

**Thrive!**

A Plan for a Healthier Nova Scotia

# FACILITY ACCESS PROGRAM

*Highland Region*

# THE Highland APPROACH TO FACILITY ACCESS

## *Pictou County*

- Focus on providing consistent access to multiple indoor facilities during prime time for the public

## *Antigonish County*

- Focus on promotion of existing free programs
- Expansion of equipment loan program

## *Guysborough County*

- Focus on removing transportation barrier to participation
- Strong partnership with local schools



## SURVEY SAYS...



Physical Activity Community Surveys support the need for the Facility Access Program

### *Key Learning*

More community members may be engaged by improving accessibility of community based-physical activity opportunities



## Characteristics of an *accessible* program

- Low-cost
- Flexible
- Non-competitive
- Family Friendly
- Safe Environment



*from our partners*

## CHALLENGES IDENTIFIED

- Transportation
- Timing of programs
- People to participate with
- Sustainability
- Outdoor vs Indoor Facilities



*from our partners*

## SUGGESTIONS FOR IMPROVEMENTS



- Blend of Universal and Targeted Access Programs
- Flexible 'Pass' Program
- Year-Round Activities
- Expand equipment loan programs
- Expand to consider how to include outdoor spaces
- Consider activities older demographic would enjoy for rural communities
- Include relationship building opportunities

*Thank You!*