



## 2 New Rinks Adopt the Helmet Policy



Since November 1, public skaters 12 and under using the **Belfast Recreation Centre** will be required to wear a helmet before entering the ice surface. The Rinks' Board of Directors committed to the safety of those using the facility and adopted this policy to help prevent and reduce head and brain injuries.

Monica Ross, Belfast Recreation Centre Manager, believes that having a mandatory helmet wearing policy is the right thing to do for the community. "A lot of people are already on board. We hope those leading by example can help us let others know how important this is for the safety of our community's children. I don't know why anyone would knowingly allow their child to risk a head or brain injury." This policy is for children twelve and under but teens and

adults would be safer with helmet use. "The first year you introduce new changes there's always resistance", says Ross. "Our hope is that people accept the change and encourage others to follow suit. We believe this is a smart decision

Active & Safe PEI, a Recreation PEI program, helped the facility develop the policy and has donated helmets with the hope that helmet use will increase and more schools skates will be held. Jamie Gosbee, Active & Safe PEI Coordinator, says "many schools across the Island have had to limit their class skates due to a lack of helmets. Children may have to sit out a school skate because they forget their helmet or their families can't afford the purchase. Helmets in rinks will help children get off the bench and onto the ice." Active & Safe PEI has helped many community rinks develop and adopt a policy. Credit Union Arena in Tignish, North Star Arena in

North Rustico and Morell Community Rink have policies, and **Evangeline Recreation Centre** in Wellington joined the others on Jan. 1, 2014. Donated helmets from the **Canadian Tire Jumpstart Program "I Love to Skate"** help rinks transitioning in to the policy. "The goal is to get every PEI rink thinking about adopting a helmet policy for the safety of their skaters", says Gosbee. Any community rink interested in adopting a helmet policy can contact Jamie at [activesafe@recreationpei.ca](mailto:activesafe@recreationpei.ca) or calling (902) 892-5323.



Health and Wellness

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## go!PLAY Joins go!PEI

The go!PEI suite of physical activity & healthy eating programs has increased with the addition of the new after school program called go!Play. The program encourages and supports children and youth in increasing their physical activity levels during the time period immediately after school. A healthy eating component is included in each unit.

go!Play is delivered Island-wide to rural schools by the Eastern, Central and Western Region Sport & Recreation Councils. Students from kindergarten to grade 6 (to grade 8 in consolidated schools) are the recipients of the games and activities based programs to get children moving at a moderate to vigorous activity level. Six schools work with the council in each of the regions and the one-hour-long sessions last 12 weeks. The School Board's physical education curriculum was used in developing the health messages the children will be hearing and learning during the sessions.

In the 2010/11 SHAPES – PEI report, 45% of grades 5 to 12 students self-reported they were physically active for at least 60 minutes per day, the Canadian recom-

mended guideline. At the same time, 1 in 4 children indicated they spent more than 2 hours a day watching television or playing video games. "We need to continue to work with our partners to find ways to encourage children to get out and play whether it is during recess at school, in the neighbourhood in the evening or as part of a program such as go!Play", says Olivia Ford, go!PEI Provincial Coordinator.

Removing as many barriers as possible is the goal of go!Play. Like the umbrella program, go!PEI, go!Play believes all children (and adults), no matter the household income, should have the opportunity to participate in physical activity. This is why go!Play is free. To overcome other barriers, the go!Play Program is guided by the core principles of: movement based, non-competitive, inclusive, accessible, quality leadership, educative, flexible location and 12 sessions.

All the Regional Sport & Recreation Councils have programs running currently. The Eastern region programs have an average of 19 children participating in grades K-3 and 26 children in grades 4-6; the Central region has an average of 33 children in

each of their current programs with numbers rising each week; and the Western region has upwards of 35 children in each.

"Three of the 12-week programs have finished and the children at those schools have already been asking for more programs in the spring", says Ford. "It's really encouraging to see that they enjoy being active when they get the chance." Currently there are two schools in the Eastern and Central regions and three in the Western region underway. The programs gain more popularity each week and more programs will begin after the winter break.

All go!Play programs are free of charge, as are most go!PEI programs. It is funded through the Healthy Living Bilateral, a partnership with the Public Health Agency of Canada and the Province of PEI Department of Health and Wellness, and is managed by Recreation PEI.

2013-14 go!Play Schedule and contact information at 'go!Play After School Program' heading on the go!PEI website, [www.gopei.ca](http://www.gopei.ca). Children are welcome to join at any time!

