

Women In Motion Grant Opportunity

Bringing Women In Motion to Your Community

InMotion Network is pleased to present the Women In Motion program. This initiative provides an opportunity for Alberta municipalities and community organizations to apply for a grant to bring women together to experience physical activity in a relaxed, fun and enjoyable atmosphere. The following information package provides the details required to understand the concept of Women In Motion, assess the possibilities of taking on the role of Program Provider and to apply for grant funding.

Women In Motion is a “women-friendly” program that provides high-quality recreational, sport/physical activity programs specifically for girls ages 18+ in Alberta. Women In Motion programs are community run and organized and are tailored to fit the needs of individual communities. Women In Motion is striving to address the needs of inactive women and those women who are unable to access activity programs due to limitations of income, location, culture, family, perceived ability, etc.

Goals

- To provide recreational and sport physical activity programs specifically for women
- To encourage women to participate in these and other recreational, sport/physical activities;
- To facilitate the effective delivery of quality physical activity opportunities for women in safe/positive environments

Objectives

Program activities for participants must:

- Allow for a combination of self-directed and staff/volunteer directed activities – with plenty of choice
- Encourage skill development
- Be considerate of cultural, racial and linguistic diversity, body types, abilities and individual uniqueness
- Be interspersed with opportunities for social interaction to encourage cooperation and friendship
- Ensure opportunities for women to express their wants and needs within the program
- Provide leadership opportunities for women where interest and readiness warrants

Program Leaders are expected to:

- Ensure all participants are treated with respect, honesty and trust
- Recognize and accept individual needs and circumstances
- Display enthusiasm and offer positive and accepting encouragement
- Be flexible and adaptive
- Employ positive behavior management strategies
- Work toward continuous personal improvement in leadership and program delivery

Program Providers are expected to:

- Hire female leaders with appropriate credentials and security clearance
- Monitor, encourage and support ongoing development of staff and volunteers
- Ensure clear and on-going communication with leaders, participants and InMotion Network
- Ensure all participants are able to access *and* complete the program regardless of their age, ability, cultural background or financial status
- Evaluate programs in terms of consistency and alignments with listed values, principles and objectives and make adjustments where necessary

Program Environments:

- Consideration given to safe routes for reaching the facility
- Safe and accessible entrances and change facilities
- Equipped with age, size and ability-appropriate equipment
- Caring and stimulating
- Considerate of personal space and special needs



Grant Overview

InMotion Network encourages all partnering Program Providers to offer activities that women in their community have expressed an interest in participating. Prescriptive “one-size-fits-all” programs have been shown to fail and do not meet the needs of women as effectively as tailor made programs. For some communities this may mean offering an activity that was previously not available to women. For example this could allow a program that previously was lacking funding or support to run, or it would provide for something totally new. InMotion Network advises new Program Providers to include participants in the design and planning of the program, as well as to provide leadership opportunities where possible and appropriate.

It is the long term goal of InMotion Network to build community capacity for self-supporting programs. To start this, InMotion initiates high quality programs, and builds leadership in communities so that the programs can continue with resources within each community. This goal will be reached through partnerships with local and provincial organizations and businesses that will be able to donate facilities, equipment and nutritious snacks for programs. It is a continuing goal to provide local leaders with training to allow them to improve their skills and increase local knowledge and capacity to run programs.

The funding amounts provided will be determined upon review of the application taking into consideration the budget submitted, the total number of expected participants and resources available.

Before you send in your Women In Motion Application please make sure you have included the following:

	Women In Motion Applicant Information Form and Detailed Budget (Appendix A)
	Applicant Proposal Outline
	Completed and Signed Memorandum of Understanding (Appendix B)
	Proof of Adequate Insurance to host a Women In Motion event
	A formal letter of intent from your Mayor, Organizational President or Senior Administration

