



# Aboriginal Sports, Recreation, and Physical Activity Partners Council



FIRST NATIONS HEALTH COUNCIL



BCAAFC  
BC ASSOCIATION OF ABORIGINAL  
FRIENDSHIP CENTRES



MÉTISBC  
NATION



BC Initiatives for Aboriginal Health



ABORIGINAL SPORTS  
& RECREATION ASSOCIATION OF BC

This document outlines an operational strategy that responds to the needs of First Nations, Métis, and off-reserve Aboriginal people with respect to improving health outcomes through sport, recreation, and physical activity. Through the Transformative Change Accord: First Nations Health Plan (TCA: FNHP), the Tripartite First Nations Health Plan (TFNHP), and the Métis Relationship Accord (MNRA), the improvement of health outcomes has been determined, in part, by increasing levels of physical activity in First Nations, Métis, and off-reserve Aboriginal communities. The 'Act Now' initiative has created an opportunity for First Nations, Métis, and off-reserve Aboriginal organizations to come together to build on the momentum of Act Now, and to increase the amount of physical activity among First Nations, Métis, and off-reserve Aboriginal peoples.

A working group has come together to work within the frameworks of the First Nation and Métis agreements to improve health outcomes through sport, recreation, and physical activity. For the purpose of this document, the working group is referred to as the Aboriginal Sports, Recreation, and Physical Activity Partners Council (ASRPAPC). The members of the ASRPAPC include the Aboriginal Sports and Recreation Association (ASRA), the First Nations Health Council (FNHC), the BC Association of Aboriginal Friendship Centres (BCAAFC), the Métis Nation BC (MNBC), and the Cowichan 2008 North American Indigenous Games Society. The ASRPAPC had its first meeting in January 2008, and has since developed a blueprint to increase access and participation in sports, recreation, and physical activity opportunities for First Nations, Métis, and off-reserve Aboriginal people. An overview of the core strategies of the blueprint follows this set of guiding principles.

## GUIDING PRINCIPLES

- First Nations (on and off reserve) and Métis cultures are an integral part of BC's history, culture, and heritage. A long-term plan will contribute to the BC Aboriginal Sport Hall of Fame.
- There is increasing evidence of strong correlations between participation in sport, recreation, and physical activity and improved health outcomes.
- Barriers to participation and access to physical activity and recreation opportunities are compounded by a lack of financial resources and transportation.
- Aboriginal peoples have significant traditional knowledge and cultural teachings of play, recreation, games and sports and holistic approaches to personal development.
- First Nations (on/off reserve and status/non-status), Métis, and Inuit, including Aboriginal women, experience unique living conditions and social realities.
- Aboriginal people hold dignity, survival, and well-being as the foundation of our culture and maintain the inherent right to live healthy and active lives.
- Aboriginal protocol must be respected when consulting or promoting federal and provincial policies and program development.
- First Nations (on and off reserve) and Métis peoples in British Columbia live in a complex environment and geography.
- First Nations (on and off reserve) and Métis people with disabilities have unique challenges that must be recognized in planning and processes.
- The BC Aboriginal Youth Sport and Recreation Declaration calls on leaders to respond collectively to their needs and to establish youth sport, recreation, and physical activity as a provincial priority.
- Increasing Aboriginal peoples' participation in sport is enhanced by working with Aboriginal sport leaders and through continued partnerships with various stakeholders to achieve objectives of common interest.
- The First Nations Leadership Council has expressed their support for this initiative.



## PILLAR 1: ACTIVE COMMUNITIES

- Increase access and participation levels in sport, recreation, and physical activity as a means of improving health outcomes
- Ensure equitable access to sport, recreation, and physical activity opportunities that meet our respective needs
- Increase access to existing facilities for Aboriginal peoples living in urban communities
- Replace, upgrade, and increase access to sport, recreation, and physical activity equipment for Aboriginal people in BC

## PILLAR 2: LEADERS & CAPACITY

- Increase the human resource capacity of communities and organizations to develop and implement sport, recreation, and physical activity opportunities
- Support the training, development, and enhanced experiences of administrators, instructors, coaches, and officials
- Increase the physical activity levels of leaders and those persons working at a community level as a means of promoting and sustaining a healthy workforce

## PILLAR 3: EXCELLENCE

- Increase the number of organized programs, sports competitions, recreation events, and physical activity campaigns throughout the Province
- Create a strong, coordinated, and competitive system for Team BC and their preparation and participation in elite competitions like the North American Indigenous Games
- Advance athletes and coaches to high performance training and competitions

## PILLAR 4: SYSTEM DEVELOPMENT

- Develop partnerships with mainstream provincial sports organizations to address access, participation, and other barriers to sports, recreation, and physical activity opportunities for Aboriginal people in BC
- Increase the capital infrastructure in First Nations communities to improve access to sports, recreation, and physical activity opportunities
- Adopt a cross-sector approach for the purpose of networking, coordinating activities, and sharing human and financial resources in the development and delivery of sport, recreation, and physical activity programs

## PILLAR 5: SUSTAINABILITY

- Build the capacity of the Aboriginal Sports and Recreation Association of BC (ASRA) as the coordinating agency for a 10-Year Provincial Aboriginal Sports and Recreation Strategy
- Establish partnerships with private sector and community organizations to provide opportunities and resources for sports, recreation, and health promotion (small businesses, large corporations, industry, and Charitable Foundations)
- Establish partnerships with Provincial and Federal Governments to develop a sustainable funding framework and a commitment to resource the implementation of the 10-Year Provincial Aboriginal Sports and Recreation Strategy