - Policy (b): Facilitate the development of a walkable community, through consideration for the provision of adequate sidewalks, pathways in linear parks and appropriate lighting. The development of pedestrian amenities should contribute to public safety.
  - Policy (c): Consider the important linkages between the Town’s destination sites, residential areas, pedestrian amenities and the Sky Trail in the development of parks and open spaces in Outlook.
- Objective 3.6.2.4: To support the equitable access of community parks and open spaces to all residents and provide park space suitable for all community needs.
  - Policy (a): Encourage extensive participation by service clubs, community and public agencies, the R.M. of Rudy, and other interested groups in the development of parks, green space and trail systems throughout the Town of Outlook.
- Objective 3.10.2.3: To encourage the conservation of intangible cultural resources including historically and culturally significant landscapes, cultural facilities and events, heritage languages, community traditions and customs, locally important arts, crafts and traditional skills.

- Policy (c): The Town shall continue to work with community and cultural groups, service clubs, and sport and recreation clubs to promote and celebrate the existing and future programs available to residents and visitors alike.

## Outcomes

# Understanding Your Community

## CAP Indicators

### Community



**Strengths, Assets and Opportunities to provide 30 minutes of physical literacy enriching physical activity for children and youth in the community**

[Will insert brief synopsis]

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Data has been collected to inform decision-making</li> <li>• Support from Mayor and council</li> <li>• Dedicated Recreation Director</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Better understand physical literacy (via public awareness campaign/communication plan)</li> <li>• Maximize the support of the P4PL and of other regional/provincial partners</li> <li>• Encourage and celebrate success of physical literacy enriching initiatives</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Good at sharing physical activity opportunities through traditional and social media                             <ul style="list-style-type: none"> <li>○ Town of Outlook’s website, Facebook page(s), local newspaper, school newsletters, etc.</li> </ul> </li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Develop and implement a coordinated communications strategy with both municipality and schools</li> <li>• Explore different ways to promote physical literacy opportunities</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Great variety of programs (for kids and their families) – refer to inventory list in prior Programs section</li> <li>• Local leaders willing to coach/volunteer for various programs and opportunities</li> </ul>



	<ul style="list-style-type: none"> <li>• Jumpstart is available to Outlook residents</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Consider ways to provide program facilitators/coaches/volunteers physical literacy training</li> <li>• Consider way to offer current programs in different environments (e.g., outside, during all seasons) to enhance residents’ physical literacy <ul style="list-style-type: none"> <li>○ Specifically, explore the opportunity to develop physical literacy initiatives that involve the river (e.g., canoeing, kayaking, paddle boarding, etc.) to facilitate confidence and comfort on/in the water</li> </ul> </li> <li>• Consider ways to provide low cost/no cost physical literacy enriching programs (e.g., explore the opportunity of offering more seasonal sports or activity camps within Outlook)</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Infrastructure, parks, trails, etc. are great indoor and outdoor environments for enriching residents’ physical literacy</li> <li>• Residents viewed Outlook as walkable/bikeable</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Continue to develop community connectivity (e.g., trails) for more opportunities to increase residents’ physical literacy and to increase walkability/bikeability in Outlook</li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Great partnership with schools via joint use agreement</li> <li>• An Official Community Plan that supports residents</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Continue to develop and enhance Town’s partnership with schools</li> <li>• Develop and enhance the Town’s partnership with neighbouring communities to work together in providing physical literacy enriching opportunities, activities, spaces, etc. to residents in the area</li> <li>• Review existing bylaws with lens of increasing physical literacy</li> </ul>

*A Strong Foundation*

In the area of community, the following points were identified as overarching elements that provide a strong foundation for success:

- Facility infrastructure and greenspace for sport and recreation
- Community is walkable and bikeable
- Support and engagement of the municipality
- Residents reported its easy to be active in Outlook



## Strengths, Assets and Opportunities to provide 30 minutes of physical literacy enriching activity for children and youth at school

[Will insert brief synopsis]

