

RECREATION FRAMEWORK IN CANADA: INCLUSION AND ACCESS

Recreation is a fundamental human need in all ages and stages of life. It is the pursuit of physical, social, intellectual, creative and spiritual experiences that enhance individual and community wellbeing.



The benefits of recreation cannot be overstated; it can enhance mental, physical and social wellbeing, help build strong families and communities, help connect people to nature, and provides economic benefits such as jobs and tourism.

Accessible and high quality recreation opportunities are integral to a well-functioning society. The recreation sector can be a collaborative leader in addressing major issues of the day. Recreation is for everyone; all people and communities deserve equitable access to recreational experiences.

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. To view the full document go to the Canadian Parks and Recreation website: www.cpra.ca.

This newsletter issue will share stories of equitable participation for all in recreational activities, featuring inclusion and accessibility from various socioeconomic backgrounds, cultures and genders on PEI.

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SENIORS MOBILITY PROGRAM EXPANDING INTO NEW LOCATIONS

After a successful launch at Beach Grove Home, the Seniors Mobility Program pilot project will expand into three new locations this fall; Kensington Community Care Home, The Mount Continuing Care Community and Geneva Villa. 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. Residents set personal goals related to walking or propelling in a wheelchair and strive toward that goal over a two week period. Tracking logs and incentives/prizes are provided. 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 or wheeled.

Another component is based around physical activity and functional mobility. It includes an Activity Cart ('go!Cart') full of fitness equipment designed specifically for the needs of the senior population and is aimed to help maintain and improve flexibility, strength, dexterity, etc. Among other things, the go!Cart includes balls, blocks, and exercise sheets with recommended equipment uses. The go!Cart is made available for family members, volunteers and staff to use which will enable visits with residents to be more active and engaging.

The staff members at Geneva Villa are excited about the potential of the project. "We're really eager to get started with the Seniors Mobility Project. Staff are fully onboard and ready to assist our residents in any way needed," says Recreation Director, Shawna Cairns (far right in photo below). "Our residents have heard the overview of the project and are eager to begin. They're happy that more physical activity programming will be coming their way. There is definitely a need for more programs like this in all manors, homes and residences across PEI."

This project has been made possible by a Wellness Grant through the Department of Health and Wellness. go!PEI is funded through the Department of Health and Wellness, managed by Recreation PEI Inc. and partners closely with a number of municipalities and regional sport and recreation councils.



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The ParticipACTION Teen Challenge Supports Inclusion and Access

The ParticipACTION Teen Challenge Program is breaking down the barriers that prevent teens from getting active. Working with community organizations we provide the support that teens need to find an activity that motivates them to get moving. Whether it's snowshoeing, yoga, zumba, skateboarding, unicycling, parkour, ultimate Frisbee™, dodge ball, floor hockey, or handball, there is something out there for everyone and ParticipACTION challenges all teens to find their passion and get moving.

Congratulations to the following PEI community organizations who received ParticipACTION Teen Challenge grant funding in the last quarter:

- West Prince Sports Organization – retreat day to support mental health
- Ellerslie 4-H Club – Active and Safe 12 week challenge
- Three Oaks High School – Inclusive Education Class goes swimming
- Charlottetown Alternative Education High School – Walking challenge with active outings
- Town of Alberton – Teens try power lifting
- Kinkora Regional High School – Special Education students try Special Olympics



ParticipACTION 150 Play List

In celebration of Canada's 150th birthday, ParticipACTION is teaming up with the Government of Canada and corporate leaders Manulife, Corus and Chevrolet, to get Canadians moving with the ParticipACTION 150 Play List.

Whether you live in a remote fishing village, First Nations' community or urban neighborhood, being physically active is part of what it means to be Canadian. The ParticipACTION 150 Play List will inspire Canadians from coast to coast to coast to get moving more by challenging them to take part in 150 unique physical activities that define us as Canadian.

ParticipACTION is asking Canadians to help choose the 150 physical activities, across sport, recreation and the activities of daily life that should make the list. Snow shoveling? Capture the Flag? Bowling? You tell us. It will be the ultimate play list created by Canadians for Canadians. Be sure to have your say.

Get involved!

In January 2017, the ParticipACTION 150 Play List will launch and every Canadian – in all communities, schools and workplaces from coast to coast to coast – will be challenged to get moving and complete as many of the 150 Play List activities as possible. ParticipACTION is



RECREATION ACTIVITIES FOR NEWCOMERS TO CANADA

The PEI Association for Newcomers to Canada (PEIANC) has several programs that can support newcomers to Canada to get active and involved in their new community! Many of the activities are also integration activities so established Islanders are also encouraged to join. The PEIANC Community Outreach Team offers physical activities such as swimming, hiking, curling, and skating.



