

Shared Use 2.0

We have a Policy, *Now What?*

Developed by:



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Shared Use Action Plan Workbook

Thank you for attending this shared use workshop, to plan for the best implementation of your shared use policy to improve physical activity opportunities in your community. **Our workshop objective is to share best practices, provide you with information, guidance and time to start an action plan to implement your shared use policy, and request additional resources and information.** At this workshop, you will:

- Understand how shared use creates opportunities for physical activity in communities;
- Learn ways to cultivate services providers that offer what your audience wants and needs;
- Understand the importance of connecting with your audience and community to promote services;
- Learn different ways to sustain your shared use program; and
- Begin planning your shared use services, outreach and sustainability actions.

This workbook will be used throughout the workshop to document information and ideas needed to develop a plan to implement your shared use policy. You will leave with actions you identify as next steps to implement shared use of your facility.

The last page is a **Next Steps: Set a Goal, Start an Action Plan Form**, which you will complete for yourself in the packet, and **CCBH staff will take a picture of it**, so resident community health ambassadors can follow up with assistance, resources and guidance as you begin implementation.

Audience Identification

List the audiences in your community, and what your facility can accommodate for these audiences.

Audience Type

What my Facility can Support or Provide

What physical activity opportunities are needed in your community, or that would interest community audiences that my facility can support?

Audience Type

Physical Activity Interest my Facility can Support

Outreach/Marketing

For each audience I want to engage with, list ways to reach them. List who can help you reach these audiences, and how you can communicate with them.

Audience

Who can help reach them

How to communicate with them?

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Services and Providers

For the audience(s) and physical activity opportunities you identified, brainstorm on where to find service providers, if training programs and available, and how to attract, cultivate and share service providers.

Think about/discuss the question “What services can I offer at my facility, and how can I find providers?”

Physical activity service(s) that can be accommodated in my facility

Where are instructors found (associations, organizations, businesses, training programs)?



Do hospitals, organizations or clubs provide this instruction, or provide “train the trainer” programs to send potential instructors? Whom can I contact?

Do you have staff, volunteers or patrons interested in becoming trained to offer these services? List.

Are there other facilities that will share a service provider, to provide more opportunity for the provider in the area?

Next Steps: Set a Goal, Start an Action Plan

Our goal is to provide you with information, share best practices and provide you time to start an action plan to implement your shared use policy. **Your first step is to set a [SMART goal](#) – a goal that is Specific, Measurable, Achievable, Realistic and Time-Bound.**

- Example -

Goal: Starting in October 2017 my facility will provide a one-hour Zumba class twice a week for to up to 20 senior citizens in my community.

ACTION	1 month	3 months	6 months	Help needed?
<i>Confirm facility/room is available</i>	x			
<i>Find Zumba instructors in my area</i>	x			x
<i>Interview Zumba instructors</i>		x		
<i>Shared use agreement with Zumba instructor for fall</i>		x		x
<i>Make flyer promoting Zumba Class</i>			x	
<i>Distribute flyer to senior center and library</i>			x	
<i>Post information on social media</i>			x	
<i>Program begins</i>			October	

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GOAL:

ACTION	1 month	3 months	6 months	Help needed?

I would like assistance with implementing these actions – please contact me at: