

New Artificial Turf on PEI!

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PEI Recreation and Facilities Association PRESIDENT'S REPORT

Summer 2006

President's Report

PEI Recreation and Facilities Association had another busy year maintaining our current initiatives and developing some new ones.

For the first time in a couple of years we have no vacancies on the board and are operating with a full executive. The individuals on the board have a wide range of background. This is significant because it lets us branch out into non-traditional areas.

We will try to stick to our own mandate while we branch out into other areas. This is sometimes difficult in the areas of health, wellness, recreation and sport due to the large overlap of each branch and the number of different organizations working in these areas. One of our goals will be to partner with other organizations that have similar goals as we do or have ongoing programs in an area of common interest.

One non-traditional area that we have ventured into was the Tobacco Free Sport project, which just wrapped up on March 31, see a summary of the program in this newsletter. This was a great project, very informative, and has identified some areas of concern. We have applied for phase two funding to delve deeper into these areas.

The Healthy Rink Initiative has taken off and has been successful to date. It continues to expand into new areas such as the CO monitor program, addressing spectator violence and the questions around energy efficiency in arenas. A follow up to the canteen menus has been done to see how many rinks are on board and what healthy food they are serving.

We fully support the Active Living Alliances "Active Communities" and look to assist them in any way possible to ensure the success of the program.

We have established a good working relationship with other Maritime Associations and have agreements in place for the arena operations course and other initiatives. We will be combining our resources for a Maritime Trade Show in June 2007.

The board, Executive Director, and government liaison have all worked very hard over the past year. I would like to thank them all in helping to move the Association forward.

Yours in recreation,

Mike Connolly
President - PEIRFA

Editorial Note:

The opinions and interpretations expressed in the articles published in the PEIRFA Newsletter, are those of the authors' and do not necessarily reflect the views of P.E.I. Recreation and Facilities Association.

Plan ahead to attend the first

Maritime Recreation Facilities CONFERENCE AND TRADE SHOW

Coming June 6-8, 2007 in Moncton, New Brunswick

Jointly hosted by: Recreation Facilities Nova Scotia
Recreation New Brunswick, P.E.I. Recreation and Facilities Association

The First Artificial Turf Field Opens in Charlottetown

“A process of community engagement and partnership”

Submitted by:

Frank Quinn, Program Coordinator

Charlottetown Parks and Recreation Department



The construction of the new Artificial Turf Field at the UPEI Campus was completed in late October 2005. The first “official” booking was a Holland College Soccer Tournament, and less than two weeks later UPEI hosted CIS Soccer Nationals at the field. The CIS was an excellent event that allowed University of Prince Edward Island (UPEI) and the City of Charlottetown to showcase their new facility to the country. The field remained open until mid-December.

This year the field opened on April 1st, two weeks earlier than expected and is scheduled to remain open until mid-December. Many user groups have taken advantage of the new turf field this spring and more users will be accessing the field this summer and fall. The level of use this spring was higher than expected, with the summer use to be on par with what was estimated.

To give some insight into how the artificial turf field came to be a reality, I have to explain some of the recent background relating to the multi-sport fields within Charlottetown. In late October 2004 the Charlottetown Parks and Recreation Department held a Sports Field Discussion Forum to discuss the current state of multi-use sport fields within the City of Charlottetown. The department staff invited representation from the various user groups of multi-sport fields within the City. The Department staff presented an overview on the current use and conditions of the fields. During the discussion, the current shortage of fields and consequently the overuse of sport fields were the main concern of users. One suggestion brought forward was

the possibility of building an artificial turf field within the City. In the past, the idea of an artificial turf field had been discussed, but it did not move past that.

Following the discussion forum, the Parks, Recreation and Leisure Activities Committee and the Department, staff felt that a Multi-Sport Fields Task Force needed to be established to provide an avenue for the many user groups to have input and obtain the support from the user groups. The Multi-Sport Fields Task Force was established in February and the first meeting was held in late February 2005.

In the meantime, UPEI had been looking into the possibility of building an Artificial Turf Field. The university contracted the services of Larry Eldridge (an Artificial Turf Field expert out of Montreal) to look into the possibility of building an artificial turf field at UPEI. The Multi-Sport Fields Task Force had the opportunity of having Larry Eldridge present at their first meeting, which was a good beginning of user group engagement and the beginning of a new partnership between the City of Charlottetown and UPEI.

Following the initial meeting, the members of the task force compiled information to support the construction of an artificial turf field (i.e. potential hours of use, projected budget, and recommendations on field design). This information was submitted to the Parks and Recreation Department in early March 2005. The Department collected research data on artificial turf field development in the region, and with the information collected from the Task Force the Parks and Recreation Department made a presentation to City Council in April. In principle the City Council supported the concept of an artificial turf field, and requested that a Memorandum of Understanding be drafted between the University of Prince Edward Island and the City of Charlottetown. A new partnership to build an artificial field turf was established, and the rest shall I say is history.

During the construction phase poor weather created a number of delays. Under the management of the university and with the input of City staff the field was completed in late October of 2005.

Due to the fact that the artificial turf field was built in partnership, between the City of Charlottetown and UPEI, a “joint operations committee” was struck to oversee the operations of the field. The committee consists of five members, with two representatives from the Parks and Recreation Department and three representatives from the university. There have been some growing pains, as with all new facilities, but with the continued support of UPEI and the City, the committee has been able to overcome these growing pains and make the new artificial turf field an overwhelming success to date.

For more information on the new artificial turf field at UPEI, please contact Frank Quinn at the Charlottetown Parks and Recreation Department at 629-4028 or the UPEI Athletics at 566-0715.



Cornwall

New Outdoor “Multi-Sport Complex” Development

by:

Kim Meunier,
Recreation Director for the Town of Cornwall

For the past few years the Town of Cornwall has been working on developing an outdoor multi-sport complex for our residents. At present we are very close to making this a reality. This state-of-the-art complex will be home to two fully turfed fields; which will be used for soccer, football, field hockey, etc as well as two ball diamonds, and a recreational trail system. The anticipated completion date for the turf phase is August, 2006.

The Town of Cornwall does not currently own any of the sports fields that are used by local organizations. We are very fortunate to have a good working relationship with the Eastern School District as well as private land owners to ensure that the users have access to facilities.

The total projected cost for this endeavor is over three million, \$ 1.7 million of which is being invested in phase one, the turf fields. Funding has been obtained from both the Federal and Provincial Governments through the Municipal Rural Infrastructure Fund. This has provided the Town with two thirds of the cost, with one third coming from each government body, and the remaining third to be contributed by the Town. In addition to this, the Town has purchased the required property for \$175,000.