All women on PEI, aged 16 years and older, can join the PEIANC Women's Group to participate in activities that are usually free, such as Zumba, yoga, or other exercise in a women-only space. They also welcome men 16 years and older to join the PEIANC Men's Group. This group

frequently attends the Island Storm Basketball games, thanks to the generosity of the Storm team. PEIANC offers activities designed for seniors (50 years and older of all genders) and these often welcome family support and seniors' friends as well.

The Community Outreach staff can accompany newcomers on their first time trying snowshoeing at Victoria Park—a great, free, city activity and a way to keep active in the winter. Participants spend the afternoon outside in the sparkling snow and finishing with a cup of hot chocolate! These programs provide a great introduction to getting active on PEI, while socializing in a friendly informal setting. Since established Islanders are welcome too, the goals are met for community inclusion and integration for everyone! The results are smiles, laughter and new friends! For more information, please contact info@peianc.com to join the men or women's group or to find out about other activities, or visit www.peianc.com or PEIANC's Facebook page to keep track of what recreation activities are being offered.

WESTERN REGION SPORT AND REC. COUNCIL PROGRAMMING



The Western Region Sport and Recreation Council takes pride in offering inclusive programs for people of all ages and abilities. "Our program palette includes programs for children age 3 all the way up to Seniors Programs within the Western Region – from Tignish to Miscouche", says Alison Griffin, Executive Director.

"Our programs host a large number of participants with intellectual and physical disabilities and they continue to participate in our programs because they feel welcomed and included. We work closely with Special Olympics PEI and with Parasport and Recreation PEI to ensure we are meeting the needs of every person that attends our programs."

The Western Region's volunteer leaders are very well versed in inclusion — they offer a comfortable setting for all persons in the region that are interested in living a healthy lifestyle.



SPECIAL OLYMPICS PEI LAUNCHING NEW YOUTH MULTI-SPORT PROGRAM

Over the last five years, Special Olympics PEI has offered two youth programs for Islanders with an intellectual disability aged 2-12. These youth programs, Active Start and FUNdamentals, were introduced with the goals of promoting physical literacy at a younger age, and act as a gateway to Special Olympics' core, adult sport programs. Special Olympics PEI offers youth programs in communities across the province.

It is with these younger athletes in mind that Special Olympics PEI is exploring a new Youth Multi-Sport Program. This program aims to offer youth athletes, ages 10-21, an introduction to a variety of Special Olympics sports, in a recreational, non-competitive environment. Sports being considered for the program include soccer, basketball, bocce, and athletics.



As a starting point, Special Olympics PEI is looking for youth athletes interested in participating! This recruitment is being targeted both within Special Olympics' current athlete base, and out into the community at large. A parallel goal is recruiting volunteers. Volunteers for this program can help out with one sport specifically, or throughout the length of the program.

Interested athletes and volunteers are asked to contact the Special Olympics PEI office to register. Ph: 902-368-8919 or Email: sarah@sopei.com.

PARASPORT AND RECREATION PEI - ICE BREAKERS SLEDGE HOCKEY 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, wheelchair curling, etc.

One of ParaSport and Recreation PEI's most popular programs in the PEI Ice Breakers Sledge Hockey Program. Sledge Hockey is a sport that allows participants who have a physical disability to play ice hockey. It is played by using the same rules as regular ice hockey but sledge hockey players sit on a specially designed sled that has two skate blades under the seat. Each player plays with two sticks. The sticks have a curved blade at one end and picks at the other end that are used for maneuvering the sled.

The PEI Ice Breakers Sledge Hockey Program was formed in 2009 after hosting two major international sledge hockey events in Charlottetown, the '08 & '09 World Sledge Hockey Challenges. PEI hosts a The Maritime Sledge Hockey Tournament annually in February. This season, the team is preparing to host this annual tournament to coincide with the 2016 World Sledge Hockey Challenge that will take place on December 3-10, 2016 in Charlottetown.

For more information about the Ice Breakers or Paralympic sports visit: www.parasportpei.ca.



VICTORIA PARK'S ACCESSIBLE AND INCLUSIVE PLAYGROUND OPTIONS

Victoria Park is the largest and most well-loved park in Charlottetown. The Victoria Park playground is a destination for both drop by and day users and the park include playground structures for children of all ages and abilities. The City's Parks and Recreation Department strives to ensure that there are opportunities for all children to play together and be active. Playground spaces can be a great levelling ground where all children can socialize and be together. Considering playground accessibility helps all children enjoy park play spaces.

