



# **Striving for Excellence**

**CAPRA Accreditation**

**6.0 Programs & Services Management**



## Session Goals

- Examine ways to use standards to encourage agency excellence
- Learn the components of 6.0 Programs & Services Management
- Identify what types of documentation can be used to demonstrate each standard

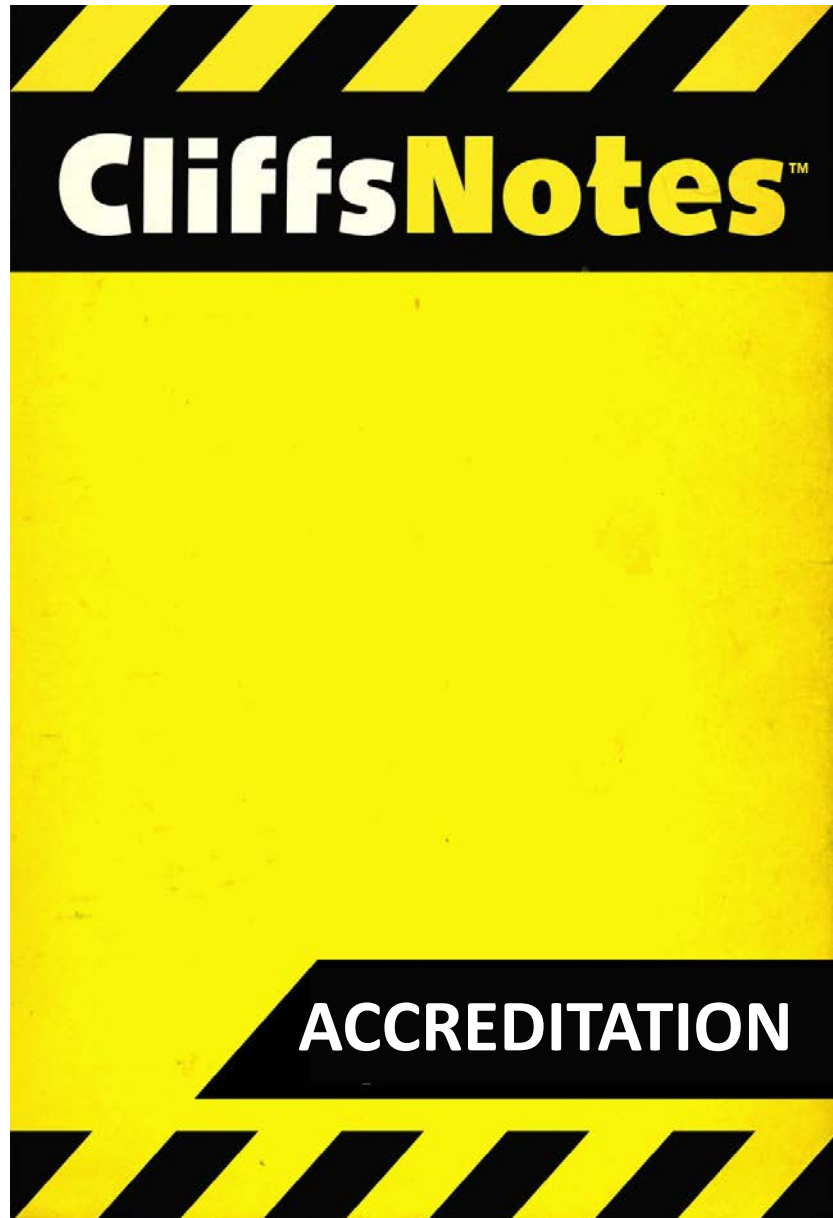


What will Accreditation do for you?

## Stories from Collier County

History: 2004 - Desperation, 2009 - Group 6,  
2014 – Accreditation University & Luau, 2019 – It's Gotten Real

How has/will Accreditation help you?



- Develop Accreditation Friends & Mentors
- Look at other Programming Plans
- Look at what others used as evidence
- Use *Management of Parks and Recreation Agencies*, (2016) 4<sup>th</sup> Ed.

# The Standards







## 6.1 Recreation Programming Plan

- ***Standard:*** The agency shall have a recreation programming plan covering 3-5 years that is updated periodically and a current-year implementation plan. The plan shall address all programs and services of the agency's programming functions, including activity selection, type and scope of programs and outreach initiatives.

