

# References

- 1 Jessome, M., Huesken, S., White, N., Ghoso, D. B. & Ambard, M. *Sport Participation 2016*. (2019).
- 2 Jessome et al., *Sport Participation 2016*.
- 3 Jessome et al., *Sport Participation 2016*.
- 4 Jessome et al., *Sport Participation 2016*.
- 5 Jessome et al., *Sport Participation 2016*.
- 6 Jessome et al., *Sport Participation 2016*.
- 7 Jessome et al., *Sport Participation 2016*.
- 8 Jessome et al., *Sport Participation 2016*.
- 9 Jessome et al., *Sport Participation 2016*.
- 10 Jessome et al., *Sport Participation 2016*.
- 11 Jessome et al., *Sport Participation 2016*.
- 12 Barnes, J. D. & Tremblay, M. S. Changes in indicators of child and youth physical activity in Canada, 2005–2016. *Can. J. Public Health Rev. Can. Santé Publique* 107, e586–e589 (2016).
- 13 ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*. 146 (2020).
- 14 Jessome et al., *Sport Participation 2016*.
- 15 Jenkins Research Inc. *Canadian Attitudes Toward Sport*. (2018).
- 16 Jenkins Research Inc. *Canadian Attitudes Toward Sport*.
- 17 Jenkins Research Inc. *Canadian Attitudes Toward Sport*.
- 18 Jenkins Research Inc. *Canadian Attitudes Toward Sport*.
- 19 Jenkins Research Inc. *Canadian Attitudes Toward Sport*.
- 20 Jenkins Research Inc. *Canadian Attitudes Toward Sport*.
- 21 Jenkins Research Inc. *Canadian Attitudes Toward Sport*.
- 22 Government of Canada. *A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving*. 54 <https://www.canada.ca/en/public-health/services/publications/healthy-living/lets-get-moving.html> (2018).
- 23 WHO. Physical activity. <https://www.who.int/news-room/fact-sheets/detail/physical-activity> (2018).
- 24 Warburton, D. E., Charlesworth, S., Ivey, A., Nettlefold, L. & Bredin, S. S. A systematic review of the evidence for Canada's Physical Activity Guidelines for Adults. *Int. J. Behav. Nutr. Phys. Act.* 7, 39 (2010).
- 25 Krueger, H., Turner, D., Krueger, J. & Ready, A. E. The economic benefits of risk factor reduction in Canada: Tobacco smoking, excess weight and physical inactivity. *Can. J. Public Health*. 105, e69–e78 (2014).
- 26 Canadian Fitness and Lifestyle Research Institute. 2014–2015 Physical Activity Monitors. *Data Table 02.2: Awareness of Physical Activity Guidelines Among Adults* <https://cflri.ca/022-guidelines-awareness-physical-activity-guidelines-among-adults> (2020).
- 27 Statistics Canada. Health characteristics, annual estimates. doi:10.25318/1310009601-ENG.
- 28 Clarke, J., Colley, R., Janssen, I. & Tremblay, M. S. Accelerometer-measured moderate-to-vigorous physical activity of Canadian adults, 2007 to 2017. *Stat. Can. Health Rep.* 30, 3–10 (2019).

- 29 Clarke et al., Accelerometer-measured moderate-to-vigorous physical activity of Canadian adults.
- 30 Jessome et al., *Sport Participation 2016*.
- 31 Jessome et al., *Sport Participation 2016*.
- 32 Warburton et al., A systematic review of the evidence for Canada's Physical Activity Guidelines for Adults.
- 33 Statistics Canada. Leading causes of death, total population, by age group. doi:10.25318/1310039401-ENG.
- 34 Krueger, H., Andres, E. N., Koot, J. M. & Reilly, B. D. The economic burden of cancers attributable to tobacco smoking, excess weight, alcohol use, and physical inactivity in Canada. *Curr. Oncol.* 23, 241 (2016).
- 35 Statistics Canada. Leading causes of death, total population, by age group.
- 36 Nystoriak, M. A. & Bhatnagar, A. Cardiovascular Effects and Benefits of Exercise. *Front. Cardiovasc. Med.* 5, (2018).
- 37 Nystoriak & Bhatnager. Cardiovascular Effects and Benefits of Exercise.
- 38 Statistics Canada. Leading causes of death, total population, by age group.
- 39 Nystoriak & Bhatnager. Cardiovascular Effects and Benefits of Exercise.
- 40 Colberg, S. R. et al. Exercise and Type 2 Diabetes. *Diabetes Care* 33, e147–e167 (2010).
- 41 Zisman-Ilani, Y., Fasing, K., Weiner, M. & Rubin, D. J. Exercise capacity is associated with hospital readmission among patients with diabetes. *BMJ Open Diabetes Res. Care* 8, (2020).
- 42 Public Health Agency of Canada. *What is the impact of osteoporosis in Canada and what are Canadians doing to maintain healthy bones?: fast facts from the 2009 Canadian community health survey - osteoporosis rapid response*. (Public Health Agency of Canada, 2010).
- 43 Fast facts | Osteoporosis Canada. <https://osteoporosis.ca/about-the-disease/fast-facts/>.
- 44 Benedetti, M. G., Furlini, G., Zati, A. & Letizia Mauro, G. The Effectiveness of Physical Exercise on Bone Density in Osteoporotic Patients. *BioMed Res. Int.* 2018, (2018).
- 45 Smetanin, P. et al. *The Life and Economic Impact of Major Mental Illnesses in Canada: 2011 to 2041*. [https://www.mentalhealthcommission.ca/sites/default/files/MHCC\\_Report\\_Base\\_Case\\_FINAL\\_ENG\\_0\\_0.pdf](https://www.mentalhealthcommission.ca/sites/default/files/MHCC_Report_Base_Case_FINAL_ENG_0_0.pdf) (2011).
- 46 Smetanin et al. *The Life and Economic Impact of Major Mental Illnesses in Canada: 2011 to 2041*.
- 47 Public Health Agency of Canada. Canadian Chronic Disease Surveillance System (CCDSS), Data tool 2000-2016, 2019 Edition. (2019).
- 48 *Canadian Community Health Survey, 2019*. 4 <https://www150.statcan.gc.ca/n1/daily-quotidien/200806/dq200806a-eng.htm> (2020).
- 49 The Centre for Addiction and Mental Health. Mental Illness and Addiction: Facts and Statistics. *CAMH* <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics> (2020).
- 50 Public Health Agency of Canada. *Report from the Canadian chronic disease surveillance system: mental illness in Canada, 2015*. (2015).
- 51 Morris, S. P., Fawcett, G., Brisebois, L., Hughes, J., & Statistique Canada. *A demographic, employment and income profile of Canadians with disabilities aged 15 years and over, 2017*. (2018).
- 52 Smetanin et al. *The Life and Economic Impact of Major Mental Illnesses in Canada: 2011 to 2041*.
- 53 Hamer, M., Stamatakis, E. & Steptoe, A. Dose-response relationship between physical activity and mental health: the Scottish Health Survey. *Br. J. Sports Med.* 43, 1111–1114 (2009).

