



Goulds Recreation

2023

Pilot Program

Hello and a huge welcome to those interested in our On the Move Summer Pilot Program! We are excited to offer this program during the upcoming summer! Our priority will always be to provide a safe and fun environment for our participants, while offering quality programming. This program is based off of the Fundamental Movement Framework for children ages 2 to 5. If you have any questions, do not hesitate to contact us at gouldsrecinfo@gmail.com or by phone at 709-745-7575. If your questions revolve around a confidential nature, please contact our Recreation Coordinator, Nicole, through email at gouldsrecreation@gmail.com or by phone at 709-745-7504.

AGES: Our program is open to children ages 2-5. Our youngest registrants **MUST** be turning 2 in the 2023 year.

***This program is a family program, meaning that adult family members who may attend the program with your child will also need to be registered. A parent/guardian must also stay on site during the program and actively participate.*

REGISTRATION: Registration will start 9am, Wednesday, May 31st, 2023.

Where to find the link:

- www.gouldsrecreation.com and click on **On the Move Registration**
- Goulds Recreation Facebook Page will have a current post containing link as well, on that day.

Please ensure that when you register on-line, you put in the correct contact information. Under the contact information section is where the parent or legal guardian puts their information. Under child registration is where you put the required information on your child. Please note that email under child registration will be the parent/guardian's email again. We are unable to bypass this request. Under additional adult, please consider all adults that may take your child to the program and stay with them. All adults must be registered. They will be considered a participant of the program.

TENTATIVE SCHEDULE: Program will be 8 weeks, starting July 4th and ending August 24th. There will be 2 opportunities per week for families to take part in this program. The Location of the program will be dependant on the activities planned (Either our tennis courts, basketball courts, soccer field or softball field).

This schedule can change at any point due to registration numbers and other factors that may be out of our control. There will not be make up sessions due to poor weather.

Group 1: Ages 2-3: (turning 2 in 2023 & turning 3 in 2023)

Wednesdays 1:30-2:30pm

Thursdays 5:15-6:15pm

Group 2: Ages 4-5: (turning 4 in 2023 & turning 5 in 2023)

Wednesdays 2:45-3:45pm

Thursdays 6:30-7:30pm

Week 1 July 5th and 6th: Outdoor Basketball Courts

Week 2 July 12th and 13th: Tennis Courts

Week 3 July 19th and 20th: Softball Field (specific field to be determined)

Week 4 July 26th and 27th: Soccer Pitch (between mini pitch and Eric Williams Softball Field)

Week 5 August 2nd and 3rd: Outdoor Basketball Courts (There will be no programming on Regatta. Should the Regatta be postponed, our program will go ahead as planned and we will observe Regatta Day on the day it takes place)

Week 6 August 9th and 10th: Tennis Courts

Week 7 August 16th and 17th: Softball Field (specific field to be determined)

Week 8 August 23rd and 24th: Soccer Pitch (between mini pitch and Eric Williams Softball Field)

COST: \$40/family

Fee must be paid by June 21st (two weeks prior to program start time). Refunds will not be issued passed the June 21st date. All refunds for Goulds Rec programs will be subject to a \$15 administration fee. Full refunds will only be issued if Goulds Rec cancels a program/event.

ON THE MOVE ACTIVITIES:

This program is based on an Active Start concept and includes Fundamental Movement Skills. These skills are the building blocks of movements. “When children have the opportunity to learn a wide range of physical skills, they acquire the basic building blocks to give them the competence, confidence and motivation to try many different physical activities and sports. We call this physical literacy” (NCCP Fundamental Movement Skills: Coach Workbook).

This program is intended for toddler and preschool children. Through a variety of activities and games, they will develop fundamental movement skills. Age-appropriate equipment will be used and they will engage in activities that will help them work on skills such as coordination and balance. We will introduce them to warm-up and cool-down routines. We will incorporate crawling, walking, running, skipping, jumping, kicking, throwing and catching. All of these skills will help your child build confidence to play sports, such as basketball, softball, tennis and soccer.

