

RECREATION PEI

NEWSLETTER - Winter 2010 - 2011
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Recreation PEI PRESIDENT'S REPORT

Winter 2010-2011

Happy New Year!

This is the time of the year for reflection and resolutions. It also is a perfect time for all in recreation and physical activity to review what we do and how we do it. Then we can determine priorities to move forward. Recreation PEI encourages review and reflection.

Each year more evidence points to the need for more physical activity. A concerted effort is needed to meet this on going challenge. Recreation departments, public and private facilities, sport governing bodies, schools, non profit organizations and governments all need to play a role in solving the problem. The situation calls for reflection, review and a renewed coordinated approach.

Some work has begun with new initiatives. Recreation PEI hosts the very successful 'go!PEI' program. Go!PEI is a bilateral program that demonstrates what true partnerships can do. Go!PEI is funded by the Sport, Recreation and Healthy Living Division, Department of Health and Wellness of Government of PEI in partnership with PHAC (Public Health Agency of Canada). While go!PEI is coordinated in Recreation PEI, it is a provincial wide endeavor carried out by champions in 16 communities with the help of four Provincial partners (Healthy Eating Alliance, Cycling PEI, Island Trails and PEI Roadrunners). Each group brings resources, either financial and/or human, to the project and the resulting success of the coordination speaks for itself.

The elements for success are simple. To get a healthier society through physical activity, programs have to be simple, fun and fit the audience. The Canadian Sport for Life's LTAD approach proposes the integration recreation, club sport, physical education and sport to provide a better experience in activity. Following this approach encourages and helps islanders meet the goal of increased physical activity.

Providing quality, safe leadership, as well as access to programs, is paramount for community recreation and activity organizers and

administrators. Recreation PEI offers options for ongoing improvement by partnering with various organizations. The opportunities include High Five training, playground inspecting, AED granting and facility operator training (arena, pool, fields) and CPR, safety and first aid.

Recreation groups can improve the quality assurance in and risk management of their programs by doing regular program reviews and looking for professional development avenues. The quality of the experience and feelings of safety are important elements in all activity programs. On going professional development and program improvement enhance the participant experience and, in turn, increases the number of people who stay involved in physically activity.

An additional challenge programmers have is ensuring people from all economic levels, especially youngsters, have opportunity to be active. Again through selective partnerships with national organizations, corporations, and government, Recreation PEI assists with access to physical activity programs. The SOGO program, offered with funding from participACTION, encourages the development of programs for and by teens to do activity programs not presently funded through traditional sources. The Canadian Tire Jump Start Charities provides dollars that assist disadvantaged youngsters to participate in recreation through Jump Start Grants, and in sport through support of KidsSport grants from Sport PEI.

I thank all of our members, staff and volunteers who work tirelessly to improve communities through recreation and physical activity. I thank all of our partners for their support and also I encourage us all to use this New Year to reflect, review and renew our passion.

Barb Mullaly, President, Recreation PEI Inc.

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in partnership with the Province of PEI, Department of Health and Wellness."*

Access funding through national teen physical activity program



Sogo Active is a national physical activity program that empowers youth, aged 13 – 19, to challenge themselves to solve the physical inactivity crisis in Canada. Sogo Active is presented by Coca-Cola Canada in collaboration with ParticipACTION and its partners. It gives young Canadians the support and resources they need to get active in their own communities and encourages them to incorporate activity into their daily lives.

Why do we need Sogo Active? The facts are scary:

- Obesity has tripled since 1980 and 1 in 4 kids under 17 are overweight
- 1 in 5 15-year-olds has high blood pressure or high cholesterol
- Every day, Canadian youth spend an average of six hours in front of a TV or computer screen
- Only 12% of youth under 19 are meeting Canada's physical activity guidelines
- Only 5% of Adolescent girls are meeting Canada's physical activity guidelines

So what can you do to get involved in Sogo Active, and how will you benefit?