## Power of Sport

- 54 Morgan, A. J., Parker, A. G., Alvarez-Jimenez, M. & Jorm, A. F. Exercise and Mental Health: An Exercise and Sports Science Australia Commissioned Review. *J. Exerc. Physiol. Online* 16, 64–73 (2013).
- 55 Jessome et al., *Sport Participation 2016*
- 56 Eime, R. M., Young, J. A., Harvey, J. T., Charity, M. J. & Payne, W. R. A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport. *Int. J. Behav. Nutr. Phys. Act.* 10, 135 (2013).
- 57 Government of Canada. *A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving.*
- 58 Jessome et al., *Sport Participation 2016*
- 59 Jessome et al., *Sport Participation 2016*
- 60 Public Health Agency of Canada. Prevalence of Chronic Diseases and Risk Factors among Canadians aged 65 years and older. <https://www.canada.ca/en/services/health/publications/diseases-conditions/prevalence-chronic-disease-risk-factors-canadians-aged-65-years-older.html> (2020).
- 61 Statistics Canada. Leading causes of death, total population, by age group.
- 62 Meng, Q., Lin, M.-S. & Tzeng, I.-S. Relationship Between Exercise and Alzheimer's Disease: A Narrative Literature Review. *Front. Neurosci.* 14, (2020).
- 63 Clarke et al., Accelerometer-measured moderate-to-vigorous physical activity of Canadian adults.
- 64 Tricco, A. C. *et al.* Comparisons of Interventions for Preventing Falls in Older Adults: A Systematic Review and Meta-analysis. *JAMA* 318, 1687–1699 (2017).
- 65 Chodzko-Zajko, W. J. *et al.* Exercise and Physical Activity for Older Adults: *Med. Sci. Sports Exerc.* 41, 1510–1530 (2009).
- 66 Jenkin, C. R., Eime, R. M., Westerbeek, H., O'Sullivan, G. & van Uffelen, J. G. Z. Sport and ageing: a systematic review of the determinants and trends of participation in sport for older adults. *BMC Public Health* 17, 976 (2017).
- 67 Krueger et al., *The economic benefits of risk factor reduction in Canada: Tobacco smoking, excess weight and physical inactivity.*
- 68 Krueger et al., *The economic benefits of risk factor reduction in Canada: Tobacco smoking, excess weight and physical inactivity.*
- 69 Hopkinds, R.B., et al. The current economic burden of illness of osteoporosis in Canada. *Osteoporosis International.* 27, 3023 – 3032 (2016).
- 70 ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth.*
- 71 ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth.*
- 72 ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth.*
- 73 Canadian Fitness and Lifestyle Research Institute. *Participation in organized physical activity and sport.* [https://cflri.ca/sites/default/files/node/1671/files/CPLY%202014-2016%20Bulletin%20-%20Organized\\_EN.pdf](https://cflri.ca/sites/default/files/node/1671/files/CPLY%202014-2016%20Bulletin%20-%20Organized_EN.pdf) (2016).
- 74 Jenkins Research Inc. Canadian Attitudes Toward Sport.
- 75 Purcell, L. Sport readiness in children and youth. *Paediatr. Child Health* 10, 343–344 (2005).

- 76** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*
- 77** WHO. *Physical activity*.
- 78** Efrat, M. The relationship between low-income and minority children's physical activity and academic-related outcomes: a review of the literature. *Health Educ. Behav.* 38, 441–51 (2011).
- 79** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*. [https://participaction.cdn.prismic.io/participaction%2F38570bed-b325-4fc8-8855-f15c9aebac12\\_2018\\_participaction\\_report\\_card\\_-\\_full\\_report\\_0.pdf](https://participaction.cdn.prismic.io/participaction%2F38570bed-b325-4fc8-8855-f15c9aebac12_2018_participaction_report_card_-_full_report_0.pdf) (2018).
- 80** Jones-Palm, D. H. & Palm, J. Physical activity and its impact on health behavior among youth. *World Health Organ.* 5 (2005).
- 81** Guèvremont, A., Findlay, L. & Kohen, D. Organized Extracurricular Activities: Are In-School and Out-of-School Activities Associated With Different Outcomes for Canadian Youth? *J. Sch. Health* 84, 317–325 (2014).
- 82** Purcell, L. *Sport readiness in children and youth*.
- 83** Organization, W. H. *Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age*. (2019).
- 84** Organization. *Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age*.
- 85** Carson, V. *et al.* Systematic review of the relationships between physical activity and health indicators in the early years (0–4 years). *BMC Public Health* 17, (2017).
- 86** Organization. *Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age*.
- 87** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*.
- 88** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 89** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*
- 90** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 91** Purcell, *Sport readiness in children and youth*.
- 92** Harlow, M., Wolman, L. & Fraser-Thomas, J. Should toddlers and preschoolers participate in organized sport? A scoping review of developmental outcomes associated with young children's sport participation. *Int. Rev. Sport Exerc. Psychol.* 13, 40–64 (2020).
- 93** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 94** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 95** Carson *et al.*, *Systematic review of the relationships between physical activity and health indicators in the early years (0–4 years)*.
- 96** Neville, R. D., Guo, Y., Boreham, C. A. & Lakes, K. D. Longitudinal Association Between Participation in Organized Sport and Psychosocial Development in Early Childhood. *J. Pediatr.* (2020) doi:<https://doi.org/10.1016/j.jpeds.2020.10.077>.
- 97** Jahagirdar, I., Venditti, L. A., Duncan, A., Reed, N. & Fleming, S. Exploring the relationship between participation in a structured sports program and development of gross motor skills in children ages 3 to 6 years. *J. Occup. Ther. Sch. Early Interv.* 10, 203–212 (2017).

