

2012

# Physical Activity Strategic Plan: The Lighthouse



Presented to: The Municipality of  
Barrington and the Town of Clark's  
Harbour

By: Samantha Reyno



## Acknowledgements

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Some of the research for this plan had already been compiled by a previous municipal employee, Lisa Landry, who is now the Physical Activity & Community School Coordinator for the Municipality of Shelburne, the Town of Shelburne and the Town of Lockport.

The Physical Activity Strategy Team consisted of eleven people:

- Andrea Mood-Nickerson, Elementary School Teacher
- Anna Kenney, Barrington Municipal Recreation Director
- Brennan Goreham, Elementary Student Services
- Debby Smith, South Shore Regional Representative, Physical Activity, Sport, and Recreation, Nova Scotia
- Denise Goodwin, Clark's Harbour Representative
- Jennifer Bell, Community Room Coordinator – Barrington Sobeys
- Mike Scott, High School Teacher
- Nanette Comeau, Public Health
- Sheila Bird, Population Health Promoter, Public Health
- Wanda Mood, Senior Services Coordinator

I would also like to thank the following groups/businesses for their support:

- Barrington and Area Lions Club
- Barrington Area Chamber of Commerce
- Barrington Municipal High School
- Barrington Sobeys
- New Horizons Woods Harbour



## Executive Summary

The Municipality of Barrington decided to join the provincial Municipal Physical Activity Leadership program (MPAL) in the fall of 2011. It was decided that the plan would also apply to the Town of Clark's Harbour. During the first year of the program a strategic plan for physical activity is developed. Once the strategic plan is developed there is then a five year term in which it is implemented by the Physical Activity Coordinator. The program is jointly supported by the municipality, the town, and the Nova Scotia Department of Health and Wellness.

This strategy outlines the steps that need to be taken in order to have the Municipality of Barrington and the Town of Clark's Harbour become more physically active. Physical activity is defined as "any bodily movement produced by skeletal muscles that result in energy expenditure" (Caspersen, Powell & Christenson, 1985). Physical activity is important for maintaining good health.

The key issues that were discovered through community research (such as the Ipsos Reid Survey and the ICSP) are:

1. The lack of recreation groups devoted to physical activity such as a walking group.
2. The lack of young females meeting the Canadian physical activity guidelines.
3. The lack of seniors meeting the Canadian physical activity guidelines.

The main areas of focus as identified by the province are:

1. Females across the lifespan
2. Youth ages 12 – 19
3. Walking and biking in daily life

Themes that came out of the public consultation were:

1. Money and lack of facilities most often cited as a barrier to physical activity.
2. Large gap identified in offerings of fine arts/culture opportunities.
3. Many people cited the want for more walking opportunities.

The strategy addresses these issues through a multitude of ways. By taking a comprehensive approach, a wider population can be reached and will be impacted by the work done by the Physical Activity Coordinator. There are a number of goals, objectives, and actions currently identified within the plan. A progress evaluation will be done after one year of implementation to measure the success of the plan, and changes will be made accordingly. In five years Nova Scotia's Department of Health and Wellness will have the Ipsos Reid survey redone as part of the evaluation process.



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## Current State of Affairs

### Importance of Physical Activity

Physical activity, exercise and physical fitness may mean the same thing to some individuals, but they are very different. Physical activity is defined as “any bodily movement produced by skeletal muscles that results in energy expenditure” (Caspersen, Powell & Christenson, 1985). Physical activity can take many different forms and is different to each person; examples include walking, sports, skiing, gardening, etc.

Exercise is defined as “planned, structured, and repetitive activities” such as weight training (Caspersen, Powell, & Christenson, 1985).

The following are areas of focus from Barrington Municipality’s Integrated Community Sustainability Plan (2010):

- To encourage and support the development of active transportation systems (sidewalks, trails, bikeways) within and between communities in the municipality and region.
- To encourage and support appropriate infrastructure (such as streetlights, sidewalks, etc.) in association with transportation systems to ensure community safety.
- To cooperate with other municipalities and agencies as well as other levels of government to provide locally accessible services and amenities necessary for residents to ensure their physical and mental health, welfare, education and safety.
- To maintain and improve existing recreational facilities and programs so that they are accessible and affordable for all residents.
- To encourage the preservation, maintenance and enhancement of land having inherent natural, biological and recreational value.
- To encourage and support volunteer activities and organizations throughout the municipality.

### Trends in Physical Activity Levels

“In Nova Scotia, 49% of adults ages 20 to 64 are physically active enough to benefit their health” (Government of Nova Scotia, 2011).

44.7% of the population is active or moderately active within the South West Health District.

Within the South West Health District the physical activity levels of males and females between 12-19 years of age was significantly different (male 94% and females only 65%).

Youth 12-19 years of age were reported to be more active than over the age of 20 (Nova Scotia Department of Health, 2007).

During the 2011 Municipal Recreation and Physical Fitness Syndicated Survey conducted by IPSOS Public Affairs, information was gathered through telephone interviews from 177 residents 18 years of age or older from the Municipality of Barrington.



In the survey it was found that:

- 37% of respondents said that they participate in moderate physical activity less than two times a week.
- 42% of those surveyed said when they do participate in physical activity they are only active for 30 minutes or less.
- The main barriers as to why they are not physically active were
  - “Don’t have enough time” (36%)
  - Health issues (13%)
  - Not motivated (12%)
  - Weather (11%)
  - Lack of facilities (7%).
- 88% of respondents said that having access to paths, trails and green spaces are important influences in helping them be physically active.
- 86% reported that affordable recreational services, facilities and programs also influenced their participation.
- The most common activities that residents identified as participating in on a regular basis were:
  - Walking 64%
  - Jogging/running (11%)
  - Biking/cycling (11%)
  - Curling (7%).
- However, only 34% of respondents thought that the municipality had a “good” space on the side of the road or sidewalks for walking.

## The Impact of Physical Inactivity on our Health

The prevalence of diagnosed heart disease in the South West Health District is more than double that of the national average (SWHD 9.8 %, Nova Scotia 7.3%, and Canada 4.8%). The percentage of self-diagnosed cases of diabetes in SWHD was 8.7%, significantly higher than Nova Scotia’s average which was 4.9%. South West Health has one of the highest rates of obesity in Nova Scotia at 64.8%. 58% of Nova Scotians are classified as overweight or obese, which is higher than the national average of 50.1 %. (Nova Scotia Department of Health, 2007).

