RECREATION PEI
Helping Islanders Get Active and Stay Healthy
www.recreationpei.ca
Facilities Focus: Winter 2012 Issue 34

Ice Worker Head Protection

excerpt from *CRFC Bulletin January 2012*

"In Canada some sixty thousand workers get injured annually due to fall related accidents. This number represents about fifteen percent of the "time loss injuries" that were accepted by workers' compensation boards or commissions across Canada. Not mentioning a great economical loss, it amounts for a lot of pain and suffering and sometimes (much too often) even death." All these, in most of cases, do not have to happen. What is needed is: understanding how fall accidents happen, identifying the trouble areas, and eliminating or minimizing hazards of falling (Source: CCOHS). Recreation ice facilities are encouraged to review the **Personal Protective Equipment (PPE)** needs of workers who conduct any type of work on the ice surface.

The Canada Occupational Health and Safety Regulation does not speak directly for the need to wear head protection by workers in ice facilities. However, it does reference where there is a hazard of head injury in a work place, protective headwear that meets the standards set out in CSA Standard Z94.1]M1977 shall be used. CRFC member organizations have noted an increase in the use of head protection by arena staff. Some of these cases may be a direct result of incident/accident reports while others in the industry are merely gauging the trend toward safety prevention and have taken action. Slips are primarily caused by a slippery surface compounded by wearing inappropriate footwear. In addition to wearing the wrong footwear, there are specific behaviors that can lead to slips, trips, and falls. Walking too fast or running can pose a significant risk for fall injuries. Anyone can fall, but the risk of falling becomes greater with age. Other problems that can lead to slips, trips and falls are: distractions; not watching where one is going; carrying materials that obstruct view; wearing sunglasses in low light areas; failure to use handrails or the pull handle on an ice resurfacer; and improper mount/dismount procedure on the ice surface or in the storage area. Staying safe may involve learning how to fall, Wearing proper footwear, Keeping both hands free, Walking slowly, Use ice cleats, Taking small steps, Considering use of head protection, and Being aware of footing. Each workplace should assess the safety of workers performing work on or near the ice surface. This includes: Ice resurfacer drivers, Ice technicians, Assistants to facility staff, Ice scrapers, Net peggers, Timekeeping staff walking across the ice surface to and from their work stations, and Skate patrol staff. Consideration should also be given to special event staff (volunteer or other) and government officials who may be conducting facility inspections on the ice surface as part of their job.

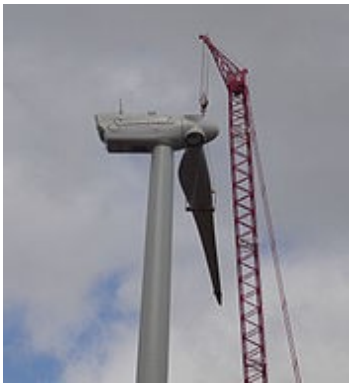
Recommendations: Establish and implement policies and practices for all recreation facility staff. Provide safety training for all new employees; Retrain all employees on a regular basis; Require that all on ice workers wear proper footwear for their job duties and work environment. Working with an edger may require wearing ice cleats; Report and thoroughly investigate any slips, trips and falls, with or without injury. Take corrective action and provide additional training to prevent a similar incident. Any piece of PPE will only work if it is worn consistently and correctly. Protective headgear must fit snugly and be properly adjusted for the person wearing it. All straps should be firmly in place at all times. The head piece should be thoroughly inspected prior to each use and stored properly when not in use.

Condensed From: Canadian Recreation Facilities Council Bulletin January 2012

Prince Edward Island CANADA
Health and Wellness

Inside this issue:

Four Island Rinks Operate New Wind Turbines This Season



Gas Tax Funds support PEI Communities

Alberton, Kensington, Crapaud and Murray River arenas are experiencing renewable energy through wind generation since September 2011. With the installation of wind turbines at these four arenas, the net metering initiative provides the rink associations with the means to take responsibility for their own power production and to lower their environmental impact. Wind energy is an intermittent resource and customers may not be using the power as it is being generated. Net metering allows them to effectively store that energy without installing a battery system. This directly affects the economics and pay-back period for the generation equipment."The federal Gas Tax Fund supports environmentally sustainable municipal infrastructure that contributes to cleaner air, cleaner water and reduced greenhouse gas emissions," said Minister Shea. "The wind turbines installed at these four community rinks will help the venues to use renewable energy which will ease the burden on the power grid, reduce greenhouse gas emissions and ultimately improve the environment."The communities will provide $70,000 for each wind turbine installation.