Being the second turfed facility in Prince Edward Island; the only offering two turfed fields; will certainly help to ensure a high rate of use. Groups such as the Eliot River Ramblers Soccer Club, PEI Senior Men's Soccer League, and the Timberwolves Football Association are a few who are very excited

about calling our complex home for their 1000 plus members. Equally exciting is the potential to develop Spring and Fall leagues which have been limited by the lack of adequate playing surfaces in the past. Due to the size, quality and extended operational season of the facility, we will be able to continue to host local and provincial level events, and look forward to the opportunity to host events on the national and even international levels.

Island Trails Recreational Cycling Events

Thursday July 6th 6pm Wood Islands to Murray Harbour

Sunday July 16th 2pm Montague to Georgetown (official opening - station)

Friday July 28th 6pm Borden to Emerald (Irish Festival)

Sunday July 30th 1 pm Souris to Elmira (Strawberry Festival)

Sunday August 6th 1:30 pm Mt Stewart/Morell To St Peters (Blueberry Festival)

Thursday August 10th 6pm York to Joe Ghiz Park

Thursday August 17th 6pm Hunter River to Emerald

Thursday August 24th 6pm Summerside to Emerald

Tuesday September 5th 6pm Cardigan to Montague

Saturday September 9th 10am Tignish to Elmsdale (Western Coastal Drive)*

Saturday September 16th 10 am Elmsdale to Portage

*Saturday September 23rd 10 am Iona to Wood Islands (70 mile yard sale)**

Saturday September 30th Harmony Junction to St Peters (wind up party)

**Slower cyclists will start ½ hour early.*

All events accompanied by Trail Officer volunteers.
All 400 km of the Confederation Trail will be covered during the 2006 cycling season.

<http://www.islandtrails.ca>

For information contact:

Frank Curley 658-2801, Denis Dunne 566-5974 or
Grace Blackette at 583-2412 or gjblackette@pei.sympatico.ca
Schedule on web site www.islandtrails.ca

Playground Safety Program



Background:

Playground facilities are the most common and widely used recreation facilities that exist in our Island communities. They provide countless hours of enjoyment for our children. As owners and operators of these facilities you have a responsibility to ensure that we are providing the safest possible play environment for our children. The purpose of the playground safety program is to reduce the number of playground injuries by providing education and information to owners and operators of playgrounds in Prince Edward Island.

About the Program:

The Playground Safety Program involves a site visit by a trained consultant certified through the National Playground Safety Institute. The consultant will guide the owner / operator through an inspection process to identify any potential risks to it's users. Following the inspection, the owner/operator will receive a report detailing any recommended changes or maintenance practices that should be followed. Recommendations will be based on national playspace and equipment guidelines as outlined by the Canadian Standards Association [CSA].

Please note that this program is designed to assist and support operators to improve the level of safety in their playgrounds. While recommendations will be provided, owners/operators will continue to determine what changes shall be made to their facilities. Future upgrades shall be the responsibility of the owner/operator and not the Playground Safety Program.

This program is being offered at no charge to communities, day care operators, and other publicly operated facilities.

Sponsoring Organizations:

The Playground Safety Program is being administered through the Prince Edward Island Recreation and Facilities Association. The PEIRFA is a provincial non-profit

organization that is committed to the provision of quality recreation programs and facilities across the province. The program is sponsored/supported by the Sport and Recreation Division of the Dept. of Community and Cultural Affairs and the Healthy Child Development Strategy.

Workshop Sessions:

The PEIRFA is available to conduct presentations/ workshops to interested community groups and organizations on the issue of playground safety. Please contact our office.

How To Apply:

Please note that this program is being administered on a first come first serve basis. Our ability to complete consultations will be based on demand. It may be a period of weeks before your consultation can be completed

Contact Information:

For more information on the Playground Safety Program or to request a consultation please contact us at:

Ph [902] 892-6445

Fax[902] 368-4548

Email:peirfa@pei.aibn.com

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Prince Edward Island...
Ms. Danielle Maillet
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atlanticagencies@rogers.com

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Government collaborates with PEIRFA

Carbon Monoxide Detector Program Announced for PEI Arenas

PEIRFA discussed the public safety issue of detecting carbon monoxide in arenas with Minister Elmer McFadgen, Department of Community and Cultural Affairs. The Association promoted having carbon monoxide detectors present in all P.E.I. arenas. In response The Department of Community and Cultural Affairs offered a 50% financial subsidy program to support the purchase of the CO detectors.

Thanks to the Division of Sport and Recreation for their commitment and quick response to this public safety issue. Twenty arenas took advantage of this program to aid in ensuring the air quality in P.E.I. arenas is safe for the participants, spectators and staff. The new CO detectors will be in the arenas for the upcoming season in September.

JumpStart



Launched in February 2005, Canadian Tire JumpStart is a charitable program created by the Canadian Tire Foundation for Families (registered charity number 13792 9451 RR0002) to help kids in financial need participate in organized sports and recreation. National in scope but local in its focus, Canadian Tire JumpStart helps kids in need get active by providing funds to help offset the cost of registration fees, equipment and transportation.

Since the program was launched, Canadian Tire has helped give 12,000 kids a sporting chance and plans on helping a total of 20,000 kids by the end of 2005.

The P.E.I. Local Chapter is made up of community leaders from KidSport™ P.E.I., P.E.I. Recreation and Facilities, The Boys and Girls Clubs of Canada, YMCA and Canadian Tire Associate Dealers. These organizations help to deliver the program effectively and identify kids who would benefit from the program. The PEI Chapter disbursed \$10,000 in 2005.

Guidelines for funding:

- ages 5 to 18
- up to \$200 per child.
- it is meant to fund a physical activity that is held over a season (6 months)
- available to members of the same family in the same season.
- funding will be used for registration fees and equipment.

Eligibility for Funding: Based on financial need.

TO APPLY FOR THIS PROGRAM CONTACT THE APPROPRIATE ORGANIZATION:

For Organized Sports: KidSport™ P.E.I.

