

#19.48 Pro Motion Research Institute & the Fortius Foundation

A. GETTING STARTED

1. Are you? ☐ New Applicant ☒ Returning Applicant
2. Select the kind of Community Grant you are applying for: ☒ General Grant ☐ Recreational Sport Grant
3. Amount you are requesting \$25,000.00
4. Total cost of the project/event/program etc.: \$324,907.00

B. GETTING TO KNOW YOU

1. What kind of applicant are you?

☐ Local Registered Non-Profit Society

Society No: _____

Date of Incorporation: _____

☒ Registered Charity Charitable No.: 826475022 RR 0001

☐ National/International Non-profit operating locally

Society No: _____

Date of Incorporation: _____

☐ Sport or Recreation Organization

☐ Other Specify: _____

2. Group/Organization Name: Pro Motion Research Institute and the Fortius Foundation

3. Group/Organization Street Address: 3713 Kensington Avenue, Burnaby, BC V5B 0A7

4. Website (if applicable): www.fortiusfoundation.org

5. Grant Application Main Contact Person

Name: Andy Price

Phone: 604 292 2532

Email: andy.price@fortiussport.com

6. Contact person #2

Name: Akriti Sharma

Phone: 604 292 2500

Email: akriti.sharma@fortiussport.com

7. Number of Volunteers

Confirmed: 7

Expected: 20

C. THE PROJECT/EVENT/PROGRAM

1. Name of the Project/Event/Program: KidsMove Schools

2. Project/Event/Program Location (physical street address or event location):

3713 Kensington Avenue, Burnaby, BC V5B 0A7

3. Project/Event/Program Start Date: 2019-10-01

4. Project/Event/Program End Date: 2020-06-18

D. PURPOSE OR BENEFIT

1. Describe the purpose or goal of the project/event/program.

KidsMove aims to build capacity in Burnaby elementary schools to provide high quality, inclusive physical and health education. Children aged 9-12 will build their confidence, ability and enjoyment in participating in physical activity. Teachers will develop their knowledge to deliver a physical and health education (PHE) program that benefits children of all physical abilities.

2. Describe the project/event/program, and the activities.

KidsMove is a 10 week program that takes place at Fortius Sport & Health. Children are transported by bus to Fortius as part of their school day for a two hour long program. The program features a warm up (teachers join in!) then a series of activity stations, followed by a learning station and finally a large group activity. Children are exposed to a variety of sports and activities over the 10 weeks, and learn to be comfortable trying something new (cricket, curling and ultimate frisbee are some of the sports they try). Each activity focuses on building skills, such as running, passing, throwing etc., rather than competition. This means that children of all abilities and experience levels are able to participate together. Children with physical and cognitive disabilities participate with elite level athletes, students from refugee families who have never played and organized sport before participate with children who have been playing a sport for years, all enjoying themselves, benefitting from the experience and supporting each other along the way.

3. Describe how the project/event/program fits into the chosen grant category.

KidsMove Schools is a program specifically for Burnaby children, run by a Burnaby based non-profit organization. We are a registered charity and receive support from donors including Burnaby businesses like Beedie.

4. Describe how this project/event/program will benefit residents of Burnaby (who will benefit). How many Burnaby residents will be involved with or benefit from the project?

KidsMove benefits Burnaby residents by directly supporting the physical and health development of more than 450 Burnaby children aged 9-12 every year. In addition, it supports at least 18 Burnaby teachers each year to be able to better support generations of Burnaby students in their physical education and help to build a generation of residents who are active, healthy and happy. The current schools booked to participate in 2019/20 are Armstrong, Lochdale, Windsor, 12th Ave, Westridge, Montecito, Douglas Road, Lyndhurst and Inman elementary schools, with a long wait list of other schools asking to participate who we hope to accommodate if we have sufficient funding to expand the program this year.

5. Describe how the project/event/program aligns with one or more of the following ([Social Sustainability Plan](#), [Environmental Sustainability Plan](#), [Official Community Plan](#)):

KidsMove aligns with Burnaby's Social Sustainability Plan, particularly the Healthy Living/Expanding our Horizons pillar. Children aged 9-12 are in what we call "the golden age of physical literacy", when a child's cognitive capacity to understand the science behind how they move and feel meets the psychological readiness to be accountable, track progress and strive to optimize performance and wellbeing. An impact at this age leads to increased enjoyment of, and participation in, physical activity for a lifetime. The benefits of increased activity are enormous, from increased life expectancy and lower morbidity rates, to reduced healthcare costs, improved academic results and better social cohesion. The more we learn, the more we understand that physical activity is the closest we have to a true panacea - it improves outcomes in almost all areas of living. The more we can support our children to lead active lives, particularly at this key age, the more powerful that benefit will be.

