

CHARLOTTETOWN ARENAS UPDATE HELMET SAFETY POLICY

Supportive Physical
Environments / Facilities
Issue 55 - December, 2016

Public Skaters in Charlottetown were made aware of an updated helmet safety policy this season. As of the opening of the 2016-17 season All Users are now required to wear a helmet while on the ice surface at all four City owned and operated skating rinks.

The update comes from a previously implemented policy stating that children 12 and under must wear a helmet. The City of Charlottetown has since seen an increase of helmet use in teens and parents trying to lead by example for younger children and have decided, in the best interest of all users, to up the policy to include all ages this season and beyond.

"Our staff felt very strongly that this was something worth updating. Previously, we had those 12 and under wear a helmet and we wanted to make sure that adults are protected while on the ice too," said Jeremy Pierce, City of Charlottetown Arena Superintendent. "We have different individuals who public skate very well who have great skating skills, and others not so much. We have been watching our users carefully and noticed that many more adults have been wearing helmets for their own safety. Our staff are now enforcing this rule and we expect all users to cooperate." Coaches, parents, and teachers are all expected to help enforce helmet rules during practices, free skates, and school skates.

Over the past few years, Pierce has had staff workers, skaters young and old, a mother and her stroller all fall while being on the ice. These close calls led them to take action so that users don't experience any serious injuries as a result of a fall. Pierce stated that just a few weeks ago, they had a lady at an Adult Skate fall inadvertently. As a precautionary measure, she was taken to the QEH Emergency Room to be checked over. She called the following day, speaking glowingly about the helmet policy. Without it, she would have experienced a serious head injury as her helmet helped alleviate the impact of the fall when her head hit the ice. Pierce is happy to say that the lady will be back skating in a few weeks.

Recreation PEI promotes helmet use for all ages at arenas across the Island and are here to assist rinks in drawing up a policy of their own. Templates for Helmet Safety Policies and Concussion Awareness information can be shared by contacting Jamie Gosbee, Recreation PEI's Active and Safe Coordinator, by emailing: projects@recreationpei.ca.

A hockey helmet is the preferred choice as it is a multi-impact helmet and designed specifically for on-ice activities and impacts. However, any CSA-approved helmet will suffice at Charlottetown arenas.

More and more municipalities in Atlantic Canada are switching to all-age helmet policies. Hockey PEI is requiring all coaches wear helmets on the ice and many facilities are extending this to their staff including the Zamboni drivers. "This new helmet policy was designed and implemented purely for the safety of those on the ice," said Pierce. "We felt like we made the right decision to upgrade our policy and we hope that other community facilities follow our lead."

HELMET POLICY IN EFFECT



ALL USERS MUST WEAR A CSA-APPROVED
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AMHERST OFFERS FREE ICE RENTAL TO YOUTH IN 2016-17

Providing no-fee ice rentals to youth programs will be another piece to the active living puzzle,” said Mayor Robert Small. “The pilot project also complements recommendations made in the town’s physical activity strategy and, on a larger scale, is a continued effort to make Amherst a healthier and more sustainable community to work, play and visit.”

The announcement was made following a special session of council held at the stadium in front of a large crowd of residents and users of the facility, including young hockey players adorned in jerseys, and tutu-wearing figure skaters.

Council voted unanimously in favour of the motion to amend the town’s ice allocation policy with the necessary changes, and to allocate \$80,000 from the town’s operating reserve to cover the loss in revenue.

The goal of the move is to transfer savings to clubs like the Cumberland County Minor Hockey Association and the Amherst Skating Club, and potentially increase their enrolment by making registration costs more affordable, according to Amherst Recreation Director Bill Schurman.

“What makes this project most exciting is the youth participants are the real winners,” he said. “The anticipated savings could range anywhere from \$75-350 depending on the participant and the program.”

Based on last year’s ice use, he projected the pilot project will save about \$40,000 for minor hockey and \$18,000 for the skating club. Minor hockey president Jason Rhinas and skating club president Will Cobbett were among those present to welcome the news.