*PO Box 302, Charlottetown, PE, C1A 7K7 tel: (902) 368-4110
(Soccer, Baseball, Basketball, Competitive Swimming, Swimming Lessons, Racquet Sports, etc.)*

*For Recreational Activities: PEI Recreation and Facilities Association,
40 Enman Crescent, Charlottetown, PE, C1E1E6 tel: (902) 892-6445
(Community Recreation Department Programs, Dance, Some Gym or Walking Track Memberships, a Package of Passes to Go Swimming, Yoga, Pilates, Aquafitness, Aerobics, Bowling, Activities for those that are Physically and Intellectually Ilneged, Golf, Cycling Clubs, X-country Skiing, etc.)*

PEI Boys and Girls Clubs:

*Summerside Boys and Girls Club, 364 Notra Dame Street, Summerside, PE,
(902) 436-9403*

Registration for Summer Day Camps, sport and recreation activities

Canada Safety Council

Fire Safety in the Forest

OTTAWA - Canada's parks, forests and wilderness areas attract hikers, campers, backpackers, climbers, canoeists, ATV riders, hunters and others who seek adventure or just want to enjoy nature. "When you plan outdoor activities, it's important to think about fire safety," says Canada Safety Council president Emile Therien. "Human activity leads to two-thirds of all forest fires. A major forest fire can start with a carelessly discarded cigarette or hot embers from a campfire." Therien points out that as more homes are built near wooded areas, and people flock to enjoy Canada's parks and forests, fires remain a major problem. Lightning causes about one-third of forest fires, accounting for 85 percent of the area burned. These fires can be nature's way of regenerating the forest. Then there are controlled burns, which reduce unnecessary damage. However, unplanned, uncontrolled wildfires can needlessly destroy wilderness, property, and lives. Wildfires peak in June, July and August. Campfires and barbecues require safety precautions. Smoking poses a huge threat - never light up in or near a wooded area. Fire hazard warnings are serious business, so observe them strictly. Very dry, windy weather may force a park to close. And working smoke alarms are a must whether it's a summer cottage, a motorhome, or an all-year residence.

Campfire Safety

What could be more Canadian than roasting marshmallows, singing songs and socializing around an open fire in the evening? To make sure everyone will have happy memories, follow this simple advice from the Canada Safety Council. If there is a fire pit use it, but first make sure it is free of hazards. Otherwise, look for some bare ground.

Add lots of water and stir until cold.

To put out a campfire, thoroughly douse the fire site with water. Then stir to make absolutely sure there are no live embers and all the ashes are cold.

Clear debris such as leaves or twigs away in a three metre diameter area around the fire site, and build a circle of rocks to prevent the fire from spreading. Adults, not kids, should start campfires. Use tinder (e.g. dry needles or grass) or crumpled newspaper to ignite the fire - never gas.

Keep the fire under adult surveillance at all times: supervise children and pets; and prevent the fire from getting too big or sparks from flying into the bush.

Have a bucket of water, sand and a shovel handy.

Totally extinguish the fire before you go to sleep or when you leave the site.

Always carry a flashlight to find your way at dusk or in the dark and help others find you - one flashlight per person.

Canada Safety Council (www.safety-council.org)



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PEIRFA Partners to Provide Training Opportunities

Providing quality training opportunities continues to be a priority for the PEI Recreation and Facilities Association. In February the "Building Better Communities" Workshop was held for recreation practitioners and students, in partnership with the Holland College Sport and Leisure Program and PEI Active Living Alliance. Sessions were offered in Moving to Inclusion (MTI) Training, Effective Communication for Councils and Boards, How to Draw Marginalized Citizens into Recreation Programs, The Four Pillars of Wellness, Volunteer Recruitment and Retention, Regional Rural Recreation Delivery and "Everybody Gets to Play" Workshop.



The PEIRFA AGM

The PEIRFA 2006 Annual Workshop and General Meeting was hosted at the "new" Summerside Wellness Center in Summerside on April 27, by The Summerside Recreation Department.

The workshop offered a selection of sessions for professionals and volunteers in the field of recreation and facility management. There was a "Tour and Information Session" on the new Summerside Wellness Center. Concurrent morning sessions were on "Guidelines for Energy Efficient and Environmentally Friendly Ice Rinks", "Air Quality in Arenas", "Playground Safety", "Active Transportation" and "Active P.E.I."

The Keynote luncheon speaker was Mr. Brian McFeely presenting on the 2009 Canada Games - the history of the Games, what is involved in putting together a hosting plan and the current stage of the plan for P.E.I. to host in 2009. Francois Caron, representing the Department of Community and Cultural Affairs, Division of Sport and Recreation provided information on the "Summer Active" program. Adam Blacquiere, coordinator of the "Tobacco Free Sport and Recreation Program" presented on the project. The Annual General Meeting followed.

Health Canada Project

P.E.I. Tobacco Free Sport and Recreation Program

A grant was received from Health Canada for the "P.E.I. Tobacco Free Sport and Recreation" project. An educational toolkit was developed, including a Power Point presentation, brochure, fact sheet, two posters, display board and sport and recreation products with the tobacco free message. A survey was designed and distributed to youth to measure tobacco product use in athletes, coaches, officials and spectators. A template for tobacco free policy at recreation facilities was developed and a media kit was designed and distributed.

The presentation is available to sport and recreation groups and school classes. The age target group is age 12 -18. Please call the PEIRFA office if you are interested in receiving a CD of the presentation or you would like someone to present to your group. The presentation takes about 30 min..



EXECUTIVE SUMMARY 2006 SPORT AND RECREATION SURVEY:

PEI YOUTH IN BASKETBALL AND HOCKEY MARCH 2006

Prepared by: Brenda Bradford - Equinox Consulting Inc.

Purpose of the Report

The purpose of this report is to present results from the survey of youth in basketball and hockey. The survey was a component of the Getting the Ball Rolling Project, which aimed to reduce tobacco use among PEI youth by measuring the extent of tobacco use in sport and recreational activities and developing a comprehensive educational campaign on the harmful effects of tobacco use.

More specifically, this report presents the methodology for the youth survey, as well as the following findings from the survey:

- description of the survey participants;
- tobacco use among participants' friends and family;
- tobacco use among participants;
- respondents' reasons for using and not using tobacco;
- participation in other sport and recreational activities;
- reaction to tobacco free policies.

Research Design

The purpose of the youth survey was to collect data for the Getting the Ball Rolling Project. To this end, a questionnaire was developed and pretested, which included both closed and open-ended questions, as well as a checklist of sport and recreational activities. Project staff and the Advisory Committee reviewed the draft questionnaires and suggested improvements, which were incorporated into the final version.

A total of 264 youth participated in the survey. Responses to the survey were anonymous. Team selection was random stratified to ensure appropriate representation by gender and geographical location, as well as division in the case of the hockey teams. Of the 249 total teams in the province (199 hockey and 50 basketball), 30 teams (24 hockey and six basketball) were selected for inclusion in the survey and 17 teams (11 hockey and six basketball) participated in the survey. Although none of the selected teams refused to participate, a number of the hockey teams were not able to complete the survey within the time frame due to conflicts with game and tournament schedules.