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Administrators and educators understand the benefits of quality physical education and physical activity, and are willing to offer these opportunities during and outside of school hours</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Help educators and administrators better understand physical literacy (i.e., what it is, benefits, etc.)</li> <li>Help students’ parents and families better understand physical literacy (i.e., what it is, benefits, etc.)</li> <li>Strengthening communication and information sharing between schools and families</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Share physical literacy information and opportunities in the Town with students’ parents and families.</li> <li>Increase awareness of opportunities to be active in the Town (e.g., bike/walk to school, unstructured play, etc.)</li> <li>Increase awareness of open spaces available for activity</li> <li>Support parents to develop physical literacy</li> <li></li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>The variety of extracurricular programs and drop-in activities offered to students through the schools (e.g., dances, open gym-time, etc.)</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Provide educators with lesson plans, workshops, etc. to equip them with the tools and resources to enhance students’ physical literacy</li> <li>Ensure current before- and after-school programs develop and enhance participants’ physical literacy</li> <li>Increase physical literacy enriching opportunities before, during and after school</li> <li>Explore potential grant opportunities that could help fund physical literacy enriching opportunities</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Besides schools' facilities, students also have access to a variety of other facilities (e.g., Rec Plex) and outdoor spaces (e.g., ball diamonds, Regional Park, soon-to-be-open outdoor pool) in Outlook</li> <li>Students have opportunities to engage in physical literacy enriching activities in and outside of school</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li></li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Great partnership with the Town via joint use agreement</li> <li>Physical education curriculum</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Continue to develop and enhance schools' partnership with Town</li> <li>Develop and enhance schools' partnership with other local groups and organizations (e.g., minor sports, service clubs) to ensure that all parties work together to provide physical literacy enriching opportunities</li> <li>Educators are supported to teach the physical education curriculum</li> </ul>

*A Strong Foundation*

In the area of school, the following points were identified as overarching elements that provide a strong foundation for success:

- Good facilities within and near schools
- Physical education curriculum
- Supportive administration and teachers



## Strengths, Assets and Opportunities to provide 30 minutes of physical literacy enriching physical activity for children and youth at home

[Will insert brief synopsis]

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Families understand the importance of physical activity and physical literacy, and actively seek out opportunities for their kids to engage in</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Increase understanding of physical literacy, its benefits, etc.</li> <li>Encourage more active transportation to and from school/work, with an emphasis on how it can play a role in increasing family members' physical literacy</li> <li>Inform parents of outdoor unstructured play activities available in their community</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Increase awareness of unstructured activity opportunities available to Outlook families and how they can increase physical literacy</li> <li>Increase awareness of local subsidizing programs (i.e., Jumpstart)</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Variety of programs available for families to be active</li> <li>A number of parents are willing to coach/volunteer for programs/events/etc. that are run in Outlook</li> </ul>
<b>Opportunities:</b>	

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Variety of facilities and spaces (i.e., indoor and outdoor) available for families to be active</li> <li>Community is walkable/bikeable, permitting families to use active transportation to get around the Town</li> </ul>
<b>Opportunities:</b>	

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"><li>• Official Community Plan addresses active transportation</li></ul>
<b>Opportunities:</b>	

*A Strong Foundation*

In the area of home, the following points were identified as overarching elements that provide a strong foundation for success:

- Sense of belonging and community-pride in Outlook
- Facilities and greenspaces available for families to use

## Priorities and Next Steps

### Year 1 (2019) Priority Actions

The following tables are priority actions identified and established by the Outlook Physical Literacy Action Team. The priority actions were developed from the priorities and next steps identified by attendees at the Moving Together Symposium, as well as important tasks identified at the initial action planning meeting (March 27, 2019).

Provincial support

Community support

#### Priority: Awareness and education

Action: Create a communication plan to increase awareness of physical literacy opportunities					
Tasks	Lead	Support	Resources	Dates	Completed?
Share general physical literacy information (i.e., what it is, benefits, etc.), as well as any pre-existing physical literacy opportunities available in the community, with Outlook residents <ul style="list-style-type: none"> <li>• School newsletters, etc.</li> <li>• Town's newspaper</li> <li>• Town of Outlook's website</li> <li>• Posters at facilities, major points of interest, etc.</li> </ul>	Jordy Jones	Saskatchewan <i>in motion</i>	P4PL <ul style="list-style-type: none"> <li>• Articles</li> <li>• Resources</li> <li>• Ads</li> <li>• Networks</li> </ul>	ASAP	
Coordinating all forms of media (i.e., using all channels) so they all share the same messages	Jordy Jones	Saskatchewan <i>in motion</i>		TBD	
Develop a community communication plan to support Year 1 priority actions	Jordy Jones	Saskatchewan <i>in motion</i>		TBD	



