

ATLANTIC RECREATION & FACILITIES CONFERENCE 2016

APRIL 4th-6th in TRURO, N.S.

THINKING OUTSIDE THE BOX

The second Conference and Tradeshow is brought to you in partnership with Recreation PEI, Recreation N.B., Recreation N.L., Recreation N.S. and Recreation Facility Association of N.S. This exciting gathering of recreation and facilities staff, volunteers, and presenters will have a focus on networking, idea sharing, and development that will help better you job skills. Topics will include ways to think outside the box - options that are not the norm - and will aim to:

- share the best practices and foster collaboration,
- highlight findings and experiences from relevant research, policy and practices,
- build partnerships and strengthen networks that facilitate knowledge transfer,
- develop coordinated action plans for building the National Recreation Framework.

Full session streams have been developed for aquatics, arenas, and recreation practitioners. Presenters are lined up from across Atlantic Canada and Ontario.

OPENING KEYNOTE

John Rapp, Executive Director of the Dovercourt Recreation Association, Ontario John will share his experiences as he show you an approach to identify and establish priorities with potential partners while you find resources, projects, events, and programs you can do, and success to celebrate together. "Community Development is all of the things we do to, for and with a community to make it a healthy one. It takes will, skill and imagination to find partners that are needed."

WHO SHOULD ATTEND?

There is something for everyone! Participants will represent all facets of the recreation and facilities sector from both rural and urban centers; including facility managers and operators; recreation programmers and planners; parks, trails, sport, health and health promotion; government representatives; non-profit community organizations; volunteers; and students and educators from across Atlantic Canada.

Register on-line now at: www.arfc.ca. For more information, please contact Recreation Nova Scotia by email: info@recreationns.ca or phone: 902-425-1128

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CREATING A MULTI-USE, YEAR-ROUND FACILITY

The Town of Cornwall has encountered much success in turning their Terry Fox Sports Complex into a **multi-use, year-round facility** and they encourage other Island facility owners/operators to do the same.

The Complex houses a number of outdoor sports fields and events during the warmer months of the year, however, it's what they do in the winter months that really stands out. The facility transforms their outdoor tennis and basketball courts into two ice-rinks on which they deliver programs such as shinny hockey, learn to skate, skating under the stars and other free-skate events. They also have an extensive outdoor walking track around the perimeter of their sports fields which they convert into a groomed trail during the winter months. The trail has been expanded to over two kilometers for the 2016 season. Snowshoeing and instructor lead Learn to Ski programs will be offered. Along with all this is the toboggan/sledding hill that's open daily and an all encompassing Family Fun Day on Islander Day which draws hundreds of people to the facility for a wide variety of games and events.



"It's very important that our facilities continues to operate during the winter months. It's these new and creative ideas that we've found work best for us and we wanted to share the ideas with other facilities," says Kim Meunier, Recreation Manager for the Town of Cornwall. "We love being able to offer our programs and events on a year-round basis. If other facilities are looking for similar ideas for the winter months, these are a great place to start and are very easy to do."

PROMOTE YOUR PROPERTY AS TOBACCO FREE

The popularity of Recreation PEI's Tobacco Free Policy has reached an all time high as communities and facility owners all across PEI are realizing the benefits of becoming a Tobacco Free Property.

Recreation PEI, in partnership with the Smokers' Helpline, has created new metal signs that can be displayed on any property that adopts the policy. Along with English signs that can include a facility or community logo or name, **French signs** are now available and many have been delivered and installed in French speaking communities and at high traffic/bilingual facilities. Signs are weather proof aluminum and come with mounting hardware and an 8 foot steel pole.

For more information on signing up for the Tobacco Free Policy and getting signage please contact Recreation PEI by email: info@recreationpei.ca or phone: 902-892-6445.



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HAVE AN AED AT YOUR FACILITY - IT SAVES LIVES

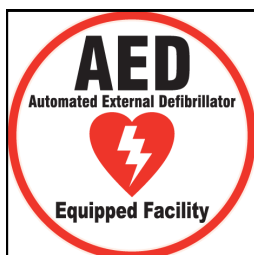
The Heart & Stroke Foundation and Public Health Agency of Canada are accepting applications from public indoor rinks and recreation centres for **free AEDs** until Jan. 15, 2016.

