

Education

Mental and Physical Health & Well-Being

Mental and physical health and well-being allow individuals to participate more fully as AOA members. AOA supports the physical health of its members through the application of age-appropriate skill development and training programs and methods, as outlined in the NCCP LTAD framework for cross country skiing.

To further support the health of its members implements policies and plans for internal programming and events and provides the resources to its membership. AOA has many educational materials available on it's webpage:

- [Concussion awareness page](#)
- [Safety in orienteering page](#)

Additional Resources:

[COC Health & Wellness](#) – tools and resources

[Mental Fitness resources](#) – COC Health & Wellness

[Healthy Minds in Active Bodies](#) – Resource of the Canadian Active After School Partnership

[Promoting Mental Health Amongst Girls and Women](#) – CAAWS

[Caring for Kids](#) – The Canadian Pediatric Society mental health resources

[Promoting positive mental health in children](#) (video of the Canadian Pediatric Society)

[Resiliency & Recreation](#) – High Five Summary Report

<https://www.highfive.org/childrens-mental-health>