To ensure maximum accessibility the City ensured there was an easy way to get across the grass to the accessible play structure. A slightly winding asphalt path was built through to the playground. This pathway allows parents with strollers, little kids on bikes and scooters, and children in wheelchairs to access the play structure s from the parking area. The accessible play structure, designed to look like a ship, is surrounded by a rubberized poured in place play surface coloured blue to mimic water. This spongy surface provides fall protection and allows children in wheelchairs to freely access the entire playground. The playground includes a number of ground level activities at eye level. The ramps in the playground structure provide the most user-friendly method of enjoying the entire structure. This playground is popular with all children and ensures that whoever comes to the park can have fun and be active.



CHARLOTTETOWN CITY PARKS BUS TOUR WELCOMES NEWCOMERS

As part of the Mayor's initiative to engage with Newcomers to Charlottetown, the Parks and Recreation Department hosted an Information Fair presenting their fall and winter recreation program information. A group of a hundred newcomers from all over the globe were eager to learn about what programming we had available for their children and themselves. This information session was followed by a City Parks Bus Tour where two busloads of Newcomers and park staff toured from Victoria Park to West Royalty Community Centre. The bus continued to the East Royalty and Hillsborough Community Centers, and then toured the QEH Trails to Joe Ghiz Park and back to City Hall.

Kele Redmond Project Officer, Economic Development and Culture for the City of Charlottetown said, "One hundred newcomers, some only on PEI for a few days, responded to the invitation to learn about our programs and services. The City Parks Bus Tour was a huge success visiting the key community centers and parks."



*Multi-Cultural Tour Language Team:
Nancy Lin, left (Mandarin) and Nancy McMinn (English).*

The City's Newcomer Ambassadors, a leadership team of diverse ethno-cultural backgrounds, assisted with translation and helped all Newcomers feel welcomed.

Parks and recreation facilities are very important to newcomers to Prince Edward Island. The City Parks Bus Tour welcomed people and provided an orientation to the beautiful leisure resources that are now theirs to enjoy.

EASTLINK CENTRE COGNITIVE OF PERSONS WITH DISABILITIES

The management team at Charlottetown's Eastlink Centre handle many event requests at their facility each year. Many of these requests include the ask for alternate access to platforms and stages other than stairs. The Events Supervisor will coordinate with ushers to assist/accommodate these requests whenever possible.

Lawton's Drugs built a temporary aluminum ramp for an event hosted by Queen Elizabeth Hospital's Department of Physical Medicine. Organizers made this necessary accommodation themselves for wheelchair users needing access to the stage. Eastlink Centre staff assisted by ensuring the ramp worked with the Centre's staging.



The centre is more cognitive of persons with disabilities. This is shown by the many recent changes to the facility; they have added more disabled parking spots to the main entrance and southeast entrance (ice rental / ticket holder entrance), a large number of permanent seats were removed to add room for a wheelchair viewing platform attached to the main lounge and a gender neutral wheelchair washroom was created.

In addition, many facility signs and terminology have been upgraded; signs indicating "handicapped parking" have been replaced with "disabled parking", the "walk-up window" is now known as "in-person ticket sales", and "standing room only" tickets are now being sold as "floor tickets".

For concert seating, specific chairs may be removed for wheelchair spaces if the facility is notified in advance (at time of ticket purchase). Carpets have been added in the lobby areas to prevent slips and falls and the First Aid Room now has two wheelchairs on-site at all times.

The Fire Safety Plan includes the safe evacuation of persons who are deaf or hard of hearing, blind or low vision, have low mobility limitations, and wheelchair users. The plan also includes hand signs for fire, safe, stay, help, hurt and stop as well as carry techniques. The installation of fire alarm panels with flashing lights for the hearing impaired are included the next round of facility upgrades.

SENIORS FITNESS INSTRUCTORS COURSE (SFIC)

Who Should Take SFIC?

Those wanting to learn how to design and lead effective fitness classes for older adults.



Visit the following website for more information:

www.uwo.ca/ccaa/training/courses/sfic/index.html

Training will be taking place at the Wilmont Community Centre in Summerside between 8:30am-5:00pm on November 12, 13, 26 & 27. (Must attend all days to become Certified.)

To register or for more information contact: Melanie Ramsay by phone: 902-724-3142 or by email: melanie.ramsay@city.summerside.pe.ca

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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.



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Money raised within each Chapter stays within the community and goes directly to help kids participate in sport, dance or other organized physical activities. Jumpstart funding helps families that need a financial hand with registration, equipment and/or transportation costs.

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