## NEW go!PEI—go! 2014 Staff, Olivia Ford, Joins the Leadership Team



Recreation PEI is proud to welcome the newest member of our team, Olivia Ford as the go!PEI Program Coordinator. Olivia is a graduate of the UPEI, BBA program with emphasis in marketing and has experience in public relations and event planning. She is active in the healthy living community and was an athlete of the 2007 Winter Canada Games Ringette Team for PEI. Her first focus will be on planning the new 2014 go!PEI program, launching January 2014.

"I am thrilled to be part of the go!PEI team and look forward to working with people who have a common goal of helping Islanders commit to a healthy living lifestyle. The 2014 go!PEI programs will be a blast and I encourage all Islanders to participate in a program or activity." Contact Olivia at [gopei@recreationpei.ca](mailto:gopei@recreationpei.ca).

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## Build Powerful Partnership with the 8 Tactical T's of Teambuilding

by Tim Herd

Teams are groups of people who can generate more work than any one individual, no matter how talented or skilled. An effective team can maximize a leaders potential and minimize a leader's shortcomings while fostering accountability and focusing the drive to reach goals.


But champion teams can't build themselves! Assembling individuals into a cohesive group is the process of teambuilding. In that process members share vision, come to trust and support each other to achieve the goals. So how do we build and lead a dream team?

Type	Determine the kind of team you need for the project at hand. For a new challenge, you may need a creative team; for a long-term challenge, a committed team; for a controversial project, a firmly united team; for a moving target, look for adaptable partnership.
Targets	Target people who: support the objectives of your mission; are members of the constituency you work with or want to represent; have skills and experiences that will contribute to the solution; can influence other people.
Talents	Determine which abilities or aptitude are most needed in the team.
Traits	Pick teams members who have integrity and are motivated to make a difference. Each individual should have an interest in the overall objectives of the team, and be accountable for his or her own performance in relation to the teams performance.
Training	Select team members with the diverse knowledge and skills so your team is well rounded and prepared for the challenges to come. Those who are teachable and interested in learning will be better team workers.
Temperaments	Determine the combination of mental, physical and emotional traits needed in your members, and how each will relate to each other and the team as a whole.
Timing	Recruitment can be on going or relegated to periods as needed. It may be an opportune time when you are conducting a special campaign, training seminar, or other public events, where a more diverse audience is likely to gather.
Tout it	Ceaselessly and creatively develop and use all media resources detailing the kind of team members you are looking for. Invite prospective members to a meeting or provide convenient ways for them to contact you by email or phone.




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Helping Islanders Get  
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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.

- Helping communities be healthier and active
- Educating program and facility leaders
- Promoting risk management for programs

**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.

## Community Policies - Playground Inspection & Tobacco Free Policies

**THE PURPOSE OF A PLAYGROUND-POLICY IS TO:** provide the Town/Community with clean and safe play spaces and playground equipment, the Town/Community shall have a Playground Inspection and Maintenance Policy to ensure that all public-use playground equipment is checked, maintained, and inspected on a regular basis.

**Town Council/Recreation Committee:** adopt a Playground Inspection and Maintenance Policy; approve any future changes to the Playground Inspection and Maintenance Policy; decide the content included in the monthly playground maintenance checklist and; approve any additions, removal or maintenance to any playground equipment.

**Town/Community Maintenance Staff:** administer weekly visual checks, administer monthly playground maintenance checks, submit records of monthly playground maintenance checks to the Chief Administrative Officer; and perform any required maintenance.

**Chief Administrative Officer:** designate responsibilities as outlined in the procedures; approve any additions, removal or maintenance to any playground equipment; and maintain all records, specifications and documentation for a minimum of 20 years.  
**For more information:**  
[recreationpei.ca/resources/active and safe/](http://recreationpei.ca/resources/active%20and%20safe/)

**TOBACCO FREE RECREATION TRAINING**  
Recreation PEI hosts Tobacco-Free Recreation Facilities Training Sessions for frontline recreation facility workers (coaches, staff, volunteers, etc.) across PEI. These sessions highlight methods for ensuring your recreation facility is and stays tobacco-free, and cover topics such as: community assessment, tobacco reduction strategy, community feedback, signage, enforcement, and annual evaluation. Typically ranging from 60-90 minutes in length, presentation agendas are flexible depending on community needs.  
**For more information call Frank Morrison at 902-672-2567 to book your free presentation.**



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