



PHYSICAL FITNESS AWARDS NOMINATION

The South Carolina Governor's Council on Physical Fitness will hold its 14th annual awards presentation during the USC versus Longwood University basketball game at the Colonial Center on **Tuesday, January 5, 2010** to honor outstanding leaders in the field of physical activity. The South Carolina Governor's Council on Physical Fitness aims to promote health by increasing levels of physical activity, and would like to commend those also committed to this important mission. Awards are presented in the following categories: individual, community, school, worksite, municipality, media, public policy, and faith-based for their efforts in advancing the levels of physical activity in the state of South Carolina.

Please Return all Nomination forms by December 1, 2009 via fax to 803-545-4512

Awards Criteria and Point Values of each criteria

The **Community Award** recognizes an organization or group that encourages and promotes physical activity in the community. The nominee:

1. provides community-based programs that are accessible to the public, including education, workshops and seminars regardless of ability to pay.... (25pts)
2. serves as a model and an advocate for promoting physical activity/ healthy lifestyles collaborating with other advocates to educate and disseminate information on legislation pertaining to health and physical fitness issues....(15pts)
3. provides leadership in physical activity/healthy lifestyle events in the community....(20pts)
4. works with local government to help provide access to fitness facilities swimming pools, trails, sidewalks, bike lanes, and bike racks.....(30pts)
5. events and venues are inclusive of special populations such persons with disabilities, seniors, etc.....(10pts)

The **School Award** is given to a school which encourages and promotes physical activity among teachers, staff, and students. The nominee:

1. encourages teachers, staff, and students through incentives to promote healthier lifestyles and increase physical activity.....(15pts)
2. provides an environment supportive of physical fitness opportunities for teachers, staff, and students including walking trails for walking clubs, access to fitness equipment, intramural sports, before/after school programs with a physical activity component.....(10pts)
3. provides physical activity/healthy lifestyle seminars or workshops at school for teachers, staff and students.....(10pts)
4. provides lifetime physical activity instruction in Physical Education classes.....(10pts)
5. provides opportunities for physical activity on a daily basis through PE, recess, or other activities.....(10pts)
6. works with local government to make Safe Routes to School a priority and attainable vision for students to walk to school every school day.....(20pts)
7. works with local government to implement Safe Routes to School and to participate in Walk to School Day.....(15pts)
8. promotes physical activity among families by encouraging families to walk their children to school, by providing access to school equipment or grounds, offering family fitness nights, and educating families about physical activity/healthy lifestyles.....(10pts)

The **Worksite Award** recognizes a business that encourages and promotes employee physical activity. The nominee:

1. provides onsite activity programs such as walking clubs, or fitness classes.....(15pts)
2. encourages employees to attend physical activity programs within the community, at the worksite, or to work out on their own through providing partial or full reimbursement for physical activity programs to include gym membership, league enrollment fees, or class registration fees.....(15pts)
3. provides onsite workshops or seminars on physical activity /healthy lifestyles.....(10pts)
4. provides incentives for employees to be physically fit and active.....(15pts)
5. has a written physical activity time release policy (flextime or an adjusted work schedule to allow for exercise during the workday.....(15pts)
6. promotes stair usage through signage, lighting, and aesthetic stairwell modifications.....(10pts)
7. provides an environment supportive of physical activity/healthy lifestyles including access to fitness centers, walking/biking trails near place of employment, bike racks, on-site showers and lockers...(20pts)

The **Municipality Award** is given to an administrative entity that promotes physical activity through programs and/or facilities. The Nominee:

1. Provides programs that are designed to encourage:
 - a. physical activity (ie. employee wellness program). (15 pts)
 - b. usage of recreational facilities, and (10 points)
 - c. transportation options (especially, walking, biking and mass transit) (10pts)
2. Provides facilities such as walk/jog/run, and bike trails. (5 pts)
3. Provides infrastructure and facilities supportive of physical activity such as softball, baseball, basketball courts, swimming, racketball, exercise classes (aerobics, yoga, pilates, spinning, etc) (10 pts)
4. Do you have a current bike and pedestrian plan, trails and greenways plan, or other plan designed to promote transportation options? (13 pts)
5. Through what other means have you worked to promote physical activity through transportation options? Safe Routes to School? Other? (10 pts)
6. Do you have a policy for designing and operating streets with safe access for all users which includes at least one element suggested by the National Complete Street Coalition (<http://www.completestreets.org>) (15 pts)
7. Does a policy exist that allows for mixed land use or mixed zoning requirements. (12 pts)

Definitions for use within the Municipality Award category:

Complete Streets - roadways designed and operated to enable safe, attractive, and comfortable access and travel for all users. Pedestrians, bicyclists, motorists and public transport users of all ages and abilities are able to safely and comfortably move along and across a complete street.^[1]

Mixed Use/ Mixed Zoning – development zoning that generally refers to a deliberate mix of housing, civic uses, and commercial uses, including retail, restaurants, and offices, and works best when it grows out of a thoughtful plan that emphasizes the connectivity and links among the uses.