**What is your overall plan for the recreation programs and services you provide? How do you decide what to offer? What do you offer? How do you update this plan?**



# 6.1 Recreation Programming Plan

- Programming Plan (3-5 year plan)
  - Addresses all programs & services: including activity selection, type of activity, scope of programs, and outreach initiatives
  - Include current year implementation plan
  - Include process you use to update the plan
  - Include: Program and Service Determinants (6.1.1)  
Program Objectives (6.2)  
Program and Service Statistics (10.5)  
Recreation Leisure Trends & Analysis (10.5.1)  
Community Inventory (10.5.2)





## 6.1.1 Program & Service Determinants

***Standard:*** A systematic and studied approach shall be taken in determining what programs and services shall be provided by the agency.

(Suggests that examples & documentation provided that shows the following **6 Determinants** used to decide which programs and services the agency will offer.)

- Conceptual foundations of play, recreation and leisure
- Agency philosophy, mission, vision, goals & objectives
- Constituent interests & desires
- Creation of constituent-centered culture
- Experiences desirable for clientele
- Community Opportunities



# 6.1.1 Program & Service Determinants

## Conceptual Foundations of Play, Recreation and Leisure

- **Example 1: Conceptual Foundations of Play, Recreation, and Leisure**

Fundamentally play, leisure, and recreation are all about fun. The physical and emotional benefits of play are well documented. Recreation promotes family unity, builds strong bodies, builds self-esteem, reduces stress, promotes sensitivity to cultural diversity, increases community pride, reduces crime, teaches life skills, and much more. In light of the new 21<sup>st</sup> century “sedentary” generation, the National Parks and Recreation Association has launched their “play” initiative focusing on American youth and “enabling outdoor play for America’s youth in safe, enjoyable play areas.”

  - Agency philosophy, mission, vision, goals & objectives
  - Constituent interests & desires
  - Creation of constituent-centered culture
  - Experiences desirable for clientele
  - Community Opportunities



# 6.1.1 Program & Service Determinants

## Conceptual Foundations of Play, Recreation and Leisure

### Example 1:

Recreation and the use of leisure time have been considered an integral part of an individual's and a community's well-being from early civilization to today. In the earliest days, recreation was seen as an opportunity for rejuvenation, self-fulfillment and individual growth. Public recreation agencies have continued to shift their focus away from solely being a provider of services. They are now providing citizens with access to recreation in ways that tap the full capacity of a community's public and private recreation resources.

### Example 2:

Fundamentally play, leisure, and recreation are all about fun. The physical and emotional benefits of play are well documented. Recreation promotes family unity, builds strong bodies, builds self-esteem, reduces stress, promotes sensitivity to cultural diversity, increases community pride, reduces crime, teaches life skills, and much more. It is upon this foundation that Collier County programs and services are built.



## 6.1.1 Program & Service Determinants

### **Agency Philosophy, Mission, Vision, Goals & Objectives**

- What are you about, where do you want to go & milestones and initiatives to get there

### **Constituent Interests & Desires**

- Program surveys, Needs Assessment, Online Comment Cards, 311 System

### **Creation of Constituent-Centered Culture**

- Advisory Board Minutes, Policy for Responding to Needs and Concerns

### **Experiences Desirable for Clientele**

- Monitoring and feedback systems in place to evaluate satisfaction of our users and track desirable results.

### **Community Opportunities**

- Program Guide, Newsletters, Event Calendars



## 6.2 Program Objectives

*Standard:* Must have specific objectives established for programs and services that are reviewed periodically. Objectives shall be specific and measurable as to the actual outcome or impact desired by the program or service so that progress on meeting objectives can be evaluated (see standard 10.2 Outcomes Assessment). Objectives shall be defined by program area, such as nature, dance, music, sports, fitness, special events and they can be further defined into levels such as beginner, intermediate and advanced.



## 6.2 Program Objectives

- Programs and services must have specific, measurable objectives and that these objectives are periodically reviewed.
- The objectives should measure the desired outcome so that the agency can evaluate whether the objective was met.
- Objectives can be based on general program area or can be further broken down by skill level.



