



RDOS PLAY is excited to help train local champions to sustain our current initiatives. We have comprised a list of training opportunities that have been suggested by our Task Forces. Please reply to Amanda Murai at 250-448-0260 or amurai@gmail.com. Please note, depending on the course there might be a small fee associated with the training session.

Training Opportunities:

- 1) Pole walking trainer course April 28th. 11:00am- 3:00pm Open to one or two community champions that would like to continue to teach and promote Nordic walking once Regional Walk and Roll week has come to an end. Instructed by Urban Poling and hosted in Ok Falls
- 2) Walk and Talk for your life April 29th – This one-day program will train you to run a walk and talk program in your community. Walk and Talk for your life is a validated program hosted through UBC Med. This program is geared toward seniors; however, could include local students who are interested in recreation programming. (Hosted in OK Falls)
<http://smp.med.ubc.ca/research/walkntalk.html>
- 3) Appetite to play May 27th - APPETITE TO PLAY interactive workshop for early childhood providers will enhance knowledge, skills and confidence in creating childcare settings that support healthy eating, physical activity, food and physical literacy to promote healthy child development. Early childhood (0-5) is a critical time for setting the stage for lifelong healthy behaviors. During this workshop planning tools, tips and ideas, recipes, games and activities will be shared and practiced. Participants will receive a booklet to help them get started and an overview of the APPETITE TO PLAY online resources. The workshop is three hours in length and will count towards professional development credits for early childhood educators. (Hosted in OK Falls)
- 4) FMS training June 24th– Hosted by Carolyn Gillespie and Pacific Sport this is a half day course designed for participants to gain the skills to evaluate FUNdamental movement skills to the children they coach. FUNdamental movement skills form the basis of future sport skill development and life long enjoyment of physical activity. This course is best suited for coaches currently working with children and youth. (Hosted in Penticton)