Organizations, Teachers & Coaches: Young Canadians who join Sogo Active need support, equipment, facilities and resources. That's where you can come in if your organization, teams or club becomes a Community Host organization. Membership is free. Community Hosts reach out to youth, promote Sogo Active, and can create and post their own physical activity Challenges for youth. Sogo Challenges can be activities or events you already offer to youth, or something new. Community Hosts also work with youth to receive micro grants of up to \$500 for ongoing Challenges, or up to \$250 for one-time events. It's easy to apply – just register for Sogo Active as a Community Host, create a Challenge and you can request funding directly. Find out more at www.sogoactive.com. Several Schools are using a Sogo grant to have ZUMBA fun and fitness at lunch time.





go!PEI

go!PEI has been helping Islanders get healthy this past fall through its free physical activity and healthy eating programs, offered province-wide. Our 16 community partners have been busy coordinating free programs within their regions to make it easier for Islanders to make a healthy lifestyle change. There have been amazing things happening with the go!PEI program, with over 4000 people taking part to date!

go!Running -L2R

go!PEI offers a Learn to Run program (L2R), where participants commit to a 10-week walk-to-run program where they work up to running 5 Kilometers. There have been over 350 Islanders L2R since June, 2010. Additionally, over 250 beginner runners have taken part in an official PEI Roadrunners 5K race through the go!PEI program! The go!Running programs have been popular, and has resulted in numerous communities developing 'Continue To Run' programs.



Go!Cornwall's L2R Group stretches before their 5K Halloween Race in October. Over 25 people finish the L2R program in Cornwall, led by Dana Titian-MacLeod!

L2R Success Story: Go!Kensington's L2R group, led by Lynn-Anne Hogan, had an excellent turn out with over 70 participants! Three of its go!Running members continued to run after the L2R program ended, and participated in the Prince Edward Island Half-Marathon this past October. Congratulations!



Go!West Prince has had great success with their L2R program, led by Krista Locke-Ellis and Joanne Wallace. They created running groups in Tignish, Alberton and O'Leary, with over 80 participants!

go!101 -Introduction to Physical Activity and Healthy Eating

Go!101 is a true introduction to physical activity and healthy eating, with the objective of supporting Islanders through their decision in making a healthy lifestyle change. Go!101 is a six-week course, that offers a personal touch, in that participants learn how to make a change that fits their individual needs and interests. With over 85 participants Island-Wide, go!101 is reaching Islanders in a real way. Go!101 will be offered all winter long across PEI; check out www.gopei.ca for courses in your community.

Go!101 Success Story: go!Southshore (Crapaud) go!101 was led by Paula Sark and had 30 participants sign up to learn about the importance of physical activity for every day health. The course was held in the Southshore Actiplex, where participants took part in walking, stretching and strength training activities in the fitness centre after each class. The course had such an impact on some participants that they signed up for a year-long gym membership after go!101 was over.



Go!Murray Harbour's go!101 class gets moving on November 8!

go!Hiking

Hiking is a wonderful activity, as it provides an awesome workout in the beautiful outdoors! There have been a number of hiking groups established through the go!PEI program, including a group out of go!Cornwall (led by June Sanderson) and go!Summerside. Island trails, another go!PEI provincial partner, created a 6-week tour of their Six-Destination Trails, led by Ruth DeLong. The tour attracted 30 participants car pooled to a different Island trail for six consecutive weeks. The group enjoyed hiking, presentations from the PEI Watershed group, and healthy snacks. The Island Trails go!hiking group was so popular that they have decided to continue every Wednesday morning at 9:30am. The group meets at the Charlottetown Sears parking lot; check out www.gopei.ca for more information!



30 Hiking enthusiasts trekked through The Winter River Trail in November. The group was led by Ruth DeLong.

go!Cycling

Cycling PEI is a key Provincial partner with the go!PEI program. Since June, 2010, Cycling PEI has held 22 bike clinics across Prince Edward Island through the go!PEI program. Mike Connolly (Executive Director, Cycling PEI) coordinated the educational events, to help promote Helmet Safety, Cycling road rules and proper bike inspections. Duncan Sturz (Technical Director) and Steve Flanagan (Event Coordinator) facilitated the clinics, and used a hands-on approach in teaching youth and adults about bike safety. To find out more about Cycling PEI events and information, check out www.cpei.ca.