## Costs of Physical Inactivity

It’s estimated that physical inactivity costs the province of Nova Scotia’s health care system \$107 million yearly (GPIAtlantic, 2002). Regular physical activity has been proven to reduce the risk of major chronic health conditions such as cardiovascular disease, type 2 diabetes, osteoporosis and certain cancers such as colon and breast cancer. Physical activity can also reduce the risk of obesity. Obesity can lead to a variety of health problems (GPIAtlantic, 2000). The rate of obesity has been



steadily increasing for the past 25 years in Canada. Nova Scotia has the one of the highest obesity rates in Canada (58%) (Statistics Canada, 2005).

With an aging population who are working later in life, the economic cost due to days missed at work is also a concern. Workers age 55+ miss an estimated 10.5 days of work due to illness or disability, compared to only 5.2 days for workers aged 15-24 (GPIAtlantic, 2002).



## Community Profile

### Municipality of Barrington

#### Population

The Municipality of Barrington is located on the south-western tip of Nova Scotia. It is a coastal community made up of small villages stretching from Port Clyde to Charlesville. The total population size of the Municipality of Barrington in 2006 was 7,330.

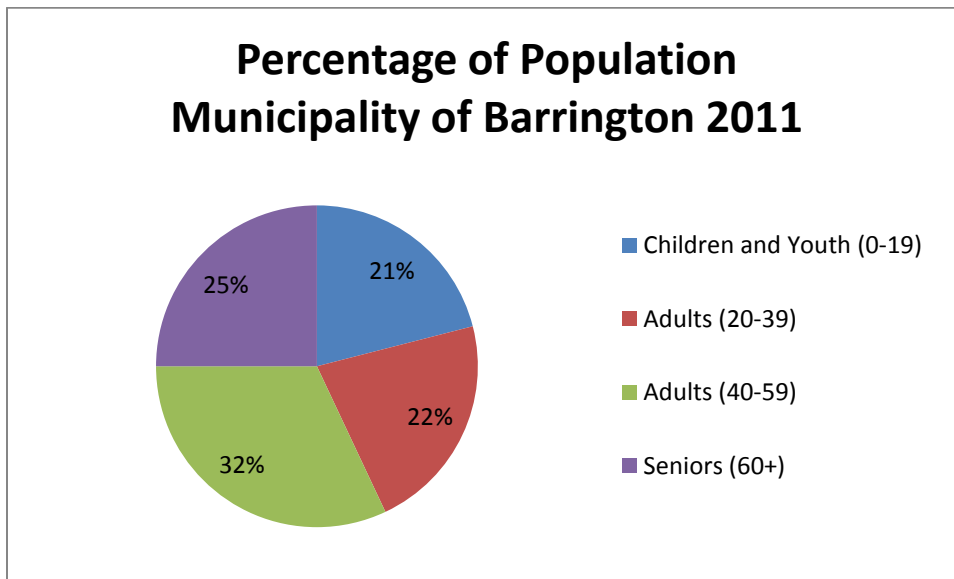


Figure 1: Percentage of Population – Barrington 2011

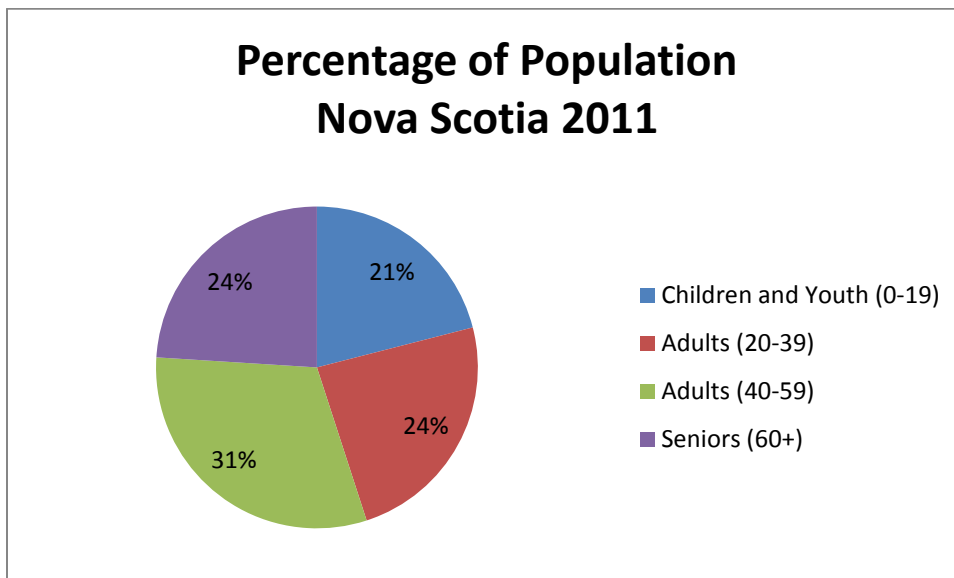


Figure 2: Percentage of Population – Nova Scotia 2011

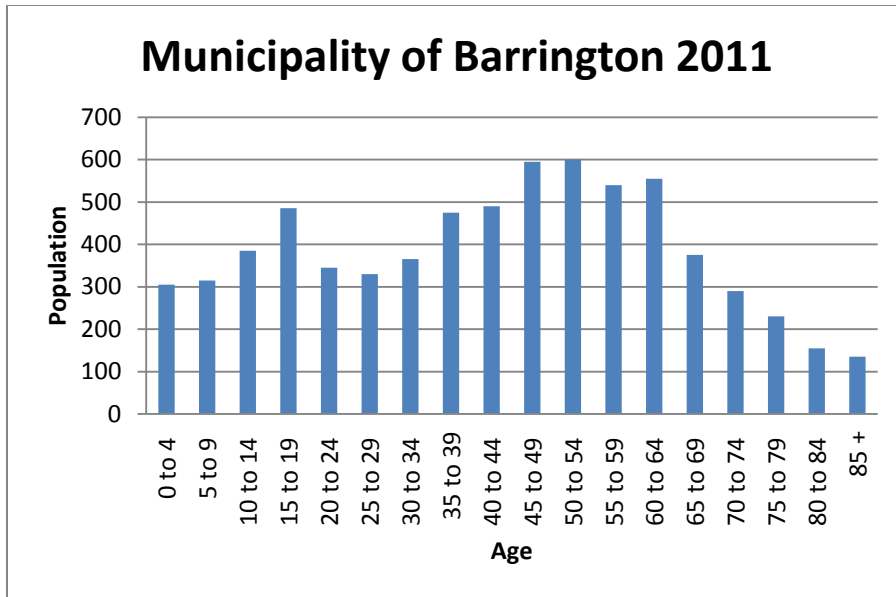


Figure 3: Population and Age - Barrington 2011

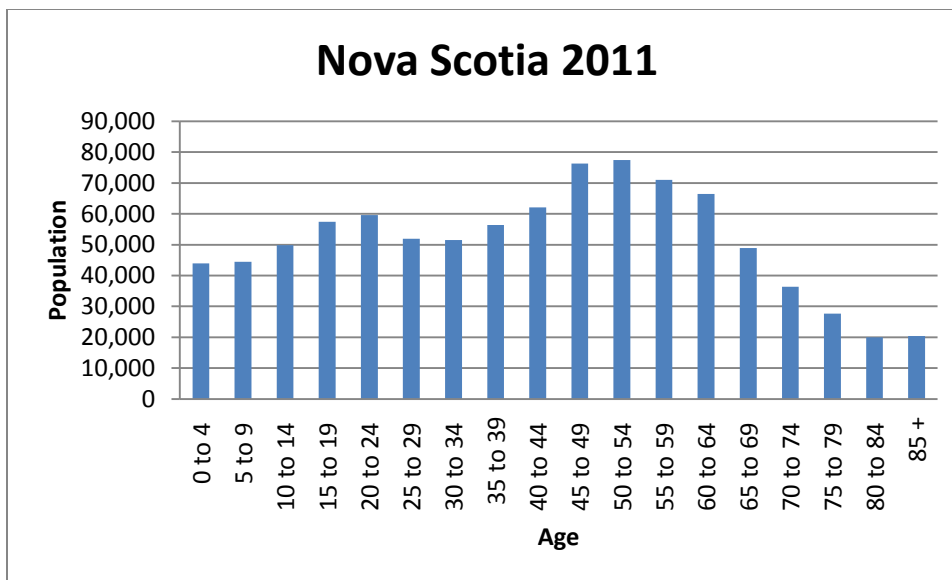


Figure 4: Population and Age - Nova Scotia 2011



### Family Structure

In 2006, there were a total of 2,285 families reported within the Municipality of Barrington, 73% of those families are married-couples, 11.5% are lone female families, 11% are common-law and 4.3% are lone male families.

