

Ideas for year ahead

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| 24. A small discussion was had on the purpose of the Committee and aims for the year ahead. PAHA was discussed and the Scottish Charter for Physical Activity was discussed with JF to email PAHA in order for the Committee to become involved. | JF |
| 25. All to sign up to PAHA. JL to follow up on Active Students | ALL |
| 26. SM to speak to Nanette regarding events | SM |
| 27. Other groups such as the Cross Party Group and World Congress for Older Adults were also discussed with a strong view that involvement in both is needed. JL to email out dates to rest of committee. | JL |
| 28. The Sport Audit was also discussed with relevant College information to be collected. FM to modify the Survey to suit Colleges. JL to identify a relevant person at the Colleges to collect the information. | FM
JL |
| 29. Appropriate Exercise Guidelines to be followed up. JL to speak to JS regarding this in time for next meeting. Check cost of course covered by SUS or Institutions. To be added to the Agenda for the next meeting. | JL |
| 30. Look to have Gavin MacLeod from SDS present at November SSSPAC Meeting in order to prepare a SDS day in March for students to participate in physical activity. | FM |
| 31. A small discussion was had regarding linking in with SUCSES's research, JL to investigate. | JL |
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AOCB | |
| 32. JL spoke to the Committee regarding the Healthy Campus's Award in England, similar to Healthy Working Lives. More information needed. | JL |
| 33. JL meeting with NUS, feedback to Committee. | JL |

Actions List

Investigate whether attendees of Active Age Festival can eat lunch in Café and sports hall.	NS
Prep labels for Active Age Festival for those coming by Coach	FM
Speak to Cardiac Teachers in Aberdeen to increase participant numbers	NS
Active Age Festival - send out letters regarding delegate packs	FM
Investigate T-Shirts for Active Age and turn around time	FM
Send class lists template to Committee	FM
Bring indoor curling to RGU	HE
Investigate ways of promoting Challenge	FM
Contact Mark Beaumont regarding challenge	JL
Contact SDS regarding collection cans	FM
Log book google doc page to be created	FM
conversion from km to miles to be added to log books	FM
Create sponsorship forms for Challenge	FM
Every two weeks update on how individuals are progressing in Challenge	FM
Contact JogScotland to promote and join in with challenge	JL
JF to email PAHA	JF
All to sign up to PAHA	ALL
Follow up on Active Students	JL
Speak to Nanette regarding events	SM
Email out Cross Party dates to rest of committee	JL
Modify the Sports Audit Survey to suit Colleges	FM
Identify a relevant person at the Colleges to collect the information.	JL



Appropriate Exercise Guidelines to be followed up	JL
More information needed on the Healthy Campus's Award	JL
Feedback to Committee re NUS Meeting	JL