



# HIGH FIVE®

## COURSE CATALOGUE



Saskatchewan  
Parks and Recreation  
Association

The Saskatchewan Parks and Recreation Association is the proud Authorized Provider of HIGH FIVE® in Saskatchewan

[www.HIGHFIVE.org](http://www.HIGHFIVE.org)

HIGH FIVE® a quality standard for children's sport and recreation  
founded by Parks and Recreation Ontario



## Courses for Leaders working with Children

### Principles of Healthy Child Development (PHCD)

Front-line leaders will gain the skills to make certain each child's social, emotional and cognitive needs are met. The session focuses on incorporating the HIGH FIVE® Principles into everyday programming. Leaders learn activities, gain knowledge, tips and resources to enhance their programs and their relationships with the participants and staff. Participation in PHCD includes access to four (4) free, virtual modules:

- *Healthy Minds for Healthy Children*
- *Communicating with Empathy*
- *Introduction to Conflict Resolution*
- *Planning Quality Programs*

Primary Audience	Length of Training	Mode of Training	# of Participants
Front-line Leaders	4 hours	In-person classroom setting OR Virtual-Live delivery	Minimum 8 Maximum 25

**This is HIGH FIVE's most popular course! Over 100,000 leaders have been trained in PHCD throughout Canada!**

### HIGH FIVE® Sport

This workshop is designed for the competitive or recreational coach. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development (LTAD), HIGH FIVE Sport focuses on the social, emotional and cognitive development and wellbeing of athletes. The training has been designed to help coaches with top coaching dilemmas such as dealing with parents, keeping the child's interest, ensuring fair play and an emotionally safe environment. Participation in HIGH FIVE® Sport includes access to five (5) free, virtual modules:

- *Healthy Minds for Healthy Children*
- *Engaging Girls Aged 9 to 15*
- *Women 55+ in Sport*
- *Postnatal Mothers Return to Sport*
- *Intersecting Identities*

Primary Audience	Length of Training	Mode of Training	# of Participants
Coaches or volunteers in children's sport programs	5 hours	In-person classroom setting	Minimum 8 Maximum 25
	4 hours	Virtual, On-Demand delivery	N/A



## Strengthening Children’s Mental Health (SCMH)

This one-day in-person training, developed in collaboration with Canadian Mental Health Association, Ontario, will help anyone running children’s programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children’s mental health including the impact of stress and environment on a child’s ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenges in their programs.

Primary Audience	Length of Training	Mode of Training	# of Participants
Front-Line Leaders and/or Program Supervisors	7 hours	In-person classroom setting	Minimum 8 Maximum 25

## PHCD QUEST 2

Learn how to measure and improve the quality of your children and youth programs by using the HIGH FIVE® QUEST 2 Tool. The QUEST 2 Tool reviews a number of key areas that reflect the quality of programming and help identify areas of need. Supervisors will use the QUEST 2 Tool and learn how to enter their data into the HIGH FIVE® Database to track their organization’s progress as well as identify areas of need. They will also learn how to debrief the results of the assessments with staff in a positive way.

Primary Audience	Length of Training	Mode of Training	# of Participants
Program Supervisors and Managers	7 hours	In-person, classroom setting	Minimum 8 Maximum 25
	4 hours	Virtual-Hybrid delivery	N/A

## PHCD QUEST 1

Are you a Director or Manager of a program that delivers recreation and sport programs to children? This 2-hour online training will help supervisors and managers assess, develop, measure and adopt child-focused policies and procedures. Participants will gain access to 86 policies and procedures in key risk areas including hiring, emergency management, program planning and report tracking. Learners will identify how to use the evidence-based QUEST 1 Tool to adopt a child-centred approach to service delivery and operations to minimize risk. If there are areas where no policy or procedure exists, managers will have access to templates to develop them.

Primary Audience	Length of Training	Mode of Training	# of Participants
Program Directors and/or Managers	2 hours	Virtual, On-Demand	N/A



## Courses for Leaders working with Older Adults

### Principles of Healthy Aging (PHA)

This training provides insights into the unique needs of older adults when participating in recreation or leisure activities in municipal or retirement communities. It provides evidence-based approaches to improve the experience of participants by implementing the HIGH FIVE Principles of Healthy Aging. Topics include ageism, program planning, and the importance that physical literacy plays in sustained long-term health, increased social connectedness, improved general mental and physical well-being and a better quality of life.

Primary Audience	Length of Training	Mode of Training	# of Participants
Front-line Leaders	4-hour or 7-hour versions available	In-person classroom setting	Minimum 8 Maximum 25

### PHA QUEST 2

This online training provides an evidence-based approach to evaluating programming for older adults using the QUEST 2 scientifically-validated tool. Themes include: ageism, program planning, and the importance that physical literacy plays in sustained long-term health, increased social connectedness, improved general mental and physical well-being and a better quality of life.

Primary Audience	Length of Training	Mode of Training	# of Participants
Program Supervisors and Managers	2 hours	Virtual, On-Demand delivery	N/A

### PHA QUEST 1

This online training will help supervisors and managers assess, develop, measure and adopt older adult focused policies and procedures. Participants will be provided with sample policies and procedures in key risk areas including hiring, emergency management, program planning, and report tracking and learn how to adopt an older adult-centred approach to service delivery and operations to minimize risk.

Primary Audience	Length of Training	Mode of Training	# of Participants
Program Directors and/or Managers	2 hours	Virtual, On-Demand delivery	N/A

For more information on HIGH FIVE® in Saskatchewan, please visit:

[www.Spra.sk.ca/highfive](http://www.Spra.sk.ca/highfive)