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RECREATION PEI

NEWSLETTER - WINTER 2007
ISSUE NO. 24

Recreation PEI and Government of PEI Roll Out Automated External **Defibrillator (AED) Program**



from left to right: **Beth Grant**, Executive Director Recreation PEI; **Rachel Arsenault**, Assistant Program Coordinator Town of Stratford; **Carolyn Bertram**, Minister of Communities, Cultural Affairs and Labour; **Ron Fisher**, Recreation Director Town of Stratford; **Mike Connolly**, President Recreation PEI.

photo credit - Brian Simpson, Provincial Photographer

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Recreation PEI PRESIDENT'S REPORT

Winter 2007-2008

Another year has almost come to a close with much being accomplished in 2007. A look ahead to 2008 sees another busy year for Recreation PEI. We will be hosting the 2008 Maritime Arena Operations Institute here on PEI. This is a great chance for local arenas to get their ice certification without the additional costs of traveling. This certification will now be mandatory and enforced, for at least one individual from an arena to have a Level One Ice Makers Certification, in order to receive the Community Recreation Support Program grant of \$10,000. Additional information and criteria to be published in the 2008 CRSP grant booklet.

PEI will also be the location for the 2nd bi-annual Maritime Recreation & Facilities Conference in May, 2009 hosted by Recreation PEI. This is another great opportunity for recreation professionals and related fields to attend and take part in the sessions offered at the conference. Vendors and suppliers of facilities and recreation services will be there to showcase their goods and services.

Recreation PEI continues to work closely with government to offer our members programs and services that fit their needs. We are asking government for additional funding for further funding of the AED program. We are also requesting government help to fund our recreation financial assistance program for under privileged kids, so that we do not encounter future funding shortfalls, and have to turn people away from this worthwhile program. Demand for the JumpStart program has outgrown its funding. Rec PEI is exploring the prospect of an adult fitness tax credit and tax break on new and used fitness equipment. A tax exemption on bikes and helmets would help promote physical activity and active transportation while helping the environment.

Recreation PEI continues to work on a code of conduct for arenas with the RCMP and Hockey PEI. This includes addressing the issue of drinking in the dressing rooms. We have applied for funding to continue our work with the tobacco free sport initiative and hope to expand that program.

The Automated External Defibrillator (AED) program has equipped ten recreational facilities with AED machines. Recreation PEI hosted two training sessions for the operation of the units, one in Summerside and one in Charlottetown with 26 people in total attending the two courses.

At our next AGM we plan on having an "Arena Hot Stove" where arena personnel can discuss any issues they have around the operation and maintenance of their facilities. This will be an open discussion on any topics that people want to discuss. Recreation PEI wants to identify any areas of concern so that we might be able to act on them. The AGM will be Wednesday, April 30, 2008; please reserve that date on your calendar.

The Department of Communities, Cultural Affairs and Labour has shuffled some of their staff. Long-time government liaison to Recreation PEI, Francois Caron will be assigned to another portfolio. We wish Francois all the best in his new assignment and he will be missed by all here at Recreation PEI. Francois was a great leader and supporter of Recreation PEI and offered excellent guidance to the organization and myself over the past number of years. Thank you Francois. I would like to welcome Marguerite Arsenault as the new government liaison to Recreation PEI. I look forward to working with Marguerite and appreciate experience and knowledge she brings to the board.

Yours in recreation,

Mike Connolly

President - Recreation PEI

Prince Edward Island 'building' to 2009 Canada Games



Work being completed at Memorial Field for 2009 Canada Games baseball, Victoria Park, Charlottetown

For the second time in 18 years, Prince Edward Island will welcome Canada's finest young athletes by hosting the Canada Games in the summer of 2009. The first Canada Games hosted by Prince Edward Island took place during the winter of 1991, and now over 6,000 Island volunteers are getting ready to do it again from August 15-29, 2009 for the summer edition. The Canada Games is



Site of temporary venue for rowing and canoe / kayak on the Southwest River near Clinton

this country's largest national sport and cultural festival and one of the largest multi-sport events in the world.

Approximately 4,400 athletes, coaches, and managers will come to Prince Edward Island over the two week period, competing in 18 sports. This Games is unique in that the entire province, not

a single municipality, will play host, with an Athletes' Village in Summerside during week one and an Athletes' Village in Charlottetown during week two. While this concept may create more challenges to the organization of the Games, having two Athletes' Villages will cut down on travel times for athletes to and from their competing venues, which is in keeping with the goal of putting "athletes first".

One of the key benefits to hosting the Games for Prince Edward Island is the injection of dollars into the economy both through infrastructure and as a result of operations. The total budget for the 2009 Games is set at \$33 million with \$18.7 million for operations and \$14.3 million for new and renovated facilities. During the bid process, an economic impact study was commissioned that suggested

an economic impact of between \$75 and \$100 million to Prince Edward Island. The study also indicated that over 10,000 unique spectators (out-of-province) would visit Canada's "Island" over the two week Games period.

