RECREATION PEI
Helping Islanders
Get Active & Stay Healthy!
Prince Edward Island CANADA Health and Wellness
Issue 58 - October 2017

INCLUSION & ACCESS - FRAMEWORK GOAL #2

go!Play After School Program - Western Region Sport & Recreation Council

A guiding document for recreation for the next decade - Goal #2 is Inclusion and Access.

We envision a Canada in which every citizen is engaged in meaningful, accessible recreation experiences that foster individual, community and environmental well-being. The Framework for Recreation in Canada is our pathway to that goal.

The Framework for Recreation in Canada is the guiding document for public recreation providers in Canada. We have an opportunity to work together in ways that will enable all Canadians to enjoy recreation and outdoor experiences in supportive physical and social environments.

The Framework has 5 goals. Goal #2 is inclusion and access - recreation has the ability to reach all citizens and bring people together. No matter who you are where you are or your ability, all Canadians should have access to a variety of recreational opportunities and be able to participate in inclusive activities that celebrate diversity.

This newsletter will focus on the great stories of inclusion and access that are happening across PEI.

Goal 2: Inclusion and Access
Increase inclusion and access to recreation for populations that face constraints to participation.

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Play Finds A Way – 3 New Jumpstart Programs

The Jumpstart Community Accessibility Grants support capital costs of construction and renovations related to improving physical accessibility to recreation facilities in Canadian communities.

There are two funding opportunities available to improve these facilities:

Accessibility Funding: Provides up to $50,000 for projects designed to adapt and enhance existing facilities to promote accessibility

Inclusivity Innovation Funding: Provides between $250,000 and $1,000,000 for projects designed to enhance existing building plans for sport and recreation spaces with uniquely innovative solutions for inclusion and accessibility for children of different abilities.

Jumpstart's vision is to create large-scale, accessible playgrounds in every province and territory across Canada. Leveraging universal design principals, Jumpstart's goal (mission) is to ensure that these playgrounds become the standard for inclusivity by creating imaginative and accessible spaces where children of all abilities can share in the magic of play. Jumpstart has always been committed to supporting local communities and it is our hope that these playgrounds will become a destination - a gathering place - for communities to unite around play.

Jumpstart will work with selected municipalities in every province and territory to design and build inclusive playgrounds for kids of all abilities. Jumpstart's goal is to ensure that these playgrounds become the standard for inclusive play, and create community spaces where kids of all abilities can play side-by-side. At least one playground will be built in every province and territory.

(...Continued) Play Finds A Way – 3 New Jumpstart Programs

The Parasport Jumpstart Fund, a partnership between Jumpstart and the Canadian Paralympic Committee (CPC), helps families whose children have physical disabilities gain access to funds so they can participate in a variety of parasport activities.

Eligible organizations have access to three streams of funding:

Paralympic Sport Funding: Provides support for single sports in the Paralympic Sport program.

Parasport Funding: Provides support for sports that are not in the Paralympic program, like wheel dance, waterski, wakeboard, para golf, para sailing, and more.

Multi-sport Funding: Provides support to both Paralympic and non-Paralympic sports.

Congratulations to the organizations who received a grant in 2017 – check back regularly as applications for 2018 funding will open in June 2018. For more information on these programs please visit: jumpstart.canadiantire.ca.

Seniors' Mobility Program Continues to Spread Across PEI

Following another successful year of programming, the Seniors' Mobility Program will expand into even more new locations this fall. The Mount Continuing Care Community, Andrew's of Charlottetown, Andrew's of Stratford, and South Shore Villa have all signed on to deliver the go! PEI branded activity program at their facilities. The program is designed to give more physical activity options to seniors living in community care residences, nursing homes and manors.

One of the program's components focuses on walking/wheeling: Residents set personal goals related to walking or propelling in a wheelchair and strive toward that goal over a period of eight to twelve weeks. Residents are encouraged to work with other residents or family members for support. Staff and volunteers are also available to assist in setting and reaching goals which are based on distance, time or frequency walked/wheeled.

Another component is based around physical activity and functional mobility. It includes fitness equipment designed specifically for the needs of the seniors and is aimed to help maintain and improve flexibility, strength, dexterity, etc. The equipment is made available for family members, volunteers and staff to use which will enable visits with residents to be more active and engaging.