## Power of Sport

- 98** Bellows, L. L. *et al.* Motor skill development in low-income, at-risk preschoolers: A community-based longitudinal intervention study. *J. Sci. Med. Sport* 20, 997–1002 (2017).
- 99** Vallence, A.-M. *et al.* Childhood motor performance is increased by participation in organized sport: the CHAMPS Study-DK. *Sci. Rep.* 9, 18920 (2019).
- 100** Jahagirdar *et al.*, *Exploring the relationship between participation in a structured sports program and development of gross motor skills in children ages 3 to 6 years.*
- 101** Bellows *et al.*, *Motor skill development in low-income, at-risk preschoolers: A community-based longitudinal intervention study*
- 102** Jahagirdar *et al.*, *Exploring the relationship between participation in a structured sports program and development of gross motor skills in children ages 3 to 6 years.*
- 103** Vallence *et al.*, *Childhood motor performance is increased by participation in organized sport: the CHAMPS Study-DK*
- 104** Mandigo, J. *Physical Literacy Concept Paper.* <http://sportforlife.ca/wp-content/uploads/2016/12/Physical-Literacy-Concept-Paper.pdf> (2007).
- 105** Goodway, J. D. & Robinson, L. E. Developmental Trajectories in Early Sport Specialization: A Case for Early Sampling from a Physical Growth and Motor Development Perspective. *Kinesiol. Rev.* 4, 267–278 (2015).
- 106** Goodway *et al.*, *Developmental Trajectories in Early Sport Specialization: A Case for Early Sampling from a Physical Growth and Motor Development Perspective.*
- 107** Carson *et al.*, *Systematic review of the relationships between physical activity and health indicators in the early years (0–4 years).*
- 108** Carson *et al.*, *Systematic review of the relationships between physical activity and health indicators in the early years (0–4 years).*
- 109** Chen, C. *et al.* Associations of participation in organized sports and physical activity in preschool children: a cross-sectional study. *BMC Pediatr.* 20, 328 (2020).
- 110** The Aspen Institute Sports & Society Program. Healthy Sport Index. *Healthy Sport Index | Aspen Institute Sports and Society Program* <https://healthysportindex.com/> (2018).
- 111** Public Health Agency of Canada. *What is the impact of osteoporosis in Canada and what are Canadians doing to maintain healthy bones?: fast facts from the 2009 Canadian community health survey - osteoporosis rapid response.*
- 112** Public Health Agency of Canada. *What is the impact of osteoporosis in Canada and what are Canadians doing to maintain healthy bones?: fast facts from the 2009 Canadian community health survey - osteoporosis rapid response.*
- 113** Carson *et al.*, *Systematic review of the relationships between physical activity and health indicators in the early years (0–4 years).*
- 114** Statistics Canada. *Health characteristics, annual estimates.*
- 115** Government of Canada, S. C. Measured children body mass index (BMI) (World Health Organization classification), by age group and sex, Canada and provinces, Canadian Community Health Survey - Nutrition. <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310079601> (2017).
- 116** Biro, F. M. & Wien, M. Childhood obesity and adult morbidities. *Am. J. Clin. Nutr.* 91, 1499S–1505S (2010).
- 117** Allcock, D. M., Gardner, M. J. & Sowers, J. R. Relation between Childhood Obesity and Adult Cardiovascular Risk. *Int. J. Pediatr. Endocrinol.* 2009, (2009).
- 118** CDC. Causes and Consequences of Childhood Obesity. *Centers for Disease Control and Prevention* <https://www.cdc.gov/obesity/childhood/causes.html> (2020).



- 119** Tremblay, M. S. *et al.* Systematic review of sedentary behaviour and health indicators in school-aged children and youth. *Int. J. Behav. Nutr. Phys. Act.* 8, 98 (2011).
- 120** Carson *et al.*, *Systematic review of the relationships between physical activity and health indicators in the early years (0–4 years)*.
- 121** *Child and youth mental health in Canada [Infographic]*. <https://www.cihi.ca/en/child-and-youth-mental-health-in-canada-infographic> (2020).
- 122** *Child and youth mental health in Canada [Infographic]*
- 123** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 124** Jones-Palm *et al.*, *Physical activity and its impact on health behavior among youth*.
- 125** Johnson Ross, F., Kitcher, H., Boelman, V., Heales, C. & Kahane, M. *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport*. (2018).
- 126** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 127** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 128** Colley, R. *et al.* Trends in physical fitness among Canadian children and youth. *Health Rep*. Volume 30, Issue 10 October 2019 Pages 3-13 (2019).
- 129** Vallence *et al.*, *Childhood motor performance is increased by participation in organized sport: the CHAMPS Study-DK*.
- 130** Canadian Institute for Health Information & Public Health Agency of Canada. *Obesity in Canada: a joint report from the Public Health Agency of Canada and the Canadian Institute for Health Information*. (Public Health Agency of Canada, 2011).
- 131** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*.
- 132** Eime *et al.*, *A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport*.
- 133** Jones-Palm *et al.*, *Physical activity and its impact on health behavior among youth*.
- 134** The Aspen Institute Sports & Society Program. *Healthy Sport Index*.
- 135** Jones-Palm, *et al.*, *Physical activity and its impact on health behavior among youth*.
- 136** The Aspen Institute Sports & Society Program. *Healthy Sport Index*.
- 137** Canadian Centre on Substance Use and Addiction. *Youth Sport Participation and Substance Use: Understanding the Relationship*. 1–9 <https://www.ccsa.ca/sites/default/files/2019-04/CCSA-Youth-Sport-and-Substance-Use-Summary-2017-en.pdf> (2017).
- 138** Canadian Centre on Substance Use and Addiction. *Youth Sport Participation and Substance Use: Understanding the Relationship*.
- 139** Jones-Palm *et al.*, *Physical activity and its impact on health behavior among youth*.
- 140** The Aspen Institute Sports & Society Program. *Healthy Sport Index*.
- 141** Canadian Centre on Substance Use and Addiction. *Youth Sport Participation and Substance Use: Understanding the Relationship*.
- 142** Canadian Centre on Substance Use and Addiction. *Substance Use, Sport and Youth: Canadian Surveys*. 4 (2016).
- 143** Canadian Centre on Substance Use and Addiction. *Youth Sport Participation and Substance Use: Understanding the Relationship*.

