



Helping Islanders Get
Active & Stay Healthy!

www.recreationpei.ca

40 Enman Crescent
Charlottetown, PE
C1E 1E6

Phone: 902-892-6445

Fax: 902-368-4548

E-mail: info@recreationpei.ca

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.

- Helping communities become healthier and more active
- Educating program leaders and facility directors
- Promoting risk management for 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 acquisition.



Jumpstart
Giving kids a sporting chance.



Upcoming Courses and Programs in Turf Management

The 46th Annual Turf Managers' Short Course - January 26 to February 20

Don't miss this four-week course which looks at all aspects of turf and the best management practices to grow it well. Join your fellow turf professionals and learn from University of Guelph faculty and industry professionals. www.TurfManagers.ca

Maintaining Golf Courses Certificate - Courses Begin January 12

Study turf online from the comfort of your home or office. Whether for interest, professional development or to work towards a certificate, each 12 week course provides a thorough discussion of turf in relation to the golf course environment. www.GuelphHort.com

Ontario Turfgrass Symposium - Symposium Dates: February 18 and 19

Attend OTS '15 "The Evolution of Green" with sessions on topics critical to today's turfgrass practitioner. The University of Guelph, an international leader in turf sciences, will host the 24th Annual Symposium. www.turfsymposium.ca

Associate Diploma in Turfgrass Management - Reg. Deadline: January 14
Canada's premier turfgrass diploma program offered at the main University of Guelph campus blends forty-eight weeks of instruction from leading turfgrass research scientists and experienced industry professionals with a fifteen week industry internship. www.guelphTurfgrass.ca

Canadian Infrastructure Report Card Survey

The FCM Report Card survey is now with communities awaiting response. There is a section dedicated to sport and recreation. Canadian Parks and Recreation Association (CPRA) and Recreation PEI encourage a strong response rate to the survey.

Just a reminder for all relevant municipal staff to contribute their knowledge and expertise to the FCM Report Card survey. The deadline for responding to the survey is January 16, 2015.

Additional information and a printable survey at: www.canadainfrastructure.ca/en/index.html

Easy • Configurable • Cost-effective

The Professional Grade & Installer Friendly Outdoor Rink Board Systems

Kan-Rink SYSTEM

1-855-789-2840 • info@kanrink.com • www.kanrink.com

REDRAILED
SKATEBOARD STRUCTURES

The Rugged ramps
All Aluminum Skate Park Systems

contact@redrailed.com • 1-855-789-2840
www.redrailed.com



Helping Islanders Get Active and Stay Healthy

www.recreationpei.ca



Health and Wellness

Facilities - Issue 47

Winter 2014-15

Carbon Monoxide Monitoring in Arenas



An employer must keep the workplace safe and without risk to health, this includes air quality. It is imperative that Carbon Monoxide (CO) Monitors be used and calibrated regularly, to show due care and diligence in operating a safe environment in your arena.

is calibrated, the technician will test that it is fully functioning. The MSA Pulsar + Pro Single Gas Detectors have been replaced by the Altair or Altair Pro model (shown below). If your arena still has a MSA Pulsar you should have it calibrated as soon as possible.

If your arena has a hand held CO Monitor it should be calibrated at the beginning and middle of your ice season, along with any time the unit falls or gets bumped, with a log kept of the dates of calibration. When the unit



You can test and calibrate your CO monitor yourself with a canister of 'bump gas' (\$300 for a 34 liter can with a 1 year shelf life) and a regulator (\$200). With this equipment, you can check your CO monitor each time before using it.

Another option to detect CO gas is to install detectors that plug into an electric outlet that have a battery backup for power outages.

It is important to have an annual professional maintenance check, including emission tests on your ice resurfacer, edger and any other fuel operated equipment, such as gas powered pumps, to ensure good air quality in your arena.

Inside this issue:

| | |
|--------------------------------------|---|
| Carbon Monoxide Monitoring in Arenas | 1 |
| Why Your Facility Needs an A.E.D. | 2 |
| Snow Loading & Roof Failures | 2 |
| Working Alone | 3 |
| Working at Heights | 3 |
| CPRA Award of Merit | 3 |
| Upcoming Turf Management Courses | 4 |
| Report Card Survey | 4 |

Board of Directors

| | |
|------------|---------------|
| Pres: | Andrew Avery |
| Vice-Pres: | Sean Murphy |
| Past-Pres: | Kim Meunier |
| Treas: | Kevin Crozier |
| Sec: | Adam Ross |
| Directors: | Dale McIsaac |
| | Nancy McMinn |
| | Paula Sark |
| | Dean Lund |
| | Jeremy Pierce |
| Exec-Dir: | Beth Grant |
| Gov't Rep: | Neil Kinsman |

Jet Ice

ICE PAINT IN-ICE LOGOS EQUIPMENT WATER TREATMENT

www.jetice.com
1.800.585.1079 | info@jetice.com

ECO CHILL® ... ENERGY EFFICIENT ICE RINKS

With over 4,500 ice surfaces installed around the world, CIMCO can provide a range of expertise unmatched by any other company.

Call us today to learn how ECO CHILL® can provide the most energy efficient cooling and heating for your facility.

Darmouth—902-469-6642
Moncton—506-854-7787

ECO CHILL
Conserve today for the future.

Why Your Facility Needs an A.E.D.

