Vision
Through sustained involvement in quality recreation and sport activities, all children aged 6 to 12 are experiencing healthy child development.

Mission
Ensure that sport and recreation practitioners develop a high level of expertise in child development. Help parents to make informed choices. Provide practitioners with tools for enhancing and maintaining a high level of program quality.

Quality Framework for Healthy Child Development in Sport and Recreation

- Providing training to build expertise and capacity of staff concerning healthy child development and quality programs for children
- Principles of Healthy Child Development
- HIGH FIVE® Sport
- Healthy Minds for Healthy Children
- Principles in Practice
- QUEST 2
- QUEST 1
- Strengthening Children’s Mental Health
- HIGH FIVE® Trainer

- Assessing policies & procedures using QUEST 1
- Optimizing policies & procedures to encourage quality programming
- Communicating the policies & procedures internally to all staff
- Measuring adherence to policies & procedures

- Assessing sport and recreation programs for children using QUEST 2
- Celebrating program successes
- Charting of program progress
- Identifying priority areas

*25% of general interest or camp programs and 10% of aquatic programs

- Promoting a commitment to healthy child development and as a quality service provider
- Creating staff incentives
- Gaining parent feedback (see Reviewing Programs Together download)
- Establishing a culture of quality that can be shared through marketing materials (i.e. website)