Even prior to the Host Society being formed, it was decided that the 2009 Games would be held across Prince Edward Island, allowing for many municipalities and venue owners to have an opportunity to plug into the \$14.3 million budget for new and renovated facilities. Brand new facilities being planned include a beach volleyball facility, an artificial turf soccer field, and a natural turf rugby field in Summerside, and an athletics facility and tennis courts in Charlottetown. A variety of venues are being upgraded while others such as the rowing and canoe/kayak facility on the Southwest River and the cycling road race course and triathlon course are being set up temporarily for the Games.

Much of the construction is time sensitive and is being scheduled not only to allow for test events in advance of the Games, but also to cause the least disruption to Island residents and facility users. In 2007, the key activity has been around the drawing of architectural plans, using expertise from around the country, as well as the implementation of turf management programs. Work on Memorial Field in Charlottetown has already started this fall, but most other work will begin in 2008. The following is a list of all the sports, the communities they will be competed in, and the facilities being built or upgraded because of the 2009 Games:

Athletics Facilities Charlottetown

Baseball

Memorial Field, Charlottetown, MacNeill Field, Stratford, and Clipper Field, Cardigan

Basketball

Summerside Wellness Centre and Three Oaks Senior High School, Summerside

Canoe/Kayak

Southwest River, Clinton

Cycling

Brookvale Ski Park, Évangeline region, and Summerside

Diving

Centennial Pool, Halifax, and CARI Aquatics Facility, Charlottetown

Golf

Brudenell Golf Course, Roseneath

Rowing

Southwest River, Clinton

Rugby

Three Oaks Senior High School, Summerside

Sailing

Silver Fox Curling and Yacht Club, Summerside

Soccer (M)

UPEI, Charlottetown, Eastern Eagles Soccer Complex, Lower Montague, Morell Soccer Fields, and Jerry McCormack Field, Souris

Soccer (F)

Summerside, Kensington Intermediate High School, and Westisle Composite High School, Elmsdale

Softball (F)

VIV Field, Summerside, Memorial Field, Alberton, Legion Field, Tignish, O'Leary, Évangeline Field, Abram-Village, and Lions Field, Kensington

Swimming

CARI Aquatics Facility, Charlottetown, and Southwest River, Clinton

Tennis

Victoria Park Tennis Courts, Charlottetown

Triathlon

Summerside waterfront

Volleyball

MacLauchlan Arenas, and Chi-Wan Young Sports Centre, UPEI campus, Charlottetown

Beach Volleyball

Summerside Wellness Centre

Wrestling (F)

Montague and Area Recreation Facility

Wrestling (M)

Slemon Park

By August 2009, the Host Society hopes to have over 6,000 volunteers (including 600 who are bilingual) from Tignish to Souris who will have either helped plan or will help execute the operation of the Games. Individuals can express their interest in volunteering by visiting our Games website at www.2009canadagames.ca. Initial contact will be made early in 2008 by the Volunteer Services Division to gather more information from prospective volunteers.



Government Funds Ten Defibrillator Units for Island Recreation Facilities

Carolyn Bertram, Minister of Department of Communities and Cultural Affairs and Labour is happy with the success of the government program to assist with the installation of automated external defibrillator (AED) units in recreation facilities across the province. "I want to express our appreciation to government for working with Recreation PEI on this public safety project," says Mike Connolly, President of Recreation PEI. "This partnership makes a priority of providing safer recreation facilities for citizens and visitors, to enjoy physical activity in quality environments."

A grant in the amount of \$10,000 was sent to the Recreation PEI in April to assist with the purchase of the AED units. Recreation facilities applying for the unit received up to 50 % rebate (maximum of \$1000). The units cost approximately \$2,000 each. Ten recreation facilities across PEI have been approved for the grant: O'Leary Community Centre, Summerside Wellness Centre, South Shore Actiplex, APM Centre, Charlottetown Civic Centre, Simmons Sports Centre, CARI Complex, Stratford Recreation Centre, Pownal Sports Centre and Morell Community Rink.

In Canada, 35,000 to 45,000 people die of sudden cardiac arrest each year. The Heart and Stroke Foundation of Canada says that early defibrillation is the intervention that is most likely to improve survival rates.

The defibrillator units are being supplied as part of the Healthy Rink Initiative, which was implemented in September 2005 by the Department of Community and Cultural Affairs in partnership with the Recreation PEI. The program is designed to promote healthy food choices in the canteens, foster a healthy social environment, and provide a healthy physical environment in arenas. To date, through this initiative, government has provided assistance for arena safety netting and carbon monoxide monitors.

BACKGROUNDER:

- The Heart and Stroke Foundation of Canada recommends that Canadians have widespread access to automated external defibrillators.
- An automated external defibrillator (AED) is a device containing sophisticated electronics used to identify cardiac rhythms, and to deliver a shock to correct abnormal electrical activity in the heart. An AED will only advise the individual using the device to deliver a shock if the heart is in a rhythm which can be corrected by defibrillation.
- An AED is an efficient and effective means of achieving rapid defibrillation in both the out-of-hospital and in-hospital setting. They are safe, easy to use, and can be used effectively by trained medical and non-medical individuals.
- For every one minute delay in defibrillation, the survival rate of a cardiac arrest victim decreases by 7 to 10%. After more than 12 minutes of ventricular fibrillation, the survival rate of adults is less than 5%.

