

A Taste of HIGH FIVE® with Aquatics



LIFESAVING SOCIETY
The Lifeguarding Experts



Canadian Red Cross
Croix-Rouge canadienne



THE BEST WAY TO PLAY™

What is HIGH FIVE®?

HIGH FIVE® is Canada's only quality assurance standard for organizations providing sport and recreation programs to children aged 6 to 12.



Our Vision

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



5 Principles DVD

HIGH FIVE[®] Principles

A Caring Adult



Friends



Play



Mastery



Participation



HIGH FIVE® Design Guidelines

**Developmentally
Appropriate**



Safe



**Welcoming of
Diversity & Uniqueness**



Quality

Training

To develop expertise in healthy child development

Public Awareness

Helping parents make informed choices

Tools

Providing practitioners with the tools for enhancing & measuring program quality



HIGH FIVE

The best way to play™

Principles of Healthy Child Development (PHCD)

★ Front line Leader Course

★ 7.5 hours

★ Some of the components include:

- ★ Understanding of the mental, emotional and social needs of children aged 6 to 12;
- ★ Designing activity plans that enhance a child's healthy development;
- ★ Practicing tips and skills that can be applied to building healthy relationships in all areas of programming for children;
- ★ Learning to create environments and spaces that foster healthy child development.



Benefits of Integration



- **Consistency and streamlining for organizations who are Registered with HIGH FIVE® and who are offering Red Cross swimming lessons**
- **Simplified and relevant requirements for AWSI and WSI candidates to achieve certification from both Red Cross and HIGH FIVE®**
- **Opportunity to speak a common language of healthy child development that is used across the province and country and is based on current and credible research**



Red Cross Delivery



The Red Cross delivers the **HIGH FIVE® Principles of Healthy Child Development** certification in the following ways:

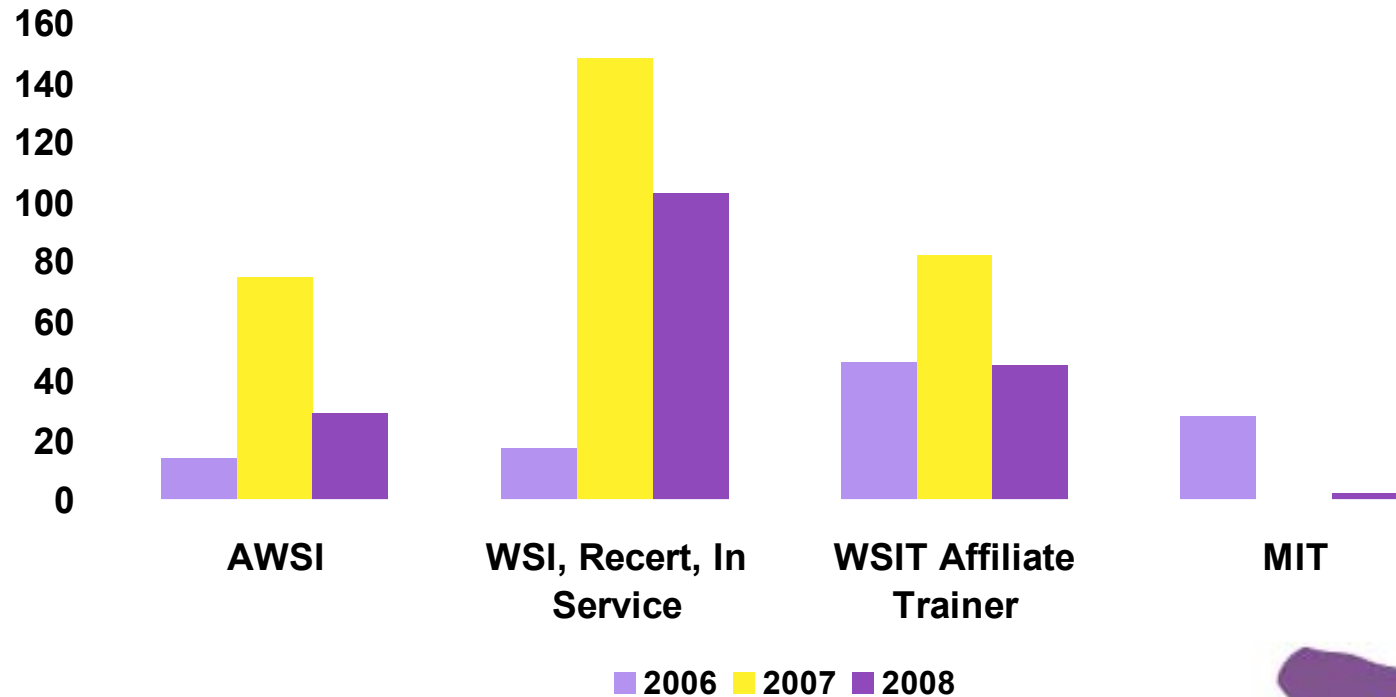
- 1. An integrated certification in the AWSI course, or**
- 2. A stand alone 4 hour certification module in one of the following:**
 - In-Service training to aquatic staff or**
 - WSI course**
 - WSI Recert**
- 3. An integrated certification in the WSIT course**