6. Identify your community partners or stakeholders – you may also include letters of support for your project/event/program from these groups as part of the application.

Burnaby School District #41, Steve Nash Foundation, Burnaby Firefighters Charitable Society, Canadian Tire Jumpstart

7. If the amount requested from the City of Burnaby is not fully granted, what would you do to make up the difference and/or how would you proceed differently?

We would not be able to expand the number of schools from the previous year as planned. There has been huge interest in the program from local schools and this expansion will help to fill this need.

E. EVENT OUTCOMES

1. How will you know if your project/event/program reached its goals? (for example, a goal of engaging youth in environmental activities might include reaching a set target of youth participants)

We track student and teacher attendance and survey both students and teachers to measure program outcomes including enjoyment, aptitude, learning and confidence.

2. What data and feedback do you collect from your audience/participants? How do you evaluate your programs and services?

Students complete both a pre- and post-program survey. Teachers complete a post-program survey and attend a focus group. There is also an opportunity for teacher feedback at the half day professional development session we run for them.

Applicants for **Recreational Sport Grants** are not required to complete sections **F**, **G**, and **H** (marked by an asterisk *).

F. LONG TERM VIABILITY*

ATTENTION: The grant program is intended to support new organizations and encourage organizational self-sufficiency, while creating a framework of financial sustainability rather than using City resources as an indefinite funding source. It is requested that your organization develop a diverse funding income base and seek alternative methods for self-sufficiency to ensure your organization's long-term operational sustainability.

1. What are your sources of revenue? What percentage of total revenue do they each represent?

<u>Source of Revenue</u>	<u>% of Total Revenue Previous Year</u>	<u>% of Total Revenue Current Year</u>
Earned Revenue (All ticket sales, registration fees, memberships, etc...)	32	28
Grants (All federal, provincial, municipal, foundation and gaming grants)	68	72
Donations and Sponsorships (Cash)		
Donations and Sponsorships (In-kind)		
All donations (cash/in-kind) provided by the City of Burnaby		

2. What other sources of funding are you currently pursuing? Does the organization have a plan for diversification and increase of revenue over the longer term? If yes, please provide a copy of the plan or describe the primary objectives and strategies.

Pro Motion Research Institute and the Fortius Foundation are continually making funding requests to existing and new corporate and foundation supporters, and building our network of individual donors. We also run a silent auction twice a year at Fortius. We are currently building our capacity to apply for research grants, as well as funding from government at a municipal, provincial and federal level.

3. Please identify the cash value (\$) of all City of Burnaby contributions your organization/program/event has received from the City of Burnaby over the past three (3) years. Additionally, please indicate any other City of Burnaby grant opportunities you will be pursuing in the current year. Failure to identify City of Burnaby contributions may affect your eligibility for grants in the present year and in the future.

	3 years ago	2 years ago	1 year ago	Current Year	
				Awarded	Requested
Grant - Cash					\$25000.00
Grant - In-kind					
Permissive Tax Exemption					
Lease Grant					
Other					

4. If you are a returning applicant and are requesting an increase over your last year grant amount awarded, please provide a rational for the increase.

n/a

5. Describe the top 3 goals for the organization in the current year.

Goal 1:

Serve more Burnaby residents.

Description:

Since we opened, the majority of users of Fortius services have been Burnaby residents. For our fifth anniversary we conducted a mailing campaign to raise awareness locally about the services we offered, and had an open house which saw many Burnaby residents visit us for the first time. Our sport medicine clinic has more than 4,500 visits a month.

Goal 2:

To be a community asset

Description:

Fortius was founded to support "athletes" of all levels. To us, an athlete is someone who is motivated to a goal. That goal might be winning an NBA trophy, or it may be walking again. From our KidsMove program, to our Firefit program for Burnaby firefighters, to our our LifelongSTRONG program with Fraser Health Authority's Cardiac Rehabilitation program, we are supporting athletes of all levels in Burnaby. The Fortius Foundation and PMRI raise funds to enable access to our innovative facility and programs for people of all economic backgrounds, to be a true community asset.