Community arenas and recreational facilities are a great place to gather for heart-healthy physical activity and socializing. But what happens when something goes wrong there?

An AED is a safe and easy-to-use piece of equipment that helps re-set the heartbeat after a cardiac arrest. Used fast – and in conjunction with CPR – it can help keep a cardiac arrest victim alive until emergency help arrives.

The facility in your neighbourhood or community may be eligible to receive funding to install an AED and to train staff and key users in the skills of CPR/AED. It is all part of a partnership between the Government of Canada and the Heart and Stroke Foundation, intended to place this life-saving

equipment in the hands of people in large and small communities across the country.

All indoor arenas and recreational facilities (any facility that hosts 20 or more hours of indoor or outdoor physical activity programming most weeks of the year) are encouraged to apply. As well, special consideration may be given to locations such as community



centres, medical transport and fire departments.

How to apply for an AED for your community facility:

To check the eligibility of your facility or for an application form for a defibrillator for your facility, visit the Heart and Stroke website; www.heartandstroke.com and search AED in the search bar at the top of the page.

Additional questions about the Foundation's AED programs can be sent to: pad@hsf.ca

“Our goal is for every Canadian to learn CPR and to know how to use an AED in the event of a sudden cardiac arrest — and to take action.”
- Heart and Stroke Foundation.

Snow Loading & Roof Failures

Owners of workplaces and/or employers at workplaces where there is snow on the roof of buildings should have the roofs assessed by a professional engineer to determine whether:

- The snow load is significant, or there are any visible signs of distress.
- If snow is excessive, the owner or employer should implement a safe snow removal procedure.
- A snow removal operation should avoid producing any uneven or concentrated loading on the roof.
- Areas onto which snow will be dumped from a roof should be secured to prevent access.
- Also, workers on a roof must use fall-arrest or travel-restraint equipment.



Contact one of our Sport Contracting Specialists to learn about:

CENTAUR'S SPORT CONTRACTING SOLUTIONS

CENTAUR PRODUCTS INC. | **SPORT CONTRACTING**

ARTIFICIAL TURF • HARDWOOD GYMNASIUM FLOORING • SYNTHETIC SPORTS FLOORING •
ATHLETIC TRACKS • SPECTATOR SEATING • SCOREBOARD AND VIDEO DISPLAYS • MESSAGE
DISPLAYS • GYMNASIUM EQUIPMENT • RUBBER FITNESS ROOM FLOORING

WWW.CENTAURPRODUCTS.COM
1 888 430 3300

I.B. STOREY
Professional Energy Solutions

51 University Ave., Suite 302
Charlottetown, PE
(902) 367-3545
info@ibstorey.ca

Dedicated to Assisting the Recreation Sector Manage Energy
Specializing in arena facility refrigeration, heat recovery
potential, and energy management training.

www.ibstorey.ca

A worker can be considered to be working alone if there is a reasonable expectation that a call for assistance will not or cannot be responded to and the worker's absence may not be noticed for some time. Risks to workers may be higher when they are working alone. A fall, exposure to dangerous chemicals or an assault can have very different consequences if a worker is alone than if the victim has co-workers in the immediate vicinity. The best work alone practices include employee training on recognizing risks and an effective communication plan. Procedures for Safe Work must be developed that identify risks.

To identify risks, a risk assessment must be done. This will clarify the potential for an accident and the level and type of precautions necessary. Remember to consult employees when looking for solutions. Their contributions will make solutions workable.

Working at Heights

Everyday on PEI, people work at heights as part of their regular job duties. Because working at heights is dangerous business, these workers are protected by fall protection legislation.

Yet every year, too many compliance order are issued to island workplaces for fall protection violations. Serious injuries and fatalities have occurred because of a failure to follow the law.

The Workers Compensation Board (WCB) 'Zero Tolerance for Fall Protection Violations' is a strategy to prevent injury and death through an increased focus on compliance with the legislated fall protection requirements.

WCB Occupational Health & Safety (OHS) Officers will be inspecting Island workplaces for fall protection and strictly enforcing the OHS Act and Regulations. Violations may result in stop work orders, prosecution under the OHS Act or fines up to \$250,000.

Gemini
SCREEN PRINT & EMBROIDERY
your promotional solution company

20 Grant Street
P.O. Box 14
Charlottetown, PE
C1A 7K2

902-566-5644
902-566-9824
geminipei.com

www.geminipei.com

Working Alone

Risk Assessment:

1. Review your work history and determine what incidents have occurred there.
3. Consider your physical work environment and tasks being performed
4. Consider the administrative practices around your work (the way the work is managed) to reduce risk.

A Risk Assessment will:

- Look at the risks identified.
- Consider ways to eliminate risks where possible.
- Find a way to reduce risks where possible.
- Determine what written policies to develop.
- Train workers including supervisors, casual and part-time workers on tasks to avoid while alone.



C.P.R.A. Award of Merit

Recreation PEI is pleased to announce Nancy McMinn, Parks Superintendent for the City of Charlottetown Parks and Recreation Department, has received the Canadian Parks and Recreation Association Award of Merit (presented to her by President of Recreation PEI, Andrew Avery).



SAUNDERS
EQUIPMENT LTD.

57 Pepin Road
Fredericton, NB E3B 8J9
Phone (506) 458-9460
Fax (506) 458-0186
Website: www.saunders.nb.ca

ZAMBONI
AUTHORIZED DEALER
ATLANTIC CANADA