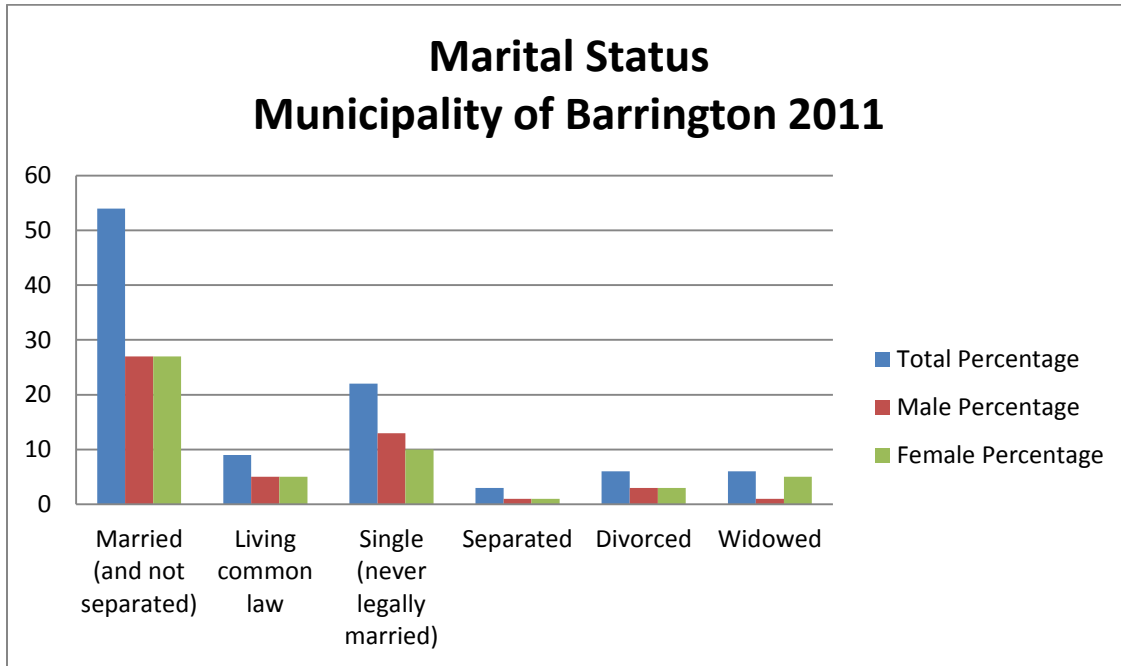


Figure 5: Marital Status - Barrington 2011

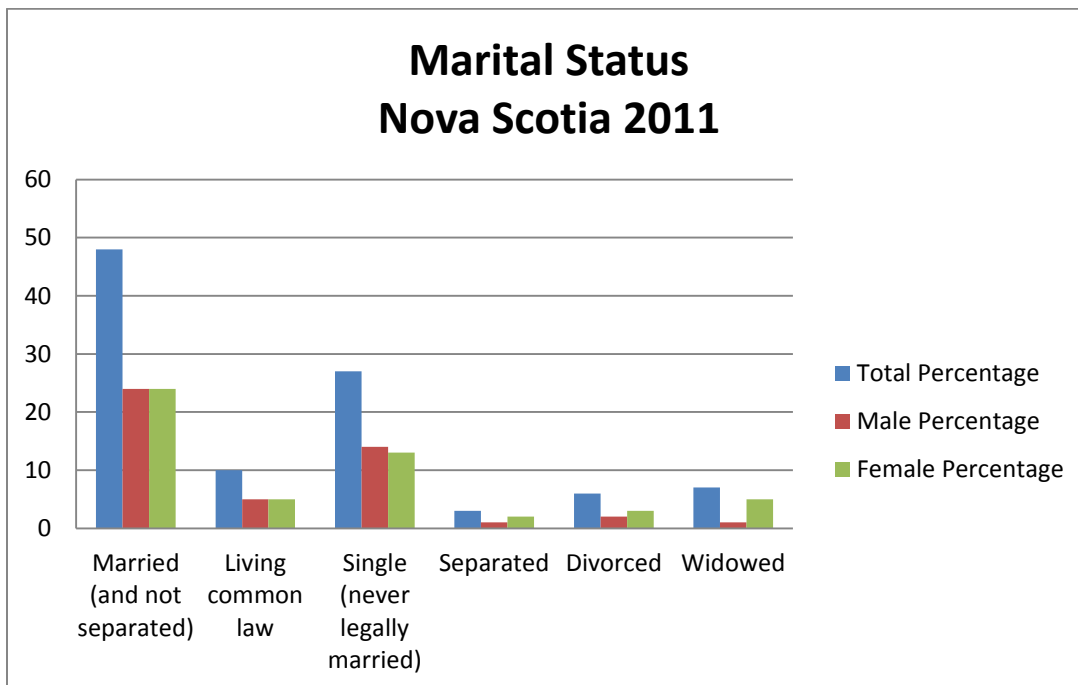


Figure 6: Marital Status - Nova Scotia 2011

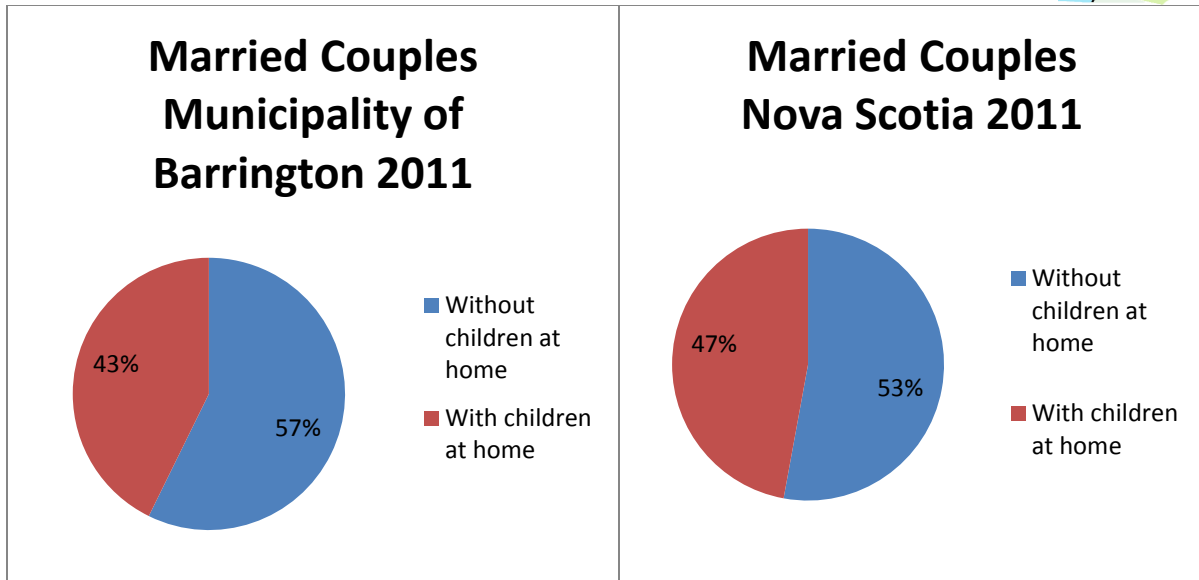


Figure 7: Married Couples With/Without Children