(Additional information from the Heart and Stroke Foundation of Canada website: <http://ww2.heartandstroke.ca>)

Free 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 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:

Recreation PEI

Ph [902] 892-6445

Fax[902] 368-4548

Email:peirfa@pei.aibn.com

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JumpStart

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.

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 \$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:

Recreation PEI

40 Enman Crescent,

Charlottetown, PE, C1E1E6

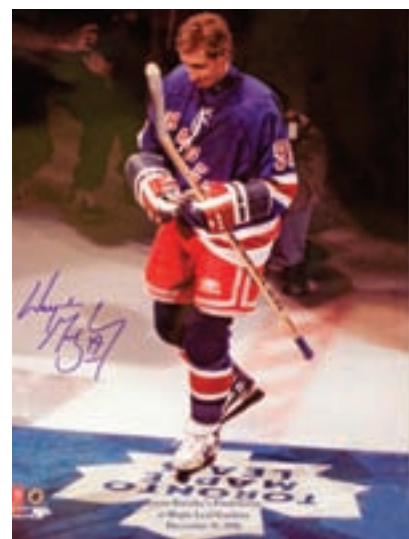
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(Community Recreation Department Programs, Dance, Some Gym or Walking Track Memberships, a Package of Passes to Go Swimming, Yoga, Pilates, Aquafitness, Aerobics, Bowling, Activities for those that are Physically and Intellectually Ilneged, Golf, Cycling Clubs, X-country Skiing, etc.)

Playground Equipment Fundraiser **Limited Edition Signed Photo of Wayne Gretzky's** **Last Game at Maple Leaf Gardens • valued at \$3,500**

Interested in helping elementary school children become more active? A framed 11" X 14" very limited photo of Wayne Gretzky's last game at Maple Leaf Gardens has been donated to John J. Sark Memorial School located within the Lennox Island First Nation to be used in a raffle with all money raised being used to purchase playground equipment. First Nations schools do not receive any funds from Indian Affairs or the Government of Canada to support recreation programs. Because of this, fundraisers such as the Gretzky picture are key to providing equipment and programs to First Nation students. Through a friendship between a worker in the school and Wayne's father, Walter, this Wayne Gretzky keepsake was donated. Walter Gretzky has been a long time supporter of Aboriginal youth and physical activity so when he was told of the plans to raise money for playground equipment he quickly donated the picture. Walter Gretzky also has provided a signed letter of authenticity with the photo. This means the winner of the raffle will receive two distinct original Gretzky autographs: Wayne's and Walter's. Another special feature of the signed photograph is that Wayne Gretzky has exclusive rights to the photograph and this makes the picture very rare as it cannot be bought or ordered at a sport memorabilia shop. Only 199 copies of the picture have been produced and not all are in circulation. This autographed Wayne Gretzky picture is currently valued at a minimum of \$ 3,500.00

Tickets are \$ 25.00 each and can be purchased by contacting Allan Gillis at allan.gillis@lennoxisland.com or by calling (902) 831-2087 or (902) 439-2342. Two hundred raffle tickets have been produced and it is hoped the draw will occur near the end of November. Wouldn't this make a great Christmas present! Students of John J. Sark Memorial School thank all who support this playground equipment fundraising initiative.



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Children Pick Playground Equipment For Recently Renovated Park

The Charlottetown Parks and Recreation Department undertook a unique neighbourhood playground pilot project in Ward 4. On October 3, 2007 the Parks and Recreation Department held an interactive meeting at Birchwood Intermediate School for Orlebar Park. It was held to invite the children of the neighbourhood and residents to pick what type of playground equipment that they would like to see in their recently renovated park. The Department selected a wide variety of potential playground pieces for all ages, and made sure that the options were unique. After going through this interactive activity and the participants reviewing and voting on 26 different options for playground equipment from 4 different suppliers, they selected the pieces of playground equipment staying within the budget allocated by council for this playground upgrade. The cost of the pieces chosen had to be within budget. The pieces selected are not necessarily the lowest price of all the 26 choices but reflect the interests of the neighbourhood.

Football PEI

Matt Dunigan Quarterback camp
Colonel Grey School
Saturday February 9th, 2008
\$10 a person, Male and female
Ages 10-14, 4 to 5 pm • Ages 15-19, 5 to 6 pm

Fundraising dinner to follow
\$ 60 a ticket
\$ 450 a corporate table
Contact:
Glen Flood, Executive Director
Football PEI
368-4262 • 368-4548

Staying Active and Eating Healthily This Winter

As we move through the seasons of the year, new challenges and opportunities present themselves as it relates to physical activity and healthy eating. From January 18 to February 28 a number of healthy living partners will be working together to provide information to encourage Islanders to seize these opportunities and limit the challenges of being physically active and eating healthily during the winter months. This will take part in coordination with the National WinterActive campaign.

WinterActive is a partnership between the Provinces/Territories and the Public Health Agency of Canada and has the following as their motto "Canada's favorite annual initiative designed to help Canadians of all ages improve their health & quality of life through physical activity and healthy eating." In PEI, the Active Living Alliance, Healthy Eating Alliance, Communities, and many other organizations and groups will be working on the PEI version of WinterActive.

