



Saskatchewan Physical Literacy Project Community Inventory

Physical Literacy: the overall ability of children and youth to participate in lifelong physical activity. It often includes levels of physical activity, motor skill, fitness levels and attitudes toward physical activity

Thank you for participating in this survey. The Community Inventory is part of the Saskatchewan Physical Literacy Project and assesses the facilities, programs, and overall neighborhood environment that can contribute to the development of Physical Literacy in children. Please read the instructions on page 2 and then fill out the rest of the survey as completely as possible.

Instructions

Who should complete this survey?

We would like a representative group from the school and community to complete this survey. The group should consist of at least 3 individuals, each who serve in at least one of the following roles:

- Teacher or school administrator
- Parent from the school community council
- Someone involved in recreation or sports programming in the community (ie, a coach, community association member or rec board member)

How should the surveys be filled out?

Each member of the representative group will fill out his/her own survey. Members can fill the survey out on their own time, or the surveys could be completed at the end of a school community council or rec board meeting. The surveys should take approximately 30 minutes to complete.

If you are uncertain about what is required for a specific section or question, please circle the question and write “unclear” beside it. Feel free to write any suggestions you might have to make the questions clearer beside that question. This will help us create an easy-to-understand survey for future groups.

When and where do we return the surveys?

Surveys should be filled out and mailed back within 1 month of receiving them.

Please mail completed surveys to:

Wendy Verity, Physical Literacy Project Coordinator
354 Waterloo Cres
Saskatoon, SK
S7H 4H6

Section 1 – Participant Information:

City/Town: _____

School: _____

Name: _____

Roles: _____

(ie., teacher, parent, rec board member, etc.)

Section 2 – Neighbourhood Physical Activity Facilities

We are interested in finding out what types of facilities and programs exist for children in your community. In the table on the next page, please identify as many facilities as possible that are currently being used or would be suitable for use for physical activity or recreation activities for children aged 12 and under. If possible, writing the specific name of the facility (ie., Lakewood Civic Centre, Centennial Park etc.) is appreciated, as it will help prevent duplicate listings. For each facility that you list, please indicate whether it is within 1.5 km or further than 1.5 km from the school that we have listed on the front page of this booklet. For cities where many facilities may be further than 1.5 km from the school we are studying, list only the facilities that are frequently used by children in your community.

Below is a list of facility categories that will help you brainstorm facilities in your neighbourhood:

- Ice Surfaces: hockey rinks, curling rinks, ponds for skating, etc.
- Athletic Fields: soccer pitches, baseball diamonds, rugby or football fields, etc.
- Playgrounds, open fields or parks
- Skate parks, rollerblading areas, etc.
- Pools/water parks
- Gymnasiums: These may be in schools, churches, etc.
- Tennis, basketball or beach volleyball courts
- Gymnastics facilities and dance studios
- Running or walking tracks (indoor or outdoor)
- Hiking/biking trails (paved or unpaved)

Sample Table:

Facility	Distance from School (circle one)	
Examples:		
<i>Kinsmen skateboard and bmx park</i>	Within 1.5 km	Outside 1.5 km
<i>Pool at Lakewood Civic Centre</i>	Within 1.5 km	Outside 1.5 km

Neighbourhood Physical Activity Facilities

List as many recreation/physical activity facilities as you can in the below table. If you think you will need more than one page, please print an additional copy or use the reverse side of this form.

Facility	Distance from School (circle one)	
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
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	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km

Section 3 – Neighbourhood Physical Activity Programs

Next we are interested in getting information about the physical activity and recreation programs that are available in your community for children 12 or younger. Note that we would like you to list programs that occur outside of school teams/activities. Please list as many programs as you can, and indicate whether they occur within or outside of a 1.5 km radius from the school listed on page 3 of this booklet.

We have included a list that will help you brainstorm programs available in your neighborhood:

- Swimming lessons/water safety lessons
- After school or summer holiday playground programs
- Teams or clubs: hockey, soccer, football, baseball, softball, curling, volleyball, badminton, ringette, track and field, tennis, archery, etc
- Figure skating or power skating programs
- Dance classes
- Gymnastics programs
- General exercise or fitness programs
- Summer camps that have a physical activity component
- Skateboarding/long boarding/rollerblading clubs
- Wall climbing or bouldering programs
- Rowing or paddling clubs/lessons
- Downhill or cross-country ski teams/programs

Sample Table:

Program	Distance from School (circle one, or both if applicable)	
Examples:		
<i>Little league baseball</i>	Within 1.5 km	Outside 1.5 km
<i>Swimming Lessons</i>	Within 1.5 km	Outside 1.5 km
<i>Ukrainian Dance Lessons</i>	Within 1.5 km	Outside 1.5 km

Neighbourhood Physical Activity Programs

Fill out as many programs for grade 4/5's as you can think of in the space below. If you think you will need more than one page, please print an additional copy or use the reverse side of this form.

Program	Distance from School (circle one)	
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km
	Within 1.5 km	Outside 1.5 km

Section 4 – Neighbourhood Walking Environment

This section asks about the walking environment and safety of your neighborhood. We will define the area of your neighborhood by a 1.5 km radius around the school that is listed on page 3 of this booklet. Please answer the following questions by circling the number that applies best to each statement.

		1	2	3	4	5
		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	My neighbourhood offers many opportunities to be physically active.	1	2	3	4	5
2.	Local sports clubs and other facilities in my neighbourhood offer many opportunities to get exercise.	1	2	3	4	5
3.	It is pleasant to walk in my neighbourhood.	1	2	3	4	5
4.	In my neighbourhood it is easy to walk places.	1	2	3	4	5
5.	I often see other people walking in my neighbourhood.	1	2	3	4	5
6.	I often see other people exercising (for example, jogging, bicycling, playing sports) in my neighbourhood.	1	2	3	4	5
7.	My neighbourhood has heavy traffic.	1	2	3	4	5
8.	There are busy roads to cross when out for walks in my neighbourhood.	1	2	3	4	5

Section 5 – Neighbourhood Safety

		1	2	3	4	5
		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	I feel safe walking in my neighbourhood, during the day	1	2	3	4	5
2.	I feel safe walking in my neighbourhood at night.	1	2	3	4	5
2.	Violence is not a problem in my neighbourhood.	1	2	3	4	5
3.	My neighbourhood is safe from crime.	1	2	3	4	5