Goal 3:

To develop research on using sport science to help athletes of all ages and abilities

Description:

Pro Motion Research Institute partners with the Fortius Foundation and Fortius Sport & Health to use the latest sport science techniques to help athletes of all levels. KidsMove was created by some of the world's best sport science practitioners who have worked with world-class athletes like Steve Nash and the Vancouver Canucks. We continue to develop systems for researching the effectiveness of our programs and then spreading this information to the wider community. Helping teachers build their capacity to deliver PE programming is a key element of this.

6. Please complete the following:

	Previous Year	Current Year
Number of volunteers (including Board)	15	20
Volunteer hours per year	300	400
Number of voting members	1	1

7. How does your organization work to ensure that programs and services are accessible and inclusive for anyone who has an interest regardless of age, ability, orientation, ethnic/cultural background, socio-economic status? Please share examples and success stories of inclusivity and diversity within your organization and programming. (750 Characters Max)

Pro Motion Research Institute and the Fortius Foundation are focused on making Fortius Sport & Health accessible to all. In the case of KidsMove, PMRI funds the entire cost of the program so schools participate completely free of charge. Wherever possible we target schools with more low income or marginalized students who simply would not be able to afford the cost of a program like this. KidsMove is created to be fully accessible, enabling students with a disability to participate. We provide funding for promising young athletes, including para-athletes, to access our services. Fortius was built to be a fully accessible facility for all peoples. We recently received a high rating from the Rick Hansen Foundation's accessibility inspector.

G. INSURANCE AND ACKNOWLEDGEMENT*

1. Does your organization have general liability insurance? ☒ Yes ☐ No

2. If yes, what coverage?

Corporate insurance for a sport & health facility.

3. How will your organization, if granted funds, acknowledge the contribution from the City of Burnaby? (maximum 500 characters)

Recognition and the first KidsMove session for all schools; Media event; logo on all print and digital materials, including teacher handouts and end of year reports.

H. FINANCIAL INFORMATION*

CITY OF BURNABY COMMUNITY GRANT PROGRAM	
OPERATING BUDGET FOR ORGANIZATION OR PROGRAM	
Name of Organization:	Pro Motion Research Institute
For the Fiscal Year:	2018/19
Month Fiscal Year Begins:	December 1
Please check the appropriate box if you have received a Permissive Tax Exemption and indicate amount:	<input type="radio"/> Yes <input checked="" type="radio"/> No
Amount:	

REVENUES	Prior Year Actual	Current Year Budget	Current Year Confirmed? Y/N	Brief Descriptions/ Comments (type of grant and funding period)
Federal Government (Specify)				
1.				
2.				
3.				
Provincial Government (Specify)				
1.				
2.				
3.				
Local Government (Specify)				
1.City of Burnaby Community Grant		25000	N	
2.				
3.				
Sponsorships (Specify)				
1.				
2.				
3.				
Earned Revenue				
1.Medical services	203387	220000	Y	MSP fees for orthopedic surgery fellows
2.				
3.				
Fundraising (Net Revenue)	401936	425000	Part funded	Foundation and corporate supporters
Individual Donations	40000	55000	Y	Includes grassroots fundraising programs
In Kind Sources				
Investment Income				
Other Sources (Specify)				
1.				
2.				
3.				
Total Revenue	645323	725000		

Expenditures	Prior Year Actual	Current Year Budget	Brief Descriptions/ Comments (type of grant and funding period)
Total Compensation Expense			
Office Supplies & Expenses			
Program & Event Supplies			
Advertising & Promotion			
Travel & Vehicles Expenses	20039	25000	School bus and staff transportation
Interest and Bank Charges			
Licences, Memberships, & Dues			
Occupancy Costs			
Professional & Consulting Fees	9014	10000	Accounting and legal
Capital Purchases & Improvements			
Amortization of Capitalized Assets	3357	4000	KidsMove Equipment, Pilates Equipment for Back in the Game
Donation, Grants, & Scholarship Expense as part of Charitable Activities			
Education and Training for Staff & Volunteers		10000	New teacher trainee volunteer program (begins fall 2019)
City Services Expenses			
1.			
2.			
3.			
Other Expenses			
1. KidsMove Schools	561926	650000	Kids
2. Outreach	15000	25000	
3.			
4.			
5.			
Total EXPENDITURES	609336	724000	
Current surplus (deficit)	35987	1000	