Healthy living is a very current issue on PEI as study after study suggests that Islanders are not getting adequate amounts of physical activity and aren't making healthy food choices as often as they should which is having an impact on their health. There are a number of campaigns that are operating on PEI such as the PEI Active movement and a strategy for Healthy Eating which focuses on working together to improve the eating habits of Island children and youth. The focus of WinterActive will be to raise the awareness of the work and activities of these organizations while at the same time providing tips, suggestions, and ideas to the public as it relates to healthy living during the winter time and beyond.

The campaign will include a number of public presentations, theme activities, giveaways, and interactive sessions geared towards Islanders of all ages. As the campaign gets closer more details will be provided on the specific initiatives which the public will be encouraged to participate in. Please keep posted for opportunities for you to get involved and for more information please contact Francois Caron at frcaron@gov.pe.ca or 432-2706.

Advertising Opportunity in Recreation PEI Newsletter

Recreation PEI is a not for profit, provincial association dedicated to promoting, coordinating and encouraging all facets of recreation and facility management on Prince Edward Island. A newsletter is published in the spring and fall. This is an excellent advertising opportunity for your company. The circulation base is over 400, reaching recreation leaders, facility personnel and community decision makers. For further information please contact Recreation PEI at 902-892-6445



Canadian Cancer Society
Société canadienne du cancer

PRINCE EDWARD ISLAND

If you're tanned, you're toast: using tanning beds is bad news

People generally think that the summer is the time to be cautious in the sun for fear of increasing their risk of skin cancer. However, even in the fall and winter people can be in danger of exposing themselves to getting the disease. Many want to get or keep a so-called 'healthy glow' that is equated with a summer tan so move indoors to tanning beds. Or they might be aware that sun protection is necessary and opt for artificial tanning, believing incorrectly that using tanning beds or lamps is somehow safer than sitting in the sun. Other people might reason that they use tanning beds to get their daily amount of Vitamin D since it is obtained through skin exposure to UV radiation.

No tan is safe. Just like a tan from the sun, tanning beds and sun lamps release harmful ultraviolet (UV) rays that trigger the tanning process in the skin.

The risk of skin cancer is much greater today than it was 20 years ago; that risk continues to increase. The number of cases of skin cancer in Canada has increased by two-thirds since 1990. Anyone born today has a 1 in 7 chance of developing skin cancer in his or her lifetime. Scientific evidence shows that children and adolescents who get frequent sun exposure and sunburns increase the risk of developing malignant melanomas later in life.

Sunburns, either from the sun's rays or from tanning beds and lamps, are linked to skin cancers. In some cases, tanning equipment emits UV radiation up to five times as strong as the midday sun, so tanning beds and lamps should not be used. UV radiation damage is also cumulative. People reach about 23% of their lifetime UV exposure by the time they are 18 years of age; every tan contributes to a lifetime amount of UV radiation exposure.

Although Vitamin D is a necessary requirement for good health it can not be obtained from tanning beds. The production of Vitamin D is promoted through UVB radiation—sunlight contains both UVA and UVB radiation—tanning beds do not emit UVB rays. Vitamin D can be acquired in the diet—especially from foods fortified with vitamin D—or from vitamin supplements. It can also be obtained from exposure to sunlight but while a few minutes of unprotected sun exposure will increase Vitamin D status, it will also increase the risk of skin cancer.

The Canadian Cancer Society supports the World Health Organization's recommendation that no person under the age of 18 should be allowed to use artificial tanning equipment, such as tanning beds and sunlamps. People who are at a high risk of skin damage from using indoor tanning beds and lamps are those who have had skin cancer before or have a family history of skin cancer, had several blistering sunburns as a child, are under 18, have light-coloured skin, eyes and hair, have freckles or moles and/or are using medications that increase the sensitivity to UV.

Why bother taking the chance. Avoid tanning, whether in the sun or on tanning beds, and let your natural self glow; the health risks just aren't worth it.

Contributed by The Canadian Cancer Society, PEI Division

Holland College Sport and Leisure Management Program

As part of a facilities management course, the class toured the new Summerside Wellness Centre. A guided tour provided the opportunity to inspect the facility from a variety of perspectives such as: spectator, participant, official, and staff. It was also an opportunity to learn about all the different facets involved in running a facility from control desk security to dressing room scheduling to preventative maintenance plans. Every student in the course completed a detailed critique of the facility. Overall, the critiques were quite favourable.

Environmental sustainability was the theme when the class visited the beautiful Greenwich National Park as part of an ecotourism course. The potential of ecotourism was further explored at Pioneer Farms. Located near O'Leary, the farm is fully sustained by solar and wind power. It served as an excellent example of some of the challenges facing an ecotourism venture and also the possibilities to generate profit.

