



## Collaboration

Collaboration among and between the education system, the sport system, and local community recreation providers would create a seamless physical activity and physical literacy pathway for students.

### Community Recreation

Schools would benefit from collaboration with the community recreation system to work on:

- school use of community sport and recreation facilities;
- access to Learn to Swim, Learn to Skate, and other similar programs;
- access to programs for students otherwise unable to afford to participate;
- community use of school facilities when not in use by the school; and
- access to expertise and specialized equipment for physical activity for students with diverse abilities.

### Health and Active Living

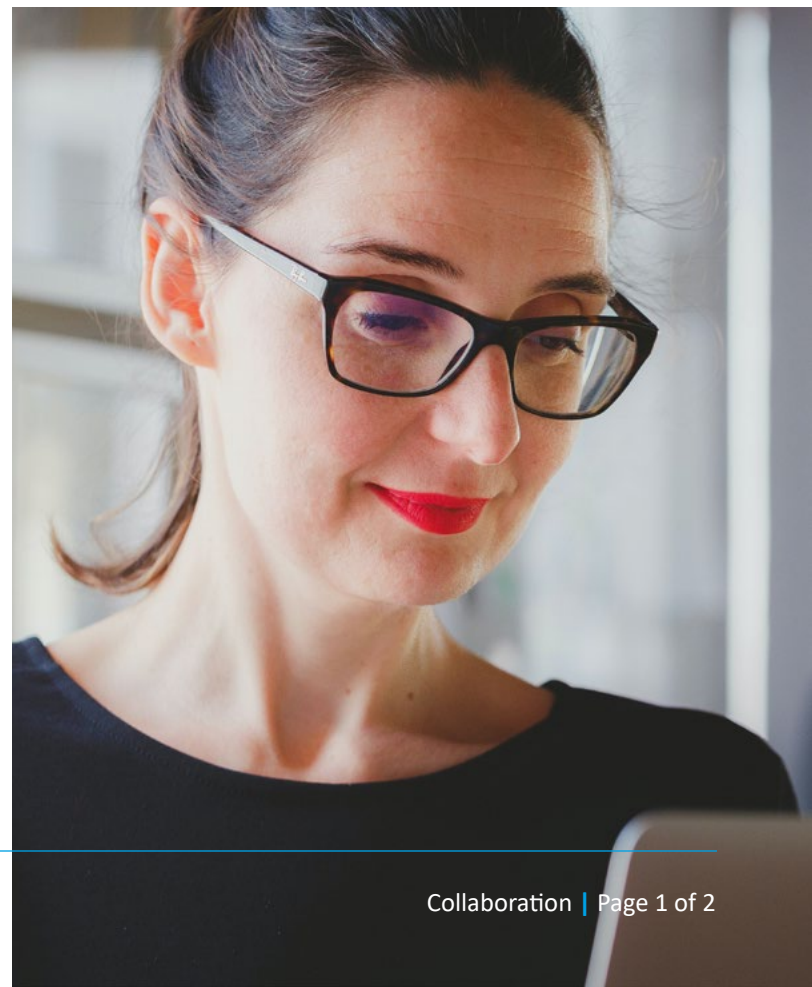
Schools would benefit from collaboration with health and active living organizations to work on:

- having health and physical activity specialists from public health and the medical community increase student knowledge of health benefits of physical activity; and
- coordinating school and public health messaging around the physical activity and screen time components of the Canadian 24-Hour Movement Guidelines for Children and Youth\*.

### Sport

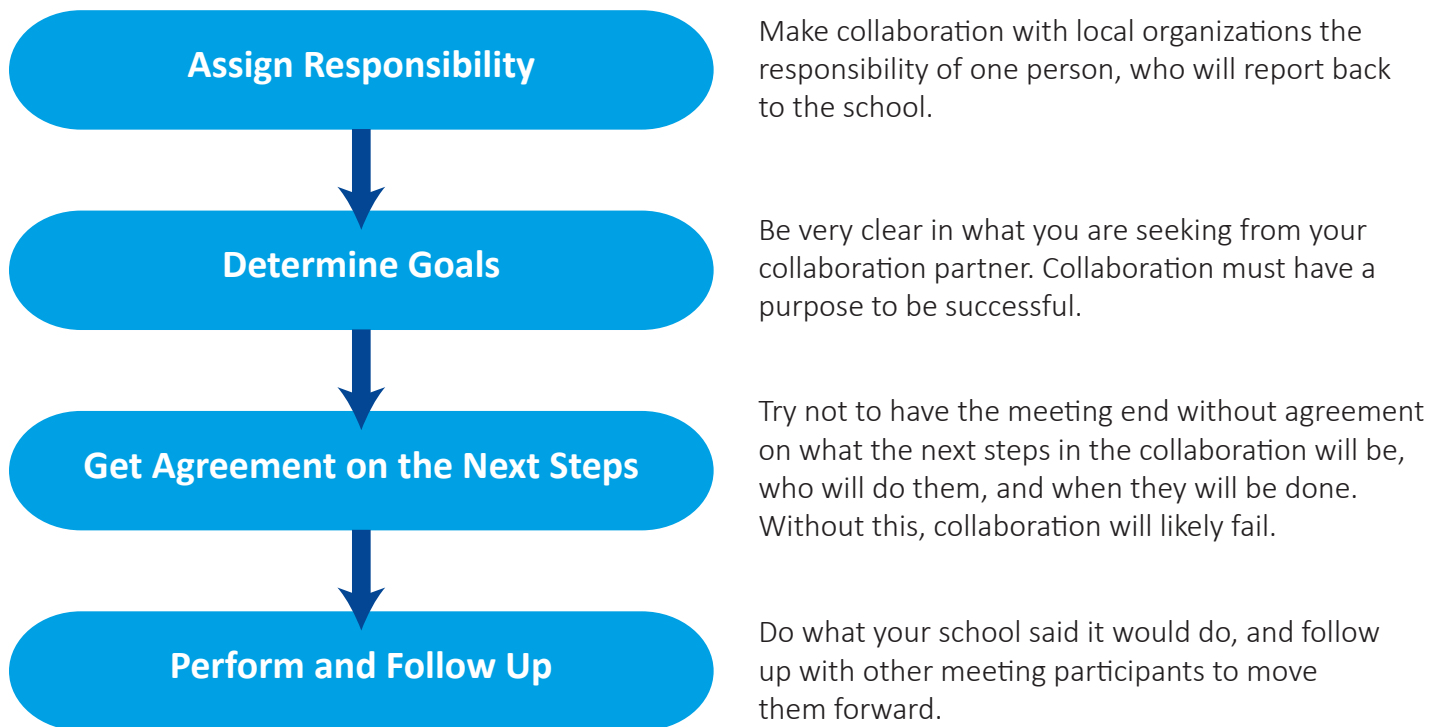
Schools would benefit from collaborating with local sport organizations to work on:

- coordinating sport seasons for students playing the sport in school and also playing the sport in the community;
- ensuring that students playing a sport in and out of school play under the same rules, using the same equipment, and with the same developmental focus;
- making sure that the cumulative training and competition load on students from in-school and out-of-school sport participation does not lead to overuse injuries.



\*[www.csepguidelines.ca/children-and-youth-5-17](http://www.csepguidelines.ca/children-and-youth-5-17)

## Steps in Collaboration



### Collaboration Takes Time and Effort

Collaboration among and between organizations takes perseverance and energy – but the results are usually worth it. Collaboration works when organizations trust each other, and building trust takes time.