## Power of Sport

- 144** Jones-Palm et al., *Physical activity and its impact on health behavior among youth.*
- 145** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport.*
- 146** McHugh, T.-L. F., Coppola, A. M., Holt, N. L. & Andersen, C. "Sport is community:" An exploration of urban Aboriginal peoples' meanings of community within the context of sport. *Psychol. Sport Exerc.* 18, 75–84 (2015).
- 147** Laureus Sport for Good Foundation. *Teenage Kicks: The Value of Sport in Tackling Youth Crime.* 31 (2013).
- 148** Laureus Sport for Good Foundation. *Teenage Kicks: The Value of Sport in Tackling Youth Crime.*
- 149** Totten, M. Preventing Aboriginal Youth Gang Involvement in Canada: *A Gendered Approach.* *Aborig. Policy Res. Consort. Int. APRCi* 55, 26 (2010).
- 150** Totten, *Preventing Aboriginal Youth Gang Involvement in Canada: A Gendered Approach.*
- 151** McHugh et al., "Sport is community:" *An exploration of urban Aboriginal peoples' meanings of community within the context of sport.*
- 152** McHugh et al., "Sport is community:" *An exploration of urban Aboriginal peoples' meanings of community within the context of sport.*
- 153** Zarrett, N., Veliz, P. & Sabo, D. *Teen Sport Report: Why Participation Matters.* <https://www.womenssportsfoundation.org/wp-content/uploads/2018/01/teen-sport-report-final-for-web.pdf> (2018).
- 154** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains.*
- 155** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains.*
- 156** Eime et al., *A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport.*
- 157** Eime et al., *A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport.*
- 158** Eime et al., *A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport.*
- 159** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport.*
- 160** Zarrett et al., *Teen Sport Report: Why Participation Matters.*
- 161** Wiersma, L. D. & Fifer, A. M. "The Schedule Has Been Tough But We Think It's Worth It": The Joys, Challenges, and Recommendations of Youth Sport Parents. *J. Leis. Res.* 40, 505–530 (2008).
- 162** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport.*
- 163** Allen, K., Bullough, S., Cole, D., Shibli, S. & Wilson, J. *The impact of engagement in sport on graduate employability.* 59 p. (British Universities and Colleges Sport, 2013).
- 164** Holt, N. L., Kingsley, B. C., Tink, L. N. & Scherer, J. Benefits and challenges associated with sport participation by children and parents from low-income families. *Psychol. Sport Exerc.* 12, 490–499 (2011).
- 165** Holt et al., *Benefits and challenges associated with sport participation by children and parents from low-income families.*
- 166** Eime et al., *A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport.*

- 167** Holt et al., *Benefits and challenges associated with sport participation by children and parents from low-income families.*
- 168** Sandbæk, M. Family Income and Children's Perception of Parental Support and Monitoring. *Soc. Policy Soc.* 8, 515–526 (2009).
- 169** Harlow et al., *Should toddlers and preschoolers participate in organized sport? A scoping review of developmental outcomes associated with young children's sport participation.*
- 170** Zarrett et al., *Teen Sport Report: Why Participation Matters.*
- 171** Zarrett et al., *Teen Sport Report: Why Participation Matters.*
- 172** Guèvremont et al., *Organized Extracurricular Activities: Are In-School and Out-of-School Activities Associated With Different Outcomes for Canadian Youth?*
- 173** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains.*
- 174** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains.*
- 175** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains.*
- 176** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains.*
- 177** Efrat, *The relationship between low-income and minority children's physical activity and academic-related outcomes: a review of the literature.*
- 178** Holt et al., *Benefits and challenges associated with sport participation by children and parents from low-income families.*
- 179** Burns, R. D., Byun, W. & Brusseau, T. A. Gross Motor Skills Predict Classroom Behavior in Lower-Income Children. *Front. Sports Act. Living* 1, (2019).
- 180** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth.*
- 181** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport.*
- 182** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls.* [https://womenandsport.ca/wp-content/uploads/2020/06/Canadian-Women-Sport\\_The-Rally-Report.pdf](https://womenandsport.ca/wp-content/uploads/2020/06/Canadian-Women-Sport_The-Rally-Report.pdf) (2020).
- 183** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls.*
- 184** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls.*
- 185** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls.*
- 186** Jones-Palm et al., *Physical activity and its impact on health behavior among youth.*
- 187** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport.*
- 188** Public Health Agency of Canada. *Canadian Chronic Disease Surveillance System (CCDSS), Data tool 2000-2016, 2019 Edition.*
- 189** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport.*
- 190** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport.*
- 191** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls.*
- 192** Stevenson, B. Beyond the Classroom: Using Title IX to Measure the Return to High School Sports. *Natl. Bur. Econ. Res. Working Paper* 15728, (2010).