Finally, the class is preparing a study tour to Costa Rica. Taking place in March, the tour will give the class the opportunity to explore various leisure and tourism activities in a commercial setting. The class plans to spend time visiting a variety of natural settings, such as the Arenal Volcano and the Tamarindo Beach on the Pacific coast. There will also be plenty of adrenaline-pumping activities such as zip-lining over the rainforest canopy and rafting down the Sarapiquí River. In a perfect blend of local culture and course interest, the most anticipated activity is a soccer match between two top rivals in the Costa Rican Football Federation.

The study tour has also provided valuable experience in organizing and planning an international trip for a large group of people. It should prove to be the overwhelming highlight of an experience-packed year.

Valerie Vullimont is a second year Sport and Leisure Management student at Holland College



Working Alone Regulations on PEI

PART 53 OHLS REGULATIONS: This guide to working alone is published by the Workers Compensation Board to assist with the interpretation of the working alone regulations on Prince Edward Island. The regulations set a minimum standard; however, employers are encouraged to go beyond the regulatory requirements. We recommend that users consult the resources listed at the end of the guide for further assistance with the development of procedures for their particular needs.

Working Alone Definition

A worker can be considered to be working alone if there is a reasonable expectation that a call for assistance will not or cannot be responded to and the worker's absence may not be noticed for some time. Risks to workers may be higher when they are working alone. A fall, exposure to dangerous chemicals or an assault can have very different consequences if a worker is alone than if the victim has co-workers or capable assistants in the immediate vicinity.

The intent of the working alone regulations is to set a minimum standard for the safety of workers who work alone, particularly those who have a degree of risk inherent in their work. The requirements for the safety of an office worker alone will be very different from the requirements for a late night convenience store employee or a home care worker alone with a client with a history of unpredictable behavior. The degree of risk will determine the level of protection the worker needs.

The best work alone practices include employee training on recognizing risks and an effective communication plan.

Common work alone situations where employees are at risk:

Employees who handle cash such as convenience store clerks, retail and food outlet employees and taxi drivers.

Employees who meet clients out of office such as home care employees, social service employees and bylaw officers.

Employees who do hazardous work with no regular interaction with other people such as forestry workers or night cleaners in a plant.

Employees who are at risk of violent attack because they are isolated from worker or public view such as security guards, custodians, night shift employees in community care or outpatient departments.

The potential for violence or serious consequences from assault is higher when workers are alone. For this reason many of the procedures developed for violence prevention will apply to working alone situations. The Violence Prevention Guide on the WCB web site will provide more details.

Procedures for Safe Work Section 53.2(1)

Section 53.2 (1) requires that procedures be developed. 53.2 (2) (d) requires that risks be identified in those procedures. To identify risks, a risk assessment must be done. This will clarify the potential for an accident and the level and type of precautions necessary.

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

Risk Assessment

1. *The first step is to review your work history.*

Have there been incidents with workers working alone?

How serious were they?

Is there a pattern to the incidents?

(location, time of day, type of work?)

Have your safety committee or safety representative or a supervisor speak to all the workers who work alone to ask if they have had any near misses and what they see as a potential risk.

Ask everybody and document the responses. Be positive in your approach and remember the workplace will benefit from this information.

Are there policies in place?

Are all workers aware of the policies? Are they followed and monitored?

2. *Look at workplaces similar to yours and determine what incidents have occurred there:*

If you have a head office or an association find out if there is any information available on incidents and what is recommended.

Where there is a risk of violence or robbery, local police or security companies may have information on areas or times of high risk as well as solutions.

3. *Consider your physical work environment and tasks being performed. Answer the following questions:*

Is the employee working in or around potentially dangerous machinery? Examples would include lathes, saws, mobile equipment, or confined spaces.

How great is the risk of injury from the machinery or equipment?

Are there employees who work in remote locations in your workplace such as cold storage, maintenance room, boiler room? How long would it be before someone noticed their absence if they were injured?

Is there a risk of violence or robbery? Review the Guide to Workplace Violence for suggestions of a risk assessment in this situation.

Does their geographic location create a potential for assault?

Does the worker handle cash? Do you have surveillance in place for these workers?

Do you have policies or practices that minimize their risk?

Does the work involve clients who may be intoxicated?

Does the work involve unpredictable clients or clients who may be confused?

Is the work done late at night? Do workers leave alone?

Does the worker work with the general public while alone?

Will the worker be handling controlled products while they are alone? Is there a requirement for personal protective equipment such as respiratory protection for these substances that would indicate a higher risk?

Is access to the work site controlled? This can help or create challenges.

Is there a risk of a fall? Will workers be climbing or working from heights?

Next consider the administrative practices around your work. This is the way the work is managed to reduce risk.

How long are workers alone?

Is there a means of communication available now such as a portable phone, personal alarm system, or emergency call button?

Will the communication system work in all circumstances?

Will a call-in be adequate?

What will be done if there is no response?

Would a buddy system work in your work environment where lone employees could call each other?

Do the workers know the workplace or is it unfamiliar?

How experienced are your workers?

How well trained are they to handle an emergency?

Were there recommendations from any previous incidents around working alone? Were they followed through? Did they work?

Do workers need to work alone? Can things be rescheduled to reduce the need for lone workers?

Can a list of higher risk tasks that are not to be done while worker is alone be created, e.g. not to work at heights, with power lines or hazardous materials?