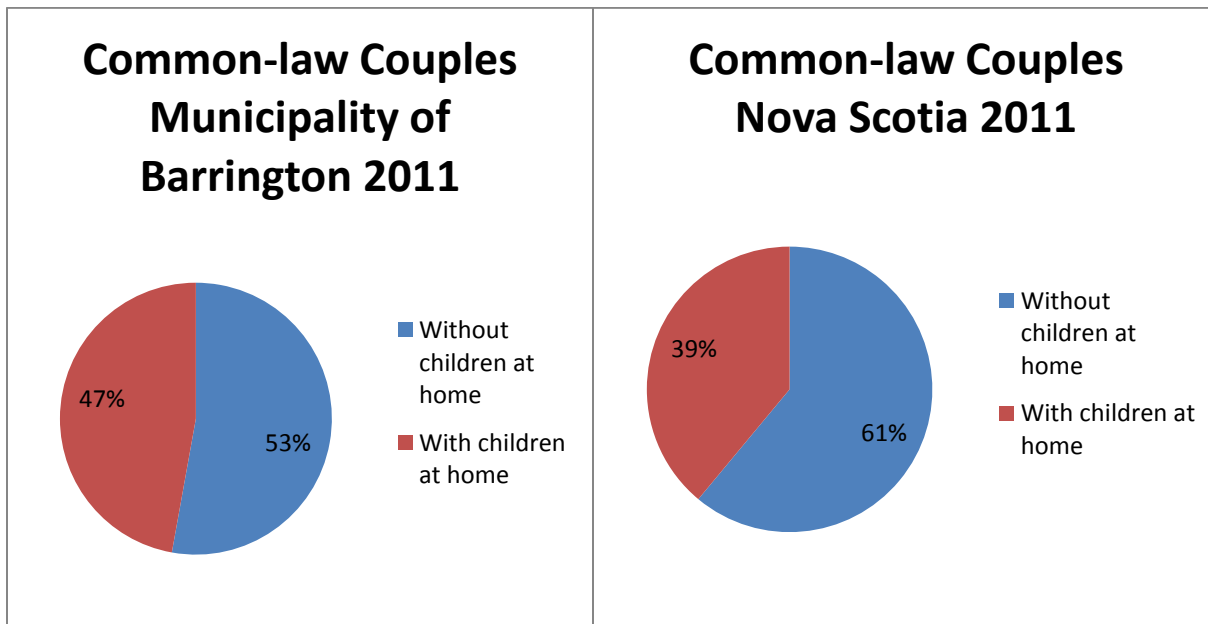


Figure 8: Common Law Couples With/Without Children

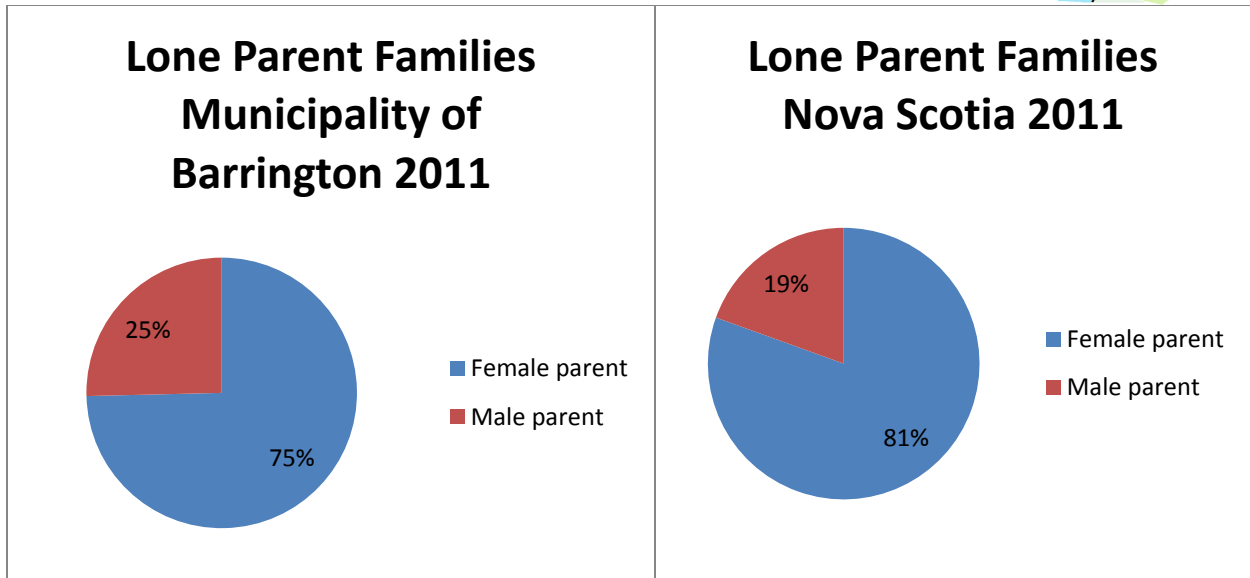


Figure 9: Lone Parent Families

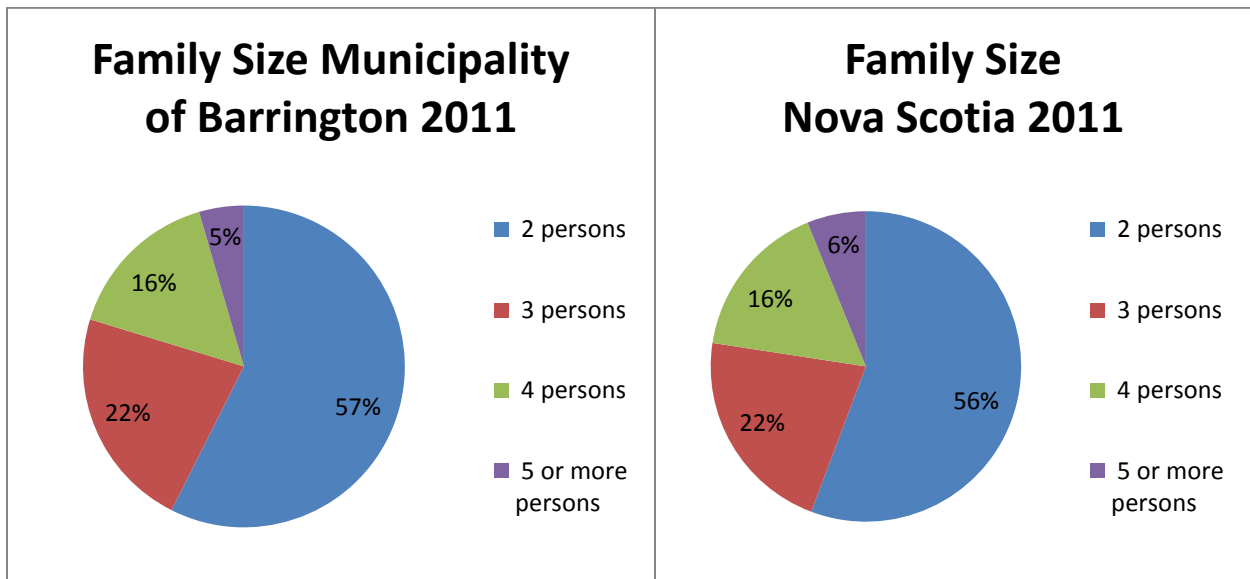


Figure 10: Family Size