## Power of Sport

- 193** Stevenson, *Beyond the Classroom: Using Title IX to Measure the Return to High School Sports*.
- 194** Johnson Ross et al., *From Barriers to Benefits: The Economic Benefits of Women and Girls Participating in Sport*.
- 195** Staurowsky, E. J. et al. *Chasing Equity: The Triumphs, Challenges, and Opportunities in Sports for Girls and Women*. [https://www.womenssportsfoundation.org/wp-content/uploads/2020/01/8\\_Chasing\\_Equity\\_Quick-Facts.pdf](https://www.womenssportsfoundation.org/wp-content/uploads/2020/01/8_Chasing_Equity_Quick-Facts.pdf) (2020).
- 196** Staurowsky, et al. *Chasing Equity: The Triumphs, Challenges, and Opportunities in Sports for Girls and Women*.
- 197** Harlow et al., *Should toddlers and preschoolers participate in organized sport? A scoping review of developmental outcomes associated with young children's sport participation*.
- 198** Staurowsky, et al. *Chasing Equity: The Triumphs, Challenges, and Opportunities in Sports for Girls and Women*.
- 199** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls*.
- 200** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 201** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*
- 202** Murphy, N. A. & Carbone, P. S. Promoting the Participation of Children With Disabilities in Sports, Recreation, and Physical Activities. *Pediatrics* 121, 1057–1061 (2008).
- 203** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 204** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 205** Neville et al., *Longitudinal Association Between Participation in Organized Sport and Psychosocial Development in Early Childhood*.
- 206** Murphy et al., *Promoting the Participation of Children With Disabilities in Sports, Recreation, and Physical Activities*.
- 207** Michaud, L. J. & Disabilities, C. on C. W. Prescribing Therapy Services for Children with Motor Disabilities. *Pediatrics* 113, 1836–1838 (2004).
- 208** Lankhorst, K. et al. Sports Participation, Physical Activity, and Health-Related Fitness in Youth With Chronic Diseases or Physical Disabilities: The Health in Adapted Youth Sports Study. *J. Strength Cond. Res.* Publish Ahead of Print, (2019).
- 209** Lankhorst, K., de Groot, J., Takken, T., Backx, F., & HAYS study group. Sports participation related to injuries and illnesses among ambulatory youth with chronic diseases: results of the health in adapted youth sports study. *BMC Sports Sci. Med. Rehabil.* 11, 36 (2019).
- 210** Arbour-Nicitopoulos, K. P. et al. A Scoping Review of Inclusive Out-of-School Time Physical Activity Programs for Children and Youth With Physical Disabilities. *Adapt. Phys. Act. Q.* 35, 111–138 (2018).
- 211** Community Foundations of Canada. *Belonging: Exploring Connection to Community*. [https://communityfoundations.ca/wp-content/uploads/2019/08/2016\\_VS\\_NationalReport\\_En\\_Oct03.pdf](https://communityfoundations.ca/wp-content/uploads/2019/08/2016_VS_NationalReport_En_Oct03.pdf) (2015).
- 212** Community Foundations of Canada. *Belonging: Exploring Connection to Community*.
- 213** Community Foundations of Canada. *Belonging: Exploring Connection to Community*.
- 214** Community Foundations of Canada. *Vital Signs - Sport & Belonging*. [https://communityfoundations.ca/wp-content/uploads/2019/04/Vital\\_Signs\\_Sport\\_and\\_Belonging.pdf](https://communityfoundations.ca/wp-content/uploads/2019/04/Vital_Signs_Sport_and_Belonging.pdf) (2016).

- 215** Rich, K. A., Misener, L. & Dubeau, D. “Community Cup, We Are a Big Family”: Examining Social Inclusion and Acculturation of Newcomers to Canada through a Participatory Sport Event. *Soc. Incl.* 3, 129–141 (2015).
- 216** Jessome et al., *Sport Participation 2016*.
- 217** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 218** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 219** Rich et al., “Community Cup, We Are a Big Family”: Examining Social Inclusion and Acculturation of Newcomers to Canada through a Participatory Sport Event.
- 220** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 221** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 222** Pawlowsk, T. & Schüttoff, U. Sport and Social Capital Formation. in *The SAGE Handbook of Sports Economics* (eds. Downward, P. et al.) 54–63 (SAGE Publications Ltd, 2019). doi:10.4135/9781526470447.
- 223** Hoye, R., Nicholson, M. & Brown, K. Involvement in sport and social connectedness. *Int. Rev. Sociol. Sport* 50, 3–21 (2015).
- 224** Pawlowsk & Schüttoff. *Sport and Social Capital Formation*.
- 225** Biernat, E., Nalecz, H., Skrok, Ł. & Majcherek, D. Do Sports Clubs Contribute to the Accumulation of Regional Social Capital? *Int. J. Environ. Res. Public Health* 17, (2020).
- 226** Pawlowsk & Schüttoff. *Sport and Social Capital Formation*.
- 227** Government of Canada. *A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let’s Get Moving*.
- 228** Immigration, Refugees and Citizenship Canada. *2020 Annual Report to Parliament on Immigration*. 41 <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/annual-report-parliament-immigration-2020.html#immigration2019> (2019).
- 229** Canadian Fitness and Lifestyle Research Institute. *2014-2015 Physical Activity Monitors*.
- 230** Canadian Fitness and Lifestyle Research Institute. *2014-2015 Physical Activity Monitors*.
- 231** Barnes and Tremblay. *Changes in indicators of child and youth physical activity in Canada, 2005–2016*.
- 232** Jessome et al., *Sport Participation 2016*.
- 233** Canadian Fitness and Lifestyle Research Institute. *2014-2015 Physical Activity Monitors. Data Table 02.2: Awareness of Physical Activity Guidelines Among Adults*.
- 234** Barnes and Tremblay. *Changes in indicators of child and youth physical activity in Canada, 2005–2016*.
- 235** Canadian Fitness and Lifestyle Research Institute. *2014-2015 Physical Activity Monitors. Data Table 02.2: Awareness of Physical Activity Guidelines Among Adults*.
- 236** Barnes and Tremblay. *Changes in indicators of child and youth physical activity in Canada, 2005–2016*.
- 237** Canadian Fitness and Lifestyle Research Institute. *2014-2015 Physical Activity Monitors. Data Table 02.2: Awareness of Physical Activity Guidelines Among Adults*.
- 238** Pawlowsk & Schüttoff. *Sport and Social Capital Formation*.
- 239** Pawlowsk & Schüttoff. *Sport and Social Capital Formation*.
- 240** Government of Canada, S. C. Highlights from the Canadian Survey on Disability, 2017. <https://www150.statcan.gc.ca/n1/daily-quotidien/181128/dq181128a-eng.htm> (2018).
- 241** Government of Canada. *Highlights from the Canadian Survey on Disability, 2017*.
- 242** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 243** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls*.