Wind Energy Institute of Canada | Institut de l'énergie éolienne du Canada

Tips to Reduce Your Rink's Electrical Demand Charges

A demand charge is the monthly electrical use charge that is based on the peak electrical use recorded during any 20 minute period that includes more than 20 kW. In almost all artificial ice rinks, electrical demand is high enough (more than 20 kW) that the rink must pay electrical demand charges. The demand charge will be a large portion of the bill if the customer uses a lot of power over a short period of time, and a smaller portion of the bill if the customer uses power at a more consistent rate. **Reduce your demand and save money:**

- Avoid demand charges for one month in the fall by not starting the refrigeration compressors until after the meter has been read
- Similarly, avoid one month's electrical demand charges by not running the refrigeration compressors once the meter has been read in the month of shutdown for the season
- Add power factor correction to help reduce the peak electrical demand for rinks with artificial ice
- In cold weather consider operating only one refrigeration compressor at a time. This can result in significant savings to your demand charges and overall electricity use
- Rink start-up is typically when the greatest electrical demand peak is reached. Make every effort to minimize the use of non-essential electrical equipment such as drink coolers, refrigerators, freezers, etc. during this critical start-up period
- When replacing electrical motors on the ice plant and brine pump, choose the highest efficiency (called premium efficiency) motors
- Stage big-power activities, like starting the ice plant and turning on arena lights, at least 20 minutes apart
- Install demand-limiting equipment and controls (usually within a computerized energy management system) that senses when a new demand peak is approaching and immediately warns the building operator or automatically shuts off non-critical loads
- Disconnect your ice plant meter during off-season months, if separately metered
- Shave ice as part of daily maintenance to maintain one inch ice thickness. The amount of power required to keep ice frozen increases incrementally based on its thickness

www.saskpower.com

with certain amendments by Maritime Electric

Jet Ice Doug Moore Scholarship Fund - Dedicated to the memory of Mr. Doug Moore, this Scholarship provides opportunities within the ice making forum for candidates who may not otherwise be able to afford the associated academic costs. The recipient must work full time in the field of Recreation or be attending a post secondary institution in a related discipline. They must demonstrate commitment and desire to learn and to actively participate in their ongoing professional development within the ice making community. Please submit a letter to Recreation PEI addressing the above criteria, to apply for the Doug Moore Scholarship Fund.

Cutting Edge Aquatic Fitness at Credit Union Place Summerside

The Credit Union Place offers water fitness at many levels, for swimmers and non swimmers alike. Water aerobics, also called Aqua Fitness, is a program based on individual skills. Here at Credit Union Place ages range from our youth member at age 18 and all the way up to our senior members age 75. While instructing a class we emphasize individual skill levels. Classes begin with a welcome on power posture and a 5-7 minute warm-up. We go into a 20-25 minute cardiovascular set, followed by 10 minutes of muscle conditioning and then we finish off with a proper stretch and cool down. The intensity of the workout is decided by each individual. At Credit Union Place we offer a mix of shallow and deep end combination classes.

We also provide a specialty class of suspended deep end exercises, where the participant would wear a water belt to assist with buoyancy. As if that was not enough variety, our programs are extended into specialty classes such as water jogging in deep water wearing a water belt, which is offered 4 times a week. Comments from our participants in our water jogging classes are "Wow I run on land, but I can't believe what a difference there is with the resistance in the water." "Thanks for the opportunity to train during the winter months in a safer environment." "With my knee injury I am not able to run on land, but I can train in the water with no impact, so that I can strengthen my injured knee." The best part about the aerobics classes here is that we are a family of friends, we get to work out hard, have some laughs and listen to great music.