**Priority: School as a hub for physical literacy**

Action: Engage with students' families (especially the Laestadian families) and the SCC to learn more about physical literacy					
Tasks	Lead	Support	Resources	Dates	Completed?
<p>Contact local Laestadian community leaders: Troy Simonson, as well as David Simonson and Jerry Warwaruk</p> <ul style="list-style-type: none"> <li>• Would this community group be interested in learning more about physical literacy?</li> <li>• Where would it best to share this information so that this group can receive it?</li> </ul>	Jordy Jones			ASAP	
<p>Contact local school leaders: Lloyd Tulp, Cindy Tulp, Brent Larwood and Cindy Morrow</p> <ul style="list-style-type: none"> <li>• How would it be best to share physical literacy information (from the school perspective) to all Outlook families?</li> <li>• Which avenues should we use to share this information?</li> </ul>	Jordy Jones	<i>Saskatchewan in motion</i>		Early May 2019	
<p>Contact Julia (Saskatchewan in motion) to determine next course of action:</p> <ul style="list-style-type: none"> <li>• Set up a meeting with the above leaders?</li> <li>• Determine what resources these leaders may need?</li> <li>• Etc.</li> </ul>	Jordy Jones	<i>Saskatchewan in motion</i>		June 2019	

Action: Increase participants' physical literacy in physical education curriculum					
Tasks	Lead	Support	Resources	Dates	Completed?
Contact physical education teachers/generalists <ul style="list-style-type: none"> <li>To see if they would be interested in professional development opportunities, physical literacy lesson plans, etc.</li> </ul>	Jordy Jones				
(If there is interest) offer the physical literacy survey for teachers created by the University of Saskatchewan to both Outlook Elementary School and Outlook High School to determine some of the following: <ul style="list-style-type: none"> <li>If teachers feel confident enhancing students' physical literacy</li> <li>If teachers feel they have a role in enhancing physical literacy</li> <li>Barriers that prevent teachers from enhancing physical literacy, etc.</li> </ul>		University of Saskatchewan Saskatchewan <i>in motion</i>			
Following the survey (and receiving the results), develop an action plan (support) for Outlook educators		University of Saskatchewan University of Regina SPEA			
Action: Increase participants' physical literacy in after-school program					
Tasks	Lead	Support	Resources	Dates	Completed?
Contact teachers/volunteers who run the after-school program	Jordy Jones				

<ul style="list-style-type: none"> <li>To see if they would be interested in leadership training (which is available through PCDSR).</li> </ul>					
Reach out to high school students <ul style="list-style-type: none"> <li>To see if they would be interested in helping run the after-school program and receiving leadership/HIGH FIVE training.</li> </ul>		Jordy Jones			
Contact PCDSR to see if they would be able to come to Outlook to run a HIGH FIVE training session	Jordy Jones	PCDSR – Stephanie Cuddington Recreation Board Outlook Regional Park Committee			

**Priority: Physical literacy enhanced sport and recreation**

Action: Bring together local sport and recreation leaders to support and to develop their confidence in enhancing physical literacy					
Tasks	Lead	Support	Resources	Dates	Completed?
Contact local coaches/volunteers <ul style="list-style-type: none"> <li>To identify and make note of who these individuals are</li> </ul>	Jordy Jones			May 2019	
Confirm a date, time and place to host an informal meeting among Outlook’s coaches and volunteers. <ul style="list-style-type: none"> <li>Looking to host 2 meetings (e.g., Fall Registration Night and Spring Registration Night).</li> </ul>					
Invite the Outlook minor sport and recreation groups’ coaches and	Jordy				