**Income**

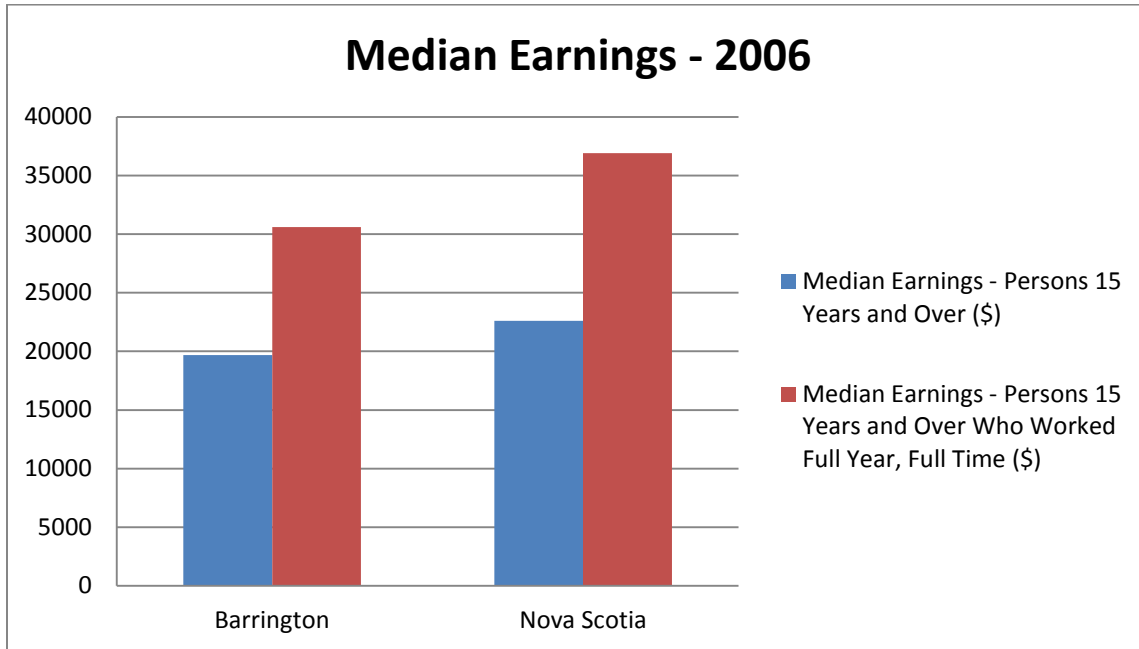


Figure 11: Median Earnings - Barrington and Nova Scotia

There was no income information available in the 2011 Census information, the above information is from the 2006 Census.

