



IndigenACTION

PHASE ONE: Roundtable Report

Indigenous Wellness Group

5/1/2012

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1.1 Background

In February 2010, the Four Host First Nations – Squamish, Musqueam, Lil'wat and the Tsleil-Waututh – welcomed the world to their territories in the spirit of mutual respect and recognition and in the name of sport, competition and togetherness.

During the Vancouver 2010 Olympic Games, the Four Host First Nations and the Vancouver Olympic Committee developed a true partnership exemplifying how First Nations and all Canadians can and must work together. They worked together with mutual respect, support and a clear and dedicated commitment to find solutions required for success. These key elements form the basis of IndigenACTION – an initiative led by the Assembly First Nation (AFN) National Youth Council to carry forward the energy of the Olympic Games into Indigenous communities and the realities/mind-sets of our people.

IndigenACTION was launched July 18, 2010, in Winnipeg, Manitoba (MB), by National Chief Shawn A-in-chut Atleo and AFN National Youth Council co-chairs Ashley Julian and Joshua Gottfriedson. IndigenACTION is a national effort to build on the spirit and energy of the 2010 Olympic Games. The intent of IndigenACTION is to foster the partnerships required to ensure Indigenous peoples in Canada have an opportunity to grow themselves and their communities through community fitness, wellness, sports and recreation.

1.2 Introduction

With the completion of the three proposed roundtables in September, phase one of IndigenACTION was successfully completed. Phase one's objective was to better understand the current landscape of Indigenous Sport, fitness and wellness development in Canada. This report provides a comprehensive review of recent developments of sport at a national level through a timeline of events from 2000 to the present. It also outlines current themes of best practices and areas in need of improvement as discussed by the roundtable participants. Finally, it also sets forth 'the next steps' for Phase two of IndigenACTION.

2.0 Indigenous Sport Development Timeline: 2000 - Present

2000 Maskwachees Declaration

- February 2000 (Hobbema "Musquachees" First Nations) hosted a roundtable on Aboriginal/Indigenous Peoples and Sport and Physical Activity
- Delegates included:
 - Federal/Provincial Governments
 - Educators
 - First Nations communities
- Participants discussed issues related to improving the health, wellness, cultural survival and quality of life of Aboriginal/Indigenous Peoples through physical activity, physical education, sport and recreation
- At the conclusion of the Roundtable the following declaration was made "We Declare that:
Sustainable commitment and investment in active living, physical activity, physical education, recreation and sport are essential to promote health and address social issues facing Aboriginal/Indigenous Peoples in communities across Canada. And therefore, we call on all governments, non-governmental organizations, communities and individuals to endorse this Declaration."
- Appendix 1 (Muskwachees Declaration Summary)

- 2002 The Canadian Sport Policy (CSP)
- Federal/Provincial/Territorial governments (F/P/T) endorsed the CSP
 - Acknowledges the existence of barriers to sport participation for Aboriginal Peoples and has as a goal to increase access and equity in sport
 - The CSP states:
 - “The CSP seeks to improve the sport experience of all Canadians by helping to ensure the harmonious and effective functioning, and transparency of their sport system. The vision of the CSP is to create a dynamic and leading-edge sport environment that enables all Canadians to experience and enjoy involvement in sport to the extent of their abilities and interests and, for increasing numbers, to perform consistently and successfully at the highest competitive levels.”
- 2003 The Physical Activity and Sport Act
- Confirms the Government of Canada’s policy regarding the full and fair participation of all persons in sport and mandated the federal Minister responsible for sport to facilitate the participation of under-represented groups in the Canadian sport system
- 2005 Sport Canada’s Policy on Aboriginal Peoples’ Participation in Sport (APPS)
- A policy on sport participation, which addressed the unique circumstances of Aboriginal Peoples, sought to reflect a holistic approach, advance sport as a vehicle for social change and respect the diversity of Canada’s Aboriginal Peoples
 - Contributed to the CSP by focusing on the following goals for Aboriginal Peoples in sport:
 - Enhanced Participation
 - Enhanced Excellence
 - Enhanced Capacity
 - Enhanced Interaction
 - Appendix 2 (APPS: A Summary)
- 2005 F/P/T Aboriginal Sport and Physical Activity Working Group
- Appointed by the F/P/T Sport Committee who’s membership is made up of all the directors of sport in Canada
 - Working Group membership included representation from:
 - Sport Canada
 - Aboriginal Sport Circle
 - Manitoba Sport
 - Saskatchewan (SK) Provincial Government
 - Newfoundland and Labrador (NL) Provincial Government
 - National Association of Friendship Centres
 - Working in collaboration with the Aboriginal Sport Circle, the F/P/T Working Group on Sport and Physical Activity identified three key priorities:
 1. North American Indigenous Games (NAIG) support
 2. Enhancement and support for Aboriginal coaching development
 3. Support for Provincial/Territorial (P/T) bi-lateral funding agreements
- 2008 The F/P/T Working Group on Aboriginal Sport and Physical Activity’s mandate was considered completed when:
- The 2008 North American Indigenous Games was completed

- The Aboriginal Participation in Sport Policy was put on the Minister's Agenda

2010 IndigenACTION was launched by the AFN

- An initiative to foster partnerships and gain an understanding of the current landscape of Indigenous fitness, wellness, sport, and recreation in Canada
- Three regional roundtables were conducted
- Draft report prepared November 2011

