



Get Moving Grant 2024/2025

1. Introduction

The Saskatchewan Parks and Recreation Association (SPRA) Get Moving Grant is supported by the Recreation Section of Sask Lotteries and is managed and administered by SPRA.

The amount of funding available for the Get Moving Grant, like all other SPRA Grants in any given year, depends upon the availability of Lottery Funds in the Recreation Section for that specific year.

The Get Moving Grant application deadlines are November 13, 2024 and May 28, 2025.

2. Purpose

In pursuit of making physical activity available and valued for all people. The Get Moving Grant aims to support initiatives that advance the principles identified within *A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving* (the Common Vision). Initiatives will align with one of the areas of focus of the *Common Vision* and can be local, regional, or provincial in scope.

The *Common Vision* is a new, collective way forward that guides Canada towards ways of increasing physical activity and reducing sedentary living. It is a national policy document that is intended to **move** the country. Together we will ensure it is achieved. The *Common Vision* has six areas of focus:

- Cultural Norms
- Spaces and Places
- Public Engagement
- Partnerships
- Leadership and Learning
- Progress

[Click here to review a *Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving*.](#)

Funding has been dedicated by SPRA to support policies, planning, priorities and programming. Applications should clearly outline how the initiative will engage people and result in long-term benefits. Initiatives may include events, programs, studies, and projects that effectively fulfill the *Common Vision*. This grant is available to address factors contributing to rates of physical inactivity and sedentary living – biological, behavioural, social, psychological, technological, environmental, economic, and cultural – operating at all levels from the individual to the family to society. Let's Get Moving!

For ideas on potential initiatives, see [Appendix I – Get Moving Ideas](#).



3. Eligibility

The SPRA Get Moving Grant is available to eligible **Active and Associate members** of SPRA. Associate members must be a registered non profit, registered charitable organization or a school. **SPRA membership must be current.**

For more information on the SPRA membership categories visit our [website](#).

Please note:

- Members that have not fulfilled the requirements of SPRA Member's Initiative Grants from the previous three years are not eligible to receive funding for this grant. Further information on the status of previous grants can be gained by contacting SPRA at 1-800-563-2555.
- Grant payments will not be made if an applicant has any outstanding grant Follow-up Reports with the Sask Lotteries Community Grant Program, SPRA or the Sask Lotteries Trust Fund.

4. Available Assistance

Applicants are encouraged to consult with SPRA prior to submitting an application.

Applicants can apply for grants to a maximum of \$5,000. Preference may be given to applications that show self-help, i.e., self-generated funds, donations-in-kind and other revenue. A maximum of one application will be accepted from an Active or Associate SPRA member.

If applications are received from multiple groups within a municipality, only one will be approved to ensure geographic balance, with priority given to the project that has the greatest impact.

Applicants can only receive one SPRA Member's Initiative Grant per initiative each year.

New initiatives are encouraged as the grant is not able to provide sustainable delivery funds. Previously funded opportunities will receive a lower priority due to the availability of funds in the grant.

5. Ineligible Expenditures

The following items are considered ineligible expenses:

- Capital expenses, assistance for the construction, renovation, or repair.
- Food related expenses – participant meals and snacks, banquets, dinners, fundraising and celebrations (food expenses are considered eligible if they are necessary for a cultural activity).
- Subsidization of wages for existing employees (additional staff hired to implement the program is eligible).
- Property taxes and insurance.



- Alcoholic beverages.
- Prizes.
- Out of country travel.
- Uniforms, or personal items such as hats, sweatbands or t-shirts.
- Coaches, officials and athletic certifications.
- EMS, CPR and First Aid Training.
- Serve it Right and Food Safe Handling training.
- Electronic devices (TVs, radio, computer, etc.).
- Operational costs to run a facility (water, power, energy, etc.).
- Other expenses that may be deemed inappropriate.

Note: Rental costs of facilities (including parks) that are directly related to the recreation program opportunity are eligible to receive up to 25% of the total grant for each program, up to a maximum of \$500 per program.

6. Application Process

All applications must be submitted on SPRA's online grant platform on or before November 13, 2024 or May 28, 2025.

SPRA will review the applications to confirm the basic eligibility requirements have been met before determining if applications will be provided to the Member's Initiative Grant Adjudication Committee. The Adjudication Committee evaluates the application against set objectives and criteria through a weighted scoring system.

Funding decisions of the Adjudication Committee are final, will not be revisited and are not subject to appeal.

Applications will be reviewed approximately three weeks after the deadline date and applicants should know the outcome of their application approximately four weeks following the deadline date.

75% of the total amount granted will be forwarded with confirmation of approval. The remaining 25% will be sent upon receipt and acceptance of the Follow-up Report.

Late applications will not be considered. Projects will not be funded retroactively. Any project that has begun prior to the application deadline will not be considered.

7. Application Requirements

The following information must be included in the application. Incomplete applications will not be considered. Approval of applications will be based on all the areas listed below.



a) Contact Information

The name of the **Active or Associate member**, contact person, telephone number, address, email address, initiative name, amount of funding requested, start and completion date(s).

b) Proposal

A detailed description of the initiative, the area of focus of the Common Vision being addressed, and how the need was determined.

c) Outcomes

Outline the initiative's outcomes and include indicators on how these outcomes will be evaluated or measured, for success.

d) Budget

Complete a proposed budget using the following outline:

- List of revenues (including Get Moving Grant request, partnerships, other grants, fees, and all self-help funds).
- List of expenses (including promotion, materials, equipment, transportation, registration, mileage, professional fees, and all other eligible expenditures).
- The application must have a balanced budget (revenues and expenses are equal).

Please submit your grant application and supporting documentation through the SPRA Online Grant Platform prior to the end of the day on November 13, 2024 or May 28, 2025.

[Click here to access the SPRA Online Grant Platform.](#)

Note: New users to the Online Grant Platform will need to create a username and password to access any of the SPRA Member's Initiative Grants. Existing or previous users can simply enter their username and password to access the site. If log-in information has been lost, or if further information or clarification is needed for this grant, please contact SPRA.

8. Funding Obligations

All funds must be used within 12 months of the application deadline.

It is understood that activities offered through programs funded by the SPRA Get Moving Grant must adhere to all Government of Saskatchewan Public Health Orders (if in effect at the time of activity) and that activities are expected to provide a safe environment for those involved.



Where possible, groups receiving grants must publicly acknowledge Sask Lotteries and SPRA within their activities. Logos for each organization will be made available to successful applicants upon request.

Funds granted through the SPRA Get Moving Grant may only be used for the purpose stated in the application and funds are not transferable. SPRA must approve, in writing, any significant change in the use of the funds. Unused funds, or funds that were spent incorrectly, must be returned to SPRA.

Failure to meet the above funding obligations to the satisfaction of SPRA will be grounds to withhold the final payment and restrict access to future funding.

9. Follow-up Requirements

Successful applicants will submit a Follow-up Report within 30 days of completing the initiative. Follow-up Report forms will be assigned on SPRA's Online Grant platform. The Follow-up Report must include evidence on how the initiative has addressed one area of focus of the Common Vision.

SPRA would like to showcase the impact of this funding. Please send us pictures, videos, and written testimonials. We will only use your photos and videos when a release form has been signed by the participant or their legal representative. If your community does not have an established release form, SPRA's form can be used and submitted with your Follow-up Report.

SPRA's Photo Release Form can be accessed online by clicking [here](#).

In addition to the completed Follow-up Report form, SPRA requires the following financial accountability for the complete grant amount: photocopies of actual receipts, cancelled cheques or a schedule from the audited financial statement of the organization that verifies the program expenditures.

SPRA reserves the right to request a refund of the grant amount from members that do not submit the required Follow-up Report.

10. Privacy

The protection of information is important to SPRA. We, as an organization, are committed to protecting the privacy of our members, volunteers, partners, and employees. Our commitment is to maintain the confidentiality of your information and preserve your right to privacy.

SPRA will collect, use and disclose funding information in order to adjudicate this grant. SPRA reserves the right to promote and advertise the grant recipients and projects.

We welcome your feedback on this and on other SPRA programs and services.



Please review the following checklist to ensure that all required information has been included in your Framework in Action Grant application.

- Your SPRA membership is Active*.
- Expenses totaling the requested amount are eligible. Completion and submission of a balanced budget.
- Completion of **all** sections of the application.
- Check all declarations in the application.
- All required documents have been filed in order to close past grants.

*If you are interested in applying but do not represent an eligible SPRA member, please contact us to find out who the eligible members are in your community. To find out more about SPRA and becoming a member, please visit our website by clicking [here](#).



Appendix I - Get Moving Ideas

"The Common Vision: A Canada where all Canadians move more and sit less, more often." (A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving)

The Get Moving Grant can support initiatives that address:

- Programming focused on physical activity and movement
- Designing or adapting recreation spaces to be safe and accessible
- Partnerships that support community capacity while encouraging active living
- Activities that provide new experiences and promote health through movement
- Projects that teach or research the benefits of participating in physical activity
- Strategies supporting development of strength and fundamental movement skills across a spectrum of ages

The Get Moving Grant can support initiatives that align with key areas of the Truth and Reconciliation Commission of Canada's Calls to Action.