Over 50 youth took part in go!Gulf Shore's Bike Clinic on October 8 in North Rustico.

go!Healthy Eating Update

The Healthy Eating Alliance of PEI is another important provincial partner with go!PEI. They have created nine Healthy Eating programs for go!PEI, to promote the importance of HE in maintaining our health. These programs include: Healthy Snack program, Healthy Canteen program, Cooking Classes, Community Kitchens, Veggie-Box Program, Community Gardens, Healthy Food Displays, HE Public Education Sessions, HE Promotion. Each go!PEI community offers different Healthy Eating programming, be sure to check out www.gopei.ca to see what's happening in your region!

go!PEI Workplace Healthy Lunch Challenge

During Healthy Eating Week (October 4-8), 43 workplaces across PEI took part in the go!PEI Workplace Healthy Lunch Challenge. The Challenge had over 400 participants who chose to include at least three out of four food groups as part of their daily lunch, and opt for a healthy beverage choice such as water, milk or 100 per cent fruit juice. At the end of the week, each team that successfully completed the challenge was entered into a draw with the winning team receiving a catered lunch and healthy snacks for the day. Congratulations to the winning team: The Queen Elizabeth Hospital's X-Ray Department!



Free Playground Inspection 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 Recreation PEI. Recreation PEI 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 Communities and Cultural Affairs and labour and the Healthy Child Development Strategy.

Workshop Sessions:

Recreation PEI 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:

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Canadian Tire JumpStart is a charitable program created by the Canadian Tire JumpStart Charities 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.

The P.E.I. Local Chapter is made up of community leaders from KidSport™ P.E.I., Recreation PEI and Canadian Tire Associate Dealers. These organizations help to deliver the program effectively and identify kids who would benefit from the program.

Guidelines for funding:

- ages 4 to 18
- up to \$250 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 ADMINISTRATOR: (902) 368-4549**

ORGANIZED SPORTS:

KidsSport PEI

PO Box 302, Charlottetown, PE, C1A 7K7

(Soccer, Baseball, Basketball, Hockey, Gymnastics, Competitive Swimming, Swimming Lessons, Racquet Sports, etc.)

RECREATIONAL ACTIVITIES:

Recreation PEI

40 Enman Crescent,
Charlottetown, PE, C1E1E6

(Community Recreation Department Programs, Dance, Some Gym or Walking Track Memberships, Swimming passes, Yoga, Pilates, Aquafitness, Aerobics, Bowling passes, Golf, Cycling, X-country Skiing, etc.)

Water Spinning at Credit Union Place

The City of Summerside is constantly pursuing new ways to keep people interested in fitness, and is committed to providing training and programs that are suitable for almost anyone. Credit Union Place is the only facility east of Montreal with water bikes!!

The Hydro Rider Program or Water Spinning is a great means of conditioning and an excellent cardio program for all ages. It's a terrific cross trainer program; you climb hills and do sprints. This Spin class is unique in that it is a great social program; you laugh and get fit - all for a minimal price. Great music is a big part of this program. No swimming skills necessary and when you get hot ...you just have to cool off in the pool.

It is different than any other cycling program, because it is inclusive to those with medical conditions, that would permit them from training on land based cycling equipment. In the water there is a lack of gravity and buoyancy takes over, which is an advantage for those who suffer from joint, muscle or bone pain. At the same time, it is an excellent means of conditioning for those that are used to the challenge of indoor land based programs.

Cycling is extremely rhythmic because of the continuous revolution of the pedaling motion, so visual imagery is important in creating and personalizing



the class design. As an instructor, Barb McNeill, adapts new teaching skills such as biomechanical corrections that ensure safe use for the Hydro Rider. We offer Hydro Rider three mornings a week with celebrity instructor Kevin Boomer Gallant, and twice in the evenings with city of Summerside certified staff. Classes are 50 to 60 minutes in length.

You really need to come in and try this water bike program! If interested contact the City of Summerside to book your team fitness class.



Join the ParticipACTION Partner Network

The ParticipACTION Partner Network (PPN) is a robust network of not-for-profit and public-sector organizations dedicated to physical activity and sport participation. ParticipACTION's belief is that the PPN will not only help support the work of individual member organizations, but will strengthen the physical activity and sport participation sector in Canada. The PPN is a formalized mechanism through which:

- ParticipACTION can marshal resources and deploy these resources to PPN members in support of the delivery of initiatives to address the physical inactivity crisis.
- PPN members can build a community of practice related to physical activity through collaboration and communication between stakeholders.
- ParticipACTION can facilitate the coordination of communications and knowledge exchange across Canada, to ensure clarity of message to the general public and to help build capacity of member organizations.