The Coordinator for the Getting the Ball Rolling Project distributed the survey questionnaires to the selected teams and collected the completed forms. Equinox Consulting Inc. developed the questionnaire and analysed quantitative data using SPSS+PC. Qualitative data was analysed by content analysis.

The Study Participants

Of the 246 youth surveyed, slightly more than half (52%) were male and 48% were female. The mean age of respondents was 15.1 years. More than a third (36%) were in Grades 6 through 9, while 64% were in Grades 10 through 12.

Almost two-thirds (65%) of respondents played on one of the selected hockey teams, while slightly more than a third (35%) played on one of the basketball teams. Of the 17 teams surveyed, three (18%) were in West Prince, six (35%) in East Prince, seven (41%) in Queens, and one (6%) in Kings.

Tobacco Use Among Respondents' Friends and Family

More than a quarter (27%) of survey respondents had close friends who use tobacco products. The most popular product among respondents' friends was cigars (20% of respondents), followed by cigarettes (17%) and smokeless tobacco (14%).

More than a third (34%) of the respondents lived in a household with tobacco users, and more than a quarter (27%) of respondents' parents were tobacco users. The most popular tobacco product among parents was cigarettes (26% of respondents), followed by cigars (5%) and smokeless tobacco (1%).

Tobacco Use Among Survey Respondents

Of the 246 youth surveyed, 33 (13%) said they had tried at least one tobacco product: cigarettes (9% of respondents); cigars (10%); and smokeless tobacco (6%). The average age for experimenting with cigarettes was 12.8 years; cigars, 14.3 years; and smokeless tobacco, 12.2 years. Survey respondents were significantly more likely to have experimented with tobacco products if their friends, parents, and others in the household used tobacco products.

Thirteen (5%) of the respondents reported using one or more tobacco products during the past month. Seven respondents (3%) smoked cigarettes; seven (3%) smoked cigars (3%); and seven (3%) used smokeless tobacco. Respondents were significantly more likely to use tobacco if they were male, played hockey, and had close friends, parents and others in their household who used tobacco products. The mean age of cigarette smokers was 15.9 years; cigar smokers, 17.2 years; and smokeless tobacco users, 15.2 years.

Of the 13 youth who were current users of tobacco products, eight (62%) said they buy the products themselves in a store; seven (54%) get them from friends; five (39%) get someone to buy for them; and five (39%) steal or take them without permission. It should be noted that seven of the eight respondents who buy tobacco products in a store were under 18 years of age.

More than three-quarters (77%) of the 13 current tobacco users said they had tried to quit during the past year: all of the cigarette smokers; almost three-quarters (71%) of cigar smokers; and slightly more than half (57%) of smokeless tobacco users. More than two-thirds (69%) of current tobacco users said they now wanted to quit: 86% of cigarette smokers; 43% of cigar smokers; and 29% of smokeless tobacco users.

Respondents' Reasons For Using and Not Using Tobacco

The most popular reasons for using tobacco products among survey respondents included peer pressure, curiosity and boredom. The most popular reasons for not using tobacco products included health concerns, disgust, and that they were detrimental to athletic performance, smelly and expensive.

Participation in Sport and Recreation

The most popular sport and recreational activities among survey respondents (i.e., hockey and basketball players) included hockey (67% of respondents); basketball (56%); soccer (43%); badminton (35%); volleyball (30%); golf (26%); downhill skiing or snow boarding (25%); baseball (21%); and softball (20%). Most (90%) of the survey respondents participated in more than one sport and recreational activity. On average, survey respondents participated in 4.9 sports and recreational activities (range=1-22). Younger respondents tended to participate in more activities than older respondents.

Experimentation with tobacco products was fairly consistent among participants of the nine most popular activities, with the exception of golf. Experimentation rates ranged from 11% for soccer, badminton and volleyball to 14% for hockey, with golf highest at 18% of participants.

Current rates of tobacco product use among participants of the nine most popular activities varied from a low of 1% for volleyball to a high of 7% for hockey, with golf at 5%. Hockey players were more likely to use tobacco products than non-hockey players; while basketball players were less likely to use tobacco products than non-basketball players.

Reaction to Tobacco Free Policies

Half (50%) of the respondents said their basketball or hockey team had a tobacco free policy and fully 81% agreed that their team should have a tobacco free policy. Basketball players were more likely to support a tobacco free policy than non-basketball players. On the other hand, hockey players, male respondents, those who experimented with and used tobacco, and those whose close friends used tobacco products were less likely to support such a policy. da Games - the history of the Games, what is involved in putting together a hosting plan and the current stage of the plan for P.E.I. to host in 2009. Francois Caron, representing the Department of Community and Cultural Affairs, Division of Sport and Recreation provided information on the "Summer Active" program. Adam Blacquiére, coordinator of the "Tobacco Free Sport and Recreation Program" presented on the project. The Annual General Meeting followed.



Summerside Wellness Centre opened

by Brian Hawrlyak



The Phase 1 of the Summerside Wellness Centre opened to the public on Monday, April 10 with rave reviews. The facility includes a 6 lane, 25 meter competition pool and leisure pool, complete with a water slide, spa bench, wheelchair ramp and water mushroom. It also includes, a steam room, dry sauna, hot tub, spectator viewing area, family change room, complete fitness centre with squash courts and meeting rooms that can accommodate birthday parties of 8 or conventions for several hundred.

The Summerside Wellness Centre is open seven days a week, Monday to Friday, 6am to 10pm, Saturday 7am - 9pm and Sunday 9am - 9pm. Aquatic programs are offered for all ages and abilities. Kids can enjoy splashing around the leisure pool or can register for the Red Cross Swim Kids and aqua tots programs. Adults can enjoy the aquafit program, aqua jogging, or aqua kick boxing, all excellent aerobic water activities. Lap swims are offered in the early morning, late morning/mid-afternoon and in the evening. For seniors, Water Works is a light low impact fitness class that involves stretching and a range of exercises that helps with mobility, senior swims are also held a couple of times throughout the week.

A couple of highlights for the facility and the competition pool include a swim meet that was hosted by the Summerside Masters Swim Club on April 22 that welcomed competitors from all across the Maritimes. The Summerside Dolphins Swim Club will be looking forward to using the electronic timing system as the team hosts the annual Garden of the Gulf in early June.

