



Tips for Getting Started with the ParticipACTION 150 Play List

The 150 Play List was developed by and for Canadians of all ages, abilities and backgrounds, as an opportunity to show your national pride and try as many different Canadian physical activities as possible. Get started with the following tips:

- Register on the website [here](#) so you can track your progress and earn prizes and rewards along the way. If you register with Facebook, you can challenge your Facebook friends to join you.
- To check an activity off your 150 Play List, sign in and select an activity icon by clicking on it once. You'll have the option to 'track this activity' or 'add to wishlist'. Select 'track this activity'.
- Browse the list of 150 Play List activities and descriptions. Mark all the ones you think you would like to try by signing into your account, clicking on the activity icon and then selecting 'add to wishlist'. See all of your favourites by selecting, 'see my wishlist' when you're signed in.
- Activity descriptions also give information about how and where to do each activity, variations of the activity for different skill levels and adaptations for all abilities.
- While some activities can be completed without special equipment or instruction, others would benefit from qualified instruction or the support of a local organization. You can find support in the following ways:
 - ParticipACTION has partnered with [National and Provincial / Territorial Organizations](#) that can help you find a local organization near you. Many will be hosting open houses and try-it days where you can try a sport from the list in a friendly and supportive environment. 150 Play List events and programs that are open to the public can be found on our map [here](#).
 - Reach out to local sport organizations, public health units, local clubs (seniors, cultural, boys and girls, 4-H, YMCA), local parks and trails, schools and fitness centres and other recreation centres and facilities. Explain that you're participating in the ParticipACTION 150 Play List and that you're interested in checking [insert sport or physical activity] off your Play List. Ask them if they have an introductory class that you can try or can recommend any other resources to help you get moving.
- The ParticipACTION 150 Play List Tour will travel to 100 events across Canada where you can try several activities from the Play List. Local organizations will

also be hosting another 1000 events. Check our ParticipACTION 150 Play List event listings [here](#) to see if there is an upcoming event near you.

We hope you will find a passion as you participate in physical activities from the 150 Play List this year. Continue to move beyond 2017 in all the ways that this great country makes possible!

Physical Literacy Considerations

Getting active with the 150 Play List gives you a chance to show your Canadian pride but also to improve your movement skills and gain confidence in your ability to participate in sport and physical activity. ! Win-win! Throughout life you have the opportunity to improve the basic fundamental movement skills that are required to participate in physical activities and sport – in fact, building these movement skills is a lifelong journey. Physical literacy - the development of the physical skills, confidence and motivation to engage in physical activity and sport – provides the foundation to be physically active for life. . Physical literacy opens the door to a world of opportunities in physical activity, sport, and daily life – and without it people often withdraw from such activities and are less likely to try new things. Consider the LTAD model when planning and implementing your physical activities to ensure that the skills needed to participate are age appropriate. Not sure where to start? Check out these resources to learn more about creating a quality physical literacy experience:

Links:

Physical Literacy General Resources: <http://www.physicalliteracy.ca/resources/5>

Safety and Injury Prevention

Physical activity is the number one factor in healthy living, and participating in sport is a fantastic way to be active. Sport and physical activity can reduce the risk factors associated with injury, the leading killer of Canadians under the age of 45 years, including suicide, violence and falls. Participating in sport is not without risk. Injuries, including repetitive-use as well as catastrophic, can and do occur, but these injuries are predictable and preventable and should never be assumed to be “part of the game.”

It is therefore important to consider injury prevention when planning, running and checking off 150 Play List activities. The most successful public health approaches to lowering injury risk include initiatives that combine efforts – namely education, engineering/environment and enforcement/legislation.

Taking these elements into account, we have some simple and quick ways to reduce the risk of injury either during your programs and events or while doing the activities yourself:

1. Choose physical activities that require skills that are age appropriate.
2. Ensure children learn fundamental skills early in life.
3. Teach participants proper technique for advanced skills, and ensure they master each level before moving on;
4. Spend a few minutes before the activity begins to go over the rules so that all participants feel confident in carrying out the activity as planned.
5. Check all equipment to make sure that there are no missing pieces and that all elements function as they should.
6. Make sure to wear proper safety gear – helmets, pads, etc – before beginning any activity.
7. Use appropriate equipment properly, but do not rely on equipment for complete protection.
8. Inspect floor surfaces for any spills, loose accessories, etc.
9. Choose activities where participant's physical and emotional safety is protected by educated volunteers, officials and administrators;
10. Always encourage fair play and respect.

In addition, several groups in our Canadian Sport community have united to focus on decreasing the incidence and severity of brain injury and concussion in team sport. The powerful partnership between the Canadian Centre for Ethics in Sport (CCES)*, True Sport, Parachute Canada, Hockey Canada, and the Coaching Association of Canada with support from the Public Health Agency of Canada, resulted in the development of a host of tools and resources aimed to educate athletes, coaches and parents on preventing these types of injuries.

Canada offers so many fantastic seasonal and regional sport activities – never let injury be the reason for not participating in all the joy and wonder sport has to offer. To learn more about and to access these resources, please visit www.cces.ca/activeandsafe.

Together, we can really make a difference in educating our sport community on preventing injuries for our children.

Thanks to Sunnybrook's [RBC First Office for Injury Prevention](#) for providing support in developing this content.