To learn more, please contact Christa Costas-Bradstreet at ccbradstreet@participACTION.com

Upcoming Training Sessions



The best way to play™

HIGH FIVE® Sport

This 4.5 hour workshop is designed for coaches who work with children aged 6-12. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development (LTAD), HIGH FIVE® Sport focuses on the social, emotional, and cognitive development and well being of athletes. The training is based in research and has been designed to help coaches with top coaching dilemmas such as: interacting with parents, keeping the child's interest and ensuring fair play and an emotionally safe environment. This training is valuable to any coach, sport leader, or volunteer providing direct leadership to children 6-12 yrs. The presenter is Debbie Bauld is a HIGH FIVE® Master Trainer from Halifax, Nova Scotia. This session is a pre-requisite for individuals wishing to apply to become a HIGH FIVE® Sport Trainer.

Dates and Locations:

Room 236, Royalty Center/House of Sport,
40 Enman Crescent, Charlottetown.

Choose one of two session times available.

Day Session:

Wednesday, January 26, 10:00 am - 2:30 pm

Evening Session:

Wednesday, January 26, 5:00 pm - 9:30 pm

Cost: \$35.00 per person, includes a meal at both sessions.

Principles of Healthy Child Development (PHCD)

This one-day workshop will help front-line leaders improve the quality of their programs. The target audience is anyone working with children aged 6 to 12 - i.e. recreation director/leader, camp counselor, coach, swim instructor, Scout or Guide leader, Boys and Girls Club leaders. It provides in depth training in the HIGH FIVE® principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Leaders learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members. This course is a pre-requisite for becoming a HIGH FIVE Trainer or HIGH FIVE Sport Trainer.

Date and Location:

Room 236, Royalty Center/House of Sport,
40 Enman Crescent, Charlottetown.

Thursday, January 27, 9:00 am - 4:00 pm

Cost: \$35.00 per person, includes breaks and lunch

To Register for HIGH FIVE courses:

Please forward your contact information to Recreation PEI.

Tel: 902-892-6445. Fax: 902-368-4548.

Email: info@recreationpei.ca

PEI Participates in School Travel Planning Program

Provides benefits for an entire community

Prince Edward Island recently launched an exciting School Travel Planning (STP) program, an active transportation initiative which will ultimately contribute to healthier school communities in the province. A project spearheaded by Green Communities Canada, the program is facilitated locally by Recreation PEI and Peggy Miles has been hired as the Facilitator for the eighteen month project. Summerside has been chosen as the pilot site for the project (as well as a rural site just outside of Summerside), with a long term goal to initiate School Travel Planning at schools across the Province.

The project receives funding through the Canadian Partnership Against Cancer's CLASP (Coalitions Linking Action and Science for Prevention) and will introduce School Travel Planning to every single province and territory in Canada.

School Travel Planning addresses the issues of sustainability, safety and health associated with 'the school run' using a collaborative community-based approach. Key community stakeholders (school boards, municipalities, police/bylaw services, public health professionals, parents, educators and children) work together with the STP Facilitator to identify and solve their school transportation problems. Locally, the STP Steering Committee for PEI is currently in the process of identifying and approaching motivated schools that are ready to tackle these issues.

Through the STP program, achievable implementation strategies that schools may undertake include: enhancement of school infrastructure

(ex. bike racks), engineering improvements at or near school sites (ex. upgrades to pedestrian crossings), education concerning walking and cycling, the introduction of a 'walking school bus', walking buddies or ride sharing, and the hosting of events and reward programs that celebrate physical activity and environment.

School Travel Planning not only improves students' physical fitness and mental wellbeing, but also helps to reduce traffic congestion at schools, improve air quality, and decrease climate change impacts.

For more information about School Travel Planning on PEI, contact Facilitator Peggy Miles at (902) 432-9668 or peggy.miles@city.summerside.pe.ca.

Production of this material has been made possible through a financial contribution from Health Canada, through the Canadian Partnership Against Cancer; and from the Public Health Agency of Canada. The views expressed herein represent the views of Children's Mobility, Health and Happiness: A Canadian School Travel Planning Model and do not necessarily represent the views of the project funders.



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Girl Guides of Canada – Guides du Canada is the leadership organization for today's girls and women in Canada; for ages 5 - 17+. Guiding provides diverse and exciting programs and activities that offer girls the opportunity to discover new interests, learn valuable leadership and team skills and build lasting friendships. Guiding also provides girls with the tools and resources they need to achieve greatness in every area of their lives.