The official opening of the aquatic facility, fitness centre and convention centre was held on May 5 by the Honourable Peter MacKay, Minister of Foreign Affairs and

Minister of the Atlantic Canada Opportunities Agency, the Honourable Elmer MacFadyen, Minister of Community and Cultural Affairs, MP for Egmont, Joe McGuire, Mayor Basil Stewart and Summerside City Councillors and several area MLAs.

Thousands of people have come through the doors since the opening and it has certainly become the focal point of the community. With the scheduled opening of Phase 2, which includes two ice surfaces and bowling lanes in 2007, Summerside can be very proud of having some of the finest recreation facilities around.

2006 Budget Announcement Children's Fitness Tax Credit

Budget 2006 proposes to allow parents to claim a non-refundable tax credit in respect of up to \$500 in eligible fees for the enrollment of a child under the age of sixteen years in an eligible program of physical activity. The measure will apply to the 2007 and subsequent taxation years. The credit will be calculated by reference to the lowest personal income tax rate for the taxation year and can be claimed by either parent for eligible fees incurred during the calendar year.

To be eligible for the credit, fees must be paid in respect of eligible expenses in an eligible program of physical activity. Eligible expenses will include those for the operation and administration of the program, instruction, renting facilities, equipment used in common (e.g. team jerseys provided for the season), referees and judges, and incidental supplies (e.g., trophies). Expenses that will not be eligible include the purchase or rental of equipment for exclusive personal use, travel, meals and accommodation.

The government will establish a small group of experts in health and physical fitness to advise it on the definition of an "eligible program of physical activity" for the purposes of the credit. These consultations will consider among other things whether the activity should include an element of instruction or supervision, and the adaptation of the definition of an eligible program for children with disabilities.

For the purposes of the consultation, a working definition of an eligible program of physical activity is as follows: an ongoing program suitable for children in which substantially all of the activities undertaken include a significant amount of physical activity that contributes to one or more of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and balance.

Claims for the children's fitness tax credit will need to be supported by a tax receipt that contains information sufficient for the Canada Revenue Agency to monitor compliance. Similarly, organizations will be required to keep relevant books and records.

To ensure that the same expenses are not claimed under both the children's fitness tax credit and the child care expense deduction, an individual will not be allowed to make a claim for a children's fitness tax credit in respect of amounts for which any person has made a claim under the child care expense deduction.

Here is the link to the full budget document:

<http://www.fin.gc.ca/budget06/bp/bptoce.htm> <http://www.fin.gc.ca/budget06/bp/bptoce.htm> <http://www.fin.gc.ca/budget06/bp/bptoce.htm>

Golf PEI looks in new directions for 2006

After two decades of investment and hard work, the golf industry and “product” in PEI has matured considerably. Golf is now one of the cornerstones of the province’s tourism marketing efforts, and justifiably so, as many of today’s visitors to PEI come here with the ambition of being able to return home and say “I’ve played PEI”. Such is the world class reputation that the local golf industry enjoys.

With this maturity and capability comes the opportunity to look beyond traditional horizons and take on new market challenges to help the industry continue to grow and prosper. And that is exactly what Golf PEI is doing as part of its 2006 marketing program.



“Go west, young man” goes the old saying. With good reason. As Golf PEI Executive Director Gary Ready says, “When almost 10% of the people playing our courses over the summer months indicate they come from western Canada, we wondered how many more would come if we made some serious efforts to promote our game.”

For the 2006 season, Golf PEI added Calgary to its list of Trade Shows in which to participate. Ready says the response has been excellent. “As well as the Trade Show appearance, we also managed to get some local newspaper and radio coverage and met with some key people in Calgary’s corporate world. Everyone we spoke with is very interested in Prince Edward Island and our golf product. In fact, it really hit home with us just how easy it is for us in PEI to just take what we have here in stride without giving it a second thought. But when you talk with people from places like Calgary, it reminds you just how good we have it here in PEI and why it is so many people want to visit us here.”

Still in the west, but rather closer, Hamilton was also added to the Trade Show circuit that Golf PEI representatives work on each year. “With Ontario still being PEI’s largest single source of PEI visitors, it’s important to maximize our promotional coverage in the area,” says Ready, “especially with the improved air access we now enjoy from the region.”

New directions in building markets are also in evidence closer to home. Golf PEI is one of the partners, along with the PEI Government, of the Legends of Golf event taking place at Dundarave on June 19 and 20. “This is a made for TV event that will be viewed by golf enthusiasts across North America and internationally. The program will showcase PEI golf in a way that’s never been done here before.” Ready adds, “think of it – if PEI already enjoys a world class reputation now, just imagine how keen people will be to play here after they see what we can offer!” Another area where Golf PEI is hoping to make fresh inroads is in Quebec. “Our level of promotional activity in Quebec is being increased because we know PEI is a popular destination for Quebec people and there’s no doubt that golf makes the province even more attractive for them”, says Ready.

And there are still more opportunities on the horizon, according to Ready. Golf PEI has already had preliminary discussions with travel industry representatives in the United Kingdom and in the United States. In both cases, the industry professionals are excited about what Golf PEI and its member course are able to offer to these markets.

“When your members have stayed as focused as our members on building quality courses and offering a high standard of play and service, it’s rewarding to see the reception we get wherever we present ourselves,” says Ready. “There’s no doubt that if we continue to show the world what we have to offer, more and more of the world will be beating a path to our door.”



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Arena Inspection & Maintenance Logbook

Developed to ensure accurate record keeping for arena facilities, this logbook includes sections on arena start-up and ice installation, daily, weekly and monthly checklists, general maintenance and equipment inventory. Also available in French.

PRICE: \$65 (members); \$75 (non-members)

Pool Inspection & Maintenance Logbook

Developed to allow accurate record keeping for aquatic facilities. It allows for daily equipment and chemical testing record keeping for one full year. Also available in French.

PRICE: \$65 (members); \$75 (non-members)

Skateboard Park Logbook

Developed to ensure accurate record keeping for supervised skate park facilities, this logbook allows for weekly inspections and includes accident report forms as well as general supervisory information.

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Sport Field Logbook

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User's Should Be Involved in Facility Planning and Design

written by **Cory Thomas**

A flaw that can occur in facility design is the lack of citizen and user input into the design of recreational facilities. I have witnessed, researched, and discussed with professionals the construction of facilities, such as aquatic and arena complexes, where the users had little input thus the end result being many design flaws. Design should not be left to the sole responsibility of the architects and municipal administrators. They are not recreation, sport, and fitness experts. Programmers and facility managers are the ones who know how to make a facility work best and their input should be valued.

The first phase in facility planning and design is appointing the planning committee – Who will represent the owner in the planning process? This committee should consist of at least 4 people: One who can advise on legal matters, financial matters, engineering matters, and programming matters.