Last, but not least our third component of water fitness is called hydro riding i.e. water spinning. This class is open to swimmers and non swimmers alike. We have 17 hydro bikes, custom designed in Europe. The Credit Union Place is the first host to offer water spinning using these specialty bikes. The class is lead by an instructor who is also on a bike submerged up to their ribcage. This is a stationary bike class. We form a semi circle or 2 lines and start with a warm up, then move onto a cardio set to climb hills, do sprints, and ladder sets; and besides that we have a lot of fun. So at Credit Union Place people can train for triathlons during the winter; training for all 3 events in the same water space. It is a phenomenal cross training program for any sport including hockey, skating, rugby, etc.. In the water you are working your cardiovascular system as well as each individual muscle group. Drop into Credit Union Place and enquire about the wide range aquatic programs.

Submitted by Barb MacNeil

Certified Pool Operations® Course, April 16 - 18 2012, Canada Games Centre Halifax

The CPO® course provides pool managers and operators with the practical and technical information they require to safely and effectively maintain their pools. For full details register on-line, go to www.rfans.com . Registration closes April 11, 2012.

Working Alone – www.wcb.pe.ca "Guide to Working Alone Regulations"

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 or capable assistants 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 and risks be identified in those procedures. A risk assessment will clarify the potential for an accident and the level and type of precautions necessary.

Do a risk assessment to determine where your risks are and what you can do to minimize them. Remember to consult employees when looking for solutions. Their contributions will make solutions workable.

Risk Assessment: 1) Review your work history. 2) Look at workplaces similar to yours 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. This is the way the work is managed to reduce risk.

Procedures: Your risk assessment information will determine what procedures you need to develop. Consider ways to eliminate the risk where possible, e.g. do the job while other workers are around. Train staff on tasks to avoid while alone. Find a way to reduce the risk where possible, e.g. lock the doors and limit access. Develop a written work procedure for each risk area. Train workers including supervisors, part time and casual workers. Check to be sure the procedure is working and is being followed.

www.recreationpei.ca

40 Enman Cres
Charlottetown, PE
C1E 1E6

Phone: 902-892-6445
Fax: 902-368-4548
E-mail: info@recreationpei.ca

Helping Islanders Get Active and Stay Healthy

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*

Log books - Recreation New Brunswick - www.recreationnb.ca

- Pool Inspection and Maintenance Logbook
- Skateboard Park and Maintenance Logbook
- Sport Field Inspection and Maintenance Logbook

Ball Field Mix— Creating the perfect playing surface

Creating the perfect playing surface for baseball infields is something every groundskeeper strives for. But what makes the perfect infield mix? What are the key components to an infield mix? If you went around and asked many of the groundskeepers that maintain infields you would probably get varying answers on what they consider to be the perfect mix. So what is the perfect mix? The answer is the mixture that works best for you.

The three main components are sand, clay and silt that makeup the infield mix. A typical mixture and one that is widely used is 60% sand, 20% clay and 20% silt. All of the material used for the infield mix should be screened through a 3/8" wire mesh and there should be no rocks in the infield mix. This mixture will perform even better if 97% passes through a number 8 sieve and 60% of the mixture passes through a number 140 sieve. However, due to the cost of having the material sieved, not all municipalities can afford to do these two sieving steps. But don't worry not all fields are required to perform at the highest level and most infields can perform quite well with the right percentages and having it screened to 3/8 of an inch.

The best thing you can do as a groundskeeper is to know your fields. Determine the hours and level of play that the field will receive and also the maintenance schedule that is in place to maintain the infield. Once this has been determined you can adjust the percentages of the infield mixture to make the mixture work best for your fields. A quality infield mix provides a safe surface with excellent footing for players and a surface that provides consistent ball bounces every game. *Submitted by Dean Worth, Park Foreman, Parks, Recreation and Leisure Department, City of Charlottetown*

Carbon Monoxide Monitors: Calibrate at the beginning and the middle of your ice season, with a log kept of the dates of calibration. Handle units carefully and store it in a clean environment; if the unit falls or gets bumped, it should be calibrated immediately.