## Lee County Parks and Recreation Program/Service Outcome and Delivery Matrix



Program/Service Name	Target Age Group	Program Objectives (outcomes for participants)	Delivery Method	Participation Level	Degree of involvement	Skill/Proficiency Level (s) <i>Low/Beginner/ Intermediate/Advance</i>
Learn to Swim	Infant – Adult	Water adaptation, skills development	Leader-Directed	Small Group	Physical/Educational <i>moderate</i>	All
Water Exercise	Adult	Increased fitness, flexibility, general well-being	Leader-Directed	Sm/Lg Group	Physical <i>Moderate – Intense</i> Social	All
Open Swim	All	Exercise, Socialization, Skills development, Fun	Self-Directed	Individual – Lg Group	Physical <i>Moderate – Intense</i> Social	All
Competitive Swim Teams	Youth – Adult	Teamwork, Individual accomplishment, Skills development.	Facilitated	Individual – Sm Group	Physical <i>Moderate – Intense</i>	Beginner – Advanced
Drown Prevention	All	Hazards awareness, Rescue techniques, Preventive measures	Leader-Directed	Individual – Lg Group	Educational <i>Moderate</i>	All
Junior Lifeguard	Youth – Teen	Skills development, Rescue Techniques, Greater self-esteem/confidence, Life skills, Job skills	Leader-Directed	Small Group	Physical/Educational <i>moderate - Intense</i>	Intermediate – Advanced
Environmental Education	Youth – Adult	Environmental awareness, Conservation methods/techniques, tools for “green” lifestyles, greater understanding & appreciation of the unique & fragile SW FI Bio Region.	Leader-Directed Self-Directed	Individual – Lg Group	Educational <i>Moderate</i>	All
Eco Tourism	All	Sound management practices, Scientific and factual information, Building a partnership between business and LCPR for creative programming. Understanding the physical/mental/social benefits of recreating	Leader-Directed Self-Directed Facilitated	Individual – Lg Group	Physical/Educational <i>moderate - Intense</i>	All



**Collier County Parks & Recreation  
2014-2015 Program Objectives**

**Classification: Child Care Programs**

**Description:** Collier County Parks and Recreation offers a number of child care programs which are licensed by the Florida Department of Children and Families. These programs are required to meet all state guidelines as well as the program objectives detailed below.

**After School Adventures:**

- ▶ Program will operate as a licensed child care program for school-age children.
- ▶ Participant will interact socially with other program participants.
- ▶ Participant will be supervised in a 1/18 adult child ratio.
- ▶ Participant will have the opportunity to work on assigned homework and projects.
- ▶ Participant will receive homework assistance from trained staff when requested.
- ▶ Participant will be able to participate in variety of age appropriate activities.
- ▶ Participant will use a variety of age appropriate materials and mediums.
- ▶ Participant will use a variety of age appropriate equipment during play and exercise.
- ▶ Participant will listen and interact with guest speakers.
- ▶ Participant will have fun.

**Middle School R.A.P.:**

- ▶ Participant will be given opportunity to learn and practice leadership skills.
- ▶ Participant will interact socially with other program participants.
- ▶ Participant will be supervised in a 1/18 adult child ratio.
- ▶ Participant will have the opportunity to work on assigned homework and projects.
- ▶ Participants will receive homework assistance when requested.
- ▶ Participant will have the opportunity to choose extracurricular activities.
- ▶ Participant will be encouraged to express him/herself using a variety of mediums.
- ▶ Participant will listen and interact with guest speakers.
- ▶ Participant will have fun.



## 10.5 Program & Service Statistics

- ***Standard:*** The agency shall collect and analyze statistics on its programs and services for evaluation and future program and service development.

**Provide examples of how the agency collects and uses statistical program data to evaluate current programs and plans for future programs and services.**

# Examples of Evidence for Standard 10.5

- Data collected through Program Registration Software
  - Zip Code
  - Age
  - Gender
  - Scholarships
  - Number of Program Participants
- Data collected through a User Assessment
- Program Reports showing trends over several years
  - Beach Usage Statistics
  - Summer Camp Statistics
- Participant Satisfaction Data
- Census Data

## 10.5.1 Recreation & Leisure Trends Analysis

- ***Standard:*** The agency shall assess periodically societal and local recreation and leisure trends and determine how those trends impact existing and projected user populations.
- **Provide examples of how the agency monitors recreation trends**
- EX: Trend Analysis Committee Minutes, Table that shows progress on trends identified in Master Plan, Annual Pickleball Usage Report

