



HIGH FIVE®

COURSE

DESCRIPTIONS



Saskatchewan
Parks and Recreation
Association

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

www.HIGHFIVE.org

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

HIGH FIVE® Course Descriptions



Courses for Front-Line Leaders

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. Additional toolkits also teach learners how to decrease bullying and resolve conflicts.

| Primary Audience | Length of Training | Mode of Training | # of Participants |
|--------------------|--------------------|-------------------------------|--------------------------|
| Front-Line Leaders | 7.5 hours | Facilitated classroom setting | Minimum 10 Maximum 25 |

This is HIGH FIVE's most popular course! Over 96,000 leaders have been trained in PHCD throughout Canada!

Principles in Practice

Principles in Practice includes new modules and further development of the Five Principles, as well as exploration on integral topics such as Physical Activity, Healthy Eating, Communicating with Parents and how to incorporate these essentials into activity and program planning. Participants receive 3 resources including the Physical Activity Toolkit, Healthy Eating Toolkit, Healthy Minds for Healthy Children Resource as well as a Certificate of completion.

| Primary Audience | Length of Training | Mode of Training | # of Participants |
|--------------------------------------|--------------------|-------------------------------|--------------------------|
| Staff who have previously taken PHCD | 3 hours | Facilitated classroom setting | Minimum 10 Maximum 25 |

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.

| Primary Audience | Length of Training | Mode of Training | # of Participants |
|--------------------------------------|--------------------|-------------------------------|--------------------------|
| Coaches of children's sport programs | 4-5 hours | Facilitated classroom setting | Minimum 10 Maximum 25 |

Haven't taken a HIGH FIVE workshop, but would like to access the Healthy Minds for Healthy Children online training? Purchase it now through the [HIGH FIVE Store!](#)

HIGH FIVE® Course Descriptions



Courses for Front-Line Leaders (continued)

Healthy Minds for Healthy Children

Healthy Minds for Healthy Children is an online training and downloadable resource that offers engagement strategies for nurturing resilience in children and provides insights into common mental health distress or disorders that children could be experiencing. This additional free course is offered to all participants of the PHCD, HIGH FIVE Sport and QUEST 2 courses, and is accessible through the HIGH FIVE Database.

| Primary Audience | Length of Training | Mode of Training | # of Participants |
|--|--------------------|------------------|-------------------|
| HIGH FIVE trained front-line leaders and program supervisors | 1 hour | Online Modules | N/A |

HIGH FIVE® Course Descriptions



Courses for Supervisors/Managers

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 |
|--------------------------------|--------------------|-------------------------------|--------------------------|
| Supervisory staff and managers | 7.5 hours | Facilitated classroom setting | Minimum 10 Maximum 25 |

This is HIGH FIVE's second most popular course! Over 10,000 program supervisors and managers have been trained in QUEST 2 throughout Canada!

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 |
|--------------------------------|--------------------|-------------------------------|--------------------------|
| Supervisory staff and managers | 7.5 hours | Facilitated classroom setting | Minimum 10 Maximum 25 |

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 |
|--------------------------------|--------------------|------------------|-------------------|
| Supervisory staff and managers | 1-2 hours | Online Modules | N/A |

HIGH FIVE® Course Descriptions



Becoming a HIGH FIVE Trainer Workshops

HIGH FIVE Trainer

The HIGH FIVE Trainer workshop is designed for people responsible for training staff in an organization or simply interested in helping to deliver training to multiple agencies who believe in ensuring children have the best way to play! This workshop is designed to provide individuals with the knowledge and skills to facilitate the PHCD and QUEST 2 courses. Using proven HIGH FIVE research, tips and techniques, a HIGH FIVE Trainer will be able to continually enhance an organization's commitment to quality.

Trainers will learn how to coordinate activities and provide tips and resources to enhance the learning of participants so that the HIGH FIVE message is accurately communicated and understood. The Trainer's facilitation skills will be supported and enhanced through mentoring and peer feedback.

| Primary Audience | Prerequisites | Length of Training | Mode of Training | # of Participants |
|--|-----------------|--------------------|----------------------------------|--------------------------|
| Recreation staff with strong facilitation skills | PHCD QUEST 2 | 2.5 days | Facilitated classroom setting | Minimum 10 Maximum 20 |

HIGH FIVE Sport Trainer - Equivalency Upgrade

This Upgrade is designed to provide current HIGH FIVE Trainers with the tools to facilitate the HIGH FIVE Sport workshop. Using proven HIGH FIVE research, tips and techniques, HIGH FIVE Sport Trainers are able to enhance a coach's commitment to quality. HIGH FIVE Sport assists organizations to improve the quality of competitive sport programs by making a commitment to continuous improvement in the area of healthy child development and coach training.

To complete the Upgrade, HIGH FIVE Trainers must complete the following:

- Participate in a HIGH FIVE Sport session and an NCCP Course
- Submit an application and fee (\$50) to become a HIGH FIVE Sport Trainer
- Review Trainer Material
- Co-Facilitate a HIGH FIVE Sport course

HIGH FIVE® Course Descriptions



Becoming a HIGH FIVE Trainer Workshops (continued)

Strengthening Children's Mental Health Trainer

This one-day training is designed for the person responsible for training staff in an organization or community setting. Using the latest evidence based research, knowledge and resources this experienced facilitator will be able to deliver Strengthening Children's Mental Health training, a new training developed with the Canadian Mental Health Association, Ontario being offered by HIGH FIVE. It builds on an organization's commitment to continuous improvement in the area of healthy child development and training delivery. Topics include key concepts related to children's mental health, strategies to help staff promote positive mental health, understanding the effects of stress and environment, and responding appropriately to mental health conditions in children.

| Primary Audience | Prerequisites | Length of Training | Mode of Training | # of Participants |
|---|---------------|--------------------|-------------------------------|--------------------------|
| Individuals with strong facilitation skills | PHCD SCMH | 7.5 hours | Facilitated classroom setting | Minimum 10 Maximum 20 |

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

www.spra.sk.ca/highfive