The goal is to make AEDs as common as fire extinguishers.

“Simply put, these devices save lives. We want more available in recreation facility across

the Island,” says Beth Grant, Executive Director of Recreation PEI. “If you believe your facility would benefit from having an AED please be sure to take advantage of this national program.”

* Use the checklist to the right to assure your AED’s proper location, staff awareness, and maintenance.



- ☐ Your AED is sanctioned by the Heart and Stroke Foundation.
- ☐ AED is appropriate for use in your facility (can be used on wet or metal surfaces).
- ☐ Any audio voice prompts are properly functioning.
- ☐ Accessories such as extra batteries, pads, prep kit are present and ready for use.
- ☐ Batteries, pads, and units have been updated as per warranty.
- ☐ Liability insurance is updated.
- ☐ Any new specification of the Heart and Stroke Foundation have been reprogrammed into your device.
- ☐ You are aware of the service and training that is available.
- ☐ AED site is accessible during all hours of operation.
- ☐ The physical location of the AED device is clearly indicated to all staff & clients.
- ☐ Literature about the AED is circulated to employees and posted on-site for users.
- ☐ The AED cabinet has large easily visible signs & symbols.
- ☐ A fail-safe plan is in place if the AED gets moved.
- ☐ Areas that present access problems have another AED.
- ☐ Staff are educated on the contents in the AED cabinet and how to use the device.
- ☐ The facility has an Emergency Action Plan that employees know and can action.

ISLAND RINKS ADOPT HELMET SAFETY POLICIES

Recreation PEI has aided 17 of the 25 arenas on PEI in adopting a Helmet Safety Policy. Each arena has received a personalized Helmet Safety Policy booklet along with material on the buzz topic: “**CONCUSSIONS**”.



Cavendish Farms Wellness Centre, Monta-

Every arena that adopts a new policy also receives free hockey helmets that can be loaned out to users and signage to put up at their facility notifying users of the policy’s guidelines. Each policy is adapted to suit the needs of the individual facility - most of the 17 arenas have chosen to target children “12 and Under” but policies can be adjusted to any age including “All Ages”. Policies and signs are also available in French.

If your arena would like to sign up for the Helmet Safety Policy, and receive free policy signage and loaner helmets, please contact:
 Jamie Gosbee, Active & Safe Coordinator
 E-mail: activesafe@recreationpei.ca
 Phone: 902-892-5323.



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RECREATION PEI PRESIDENT'S MESSAGE



GO!PEI 'LET'S WALK' - INDOOR WINTER WALKING

"It's important to stay active during the winter months and walking is one of the easiest and most accessible forms of exercise. However, as Islanders know all too well from last year, it can be a challenge to walk outdoors in the winter.

Through go!PEI, we've partnered with over fifteen facilities across PEI that will be offering **free indoor walking** usage during the winter."

Locations/Available Times can be found at: www.gopei.ca.

"I'd like to thank the facilities for helping make the Island both safer and healthier." - Andrew Avery, Recreation PEI President.

ARENAS AND AQUATICS SAFETY CHECKS

Recreation PEI would like to send a reminder that this is the perfect time-of-year for Arenas and Aquatic Centres to review safety measures with staff and to go over checklists to ensure their facilities are reaching the highest safety standards and care.

It's very important that air quality checks are a part of every Arena's safety procedures. Arenas should have Carbon Monoxide (CO) Monitors calibrated both before and midway through the ice-season and used regularly by staff members. This shows due diligence in operating a safe environment for, not only workers, but also users and spectators. Don't forget that even though CO Monitors can be recalibrated each year they may only last about 5 years before they need to be replaced.

Aquatic Facility operators are encouraged to get an updated copy of "Guidelines for Owners of Regulated Swimming Pools in Prince Edward Island". A new set of guidelines has been produced under the PEI Public Health Act - Swimming Pools and Waterslide Regulations. To receive your updated copy please contact Recreation PEI.

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