The town is hoping to see not only increased enrolment in these organizations, but also increased use of the stadium, and an increase in events such as hockey tournaments, drawing more people to the community and creating economic benefits for local businesses.

“Think of the great economic benefit the pilot project could have in our community, bringing more people to Amherst for recreation and sport as well as their families, fans, prospective visitors and more, all potentially giving our local merchants more traffic and business,” said Small.

Although not receiving funding from the provincial government, the town will be partnering with the province in evaluating the results of the pilot project, looking at information such as hours of stadium usage compared to the previous years, the number of tournaments hosted, and more.

Once the evaluation is complete, a report card will be presented to mayor and council, which will then determine how to proceed in future years.

Story and Photo Credit: Andrew Wagstaff, TC Media
awagstaff@citizenrecord.ca, twitter: @ADNandrew



Young skaters and hockey players joined town officials and other community supporters to celebrate the announcement from the Town of Amherst that ice time at the Amherst Stadium will be offered for free to youth programs (for ages 18 and under) as a pilot project for the 2016-17 season.

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ICE ARENA PROTECTIVE NETTING

A mass installation of protective netting in ice rinks 10+years ago has naturally aged. Owners have an obligation to ensure that the netting remains serviceable through a detailed inspection and possible testing program. The netting should be inspected daily and a record kept of any issues or repairs. Front line workers should be trained to understand the risk factors and the importance of taking proactive steps to reduce danger. The netting should be inspected for: tightness and tension; wear, holes, tears or cuts; connection cables and clamps; and netting mesh hole size.

When evaluating a netting system or type of netting to purchase it is important to first determine the intended use of the netting and the type of facility that the netting is going in to. For simplicity facilities are placed into two categories: community/minor hockey arenas and spectator arenas – 2500 seats and up.

Spectator Arenas: For spectator rinks and those that host a variety of events there are a number of factors to consider: Viewing through the netting; is the net system to be permanent or retractable/removable for other events; ease of use; durability; and cost. For spectator arenas there are essentially three types of netting available (with variations in each):

1) Black or White Nylon – 2mm strand, 3-1/8” stretch mesh, knotless – 125 to 150 lb. break strength. Black Nylon is highly visible when initially looking through as a spectator – can be distracting, but the eye will eventually adjust and it will be less noticeable. Ideal for permanent or retractable system as it easy to install and use on a regular basis. Manufactured on the square vs. diamond. Easy to handle, store and hang. 125-150 lb. break strength ensures longevity. Long term durability. Reasonably priced at around - \$0.70 - \$0.80 per square foot. White Nylon – same as black nylon, but is more visible to the eye when looking through it. Will “yellow” over time and show dirt.

2) Clear Monofilament – 1mm strand, 3-1/8” stretch mesh, knotless – 90 to 95 lb break strength. Highly visible when up close to it. For large arenas where the spectators are further back it is less visible. Has a tendency to pick up light and glow. Works well in permanent applications where the netting is fixed to a support bar. Can be troublesome to handle on a retractable/removable system. The netting has a memory and tends to spring back to its’ original shape. Difficult to handle and hang in non-permanent applications. 90- 95 lb break strength allows it to stop pucks, but it is prone to getting holes. In permanent applications they will last 5-10 years. Like anything plastic over time they mesh will become brittle. Inexpensive - \$0.45 - \$0.55 per square foot.

3) Black Kevlar – 1.1mm strand, 3” stretch mesh, knotted – 200- 250 lb break strength. Less visible than black nylon due to 1.1 mm strand thickness. Initially visible to the eye but is not difficult to look through. Knots can be distracting. Works well in permanent and retractable applications. Small strand thickness makes it a small net to store. Easy to handle and hang. 200 + lb. break strength makes for a very strong durable net. Kevlar can be somewhat brittle and care should be taken when retracting and deploying it. Expensive - \$1.30 - \$1.50 per square foot.