Red Cross – Training to Date



PHCD & Affiliate Trainer



Red Cross Resource Materials



Resources Available	Authorized Provider	WSIT	MIT	Candidate
Red Cross Program Guide	✓		✓	
Red Cross WSIT Presenter Guide		✓	✓	
Red Cross MIT Presenter Guide			✓	
HF RC Aquatic cert PowerPoint presentation	✓	✓	✓	
HIGH FIVE® Poster	✓	✓	✓	
Set of Principles and Guidelines Posters		✓	✓	
Red Cross HIGH FIVE® Lesson Plan	✓	✓	✓	✓
Scenario Cards		✓	✓	
Kids at Play Manual		✓	✓	✓
DVD - Intro to HIGH FIVE®		✓	✓	
Red Cross Roster	✓	✓	✓	



Swim Instructor Trainers can attend a 5 hour HIGH FIVE® Principles of Health Child Development Affiliate Trainer Session to upgrade to the Affiliate Trainer status.



Lifesaving Delivery



★ In-service Training Module & Integrated Option

★ In-Service Training

- ★ The 4 hour Principles of Health Child Development Certification can be delivered to your aquatic staff who are Swim Instructors as an in-service training module.

★ Integrated Option

- ★ The Principle of Healthy Child Development content can be intergraded in the Swim Instructor Course so the candidates can achieve the additional certification.



Lifesaving Resources



Resources	Affiliate	Swim Instructor	Swim IT
Program Guide	√		√
Kids at Play & Facilitating Healthy Child Development		√	
HIGH FIVE® Posters	√		√
DVD & Scenario Cards			√
IT Notes & Power Point Presentation			√



Scenario ACTIVITY



**HIGH
FIVE**

The best way to play™

Benefits

- ★ **Leading Edge Training and Resources**
 - ★ Enhanced Leader knowledge on the mental, social, emotional needs of children aged 6 to 12
- ★ **Leader Job Satisfaction/Retention**
- ★ **Increased Customer Satisfaction/Fewer Complaints**
- ★ **Focus on Risk Management**
- ★ **Quality Measurement Tools**
- ★ **Available across Canada in English and French**



Training

Quality

**Public
Awareness**

Tools



**HIGH
FIVE**

The best way to play™

Quality Experience Scanning Tool

QUEST 2 Overview

QUEST 2 Observing the Child's Experience



- ★ **Grounded in research.**
- ★ **Child centered**
- ★ **Relevant to any programs for children.**
- ★ **Scientifically reliable and validated.**
- ★ **Optional addition to front line training**

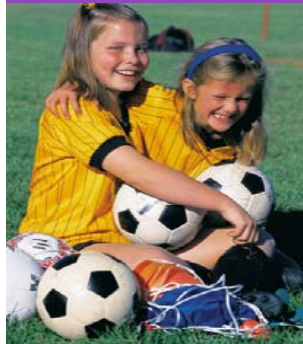


QUEST 2: Sections

Leader to
Child
Interactions



Child to
Child
Interactions



Leader to
Leader
Interactions



Supervision
and Safety



Program
Characteristics
and Supports



The QUEST 2 measures the experience of the child by looking at interactions and program factors which influence development. It has five sections.



