



Helping Islanders Get  
Active & Stay Healthy!

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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 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.



## Recreation PEI Lifetime Honorary Membership Awards

At this year's Recreation PEI Annual General Meeting three recreation and physical activity professionals received Lifetime Honorary Membership Awards. Mike Connolly, Neil Kinsman and Barb Mullaly each received the award based on their long-term contributions to Recreation PEI.



Recreation PEI President, Andrew Avery, and Executive Director, Beth Grant, present the awards to Connolly, Kinsman, and Mullaly, respectively.

## go!Walk a Lot Challenge Winner

Olivia Ford (Right) of go!PEI was super excited to join Nick MacDonald at Sporting Intentions, to present Paula Andrews with a \$500 gift card as part of the go!PEI and Samuel Holland 250 PEI go!Walk a Lot Challenge. Paula explored 6 different lots across PEI and achieved the goal of walking at least three times a week for the 8-week challenge. Paula is looking forward to using the gift card towards the purchase of a new kayak. Congratulations Paula!

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## go!Outdoors — “the Biggest Risk is Keeping Kids Indoors”

Recreation PEI supports the findings in the 2015 ParticipACTION Report Card (formerly Active Healthy Kids Canada) on Physical Activity for Children and Youth. The Report Card has been issued in concert with an evidence-informed Position Statement on Active Outdoor Play and takes a stand on outdoor and risky active play.

According to the Report Card, over-supervising kids or keeping them indoors to ensure they are safe limits their opportunities for physical activity and long-term health. Despite research showing kids are more likely to be physically active when playing outdoors, safety concerns tend to lead to the opposite. While some outdoor activities are risky and could lead to injuries, the vast majority are minor, so it's time to let kids play.

Two of the lowest grades in this year's Report Card were D- for Sedentary Behaviours and D - for Overall Physical Activity. It found that children's physical activity levels were low, with only nine per cent of children meeting the Canadian Physical Activity Guideline's 60 minutes per day of moderate-to-vigorous physical activity.

The go!Outdoors Campaign, designed to promote the importance and benefits of participating in outdoor activities, highlights 30 parks, greenspaces, and trails that Islanders can visit and enjoy to connect with nature, play or relax - all for free! To help encourage the use of these spaces, go!PEI created a list of over 50 fun activities Islanders can do outdoors.

These types of activities decrease the risk of chronic health problems such as

cholesterol, blood pressure, body composition, bone density and improve mental and social health.

Rec. PEI President, Andrew Avery, promotes go!PEI's long-term approach to get kids exploring outdoor physical activities. "The recommendations in this report are long overdue, but if you look at the go!PEI programs you'll see thousands of Island children are healthier and more active. We still have a long way to go, but we are on the right path," says Avery.

Being outdoors is important for the physical and mental health of all ages. go!PEI encourages you to find ways to get your family, friends, or coworkers to participate in outdoor activities.



Health and Wellness

## PROGRAMMING Issue 49

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## Quality Summer Programs through HIGH FIVE ® Training

HIGH FIVE® is Canada's quality standard for children's recreation and sport.

Recreation PEI is the Authorized Provider for HIGH FIVE ® training on PEI. This is vital training for staff that work with children 6-12 years old. Today, HIGH FIVE holds true to the five [principles of healthy child development](#) that the research indicates are essential for quality programs: a caring adult, the opportunity to make friends, the opportunity to play, the opportunity to master skills, and the opportunity to participate.

We encourage you to learn more about the HIGH FIVE difference and why it has become the standard of excellence for children's sport and recreation programming.

When children participate in recreational play, they develop physically, emotionally, socially, and cognitively. What they learn at play provides a strong foundation that will help prepare them for future life experiences. All recreation and sport programs have a responsibility to provide activities and environments where children feel safe, welcome, competent, connected, empowered and special

Join the **HIGH FIVE Dance Party!** It's a great way to engage in some moderate to vigorous physical activity and show your passion for quality kids' programs. Film your own dance or recreate the HIGH FIVE Dance with friends, peers, colleagues and kids for a chance to win a prize! The campaign ends August 15



For further information on how to join the party visit: [www.highfive.org/highfive-dance-party](http://www.highfive.org/highfive-dance-party)

## Tips for Successful Day Camps



Your camp programs should be age specific with more options for campers as they get older. The older kids get, the more options they should have at camp. This keeps kids looking forward to the next summer and helps with the return rate.

Develop “cutting edge” specialty camps. Start with the basics (sports camps, environmental camps...) and get more creative each year. Adding new specialty camps every year gives campers something new to look forward to each time the new camp brochure comes out.

Evaluate the old specialty camps and keep the fresh ones coming. Some ideas are: Fort Building Camp, Adventure Camp, Media Arts Camp, BMX Camp, Skateboarding, Aquatics, Fishing, Carpentry, Golf, etc..

Conduct an end of the summer evaluation and use this as the basis for “Evaluation Based Improvements”. These improvements are taken directly out of the annual parent/camper evaluations and addressed by the leadership staff for the following summer. Don't let the evaluation results sit in a file somewhere put them to work to improve your camp next year.

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## ParticipAction Teen Challenge Grants Get Island Teens More Active!

### Top 5 Teen Program Ideas

#### 1. Badminton Tournament

Playing badminton is such a fun experience! It's a simple game, but can increase your speed and improve your reflexes dramatically. Players need to be attentive and powerful at all times.

#### 2. Canoeing & Kayaking

Canoeing is a great low impact activity that can improve your aerobic fitness, strength and flexibility. It can be done as a hobby, a competitive sport or as a fun activity with friends!

#### 3. Water Polo & Swimming Challenges

One of the best workouts you can get is in the water! So try water polo - a combination of soccer, basketball, hockey and rugby played in a deep pool.

#### 4. Amazing Race / Geocaching

Whatever the location, the distances involved, and the level of intensity of the participants, these scavenger hunting challenges are guaranteed to enhance teamwork and add excitement to your group activity!

#### 5. Nature Walk & Yoga in the Park

Athletes have been practicing yoga for decades, and has become a standard part of training for many professional athletes. But within the confines of a studio, yoga teachers do their best to create an ambience of soft lights and pleasant sounds, and even an aromatic experience. But striking a mood is perhaps just an attempt to evoke a natural setting—the great outdoors. Why settle for a replica of natural surroundings when you can have the real thing?

What would teens  
in your area  
like to do?



### Englewood Grade 8—Teen Challenge Grant

Paula Sark applied for a Teen Challenge grant to take Grade 8 students to the Southshore Actiplex fitness centre. They learned how to use the cardio equipment and the machines for strength training. She set up a circuit with timed stations for those that wanted a change. The teens also learned how to respect other members in a gym atmosphere.

### Pickle Ball In Cornwall—Teen Challenge Grant

Pickle ball was offered to teens in the area to get together and be involved with a new sport. Cornwall had the space to play it, and now has the equipment—thanks to ParticipAction and Coca Cola Canada! Josh Corkum says the Teen Challenge grant was a great boost to promote a new activity for teens in Cornwall.



### Teen Skates in North Rustico—Teen Challenge Grant



David Whitlock organized a set of 5 skates. These skates were held over a 3 month period, on a bi-weekly basis. They started off slow but once he advertised them and got the word out, teens started to take advantage of the opportunity to get out and get active. The skates became a great success.

David thanks ParticipAction and Coca Cola Canada for their support in his community!