Is cash kept to a minimum and is money locked in a safe or taken away while workers are alone?

Are there medications on site that would attract a robber

and are they locked up?

In the service sector can you lock the doors and just use a service window or drive through while you have a lone worker? Are there temporary risks that may require back up only for the duration of the task or while a particular client is being cared for?

Do all your employees know all the relevant procedures?

Is there a system in place to ensure working alone procedures are being followed?

Ask employees what they do now, formally or informally to reduce hazards they

Check to be sure the procedure is working and is being followed.

Your risk assessment information will determine what procedures you need to develop.

Look at the risk areas you have identified.

Consider ways to eliminate the risk where possible, e.g. do the job while other workers are around. Train staff on tasks to avoid while alone.

Find a way to reduce the risk where possible, e.g. lock the doors and limit access.

Develop a written work procedure for each risk area.

Remember to use information on risks from employees to develop procedures.

Train workers including supervisors, part time and casual workers.



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SALUTE TO COMMUNITY LEADERSHIP!

Craig Murphy from Georgetown

I would like to take this opportunity to not only recognize but thank and congratulate Craig Murphy from Georgetown for being such a devoted person and who has devoted and continues to devote himself to organize and facilitate recreation activities for the children of Georgetown and surrounding areas. Craig has been the driving force behind the revitalization of the Georgetown Minor Hockey system. He is involved with minor ball, he plays recreational hockey. He volunteers countless hours of his time to ensure the youngsters of our beautiful little town are well represented and are heard at board meetings, at the negotiations table, for the redevelopment of the minor hockey in the Kings county region. He continues to be one of the leaders in organizing and overseeing renovations are completed to the Three Rivers Sportsplex to ensure The Charlotteotown Abbies will have a top notch facility to play their several games out of our facility and bring back this high caliber of hockey to the Kings County Capital. Craigs love for children, sport and recreation and his hometown keeps him motivated. It is not everyday such a young person shows such determination and pride for his community. We can all learn a lot from Craig and I for one could never thank him enough for all he has done in the past and continues to do. We love you Craig and keep up the wonderful work, it isn't going unnoticed.

Submitted by Cindy MacLean



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Demonstration Woodlots Have Beautiful Walking Trails!

At present the Provincial Forest Section of the Department of the Environment, Energy and Forestry, have six demonstration woodlots, which all have trails of varying lengths. The road systems are such that many of the properties have roads that are ideal for walking trails as well as cross country skiing or snow shoeing.

PROVINCIAL FOREST FALL FROLIC



Photo caption: The people in the winners photo are from left to right Kevin Brothers (Provincial Forest) Allam Murray, Leon Deaveaux, Parnell MacAulay, Lornie Blackett, Harvey Carter, Darren MacKinnon (Manager of the CO-OP) and winner of the 12.3 km race Marcos Lores.

The 8th Annual Provincial Forest Fall Frolic was held on October 6th of this year at the New Harmony Demonstration Woodlot just east of Souris. The run was conceived by Kim Bailey of the PEI Roadrunners Club and Kevin Brothers of the Provincial Forest Section of the Department of the Environment, Energy and Forestry. For the past 8 years both Kim and Kevin have served as race directors and have brought the Fall Frolic from its inaugural 56 entrants in 2000, to an all time high of 140 plus runners this year.

The concept behind the Fall Frolic was, and still is, to act as a medium to promote the Provincial Forests, and the idea that they may be used by Islanders of all ages for a variety of different purposes. In this case the Fall Frolic places emphasizes on the natural beauty of the woodlot and surrounding area, healthy living and family participation. These goals are attained by staging the run through a variety of settings (a woods road, a Heritage Road and a section of Rails to Trails); using two separate courses to suit all levels of fitness (12.3 km and 4.6 km); and by being open to runners, joggers and walkers.

Since these are publically owned lands, the Provincial Forest Section attempts to partner with a wide variety of groups, organizations and communities. For the past seven years the Fall Frolic has been associated with MacIntyre House in Souris and all proceeds from the registration fees are donated to this worthy undertaking.

The Doug Moore Scholarship Fund

Application Deadline March 30, 2008

Jet Ice Limited, is pleased to invite 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.

“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.

To apply write a letter describing your interest and need as outlined above, and submit the letter to Recreation PEI.



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This mirror is at Simmons Sports Arena in Charlottetown. It was made by the "Hockey Mamas" to promote TRUE SPORT

TRUE SPORT MOVEMENT HOCKEY MOM OFFERS WORDS OF ADVICE

Jennifer Labelle, veteran hockey mom and loving parent of two, has recently become a household name. In 2004, she was charged with battery at a hockey game when she spilled coffee on a player who had been thrown off the ice for hitting her son. She was sentenced to 100 hours of community service, and has since apologized for and fully accepted her terrible mistake. She candidly explains the reasons behind her outburst. "After three months of trying to deal with this situation and having exhausted all appropriate channels," she says, "I was frustrated." We had gone to the league, spoken to the chief referee, and even to the President of the Hockey Association. There was nothing anyone could do."