HIGH FIVE® Accreditation Process

<i>Quality Framework Module</i>	Training and Development	Program Assessments	Policies and Procedures	Awareness (Internal/External)
<p style="text-align: center;">Achieve! Level 5 Quality Assurance</p>	<p style="text-align: center;">Accreditation Recognition for your continuous delivery of quality programs for children.</p>			
<p style="text-align: center;">Improve! Level 4 Quality Accountability and Preparation for Verification</p>	Train 85% of staff in PHCD*.	Achieve 70% in QUEST 2 in: <ul style="list-style-type: none"> • 25% of general interest/camp programs and • 10% of aquatic programs.** 	Achieve 70% in QUEST 1.	Promote involvement in HIGH FIVE® to the community.
<p style="text-align: center;">Measure! Level 3 Quality Improvement</p>	Train 60% of staff in PHCD*.	Conduct QUEST 2 assessments on 5% of all programs.	Complete QUEST 1 and enter results into database.	Display HIGH FIVE® literature and signage in facilities.
<p style="text-align: center;">Learn! Level 2 Quality Awareness</p>	Train 30% of staff in PHCD*.	Train and certify staff in QUEST 2.	Attend QUEST 1 Workshop.	Promote HIGH FIVE® to staff and volunteers.
<p>OPTIONAL - Participate in the Implementation Planning Workshop.</p>				

Join Us! Level 1 - Become a Registered HIGH FIVE® Organization

* PHCD = Principles of Healthy Child Development ** in accordance with Aquatic Specific Criteria

What others are saying...

★ ***“HIGH FIVE® has developed quality assurance standards designed to support the safety, well-being and healthy development of children in all recreation and sport programs. This doesn’t just apply to physical health but mental health as well.”***

Dr. Kellie Leitch

Advisor on Healthy Children and Youth
Health Canada



What others are saying...

“Introducing HIGH FIVE® into the Red Cross Assistant Water Safety Instructors' program has created an awareness on the part of Red Cross Water Safety Instructors of healthy child development. This awareness has improved the teaching ability of our Red Cross Instructors, which in turn has increased the parent satisfaction with Red Cross swim lessons.”

Brenda Lance
Aquatic Supervisor
Municipality of Kincardine



What others are saying...

★ ***"For our municipality, training time and cost has been reduced and leadership cross over skills between swimming and recreational programs has improved. For us, the HIGH FIVE® component allows us to make the connections between different program delivery options and allows for an easier transition towards Accreditation."***

Jennifer Fruscella
Recreation Coordinator, Aquatics
Town of Oakville



Discover the HIGH FIVE® Difference

A quality standard for children's sport and recreation




- ★ Info Centre
- ★ Organizations
- ★ Parents
- ★ Resources
- ★ Contact

Login:

Password:

[Forgot your password?](#)

Login 

- ### Authorized Providers
- Alberta
 - British Columbia
 - New Brunswick
 - Newfoundland and Labrador
 - Nova Scotia
 - Ontario



Contact Us



LIFESAVING SOCIETY
The Lifeguarding Experts

Perry Smith

Perrys@lifeguarding.com

416 490-8844



Canadian Red Cross
Croix-Rouge canadienne

Gail Botten

Gail.Botten@redcross.ca

905.890.1203 (256)



HIGH FIVE® Ontario

416.426.7286 OR 1.888.222.9838

HIGHFIVE@prontario.org

www.HIGHFIVE.org



**HIGH
FIVE**

The best way to play™