volunteers (who were identified earlier)					
Request that PSGBs contact Outlook's minor sport organizations to attend informal coaches/volunteer meeting (which will have a focus on physical literacy)	Sask Sport Inc.	Jordy Jones Saskatchewan <i>in motion</i>		June 2019	
Host first of two meetings. The purpose of this coaches/volunteers gathering is: <ul style="list-style-type: none"> <li>To see what physical literacy resources minor sport organizations may already have</li> <li>To see if it is possible for these groups to share their physical literacy resources and information</li> <li>To determine if any additional resources, information, training, professional development, etc. would benefit and are needed for these coaches/volunteers.</li> <li>Etc.</li> </ul>		Saskatchewan <i>in motion</i>		September 2019	
Action: Host a physical literacy-focused multi-activity day in Outlook					
Tasks	Lead	Support	Resources	Dates	Completed?
Promote and share information about multi-activity (i.e., what it is, the benefits, etc.) to all local audiences (e.g., in the community, at schools, among families, etc.)			Canadian Olympic Committee multi-sport promotional tools	Ongoing	

Confirm date for Outlook's multi-activity day	Jordy Jones	Town of Outlook Recreation Board		ASAP	
Contact PSBGs <ul style="list-style-type: none"> <li>To see if they would be interested and available to help out with Outlook's multi-activity day</li> </ul>	Sask Sport Inc.			June 2019	
Create a communication plan to promote this event	Jordy Jones Ranae Payne Recreation Board Town of Outlook	Saskatchewan <i>in motion</i>		June/July 2019	
Confirm local sport and recreation groups, as well as PSGBs, who will run physical literacy-focused activities for the multi-activity day	Jordy Jones Sask Sport Inc.				
Host multi-activity day!	Jordy Jones	Local minor sport and recreation groups PSGBs		Late July/Early August 2019	
Propose a meeting to be held in the community to discuss the idea of having a multi-sport/multi-activity program in Outlook <ul style="list-style-type: none"> <li>The results from the community survey (refer to below chart for more information about this survey) can be shared at this meeting.</li> <li>PSBGs, Sask Sport Inc. could be invited this meeting to share more information</li> </ul>				August / September 2019  Fall 2019 – to actually host the meeting	

about multi-sport/multi-activity					
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**Priority: Unstructured outdoor opportunities**

Action: Partner with local organizations and leaders to make the pre-existing program available through Outlook Regional Park more accessible and have more variety (in activities).

Tasks	Lead	Support	Resources	Dates	Completed?
Contact Cara – to discuss with her who she brought out to the program last year	Ranae Payne	Outlook Regional Park Committee		ASAP	
Find a replacement for Cara’s position <ul style="list-style-type: none"> <li>Looking for a volunteer dedicated to activity planning</li> </ul>	Ranae Payne/Outlook Regional Park Committee	Town of Outlook Recreation Board – to share posting		ASAP	
Host a meeting with pre-existing committees in Outlook <ul style="list-style-type: none"> <li>See what these groups can offer, see if they are able to help (e.g., help run activities at the Park)</li> <li>Invite Nick Forsberg and any other Partners (in person or through conference call) who can offer development opportunities/resources (e.g., Nature Play workshop) for this program</li> </ul>	Ranae Payne Jordy Jones	Saskatchewan <i>in motion</i> Sask Sport Inc. University of Regina		Early to mid-May 2019	
Create a survey – to see what residents would like to see available through this program	Ranae Payne Jordy Jones	Sask Sport Inc.		Early May 2019	

Contact schools to see if survey can be distributed to students and their families	Ranae Payne Jordy Jones			Early May 2019	
Launch community survey to the community. Inform residents on where they can fill this survey out (i.e., provide paper copies, inform them if they can fill it out online, etc.) <ul style="list-style-type: none"> <li>Provide paper copies for schools (?)</li> </ul>	Ranae Payne Jordy Jones			Mid-May 2019	
Action: Increase awareness of seasonal, physical literacy enriching activities at Outlook Regional Park through a communication plan					
Tasks	Lead	Support	Resources	Dates	Completed?
Develop a community communication plan support action <ul style="list-style-type: none"> <li>Promote the Park</li> <li>How this outdoor environment is a great way to develop physical literacy (especially in a different space)</li> </ul>	Ranae Payne	Saskatchewan <i>in motion</i>		ASAP	
Coordinate elements of the communication plan (e.g., post, ads, etc.) so that information is being shared through all forms of media (i.e., using all channels) in Outlook (and surrounding areas).	Ranae Payne Outlook Regional Park Committee	Saskatchewan <i>in motion</i> Town of Outlook		May/June 2019 (?)	