Program areas are themes throughout all branches of the Guiding program. They include: Personal development and leadership, Health and fitness, Science and technology, Music and arts, Camping and outdoors, Environment and global awareness and Community service.

In PEI Guiding programs, girls are learning to camp, to horseback ride, to snowboard, to advocate for the environment, to plant trees, to enjoy the outdoors, to cook over a campfire, to sail, to sing, to act, to dance, to design and create clothing, to take digital photographs, to bake, to baby sit, to perform basic self-defense moves, to stargaze, to use computers and to investigate the areas of science and technology. Our activity-based, flexible program is appealing to girls with varying interests – we do a little bit of everything. This summer girls have been out and about experiencing the benefits of Guiding.



Little Pond Pathfinders were challenged with a ropes course where they learnt about team work, leadership and above all how to have lots of fun.

Springpark Girl Guides planted trees with the Island Wildlife Trust. They learnt about the importance of our native trees on PEI and how necessary it is to plant indigenous species. They had a



great time planting in the forest in Mount Albion.

Interprovincial Camp for Guides and Pathfinders was held at Lewis Lake in Nova Scotia this year. The girls spent a wonderful weekend learning new skills such as cooking 'in a hay box', putting up tents, going for long hikes and playing fun games. The wonderful weather made for a great weekend which was finished off with a trip to the Shubernacadie Wildlife Park.

Guiding celebrates 100 years this year and on May 15th Rallies were held all over Canada. The PEI Rally took place at Stratford Town Hall and was attended by over 100 girls and leaders. The girls had lots of fun as they completed decade related tasks at 10 different stations. The celebration was made complete with the celebration Birthday Cake and a good time was had by all.

For further information please contact 1 800 565 8111 or 902 894 4936 or www.girlguides.pe.ca



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New Playground for Fort Augustus Heritage Park

Fort Augustus Heritage Park finally has a playground called the Scott Alan Redmond Memorial Playground. This community playground was designed, named, and built by the residents of Fort Augustus and surrounding communities on Oct. 30th, 2010. Here is our story.

For many years, the Heritage Park Committee realized that despite having beautiful flower beds, a basketball court, a shelter, and walking trail, something was missing. That “something” was children’s playground equipment. In the fall of 2009, we began seriously talking about how we could make this happen. About the same time, we heard of the new adult outdoor fitness equipment that had been recently installed in North Rustico. A couple of committee members visited it and fell in love with the idea of outdoor fitness equipment to go along with children’s playground equipment. Of course, it all seemed like an impossible dream at that time.

Flash forward a few months, with applications for government grants, fundraising plans, and letters sent to banks and other institutions, and we definitely felt we were on the way. We also applied to a foundation in Ontario called Let Them Be Kids. Our 1st piece of good news came when we found out we received a grant from the Island Community Fund followed closely by the news that we were the recipients of a national award from Let Them Be Kids. This meant that every dollar we raised would be matched by this foundation. Let Them Be Kids helped us with all aspects of this project from a community design process called democracy, to naming it, and to finally building it.

To name the playground, Let Them Be Kids expects communities to name it after a fallen soldier or 1st responder killed in the line of duty.

Fortunately, our community did not suffer that kind of loss. However, we did have a young 22 year old man who died 16 years ago by the name of Scott Alan Redmond. This young man loved life, looked out for his younger brothers, and generally was an inspiration to many people. Each year the Redmond family keeps his memory alive by having a charity baseball tournament in his honour and donating the thousands of dollars raised to recipients in the community or province. The Fort Augustus Heritage Park is honoured to have been the recipient this year.

On Oct. 30th, residents and volunteers from our community and beyond came and helped put the equipment together using the “community build” model. The playground equipment company Belair worked with us during the design process so that we had children’s playground equipment and 6 pieces of outdoor fitness equipment positioned so adults could exercise while watching their children play. We also have one piece of wheelchair accessible equipment for each of the children and the adults. It truly is a dream come true.



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and its members

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The Doug Moore Scholarship Fund

Jet Ice Limited, annually invites applicants for the Doug Moore 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. During his 40 years of service in our industry, Doug developed ice making concepts and theories that are recognized and accepted as standard in our facilities today. 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 and may not otherwise be able to afford the associated academic costs.

The only criteria to apply for funding will be that the recipient 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. The courses should represent leading edge, industry-related learning opportunities that prepare practitioners for the ever changing world of professional ice making.