# Appendix D: 2017 Master Plan Trends Analysis and Response

## 2017 Master Plan Trends Analysis and Response

Trends Defined in Master Plan	What We are Doing Now	Future Plans
Adults are moving away from team to more individual activities.		Adding new recreational facilities (recreation centers, fitness rooms)
People have less unstructured time, so program lengths should be reduced.		
Activities are moving towards unstructured, individual and drop-in programs.	Providing new drop-in programs such as table tennis and Pickleball	
There is an increased demand for programs for families, girls, and women.	New girls basketball league and women's flag football leagues	
Youth participation in traditional team sports have experienced a decline in recent years.		
Increased pressure to open traditional male sports to females such as football.	Women's flag football leagues	
Health, wellness, and fitness programs participation levels are up from walking to fitness to therapeutic recreation.	Partnering with Wellness@Work to provide employee fitness programs	Adding fitness trails in parks, fitness rooms and new recreation centers
Increased demand for trails, greenways, and blueways.		Working with MPO to develop new bike trails

## 10.5.2 Community Inventory

- ***Standard:*** The agency shall compile a complete and current inventory of parkland and recreation facilities, programs and services in the service area, including those provided by the agency and those offered by schools and other alternative public, private, non-profit providers.
- EX: Table of recreation programs, services, and Facilities in the community, Community Welcome Guides, United Way Brochure

# Tucson Parks & Recreation



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# City of Henderson



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## 6.1.2 Participant Involvement

- ***Standard:*** The development of agency programs and services shall involve participants.
- Describe the process by which participants have involvement in programs and services through:
  - **Recommending policy:** Minutes from Advisory Boards
  - **Planning activities:** Participant Survey
  - **Conducting activities:** Flyer advertising Nature Programs offered by your Friends groups
  - **Sponsoring activities:** Co-Sponsored Event agreements





## 6.1.3 Self Directed Programs & Services

- ***Standard:*** The agency shall offer self-directed recreation opportunities for individuals and groups to participate without leadership, under only general supervision. Examples include picnic facilities, tennis courts, roadways in scenic areas, bridle trails, self-guiding nature trails, and open playgrounds.
- Provide a list of Self-Directed recreation opportunities where groups and individuals participate without leadership.



## 6.1.4 Leader-Directed Programs & Svs

- ***Standard:*** The agency shall offer leader-directed recreation opportunities that provide recreation opportunities where participant involvement is directed by a leader, including skills instruction classes. Examples include tennis, crafts, dance; synchronized swimming performance; creative dramatics for children
- Provide a list of Leader-Directed recreation opportunities where groups and individuals are directed by a leader.

A	B	C
<b>Collier County Parks and Recreation</b>		
<b>Nature of Services Delivery Matrix</b>		
Self Directed Services		
5th Grade Dance		Loose Threads
Back to School Dance		Mahjongg Club
Baseball Fields		Meeting Rooms
Basketball Courts		Middle School Dance
Beach Weddings		Miracle Limbs
Beaches & Marinas		Mom & Me Valentine's Tea
Bikers for Babies		National Bicycle League BMX Races
BMX Open House		"OLD School" Basketball
BMX Track		Open Sail
Bocce/Shuffleboard Courts		Outdoor Community Yard Sale
Bridge Club		Paradise Coast Paddlers Club
Buddy Walk		Pickle Ball Courts
Community Garden		Pool Side Jams
Community Yard & Craft Sale		Quilting Club of Collier County
Daddy Daughter Dance		Racquetball Courts
Dance Blast 4th & 5th Grade Social		Roller Hockey Rink
Diversity Festival		Senior Citizens Club of Golden Gate
Dog Club		Senior Expo
Dominos Club		Senior Lunch Program
Early Release Skate/BMX		Senior Social
East Naples Senior Club		SK8 Night
Easter Family Event		Skate Competition
Family Fun Days		Skate Park Open House
Fibre Arts Club		Snowfest
Fitness Memberships		Softball Fields
Friday Night at Velocity		Spring Festival
German American Club		Swimming Pool
Golden Gate Women's Club		Sunflower Festival
Goodland Harbor Arts Festival		Roller Hockey - Adult
Goodland Holiday Bazaar		Tailgate Pool Party
▶ 6.1.1 Summary	6.1.3 Self Directed	6.1.4 Leader Directed 6.1.

