Created in partnership with

SOUTHEAST DISTRICT



Physical Literacy Kit Guide:

Trekking Poles Kit

This guide has been created to help your library utilize this physical literacy kit in your daily programming and community. The intent of the kit is to promote movement, physical activity opportunities, and fun! Physical literacy is a foundational skill for everyone in the community. The health-related benefits of being able to move are endless!

This is an opportunity for your library to create barrier-free, movement-based programs and integrate physical literacy into existing programs.



Why a Physical Literacy Kit?

Physical Literacy lays the foundation for one to have an active lifestyle. Just as children learn math skills through teaching and practicing, they also need to learn movement skills through playing and moving; this is “physical literacy”. The contents of this kit have been carefully selected to promote a wide range of movement skills. Have fun using the equipment and games provided. Do not be constrained by the suggestions found in the kit – use your imagination and get moving!

Links and Resources for more inspiration:

http://letsmovelibraries.org/

https://activeforlife.com/physical-literacy/

https://www.snowshoecanada.ca/

https://www.mec.ca/en/explore/how-to-start-snowshoeing

http://physicalliteracy.ca/

Items in the kit:



- 8 sets of trekking poles
- 16 rubber feet (already on the poles)



- 16 snow nests



- 16 mud nests



Feedback Sheet

It is imperative that we receive feedback on the impact and usefulness of this kit! Please complete the feedback sheet, so we can improve our physical literacy kits. We also ask your library to share with us “kits in action” stories, photos, videos, so that we can promote the great programming and activities that are happening.

Terms of use:

- Physical Literacy Kits are only for use by the Southeast Regional Library branches
- The Physical Literacy Kits are intended for branch staff, volunteers, and board members to put on new and unique branch programs as well as give guidance to how these kits can be used.

Final Reminder:

Physical Literacy Kits are a shared Regional Resource. Please be considerate of other branches and HQ staff when using the Physical Literacy Kits:

- Ensure all items are returned
- Any losses or damage is reported right away
- The Kits are returned on time
- Kits are returned in the same state you received them (i.e. clean, complete, operable)
- Please complete the feedback sheet and return it with the kit

Setting up the Poles

The poles have two extendable sections, and one has measurements that show the length of the pole when the bottom section is fully extended.

Follow the guidelines on the next page regarding proper pole length for your height.

Pull each section to the desired length, and then twist to tighten. Hold the higher segment still while turning the lower segment to the right until it can't be tightened any further. The very bottom section is more tapered than the top, so extending the top section first will provide you with a sturdier trekking pole. Both may need to be extended to some degree, depending on the participant's height.





If you see "STOP" marked on either the pole after extending it, do not section out any is or slightly.



If you choose to use the wrist strap, the strap can be adjusted like the straps on a bike helmet or backpack. Tighten as necessary.



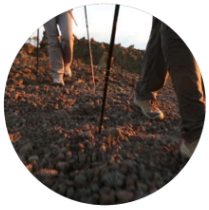


When using the boot, be sure the longer, pointed end is facing behind you when walking.



Different Tips for Trekking Poles





Tungsten Carbide Tip:
General Use Tip for
Dirt and Gravel



Boot & Small Tip:
for Indoor Use and
Hard or Slippery Surfaces



Snow Baskets:
for Winter Hiking
and Snowshoeing



Mud Baskets:
for Mud, Sand and
other Soft Surfaces

Depending on your terrain, the tip of the trekking pole can be changed to suit your needs. The boot is simply pushed on and pulled off, while the mud and snow baskets must be pushed on and then screwed into place.

Trekking Poles

THE BENEFITS OF TREKKING POLES

Trekking poles can reduce the strain on your knees and overall leg exertion, not least on those demanding downhill descents or seemingly endless switchback climbs. You're essentially treating yourself to an extra pair of feet—ala a four-legged critter—and transferring some of the muscular load from your legs and hips to your upper body. Trekking poles can help you adopt a more sustainable style of hiking, in other words: reducing aches, pains, and fatigue on a long day hike or backpacking trek and perhaps diminishing some bodily wear-and-tear on the longer term. Certainly many hikers contending with cranky knees or other physical complaints often find trekking poles a welcome aid.

Some of the research suggests hikers who use trekking poles take longer strides than those without, which—combined with the possible energetic savings—may equate to hiking faster and farther.

PROPER TREKKING POLE LENGTH

The general rule of thumb is that your elbow should be at a 90-degree angle when you're gripping your trekking poles. That helps you size a fixed-length pole based on your height, and set the length of an adjustable pole.

If you have an adjustable pole, you can shorten it for uphill hiking and lengthen it on descents to roughly maintain that 90-degree angle. On steep terrain, though, this may well vary: when you're "double-planting" your poles to help pull yourself upslope, for example.

SETTING A HIKING RHYTHM WITH TREKKING POLES

In most situations, you'll probably find reaching the right pole forward as your left leg takes a step, and vice versa, is the most natural way to hike with trekking poles. You'll likely adopt this alternating pattern naturally, without really thinking about it: It's the way our arms and legs swing in a normal walking gait anyhow, harder to describe than to simply do.

But, as with pole length, you'll want to adjust that pattern based on the lay of the land. When climbing or descending a steep slope, snowy or otherwise, you may want to extend both poles forward together, plant them securely, and then take your steps. Some version of this double-planting movement may also feel most comfortable in deep and/or soft snow.

It's also entirely possible you'll develop a different kind of pole-wielding gait. What matters is that the pattern works for you: that it makes you feel well balanced and stabilized on the trail, and that it doesn't leave your hands or arms excessively sore.

https://vpo.ca/blog/how-to-use-trekking-poles-for-winter-hikes/

Program Suggestions

- **Trekking club –** Provide a weekly program for people of all ages to come and walk in a group. Depending on your community's facilities, this could be indoors or outdoors. If the library remains open during this program, perhaps recruit a board member or community member that would be interested in leading this program. This can be done in any season.
- **Collaborate with other institutions –** contact your local health professionals who deal with physical/recreation therapy or fitness, or a representative from Sask *In Motion* who could run introductory sessions regarding trekking poles and other forms of all-ages fitness

For more information about urban poling, as well as access to webinars and other information related to the use of trekking poles, visit https://urbanpoling.com/

Webinars/YouTube Videos:

Check out these videos that provide best practices and ideas for movement-based program in libraries!

Movement-Based Programs in Public Libraries: Best Practices from the U.S. and Canada: https://www.youtube.com/watch?v=i6t-CDZTCoM

Senior Fitness Programs in the Library: https://www.youtube.com/watch?v=FYze8uQDwK0

The 'Library of Things' and Active Living (Let's Move in Libraries Webinar): https://www.youtube.com/watch?v=9qE06Rsl5WI

Music, Movement and More - A Let's Move in Libraries Video Featuring Bucyrus Public Library: https://www.youtube.com/watch?v=Z7ggbd-0Kjw