

HIGH FIVE®

QUALITY ASSURANCE STANDARD



Fern McCracken

Master Trainer, Accreditation Verifier and Consultant

HIGHFIVE.org



The best way to play™



Research shows the experiences children have in recreation and sport at an early age carry a life-long impact.



How do we know if our programs are meeting the developmental needs of the child?

How do we measure this?



The best way to play™



HIGH FIVE Principles of Healthy Child Development Training

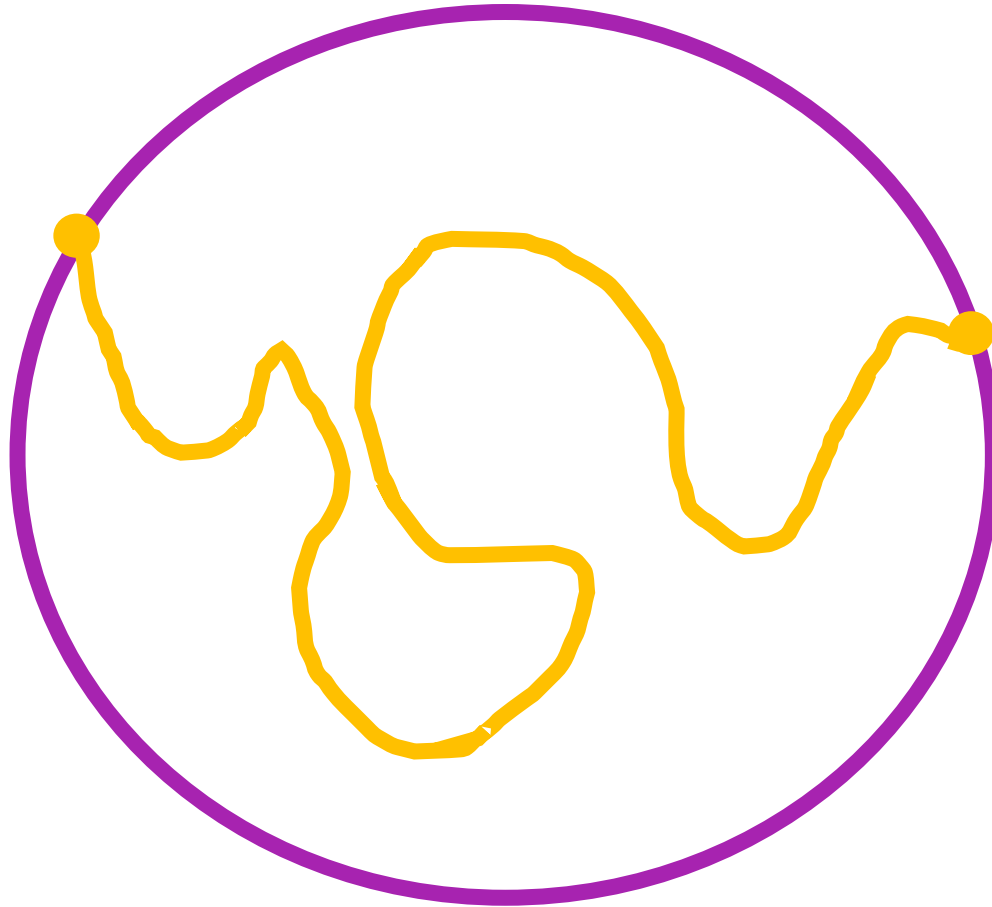
Quality begins with training leaders on program design
that is grounded in child development research.



The best way to play™



What do we need to consider when planning quality experiences for children in recreation?



Exercise 1: Leader to Child Interactions



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Children need:

- Opportunities for self-directed exploration.
- To be involved in resolving their own conflicts and issues.
- To use their imagination and be valued for their unique perspectives.
- To make meaningful choices



The best way to play™

HIGH FIVE[®] Principles

ESsential for quality programs

A Caring Adult



Friends



Play



Mastery



Participation



The HIGH FIVE training for recreation leaders provides evidence based approaches for designing activities for children.

HIGH FIVE[®] Principles

ESSENTIAL for quality programs

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Participation



<http://highfive.org/what-high-five/studies-research>



HIGH FIVE[®] Design Guidelines

**Developmentally
Appropriate**



Safe



**Welcoming of
Diversity & Uniqueness**



By applying the HIGH FIVE Principles and Design Guidelines, leaders can intentionally plan better outcomes for the children participating in their programs.



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QUALITY ASSURANCE FRAMEWORK



QUEST 2 Tool



The next step in delivering quality programming is to **MEASURE** how well the program is meeting the developmental needs of the child.



QUEST



What do you look for when measuring quality experiences?

