



Together with Saskatchewan *in motion* we're engaging in a community action process to weave physical literacy into our community's very essence!

Our main goal is to get more kids, more active, more often, with their families, while making our vision of a healthy active community a reality in Martensville!

This is where you come in! To ensure it's tailored to our community's needs your input is so important. You are the experts of our community, so we would like to invite you to participate in the survey below to identify opportunities for physical activity. Participation in this survey is completely voluntary. Any question that you are not comfortable answering may be left unanswered. All information you provide will be kept confidential.

Completed copies of the survey can be dropped off by **February 16<sup>th</sup>, 2018** to the following locations:

- **Martensville Athletic Pavilion**
- **City Hall**

Thanks in advance for your leadership in our community. We look forward to the opportunity to hear from you and others. If you have any questions or would like more information please email or call:

- **Angie Reddekopp** – P: (306) 683-5577, E: [recprograms@martensville.ca](mailto:recprograms@martensville.ca)
- **Kendria Symak** – P: (306) 280-7716, E: [k-symak@hotmail.com](mailto:k-symak@hotmail.com)

Together we can get our community moving!

City of Martensville in motion Survey – Winter 2018

1. Participant information

- Male
- Female

2. Age range

- 8-15
- 16-21
- 22-29
- 30-39
- 40-49
- 50-59
- 60 +

3. Children in your family.

- Number of children \_\_\_\_\_
- Ages of children \_\_\_\_\_

4. Where do you reside?

- Community
- Surrounding area
- Neighbouring community

5. Are you aware of municipal policies/bylaws that address any of the following in your community? (Select all that apply)

- User fees and charges for recreational facilities
  - Low or no cost programs for sporting activities
  - Infrastructures that support walking or biking (i.e. sidewalks, crosswalks, trails)
  - zone safety (i.e. traffic calming, parking restrictions)
  - Other (please specify)
  - Joint use agreement between community and school
  - Daily physical activity (DPA) in schools
  - School
- 
- 

6. Are you aware of any of the following strategies and plans that impact physical activity in your community? (Select all that apply)

- Official community plan (OCP)
  - School Division strategic plan
  - plan
  - Other (please specify)
  - Transportation plan
  - Recreation
- 
- 

7. In your community who do you feel should work together to increase physical activity opportunities for children, youth, seniors, and families? (Select all that apply)

- Private organizations
  - Not-for-profit organizations
  - Municipality
  - Community leaders
  - Program delivery agencies
  - Other (please specify)
  - Volunteers
  - Funding agencies
  - School
  - Caregivers
- 
-

8. On a scale of 1 – 5 (1=least, 5 = highest), how would you rate the variety of sport and recreation programs in your community?
- 1
  - 2
  - 3
  - 4
  - 5

9. Does your community have too many, too few or about the right number of programs?
- Far too many
  - Too many
  - The right amount
  - Too few
  - Far too few

10. Does your community have too many, too few or about the right number of public parks and greenspaces?
- Far too many
  - Too many
  - The right amount
  - Too few
  - Far too few

11. Where do you look for credible physical activity information? (Select all that apply)
- In motion*** website
  - Other websites
  - Newsletters/Program Guide
  - Social media (i.e. Facebook, Twitter)
  - Professionals (i.e. health, education, sports, recreation, fitness)
  - Conferences/Workshops

12. How do you and/or your community share information on physical activity opportunities? (Select all the apply)
- |  |   |
|--|---|
| <input type="radio"/> Community website      | <input type="radio"/> School (i.e. newsletter, agenda, bulletin boards) |
| <input type="radio"/> Other websites         | <input type="radio"/> Social media ( Facebook, Twitter)                 |
| <input type="radio"/> Program Guide          | <input type="radio"/> Signage ( i.e. billboards)                        |
| <input type="radio"/> Newspaper              | <input type="radio"/> Community calendars                               |
| <input type="radio"/> Newsletter             | <input type="radio"/> Educational                                       |
| <input type="radio"/> presentations          |   |
| <input type="radio"/> Other (please specify) |   |

---

---

13. Overall, how would you rate your community on how it makes accessing physical activity options available to your family?
- Not useful
  - Somewhat useful
  - Good
  - Excellent
  - Comments:

---

---

14. Currently, what makes it easy to be physically active in your community?

- Safe and user friendly environments
  - Good awareness of options
  - Priority for family
  - Accessibility of programs
  - Variety of programs/options
  - Available facilities
  - Other (please specify)
- 
- 

15. What motivates you to be physically active? (Check all that apply)

- Maintain/improve health
  - Socialize with others
  - Make new friends
  - Drop In Sport Programs
  - Have fun
  - Learn new skills
  - Other (please specify)
- 
- 

16. In the past week, please check all the activities your family has participated in (in Martensville only):

- Organized sport program
  - Organized dance program
  - Walked/biked/skated/scooted to school
  - Walked/biked to work
  - Drop in fitness/recreation class (includes walking program)
  - Other (please specify)
- 

17. What are some of the challenges that may exist in your community that limit physical activity opportunities?

- Time
  - Motivation
  - Access to facilities
  - Transportation
  - Cost
  - Awareness (lack of information)
  - Options of activities
  - Seasonal (lack of activities year round)
  - Other (please specify)
- 

18. What could your community do more of to increase opportunities for physical activity? (check all that apply)

- Low cost/no cost program
  - Promotion of activities
  - Trails/bike paths
  - More green space/parks
  - Improve safety at public facilities
  - Other (please specify)
-

19. What community facilities have you and/or your family used in the past 12 months?

- Pool
- Parks/open spaces
- Arena
- Ball diamonds
- Curling rink
- Dance studio
- Fitness Area
- Other (please specify)
- Community hall
- Fitness center
- Athletic Pavilion
- Tennis Courts
- Disc Golf Course
- Outdoor

---

---

20. Is it easy for you to walk in your community?

- Yes
- No
- If no, why?

---

---

21. Is it easy for you to bike in your community?

- Yes
- No
- If no, why?

---

---

22. How large a role does the school(s) play in providing opportunities for physical activity in your community?

- Extremely large
- Very large
- Moderately large
- Slightly large
- Not at all large

23. How congested is the traffic in front of the school before and after school?

- Extremely congested
- Very congested
- Somewhat congested
- Not so congested
- Not at all congested

24. Have you heard of the term "physical literacy"?

- Yes
- No

**Physical literacy** can be defined as “the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement of physical activities for life.” A child who is physically literate moves competently and confidently in a variety of different environments (such as land, snow, or water) with a variety of movement skills (such as swimming, running, throwing and jumping).

25. Given the above definition, how important is it for your community to support and provide opportunities to develop physical literacy? Using a scale of 0-5 (0 – not at all; 5 – very important), please select the best option.

- 0
- 1
- 2
- 3
- 4
- 5

26. Any additional information or comments you would like to share to assist in maintaining and/or improving opportunities for physical activity in the community.

---

---

---

---

---

Your input is valuable to us and to our community! **Thank you** for your time to complete the survey and for your commitment to ensuring more kids in our community can be more active, more often with their families and friends!