Below are areas of focus listed within this national policy document, in hopes of inspiring innovation and creativity when applying for the grant.

Area of Focus 1: Cultural Norms

It is important to establish movement as a social norm.

1. Shape public attitudes to make physical activity the fun and popular choice.
2. Influence attitudes to overcome sedentary living by focusing on what to do, where to do it, and when to do it.
3. Create a fundamental change to open up "play" that will help give people the freedom and confidence to go outside.
4. Remove stigmas and stereotypes around letting children play outdoors alone.
5. Change prevailing attitudes that physical activity is only a fair-weather pursuit.
6. Inspire play over screen time as a social norm.
7. Support quality physical activity experiences that are foundational early on in life.
8. Work with Indigenous partners to apply Indigenous perspectives to identify cultural-based values of physical activity and movement.

Area of Focus 2: Spaces and Places

It is necessary that physical environments support all forms of movement.

1. Prioritize the design of spaces and places to increase recreational physical activity and functional physical activity opportunities.



2. Encourage planners and developers to bring key elements for increasing physical activity.
3. Include supports that need to exist to encourage and support participation.
4. Develop culturally relevant spaces and places for physical activity for Indigenous peoples.
5. Leverage best practices of local, regional, national, and international models of community transformation.
6. Review and support active transportation and transit solutions.
Identify supports to facilitate movement or standing options during time that is

Area of Focus 3: Public Engagement

It is urgent to drive public engagement

1. Adapt best practices in promoting physical activity.
2. Create public engagement campaigns, messages, and programs to help create a national movement to move more and sit less.
3. Create opportunities for Indigenous organizations to speak for and to advocate through public engagement on behalf of Indigenous communities.
4. Target individuals where they spend considerable amounts of time, where they are on the physical activity spectrum, and with what is appropriate and accessible.
5. Consider the social and financial barriers that impact participation in physical activity.
6. Promote the [24-hour movement guidelines](#) to help inform people on daily recommended types of physical activity.
7. Leverage and encourage emerging approaches that are showing early signs of intentional innovation.

Area of Focus 4: Partnerships

It is essential to work together.

1. Give voice to the critical importance of collaboration and coordination.
2. Create a shared narrative for people to come together to advance physical activity and reduce sedentary living.
3. Identify clear, shared outcomes and priorities across all sectors with a view of being action oriented.
4. Support organizations and leaders in creating effective partnerships and collaborations.
5. Adopt an approach to collaboration based on the unique strengths of all partners across sectors.
6. Being inclusive of all also means collaborating on the Calls to Action resulting from the work of the Truth and Reconciliation Commission (2015).
7. Facilitate communication and coordination within and across government departments.



8. Strengthen partnerships between governments and health care practitioners that aim to address the determinants of physical inactivity.
9. Coordinate and align relevant policies, strategies and frameworks in sport, physical activity, recreation, and healthy living.

Area of Focus 5: Leadership and Learning

It is critical to build a robust leadership and learning network to help build capacity.

1. Encourage post-secondary education curriculum to ensure all teacher training programs require health education and physical activity courses.
2. Encourage the education system to take a leadership role in enhancing physical activity opportunities across the school day.
3. Consider more formalized curriculum and professional development milestones.
4. Include culturally relevant curriculum content and instructional methods that create awareness of the history and experience of Indigenous people, and others.
5. Steer practitioners to the best practices in training and professional development.
6. Help communities that rely on volunteers find meaningful solutions to source and support them so that quality programming is consistent and reliable.

Area of Focus 6: Progress

It is vital to know what is working.

1. Prioritize and share baseline data at the national, provincial, regional and community level that incorporates the full spectrum of physical activity in all its forms.
2. Improve data gathering and monitoring tools that respond to emerging evidence.
3. Work with Indigenous partners to raise awareness and understanding of the protocols required to undertake research involving Indigenous communities.
4. Focus on performance measurements and its relationship across settings.
5. Promote better alignment of research resources and outcomes.
6. Coordinate and facilitate sharing of knowledge and best practices between practitioners, policy makers and researchers.
7. Develop a joint process for tracking progress towards shared outcomes.
8. Prioritize long-term strategic and coordinated investments, knowledge sharing, reporting, monitoring, and evaluation.
9. Increase evaluation capacity of physical activity providers.

There are many other efforts beyond this list that are eligible for the Get Moving Grant. The examples are provided to encourage understanding of the options applicants may pursue. Let's Get Moving!