Programming advisor is most important- She/he must provide the kind of in-put that will allow the facility, when completed, to meet the needs and aspirations of the owner as well as a wide variety of users.

This is where the development of a user's advisory committee is necessary.

Programming advisor should chair these advisory sessions. This position requires dynamic leadership and a high degree of diplomacy. This person must work with the users to ensure the facility meets their needs and, for example if you design a swimming pool, user groups should be involved in the design so that no programming options would be overlooked. In the case of an arena, meet with minor hockey to ensure dressing rooms are of a size to host national tournaments, etc.

Questions posed to the advisory committee

- What would you like to see included in the proposed new or renovated facility based on your group's priorities?
- How much use might your group want to make of the facility if your requests were included?
- What kind of commitment, in terms of dollars and /or manpower, might your group make insofar as raising the required construction and equipment dollars is concerned?

Having asked for in-put from potential users, it is essential for them to be extended the courtesy of being informed of the owner's decision. An indication should be made why items were included or excluded. After a call for reactions, it should be indicated that further changes may have to be considered when an initial costing of the project is made. When taxpayers and users have a stake in the construction of a facility, their input should be sought after and valued. It just makes sense.

Cory Thomas is an instructor in the Sport and Leisure Management program at Holland College. He is also a Master of Arts candidate in Organizational Development and Leadership in Public Administration and Community Development.

References: John Meagher. The Complete Planning Process (1998): A Step by Step Guide to the Planning of New and Renovated Facilities for Sport and Recreation



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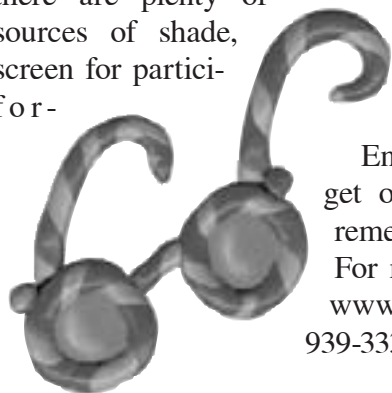
before the age of 18. However, skin cancer is one of the most preventable types of cancer.

The Canadian Cancer Society encourages Islanders to get outside and be active all year round, while taking a few simple steps to protect themselves against the sun's damaging UV rays. Preventative measures include applying sunscreen with an SPF of at least 15 every time they go outside, wearing a wide-brimmed hat, seeking shade during the sun's peak hours of 11 a.m.-4 p.m., especially when the UV index is 3 or more, and wearing clothing that covers the arms and legs when possible. These simple steps go a long way in preventing the occurrence of skin cancer.



"Research tells us that 90 per cent of skin cancers can be prevented," explains Holly Smith, Director of Programs, Canadian Cancer Society, Prince Edward Island Division. "A little sun goes a long way. Families can adopt sun safety practices that keep both children and parents safe and active in the sun."

In addition, organizations planning summer events can also help provide sun-safe areas during outdoor activities by making sure there is adequate shade, whether it be setting up a tent or gazebo, choosing a park where there are plenty of trees or other natural sources of shade, and providing sunscreen for participants who may have gotten their own.



Enjoy your summer, get out and have fun, and remember—Be Sun Smart! For more information, visit www.cancer.ca or call 1 888 939-3333.

PEI ARENA "BETTER PRACTICES"

For anyone that has to deal with a leaky roof over the ice surface or a building that might have humidity issues when making ice in the fall we have found that the best practice to protect the ice surface is to lay out 1mm plastic sheets where the leaks land on the ice surface to protect it, especially overnight. The plastic will allow the water to freeze on top of it and makes the lumps or puddles of frozen water easy to dispose of. The plastic will not stick to the ice surface, the frozen water from the leak won't stick to the plastic and the plastic is easily stored. This is especially good if banners or flags over the ice surface drip coloured water onto the ice if the facility is too damp in the fall or spring. It is also a good way to ensure any logos, lines etc are protected. It is also much easier than chopping off lumps collected on the ice overnight from a leak or a humid building. The plastic can be bought in different widths at almost any length at most hardware stores.

By: JAMIE COTTINGHAM

Arenas Superintendent, City of Charlottetown, Parks and Recreation Department

DOUG MOORE SCHOLARSHIP FUND PEI RECIPIENTS

The International Icemakers Society in conjunction with Jet Ice Limited, offers an annual Scholarship Fund dedicated to the memory of Mr. Doug Moore. Doug, the founder of Jet Ice Limited, was the Chief Engineer at Maple Leaf Gardens in Toronto for 30 years. This Fund is based on his belief that any individual can achieve their goals with a little nudge of confidence and encouragement along the way.

This Scholarship is dedicated to providing opportunities within the ice making forum for those candidates who are in true need. They must demonstrate commitment and desire to learn and to actively participate in their ongoing professional development within the ice making community. The courses should represent leading edge, industry-related learning opportunities that prepare practitioners for the ever changing world of professional ice making.

P.E.I. Recreation and Facilities Association is pleased to announce the PEI recipients of the Doug Moore Scholarship for 2006. They are Paul O'Connor from Jacques Cartier Arena in Alberton and Chris Aylward from Morell Community Rink in Morell. They will both be attending the Maritime Arena Operations Institute in Antigonish, Nova Scotia in June. Congratulations to Paul and Chris!

Community Development Approach Essential in Recreation Facility and Program Development.

One definition of community development, taken from a Government of Canada Heritage document states, "Community Development is aimed primarily at getting the most out of an underutilized local enterprise by making more productive use of the existing labor force and providing more opportunities in slow growth sectors in both urban and rural areas." (Canadian Heritage, 1996) In terms of recreation delivery within a municipality, it involves, in essence, helping people help themselves to fill the voids in community recreational and social needs.

True community development takes place only when local community people are committed to investing themselves and their resources in a group effort. Communities are never built from the top down, but from the outside in. Community development must start from within the community.

Community development can arise from two major sources: intervention or advocacy. Intervention occurs when the initiative for changes comes from outside the community and the decision making is based on top-down consultation and communication. In this case, the intervener sees the community as having a problem and thus sees the need for the community to change its values and modify its actions. Advocacy occurs when the initiatives for change come about from the community and decision making is based on a bottom up approach to consultation and communication. The advocacy group sees government or other bodies as posing a problem, thus the solution being to persuade those outside bodies to change their values and modify their actions. (Public Consulting Group, 1991)

When applying the process of community development, an important approach is to focus on strengths rather than weaknesses, and on assets rather than needs. If community development practitioners focus on negative aspects of a community then communities will underestimate their resources and the power that they have to change their community. The negative focus on problems, and deficiencies will break down the community's own problem solving capacity leaving the community with the impression that only an outside expert can help. (Kretzmann et al, 1993)

Community development is cooperative and must be characterized by interaction among all stakeholders. All decisions on planning, setting of objectives, implementation, and evaluation have to be made by all participants involved. (Heritage Canada, 1996)

The process of community development can involve the following four principles: planning, process, partnerships, and projects.