A	B	C	D	E
<b>Collier County Parks and Recreation</b>				
<b>Nature of Services Delivery Matrix</b>				
Leader Directed Services				
		Brain Games Camp		Fitness Bootcamp
3 on 3 Basketball League		Breakfast With Santa		Fundamentals Of Tennis
35 & Over Basketball League		Buddy and Me Basketball		Gardening for Kids
A Canoe Trip through the Estuary		Buggy Body Blast Stroller Fitness Class		Get Ready for your School Half Time Show
ABC FUN		Camp Out! Fun Nite		Golf Camp
Adult Beginner Ski		Cheerleading		Halloween Happening
Adult Roller Hockey League Advanced		Cheerleading - Competitive		Halloween Howl and Costume Contest
Adult Roller Hockey League Intermediate		Cheerleading - Noncompetitive		Heinz 57
Adult Soccer League		Circuit Training		Helping Hands Healings Paws
Adult Step Aerobics		Competitive Dance Team		High School Musical Mix
Adult Tennis		Computer Courses		Hip Hop Dance
Adult Water Aerobics		Contemporary Lyrical Ballet		Holiday Bedtime Stories
Advanced Cheerleading		Cook, Craft, Crunch		Holiday Camp
Advanced Karate		Create-A-Craft		Home School Soccer
Advanced Karate		Creative Writing 1		Homeschool Art
Advanced Lyrical Dance		Cycle Alley		Homeschool Sports
Advanced Pointe		Dance Line Prep		Homeschool Tennis
Advanced Training		Dance Technique		How to Boat Smart
After School Adventures		Dive Club		Hydra Tone
All Star Tumbling		Dog Obedience Basic		Immokalee Big Loser
American Heart CPR & AED Class		Double Dutch		Indoor Soccer
Art Camp		Doubles Strategy Clinic		Indoor Soccer League
Arthritis Exercise		Drama/Acting		Intermediate Volleyball
Arts & Crafts with Yvette		Early Release Basketball Bash		International Folk Dance
Baby Boot Camp		Early Release Days		Intro to Weight Lifting
Babysitting Boot Camp		Early Release Days		Irish Set Dance
Bake It! Take It!		Earth Day Birthday Party		Jazzercise
Ballet/Pre Pointe		Elementary Summer Camp		Jr. Dance Line Prep.
Ballroom Dance Lessons		Elves Sweet Shop		Jr. Picasso Art
Ballroom Dancing		English Conversation		Junior All Sports Clinics
Basic Cheerleading		Etiquette & Fashion "Craft your own style"		Junior Angler's Club
Basic Jewelry		Explorers Club		Junior Flag Football Clinics
Basketball		Family Fun Day - MHCP		Junior Leader Training
Basketball Camp		Fantasy Aerobics		Junior Soccer Clinics
Basketball league		Fashion Club		Junior Tennis
Basketball Youth		Fine Arts Camp		Junior Tennis Program
▶▶ 6.1.1 Summary	6.1.3 Self Directed	6.1.4 Leader Directed	6.1.5 Facilitated	6.1.6

## 6.1.5 Facilitated Programs & Services

- ***Standard:*** The agency shall facilitate assistance to individuals and groups of individuals that provide or want to provide recreation programs and leisure services independently from the agency.
- An example of facilitated programs and services is an individual or group that wishes to start a community theater organization; the agency may help initially by providing a meeting place, some administrative help in publicity, and "seed money" with the intent that the organization will become self-sustaining. Demonstration projects may be utilized for this purpose.

## 6.1.5 Facilitated Programs & Services

- Describe the process by which the agency facilitates individuals or groups who want to provide recreational programs and services independent of agency.
  - Give Examples such as: independent contractors, individual and groups assisted to become independent program/service providers.
  - Documentation includes a list of Facilitated programs & services as well as examples of how the agency has provided facilitated recreation opportunities.



## 6.1.6 Cooperative Programming

- ***Standard:*** The agency shall enter into cooperative agreements with public, commercial, and nonprofit entities to provide programming.
- Documentation includes examples of executed Memoranda of Understanding (MOU), Memoranda of Agreement (MOA), contracts, and partnerships.



## 6.3 Scope of Program Opportunities

- ***Standard:*** The content of agency programs shall be related directly to stated program objectives and shall provide for individual differences of interests, abilities (mental, social, physical), and backgrounds. Activities selected shall be suited to and contribute toward fulfillment of the basic physical, emotional, social, and intellectual requirements of individuals. The agency should take into consideration the total community offerings; some opportunities may be offered by other organizations, private, public, and non-profit.