2011 CSP

- In 2011, the CSP has been under a review and renewal process. Sport Canada has been facilitating a series of consultation roundtables across the country. These roundtables have included Aboriginal representation including the AFN
- There have been targeted consultations and roundtables completed for underrepresented groups including Aboriginal Peoples. There was an 'Aboriginal focused' roundtable held in July 2011, in Montreal, Quebec (QC). There was representation from across Canada including:
 - National Association of Friendship Centres
 - British Columbia (BC) Aboriginal Sport and Recreation Partners Council
 - Manitoba Aboriginal Sport
 - Aboriginal Sport Circle
 - AFN IndigenACTION
 - University of Western Ontario
- This roundtable was held to discuss the current concerns and opinions regarding the CSP renewal process and the Aboriginal Peoples' Participation in Sport Policy
- A report was published from the Aboriginal Consultation process (<http://sirc.ca/csprenewal.cfm>)
- The following is the concluding statement from the Consultation Report:

"The CSP needs to specifically address the involvement of Canada's Aboriginal Peoples in sport. The policy should explain the current and historical circumstances affecting Aboriginal Peoples to improve understanding and break down fear and misunderstanding. The positive benefits of greater Aboriginal involvement in sport to the sport system and to Aboriginal Peoples and their communities should be highlighted. Objectives need to be included that support Aboriginal participation in sport and the human, organizational and facility infrastructure required. Recognition and respect for the unique identity and culture of Aboriginal Peoples needs to be reinforced. For the policy to be effective in advancing sport for Aboriginal Peoples, there needs to be greater collaboration both vertically and horizontally within the sport system and with other sectors such as health and Aboriginal Affairs. Commitments to Aboriginal sport in the CSP would be strengthened by P/T Aboriginal sport policies that were aligned with the federal Policy on Aboriginal Peoples' Participation in Sport. Strategies for improving opportunities for Aboriginal Peoples to participate and excel in sport must be developed in partnership with Aboriginal Peoples so as to reflect their identified needs."

2011 CSP Renewal National Gathering, November 9-10, 2011

- This national gathering provided an opportunity for a broad cross-section of individuals from the sport community and related sectors to discuss and provide feedback on the discussion paper. These individuals are directly affected by the new policy, and will be instrumental in its implementation
- The new CSP is currently under development and the first draft will be made available early 2012

2012 Ministers of Sport, Recreation and Physical Activity

- Indigenous sport and physical activity is currently not on the agenda for the upcoming minister's meeting
- Need to have a presence to highlight the unique issues surrounding Indigenous sport and physical activity development
- Need to advocate and ensure that Indigenous sport and physical activity is a political and funding priority

2012 IndigenACTION Phase Two

The second phase of the AFN's IndigenACTION initiative will include reviewing the report and recommendations made by the roundtable process to establish a mandate moving forward through Chiefs in Assembly

3.0 IndigenACTION Roundtable Process

To date there have been three roundtables completing the first phase of IndigenACTION. These roundtables were done in an effort to understand the current status of sport, fitness and wellness development in the Indigenous community in Canada.

The roundtables took place in the following regions:

1. Winnipeg, MB (February 15, 2011)
 - SK
 - Northern Ontario (ON)
 - MB
 - Northwest Territories (NT)
2. Richmond, BC (April 15, 2011)
 - BC
 - Alberta (AB)
 - Yukon (YT)
3. Quyon, Quebec, (September 8, 2011)
 - ON
 - QC
 - New Brunswick (NB)
 - Nova Scotia (NS)
 - NL

The participants at the roundtables included:

- AFN National Youth Council members and Regional Chiefs
- National level athletes
- Aboriginal community program workers
- Provincial sport organizations
- Financial supporters
- Governmental bodies including Manitoba Justice
- Local community members
- Aboriginal sport, recreation, and health organizations
- Federal and Provincial government representatives
(Complete list - Appendix 3)

The round tables received financial support and in kind support from the AFN, Nike Inc., Tim Horton's, New Relationship Trust, Motivate Canada, and donations from Chiefs.

The central questions at the roundtables included getting feedback on the following three questions:

1. What are you currently doing that is working?
2. What are the challenges/gaps that you are currently experiencing?
3. What conditions are needed to amplify/strengthen what you are doing?

To encourage the maximum amount of participant driven conversation, the facilitation methods used during the roundtables were World Café and Open Space. Due to this open conversation style, there was an immense amount of input communicated. In an effort to convey the vast amount of information collected, the information/issues have been organized into three categories; local/grassroots, regional/provincial and national.

3.1 Best Practices: Local/Grassroots

For Indigenous communities, the success or failure of any program is experienced most at the grassroots level. In all three roundtables, participants were passionate about the local programs and behaviors making a positive impact. The discussions were less focused on programming and more on examples of behaviors and role modeling. Consistent themes of success became clear and are highlighted below:

a. Educational/Sport Linkage

An interesting connection that was discussed as a successful strategy for sport and fitness development among youth was the connection between education and sport. As a delivery system for sport programming, the educational system in communities has been an integral part of their successful sport/education programs. These programs utilize role modeling, sports and education as a "hook" for heightening the academic and sport achievement goals of our youth.

