



CHARTER FOR ACTIVE LIVING

VISION

The Municipality of South Dundas is an active and healthy community, where families and individuals integrate active living in their everyday lives as they learn, work and play.

GOAL

The Municipality of South Dundas will improve the physical and mental well-being of its residents by encouraging families and individuals to integrate active living in their everyday life as they learn, work and play through continued education, promotion of healthy living and accessible programming.

Why a Charter for Active Living in South Dundas?

- Encourages a community-health approach by promoting a supportive and barrier-free environment where South Dundas residents can choose to adopt healthier behaviors and be physically active.
- Endorses South Dundas' commitment to ensure that active living and physical activity opportunities are created and that the community is made aware of the services and programs available.
- Supports the South Dundas strategic plans for economic development and recreation programs and services that aim to improve the economy and recreation in South Dundas as well as the quality of life of its residents.

Guiding Principles

- The Charter is guided by the recreational needs of the community and based on the Township of South Dundas Strategic Plan for Recreational Programs and Services.
- The Municipality of South Dundas' commitment to active living is long term.
- Goals and objectives stated in the Charter are to be revised every 2 years to keep the strategy fresh and relevant.
- Equity is to be put into practice so that all residents of South Dundas, regardless of age, income, ability, ethnic or cultural background can benefit from the Charter.
- The Charter promotes the involvement and participation of different community stakeholders, including: residents, schools, community groups, local businesses, religious organizations, regional and provincial agencies as well as recreation and health related networks.
- The Charter fosters opportunities to participate in activities that build a strong community, ownership and encourages families to live healthy lifestyles by including residents in the creates planning, implementation and promotion of the active living movement.

South Dundas residents have the right to:

- Participate in safe, accessible and affordable quality recreation programs.
- Be physically active through participation in both organized and informal sport, recreation and physical activities.
- Be included in activities that build a strong community, engaged residents and a healthy family life.
- Be engaged in the planning of recreation and urban planning in their community and participate in volunteer services

Objectives

1. To promote the Charter for Active Living in the Municipality of South Dundas through a community launch.
2. To create community ownership and belonging through residents' involvement in the planning, implementation and promotion of the active living movement.
3. To increase residents' awareness of existing recreation opportunities and services offered in South Dundas.
4. To facilitate that affordable and accessible recreational programming is available for all its residents at all times.
5. To maintain and promote the use of existing open space, parks and facilities.
6. To develop and maintain partnerships with local, regional and provincial stakeholders.
7. To work with the local media to cover events, groups or individuals who strive to exhibit the vision and principles of the Charter for Active Living.

Long term strategy: Partnership and collaboration with neighbouring communities

Once the Charter is adopted and the guiding principles are met, the Municipality of South Dundas will strive to create partnerships with its adjoining communities to expand recreation opportunities and accessibility for its residents and neighbour.