(Source: Statistics Canada, Community Profiles 2006)

**Transportation**

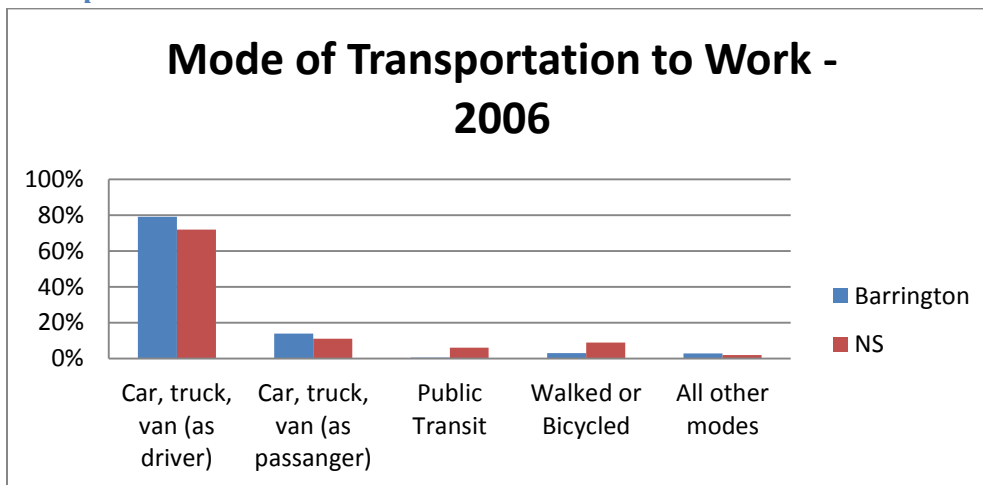


Figure 12: Transportation - Barrington

There was no mode of transportation information available in the 2011 Census information; the above information is from the 2006 Census. (Source: Statistics Canada, 2007)



### *Current Recreation Facilities (Built and Natural)*

Barrington has a wide variety of built and natural recreation facilities located throughout the municipality, including sports fields/courts, beaches, parks, trails, a hockey arena, a curling club and fitness centers. For a full list of facilities and locations see Appendix A-Existing Facilities.



## Town of Clark's Harbour

### Population

The town of Clark's Harbour is located on Cape Sable Island and is surrounded by the Municipality of Barrington. The following figure represents the age distribution of the population. The total population according to the 2011 Canadian Census is 820 which is a 4.7% drop from the 2006 data.