Community / Minor Hockey Rinks: Many of the same factors that you would look at in a spectator rink apply to community rinks: is the netting system is going to be permanent; viewing through the netting; durability and cost. Essentially the same netting options are available for community rinks, but due to the high cost of Kevlar and other exotic fibers they are not typically used in a community rink.

***Reprinted with permission of the Ontario Recreation Facilities Association Inc. © 2016.
Arena Boards, Shielding and Protective Netting (BSPN) Systems: Version 2.0 November 2015.***

AUTOMATED EXTERNAL DEFIBRILLATOR (AED) GRANT PROGRAM

There is funding available to assist publically owned major recreation facilities to purchase AED accessories. The grant will cover up to \$300 of the cost of AED pads, batteries, prep kits, storage bags and/or wall cases. Applicants must be members of Recreation PEI, and in good standing with the Association. Successful applicants for the program, must submit their AED accessories sales receipt to receive the grant. The facility must have a written AED protocol concerning use, training and regular checking of equipment.

The Application Deadline is December 31, 2016. The available funding is limited and on a first come first served basis.

For more information contact Recreation PEI:
Phone: 902-892-6445 or email: info@recreationpei.ca

NOTE: All batteries for AED's have an expiry date on them and should be changed accordingly; or change the batteries if you have used the AED (regardless of the amount of shocks given). Some companies also suggest changing the batteries the same time you change the pads.



EASTERN KINGS SPORTSPLEX - A MULTI-PURPOSE FACILITY

The Eastern Kings Sportsplex is focused on providing a service to their community. Souris has spoken over the years and we have listened, within the last ten years we have added several services. The Sportsplex provides many services throughout the year such as curling, hockey and ringette on our ice surface as well as 24/7 gym access, walking track and a bowling alley.



By adding curling to our hockey ice surface we have dedicated one day a week to our curlers, this has turned into a success. Last year the Sportsplex passed on responsibilities to a new curling committee, Souris Curling Club (be sure to check them out on Facebook). By doing this we have increased the number of members and have made the annual Lobster Trap Bonspiel better than ever.

Story and Photo Credit: Shelley M. LaVie, Town of Souris, PE

HEALTHY CHOICES ADDED TO EVANGELINE CANTEEN MENU

Recently the Evangeline Recreation Center and Health PEI joined together in an initiative to try and make arena canteen choices healthier by offering smoothies on their menus.

The healthy alternatives are a hit and are coming close to outselling the 'traditional' canteen choices. "They come from all age groups. Kids from our Can-Skate program (6 years old) come to the canteen to get a smoothie instead of fries," says Susan Gallant, Canteen Manager at the Evangeline Recreation Centre.

"In addition to our ice-surface we also have a gym upstairs, so these smoothies are working out pretty good for those people," says Arena General Manager, Cedric Gallant. "It's a great fit. They pick up a smoothie on the way in or out of the gym." The multi-purpose recreation center has recently added Caesar salad to the menu too. Warm French Fries are still the top seller on the menu, as you'd expect in a cold rink, but both smoothies and salads are selling well.

