

## ACCESSIBILITY

### ORIENTATIONS

- 1 Improve spaces and services that foster regular participation in physical, sport and recreational activities
- 2 Facilitate the participation of individuals, groups and communities with special needs
- 3 Facilitate athletes' pathways to high performance

### MEASURES

- Increase the amount of financial support allocated to sport and recreational facilities in Québec

Increase the amount of financial assistance for:

- the construction of facilities in elementary schools so that all of them have at least one gym or room dedicated to physical activity
- regional single- and multi-sport training centres and for the Institut national du sport du Québec
- sport and recreational activities in Northern communities and for the Arctic Winter Games as part of the deployment of the Plan Nord initiative

Provide financial assistance for:

- the maintenance and upgrading of outdoor paths, trails and spaces
- the regional and provincial FADOQ Games
  - Special Olympics Québec
  - ensuring student retention and success among high-performance athletes
- the georeferencing of outdoor paths, trails and spaces and for the acquisition of usage rights

- Accelerate the replacement or modification of refrigeration systems in arenas and curling centres
- Increase the amount of financial assistance for the regional and provincial *Secondaire en spectacle* competition
- Launch a financial aid program for scientific research, innovation and information dissemination with a view to providing support and supervision for high-performance athletes

## QUALITY OF EXPERIENCE

### ORIENTATION

- 4 Provide a stimulating, respectful and safe environment adapted to participants' level of development

### MEASURES

- Encourage elementary students and children in educational childcare centres to move for 60 minutes per day, in partnership with the *Grand défi Pierre Lavoie*

Increase the amount of financial support for:

- the recruitment of coaches for recognized *Sport-études* programs
- the *Population active* program for seniors and people with handicaps, and provide financial assistance for schools participating in the *École active* program

Provide financial assistance for:

- criminal record checks for employees and volunteers
- training and professional development of attendants, facilitators, coaches, officials, counsellors, experts and volunteers
- the implementation of a reference framework for municipal day camps
- the development and implementation of measures designed to help young people with handicaps to be integrated into day camps
- the discovery of activities that awaken Quebecers' urge to get active

- Foster regular physical activity among girls

Accelerate:

- the deployment of the *Swim to Survive* program for Elementary Cycle Two students
- the deployment of the Action Plan for the Prevention and Management of Concussions in Sports and Recreational Activities

- Develop multi-sport concentration programs for students in Elementary 5 and 6

## VISION

In 2027, Quebecers of all ages will be active through the regular and safe practice of physical, sport and recreational activities as a valued part of their daily lives. They will have fun, relax, experience a sense of satisfaction and accomplishment, and feel the many benefits of regular activity, such as physical and psychological well-being, a better quality of life and, sometimes, a closer connection with nature.

## OBJECTIVE

By 2027, increase the proportion of the population that does the minimum recommended amount of physical activity in their free time by at least 10%, and increase by 20% the proportion of young people between the ages of 6 and 17 who do the same.

## PROMOTION

### ORIENTATIONS

- 5 Promote physical, sport and recreational activities
- 6 Recognize and promote volunteering in physical, sport and recreational activities
- 7 Promote high-performance sport and Québec's international athletes

### MEASURES

- Create a new program, *Placements Loisirs*, for matching private donations
- Increase the funding for the *Placement Sports* program to match private donations
- Increase the amount of financial assistance for:
  - communication activities aimed at recognizing the efforts, perseverance and achievements of Québec athletes
  - activities that promote volunteering or the recognition of volunteers, especially activities intended for young people
  - participatory events promoting the regular practice of physical, sport and recreational activities
- Increase the amount of financial and professional assistance for the *Jouez gagnant!* program
- Provide financial assistance for communities who encourage Quebecers to engage in regular physical, sport and recreational activities
- Increase the strategic monitoring and dissemination of scientific information
- Confirm the new orientations of the *Kino-Québec* program and review its visual design

## LEADERSHIP AND CONCERTED ACTION

### ORIENTATION

- 8 Ensure a coherent and clear division of responsibilities between the organizations at every level, and make sure that they work together

### MEASURES

- Clarify the responsibilities of sport and recreation organizations
- Harmonize the organization of sports in schools
- Promote opportunities for concerted action and partnership among the various ministries and organizations involved in physical, sport and recreational activities

- Recreation
- Physical education
- Sport



“Physical, sport and recreational activities, in particular outdoor activities, promote well-being and the desire to push the limits of one’s achievements, offer enjoyment and provide a sense of personal satisfaction. They foster good health and social ties, and contribute to a sound economy and sustainable development.

Backed by this conviction, the Québec government, through Quebecers on the Move!, intends to ensure that Quebecers of all ages, wherever they live, can have access to a variety of activities that meet their needs.”

**SÉBASTIEN PROULX**

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