

Encouraging Active Schools

2015 OPPORTUNITIES FOR PHYSICAL ACTIVITY AT SCHOOL SURVEY



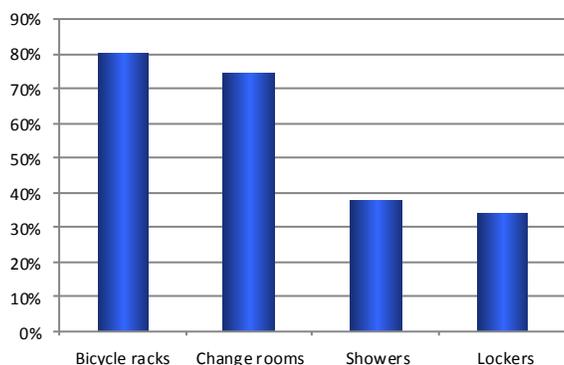
Availability of on-site amenities supporting physical activity and sport

The 2015 Opportunities for Physical Activity at School survey explored the availability of facilities which support physical activity and sport in the school environment. Previous bulletins in this series describe variability in availability of on-site and off-site facilities for physical activity and sport which may be accessed by students. This bulletin describes variability in the availability of amenities by key demographic considerations, such as student population size, location and type of school.

According to school administrators, the majority of schools have bicycle racks (80%) and change rooms (74%) available on-site for students to use. A minority of schools, however, report having access to on-site showers (38%) and lockers (34%).

FIGURE 1

Availability of on-site amenities, overall, 2015



Opportunities for Physical Activity at School Survey, 2015, CFLRI

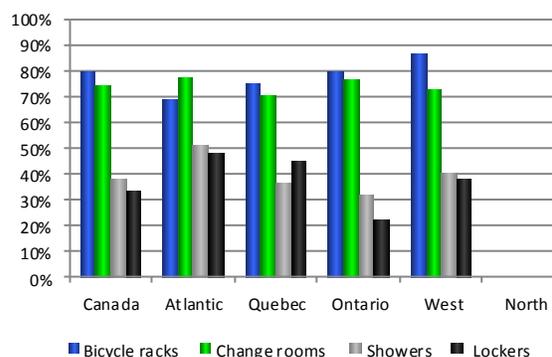
Region

A small number of regional differences were noted in the availability of amenities for use by students. Specifically, schools in the Atlantic region are more likely to report having access to on-site showers but are less likely to indicate access to bicycle racks, compared to the average Canadian school.

Schools in the Atlantic and Quebec are more likely, whereas those in Ontario are less likely than the average to report having access to lockers. Relatively more schools in the West report having access to bicycle racks.

FIGURE 2

Availability of on-site amenities by region, 2015



*Canadian total includes data from schools in the North. Sample size limits individual release of data.

Opportunities for Physical Activity at School Survey, 2015, CFLRI

School characteristics

The availability of amenities for physical activity and sport varies by school characteristics. Generally speaking, there is an increase in the proportion of schools indicating the availability of change rooms with increasing student population size. Similarly, schools with the largest student populations are most likely to indicate that students have access to showers and lockers. On the contrary, schools with the smallest population sizes are least likely to say that students have access to bicycle racks on school grounds. There are generally no differences in the availability of amenities by school type, with the exception being that public schools are more likely than schools from other boards to report having access to bicycle racks.



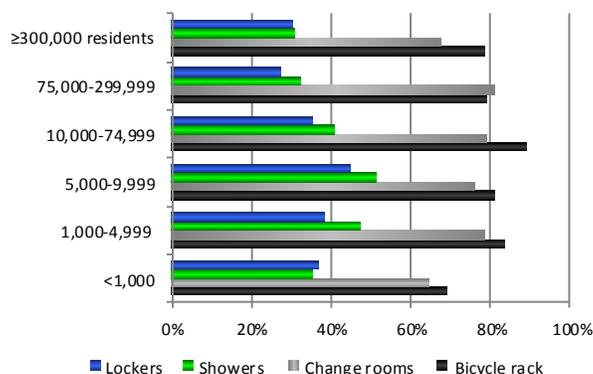
Variations in the availability of on-site amenities are also noted by grade level. Namely, schools which consist of mainly elementary grades or a combination of elementary and middle grades are less likely than schools on average to report having showers and lockers available for use by students. Similarly, elementary schools are less likely to have change rooms compared to the average school. Conversely, schools which consist of middle or secondary grades (either exclusively or in combination) are generally more likely than the average to have access to these amenities. Similarly, comprehensive schools (grades K-12) are more likely to report the availability of showers and lockers.

Community characteristics

Compared to schools in larger communities (75,000 residents or more), a higher proportion of schools in the smaller communities (1,000-9,999 residents) indicate that students have access to showers before and after physical activity. Moreover, schools from the largest (300,000 or more residents) and smallest communities (<1,000 residents) are less likely to report having access to change rooms, and they are generally least likely to have bicycle racks compared to schools in mid-sized communities. Rural schools are more likely than inner city schools to indicate the availability of showers.

FIGURE 3

Availability of on-site amenities by community size, 2015



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Production of this bulletin has been made possible through a financial contribution from Sport Canada, the Interprovincial Sport and Recreation Council and the support of Physical and Health Education Canada. The views expressed herein do not necessarily represent the views of these agencies.