Wheelchair Basketball Junior Program

ParaSport and Recreation PEI is a charitable organization that provides recreation and sport opportunities to Islanders with a physical disability. It is also the provincial governing body for most Paralympic sports that are offered on PEI such as wheelchair basketball, sledge hockey, goalball, target shooting, etc.

Wheelchair Basketball is one of the most popular Paralympic sports. It is the same as stand up basketball with the exception of two rules, traveling and player advantage foul. A traveling violation occurs if the player takes more than two pushes while in possession of the ball and not dribbling. A player advantage foul will be called if an athlete uses their legs to raise themselves in their seats, steer their chairs or balance themselves in any way to gain advantage.

ParaSport and Recreation PEI now has two wheelchair basketball programs, the PEI Mustangs Competitive Program and the NEW Wheelchair Basketball Junior Program. The Junior Program is for youth between the ages of 6 and 15. It's offered weekly and will begin this fall in Charlottetown. The program will introduce youth to the fundamentals of wheelchair basketball and will teach basic sport wheelchair skills. While the sport is designed for people with a physical disability, we encourage our participants to bring a friend (or sibling) with them. It is more fun playing with a friend and we believe this creates a more comfortable environment so participants do not feel overwhelmed when trying a new sport.

For more information about the Wheelchair Basketball Junior Program or any of our programs visit: www.parasportpei.ca.

Tracy Stevenson
Executive Director
ParaSport and Recreation PEI

ParaSport and Recreation PEI

CPRA - Accessibility Certification Program Webinar

CPRA ACPL

Canadian Parks and Recreation Association (CPRA) presents a webinar with the Rick Hansen Foundation - Accessibility Certification Program.

Wednesday October 25, 2017 12:00 - 1:00 pm EST

Presenter - Brad McCannell, Vice President, Access and Inclusion

Join us for this FREE webinar where you will learn about The Rick Hansen Foundation Accessibility Certification™ (RHFAC) program which works to help improve accessibility of the built environment – the places where we live, work, and play – in Canada through three main areas: Rating & Certification, Professional Training, and Accessibility Services.

For more information or to register please contact info@cpra.ca or visit www.cpra.ca

Active Living Alliance for Canadians with a Disability

For almost 30 years The Active Living Alliance for Canadians with a Disability has delivered nationally coordinated leadership, support, information and promotion to ensure Canadians with disabilities can lead active and healthy lives. The Active Living Alliance is the only Canadian organization dedicated to the wellness of all citizens through active living, sport and recreation.

The Active Living Alliance is a trusted source for powering the movement to get Canadians with a disability moving - a 'go to' source for knowledge, insight and understanding. We believe that physical activity, sport and recreation has the ability to change community attitudes about disability by placing the emphasis on ability rather than disability; encourage those with a disability to see themselves in a positive light while being an active member of their community and promoting physical health and mental wellness.

At the Active Living Alliance we strive to collaborate with partners, affiliates, members, supporters and stakeholders. We operate through consensus and consultation to achieve our common goal.

Our objective is to build a strong national network of member organizations and individuals in various sectors including health, sport, recreation, rehabilitation, education, disability and consumer groups.

We believe this approach will allow Canadian communities to be inclusive of people with disabilities and help build better programs, campaigns and policies.

For more information regarding the many benefits of becoming a member of the Active Living Alliance network - including the many initiatives, programs and membership services please visit our updated website at www.ala.ca

ACTIVE LIVING ALLIANCE FOR CANADIANS WITH A DISABILITY

ALLIANCE DE VIE ACTIVE POUR LES CANADIENS/ CANADIENNES AYANT UN HANDICAP

Physical Activity for Canadians with Disability/Chronic Disease

For Canadians with a disability, regular physical activity may be even more important than it is for the rest of the population. For a person with a disability, an active lifestyle can open doors to increased health, social inclusion and self-empowerment - doors which might otherwise remain closed. Access to physical activity can eliminate the likelihood of acquiring secondary health conditions like diabetes, high blood pressure or heart disease. Being active builds resiliency and can provide an all-important outlet for a person with a disability.

ALACD tip sheets are designed to provide general information in support of Canada's Physical Activity Guidelines, developed by the Canadian Society for Exercise Physiology, and include such topics as; Tips for Getting Active – Active Living Alliance for Canadians with a Disability, Teaching and Communication Technique, Physical Activity Tips and Modifications. Visit the website (www.ala.ca) for these tip sheets.