Recreation PEI will allocate \$1000 for the Doug Moore Scholarship for 2009. Deadline for applications is March 1, 2011.

"The International Icemakers Society supports professional development within the ice making community and would like to assist candidates in achieving their personal and professional goals" says Deborah Wilcock, Jet Ice General Manager.



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Safety First

–Helmet Safety in our Facilities

Sue Hendricken – Manager of Parks and Recreation for the City of Charlottetown

Introduction

The City of Charlottetown recently passed new policy governing City owned and operated arenas which requires all children under the age of twelve to wear a helmet, effective December 1, 2010.

This helmet use policy is designed to promote user safety while enjoying our arena facilities. With increasing concern for the physical and social welfare of participants, a helmet use policy further promotes safety for youth while in City owned and operated facilities. This policy also serves to protect arena management and staff, as well as the City of Charlottetown on insurance and liability matters.

This policy follows the Province of Prince Edward Island changing its Highway Safety Act in 2003 to include properly certified helmet requirement for all cyclists on Island Roads and highways. It also follows new rules in our municipality, around use of helmets in our skate park, introduced in 2004. More recently, we expanded the regulations to require outside agencies delivering programs at our parks to include helmet use in skateboarding competitions and demos. This is addressed through written agreements that outline this and other terms and conditions for use of our property.



Past Practice in Arenas

Previously, it was determined by the facility 'leasee' or user group as to what rules or regulations would be in effect on the use of safety equipment for their respective program on ice. For the most part, user groups such as learn to skate programs, hockey, ringette, speed skating and school rentals already required the use of helmets through their own sport governing bodies/agencies. The gap was in the public skating that the City itself offered as well as any private rentals where the City could also be culpable. In these instances, should an on ice head injury occur, the Facility operator could be implicated especially since the use of helmets is already prevalent, and thus could be assumed, should be the practice for all on-ice activities.



Policy or Law

The matter of what level of control you want to put in place in your facilities is a subject of much discussion from the legal liability perspective. The regulation of helmet use can have a broader application to a number of recreational venues including BMX trails; skatepark; down hill skiing ; skateboarding and outdoor rinks. You first need to identify what programs or services you offer that may run the risk of brain injury. Then you need to examine what type of enforcement should be in place and ensure that you have the necessary resources to enforce the law, policy or rules.

As facility operators, considering your options with respect to regulations around helmet use, you are ultimately addressing two key issues, first of all the significant reduction in possible brain injury and with it, significant personal, social, and economic impacts. Secondly, you will be addressing your risk of liability should a serious incident occur.

Concussions in Sport

Brain injury in sports can vary from concussions to permanent injury and even at the lowest level of injury, can have long lasting and irreparable effects on the individual. There are considerable resources available to us as recreation and sport professionals on brain injury prevention including public education on helmet use.

As facility operators and programmers, we have a responsibility to identify and mitigate risk in sport to protect youth from any level of possible brain injury.

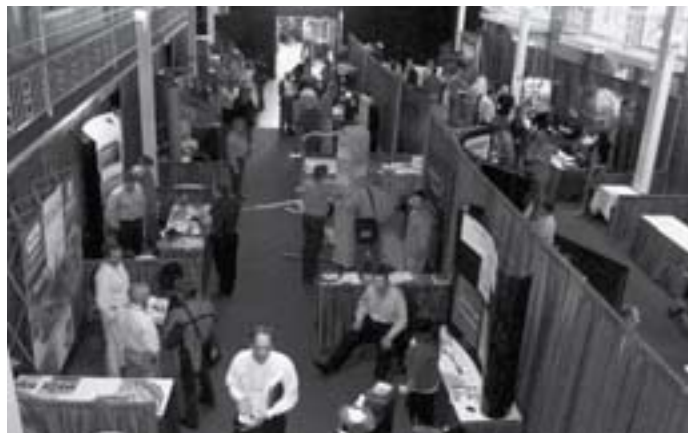
Next Steps

If we are to introduce helmet safety and associated regulation in our facilities, we should also ensure public education tools accompany the policy, to help parents and guardians with the proper selection of helmets for the user. Fit is key. A child's head size changes a lot as he or she grows, so helmets should be adjusted or replaced as needed. Function matters, too. Encourage parents to get a proper fitting hockey or ski helmet approved by the Canadian Standards Association. (include CSA standard in policy statement.) Check with your Provincial Recreation body (Recreation PEI) as well as neighboring municipalities to see what they are doing. There is no need to reinvent the wheel. What is important is to be proactive and address this important issue now rather than having to respond to a preventable injury in your facility in the future.