Links:

[Health Canada](#)

[Public Health Agency of Canada](#)

www.parachutecanada.org/activeandsafe

www.hockeycanada.ca/concussions

www.coach.ca

[Canadian Physical Activity Guidelines](#)

Physical Literacy for Reducing Injury Risk: <http://www.physicalliteracy.ca/node/50>

Safety and Injury Prevention: <https://www.healthyfamiliesbc.ca/home/articles/safety-and-injury-prevention>

Inclusivity and the ParticipACTION 150 Play List

Gender Inclusion

Physical activity plays an important role in health, well-being and quality of life, and all Canadians deserve to be given the opportunity to participate. Studies have shown that gender is a key factor in a person's physical activity levels, with girls and women less physically active than their male counterparts, despite the proven benefits. If we want to increase physical activity in Canada, special attention needs to be paid to ensuring that girls and women get off the sidelines and into the game.

Everyone has a role to play in supporting participation by girls and women. Change starts with awareness of the factors that influence female participation, and of ways to help create a more inclusive experience. The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), provides resources that help to educate on the barriers for girls and women in physical activity and their solutions. Their website also includes insight on physical activity inclusion for newcomer women, women 55-70+, mothers, and more. Visit [CAAWS](#) for more information.

LGBT Inclusion

All Canadians deserve to participate in physical activity without discrimination. Unfortunately, many individuals who identify as LGBT (whether "out" or not) have experienced LGBTphobia when participating in sport and physical activity. Creating an inclusive environment where everyone is respected is essential for ensuring that all Canadians, including those who identify as LGBT, feel safe participating. This requires special attention to our values and how they are transmitted by our words and actions.

Through its [Leading the Way](#) initiative, the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) promotes inclusion of LGBT participants by providing pragmatic education and advice for creating physical activity experiences that are welcoming and bring out the best in everyone.

Indigenous Peoples at Play

There are great cultural, regional and local differences between the many Indigenous groups in the different regions of Canada. Distinctive ways of making a living were shaped by the influence of the environment and the land. Making a living might rely on hunting, fishing, gathering, or farming, and on distinctive cultural traditions that shaped

how Indigenous peoples know themselves. Such distinctive traditions are also expressed by the wide variety of games played by Indigenous cultures.

But there also is a unity behind this great variety. In their own ways, these different cultural traditions all expressed the close connection to and importance of the land for Indigenous cultures. A good perspective for understanding the cultural importance of Indigenous games is to keep in mind the unity underlying this great variety: Indigenous games are part of many distinctive cultures that all were closely connected to the land.

Like people everywhere, Indigenous people played their games for the fun, enjoyment and excitement they brought, but in playing the games, they often practiced important skills that allowed them to pursue the land-based life-styles. Through their play activities and games they learned about their relationship to the land, and they could develop skills that made it possible to make a living on the land.

Several of today's mainstream sports, for example lacrosse and canoeing, come from Indigenous roots, but Indigenous games are also gaining greater importance in their own right at events such as the Northern Games, the North American Indigenous Games, and the Arctic Winter Games. It is important to understand and respect the history of Indigenous games and their significance to Indigenous peoples.

Elders from across the country recognize the value of games, sport and play to communities; to children; and to health. The Truth and Reconciliation Commission of Canada's final report provided calls to action that identified sport and recreation as tools for social development to improve the health and well-being of Aboriginal individuals and communities.

Appreciating the diversity of the activities in the 150 Play List, use this as an opportunity to try something new, with your family, your friends or your community. – Join the movement, and get moving!

For more information visit:

Aboriginal Sport Circle <http://www.aboriginalsportcircle.ca/>

Aboriginal Long Term Participant Development Pathway

<http://canadiansportforlife.ca/resources/aboriginal-long-term-participant-development-pathway-11>

Older Adults at Play

Play is for everyone, regardless of our age and ability. Many older adults may not have experienced many of the activities on the 150 Play List, so here is an opportunity to try something new or to get back to an activity that you played in your younger years.

There are all kinds of modifications that can be made to the activities should there be issues with mobility, hearing or sight. Don't let those challenges stop you from playing.

Older adults want to have fun, socialize, and feel good. The activities on the 150 Play List will provide you with those opportunities and more! There are always precautions to consider when trying a new activity, so listen to your body and your family physician.

"We don't stop playing because we grow old; we grow old because we stop playing." - George Bernard Shaw

For more information on healthy active aging, please visit: www.silvertimes.ca and <http://www.activeagingcanada.ca/>.

Active Aging Canada

Physical Activity for Canadians with a Disability

Adopting an active lifestyle is important for everyone. In particular, it is even most important for those who may have a disability. Being active has numerous benefits such as developing strength to deal with daily living, reducing the likelihood of acquiring a secondary health condition, increasing self-confidence and community inclusion and it is fun!

For service providers and communities, make sure to provide an inclusive, welcoming environment. Make sure to speak with the participant about their needs and activity preferences. Some activities may be more suitable than others or modifications to rules and/or equipment may be required. Remember that a successful experience encourages a long-term commitment to physical activity. To help provide a welcoming, inclusive environment download "All Abilities Welcome" from the resource section below or contact the Active Living Alliance for Canadians with a Disability.

Resources:

All Abilities Welcome

<https://www.dropbox.com/s/anggyfmoqiv63xw/All%20Abilities%20Welcome%20Toolkit.pdf?dl=0>