Special Olympics PEI

Special Olympics PEI is a non-profit, charitable sport organization and is dedicated to enriching lives through sport. We are able to bring 18 official sports, as well as Active Start and FUNdamentals programs, to over 500 athletes Island-wide in both school and community settings. Our volunteers are the backbone of our organization and allow us to provide high quality programming.

Reaching more Islanders that can benefit from our programs is one of our goals. To do so we have made strong community partnerships and have collaboratively come together for this common goal. We are proud of the over 40 community partnerships we have made to bring Special Olympics programs to more Islanders.

The benefits of these partnerships are many. Shared resources, bringing new programming to our athletes, expanding the sphere of Islanders who have the opportunity to see the abilities of our athletes are just a few of benefits our partners experience.

Charity Sheehan
Executive Director
Special Olympics Prince Edward Island

Pictured here are athletes Kolton Doucette & Paul Phillips with a CrossFit enthusiast. One of the many examples of our partners is our relationship with CrossFit groups. CrossFit PEI has evolved into a true friend of the Special Olympics movement by helping to raise funds & by attending competitions our athletes compete in weekly.

Inclusiveness of Transgender Student-Athletes

Public school recreational and competitive activities inclusive of transgender student athletes.

“All students in all PEI public schools have the right to learn, play, and compete in a safe, welcoming, and respectful environment,” says Julia Gaudet, Director of Student Services at the Public Schools Branch. “Among other things, this means transgender student-athletes have the right to participate in recreational and competitive activities in ways that reflect their lived identity.”

Brenda Picard, Executive Director of the PEI Human Rights Commission reviews 'Guidelines for Best Practices: Creating Learning Environments that Respect Diverse Sexual Orientations, Gender Identities and Gender Expressions'.

Brenda Picard, Executive Director of the PEI Human Rights Commission, welcomes Gaudet’s statement. “In my view, educational organizations have a special responsibility to combat the prejudices and stereotypes that underlie discrimination,” says Picard. “I am pleased to know PEI students who are transgendered can be who they are and have the opportunity to try out for and, if successful, represent their schools in athletic competitions.”

The PEI Human Rights Act prohibits discrimination on the basis of gender identity in such areas as accommodations, employment and services and facilities available to the public.

To learn more about your human rights, please contact the Commission by phone (902.368.4180) or visit our website (www.peihumanrights.ca).

Newcomers Boldly Dance for Change

The PEI Association for Newcomers to Canada (PEIANC) constantly strives to create an inclusive environment for all Islanders. PEIANC's programs and events encourage newcomers to be active, both in the sense of physical recreation and involvement in the community.

PEI ASSOCIATION FOR NEWCOMERS TO CANADA

One event that satisfied this goal was the Be Bold for Change participatory dance demonstration held in partnership with the PEI Advisory Council on the Status of Women and a number of community organisations and unions (listed below). Part of International Women's Day celebrations, the event featured group dance demonstrations from a variety of different cultures that creatively expressed bold action to bring about solidarity between and equity for women everywhere. Everyone, regardless of age, gender, or nationality, was encouraged to participate.

Guest speaker Sandy Kowalik discussed the sociopolitical power of dance by evoking the words of American dancer Agnes de Mille: "the truest expression of a people is in its dance and in its music. Bodies never lie." Dance calls upon citizens not only to be active, but also and accepting—dance is both a recreational activity and an expression of one's unique identity within society.

The PEI Association for Newcomers to Canada is honoured to have been part of such an inclusive recreational event, and hopes that all Islanders, new and established, will continue to dance for fun, for exercise, and for change!

(Additional community partners were: Cooper Institute, Canadian Union of Public Sector Employees, Federation of Labour, Public Service Alliance Regional Women's Committee , PEI Advisory Council on the Status of Women , PEI Interministerial Women's Secretariat, and Women's Network.)

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Recreation PEI Inc. is a not-for-profit, volunteer driven, non-government organization. It primarily is a community/facility based membership of those who have an interest in delivering and promoting recreation and physical activity opportunities and programs.

Some things we do:

- Help communities to become healthier and more physically active

- Educate program leaders and facility directors on current issues

- Promote risk management and safety measures to programs and facilities

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