At our sessions, we will also do an introduction to the above-mentioned sports. This will be a basic introduction, as at the toddler and preschool age, the key is to build on their fundamental movements first.

- Each session will begin with a warm-up, followed by an obstacle course, introductory activities on the sport that day and concluding with a cool-down. Activities will be modified for the two age groups.
- **Outdoor Basketball Sessions:** Basic ball handling with a focus on coordination, we will use buckets for nets.
- **Tennis Sessions:** We will use low nets (and no nets), reduced flight foam tennis balls. Goulds Rec will provide tennis rackets
- **Softball Sessions:** We will use larger, soft balls, t's and will engage in running the bases activities, as well as throwing and catching. It is at the parents' discretion if they want their child to wear a softball glove (we will not be providing softball gloves. And if your child has a glove, it will need to fit comfortably on their hand).
- **Soccer Sessions:** Kicking and coordination activities will be the key to these sessions.
- This program is meant to be fun and engaging. Parent/guardian participation is necessary for this program to run. Involved is simply assisting your child with the activities, such as moving through the obstacle course.
- Regular handwashing/bathroom routines will be in place as part of the daily routine. We strongly recommend that you encourage your child to use the washroom before coming to the program.

****Additional links with valuable resources can be found at the end of this package.***

DROP-OFF/PICK-UP:

Drop-off is NOT an option for this program under any circumstances.

WHAT TO BRING

- HAND SANITIZER (at least 60% alcohol based).
- Suitable clothing for the sessions. This includes closed toed sneakers that can be tied snugly, and proper “gym” clothes to easily move around in.
- We recommend you put sunblock 30+ on your child before coming to the program.
- Labelled hat
- Water in a labelled water bottle
- Ensure all personal items are marked with yours or your child’s name
- There may be no benches/bleachers at the different locations. You may want to bring a blanket or fold up chair for anyone that may need to sit down during the hour program.

SAFETY MEASURES

- Participant information will be confirmed prior to the first day of the program through the on-line registration and follow-up through email will be made if needed. If there are any medical concerns or issues that counselors need to be aware of, please contact us prior to the start of the program.
- For the safety of participants, Goulds Recreation, as advised by the Royal Newfoundland Constabulary, will follow specific procedures should a parent/guardian arrive on site appearing to be under the influence. Counselor will immediately contact their supervisor, as well as the RNC.
- All counselors are trained in the High Five Principles of Healthy Child Development (www.highfive.org), policies and procedures, supervision, safety/cleaning protocols and first aid.
- We also have a select few staff that are trained in the NCCP Fundamental Movement Skills training.
- Our Association will stay up to date on recommendations/measures from Public Health in regards to the operation of this Program.
- Parents are encouraged to stay up to date on recommendations/measures from Public Health.
- it is recommended that those considered vulnerable to the effects of COVID-19 or other respiratory illnesses, or who have family members considered vulnerable to use discretion in availing of our programs.
- All staff, volunteers and adults will be expected to model and support children in good hygiene efforts such as handwashing, covering a cough and use of tissues or crease of elbow for coughing and sneezing.
- Equipment will be cleaned in accordance with public health recommendations.

- Should you or your child need to go to the washroom while engaged in the program, the public washrooms by the soccer pitch, softball fields and basketball courts will be opened. The maintenance/cleaning/sanitizing of these washrooms is carried out by the City of St. John's, following their cleaning/sanitizing protocols. During tennis sessions, we will do our best to provide access to the Rec Centre washrooms. The maintenance/cleaning/sanitizing of these washrooms is carried out by the staff at Goulds Recreation, following our cleaning/sanitizing protocols.