2011 Maritime Recreation Facilities Conference and Trade Show

- SAVE THE DATE -



The 2011 Maritime Recreation Facilities Conference and Trade show is being held in Halifax, Nova Scotia on June 1-3, 2011 at the Westin Nova Scotian Hotel. This conference is presented through a partnership of Recreation New Brunswick, Recreation Facilities Association of Nova Scotia and Recreation PEI. The MRFC was held in Moncton New Brunswick in 2007 and in Charlottetown PEI in 2009.

Jet Ice is the premiere sponsor of this event.

This conference will be set around three main areas: pools, arenas, and parks/turf. Presentations will include maintenance, environmental issues, operation, online registration/recreation software, as well as hot topics in the field, best practices and issues related to recreation and sport facilities.

Be sure to attend this great conference. Informative sessions, pre-conference golf tournament and socials provide good networking opportunities with your colleagues around Atlantic Canada. Registration soon available on the Recreation New Brunswick website rnb@recreationnb.ca.





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‘Review the Defibrillator((AED) Safety’ in Your Facility ***take the time to review your equipment, locations and training***



YOUR AED(s) - if ‘yes’ check box

- ☐ your AED is sanctioned by the Heart and Stroke Foundation of Canada
- ☐ Accessories such as extra pads, batteries, prep kit, storage bag are present and ready for use
- ☐ AED is appropriate for use in your particular facility (model can be used on wet or metal surfaces)
- ☐ batteries, pads and units have been updated as per warranty
- ☐ any new specifications of the Heart and Stroke Foundation have been reprogram into your device
- ☐ if your model has precise voice prompts that walk you through doing CPR, tell where to place your hands, give a count and when to give breaths, etc., they are functioning
- ☐ Liability insurance is included and up to date
- ☐ you are aware of the service and training that is available

Time is the single most important element in AED use. **Defibrillating** within 3 to 5 minutes - ideally in less than three minutes is the goal.

LOCATION - if ‘yes’ check box

- ☐ AED site is accessible during all shifts or hours of operation
- ☐ most frequent employee or customer areas are in higher risk areas
- ☐ location is tied to the communications system, either by an open AED cabinet automatically triggering a call to security or the proximity of a telephone
- ☐ Areas that present access problems have their own AED.
- ☐ a fail-safe plan is in place if the AED gets moved during shifts.

EMPLOYEE AND CLIENT AWARENESS

-if ‘yes’ check box

- ☐ your facility has an emergency action plan that employees know and can action
- ☐ the physical location of the AED device is clearly indicate to all employees & clients
- ☐ large easily visible signs or symbols on the AED cabinet
- ☐ staff are educated about the contents in the AED cabinet and how to use the device
- ☐ literature about your AED program is regularly circulated to employees and users
- ☐ well designed notifications about the AED program are posted on bulletin boards.

The Department of Health and Wellness, Sport, Recreation and Healthy Living Division, of the Government of PEI through Recreation PEI Inc has a grant program that can cover 50% of the cost(up to a maximum of \$1000 per AED unit) to assist publically owned, major recreation facilities to purchase an automatic external defibrillator(AED).

**For more information contact:
Rec PEI, Inc - 892-6445**

Healthier Choices in Canteens are Possible!

Go! pei has been working in partnership with the PEI Healthy Eating Alliance to encourage healthy food choices in recreation facilities across PEI, with an emphasis on improving canteens. Go! pei community leaders have established relationships with recreation facility managers and food service operators to implement a minimum of two healthy food and beverage choices at various canteens in their communities. Over the past few months a number of recreation facilities across the province have introduced healthier menu items to their canteens and have had success selling the items. Some popular food and beverage choices being served include: whole wheat chicken and veggie wraps, toasted chicken sandwiches, quesadillas, homemade chili served with whole wheat rolls, cereal bars, fresh fruit, smoothies, white and chocolate milk, and 100% apple and orange juice.