## 6.3 Scope of Program Opportunities

- Agency should demonstrate that it provides programming for various proficiency levels, socioeconomic levels, racial and ethnic backgrounds, different ages, genders, interests, and abilities (physical, mental, & social).
- Agency should provide a list or matrix of programs by field.
- Content of programs should be directly related to the stated program objectives



# Collier County Parks and Recreation

## Types of Participation Matrix

Program Name	Participation Level			Skill Level				Type of Activity							Type of Participation									
															Dimension 1				Dimension 2					
	Single	Small Group	Large Group	Beg	Int	Adv	Gen	Groups	Programs	Clinic/ Workshops	Clubs	Special Event	Leagues	Degree of Involvement				Type of Involvement						
														Physical		Educational		Physical	Educational	Social	Creative	Spectator		
														Moderate	Intense	Moderate	Intense	Physical	Educational	Social	Creative	Spectator		
Camps																								
Art Camp		X		X	X	X			X							X					X			
Basketball Camp		X		X	X	X			X						X			X						
Beads, Bobbles & Trinkets Camp		X					X		X							X					X			
BMX Camp		X		X	X	X			X						X			X						
Brain Games Camp		X					X		X							X			X					
CAMP CONESTOGA			X				X		X					X						X				
CAMP MAH'KAH			X				X		X					X						X				
CAMP POTLATCH			X				X		X					X						X				
Elementary Summer Camp			X				X		X					X						X				
Fine Arts Camp		X		X	X	X			X							X					X			
Golf Camp		X		X	X	X			X						X			X						
Kayak Youth Camp		X		X	X	X			X						X			X						
LET'S GO FISH		X		X	X	X			X					X						X				
Little Gator Fun Camp		X					X		X							X			X					
Math Camp		X					X		X								X		X					
Middle School Summer Camp			X				X		X					X						X				
No School Camp			X				X		X					X						X				
Preschool Sports Camp		X		X					X						X					X				
Rallyball Camp		X		X					X						X			X						
Science Camp		X					X		X								X		X					
Skate Camp		X		X	X	X			X						X			X						
Soccer Camp Summer		X		X	X	X			X						X			X						
Sports Camp			X	X	X	X			X						X			X						



## 6.3.1 Outreach to Diverse Underserve Populations

- ***Standard:*** The agency shall proactively extend programs and services to residents who may be underserved in the community. To encourage participation in parks and recreation programs and services, agencies shall identify and address barriers that may limit access including physical, social and mental abilities and financial, geographic and cultural barriers. Financial barriers may be addressed through reduced fees and scholarships. Agencies should offer inclusionary support services to ensure access to programs and services for people of all abilities and socioeconomic status.



## 6.3.1 Outreach to Diverse Underserve Populations

- Identify underserved populations and include the data and methods you used to make this determination.
- Describe the specific barriers within the community that limit recreation participation.
- Barriers may include physical, social, mental abilities, financial, geographic, and cultural.
- Provide examples of outreach programs and services by the agency to meet needs and overcome barriers.



# Economic Barriers – the inability to pay for services

- The aim of the [Summer Food Service Program](#) is to continue the free lunch program offered during the school year to children throughout the summer months. In 2014 the program served 41,600 meals at 9 qualifying sites. Site eligibility was based on 2014 Collier County School Lunch Subsidy Program.
- The Collier County Parks and Recreation Department offers [scholarships](#) for those children financially unable to afford summer camp programs. Eligibility is based on the current National Poverty Rate.
- The Guidance Program for Success or “GPS”, is an out of school initiative which funds out of school programs for 150 students in the low income rural area or Immokalee. Eligibility is determined by data from the US Census Bureau.
- The [Senior Lunch Program](#) is offered at two community centers and offers seniors free hot meals. Participants do not need to qualify.
- Bone Builders, a weight training class to protect against fractures caused by osteoporosis, is a free program offered at four of our community centers. Grant based on NCH Heathnet Osteoporosis data.

## 6.4 Community Education for Leisure Process

- ***Standard:*** The agency shall have a process to educate the general citizenry about the use of leisure time and the outcomes, benefits, values, and positive impacts of leisure and recreation services. The process shall be periodically evaluated for effectiveness. Educating the public about leisure and recreation shall be ongoing and systematic and should be done in cooperation with the community, e.g., schools, other leisure agencies, business, industry, and commercial recreation establishments.

## 6.4 Community Education for Leisure Process

- A process to educate citizens about the benefits of recreation and leisure.
- Educational efforts should be ongoing and systematic.
- Periodically evaluate educational efforts and provide date of last review.
- Educational efforts should be done in conjunction with the community (schools, other recreation agencies, business, industry, and commercial recreation entities).