UNEXPECTED CANCELLATIONS: In the event that we are closed unexpectedly due to poor weather, or other unexpected reasoning, the program session that day will be cancelled. Refunds will not be issued for unexpected closures. Our Facebook page: Goulds Recreation Association will be updated to provide you with the information. The weather in Newfoundland can change quickly. Please understand that while we try our best to give as much notice as possible for cancellation, this may not always occur. For the safety of all participants and staff, we have the right to cancel a session with little notice, due to unforeseen circumstances. For this program, make-up sessions will not take place. This is due to staff availability and facility availability.

MANAGING ILLNESS: All participants (Children and Adults) **MUST** stay home if they feel sick (fever, sore throat, cold symptoms, headache, diarrhea, vomiting, etc).

- Parents/Guardians must ensure that you list yours or your child's underlying health conditions and/or symptoms due to allergies
- If a participant (adult or child) displays symptoms of concern during the program we kindly ask that you leave the premises. Materials used by you or your child will be removed and will be sanitized according to sanitization guidelines

MEDICATIONS/ALLERGY INFORMATION: Please do not bring nuts or nut products, fish products, kiwi on site. We are also scent aware.

COUNSELOR/STAFF CONTACT INFORMATION: If you have any questions or concerns on our On the Move program, please email gouldsrecinfo@gmail.com or call 709-745-7575 (please leave voicemail). If your questions or concerns are of a confidential matter, please email Recreation Coordinator, Nicole at gouldsrecreation@gmail.com or call her direct line at 709-745-7504 (please leave voicemail). We kindly ask that you respect our staff and that you do not send them private messages on their personal accounts.

Goulds Recreation Association is committed to providing quality programs that promote positive social, cognitive, physical and emotional development. Based on this, we want to ensure that there is a mutual understanding of what is acceptable behaviour and unacceptable behaviour. Our staff will take every reasonable effort to ensure meaningful participation. Please read our guidelines for acceptable and unacceptable behaviours.

ACCEPTABLE BEHAVIOURS: Goulds Recreation counselors/staff, patrons, participants and guardians are expected to exhibit the following behaviour while participating in programs and services:

- respect - kindness - safety
- honesty - responsibility - healthy choices

UNACCEPTABLE BEHAVIOR: behaviour with the intent to harm others, property or which would otherwise negatively impact program quality is unacceptable and will not be tolerated. The group will review daily behaviour expectations in the form of “Promises”. Counselors will use discretion to take appropriate action if unacceptable behaviour occurs. Our general process of addressing unacceptable behaviour is as follows:

- Unacceptable behaviour will be discussed with the participant
- Depending on behaviour, parent/guardian of the participant will be notified of the unacceptable behaviour and may be asked to arrange immediate pick-up of the participant.

First occurrence: Lead staff and/or Rec Coordinator will work with the participants and Parent/Guardian (if applicable) to identify solutions to assist the participant in displaying expected behaviours in the future.

Second occurrence: The participant may be re-introduced to the program following a meeting, with parents/guardians (if applicable) to establish an individualized plan to prevent further unacceptable behaviour and encourage positive behaviour

Third occurrence: The participant may be removed from the program on a part-time or full-time basis.

If Goulds Recreation is unable to ensure the safety and well-being of patrons, participants, other, the security of property or program quality, we reserve the right to remove the patron/participant displaying unacceptable behaviour from the program or area.

*****This On the Move Package may be updated at any time*****

***Additional Resources on the importance of an Active Start and Fundamental Movements**

<https://sportforlife.ca/?s=Active+Start>

Active for Life – fundamental movement skills

https://activeforlife.com/fundamental-movement-skills/?gclid=Cj0KCQjw0tKiBhC6ARIsAAOXutn2vffmzJhVwlt88KHqz63onrq_xhWCtMwa8rP3X3rT5x2KPAv5k-MaAjTZEALw_wcB&gclsrc=aw.ds

<https://www.healthline.com/health/childrens-health/sports-for-toddlers#toddler-readiness>



PHYSICAL LITERACY

Kids and adults who are physically literate can move with competence in a wide variety of physical activities that benefit the development of the whole person.

- Physical and Health Education (PHE) Canada



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