

**Dear Grade 4 Parents/Guardians,**

You and your grade 4 child are invited to participate in the Child and Youth Network's **ACT-i-Pass Program**. The ACT-i-Pass is a card that grants your child (plus one friend, family member, or chaperone) **FREE** access for many of London's recreation centres and programs from July 2017 until June 2018, **including the City of London/Spectrum, The Boys and Girls Club of London, The YMCA of Western Ontario, Children's Museum of London, and SARI Therapeutic Riding.**

The purpose of the program is to increase a child's ability to participate in physical activity, which can improve health, lengthen life, decrease illness, reduce screen time, and increase play in their lives! This project has been endorsed by, and has passed the ethical standards of, your child's school board and Western University.

**To register your child for the ACT-i-Pass...**

- Complete the **ACT-i-Pass Registration** and optional demographic questions online at [inmotion4life.ca/actipass](http://inmotion4life.ca/actipass) before May 19, 2017;
- OR
- Clearly fill out the paper **ACT-i-Pass Registration** section on the **registration form**, including your mailing address so we can mail the card directly to you;
- Complete the optional demographic questions;
- Return the **registration form** to your child's teacher by May 19, 2017

**If you register before May 19<sup>th</sup>, you will...**

- Receive the **ACT-i-Pass** by mail in early July 2017; and
- Are able to use your pass to access recreational facilities and programs throughout London between July 2017 and June 2018.

Thank you for your interest in the program. To learn more about the program you can check out our **seasonal schedules, informational videos, frequently asked questions**, and **ACT-i-Pass in the News** on the project websites at [www.inmotion4life.ca/actipass](http://www.inmotion4life.ca/actipass) or [www.playeveryday.ca](http://www.playeveryday.ca).

Kindly,

London's Child & Youth Network



# Spring 2017 ACT-i-Pass Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spectrum</b> (programs start week of April 10 and run 8 weeks, unless otherwise indicated)						
<p><b>Soccer:</b> Byron Somerset PS Ages 10-12 7:30 - 8:30 p.m. 287332</p> <p><b>Soccer:</b> Wilfrid Jury PS Ages 10-12 7 - 8 p.m. 287328</p> <p><b>Dance Mix:</b> Byron Community Centre Ages 10-12 7:15 - 8:15 p.m. 288410</p> <p><b>Volleyball:</b> Westmount PS Ages 10-12 7:15 - 8:15 p.m. 289129</p> <p><b>Kids' Yoga:</b> Northridge PS Ages 10-12 7 - 8 p.m. 288738</p> <p><b>Basketball:</b> Knollwood PS Ages 10-12 8:15 - 9:15 p.m. 288704</p>	<p><b>Glee Club:</b> Berkshire Club Ages 10-12 7:30 - 8:30 p.m. 288445</p> <p><b>Girls' Basketball:</b> South London Community Centre Ages 10-12 6:45 - 7:45 p.m. 288956</p> <p><b>Co-Ed Basketball:</b> Wilfrid Jury PS Ages 10-12 7 - 8 p.m. 288946</p> <p><b>Boys' Basketball:</b> Westmount PS Ages 10-12 7 - 8 p.m. 288917</p> <p><b>Volleyball:</b> Ryerson PS Ages 10-12 7 - 8 p.m. 288746</p> <p><b>Dance Mix:</b> Masonville PS Ages 10-12 7:45 - 8:45 p.m. 288892</p> <p><b>So You Think You Can Dance?:</b> Glen Cairn PS Ages 10-12 7 - 8 p.m. 288855</p>	<p><b>Boys Basketball:</b> White Oaks PS Ages 10-12 6 - 7 p.m. 288919</p> <p><b>Kids' Yoga:</b> Berkshire Club Ages 10-12 7:15 - 8:15 p.m. 288897</p> <p><b>Soccer:</b> White Oaks PS Ages 10-12 7:15 - 8:15 p.m. 287326</p> <p><b>Cheerleading:</b> Lord Nelson PS Ages 7-10 6 - 7 p.m. 288911</p> <p><b>Multi-Sports Night:</b> Lord Nelson PS Ages 10-12 7:45 - 8:45 p.m. 288908</p> <p><b>Floor Hockey:</b> Ryerson PS Ages 10-12 7:30 - 8:30 p.m. 288929</p> <p><b>Soccer:</b> Northbrae PS Ages 10-12 7:45 - 8:45 p.m. 288947</p> <p><b>Hip Hop:</b> Ealing PS Ages 10-12 7 - 8 p.m. 288951</p>	<p><b>Floor Hockey:</b> Medway Arena Ages 10-12 6:45 - 7:45 p.m. 288985</p> <p><b>Hip Hop:</b> West Oaks French Immersion PS Ages 10-12 7:30 - 8:30 p.m. 288425</p> <p><b>Girls Basketball:</b> Westmount PS Ages 10-12 7 - 8 p.m. 288954</p> <p><b>Cheerleading:</b> White Oaks PS Ages 7-10 6 - 7 p.m. 288979</p> <p><b>Cheerleading:</b> White Oaks PS Ages 11-14 7 - 8 p.m. 288975</p> <p><b>Soccer:</b> White Oaks PS Ages 10-12 7:15 - 8:15 p.m. 287326</p> <p><b>Dance Mix:</b> Ealing PS Ages 10-12 7:45 - 8:45 p.m. 288893</p> <p><b>Volleyball:</b> Wilton Grove PS Ages 10-12 7 - 8 p.m. 288748</p>		<p><b>Co-Ed Basketball*:</b> South London Community Centre Ages 10-12 9 - 10 a.m. 288945</p> <p><b>Hip Hop*:</b> South London Community Centre Ages 10-12 11 a.m. - 12 p.m. 288424</p> <p><b>Badminton*:</b> Byron Community Centre Ages 10-12 11 a.m. - 12 p.m. 289244</p> <p><b>Open Gym:</b> South London Community Centre Ages 10-12 1 - 2 p.m. 289003</p> <p><i>Special Event</i> <b>Skateboarding Clinic, Level 1:</b> White Oaks Optimist Skatepark Ages 10-12 10 a.m. - 12 p.m. June 17 only 289201</p> <p>*These programs begin on April 22.</p>	
<div style="border: 2px solid purple; padding: 10px;"> <p>Only these specific Spectrum programs are offered as part of the ACT-i-Pass program. Please preregister by phone at 519-661-5575 or in-person before attending.</p> <p>Please note that all Grade 5's, regardless of their age, are eligible to register for any Spectrum programs offered through ACT-i-Pass.</p> </div>						