Cree Nation Sports Academy, QC

- The Sports Academy program has been in operation in the Cree community of Wemindji for five years. They have been successful in connecting the school, minor sports, health agencies, and parents with the sports academy instructors to provide opportunities for youth in the community. Their goal is to help combat diabetes and obesity through the promotion of healthy lifestyle choices and regular daily physical activity
- The program includes:
 - Teaching youth the knowledge and skills of nutrition and active lifestyles
 - Establishing partnerships with schools and minor sport to keep students motivated and focused on their education through supportive homework and recreation programs
 - Acting as a support network for youth and community through the mentorship of Sports Academy instructors
- The results have been that the community has seen significant improvement in school attendance, punctuality and community warmth. The Sports Academy has successfully transitioned into a locally run, sustainable program

b. Sport/Political Activism/Traditional Knowledge

The connection that we, as Indigenous Peoples, have to our natural world has always been a corner stone of our identity. Many of the roundtable participants discussed examples of how, through a walk, run or canoe journey, they were revitalizing traditional teachings roles of caretakers of the earth, traditional ways of life and elder teachings. These also work to enhance Canadian society's awareness and education of Indigenous issues.

Women's Water Walk, Thunder Bay, ON

- The 1st Annual Women's Water Walk took place April 2003, around Lake Superior. Several women from different clans came together to raise awareness that our clean water is being polluted by chemicals, vehicle emissions, motorboats, sewage disposal, agricultural pollution, leaking landfill sites, and residential usage. (www.motherearthwaterwalk.com)

c. Research/Community Values

The roundtables were centered around sport and fitness, yet the serious health issues our communities are facing due to the radical change in our diets and levels of physical activity was discussed as an underlying issue at all of the events. Utilizing sport and fitness as preventative tools to combat health challenges like diabetes and obesity has been an important part of improving the health of communities.

Partnerships with researchers and community members to develop long lasting strategies have proven successful in many communities. Charting the successes and failures of physical activity and wellness programming, while at the same time reflecting the community's values, has been the key to the success of many of the programs.

Kahnawake Schools Diabetes Prevention Project (KSDPP), Kahnawake Mohawk Territory, QC

- The KSDPP began in August 1994, as a three-year research project. The KSDPP goal is to decrease the onset of Type 2 diabetes among present and future generations. The main objectives are to increase daily physical activity and healthy eating habits among Kahnawake children. Other important objectives are to mobilize the community, to foster community empowerment and maintain community ownership through participation in all aspects of the project. This has helped build the capacity within Kahnawake to ensure sustainability of KSDPP goals, objectives and activities for the future. (www.ksdpp.org)

d. Local Youth Leadership/Activism/Capacity Building

The strong and passionate voice of the youth at all the roundtables expressed the importance of action and leadership at all levels. The 'take-action' mentality was an important example of how local youth action and leadership responds to the needs of local capacity building.

Pelican Lake Youth Council Youth Recreation

- Evan Chamakese of the Pelican Narrows Youth Recreation spoke of weekly meetings where year-round sports activities were planned. He talked of a youth camp that took place where certified coaches worked with youth on coaching skills. They provided a summer program for youth recreation as well as a youth-organized conference. It was meant to build leadership and get youth involved in all stages of planning and implementation of a conference

e. Access to Facilities/Participation Support

Participants discussed how the simple notion of facilitating access to safe facilities would provide a means of getting the population active. Many of the recreation directors noted that after-hours access to sports and fitness facilities for even loosely organized sport, not only helped get the community more fit, it also provided the youth with 'somewhere to go and something to do'.

"Fun on Ice" NT Sport and Recreation Council

- In NT, there are nine communities without an indoor arena. The "Fun on Ice" program ensures that the ice is cleared and equipment provided for continued use. Community follow-up is done regularly

f. Status Blind Participation Cross Cultural Exchange

In urban settings there is often targeted sport and fitness programming for Aboriginals. Due to our multicultural landscape, many organizations have opened their doors to 'friends of our Aboriginal

members' to help foster a support network for their membership's success. One of the unintended positive byproducts of this has been the cross-cultural exchange.

Road to Gold - Manitoba Métis Federation

- Road to Gold director, Thomas Parenteau, sees the status blind, inclusive environment as a great opportunity to:
 - Give kids an opportunity to learn to play hockey and other sports well
 - Help coaches improve their skills
 - Encourage participation in sport
 - Build both inter-cultural relationships and a positive self-esteem
 - Teach non-Aboriginal participants about Aboriginal culture
 - Promote fun and healthy living
 - Provide extra training time for those athletes preparing for the North American Indigenous Games
 - Expand into a funding source so that young Métis athletes and scholars can achieve their dreams

g. Role Modeling/Peer Mentoring

One of the most successful strategies that participants have used is the “walk your talk” strategy. The experiences and skills that local role models and mentors share with the youth have proven to be some of the strongest messages leaders can send. An example of this is the message of Eskasoni Chief, Leroy Denny. He has shown that it is possible to change a pre-diabetic status through hard work, discipline and healthy eating. Chief Denny uses an interactive and hands-on approach to leadership through personally training community members.

h. Integrated Team Approach/Partnerships

Creating a collaborative approach to program development and delivery is seen as both a successful practice and an area for a vast need of improvement. One of the positive bi-products of the IndigenACTION roundtable process was the networking between the participants. They were able to learn about and communicate with others regarding best practices and successful programming. Discussed were many examples of how an integrated team approach through partnerships with like-minded individuals and organizations enabled more successful delivery of sport, fitness and wellness programming.