Labelle explains that the boy had actually threatened her family outside the game environment. She tried to prevent a situation that she realized could escalate, but was unsuccessful. The

authorities kindly listened to her concerns, but no one provided a solution. If she had to relive that day, Labelle says she just would not have gone to the game. "It's different for the people watching it. The kids are acclimatized to the aggressiveness and competitiveness. In difficult situations, when parents don't have options, they just act out. At these games, there are a pile of people totally frustrated, and the anger level is high. And to the kids, 'It's all just part of the game.'"

Labelle, however, still encourages her children to be involved in activities and sports. She still believes, "Hockey is a wonderful sport, if the right people do it the right way. It can be a very positive experience. My family has learned a lot from hockey."

She provides helpful suggestions for parents whose children are involved in competitive sport. "Make sure you aren't miserable and frustrated when you go watch a game. Try to be more relaxed. Relax and realize it is just a game," she points out. Ideally, she thinks parents should let coaches coach, and referees ref. She likes the competition of hockey, but adds that it is important that the referees enforce the rules. According to Labelle, "there should be proper offence and proper defence. It's wonderful when the kids go out and play and have a great time. The parents should just sit back and watch them play. Without the kids, we wouldn't even be there watching and coaching."

Today Labelle makes presentations to various groups and clubs discussing to both her situation and what can be done to prevent situations similar to it in the future. In her presentations Labelle focuses on prevention rather than rehashing the past, however she admits there is a lot of bad sport out there which can lead to discussing her actions. "I've seen absolutely disgraceful behaviour," she acknowledges. She has given this subject a lot of thought in recent months, and always comes back to the importance of an open team atmosphere. "It's crucial for people to keep talking honestly, and to keep the problems off the ice. Everyone needs to feel heard." She suggests a box of anonymous concerns and complaints that can be addressed on a regular basis by the coaches. However, Labelle also recognizes that most of these positions are filled by volunteers with other time commitments.

At the very least, she offers advice that originates from her husband. "It's the 24 hour rule. Remove yourself from any difficult situation and wait 24 hours to deal with it. Allow yourself to calm down. Keep yourself in check." She explains, "If you and your family don't feel that good about a specific game or sport, just try something else! In the end, sport shouldn't be stressful. It should be a learning experience for all involved."

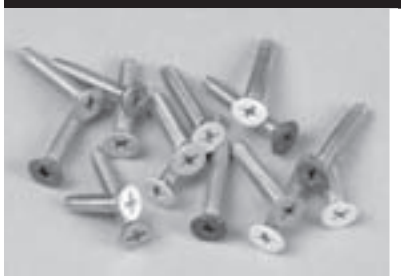
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PEI TOBACCO FREE SPORTS AND RECREATION PROJECT

SUMMARY REPORT ON THE SURVEY OF FACILITY MANAGERS

THE SURVEY PARTICIPANTS

The managers of the 88 facilities belonging to the PEI Recreation and Facilities Association were surveyed by mail in February 2007 and 50 (57%) responded. The average age of the respondents was 44 years, and approximately two-thirds (68%) were male. Respondents managed a variety of sport and recreational facilities including an arena (38% of respondents), golf course (22%), sports field (10%), gymnasium (9%) and fitness centre (6%). In addition, one or two respondents each managed a curling rink, bowling alley, pool, recreation department, community centre and marina. The average number of years that respondents had managed the sport and recreational facility was 6.0.

TOBACCO USE AMONG SURVEY RESPONDENTS

Of the 50 facility managers surveyed, eight (16%) currently used tobacco: five smoked cigarettes; three, cigars; and one each smoked a pipe and used smokeless tobacco. Seven (22%) of the male respondents and one (8%) of the female respondents used tobacco products. Although only one tobacco user (a cigarette smoker) had tried to quit during the past six months, five tobacco users now wanted to quit (four cigarette smokers and the one smokeless tobacco user). Four respondents (8%) said they used tobacco at the facility (all of whom smoked cigarettes).

REACTION TO TOBACCO PRODUCTS

The overwhelming majority of respondents correctly said that tobacco use had a negative effect on athletic ability or performance. However, four respondents (8%) incorrectly said tobacco smoking had a positive effect and four (8%) said smokeless tobacco had a positive effect or no effect. Asked whether their participation in sport and recreational activities had affected their decision about using tobacco products, almost one half (46%) said it had affected their decision about smoking tobacco and slightly more than half (54%) said it had affected their decision about using smokeless tobacco.

REPORTS OF TOBACCO USE AT FACILITY

Of the 50 managers polled, 15 (30%) considered tobacco use a serious problem at the facility (i.e., managers of nine arenas, two golf courses, and one gymnasium, curling rink, fitness centre, and pool). Eleven (22%) considered tobacco smoking a serious problem at the facility and nine managers (18%) considered smokeless tobacco a serious problem.

During the past year, 21 (42%) of the managers (of an arena, golf course, gymnasium, sports field, fitness centre, curling rink and pool) had received an average of 2.8 complaints about tobacco use at the facility. All 21 managers received complaints about tobacco smoking, and one arena manager also received complaints about smokeless

tobacco.