P l a n n i n g :
Planning is aimed at trying to achieve designated goals and objectives

linked to the vision of the community. An example would be setting a vision of what the group would like to see their community look like in ten years and the steps needed in order to get there. Planning is future oriented, not simply concerned with solving problems of today. In the planning process, it is important that people do not become preoccupied with the plan hoping that it will solve all their problems. People need to guide the future not the plan. The plan is a tool to assist in that process. (Bryant, 1991)

Process: Process is an ongoing initiative of planning and implementation of participation. Participation of a broad cross-section of interests in a community that is important in order to set a vision, the goals and objectives of the community development initiative, as well as being involved in selecting strategies, monitoring results and even taking part in the implementation of strategies. Participation is one of the ways community ownership of the community development initiative can arise, leading to more commitment and willingness to commit community and individual resources to implementing the chosen strategies. (Bryant, 1991)

Partnerships: Partnerships are an important feature of community development. This is especially true when setting a vision for the community. Attempts are made to involve many sectors of the community in this process and in the implementation. When an initial list of prioritized objectives has been established, it is usually discovered that the core planning group does not contain all the resources necessary. It may be possible to develop partnerships with outside groups and agencies that have a shared interest in what is being done. It may be possible to share resources and to take part of the responsibility for the initiative. (Bryant, 1991)

Projects: Projects usually need to occur in order to obtain the shared vision of the group involved in community development. The important point regarding projects is that they are part of a plan and therefore have been prioritized regarding their relative importance in achieving the community's objective. (Bryant, 1991)

What is unsettling many times by some municipalities within the Province of Prince Edward Island is the significant development of recreation facilities and plans do not involve the people they are meant to serve. For example, if a municipality were to develop a large arena and aquatic complex, the logical step would be to involve the residents and the user groups in the planning and design of the complex. These advisory groups for programming would involve local sport groups, seniors and youth groups who would be frequent users of recreational complexes. Architects, elected officials and senior governmental administrators many times would overlook key issues when designing complexes that user advisory groups may be able to contribute to in a positive fashion. Municipal leaders and staff need to develop a community development approach to designing and planning recreation programs and facilities because ultimately programs and facilities are meant to serve the users; who else who know better what works and what doesn't than the users.

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Written by Cory Thomas

Cory is an instructor at Holland College in the Sport and Leisure Management Program. He is currently a Master of Arts candidate with a specialty in organizational development and leadership within public administration and community development.



PEI Active

The PEI Active Movement is a new four year initiative of the PEI Active Living Alliance designed to address their: to encourage and enable Prince Edward Islanders to be physically active. This movement is intended to encourage Communities, Schools and Workplaces to place a particular emphasis on providing its citizens, students and employees with opportunities to be physically active. PEI Active is made up of three components: PEI Active Communities, PEI Active Schools and PEI Active Workplaces. While each component is part of the larger movement, each will be launched and carried out separately. All programs and initiatives of the PEI Active Living Alliance will be carried out under the umbrella of PEI Active.

The PEI Active Living Alliance is proud to announce that it will be offering training to all recreation and sport staff across PEI this summer. This leadership training will provide staff with an opportunity to increase their knowledge of physical activity as well as learn some hands on approaches on how to safely include physical activity in their programs. Concurrently with this leadership training we will be providing Moving To Inclusion (MTI) training. The MTI training will provide practical strategies and information on the inclusion of persons with disabilities. This “train the trainer” program was developed by the Active Living Alliance for Canadians with a Disability for community recreation professionals to include individuals with disabilities into their programs. This training would be beneficial to all recreation staff as it would provide them with the skills needed to modify their programs to meet the needs of ALL participants, whether or not they initially plan to include persons with disabilities. Once communities have received the MTI training, two therapeutic recreation specialists will be available to provide ongoing support to communities that are practising inclusion in their programs.

The PEI Active Living Alliance is also piloting a new version of the PEI Stepping Out program this summer. The program is community based and is focused at increasing the physical activity levels in children through the use of pedometers. The new program will include a new two

function pedometer, silicone bracelet, and leader's kit. The two function pedometer not only counts the steps the children take but also clocks their physical activity in minutes, which makes it easier for the children to track their time. This leader's kit offers new opportunities to encourage the children to become physically active, and it includes the pedometer power book, a walking activities book, a Steps Count circuit challenge, and a Steps to Success leader's guide with activity sheets. The silicone bracelet is orange and says “I Count”, which has multiple meanings, and should be very popular with children. Our goal is to pilot this program in a variety of communities throughout the summer and it would be a great addition to any day camp or community recreation program.

If you would like any further information about the Leadership/MTI Training or the Stepping Out program please contact the Alliance at: info@peiactiveliving.com or 1-866-569-7688 (toll free).

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Newmarket.....”Every four years, Canada's curling leaders compete for the right to represent their country, most recently, at the 2006 Winter Olympics in Torino, Italy. Only two of Canada's best Men's & Women's teams qualify. The Olympic Curling Trials were held in Halifax in December 2005, and Jet Ice was there” says Vice President Dave Loverock.

The 2005 Tim Horton's Roar of the Rings, the pinnacle Canadian curling event for fans of the sport featured the current Canadian and World Women's Champions as well as the reigning Canadian Men's champions.

Master ice maker, Rod Lewis of the Jet Ice Regina office, was there to make sure the ice was consistent from end to end and the painted curling rink met the high standards for television broadcasting. Only Jet Ice premium ice paints were used for the event.

Jet Ice, who has been a long time supporter of the curling industry, lends their expertise to these high profile events to make sure the job is done to a level of excellence. They have been asked to participate in every Tim Horton's curling event for the last 10 years. “The curlers and sponsors appreciate the high quality of our products” says Rod Lewis.

Jet Ice and are there to support Canada's bid to participate in the apex of all international sporting competitions. Jet Ice was also the official supplier of ice paints at the 2006 Winter Olympics in Torino for short track, luge, curling, hockey and figure skating.

