

The City of Albany has created Active Albany to help Albany residents, individuals and families become more active and healthy on a daily basis.

Active Albany is a quarterly publication aimed at providing a range of unique and affordable activities, competitions, groups, workshops and programs.

### Benefits of Being Involved

- ✓ Work with the Active Albany team to inspire individuals to become healthier.
- ✓ Promotion in the City's Active Albany publication and on the website.
- ✓ Assistance with accessing City facilities free of charge for activities.
- ✓ Opportunities to network with local health providers.
- ✓ Receive a financial honorarium or a reciprocal arrangement with ALAC.
- ✓ Active Albany activities are covered by the City of Albany insurance.

### Who are the Activity Leaders?

Activity Leaders are committed community individuals, coaches, businesses and health professionals who are passionate about the benefits of being active and healthy and are willing to share those skills with the broader community.

### To be involved you must have the following:

1. Sufficient qualifications or experience delivering group based programs/activities for the community.
2. Be community minded.
3. Risk management procedures for your activity.
4. A Current Working With Children's Check (if working with children).
5. First Aid Certificate (desirable).

### Activities must be:

Active Albany's key objective is to encourage inactive residents to engage and participate in regular physical activity and wellness programs. The program focuses on low to medium intensity activities that are suitable for people getting back into regular physical activity.

### Active Albany aims to:

- ✓ Support residents, families, low income earners to engage and participate in physical activity and wellness programs.
- ✓ Deliver greater opportunities for fitness, health, sport and recreation in the City of Albany.

### Activities must be:

- ✓ Affordable – low cost or free.
- ✓ Cater to beginners and be low to medium intensity.
- ✓ Delivered in a safe and professional manner.
- ✓ Community orientated.

### Levels of Involvement

To ensure activities are accessible (low cost or free) and a flexible approach is adopted, activity leaders can choose to take up one of the following options – financial honorarium, reciprocal arrangement or a partnership approach. In return the City of Albany will support programs with the following:

- ✓ Promotion of the activity in our quarterly Active Albany publication.
- ✓ Coordination of the enrolments and administration support for your activity.
- ✓ Evaluation and feedback to assist you with growth and development.
- ✓ Insurance cover for the activity.
- ✓ Facilitated access to a range of City venues (Free of Charge) during off peak hours.

## Financial Honorarium

(Individuals only)

- \$40 per session.
- A standard session is one hour plus an additional 30 minutes for set/pack up.
- Honorarium Registration Form to Complete.

## ALAC Membership Reciprocal

Arrangement (Individuals only)

- Complimentary access to your choice of aquatics, gym or both.
- Complimentary Membership is matched to your Active Albany contribution. The table below provides a guide. Note: the membership value may change each year in line with fees and charges.

ALAC Membership	Valued At	Active Albany Contribution
3 Month Aquatic or Gym	\$240.00	Total 16 hours per Term
2 Month Aquatic or Gym	\$160.00	Total 8 hours per Term
10 Multi Pass Swim or Gym	\$54.00	Total 4 hours per Term
3 Month Aquatics and Gym	\$293.30	In excess of 16 hours per Term

Terms and conditions apply. Offer applies to applicants that have applied for the ALAC membership reciprocal arrangement option. This membership can only be used by one independent user. The independent Activity Leader can choose to offer up their membership through a raffle or carry membership over to a friend, therefore forfeiting ownership of their membership. This membership is valid for the period of time selected unless a multi visit card option is selected therefore this membership will have no expiry date. Membership option is final. Membership needs to be used by 12 months from awarded date.

- Where a business or organisation may be required to incur costs to provide the activity, financial arrangements and the setting of participant fees will be negotiated on a case-by-case basis with the focus on keeping the activities accessible to all.
- Importantly, participating in Active Albany has the potential to increase members or clients for your business, club or organisation.

## How to apply?

Application forms will be sent upon request so please email Recreation Programs Officer: [recprogrms@albany.wa.gov.au](mailto:recprogrms@albany.wa.gov.au) to have an application form emailed.

### To be included in the Active Albany Publication:

Read the Active Albany Fact Sheet (this document) as it indicates the requirements for applying.

Complete the Application Form. Ensure that all the information provided will be correct and current for the duration of the program.

Please note that all fields must be completed and that you have the experience and qualifications to deliver the activity.

Email the completed application form plus required documents (qualifications, insurance, certificates) to the Active Albany Team.

Once your application is received the Active Albany Team will assess your application and will confirm via email within 2 weeks of submission if your activities will be included. Submission of this application does not automatically mean approval.

The Active Albany Team will assess each application and determine if the activity or program meets the criteria and is suitable for inclusion in the Active Albany publication. If successful you will be contacted.

## Orientation Session

Activity Leaders will be invited to an orientation session. The orientation will cover all aspects relating to Active Albany and is a chance to meet key City staff, Activity Leaders, health and wellbeing professionals.

The orientation session is an opportunity to ask staff any questions you may have pertaining to the Active Albany Program. Ensuring a smooth start to your activity and offer maximum benefits for our community.

## Partnership Arrangement

(Businesses and Organisations only)

The City of Albany invites local agencies, providers and businesses to partner with Active Albany. If your agency or business chooses to deliver an activity as part of the Active Albany program, the City can provide the following support, access and promotion:

- Promotion of the activity in our quarterly Active Albany program newsletter.
- Coordination of the enrolments and administration support for your activity.
- Insurance cover for the activity.
- Access to City venues (Free of Charge).
- Recognition of your agency, business in all promotional material and website.
- Combined partnership approach to deliver greater opportunities for fitness, health, sport and recreation in the City of Albany.

**For further information contact the Recreation Programs Officer on 6820 3455 or [recprogrms@albany.wa.gov.au](mailto:recprogrms@albany.wa.gov.au)**