



6th Annual Victoria County Winter ActiveFest Special Event Assistance Fund 2017

Background and History

For five years (2012, 2013, 2014, 2015 & 2016) Residents & visitors “Make Room For Play” by participating and being active in winter fun with snowshoe hikes, downhill & cross-country skiing, entertainment, yoga, fitness, walking, luncheons, square dancing, skating, healthy eating and gardening sessions, after school activities, wellness rooms, ceilidhs and a whole lot held for the entire family - It has been a great way to get out and enjoy winter, not using winter as an excuse/barrier not to be active! (On the World Famous Cabot Trail: Victoria County is Nova Scotia’s Outdoor Winter Destination)

This Annual event has been Proudly Presented by Your Partners in Wellness:

- ❖ Naturally Active for Life Victoria County (Est. 2011)
- ❖ Victoria County
- ❖ ACOA
- ❖ Victoria County Volunteers, Leaders, Organizations, Service Providers & Facility Operators

Overview

*Naturally Active for Life Victoria County (Est. 2011) supports & assists community-based events, programs, activities, initiatives, learn to / try it opportunities and/or open houses throughout Victoria County, in partnership with your organization, that contributes to increased exposure and skills of physical activity &/or healthy eating during our 6th Annual Victoria County Winter ActiveFest **February 10 - March 19, 2017** benefiting our residents & visitors.*

***Initiatives should follow the Guidelines set in Physical Activity & Sedentary Behavior Canadian Guidelines:**

Age	Clock	Intensity	Strength	More	sedentary	
1 – 4	180 min/day (3 hours)	More is better	Play	Variety	2 yr – none 2–4 yr < 1 hr	Limit sitting
5 – 11	60 min/day (1 hour)	More is better	Vigorous 3 days/wk	Strength 3 days/wk	< 2 hr/day	Limit sitting
12 – 17	60 min/day (1 hour)	More is better	Vigorous 3 days/wk	Strength 3 days/wk	< 2 hr/day	Limit sitting
18 – 64	150 min/wk (3 hours)	More is better	Moderate - Vigorous 10 min bouts	+ Strength 2 days/wk	No guideline	No guideline
65 +	150 min/wk (3 hours)	More is better	Moderate - Vigorous 10 min bouts	+ Strength 2 days/wk	No guideline	No guideline
Multiple Sclerosis	30 min 2 days/wk		Moderate	+ Strength 2 days/wk	No guideline	No guideline
Spinal Cord	20 min 2 days/wk		Moderate - Vigorous	+ Strength 2 days/wk	No guideline	No guideline

And *Canada's Food Guide: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf

This limited 6th Annual Victoria County Winter ActiveFest Special Event Assistance Fund 2017 provides support for activities & initiatives that increase physical activity and/or healthy eating, providing new or expanded opportunities for Victoria County residents to be active, eat healthy and provides opportunities for residents to try new activities increasing their skills in that particular activity during our 6th Annual Event.

Objectives

- ❖ *Increase opportunities, exposure and skills for Victoria County residents and visitors to engage in physical activity & healthy eating as part of their everyday life during the 6th Annual Event*
- ❖ *Increase public awareness of the benefits and enjoyment of physical activity & healthy eating*
- ❖ *Encourage the participation of those who are not currently active and not eating healthy*
- ❖ *Encourages try it/learn to, open house opportunities for new participants to develop skills*

If you would like to take the lead in your community to start a new initiative or expand an existing initiative or offer Learn To/try it, open house opportunities - you can apply for a Victoria County Physical Activity Strategy Winter ActiveFest Special Event Assistance Fund Grant 2017 to do so. **Funds (50% cost-shared) are available to a maximum of \$200 in partnership.**

Deadline

Deadline for an application is **Friday, January 20, 2017** funding has been earmarked specifically for Special Event Physical Activity, Healthy Eating & Learn to/try it, open houses with specific dollars for each. If a grant meets the criteria, they'll be approved with cheques within two weeks of being approved. If you receive a grant, all money must be spent by March 19, 2017

Evaluation / Final Report

Please provide an Evaluation/Final Report for your initiative one month following the completion of your program, activity, event, etc. **(March 31, 2017)**

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Please complete the following information:

Sponsoring Group/Organization: _____

(Your organization or the one you are affiliated with for this project must be registered with The Registry of Joint Stock Companies under the Society's Act and carry insurance)

*** Registry of Joint Stock Organization #:** _____

If the application is successful, to whom should the cheque be written?

(If different from sponsoring group/organization as written above): _____

Applications must include contact information for two representatives from the organization(s) applying.

1.) Contact Person: _____

Mailing Address: _____

Postal Code: _____

Telephone: _____ Cell: _____ Fax: _____

Email: _____

2.) Contact Person: _____

Mailing Address: _____

Postal Code: _____

Telephone: _____ Cell: _____ Fax: _____

Email: _____

Project Information

Program/Activity/Event Name: _____

Date: _____

Project Start Date: _____

Project End Date: _____

B U D G E T

Expenses

Leadership	
Administration	
Equipment & Material	
Transportation	
Facility Rental	
Other (Specify) _____	
Total Expenditures (A) A	

Revenues – Please list all revenues excluding request from Naturally Active

Fees or Charges	
Membership	
Fund Raising	
Other Municipal Contribution ***Please indicate if you have or will apply for other funding sources from The Municipality of the County of Victoria (Council, Councilor, Recreation/Tourism Dept.) for this special event*** YES ___ NO ___ If yes, please explain: _____	
In Kind (Specify) _____	
Provincial Government Sources	
Other (Specify) _____	
Total Revenues (B) B	

Amount requested from Naturally Active for Life Victoria County (Est. 2011)

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Additional Comments In support of your application

We certify that, to the best of our knowledge, the information provided by us in this grant application is accurate and complete and that the project is endorsed by the organization which we represent.

*Signed		Date	
Name (print)		Position In Organization	
*Signed		Date	
Name (print)		Position In Organization	

*** Official signing officer (s) for the organization.**

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 (*Please attach additional information if required)

1. Goals

Explain what results your organization will achieve through this initiative?

2. Initiative Description – How will your organization achieve the goals? Please detail the type of initiative, number of people involved, location, duration and volunteer involvement

3. Evaluation – How will your organization monitor and evaluate the initiative to ensure that the goals have been achieved?

If you have any questions or require further information, please do not hesitate to contact Naturally Active for Life Victoria County (Est. 2011) Physical Activity Coordinator:

❖ 902.295.3661 (Tel) / 902.295.0387 (Cell) or vince.forrestall@countyvictoria.ns.ca

Please **E-mail** your completed application to: vince.forrestall@countyvictoria.ns.ca

Or by **mail**:

Box 370 - 495 Chebucto St, Baddeck, Nova Scotia, B0E 1B0

Or by **Fax**: 902.295.1864

THANK YOU TO YOU AND YOUR SPONSORING ORGANIZATION, FOR YOUR TIME, COMMITMENT & LEADERSHIP WITH THE ABOVE INITIATIVE BENEFITING RESIDENTS & VISITORS LEADING TO AN ACTIVE & HEALTHY LIFESTYLE.



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VINCE FORRESTALL

PHYSICAL ACTIVITY STRATEGY COORDINATOR

NATURALLY ACTIVE FOR LIFE VICTORIA COUNTY (PHYSICAL ACTIVITY STRATEGY Est 2011)