## Education for Leisure

The Virginia Beach Department of Parks & Recreation makes every effort to take advantage of numerous opportunities to educate its citizens based on the inventory of varied program opportunities that are available through its service delivery. Some examples of these efforts are listed below.

Programs that Provide Leisure Education	Target Audience	Purpose of Delivery
Senior Centers and Couple Clubs	Senior citizens/married persons	To provide information and opportunities to participate in department and community programs ensuring adequate access to leisure fulfillment.
Mobile Activities Unit	Disadvantaged youth/teens with no transportation access to community recreation centers	To provide supervised passive and active activities in targeted neighborhoods.
Inclusion Program	Physically or mentally challenged populations	To ensure that all citizens are informed about recreational programming and to provide every opportunity to participate within the recreation centers.
Preschool Program	Preschool and their parents (three- to five-year olds)	To offer recreational and learning experiences to develop child's creativity, imagination, and self expression.
Water Safety Awareness Program	General population	Aquatic unit mascot used to educate the public on the importance of water safety.
Teen Council	Teen population	To provide teens with information concerning upcoming events and offer opportunities in areas of community service, fund raising, and field trips.
FaCET Families Communicating Effectively Together	Youth and families attending Juvenile Court-approved programs	To provide adolescents and their families an opportunity to enhance the communication skills between them. An alternative program for curfew violators.
R.E.A.C.H. Recreational & Educational Approach to Complete Health	Physician-referred adult participants	To develop a fitness and intervention for individuals requiring medically managed exercise.



## 6.4.1 Community Health/Wellness Education and Promotion

- ***Standard:*** The agency shall have policies, procedures, or programs to educate and promote health and wellness in the community.
- Health and wellness promotion should include but isn't limited to:
  - Physical activity
  - Healthy food and drinks
  - Nutrition
  - Substance abuse prevention
- Provide a Health/Wellness list or matrix, policies & procedures and examples of implementation.





## 6.4.1 Community Health/Wellness Education and Promotion

- An agency's policies, procedures, or programs that educate and promote health and wellness in the community.
- Health and wellness promotion should include but isn't limited to:
  - Physical activity
  - Healthy food and drinks
  - Nutrition
  - Substance abuse prevention
- Provide a Health/Wellness list or matrix, policies & procedures and examples of implementation.

## *Power 9®: Blue Zones Lessons*

Shared traits of the world's longest-lived people.



1. **Move Naturally** The world's longest-lived people don't pump iron or run marathons. Instead, their environments nudge them into moving without thinking about it.
2. **Purpose** Why do you wake up in the morning? Knowing your sense of purpose is worth up to seven years of extra life expectancy.
3. **Down Shift** Stress leads to chronic inflammation, associated with every major age-related disease. The world's longest-lived people have routines to shed that stress.
4. **80% Rule** "Hara hachi bu" – the Okinawans say this mantra before meals as a reminder to stop eating when their stomachs are 80 percent full.
5. **Plant Slant** The cornerstone of most centenarian diets? Beans. They typically eat meat—mostly pork—only five times per month.
6. **Wine @ 5** Moderate drinkers outlive non-drinkers, especially if they share those drinks with friends.
7. **Belong** Attending faith-based services four times per month – no matter the denomination – adds up to 14 years of life expectancy.
8. **Loved Ones First** Centenarians put their families first. They keep aging parents and grandparents nearby, commit to a life partner and invest in their children.



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October 28, 2014

Dear Youth Sports Partner

As part of the *Healthy Eating Initiative*, Collier County Parks and Recreation has evaluated the snack options currently being offered at our park facilities through site vending machines, contracted food vendors, and concession stands associated with our youth sports programs. Our agency, through partnership and collaboration, would like to include healthy snack food options (low-fat, low-sodium, and non-sugary drinks) to the current menu of foods being offered.

We are asking you to please review the items you are offering in your concession area. I would be happy to meet with you and discuss this initiative and to provide any assistance you might need to help us promote healthy eating alternatives throughout our park system.