MB In Motion

- This is a provincial initiative for both Aboriginal People and non-Aboriginal People. The ‘Manitoba in Motion’ program has been successful in getting the general population more active. Partnering with supportive corporations like Canadian Tire, ‘Manitoba in Motion’ has been able to provide programming and grants for capacity building. One program, ‘Communities in Motion’ targets programming for people of all ages. The programming takes place in communities, schools, and workplaces and focuses on four main components:
 - Building partnerships
 - Increasing public awareness
 - Developing strategies for target areas
 - Measuring success

3.2 Regional/Provincial

There were many common themes of success from the local level, to the regional level, as well as across regions. However, there were regional differences in best practices that were due to a number of contributing factors including:

a. Political Advocacy, Relationship Building and Funding

There are instances when political leadership and their advocacy have directly impacted Indigenous funding and program development. Contributing factors include:

- The Indigenous political relationship with governments
- The prioritization of sport, physical activity and recreation by governments. For example, BC and the recent Winter Olympics have sparked better infrastructure and funding. The Aboriginal organizations have benefited from the legacy including support for the First Nations Snowboard Team
- The prioritization of sport, physical activity and recreation by Indigenous leadership. Making sport and recreation a political issue has resulted in targeted allocation of funding from provincial sources such as lotteries and gaming. During the Winnipeg Roundtable, a presentation by Greg Hopf, the NT Aboriginal Sports Circle Director explained how the provincial leadership coordinated with the province for program restructuring and increased long-term funding

b. Physical Activity Promotion/Marketing

Physical activity promotion was seen as an area in great need of improvement. However, marketing healthy lifestyles to the Indigenous population has shown some success at both the national and regional level.

First Nations Health Council “Act Now” Initiative

- In BC, the First Nations Health Council uses a marketing campaign that targets health specific marketing messages and imaging to the Indigenous communities in a holistic, culturally relevant manner
- By understanding their targeted audience’s use of social media, they celebrated the successes of local and regional role models, and challenge leaders through YouTube
- Act Now seeks to build resiliency through sport and wellness

Iroquois Nationals

- To the Iroquois, lacrosse, is a very important social, cultural and spiritual game. The Iroquois Nationals have been very successful both in Canada and internationally. Lacrosse has successfully marketed to mainstream Canada

c. Indigenous Component in Provincial/Territorial Programs,

Many participants expressed that having Indigenous specific programs as part of a larger program structure has both its strengths and weaknesses and it is important for the provincial/territorial programs to work closely with the Indigenous health and sport organizations to ensure greater success.

SportMed Aboriginal Run/Walk Program

- The Aboriginal program first started in 2007 and was known as one of the “Honour Your Health” challenges. With their sights set on participating in the Vancouver Sun Run, over 350 people took part in the RunWalk programming. Two pilot training clinics were offered (Vancouver and Penticton) and participants in other areas of the province received SportMedBC’s online support to facilitate their training
- This program extends into Aboriginal communities across the province, through a partnership between SportMedBC and the Ministry of Health Services (Aboriginal Healthy Living Branch)

d. Strong Regional Coordination/Collaboration

Regional differences exist in both coordination and infrastructure. The level of organization directly impacts the ability to mobilize and collaborate with like-minded organizations with common goals. A well-organized infrastructure with a developed strategic plan has shown greater success in the programming from the grassroots on up. This allows for greater coordinated

political advocacy with the province and federal government. Again, success stories and challenges were identified.

Aboriginal Sports, Recreation and Physical Activity Partners Council

- In 2008, a five-pillar sport, recreation and physical activity framework was presented and endorsed as a means of improving the health of First Nations, Métis and off-reserve Aboriginal peoples in BC
- The organization's partners include:
 - First Nations Health Council
 - Métis Nation of BC
 - BC Association of Aboriginal Friendship Centres
- With the endorsement, the Partners Council proceeded to develop a comprehensive plan now known as the 'Aboriginal Sports, Recreation and Physical Activity Strategy (BC)'
- The long-term strategy is designed to increase access and participation in sports, recreation and physical activity for Aboriginal people across BC

e. Provincial Indigenous Sports Competitions

There are many provinces in Canada that have hosted provincial Indigenous multi-sport games in the past. Many Indigenous athletes choose to attend the Indigenous multi-sport games rather than the provincial games and the positive impact includes:

- Improving the level of coaching
- Providing a destination for athletes to train for
- Providing a culturally supportive environment for competition
- Increasing community pride
- Increasing individual self-confidence of athletes
- Promoting a tool for healthy lifestyles
- Identifying athletes for the North American Indigenous Games Teams

Saskatchewan First Nations Summer Games

- In existence since 1974, the SK First Nations Summer Games is one of the longest coordinated Indigenous multi-sport games held in Canada. They are held annually in a First Nation and staggered between winter and summer. There are over 4000 athletes that participate ages 8-17 years old

3.3 National

Many participants voiced a desire for stronger leadership, guidance and support at the national level. In addition, there were some current positive initiatives that were highlighted:

a. National Aboriginal Hockey Championships (NAHC)

The NAHC were developed by the National Aboriginal Sport Circle (NASC) and is a national competition of both male and female Indigenous hockey teams from across Canada. The Championships seek to cultivate a high level of hockey and celebrate the uniqueness of Indigenous sports. The athletes are bantam/midget ages

b. The National Aboriginal Coaching Manual (ACM)

Coaching development and support was identified by the F/P/T Working Group on Aboriginal Sport and Physical Activity as one of the three priorities. Thus, the ACM was created by the NASC to meet the needs of a national training curriculum with content that reflects the uniqueness of Aboriginal cultures, values and lifestyles.