Story and Photo Credit: Susan Gallant, Evengeline Recreation Centre





I LOVE TO SKATE

FREE COMMUNITY SKATES

RINK	DATE	TIME
Jacques Cartier Memorial Arena*	Monday, January 02, 2017	10:30 AM - 11:30 AM
O'Leary Community Sports Centre*	Monday, January 02, 2017	1:00 PM - 2:00 PM
Tignish Credit Union Arena*	Tuesday, January 03, 2017	10:00 AM - 11:00 AM
Tyne Valley Community Sports Centre*	Tuesday, January 03, 2017	12:30 PM - 1:30 PM
Evangeline Recreation Centre*	Tuesday, January 03, 2017	2:30 PM - 3:30 PM
Gateway Arena*	Sunday, January 08, 2017	2:00 PM - 3:30 PM
Belfast Recreation Centre	Sunday, January 08, 2017	1:00 PM - 2:30 PM
Bedeque Recreation Centre	Sunday January 15, 2017	2:00 PM - 4:00 PM
St. Peters Area Rink	Sunday, January 15, 2017	2:00 PM - 4:00 PM
Pownal Sports Centre	Saturday, January 21, 2017	3:20 PM - 4:30 PM
Georgetown Three Rivers Sportsplex*	Sunday, January 22, 2017	3:00 PM - 4:00 PM
Charlottetown Civic Centre	Sunday, January 22, 2017	1:45 PM - 2:45 PM
South Shore Actiplex	Sunday, January 29, 2017	1:00 PM - 2:00 PM
Credit Union Place Arena*	Sunday, January 29, 2017	12:45 PM - 1:45 PM
Northumberland Arena	Sunday, January 29, 2017	2:30 PM - 3:30 PM
APM Centre	Wednesday, February 01, 2017	2:50 PM - 3:50 PM
North Star Arena	Sunday, February 05, 2017	1:40 PM - 2:40 PM
Cody Banks Arena*	Sunday, February 05, 2017	3:00 PM - 4:00 PM
Cavendish Farms Wellness Centre	Sunday, February 05, 2017	2:00 PM - 3:00 PM
Pownal Sports Centre	Saturday, February 11, 2017	3:20 PM - 4:30 PM
Bell Aliant Centre	Saturday, February 11, 2017	6:15 PM - 7:15 PM
Morell Community Rink	Sunday, February 12, 2017	1:45 PM - 2:45 PM
Community Gardens Arena Complex	Sunday, February 19, 2017	1:00 PM - 2:00 PM
Simmons Sports Arena*	Sunday, February 19, 2017	1:50 PM - 2:50 PM
Eastern Kings Sportsplex	Sunday, February 19, 2017	12:30 PM - 1:30 PM
Pownal Sports Centre	Monday, February 20, 2017	1:00 PM - 2:00 PM

* FREE LOANER SKATES AND HELMETS WILL BE AVAILABLE AT SELECT RINKS. PLEASE CONSULT EACH ARENA'S HELMET POLICY.



REMINDER OF REQUIREMENT FOR A LICENSED REFRIGERATION OPERATOR

Requirement for a licensed Refrigeration Class B Operator or 4th Class Power Engineer for Arenas with 100 HP Refrigeration Plant.

As of December 26, 2015 all refrigeration plants will have their plant rating determined by total kW of all the prime movers used to drive the refrigeration machinery. Refrigeration systems containing Group 1 (A1 - Freon) are not included in determining the plant rating. When a plant has a total greater than 74.6 kW (100 hp) supervision is required by a licensed Refrigeration Operator or a Power Engineer. If the plant is a direct system, continuous supervision is required when people are inside the facility. If the plant has an indirect system (example: brine used to chill the ice pad) minimum or periodic supervision is required. Minimum supervision is for plants between 74.6 kW (100 hp) and 298 kW (400 hp), and these require a Class B Operator or 4th Class Power Engineer to visit the facility once every 24 hours when the refrigeration system is in operation. Periodic supervision is on-site attendance for eight hours per day when the refrigeration system is between 298 kW and 597 kW.

Plants with both ammonia and freon will only have the ammonia system included in determining the plant rating. Splitting the refrigeration system is no longer taken into account when determining the plant ratings.

Example: 1) If there is a refrigeration plant (rink) using ammonia, and its total prime mover rating is more than 74.6 kW, then a Class B or 4th class Power Engineer will be responsible for the operation of this plant and will visit it once every 24 hours to perform an inspection.

Example: 2) If the refrigeration plant (rink) is a freon based system then all attendance requirements are waved.

Please contact Steve Townsend, Chief Examiner Power Engineering Inspection Services, at 902-368-5567 with any questions.

ENHANCED ENERGY EFFICIENCY THROUGH I.B. STOREY INC.

The Chippawa Willoughby Memorial Arena located in Niagara Falls, Ontario is a seasonal single sheet community arena with various multi-purpose rooms in the facility to serve the community. I.B. Storey Inc. conducted an Engineering Study in 2015 and the facility is realizing a 19% reduction in energy consumption as a result of the implemented recommendations.