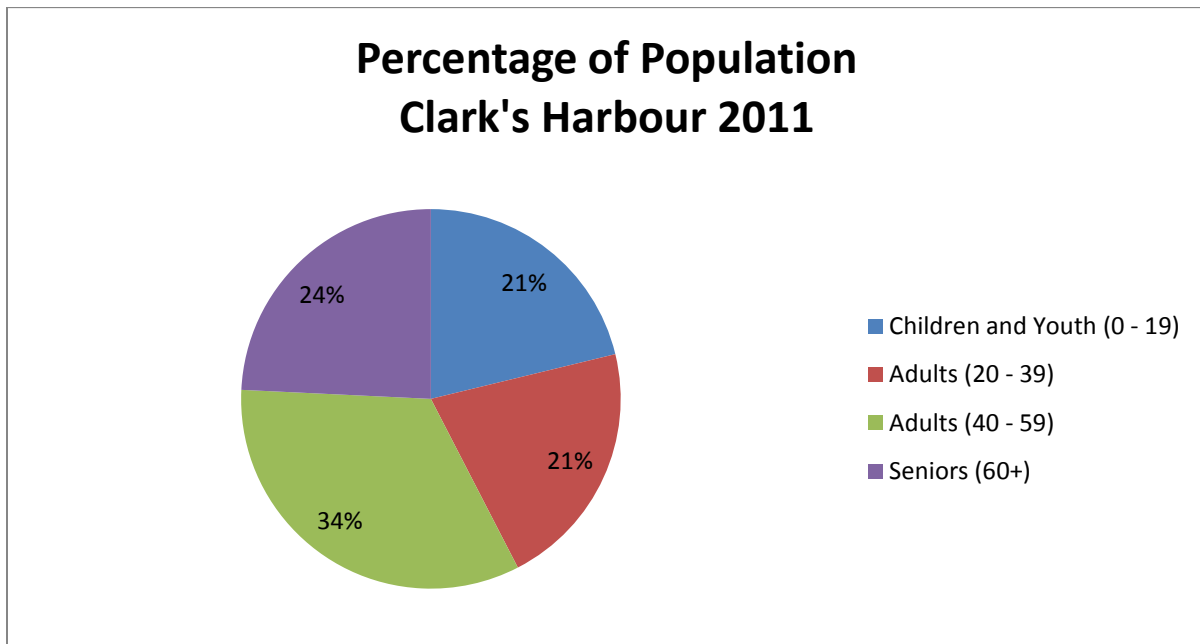


Figure 13: Percentage of Population - Clark's Harbour 2011

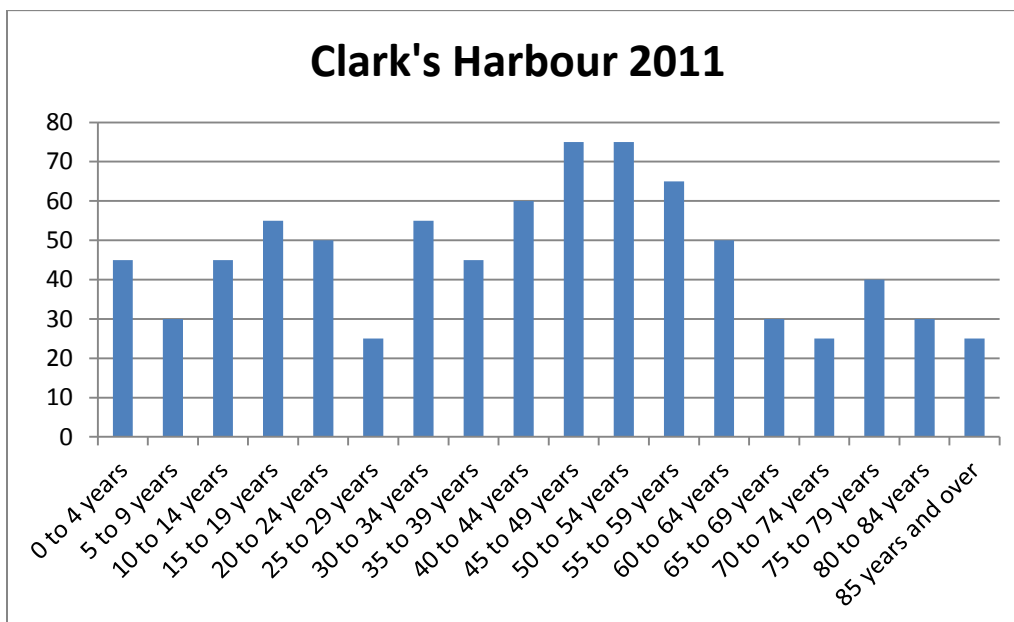


Figure 14: Population and Age - Clark's Harbour 2011



*Family Structure*

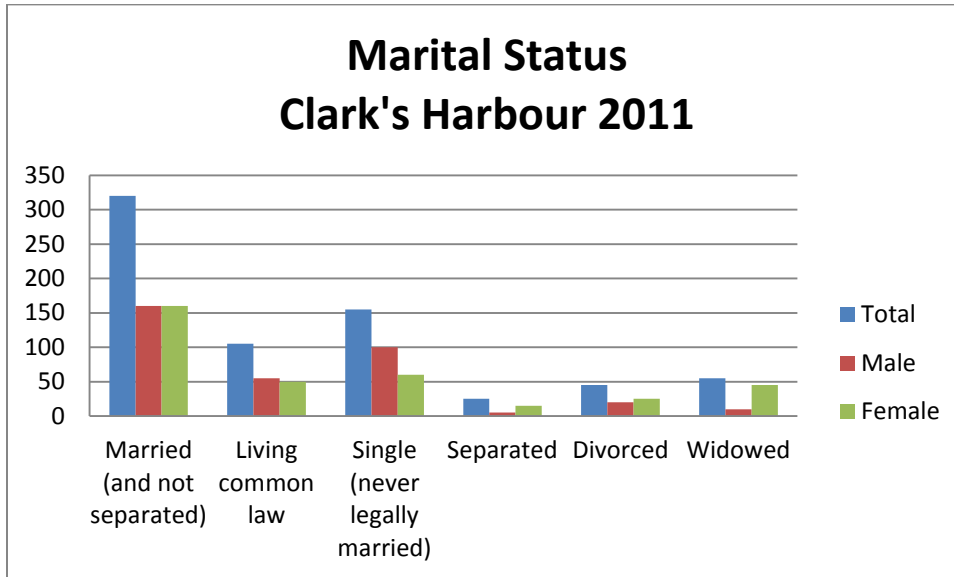


Figure 15: Marital Status - Clark's Harbour 2011

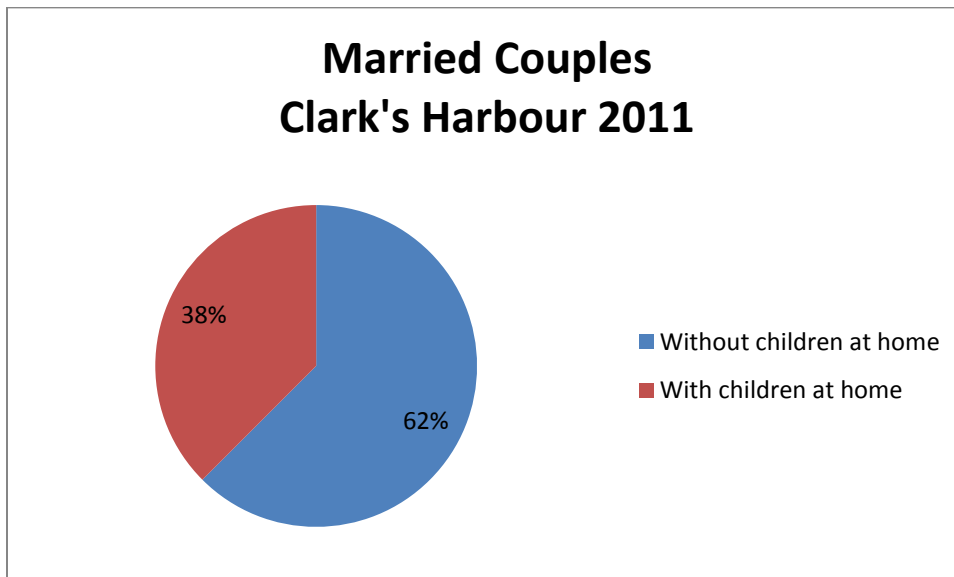


Figure 16: Married Couples With/Without Children - Clark's Harbour 2011