Please contact Service Providers for more information about programs offered, including start/end dates, program details, and cancellations.

# Spring 2017 ACT-i-Pass Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Skating:</b> Free entry to all public skating/family skating September through to the end of March at all City Facilities.</p>						
<p><b>Hickory 9 Hole Golf:</b> Use the pass on one occasion and bring a friend/parent for free.</p>						
<p>ACT-i-Pass users can use their passes for <b>ANY City of London Recreational Swims</b> (any City of London pool facility, any Recreational Swim time). Visit <a href="http://www.london.ca/aquatics">www.london.ca/aquatics</a> for more details.</p>						
<p><b>Boys and Girls Club Drop-In Programs:</b> Children are placed in groups, supervised by BGCL staff members. Together, the children rotate to a variety of fun and exciting activities of their choice. ACT-i-Pass users join these programs for free. Activities include:</p> <ul style="list-style-type: none"> <li>• Swimming</li> <li>• Gym and Sports</li> <li>• Creative Arts</li> <li>• Computers</li> <li>• Special Theme Events</li> <li>• Various Physical Activities - Gymnastics, Martial Arts, Dance, etc.</li> </ul> <p>From March 13 - 17, there is free drop-in from 1 - 4 p.m.</p> <p>Located at 184 Horton Street. Visit <a href="http://www.bgclondon.ca">www.bgclondon.ca</a> for more information. The bus programs operates until June 9, 2017.</p> <p><b>Weekdays:</b> 4 - 7 p.m. <b>Saturday:</b> 1 - 4 p.m.</p>						
<p><b>YMCA Drop-In Program:</b> Act-i-Pass users are welcome to go to any of the three YMCA branches for any evening or weekend family swims offered! Please refer to the individual facility schedules for family swim times throughout the week.</p> <p>(Centre Branch, Stoney Creek or The Bob Hayward YMCA)</p> <p><b>Weekdays:</b> 4:30 - 9:30 p.m. <b>Weekends:</b> 9 a.m. - 4 p.m.</p>						
<p><b>London Children's Museum:</b> All Act-i-Pass users, and their families, can visit the London Children's Museum for Free Friday Family Fun Night! Come explore the London Children's Museum for extraordinary hands-on learning experiences in a distinctly child-centred environment. Free for the whole family!</p> <p>Located at 21 Wharncliffe Rd. S. Visit <a href="http://londonchildrensmuseum.ca">londonchildrensmuseum.ca</a> for more details.</p> <p><b>Fridays:</b> 5 - 8 p.m.</p>						
<p><b>SARI Therapeutic Riding:</b> Little Britches Farm Discovery is a fun-filled integrated program open to children with and without special needs, aged 8 - 12 years. Participants enjoy crafts, games, songs and a pony ride. SARI is willing to offer up 2 spots in its Little Britches program, which is scheduled for four Sundays: one Sunday per month from March to June. Due to the nature of the activity (small children, some with a disability, and horses), we limit the program to 9 total participants. SARI requires registration at least 2 weeks in advance. Priority will be given to ACT-i-Pass users with diagnosed disabilities until March 20<sup>th</sup>. If spots are still open after March 20<sup>th</sup>, students without a disability will be considered.</p> <p>Assessment required for children with a diagnosed disability. Supervision and support provided by SARI. Caregiver welcome to stay on-site during half-day program. For more information, contact SARI Therapeutic Riding at 519-666-1123.</p> <p><b>Sundays:</b>            March 26<sup>th</sup>: 1 -4 p.m.            April 23<sup>rd</sup>: 1 -4 p.m.            May 14<sup>th</sup>: 1 -4 p.m.            June 11<sup>th</sup>: 1 -4 p.m.</p>						