Upon comprehensive analysis of the existing refrigeration system, I.B. Storey Inc. identified key areas of improvement and recommendations for enhanced efficiency. The Engineering Study provided an in-depth assessment including savings estimates, cost estimates, expected equipment life and a detailed scope of work for each recommended upgrade. Following the study, refrigeration system upgrades were completed for lifecycle renewal with the additional benefits of improved energy performance and control upgrades.

The refrigeration equipment upgrades included the installations of an efficient low charge ammonia chiller, replacement of three aging compressors with two efficient compressors, full seasonal control system, and specialized floor cooling circuit for secondary floor system (brine). As a result of these implemented measures, the facility also has reduced compressor run hours, reduced maintenance requirements, and optimized temperature set-points based on ice activity according to IIHF standards.

I.B. Storey Inc. headquartered in Charlottetown, PE, provides specialty engineering services to a variety of clients across North America. With over a decade of experience serving the recreational, commercial and industrial sectors exclusively, I.B. Storey Inc. places a strong focus on assisting clients manage costs effectively and efficiently, with an emphasis on optimizing existing facilities.



RECREATION FRAMEWORK: GOAL 4 - 'SUPPORTIVE ENVIRONMENTS'

Goal 4 - Supportive Environments: Ensure the provision of supportive physical and social environments that encourage participation in recreation and help to build strong, caring communities.

Supportive physical and social environments help people explore their creativity and adopt healthy, active lifestyles by **“making the healthy choices the easy choices”**.

Some people are unaware of the benefits of recreation and how to get involved. A lack of knowledge about available options and/or fears related to safety and entering new environments may limit their decisions about the use of their time outside of work or school.

Environments for recreation encompass many settings, including homes, schools, neighborhoods, community spaces and places, rural places and the natural and built environments. Recreation has a leadership role to play in community building in all of these settings.

Creating supportive environments for recreation has many dimensions including the implementation of policies and guidelines, innovative programming, social action, education and funding. All of these mechanisms are needed to ensure access to safe and effective spaces and places that are required to deliver a comprehensive mix of high quality recreational experiences. **It also includes the creation and maintenance of built environments that enable people to actively recreate as part of their daily activity and as a form of transportation.**

Walking, biking, wheeling and skating are modes of active transportation and active recreation. Good walking environments and well-designed multipurpose trails encourage walking, cycling and wheeling and enable recreational experiences during daily commutes to work, school or other places in the community. Ideally, all parts of a well-maintained walking environment are integrated and connected to make it easy for pedestrians to move through the community to a variety of destinations.

Priorities:

- Provide recreation facilities and outdoor spaces in under-resourced communities.
- Work with partners to increase the use of existing structures/spaces for multiple purposes.
- Enable communities to renew recreational infrastructure as required and to meet the need for green spaces.
- Lead and support community efforts and planning processes for active/public transportation. Encourage development and maintenance of active transportation routes that connect people to places.
- Enhance mental and social wellbeing by creating supportive social environments where people live, learn, work and play.
- Develop and implement targeted recreation education campaigns that increase knowledge about how recreation contributes to enjoyment and quality of life.
- Develop a common understanding of community wellbeing through the development and use of standardized assessment tools that help communities assess and measure their status on community wellbeing.
- Adopt a strategic approach to community building that features alignment and collaboration with other community initiatives.

Read the full document: <http://lin.ca/resources/framework-recreation-canada-2015-pathways-wellbeing-final>



Main symptoms of carbon monoxide poisoning:



Headaches



Nausea



Breathlessness



Dizziness



Collapse



Loss of consciousness

GAS DETECTION FOR ARENA INDOOR AIR QUALITY

Arena facilities employers should strive to keep workplaces safe and minimize risk to worker health. Arenas require specific annual professional maintenance checks to be performed to ensure good air quality within. These checks include emissions testing for ice resurfacers, ice edgers, gas-powered pumps, and additional fuel-operated equipment producing carbon monoxide exhaust when operated. If facility ventilation systems are faulty or inadequate, carbon monoxide buildup may occur.