QUEST 2: Sections

Leader-Child Interactions



Supervision and Safety



Child-Child Interactions



Leader Behaviour and Interactions



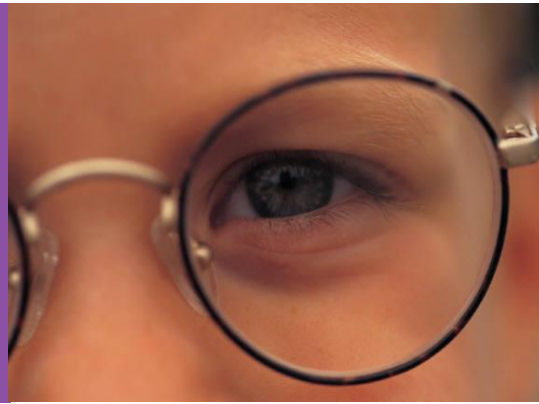
Program Characteristics and Supports



The QUEST 2 measures the experience of the child by looking at interactions and program factors which influence development. It has five sections.

QUEST 2

Program Observation Tool



- ★ Grounded in research.
- ★ Child centered.
- ★ Relevant to any programs for children.
- ★ Scientifically reliable and validated.

QUEST 2

Scientifically-Validated'



QUEST 2 TOOL

During **three distinct phases**, internal consistency and inter-rater reliability was assessed, both of the tool's construct validity and content validity.

Internal consistency is typically a measure based on the correlations between different items on the same test. This was determined using Cronbach's Alpha.

Construct Validity refers to the degree to which a test measures what it claims to be measuring. This was assessed by a third-party consultancy by correlating the scale and total scores with the leader/child ratio and years of education of leaders.

Inter-rater reliability is the degree of agreement among raters. This was assessed using the intraclass correlation and the Spearman Brown Prophecy.

Content Validity refers to the extent to which a measure represents all facets of a given social or cultural practice. This was assessed by a third-party consultancy by requesting a sample of experts to rate the importance of each item as a factor affecting the healthy development of children.

5. Program Characteristics and Supports

This section focuses on how physical environments and program design support healthy child development.

SCORE

1

2

3

4

5

6

7

8

9

Quality Indicator	Poor	Below Average	Average	Above Average	Excellent
5.6 Balance, Variety and Choice in Activities Focus: The extent to which a program offers variety, balance (between active and passive, structured and unstructured activities) and choice.	<p>Children are not presented with choices</p> <p>Some children appear bored and have chosen not to participate</p> <p>The same activities are done repeatedly without variation</p> <p>Focus is on the outcome of the activity, not on the fun of playing</p>	<p>Some choices are presented to the group (ie: choices are limited)</p> <p>Some children are engaging in activities which are not part of the program</p>	<p>Choices are presented to the group fairly often (ie: children are given the opportunity to work together to design activities including warmups and cheers)</p> <p>Both active and passive activities are part of the program when appropriate</p> <p>Children participate willingly (ie: are inspired by creativity of leader)</p>	<p>The program is lead in a manner that encourages children to make choices</p> <p>There is a balance of appropriate active and passive activities</p> <p>The children are engaged, stimulated and challenged</p> <p>There are opportunities for both physical and imaginative play</p>	<p>Children are actively encouraged to make choices, pursue individual interests and try new activities</p> <p>There is a balance of large group, small group and individual activities when appropriate</p> <p>There is a balance between the outcomes of the activity and the fun of playing (ie: playing game vs. perfecting skill)</p>

The QUEST 2 scoring system is user-friendly. It defines what to look for, or what the possible behaviours could be under each potential score ranking from 1 - 9.



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Exercise 2: Measuring Leader to Child Interactions



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QUALITY ASSURANCE FRAMEWORK

QUEST I

- Use the QUEST I Tool for gap analysis
- Use the QUEST I Guide for policy development
- Identify evidence-based practices for risk management



The next step in delivering quality programming is to **IMPLEMENT** policies and procedures to protect the health and well-being of the child and **MEASURE** adherence.



How are policies and procedures communicated
in your organization?

Policies and Procedures



- ★ Over 85 different Policy and Procedure Templates.
- ★ Child centered.
- ★ Relevant to any programs for children.
- ★ Measures adherence to policy & procedures.

QUEST 1

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QUALITY ASSURANCE FRAMEWORK



- Increasing Recognition and Credibility
- Measurable Results that can be celebrated and shared with Funders, Council and Parents
- HIGH FIVE Database provides valuable reports for informed decision making.

Positive Impacts



More than
1 Million
Kids

Annually are receiving
quality experiences
through organizations
using HIGH FIVE



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Thanks for attending!



HIGH FIVE® National

1.877.422.9838

info@HIGHFIVE.org

www.HIGHFIVE.org

@HIGHFIVE_Canada

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