Please contact Service Providers for more information about programs offered, including start/end dates, program details, and cancellations.



## Act-i-Pass Registration Form

The following information will only be used to contact you about the ACT-i-Pass program. All personal information will be stored and managed by Western University under its ethical standards. By providing this information, you agree to allow your child to participate in the ACT-i-Pass program.

If you prefer to register and complete the optional survey **online**, please visit [inmotion4life.ca/actipass](http://inmotion4life.ca/actipass). Simply complete the online form and your child will be registered for the ACT-i-Pass program.

If you have any questions or concerns, please contact the evaluation team at [playeveryday@uwo.ca](mailto:playeveryday@uwo.ca).

**Please print clearly so we can ensure your child receives their pass in July.**

### Child's Information:

\_\_\_\_\_  
Child's First Name

\_\_\_\_\_  
Child's Last Name

\_\_\_\_\_  
School Name

\_\_\_\_\_  
Grade 4 Teacher

\_\_\_\_\_  
Unit #

\_\_\_\_\_  
House #

\_\_\_\_\_  
Street Name

\_\_\_\_\_  
City

\_\_\_\_ - \_\_\_\_ - \_\_\_\_  
Postal Code

### Parent /Guardian Information:

\_\_\_\_\_  
Parent/Guardian First Name

\_\_\_\_\_  
Parent/Guardian Last Name

( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ - \_\_\_\_  
Daytime Phone #

( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ - \_\_\_\_  
Evening Phone #:

\_\_\_\_\_  
Email Address

Check here if you would like to receive the **ACT-i-Pass monthly newsletter** by email. This newsletter will provide you with information about the program, including schedule updates, service provider profiles, and other opportunities in the City of London.

### Signatures:

I have fully completed the above information accurately; I understand the rules of the Child & Youth Network's ACT-i-Pass program, and the rules of partnering organizations. I have explained the rules to my child and agree that the Child & Youth Network and partnering organizations will not be responsible for any accident to the child while on the premises of facilities or while engaged in any activities in the program.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date





**Parent Survey (Optional):**

This information is being collected to inform the Child & Youth Network about who is registering for the ACT-i-Pass program. This will help us identify how to improve the program to reach more children in different areas of the City.

1. Today's date (mm/dd/yyyy)? \_\_\_ / \_\_\_ / \_\_\_\_\_

**Physical activity** is any activity that increases the heart rate and causes someone to be out of breath. Physical activity can take place while playing sports, doing school activities, playing with friends, or walking to school.

2. Which of the following physical activities does your child usually do during a typical WEEK? (from the start of the current term, do NOT include school holidays)

During a typical WEEK what activities does your CHILD usually do?	MONDAY – FRIDAY		SATURDAY - SUNDAY	
	Number of times	Average number of minutes per time	Number of times	Average number of minutes per time
Walking to/from School (walking to and from school counts as 2)				
Biking to/from School				
Skateboard or Scooter to/from School				
4 Square or Other Playground Games				
Baseball / Softball				
Basketball				
Bicycling				
Gymnastics / Trampoline / Dance				
Hockey / Ringette				
Ice Skating				
Play on Playground Equipment				
Skateboard / Scooter / Rollerblading				
Skipping / Tag / Running Games				
Soccer				
Swimming				
Volleyball				
Walking (e.g., a dog, for exercise)				
Other: _____				

3. Over the past 7 days, on **how many days** was your child physically active for a total of at **least 60 minutes per day**?