The ACM seeks to fulfill the following objectives:

- Provide culturally relevant training courses to Aboriginal coaches and community sport leaders

- Elevate the capacity of Aboriginal and non-Aboriginal coaches to coach Aboriginal athletes
- Improve the quality of the sport experience for Aboriginal athletes
- Improve understanding of the application of Aboriginal culture in sport and the coaching profession
- Provide Aboriginal communities with greater accessibility to the National Coaching Certification Program (NCCP)
- Increase the number of NCCP certified Aboriginal coaches
- Make the wisdom of Aboriginal culture available to both Aboriginal and mainstream sport

c. Active Circle

The Active Circle is an initiative of 'Motivate Canada' and the 'Aboriginal Sport Circle', which supports Aboriginal youth and communities to become vibrant, active and healthy through sport and recreation. Through programming such as the GEN7 program and collaboration with existing Indigenous and non-Indigenous organizations, the Active Circle, works to promote, develop and support sport, recreation and leadership development in Indigenous communities.

d. North American Indigenous Games (NAIG)

The NAIG is an opportunity for Indigenous youth from across North America to participate in 15 sports and cultural celebrations. There have been 7 NAIG since 1990 in both Canada and the United States. With over 3000 participants and 37 cultural groups, the NAIG has provided some opportunities for athletes to attend Canada Games that would not have otherwise happened. The games are governed by the NAIG Council, a 26-member council of representatives from 13 provinces and territories in Canada and 13 regions in the United States.

e. Right to Play

The Promoting Life-skills in Aboriginal Youth (PLAY) Program works specifically with First Nations communities. It is tailored to the specific needs of each community, is designed in partnership with the community, aims to develop young leaders within the community and empower them to create positive change.

f. Just Move it (JMI)

Promoting physical activity for American Indians and Alaska Natives, JMI is a growing successful national campaign in the United States that is being introduced and shared in Canada. It is a web-based networking tool that connects communities together and showcases the many promising practices already happening in the promotion of physical activity in Indigenous communities.

By connecting with other successful initiatives happening across North America, community health professionals have an opportunity to learn and refine their existing strategies aimed at reducing sedentary behaviors, addressing high rates of chronic disease such as diabetes and managing healthy weights. Through the website, JMI partners also have access to tools and resources which help them to get people thinking about becoming more active, to promote that physical activity is fun and to bring together people of all ages and physical abilities.

4.0 Areas to be Strengthened for Further Success

All of the roundtables indicated that there was a strong united front on voicing the need for overall improvement. This includes many areas where great strides have been made and yet it was identified that there is still a tremendous need for development at all levels. The primary themes that emerged were:

a. Funding and Relationships

By far the most discussed issue in the roundtables was access to funding and the vast regional differences that exist. Participants expressed that many factors impacted the level and sources of funding and the lack of long-term sustainable funding. These include understanding:

- The Indigenous political relationship with governments
- The prioritization of sport, physical activity and recreation by governments
- The prioritization of the Indigenous leadership of sport, physical activity and recreation as a political issue in targeted allocation of funding from provincial/territorial sources such as lotteries and gaming
- A diversified funding source, not just relying on government funds
- The F/P/T governments and local responsibility for sport, recreation and physical activity
- The role that the department of Aboriginal Affairs and Northern Development Canada play in sport, physical activity and recreation development
- Better coordination of the cross government department mandates

b. Strong National Sports, Physical Activity and Recreation Voice

Many participants had questions about the current status of the Aboriginal Sport Circle. Known as the national voice for Indigenous sport development in Canada, their current organizational status is uncertain.

The participants expressed the need for a strong national voice for sport, physical activity and recreation in a cohesive and positive way. Participants also expressed an interest in:

- Increased advocacy and working more closely with the political leadership
- Increased support for the Provincial/Territorial Aboriginal Sport Bodies (PTASB)
- Increased coordinated national programming

c. Capacity and Infrastructure

Tied closely to the need for increased funding is the ability to build capacity. Roundtable participants expressed the need for increased community capacity building through infrastructure development. As well as the need for the infrastructure, is the desire for improved coordination between the different levels of government. It was identified that improving capacity can come in many forms such as:

- Training and accreditation for recreation directors and coaches
- Targeted funding of athletes and coaches
- Coordinated talent identification of athletes
- Training for volunteers
- Cross cultural education of Aboriginal athletes, coaches and their support networks
- Cross cultural education of the mainstream sport system - to communicate the Aboriginal issues with non-Aboriginal coaches, teammates and officials
- Better athlete preparation: physically, emotionally and mentally
- Education of the athlete's family and support system, to understand the issues and needs of the athlete (nutritional/physical/social) and better support them, as well as positively support and contribute to community programming
- Stronger support for provincial/territorial sport bodies by the political leadership

d. Communication and Networks

It was identified during the roundtables that there is a groundswell of programming and information across the country however much of it is not known beyond each region. Communication needs to be improved because it will enable other communities and organizations to utilize these best practices for themselves. There is a need for:

- Stronger and broader networks
- Communication and information sharing between communities, organizations and government
- Understanding of international best practices
- Creation of an organization or position to focus on and help coordinate these efforts

e. Community Awareness and Marketing

With the accessibility and saturation of mainstream media in our communities, many participants expressed frustration with their ability to keep community members involved in programming. It was suggested that there was a need to better understand the target audience and how to market and promote healthy lifestyles and programming more appropriately. Examples suggested to do this were:

- Utilizing multi-media and social networking
- Better use of role models and leadership
- Make being healthy “cool” and attractive

f. Researched and Planned Programming

Currently, a number of sport and recreation programs exist and they have achieved varying degrees of success. There is a desire to improve the research and development of programming that can be tailored to the unique needs of Indigenous communities. The following ideas were discussed:

- Linking physical activity with cultural revitalization
 - Tribal Journeys Canoe Journey
 - Pow-wow Dancing
 - Lacrosse
- Further develop holistic programming in schools by linking sport, education and cultural identity
- Working with cultural facilitators, academics and universities to make programming socially and culturally relevant, as well as implementing procedures to study and chart programming success
- Improve continuity and follow-up with athletes and help with transition to mainstream sport opportunities including between provincial Indigenous games and NAIG
- Collect data to chart success of programming and recognize areas in need of improvement

g. Combating Systematic Racism and Discrimination

Many of the Indigenous participants spoke about the negative impact of systematic racism and discrimination towards their athletes, coaches and teams. This has been recognized as a negative factor to the success of Indigenous athletes. Though it has improved, much more work needs to be done. Interestingly, many of the non-Aboriginal participants from mainstream organizations also expressed that they did not fully appreciate nor notice the racism faced by Indigenous athletes. This indicates a need for greater collaboration and interaction between the Indigenous and non-Indigenous organizations. The following recommendations were given:

- Cultural activities between Aboriginal and non-Aboriginal teams
- Increased Aboriginal representation on sport and recreation committees and boards
- Cultural awareness and sensitivity training of non-Aboriginal sport and recreation organizations

h. Motivation, Participation and Retention

Athlete retention and success was passionately discussed during all roundtables. It was suggested that there is a need to do more research into the uniqueness of Indigenous specific performance psychology.

Solutions to the question of why our people quit and how better we can support them were expressed in many ways such as:

- Understanding of the underlying social, historical and cultural influences on athlete motivation, participation and achievement
- Implementing subsequent findings into both mainstream and Aboriginal coaching and community training
- Understanding and combating the impact of lateral violence
- Better utilization of local role models as mentors of next generation athletes

- Leadership training

5.0 Indigenous Wellness Group (IWG) Overview and Analysis

After IWG's review and analysis of the input gathered, it is IWG's opinion that the area of Indigenous sport, physical activity, recreation, fitness, and wellness development is a complex web of stakeholders and responsible parties. This web spans across both provincial and federal mandates. The dynamic web becomes more multifaceted when we consider that different stakeholders have different visions of what they want to see happen. IndigenACTION was first conceptualized to get a better understanding of the current status of sport, physical activity, recreation, fitness, and wellness in Indigenous communities across Canada. The roundtables helped us to determine that the top two distinct priorities were:

1. To create more opportunities for athlete development
2. To get our populations more healthy and fit

In the future, the question may need to be addressed to determine if one overall strategy can meet the goals of these two priorities or if there is a need to identify a new approach.

A third theme that emerged is that there is a general misconception out there that not enough is being done in the area of physical activity, recreation and sport development. The roundtables revealed that there is a tremendous amount of positive and successful programming being done and that there are passionate and dedicated people working hard at all levels to do it. However, there is recognition that better coordination and support is needed to more effectively meet the needs of our Indigenous populations.

In conclusion, the IndigenACTION roundtables were well received by participants. Many expressed strong support for the coordination of physical activity, recreation and sport development. It was also suggested that there is a need to once again attain a place on the Sport Minister's Agenda. Phase one is aptly summed up by the words of a participant who said, "It is perfect timing to evaluate where we have been, where we are right now, and build upon it for the future."

5.1 IWG's Preliminary Recommendations

With the conclusion of Phase one of IndigenACTION, the following are the IWG's preliminary recommendations:

1. Distribute the draft report to participants for feedback on outcomes and recommendations:
 - Identifying if sport, fitness, recreation, and wellness can be addressed effectively in one strategy
 - Determining the top priorities and recommendations to be presented to Assembly of First Nations (AFN) Chiefs
 - Advancing an AFN resolution to formalize a mandate to develop a National Indigenous Sport, Fitness, Recreation, and Wellness Strategy
 - Hosting a National Indigenous Sport, Fitness, Recreation, and Wellness Conference to share the AFN mandate and increase the networking and collaboration of all key stakeholders working in sport, fitness, recreation, and wellness
2. Ensure that there is a national voice for Indigenous Sport, Fitness, Recreation and Wellness issues, especially with the current state of the NASC, including:
 - Confirming that First Nations sport, fitness, recreation, and wellness maintains a key position in the federal and provincial policy and political priorities