Jet Ice has been “bringing ice to life” for 25 years. Founded by the late Mr. Doug Moore, Maple Leaf Garden's Chief Engineer, Jet Ice is the #1 choice of Professional Ice Makers. With over 4,000 customers world wide, their high quality ice paint and water treatment systems are used on surfaces ranging from local community rinks to world class facilities staging Olympic Games, National Curling Championships and the National Hockey League. Jet Ice has offices in Newmarket, Ontario and Regina, Saskatchewan. www.jetice.com



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Arena Ice Dumpings

Did you know that run off from your ice dumpings should never enter or have access to the storm drains, creeks or water ways in your community. The snow should be directed to the sanitary sewer system where the water is treated before entering the environment again. Any contaminants in the ice, such as paint chippings, could end up in your water system. At the end of the season the ice should be properly disposed of and not left to melt in parking lot or area where it could enter a storm drain or water system.

article reprinted from RFANS "Facility Focus" - winter 2006

"Benefits of Recreation" POSTER SERIES available

An excellent poster series featuring the benefits of recreation has been developed in partnership with the Department of Community and Cultural Affairs, Division of Sport and Recreation.

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4. "Recreation builds strong families and healthy communities" - hockey and curling images

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Provincial Week of The Coach

October 16- 22, 2006

The Coaches Association of Prince Edward Island is launching a new provincial initiative "Week of The Coach" October 16-22, 2006 and is looking for partners. The event is being staged to emphasize the important contribution coaching plays in our communities and our province, the value of coaching education and the role coaches play in the developing athlete .

The art of coaching is undervalued by many. Coaches not only teach their sport's technical and tactical skills, but work with their athletes on preparing physically to participate at the level the athlete aspires to. Coaches serve as mentors and play many more roles including instilling life skills with the athletes they are entrusted.

The Coaches Association in coordinating the Week of The Coach is encouraging and seeking interested partners to take part by planning an activity, or an event. The event could be a coaches breakfast, a recognition of a coach(s) during a tournament , game. The community may host an NCCP coaching clinic, place an article in their community newsletter thanking coaches, hold a coach recruitment drive, business signage "thanking our coaches", etc . The way to be part of the week is varied and really depends on the creativity of the community , or local organization . Bottom line is all communities can be a partner in the week and it takes very little effort to become involved.

Once your event has been finalized please send the name of your organization , contact person information , and a brief outline of what you plan , date it will take place and send to Coaches Association of PEI. Information can be e-mailed twlawlor@gov.pe.ca, or ccrozier@sportpei.pe.ca , fax 902-368-4548 , or mailed to Coaches Association of PO Box 302 Ch'town C1A 7K7 . Your event / activity will become part a Provincial Calendar of Events the committee hopes to circulate to the media and other interested parties.

Charity Sheehan president of the Coaches Association welcomes all organizations to become involved, to make **Prince Edward Island Week of the Coach October 16- 22** truly a Provincial event ! "We hope this initiative will focus on what coaching brings to our communities and encourage more interest in coaching and coaching education."

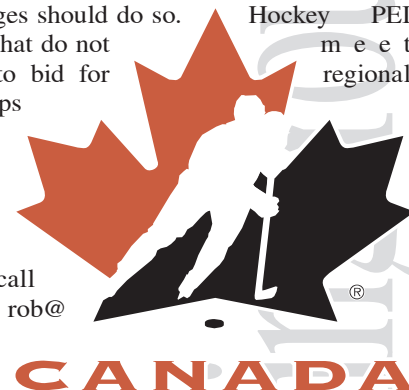


Canadian Hockey Association Announces Changes to Arena Line Markings

At the recent annual meeting of the Canadian Hockey Association approval was given to new line markings for arenas across the country. The complete rule change and drawing will be sent to every arena in the country by the CHA, and PEIRFA will do a mailout to ensure arena managers are aware of the new markings.

The highlights of the line changes are the goal line moving back to 11 feet from the end boards from 13 feet and the distance from the goal line to the blue line has expanded to 64 feet from 60 feet. These new dimensions are for arenas over 185 feet in length and are intended to be implemented for the upcoming season.

Rob Newson, Executive Director of Hockey PEI, says rinks that can adopt these changes should do so. Hockey PEI wants to advise facilities that do not meet the standards and plan to bid for and national championships in the future, that bids may be in jeopardy if the proposed facility any not meet Hockey Standards. Rob is willing to discuss any of these changes; call him at 902-386-4334 or rob@hockeypei.com.



Notice of Special Meeting for PEI Recreation and Facilities

A special meeting of the membership of PEIRFA will be held September 27, 2006 at 9 am at the House of Sport , 40 Enman Crescent in Charlottetown to vote on the following proposed changes to the Constitution and Bylaws of PEIRFA . These changes are put forth to clarify the membership categories of PEIRFA, and align the wording with CPRA categories. For a full copy of the PEIRFA Constitution and Bylaws please call the PEIRFA Office at 902-892-6445

Constitution:

- Article V [b] change to "Recreation Facility"
- Article V [c] change to include "as well as educational institutions and non-profits".
- Article V [d] change to "Commercial"
- Article V [e] change to "Professional or Individual"
- Article V [f] add "or Volunteer"
- Article V [g] "Honorary Members"
- Article VI [7] change five to "six"

Bylaws:

- Article I [b] change to "Recreation Facility"
- Article I [d] change to "Commercial"
- Article I [e] change to "Professional or Individual"
- Article I [f] change to "Student or Volunteer"

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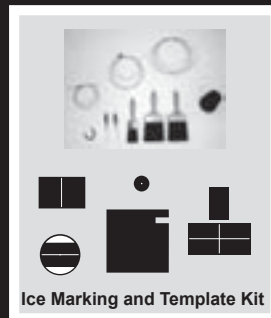


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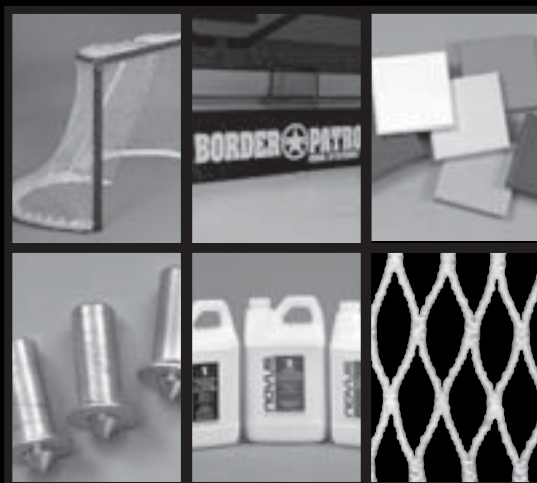


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