- |                                 |                                 |                                 |                                 |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> 0 days | <input type="checkbox"/> 1 day  | <input type="checkbox"/> 2 days | <input type="checkbox"/> 3 days |
| <input type="checkbox"/> 4 days | <input type="checkbox"/> 5 days | <input type="checkbox"/> 6 days | <input type="checkbox"/> 7 days |

4. About how many **hours a week** does your child usually take part in physical activity that makes him/her out of breath or warmer than usual **outside of school** while **participating in lessons or league or team sports**?
- Never
  4 to less than 7 hours per week  
 Less than 2 hours per week
  7 or more hours per week  
 2 to less than 4 hours per week
5. About how many **hours a week** does your child usually take part in physical activity that makes him/her out of breath or warmer than usual **outside of school** while participating **in unorganized activities**, either on own or with friends?
- Never
  4 to less than 7 hours per week  
 Less than 2 hours per week
  7 or more hours per week  
 2 to less than 4 hours per week
6. On a typical **school day**, how many hours does your child spend using a TV, computer, or mobile device (e.g., cell phone, tablet) for something that is not school work?
- less than 1 hour
  1 to less than 2 hours
  2 to less than 3 hours  
 3 to less than 4 hours
  4 or more hours
7. On a typical **weekend day**, how many hours does your child spend using a TV, computer, or mobile device (e.g., cell phone, tablet) for something that is not school work?
- less than 1 hour
  1 to less than 2 hours
  2 to less than 3 hours  
 3 to less than 4 hours
  4 or more hours.
8. My child is a:  Boy  Girl  Other
9. What is your child's birth date (mm/dd/yyyy)? \_\_\_ / \_\_\_ / \_\_\_\_\_
10. Please indicate your child's race/ethnicity (please check the appropriate response(s)):
- White/Caucasian
  Latin American  
 South Asian (e.g., India, Pakistan, Sri Lanka)
  Aboriginal/Indigenous  
 East Asian (e.g., China, Japan, Korea)
  Black/African/Caribbean  
 Middle Eastern (e.g., Egypt, Iran, Lebanon)
11. Are you and your family immigrants to Canada? If so, how long have you lived in Canada?
- Not immigrants
  5 years or less
  6 to 10 years
  More than 10 years
12. How many people live in your child's main home?  2  3  4  5  6 or more
13. How many children live in your child's main home?  1  2  3  4  5 or more
14. How many cars are owned by your household?  0  1  2  3 or more
15. My child's current height is: \_\_\_\_\_ cm OR \_\_\_\_\_ ft \_\_\_\_\_ in OR  Prefer not to answer
16. My child's current weight is: \_\_\_\_\_ kg OR \_\_\_\_\_ pounds OR  Prefer not to answer
17. Do you have any feedback or comments regarding the ACT-i-Pass program? \_\_\_\_\_
-



## Research Project Letter: Evaluate the Impact of the Grade 5 Act-I-Pass Program on Children's Use of Recreation Facilities in London for Physical Activity

Dear Parent or Guardian,

Dr. Jason Gilliland and his research team from Western University invite you to participate in a study aimed at understanding how the **Grade 5 Act-I-Pass** may impact your child's use of local recreation facilities and programs for physical activity. The study involves grade 4 classes at elementary schools in London, Ontario in May 2016.

**What is being studied?** Our team is studying the effectiveness of the Child & Youth Network's Grade 5 ACT-I-Pass Pilot Program, to evaluate its effectiveness for improving children's access to public recreation facilities and programs, and increasing their participation in physical activities.

**What will happen in this study?** As the child's parent/guardian, you will be asked to complete the Demographic Questions on the registration form. The survey asks questions about your household and your child. It usually takes about 5 minutes to fill out.

**Do I have to participate in this study?** Your participation in this study is completely voluntary. You do not have to participate and can refuse to answer any questions. Participation in the study is not required for you to receive the ACT-i-Pass.

**What are the benefits of participating?** Research shows that our children's health may be related to how well they can access recreation opportunities. This study will help us to better understand the impact of neighbourhood recreation facilities on children's healthy physical activity to help policymakers and municipal staff remove existing barriers to physical activity.

**What are the risks of participating?** There is a slight chance that you may be uncomfortable sharing details of your family, which may be seen by your child's teacher while the survey is being collected. We will also be collecting postal codes to estimate distance to the nearest recreation facility, addresses to send you the ACT-i-Pass through the mail, and phone number/email to allow us to get in touch if you move before receiving the ACT-i-Pass. All identifying information will be stored separate from other survey data. Materials and data files will ONLY be viewed by members of the research team and will be stored in a locked filing cabinet until transferred onto a password protected computer in a secure facility at the University of Western Ontario. The results of this study will only be presented for groups so that children will never be individually identifiable.

**Who do I contact if I have any other questions?** Should you have any questions or concerns about participating in this project, you can contact the lead researcher, Dr. Jason Gilliland, at the University of Western Ontario (519-661-2111x81239 or [jgillila@uwo.ca](mailto:jgillila@uwo.ca)). If you have any further questions regarding your rights as a study participant, please contact the Office of Research Ethics (519-661-3036 or [ethics@uwo.ca](mailto:ethics@uwo.ca)).

This letter is for you to keep. Please return the attached Registration form and demographic questions to your teacher.

**By completing the optional demographic questions of the registration form you are providing your consent to participate in this study.**

*Thank you for the generous support of the ACT-i-Pass funders:*