Thank you,

*Jeanine McPherson-Hoyle*

Assistant Director  
Collier County Parks & Recreation Division



## 6.5 Participant and Spectator Code of Conduct

- ***Standard:*** The agency shall have “code of conduct” guidelines for appropriate participant and spectator conduct at programs and events, and the agency shall proactively inform and remind staff, coaches, participants and spectators about the code of conduct.
- Provide Code of Conduct guidelines for appropriate behavior at programs and events.
- Proactively remind program participants and spectators of the Code of Conduct.
- Describe education efforts.
- Collaborate with affiliate groups providing training for youth and coaches so that they may help you educate the community about your Code of Conduct

## CO-SPONSORED FACILITY USE AGREEMENT

### I. CODE OF CONDUCT

- a. The Collier County Parks and Recreation Division holds that organized sports recreation plays an important role in promoting the physical, social and emotional well-being in all who participate. Organized Sports recreation should occur in an environment which is positive and healthy for all. Therefore, Collier County Parks & Recreation has adopted a Sports Code of Conduct. All co-sponsored leagues/organizations are required to follow and enforce this Code of Conduct. This includes all levels of participation from organization board members, coaches, officials, volunteers, parents, and athletes to spectators. Participants include organization representatives, coaches, officials, support personnel, volunteers, parents, athletes, and spectators.
1. Participants will treat others respectfully regardless of race, creed, color, national origin, sex, sexual orientation or ability. Bullying, harassment, or threatening behavior will not be tolerated.
  2. Participants will use respectful language as well as a respectful tone of voice. Profanity, teasing, taunting, ridiculing, unkind, abusive, or discriminatory language will not be tolerated. Yelling or screaming at participants will not be tolerated.
  3. Participants will treat all facilities and equipment respectfully. Vandalism and misuse of equipment and property will not be tolerated. Participants are expected to clean up after themselves and report any damage immediately.
  4. Participants will be in control of themselves at all times. Violence of any sort will not be tolerated.
  5. Participants will not bring, use, or be under the influence of alcohol or mind altering drugs while engaged in Collier County youth sports or on Collier County property.
  6. Participants will model the Collier County Parks & Recreation Sports Code of Conduct at all times. Anyone unable to follow the Code of Conduct will not be allowed to participate in Collier County Parks & Recreation programs or programs held at Collier County facilities.
- b. As the president/designated representative of \_\_\_\_\_ League/Organization, I acknowledge that all participants must adhere to the Collier County Parks & Recreation Sports Code of Conduct. I further acknowledge that my organization is responsible for educating all participants and enforcing all tenants of the Collier County Parks & Recreation Sports Code of Conduct. I understand that failure to abide by the Code of Conduct may result in loss of privileges.



Keeping youth sports **POSITIVE!**



## About the Sports Parent Pledge

Headlines and news articles are filled with examples of youth sports gone wrong, from parents kicked out of games for unruly behavior to coaches tripping young athletes from opposing teams. These incidents are occurring every week nationwide and it is evident that many adults have lost focus on what youth sports is all about: learning about teamwork and perseverance; adopting a healthy, active lifestyle; and, most importantly, having fun and making friends. But you don't have to be lumped in with these individuals ruining youth sports.

In fact, you can help turn around these shocking behaviors that are becoming commonplace and representative of today's youth sports culture. Similar to how a drop of water ripples throughout a puddle, acts of positivity in youth sports can affect a team's environment and spread throughout the league - and even the whole community! It only needs one person to start. Will that person be you? Sign up for the Sports Parent Pledge for a free six-part email series packed with resources and tips you can use to be a positive change in youth sports!

### Take the Sports Parent Pledge

*I pledge to promote positivity in youth sports and act as a role model to my child, as well as other participants and sports parents I meet. I will serve as an advocate for good sportsmanship and to keep fun and learning at the center of the youth sports experience. I will try to improve upon my youth sports knowledge so that I can be an informative leader in the youth sports community.*

☐ I Agree

First  
Name

Last  
Name

Email

League  
Name

Take the Pledge!



Take the pledge to  
**KEEP YOUTH  
SPORTS  
POSITIVE!**



The logo features a black banner at the top with diagonal yellow and black stripes. Below the banner, the word "CliffsNotes" is written in a bold, sans-serif font, with "Cliffs" in white and "Notes" in yellow. The main body of the logo is a large yellow rectangle. At the bottom, there is a black banner with diagonal yellow and black stripes, and the word "ACCREDITATION" is written in white, bold, sans-serif font.

**CliffsNotes™**

**ACCREDITATION**

- **Follow the rules**
- **It's about the standards**
- **No more, no less**
- **Bring your friends!**