

Cooperative Agreement Report 2016-2018



ACTIVE
SOUTHERN WEST VIRGINIA

Active Southern West Virginia & Army Corps of Engineers Huntington District at Summersville Lake

Introduction and Mission of Active Southern West Virginia

Active Southern West Virginia (Active SWV) is a non-profit 501(c)(3) organization whose purpose is to provide opportunities for physical exercise in southern West Virginia, thereby improving health and wellness of its citizens and workforce. In partnership with the New River Gorge Regional Development Authority, Active SWV operates programs within under-served communities where living a healthy lifestyle is critical to life expectancy and economic diversity.

Active Southern West Virginia seeks to improve the health of all southern West Virginians by providing opportunities for active lifestyles. Active Southern West Virginia develops community programs to create a culture of exercise and physical activity in southern West Virginia.

Summary of Agreement

This Cooperative Agreement is for the mutual benefit of both parties and is between the United States Army Corps of Engineers, SUMMERSVILLE LAKE- LRH (hereinafter referred to as the "Corps") and the ACTIVE SOUTHERN WEST VIRGINIA INC (hereinafter referred to as the "Association"), acting through the Chairman of the Board of Directors or the Board's designee.

WHEREAS. The Corps and the Association mutually recognize there are significant national public benefits to an outdoor recreation demonstration which uses interpretive techniques and supports the Corps goals for education, perpetuation of national pride, preservation of national heritage, water safety, and enjoyment of the people of the United States. Whereas, the Corps wishes to accept, and the Association wishes to provide outdoor recreation interpretive and educational services to the visiting public at the Summersville Lake.

Report Summary

The partnership between Active SWV and the Army Corps at Summersville Lake has been a benefit to both parties and the surrounding community.

- **Safe Place.** This beautiful venue allows for a safe place for physical activity. The facilities, staff, and volunteers at Summersville Lake have been accommodating and supporting of the Active SWV programs and events.
- **New Awareness.** The promotions and communication systems Active SWV provides has helped to showcase the many ways to use Summersville Lake property for physical activity.
- **Education.** Participants in Active SWV programs learn the safety considerations of activities and have a trained Community Captain leader with them throughout the program. This can include water safety education, Leave No Trace outdoor ethics, and group hiking best practices.
- **Capacity Building.** Active SWV recruits, trains, and supports community members to lead physical activity programs. This grass-roots and peer-to-peer approach enables a community member to be an active lifestyle mentor to their family, friends, and co-workers. The training Meghan Fisher has received and given has built a local resource for paddle board instructor certification courses.



Stand Up Paddle Boarding

- April 17th & May 15th; Volunteer training: Active SWV recruits and training community members to lead free physical activity programs. Specific to Summersville Lake, twelve volunteers were provided with a free American Canoe Association Stand Up Paddle Board Level 1 Instructor Certification in exchange for their volunteer time.
- Demonstration lessons were provided to the general public free of charge. Volunteers assisted in safety education, equipment review, and technique education and then allowed time for participants to try out the equipment in the designated paddling area.
 - June 15th: 25 people
 - July 14th: 45 people

Family Triathlon on August 20th

The inaugural Active Southern West Virginia Family Triathlon, in support of Active SWV Kids Run Clubs, was a great success! Held on Saturday, August 20, 2016, in conjunction with the 50th Anniversary of the Summersville Dam celebration, a field of 50 participants, including kids, parents and grandparents, ran, biked and paddled a course set up adjacent to the Battle Run beach. This family-friendly, beginner event included a 4.4-mile course, divided into a 1.2-mile run, 2.2-mile bicycle ride, and a 1-mile paddle using any type of paddle craft.

From this event, Active SWV has raised \$1,500 to support Kids Run Clubs in Nicholas County. Active SWV Kids Run Clubs provide kids the opportunity to be physically active in a fun and safe environment. Active SWV Kids Run Clubs in Nicholas County will provide social support and stress relief to the youth of Nicholas County who have been affected by the flood.

Active SWV Community Captain Led Hikes

The public was invited to take a hike with local Community Captain Garret Leggett every Monday at 6:00 pm at Summersville Lake. The group met at the parking lot across from the swimming area near Battle Run Campground. The participation ranged from 5-7 people each week.

- October 24th
- October 31st
- November 7th
- November 14th



Lake clean up April 22nd

- Promotion and volunteers

Stand Up Paddle Boarding

- April 30th, May 20th training of 6 volunteers in the American Canoe Association Stand Up Paddle Board Level 1 Skills. One volunteer from 2016, Wendy Scott, went out of state for her Level 2 Instructor Certification.
- Partnered with Mountain Surf Paddle Sports to assist with demonstrations and instructor trainings. Owner, Meghan Fisher, also began her instructor trainer certification.
- Demonstration lessons
 - June 15th
 - June 16th

ASWV Family Triathlon August 19th

- This family-friendly, beginner event included a 4.4-mile course, divided into a 1.2-mile run, 2.2-mile bicycle ride, and a 1-mile paddle using any type of paddle craft.
- 53 participants

Community Captain program hikes at Long Point at Summersville Lake

- May 1st 4 people
- May 6th 6 people
- May 15th 2 people

Nicholas County 5th Grade Health Fair

- October 17th; hosted by the Nicholas County Wellness Committee to provide health education and physical activity to all 5th graders in Nicholas County. Active SWV provided a group warm up activity and an obstacle course for all attendees.



Stand Up Paddle Boarding

- May training on the 6th, 13th, 20th, with 6 volunteers June 12th and 24th for Instructor Course. Meghan Fisher was a co-instructor working towards her Instructor Trainer Certification. This level of certification will build capacity within the local community to provide instructor training for years to come.
- Demonstration lessons:
 - June 6th
 - June 26th
 - July 20th
 - August 8th

ASWV Family Triathlon June 2nd

- 58 participants, same course

Lake Clean Up July 29th

- Promotion and volunteers

Community Captain program hikes at Long Point at Summersville Lake

- September 13th, 13 people

Nicholas County 5th Grade Health Fair

- October 17th; hosted by the Nicholas County Wellness Committee to provide health education and physical activity to all 5th graders in Nicholas County. Active SWV provided a group warm up activity and an obstacle course for all attendees.



Goals for 2019

- Continue the Active SWV Family Triathlon in June and work to increase participation.
- Continue training Community Captains to lead hikes, walks, paddling, and biking programs in this beautiful venue.
- Support the “Almost Heaven Paddle Race” in May by providing event equipment, safety boaters, and promotions.
- Increase the variety and number of programs offered.