The **Individual Award** is given to a person who exemplifies a physically active lifestyle. The nominee:

1. exhibits safe, healthy physical activity habits.....(15pts)
2. helps others to live healthier more physically active lives.....(25pts)
3. is an advocate for physical activity/healthy lifestyles in his/her community.....(15pts)
4. works with local government to change policies and ordinances in his/her community that promote physical activity and healthy lifestyles.....(20pts)

5. works to promote access to and creation of biking and pedestrian facilities such as bike lanes, sidewalks, trails, etc....(25pts)

The **Faith-Based Award** is presented to a church, synagogue, mosque, or other religious organization or affiliated group which encourages and promotes physical activity among members. The nominee:

1. encourages members to attend health and fitness programs within the community or to participate on their own via promotions and sponsorships.....(30pts)
2. provides education and workshops or programs on physical activity/ healthy lifestyles for their members and community.....(35pts)
3. works with the community to improve walking/biking opportunities in or around their location....(35)

The **Public Policy Award** is presented to a local, state, or national policy maker or group of policy makers who support physical activity through changes in public policy. The nominee:

1. sponsors or publicly endorses a policy or policies that support physical activity issues.....(50pts)
2. encourages other policy makers to support physical activity issues.....(50pts)

The **Media Award** is presented to a newspaper, television station, radio station, or to an individual reporter, for outstanding coverage of physical activity. The nominee:

1. encourages the public to lead physically active healthier lifestyles.....(25pts)
2. actively promotes physical activity/healthy lifestyle through stories, public service announcements, or news reports.....(25pts)
3. promotes the CDC's physical activity recommendations to the public,
<http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/index.htm>(25pts)
4. sponsors and participates in community events.....(25pts)

Coverpage



Physical Fitness Award Nomination Form

Please Return by Tuesday, December 1, 2009 to:

SC Governor's Council on Physical Fitness

Fax 803-545-4512

Attention: Jay Daniels

If you have questions, please feel free to call 803-545-4486

This nomination is for the: (check only ONE)

- Community Award** will be given to an organization or group that encourages and promotes physical activity/healthy lifestyles in the community.
- School Award** will be given to a school that encourages and promotes physical activity/healthy lifestyles among teachers, staff, and students.
- Worksite Award** will be given to a business that encourages and promotes employee physical activity.
- Municipality Award** will be given to an administrative entity that promotes physical activity through programs and/or facilities.
- Individual Award** will be given to a person who exemplifies a physically active lifestyle.
- Faith-Based Award** will be given to a church, synagogue, mosque, or other religious organization or affiliated group that encourages and promotes physical activity/healthy lifestyles among members.
- Public Policy Award** will be given to a local, state, or national policy maker or group of policy makers who support physical activity through changes in public policy.
- Media Award** will be given to a newspaper, television station, or radio station, or to an individual reporter, for outstanding coverage of physical activity/healthy lifestyles.

Nominee (Name of Group or Individual): _____

Group Contact Person: _____

Address: _____

Phone Number: _____ Email Address: _____

Alternate number in case of notification during any holiday period: _____

Person Submitting Nomination: _____

Address: _____

Phone Number: _____ Email Address: _____

If asked to participate in next years Awards Judging process: I agree____ Do not agree____

Alternate number in case of notification during any holiday period: _____

How did you hear about the Awards Program?

Please include the cover page along with *two* pages of documentation to help support the nomination for the group or individual. All contact information must be included. All Criteria Must Be Addressed. Any more than two pages will not be sent to reviewers or included in review process.

Please let the reviewer know of any accolades, awards, news articles or notes of merit as the last items listed on the second page of your documentation. These items should be listed only. Please do not include other forms of media, CD's, pictures, copies of news articles or other items.

Finally, after the reviewing and scoring of the applications, the **Council will be providing comments** on each application to provide insight and recommendations.

Special Note: First place winners in all categories will be asked to participate in judging next years nominees. This is not a prerequisite to win, but a request and desire by the Council to allow more participation by citizens of the South Carolina community in Council activities and for us to receive input from those who are active in helping move physical activity in SC forward. If you agree to participate: 1] please let us know if you know the applicant in any category and feel you cannot judge other applicants fairly, you may judge all other categories, 2] you must have an email address to conduct Council business.

If you have any questions about the award nomination process, please call Jay Daniels at 803-545-4486.