## Power of Sport

- 244** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 245** Fentin-Thompson, N. Identity development and athletic participation among female adolescents with physical disabilities. (Alliant International University, 2011).
- 246** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 247** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 248** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*.
- 249** ParticipACTION. *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth*.
- 250** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 251** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 252** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 253** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 254** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 255** Denison, E., Bevan, N. & Jeanes, R. Reviewing evidence of LGBTQ+ discrimination and exclusion in sport. *Sport Manag. Rev.* (2020) doi:10.1016/j.smr.2020.09.003.
- 256** Denison et al., *Reviewing evidence of LGBTQ+ discrimination and exclusion in sport*.
- 257** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 258** Greenspan, S. B., Griffith, C., Hayes, C. R. & Murtagh, E. F. LGBTQ + and ally youths' school athletics perspectives: a mixed-method analysis. *J. LGBT Youth* 16, 403–434 (2019).
- 259** Community Foundations of Canada. *Vital Signs - Sport & Belonging*.
- 260** Doull, M., Watson, R. J., Smith, A., Homma, Y. & Saewyc, E. Are we leveling the playing field? Trends and disparities in sports participation among sexual minority youth in Canada. *J. Sport Health Sci.* 7, 218–226 (2018).
- 261** Doull et al., *Are we levelling the playing field? Trends and disparities in sports participation among sexual minority youth in Canada*.
- 262** Trussell, D. E., Kovac, L. & Apgar, J. LGBTQ parents' experiences of community youth sport: Change your forms, change your (hetero) norms. *Sport Manag. Rev.* 21, 51–62 (2018).
- 263** Lesbian, Gay, Bisexual, Trans & Queer identified People and Mental Health. <https://ontario.cmha.ca/documents/lesbian-gay-bisexual-trans-queer-identified-people-and-mental-health/>.
- 264** Mason, C. W., McHugh, T.-L. F., Strachan, L. & Boule, K. Urban indigenous youth perspectives on access to physical activity programmes in Canada. *Qual. Res. Sport Exerc. Health* 11, 543–558 (2019).
- 265** Canada, P. H. A. of. Key Health Inequalities in Canada: A National Portrait – Executive Summary. *aem* <https://www.canada.ca/en/public-health/services/publications/science-research-data/key-health-inequalities-canada-national-portrait-executive-summary.html> (2018).
- 266** Lavalle, L. F. *Bangiiwagizi: Review of Literature on Indigenous Sport and Gender*. [https://docs.google.com/document/d/1bNkllkSGPw8VR\\_EywsRcfRf1JsQ-MMwQY/edit?usp=drive\\_web&oid=108429132782086522777&rtpof=true&usp=embed\\_facebook](https://docs.google.com/document/d/1bNkllkSGPw8VR_EywsRcfRf1JsQ-MMwQY/edit?usp=drive_web&oid=108429132782086522777&rtpof=true&usp=embed_facebook) (2020).

- 267** Jessome et al., *Sport Participation 2016*.
- 268** Dubnewick, M., Hopper, T., Spence, J. C. & McHugh, T.-L. F. “There’s a Cultural Pride Through Our Games”: Enhancing the Sport Experiences of Indigenous Youth in Canada Through Participation in Traditional Games. *J. Sport Soc. Issues* 42, 207–226 (2018).
- 269** Dubnewick et al., “*There’s a Cultural Pride Through Our Games*”: Enhancing the Sport Experiences of Indigenous Youth in Canada Through Participation in Traditional Games.
- 270** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls*.
- 271** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 272** ParticipACTION. *The Brain + Body Equation: Canadian kids need active bodies to build their best brains*.
- 273** Dubnewick et al., “*There’s a Cultural Pride Through Our Games*”: Enhancing the Sport Experiences of Indigenous Youth in Canada Through Participation in Traditional Games.
- 274** Bruner, M. W. et al. Positive Youth Development in Aboriginal Physical Activity and Sport: A Systematic Review. *Adolesc. Res. Rev.* 1, 257–269 (2016).
- 275** Mason et al., *Urban indigenous youth perspectives on access to physical activity programmes in Canada*.
- 276** McHugh et al., “*Sport is community:*” An exploration of urban Aboriginal peoples’ meanings of community within the context of sport
- 277** Joseph, J. et al. Racialized Women and Girls in Sport in Canada: A Scoping Literature review. (2020).
- 278** Joseph et al., *Racialized Women and Girls in Sport in Canada: A Scoping Literature review*.
- 279** Jessome et al., *Sport Participation 2016*.
- 280** Jessome et al., *Sport Participation 2016*.
- 281** Hijabi Ballers. Programs. <http://www.hijabiballers.com/programs.html> (2021).
- 282** Hijabi Ballers. *Programs*.
- 283** Apna Sports International. <https://apnasportsinternational.com/>.
- 284** Bains, A. & Szto, C. Brown skin, white ice: South Asian specific ice hockey programming in Canada. *South Asian Pop. Cult.* 18, 181–199 (2020).
- 285** Black Girl Hockey Club. *Black Girl Hockey Club* <https://blackgirlhockeyclub.org/>.
- 286** An introduction to the intersectional approach. *Ontario Human Rights Commission* <http://www3.ohrc.on.ca/en/intersectional-approach-discrimination-addressing-multiple-grounds-human-rights-claims/introduction-intersectional-approach>.
- 287** Lesbian, Gay, Bisexual, Trans & Queer identified People and Mental Health.
- 288** Canadian Women & Sport. *The Rally Report: Encouraging Action to Improve Sport for Women and Girls*.
- 289** Trussell, D. E., Kerwin, S., Lyn, A. & Lozinski, L. *Gender+ Equity and Sport Participation in Canada: Transforming What We Know*. [https://docs.google.com/document/d/1chwW9gbngjPyiuPGwO5rbs1gv6NHNWmu/edit?usp=embed\\_facebook](https://docs.google.com/document/d/1chwW9gbngjPyiuPGwO5rbs1gv6NHNWmu/edit?usp=embed_facebook) (2020).
- 290** Joseph et al., *Racialized Women and Girls in Sport in Canada: A Scoping Literature review*.
- 291** Culver, D. & Shaikh, M. *Gender Equity in Disability Sport: A Rapid Scoping Review of Literature*. [https://docs.google.com/document/d/1jGLLXOMDeBr0xWV2wYchFlkxav4nMxFB/edit?usp=drive\\_web&ouid=108429132782086522777&rtopf=true&usp=embed\\_facebook](https://docs.google.com/document/d/1jGLLXOMDeBr0xWV2wYchFlkxav4nMxFB/edit?usp=drive_web&ouid=108429132782086522777&rtopf=true&usp=embed_facebook) (2020).
- 292** Lavalle, *Bangiiwagizi: Review of Literature on Indigenous Sport and Gender*.