- Confirming long-term government and private sector support and funding for Sport, Fitness, Recreation, and Wellness
 - Advocating for better coordination and support of existing programs/best practices
 - Formalizing a position (i.e. a Sport, Fitness, Recreation, and Wellness Commissioner/Ambassador) to help coordinate efforts across F/P/T departments and stakeholders whom are responsible for Indigenous sport, fitness, recreation, and wellness
3. Ensure that First Nations (Aboriginal) Sport issues are on the Ministers of Sport, Recreation, and Physical Activity agenda:
- With the renewal of the CSP, it is critical that Aboriginal issues are included in both the CSP and the Ministers' priorities
 - Request an update from Sport Canada on the results/outcomes of the APPS Sport Policy

Appendix 1: Maskwachees Declaration: a Summary

In February 2000, the delegates representing Federal/ Provincial Governments, educators and First Nations communities participated in a National Recreation Roundtable on Aboriginal/ Indigenous Peoples. This Roundtable was held in Hobbema, AB, (Maskwachees). The representatives stated they were deeply committed to improving the health, wellness, cultural survival, and quality of life of Aboriginal/Indigenous Peoples, through physical activity, physical education, sport, and recreation.

The Roundtable also identified the following as strengths:

We are supported by these strengths:

- A willingness to respect partners and to work together with a readiness to learn and lend
- A commitment by the F/P/T governments to reduce inactivity among Canadians by 10% by 2003
- A growing number of effective programs, policies and practices
- Infrastructure development in the sport and recreation sector
- A physically active Aboriginal/Indigenous traditional lifestyle
- International documents/statements that recognize the importance of physical activity, physical education, sport, and recreation

The challenges that were identified include:

- The fact that Aboriginal youth are the fastest growing segment of the Canadian population
- The need to support, invite, integrate, and use the knowledge of Elders in program design and delivery
- The lack of priority in allocation of adequate financial and human resources for recreation and sport
- The complexity of the infrastructure is independent rather than interdependent
- The need to enhance communication and accountability between Aboriginal and non-Aboriginal sport and recreation organizations and governments
- The need for quality community based programs and services and the creation and renewal of sport and recreation facilities
- A learned attitude of helplessness and "who cares?" held by many
- The lack of clear initiatives for capacity building at the community level
- The need for more leaders and positive role models;
- The need to recognize success and celebrate participation
- The need to ensure quality physical education in schools
- The need to ensure recreation and sport are positive experiences
- The need to create, pursue and implement system-wide change that will result in more flexible, creative, and responsive policies and practices

The Muskwachees Declaration was endorsed by Sport Canada. At the conclusion of the Roundtable the following declaration was made:

"We declare that - Sustainable commitment and investment in active living, physical activity, physical education, recreation and sport are essential to promote health and address social issues facing Aboriginal/Indigenous Peoples in communities across Canada. And therefore, we call on all governments, non-governmental organizations, communities and individuals to endorse this Declaration."

Appendix 2 Policy on APPS in Sport: A Summary

In 2002, F/P/T governments, endorsed the CSP that acknowledges the existence of barriers to sport participation for Aboriginal Peoples and has as a goal to increase access and equity in sport. In 2003, the federal government modernized its sport legislation with the passing of the Physical Activity and Sport Act. This Act confirmed the Government of Canada's policy regarding the full and fair participation of all persons in sport and mandated the federal Minister responsible for sport to facilitate the participation of under-represented groups in the Canadian sport system. A renewed relationship with Aboriginal Peoples can only be built upon a realization of the uniqueness of Aboriginal cultures and a recognition and awareness of the contribution of Aboriginal Peoples in Canada.

“Sport Canada's Policy on Aboriginal Peoples' participation in Sport aims to ensure that the vision of the Canadian Sport Policy is inclusive; that it has the power to enhance the experience of— and access to— sport for all, including Aboriginal Peoples living in Canada. Implicit is the recognition that enhancing the sport experience for Aboriginal Peoples will only strengthen the value base of Canada's sport system and the quality of life of all people in Canada. “

Accordingly, the APPS will be guided by the principles outlined in the CSP:

- Sport is athlete/participant-centered
- Sport promotes leadership
- Sport is based on equity and access
- Sport is focused on development
- Sport champions excellence
- Sport serves the public interest

Sport Canada recognizes the power of sport to improve the lives of Aboriginal Peoples. Indeed, sport has long been recognized by Aboriginal Peoples across Canada as a means to combat some of the negative factors affecting Aboriginal communities, in particular those affecting their youth. In advancing the impact of sport as a social driver, this policy recognizes that Sport Canada is only one partner in a vast network of stakeholders: Aboriginal and non-Aboriginal, government and non-government, at the community level through to the international level. There are also larger social and economic issues that contribute to inequity in sport. Nevertheless, Sport Canada will demonstrate leadership and influence by working collaboratively with other federal government departments, other governments, non-government organizations and Aboriginal Peoples to maximize sport's impact on the lives of Aboriginal Peoples. Sport Canada is committed to contributing, through sport, to the health, wellness, cultural identity, and quality of life of Aboriginal Peoples. Therefore, its policy on Aboriginal Peoples' participation in sport endorses the Maskwachees Declaration.