During the past year, 70% of the managers (of an arena, golf course, gymnasium, sports field, curling rink, fitness centre and pool) saw people smoking tobacco at the facility. The people most frequently seen smoking tobacco were participants, spectators, and staff. Five managers (of an arena, fitness centre and gymnasium) reported seeing youth under age 19 years smoking tobacco at the facility.

Eleven (22%) of the managers (of an arena, golf course, gymnasium and pool) saw people using smokeless tobacco at the facility. Those most frequently seen using smokeless tobacco were participants, youth under 19 years of age, and spectators. Four managers (of an arena, gymnasium and pool) reported seeing youth under age 19 years using smokeless tobacco at the facility.

Fully 70% of managers (of an arena, golf course, sports field, gymnasium, fitness centre, curling rink, pool and bowling alley) saw evidence of tobacco use at the facility. Most of the respondents had seen evidence of cigarette smoking.

TOBACCO-FREE POLICIES

Almost all (98%) of managers surveyed for this study supported policies for tobacco-free sport and recreation facilities: 96% supported smoke-free indoor sport and recreation facilities; 56%, smoke-free outdoor facilities; 68%, smokeless tobacco-free indoor facilities; and 42%, smokeless tobacco-free outdoor facilities. Fully 88% of managers reported having a tobacco use policy for the facility and of these, most (93%) said the policy was enforced. However, almost half (46%) of those who enforced the policy said it was difficult to do so.

Asked whether the 15-foot limit for smoking outside buildings was enforced, slightly more than half (56%) said yes. Fifteen (28%) of the managers (of an arena, golf course, curling rink, fitness centre, marina and gymnasium) said there was a designated smoking area at the facility. The most popular designated area was "outside."

SUMMARY REPORT ON THE COACHES SURVEY

THE SURVEY PARTICIPANTS

Of the 171 coaches surveyed, 138 (81%) were male and 33 (19%) were female. Their average age was 36.2 years (range 15-70).

The coaches surveyed for this study coached a variety of youth and recreational activities. The top five activities (i.e., coached by 82% of respondents) were hockey, baseball, volleyball, softball and soccer. Almost one-half (48%) of respondents coached hockey. On average, respondents had coached 7.7 years. Almost one-half (46%) of respondents coached male youth, 15% coached female youth, while 37% coached both. Most of the respondents coached youth in more than one age group from under 10 to 18 years.

TOBACCO USE AMONG SURVEY PARTICIPANTS

Of the 171 coaches surveyed, slightly more than one quarter (26%) used tobacco products during the past 12 months. The most popular tobacco product among respondents was cigarettes (18%), followed by cigars (9%) and smokeless tobacco (5%). The majority (59%) of tobacco users were between 15 and 30 years of age. Compared to women, men were significantly more likely use tobacco products. Tobacco use among coaches of the top five activities was as follows: baseball (33%); hockey (30%); volleyball (27%); softball (18%); and soccer (10%).

Slightly less than one quarter (23%) of respondents reported using tobacco products during the past month, with cigarettes (17%) most popular, followed by cigars (5%) and smokeless tobacco (4%). Of the 39 current tobacco users, two thirds (67%) had tried to quit during the past six months and more than three quarters (77%) wanted to quit.

Seven (4%) of the respondents reported using tobacco products around the youth teams they coached; 12 (7%), however, did not respond to the question. Of the seven tobacco users, five smoked cigarettes around youth teams and two used smokeless tobacco.

REACTION TO TOBACCO PRODUCTS

The overwhelming majority of coaches correctly said that tobacco use had a negative effect on athletic ability or performance. However, eight respondents (5%) said smoking tobacco had either a positive effect or no effect and 18 respondents (11%) said smokeless tobacco had either a positive effect or no effect.

Asked whether their participation in sport and recreational activities had affected their decision on tobacco products, approximately two fifths of respondents said it had. Non-tobacco users were significantly more likely than users to say their participation had "greatly" affected their decision about both smoking tobacco and using smokeless tobacco.

Reports of Tobacco Use On Youth Teams

Asked whether any of the youth they coached used tobacco products, 25 respondents (15%) said yes: 21 respondents (12%) cited cigarettes and six (4%) cited smokeless tobacco. Reports of youth tobacco use was highest among coaches of softball, baseball and hockey although the rugby and skateboarding coaches both reported tobacco use among the youth.

TOBACCO-FREE POLICIES

Of the 171 coaches surveyed for this study, 161 (94%) supported at least one type of policy for tobacco-free sport and recreational facilities (10

coaches did not respond). With respect to the type of policy, 91% of respondents supported smoke-free indoor sport and recreational facilities; 75%, smoke-free outdoor facilities; 65%, smokeless tobacco-free indoor facilities; and 55%, smokeless tobacco-free outdoor facilities. Non-tobacco users were significantly more likely than tobacco users to support both smoke-free outdoor facilities and smokeless tobacco-free outdoor facilities.

Approximately half (50%) of respondents reported having a

tobacco use policy for the sport they coached and slightly more than half (52%) reported having a tobacco use policy for their youth team. Non-tobacco users were significantly more likely than users to have a tobacco use policy in place for their teams. Asked whether the team policy was enforced, 74 (83%) of the coaches with a team policy said it was.

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