- 293** Government of Canada, S. C. The Daily — Spectator sports, event promoters, artists and related industries, 2019. <https://www150.statcan.gc.ca/n1/daily-quotidien/210324/dq210324c-eng.htm> (2021).
- 294** Government of Canada, *The Daily — Spectator sports, event promoters, artists and related industries*.
- 295** Statistics Canada. Average usual hours and wages by selected characteristics, monthly, unadjusted for seasonality (x1,000). doi:10.25318/1410032001-ENG.
- 296** Statistics Canada. Household spending, Canada, regions and provinces. doi:10.25318/1110022201-ENG.
- 297** Sport tourism spending in Canada holds steady at \$6.8 billion. *Sport Tourism Canada* <https://sporttourismcanada.com/sport-tourism-spending-in-canada-holds-steady-at-6-8-billion/> (2020).
- 298** Bakowski, T. Toronto 2015. Team Canada - Official Olympic Team Website <https://olympic.ca/games/2015-toronto/>.
- 299** Ontario, Office of the Auditor General, Ontario, Office of the Auditor General, & Ontario Legislative Library (OGDC) Open Access Electronic Government Documents. *Jeux panaméricains et parapanaméricains de 2015: Rapport spécial. Special Report*. (2016).
- 300** Wright, L. Spending spiked in Toronto during Pan Am Games: report. *thestar.com* <https://www.thestar.com/business/economy/2015/07/30/spending-spiked-in-toronto-during-pan-am-games-report.html> (2015).
- 301** Wright, L. *Spending spiked in Toronto during Pan Am Games: report*.
- 302** Bracing for no Rogers Cup, Tennis Canada cuts go deep - Sportsnet.ca. <https://www.sportsnet.ca/tennis/bracing-no-rogers-cup-tennis-canada-cuts-go-deep/>.
- 303** Tennis Canada. *Tennis Canada 2018 Annual Report*. <https://annualreport2018.tenniscanada.com/> (2018).
- 304** Tennis Canada. *Tennis Canada 2018 Annual Report*.
- 305** Tennis Canada. *Tennis Canada 2018 Annual Report*.
- 306** Cabane, C. & Clark, A. E. Childhood Sporting Activities and Adult Labour-Market Outcomes. *Ann. Econ. Stat.* 119–120, 123–148 (2015).
- 307** Kniffin, K. M., Wansink, B. & Shimizu, M. Sports at Work: Anticipated and Persistent Correlates of Participation in High School Athletics. *J. Leadersh. Organ. Stud.* 22, 217–230 (2015).
- 308** Allen et al., *The impact of engagement in sport on graduate employability*.
- 309** van den Heuvel, S. G. et al. Effect of sporting activity on absenteeism in a working population. *Br. J. Sports Med.* 39, e15 (2005).
- 310** *Fit for Purpose: Absence and Workplace Health Survey 2013*. <http://www.mas.org.uk/uploads/artlib/cbi-pfizer-absence-report-workplace-health-2013.pdf> (2013).
- 311** PricewaterhouseCoopers. *Building the case for wellness*. 72 (2008).
- 312** Dolf, M. & Teehan, P. Reducing the carbon footprint of spectator and team travel at the University of British Columbia's varsity sports events. *Sport Manag. Rev.* 18, 244–255 (2015).
- 313** United Nations Climate Change Secretariat. *Sports for Climate Action Framework*. [https://unfccc.int/sites/default/files/resource/Sports\\_for\\_Climate\\_Action\\_Declaration\\_and\\_Framework\\_0.pdf](https://unfccc.int/sites/default/files/resource/Sports_for_Climate_Action_Declaration_and_Framework_0.pdf) (2018).
- 314** United Nations Climate Change Secretariat. *Sports for Climate Action Framework*.
- 315** United Nations Climate Change Secretariat. *Sports for Climate Action Framework*.
- 316** Big Plastic Pledge. Big Plastic Pledge. *Big Plastic Pledge* <https://bigplasticpledge.com/about/> (2021).
- 317** The Tokyo Organising Committee of the Olympic and Paralympic Games. Athletes for the environment. *Tokyo 2020* <https://tokyo2020.org/en/news/athletes-for-the-environment>.