Further, Sport Canada's Policy on APPS will contribute to the CSP by focusing on the following goals for Aboriginal Peoples in sport:

Enhanced Participation

- APPS is strong, viable, integral, and Sport Canada is committed to involving a significantly higher proportion of Aboriginal Peoples in quality sport activities at all levels and in all forms of participation. This work will be guided by the belief that:
- Aboriginal Peoples must have equitable access to programs, services, resources and infrastructure to fully participate in the Canadian sport system and to increase opportunities for participation in sport

Enhanced Excellence

- Sport Canada will strive to create an environment that welcomes an increasing number of qualified Aboriginal athletes, coaches and officials who reach National Sport Organization national team or high performance levels. This work will be guided by the belief that:
 - Access to, and support for, quality and meaningful training, as well as developmental and competitive opportunities which are essential for the continued success and development of Aboriginal athletes, coaches and officials

Enhanced Capacity

- Sport Canada will strive to enhance the capacity of individuals, communities and organizations in support of Aboriginal sport in Canada. This work will be guided by the belief that:
 - The needs of Aboriginal Peoples in sport must be identified, promoted and supported in policies and programs that are developed in consultation with the Aboriginal sport community
 - Aboriginal communities need appropriate facilities and resources to provide quality, sustained and culturally appropriate sport programs to their members
 - There is a need to increase the number and the capacity of Aboriginal leaders (i.e., coaches, officials, administrators, and volunteers) to strengthen sport within Aboriginal communities and to provide athletes and sport leaders as role models for youth
 - Coaching and coaching development are important for the continued growth of APPS. It is crucial that current and potential coaches of Aboriginal athletes have equitable access to programs and resources to help develop and perfect their skills. Aboriginal coaching materials positively contribute to enhancing coaching in Canadian sport
 - Research, data collection and progress evaluation are essential to increasing participation and excellence in sport for Aboriginal Peoples
 - All levels of program delivery must be culturally sensitive, flexible and adaptive to the diverse needs of Aboriginal population

Enhanced Interaction

- Sport Canada will strive to develop and strengthen cooperation and collaboration in sport amongst governments, Aboriginal Peoples, sport organizations and interested stakeholders. This work will be guided by the belief that:
 - Enhancing APPS can make significant contributions to advancing the Government of Canada's objectives. Building stronger relations with other federal departments to identify and collectively address shared objectives through sport will maximize results
 - National sport organizations, P/T sport organizations, multisport service organizations and governments can play a key leadership role in developing new and stronger partnerships and programs with the Aboriginal sport community and other stakeholders to increase the participation of Aboriginal Peoples in sport
 - Supporting the full participation of Aboriginal Peoples in sport demonstrates Canada's values, celebrates Canadian culture, and exhibits to the world our commitment to human rights

Guiding Principles

- A policy on sport participation, which addresses the unique circumstances of Aboriginal Peoples, must reflect a holistic approach, advance sport as a vehicle for social change, and respect the diversity of Canada's Aboriginal Peoples. Accordingly, Sport Canada will respect the following principles:

- Increasing APPS is enhanced by working with Aboriginal sport leaders and through continued partnerships to achieve objectives of common interest
- Aboriginal cultures are an integral part of Canada's culture and heritage
- There is increasing evidence of strong correlations between cultural continuity and other factors that affect the quality of life of Aboriginal Peoples. Some of these factors include sport, language revitalization, community cultural activities, and bilingual education
- Aboriginal Peoples have significant traditional knowledge and cultural teachings of play, games and sport
- First Nations (on/off reserve and status/non-status), Inuit and Métis, including Aboriginal women, experience unique living conditions and social realities
- Aboriginal protocol must be respected when consulting or promoting federal sport policies and program developments to Aboriginal Peoples
- Aboriginal Peoples in Canada live in a complex environment and geography. Challenges exist in transportation and provision of competition and access to daily recreation or physical activity
- The sport continuum includes participation in activities from the playground to the podium. Sport is a popular means to be physically active, especially among youth
- Aboriginal Peoples' participation in sport is a strong, viable and integral component of Canadian sport that should be recognized and valued by all Canadians
- An Aboriginal sport delivery system exists and it is important to work with the NASC, its national body, to identify and address the areas of priority to advance APPS

Implementation: Action Plan for the Policy on APPS

Sport Canada will develop and implement an Action Plan for the Policy on APPS. The Aboriginal sport community, P/T governments, federal government departments, national sport organizations, and multisport service organizations need to be fully engaged to successfully implement the Policy on APPS.

Based on consultations with the Aboriginal sport community that identified their top sport development priorities as the NAIG, coaching development, and P/T Aboriginal sport body capacity, Sport Canada has been implementing its Policy on APPS since 2005 through the following actions:

- Ongoing support to the NASC
- Support for the hosting of the NAIG and the Arctic Winter Games
- Funding and leadership for:
 - Bilateral agreements with P/T governments, in which federal funds are required to be matched by the P/T government, to support Aboriginal sport development and increase the capacity of P/T Aboriginal sport bodies
 - An Aboriginal coaching development program being implemented by the Aboriginal Sport Circle in partnership with the Coaching Association of Canada
 - Travel assistance to Canadian teams that participated in the 2008 NAIG
 - National sport organization participation development projects and multisport service organization projects aimed at Aboriginal peoples
 - F/P/T activity to develop reliable data collection for Aboriginal Peoples participation in sport, to establish a permanent funding framework for NAIG team travel, and to implement a pilot Aboriginal coaching apprenticeship program for the 2009 and 2011 Canada Games
 - Sport Canada is committed to the full and active participation of all Canadians in sport, including Aboriginal Peoples, and works with the Aboriginal sport community,

other federal departments, P/T governments and the sport community to achieve this objective