Carbon monoxide (CO), a colorless, odorless, toxic gas, can interfere with the blood's ability to carry oxygen. Workers who are exposed to CO can be overcome suddenly; CO poisoning can cause headaches, dizziness, drowsiness, coma, neurological damage, and even death (https://www.osha.gov/OshDoc/data_Hurricane_Facts/carbon_monoxide.pdf).

It is therefore imperative that carbon monoxide monitors are used and calibrated regularly, demonstrating due care and diligence in operation of a safe working environment. Small, lightweight and economical portable CO detectors, part of an overall gas detection system designed for arena monitoring, are widely available and easy to use, maintain and calibrate. Such detectors are generally rechargeable; instrument sensors may function for several years before requiring replacement.

If your arena staff uses hand-held CO monitors, these units must be calibrated regularly, preferably at the beginning and middle of your ice season, with a log kept of calibration dates. Handle units carefully and store in a clean environment; if a unit falls or is otherwise impacted, it should be calibrated immediately. After calibration, a technician should test for full functionality.

Submitted by: *MSA Safety Company*
Gary Bolt Territory Sales Manager (902)-223-7877

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RECREATION PEI IS A MEMBER OF THE CANADIAN RECREATION FACILITIES COUNCIL

VISION: The Canadian Recreation Facilities Council is the national leader for the recreation facilities profession.

MISSION: To collect and distribute recreation facilities information and share expertise among provincial/territorial members and stakeholders.

STRATEGIC PRIORITIES: Communication among P/T members, Governance and core administration, Recreation facilities are fundamental to the recreation experience, Sustainable delivery structure

CRFC STRENGTH: The strength of CRFC is our P/T members. CRFC operates as a council and meets at least once annually for the purpose of consulting, dialogue and discussing key issues of importance to the recreation facilities profession.



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

- Help communities become healthier and more active
- Educate program leaders and facility directors
- Promote risk management to programs and facilities

Community Recreation Programs should: promote participation and social interaction rather than excellence; provide social support (friendly, enjoyable, inclusive); use local facilities and promote local access; foster partnerships between local organisations – strengthening local networks and build capacity to manage projects or support skill growth.

Recreation PEI Board & Staff Members:

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Gov't Rep.:	Francois Caron

2017 MID-SEASON ICE MAINTENANCE COURSE - JANUARY 25

Build on the skills and knowledge you need to become a great arena operator: ice making & painting, resurfacing, refrigeration, risk management, and more. The Mid-Season Course will be hosted Wednesday, January 25 at Credit Union Place, Summerside from 9:00am-3:30pm. Cost is \$99.95 for Recreation PEI Members. The instructors for this workshop will be: David Loverock - Jet Ice Ltd., Everett Tucker - Saunders Equipment, Derek Hawes - DH Solutions.

REGISTER YOUR ARENA STAFF EARLY!

Contact Jamie Gosbee: projects@recreationpei.ca or 902-892-5323.



Recreation Loses a Great Champion – Barb Mullaly



On behalf of the board and staff of Recreation PEI, we would like to offer our condolences to the family and friends of Barb Mullaly who passed away on Saturday, December 10.

Barb was a great contributor to sport and recreation. She served as President of Atlantic University Sport (AUS), chaired numerous committees and sports, was Athletic Director at UPEI, and was named a Founder of UPEI in 2010. She was awarded an honorary lifetime membership in the AUS, was a long-time chair of the Canadian Interuniversity Sport (CIS) finance committee and a member of the executive committee where she was awarded the CIS Austin-Matthews Award for outstanding service to university sport in Canada. She won the Rotary Club of Charlottetown Royalty's Mentor Award that salutes mentorship and leadership on the local, regional, and national levels.

At the time of her death, Barb was past-president of Recreation PEI, a member of the go!PEI advisory committee, president of Seniors College PEI, and secretary of the UPEI Retirees' Association. She will be greatly missed for her wisdom, big picture thinking, her sense of humor and laughter. Her contributions to recreation and sport are endless and will continue to influence the sector for years to come.

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