Some successful strategies used to promote these new healthy choices include:

- putting up posters around the facility to advertise the new menu items;
- highlighting the new items on menu boards;

- surveying people to see what kinds of healthy choices they would like to see served;
- offering food/beverage samples for people to try; and
- providing ballots to those who purchase healthy items for a chance to win a prize.

If you would like assistance introducing healthy menu items to your canteen or if you wish to share a healthy canteen success story, please contact Charmaine Campbell at 368-6844 or charmaine@healthyeatingpei.ca.

Photo: Whole wheat chicken and veggie wrap



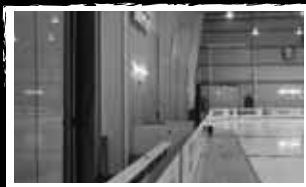
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Advantages

- Tests show the SRG Fusion Safety Pad reduced the risk for serious head injury 99%* when compared to no padding at all and by 98%* when compared to the industry standard safety padding
- Tests show the SRG Fusion Safety Pad reduced the forces associated with concussions by 87%* on average when compared to no padding at all and 78%* on average vs. the industry standard pad
- Exterior: Covered in a tough tear-resistant vinyl
- Innovative "L"-shaped pad is easily attached using two separate 2" wide x 48" high Velcro strips or three wrap-around Velcro strips (included)
- Choose from red, white, blue or black exterior color
- Size 4" wide x 4.5" wide x 48" high
- Custom screenprint logos are available at an additional cost
- Patent-pending

*test results based on a 9.5 mph head impact performed with a non-helmeted 50th percentile male anthropomorphic test device

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Why Breastfeeding Friendly Spaces at Recreation Facilities are Important

Breastfeeding is important to families, and recreation facilities are family centered places. Breastfeeding is the ideal way to nourish infants. Breastmilk is the perfect food for babies with just the right mix of calories, protein, fat, vitamins and minerals. It also supplies a wonderful mixture of antibodies, enzymes, growth factors, tumor inhibiting factors and substances that inhibit bacterial growth just to name a few.

There is a great deal of research to show that formula fed infants have higher rates of infections, sudden infant death syndrome (SIDS), childhood cancers, Type 1 diabetes, respiratory disease and many other illnesses. Breastfeeding enhances brain development and helps prevent allergies and overweight. The wonderful skin to skin contact that occurs during breastfeeding encourages bonding. Mothers who breastfeed have a lowered risk of breast, ovarian and cervical cancers as well as osteoporosis and anemia.

Many breastfeeding mothers have older children who are in programs at the rink and like to or need to take the baby along. That is why the PEI Breastfeeding Coalition decided to approach individual rinks in PEI to see if a warm private place could be made available for nursing mothers. We were delighted at the response from the rink managers who assured us that they would make a space available.

The Breastfeeding Coalition has had posters made for each rink designating it a Baby Friendly space and informing mothers to ask a staff member if they would like a warm private place to feed their baby.



I recently had a mother who decided not to breastfeed because she would be taking her older children to hockey and did not feel comfortable breastfeeding at the rink.

Community Recreation Facilities play an important role in the health of island communities by increasing physical activity and encouraging social interaction. Becoming Baby Friendly is another wonderful way of enhancing this contribution to the health of island children.



“Tobacco Free Recreation Properties: Making it Work”

Free Sessions Available to Municipalities!

Recreation PEI congratulates the fifteen communities across Prince Edward Island that have adopted Tobacco Free Outdoor Recreation Facility policy. These communities are: Alberton, Borden-Carlton, Cardigan, Cavendish Farms Wellness Center - Montague, Charlottetown, Cornwall, Crapaud, Morell, North Rustico, O’Leary, Souris, Stratford, Summerside, Tignish and Eastern Kings Rotary Soccer Complex. Recreation PEI is dedicated to promoting safe facilities for all to enjoy.

Recreation PEI is currently offering Tobacco Free Recreation Facilities Training Sessions during this winter and spring for people dealing with recreational properties such as front line recreation facility workers, coaches and volunteers across PEI. The sessions highlight ways to ensure your recreation facilities are and stay tobacco free. The FREE presentation is titled: “Tobacco Free Recreation Properties: Making it Work”. The agenda is flexible depending on community needs. Topics covered include: community assessment, tobacco reduction strategy, community feedback, signs, enforcement, community uniqueness, annual evaluation and community pride. The presentation takes from sixty to ninety minutes to deliver.

Please call Frank Morrison at 902-672-2567 to book your free presentation.

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