

Urban Poling Lending Program for Communities & Workplaces

A Toolkit



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Acknowledgments:

The material incorporated in this kit is based on information provided by Urban Poling Inc. available at www.urbanpoling.com.

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WELCOME TO URBAN POLING!

Urban Poling, also known as Nordic Walking or Pole Walking, is a physical activity that combines walking with poles similar to ski poles. People love urban poling because it is an easy, fun and convenient way to increase the health benefits of walking. It can be done by people of any age at almost any level of fitness, and can be done anywhere outdoors, at any time that is convenient for you.

This kit contains everything you need to start an urban poling program in your community or workplace. You can use this kit to give your current walking club a new challenge or to start a new physical activity group. Included with this kit is the use of 10 pairs of urban poles for up to six weeks.

Group programs are a fantastic way to encourage physical activity. They give people a chance to learn new skills and build friendships and encouragement which helps to support an active lifestyle.

In this toolkit you will find:

1) [Introduction: Urban Poling is Fun for Everyone](#)

- An overview of the health benefits

2) [Sign- up sheet](#)

- This sheet will help you keep track of the poles that you are lending out to participants. If you are lending them out for an extended period of time, it requires participants to sign accepting responsibility for the poles should they become lost, stolen or damaged.
- If you prefer, to maintain control of the poles you can keep them together by distributing and collecting them at each designated session.

3) [Promotional poster](#)

- A sample poster to help you advertise your program.

4) [Promotional flyers](#)

- Small flyers that can be attached to emails or paycheques to let people know about your program.

5) [PAR-Q & You](#)

- This is a self-assessment that will help participants decide if they should consult a doctor before they begin to increase their level of physical activity. If participants answer yes to any of the questions, they should consider consulting their doctor before they start becoming much more physically active. Please encourage your participants to complete this self-assessment for their personal use.

6) [Urban Poling Basics](#)

- An overview of the basic urban poling techniques. Print and hand this out to your participants.

7) [Leader Evaluation Forms](#)

- Please complete the Leader Feedback Form to let us know how your program went and to provide us with information to help improve our services to communities and workplaces.

8) [Participant Evaluation Form](#)

- Please have your participants complete the Participant Feedback Form at the end of your program. We want to know what your participants thought of this program.

9) Additional Resources

[Canadian Physical Activity Guidelines](#) - These guidelines provide Canadians with evidence-based recommendations for leading an active lifestyle.

[Walk This Way! A Guide to Stick With It!](#) - Walk this way is a self-help kit that has been designed to help people age 20 and over become more active by adding walking into their daily routine.

[Belleville Recreation Trail Map](#) - This resource provides a map of the local trails with descriptions of surfaces and suitability for various physical activities, such as walking or snowshoeing.

[Quinte West Trails](#) – A list of natural and groomed trails of various terrains throughout Quinte West.

[Prince Edward County Trails](#) – A list of trails with maps for walking throughout Prince Edward County.

[Tour the Trails: Eastern Ontario Adventures](#) - This resource provides a map of all the trails in Eastern Ontario and indicates their suitability for various activities including: walking, biking and cross country skiing.