- 318** Mallen, C. & Chard, C. “What could be” in Canadian sport facility environmental sustainability. *Sport Manag. Rev.* 15, 230–243 (2012)
- 319** United Nations Climate Change Secretariat. *Sports for Climate Action Framework*.
- 320** Dolf and Teehan, *Reducing the carbon footprint of spectator and team travel at the University of British Columbia’s varsity sports events*.
- 321** Wicker, P. The carbon footprint of active sport participants. *Sport Manag. Rev.* 22, 513–526 (2019).
- 322** Dolf and Teehan, *Reducing the carbon footprint of spectator and team travel at the University of British Columbia’s varsity sports events*.
- 323** Dolf and Teehan, *Reducing the carbon footprint of spectator and team travel at the University of British Columbia’s varsity sports events*.
- 324** Canadian Ski Council. *Facts + Stats: Ski and snowboard industry 2017/18*. <https://17dfdj3mzri3pv5x11aaujx1-wpengine.netdna-ssl.com/wp-content/uploads/2019/02/Facts-and-Stats-2017-18-final.pdf> (2019).
- 325** Rutty, M. *et al.* Behavioural adaptation of skiers to climatic variability and change in Ontario, Canada. *J. Outdoor Recreat. Tour.* 11, 13–21 (2015).
- 326** Scott, D., Steiger, R., Knowles, N. & Fang, Y. Regional ski tourism risk to climate change: An inter-comparison of Eastern Canada and US Northeast markets. *J. Sustain. Tour.* 28, 568–586 (2020).
- 327** Rutty, *et al.* *Behavioural adaptation of skiers to climatic variability and change in Ontario, Canada*.
- 328** Rutty, *et al.* *Behavioural adaptation of skiers to climatic variability and change in Ontario, Canada*
- 329** Orr, M. & Inoue, Y. Sport versus climate: Introducing the climate vulnerability of sport organizations framework. *Sport Manag. Rev.* 22, 452–463 (2019).
- 330** Rutty, *et al.* *Behavioural adaptation of skiers to climatic variability and change in Ontario, Canada*
- 331** Scott *et al.*, *Regional ski tourism risk to climate change: An inter-comparison of Eastern Canada and US Northeast markets*.
- 332** Orr, M. On the potential impacts of climate change on baseball and cross-country skiing. *Manag. Sport Leis.* 25, 307–320 (2020).
- 333** Scott *et al.*, *Regional ski tourism risk to climate change: An inter-comparison of Eastern Canada and US Northeast markets*.
- 334** Orr and Inoue. *Sport versus climate: Introducing the climate vulnerability of sport organizations framework*.
- 335** Herdt, A. *et al.* Outdoor Thermal Comfort during Anomalous Heat at the 2015 Pan American Games in Toronto, Canada. *Atmosphere* 9, 321 (2018).
- 336** Council On Sports Medicine and Fitness and Council on School Health. Policy Statement--Climatic Heat Stress and Exercising Children and Adolescents. *Pediatrics* 128, e741-747 (2011).
- 337** Council On Sports Medicine and Fitness and Council on School Health. *Policy Statement--Climatic Heat Stress and Exercising Children and Adolescents*.
- 338** Canadian Public Health Association. *Review of Canada’s Initial Response to the COVID-19 Pandemic*. <https://www.cpha.ca/review-canadas-initial-response-covid-19-pandemic> (2021).
- 339** Canadian Public Health Association. *Review of Canada’s Initial Response to the COVID-19 Pandemic*.
- 340** Government of Canada. Coronavirus disease (COVID-19): Prevention and risks. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#social> (2021).
- 341** Blocken, B., *et al.* Towards aerodynamically equivalent COVID-19 1.5m social distancing for walking and running. *Preprint*. (2020).

## Power of Sport

- 342** Canadian Psychological Association. "Psychology Works" Fact Sheet: Helping Teens Cope with the Impacts of and Restrictions Related to COVID-19. [https://cpa.ca/docs/File/Publications/FactSheets/PW\\_HelpingTeensCopeWithImpacts\\_COVID-19.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PW_HelpingTeensCopeWithImpacts_COVID-19.pdf) (2020).
- 343** ABACUS Data. *Detailed Results. 2021 Community Sport Survey. Conducted for the Canadian Centre for Ethics in Sport.* (2021).
- 344** Canadian Public Health Association. *Review of Canada's Initial Response to the COVID-19 Pandemic.*
- 345** Canadian Psychological Association. "Psychology Works" Fact Sheet: Helping Teens Cope with the Impacts of and Restrictions Related to COVID-19.
- 346** Shepherd, H.A et al., The Impact of COVID-19 on High School Student-Athlete Experiences with Physical Activity, Mental Health and Social Connection. *International Journal of Environmental Research and Public Health.* 18.7, 3515 (2021).
- 347** Shepherd et al., *The Impact of COVID-19 on High School Student-Athlete Experiences with Physical Activity, Mental Health and Social Connection.*
- 348** ABACUS Data. *Detailed Results. 2021 Community Sport Survey. Conducted for the Canadian Centre for Ethics in Sport.*
- 349** Donnelly, P et al. The Implications of COVID-19 for Community Sport and Sport for Development. *Commonwealth Moves.* [https://thecommonwealth.org/sites/default/files/inline/D17145\\_Sport\\_Covid\\_Series\\_PaperOne\\_V5.pdf](https://thecommonwealth.org/sites/default/files/inline/D17145_Sport_Covid_Series_PaperOne_V5.pdf) (2020).
- 350** ABACUS Data. *Detailed Results. 2021 Community Sport Survey. Conducted for the Canadian Centre for Ethics in Sport.*
- 351** ABACUS Data. *Detailed Results. 2021 Community Sport Survey. Conducted for the Canadian Centre for Ethics in Sport.*
- 352** Sport for Life. Impacts of COVID-19 on Local Sports Organizations. *Nationwide Survey Results.* <https://sportforlife.ca/wp-content/uploads/2020/06/National-Report-Impacts-of-COVID-19-on-Local-Sports-Organizations-1.pdf> (2020).
- 353** Sport for Life. *Impacts of COVID-19 on Local Sports Organizations. Nationwide Survey Results.*
- 354** Sport for Life. *Impacts of COVID-19 on Local Sports Organizations. Nationwide Survey Results.*
- 355** Sport for Life. *Impacts of COVID-19 on Local Sports Organizations. Nationwide Survey Results.*
- 356** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development.*
- 357** SIRC. Nationwide Survey Indicates Local Sports Organizations Desperately Need Support to Recover from Impacts Of COVID-19. <https://sirc.ca/news/nationwide-survey-indicates-local-sports-organizations-desperately-need-support-to-recover-from-impacts-of-covid-19/> (2020).
- 358** Canadian Psychological Association. "Psychology Works" Fact Sheet: Helping Teens Cope with the Impacts of and Restrictions Related to COVID-19.
- 359** CAMH. *Coping with stress and anxiety. Health Info.* <https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety> (2021).
- 360** ABACUS Data. *Detailed Results. 2021 Community Sport Survey. Conducted for the Canadian Centre for Ethics in Sport.*

- 361** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.
- 362** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.
- 363** True Sport. Living True Sport: Helping Families Keep Active While Staying Home. <https://truesportpur.ca/living-true-sport-helping-families-keep-active-while-staying-home> (2020).
- 364** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.
- 365** True Sport. Safe Return to Community Sport: A True Sport Guide for Parents and Caregivers. (2021) <https://truesportpur.ca/safe-return-community-sport-true-sport-guide-parents-and-caregivers>.
- 366** True Sport. Safe Return to Community Sport: A True Sport Guide for Parents and Caregivers.
- 367** True Sport. Safe Return to Community Sport: A True Sport Guide for Parents and Caregivers.
- 368** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.
- 369** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.
- 370** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.
- 371** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.
- 372** Donnelly et al., *The Implications of COVID-19 for Community Sport and Sport for Development*.