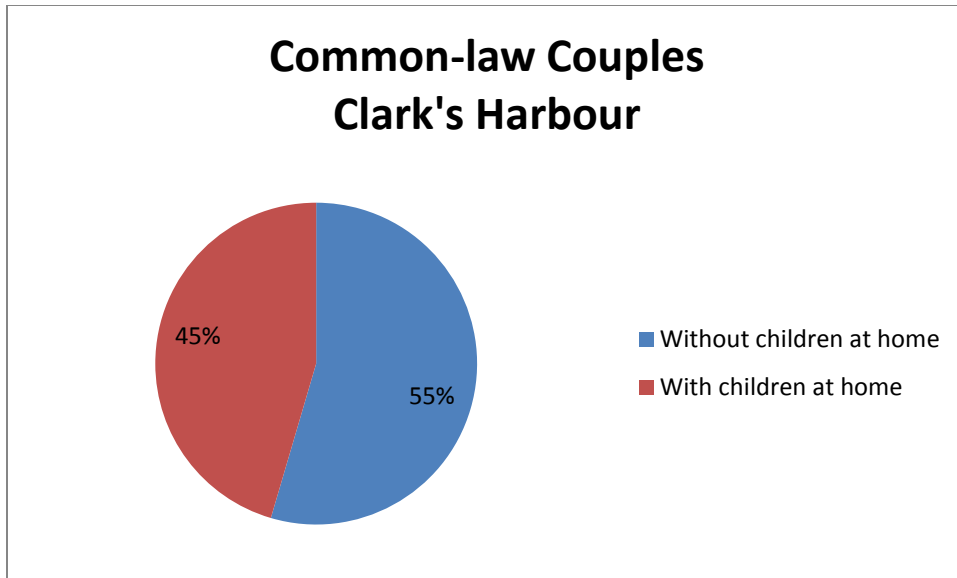


Figure 17: Common Law Couples With/Without Children Clark's Harbour 2011

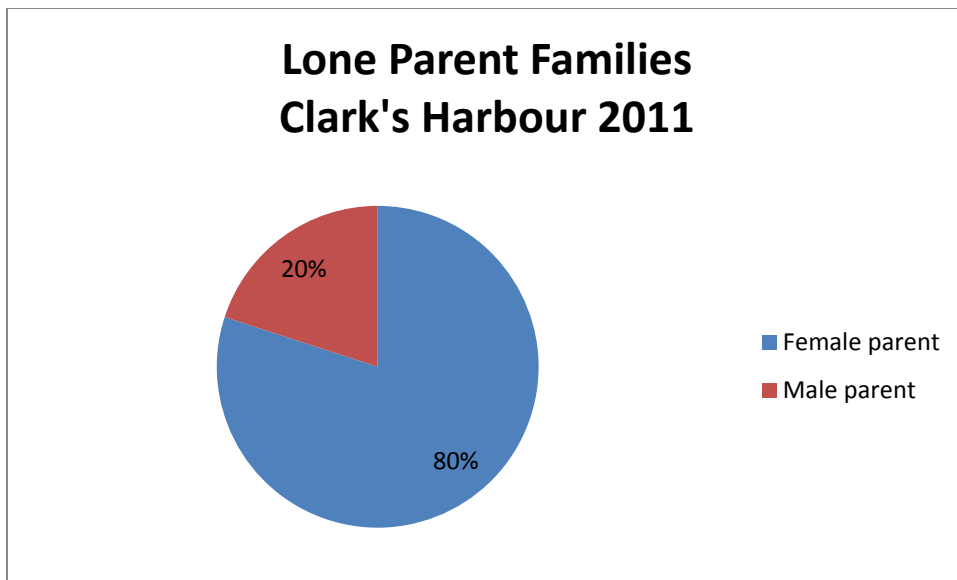


Figure 18: Lone Parent Families - Clark's Harbour 2011

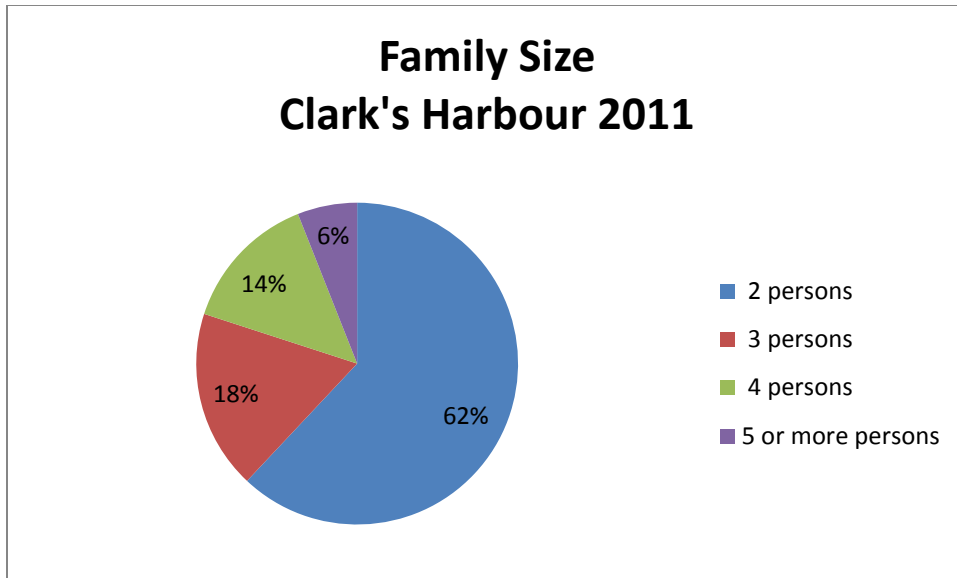


Figure 19: Family Size - Clark's Harbour 2011

#### *Income*

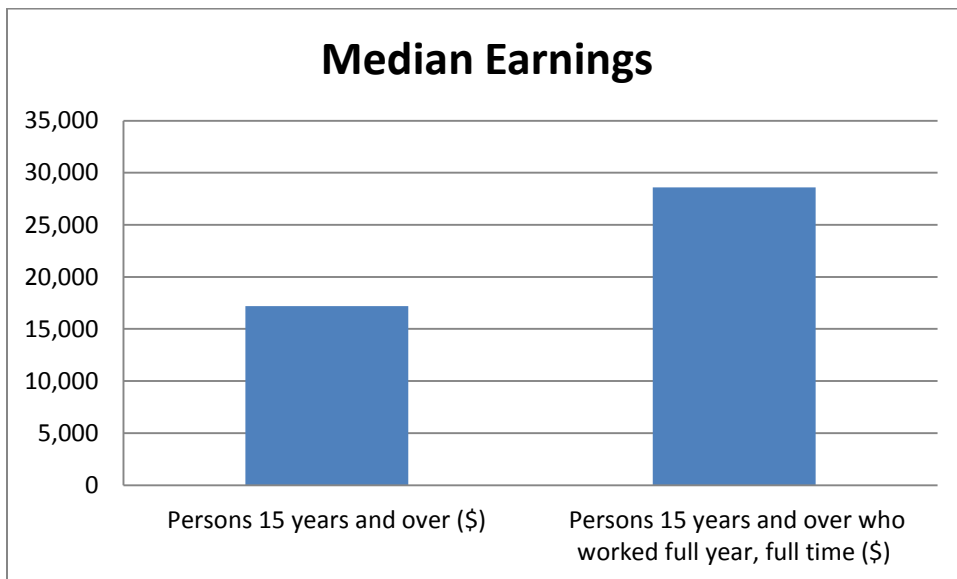
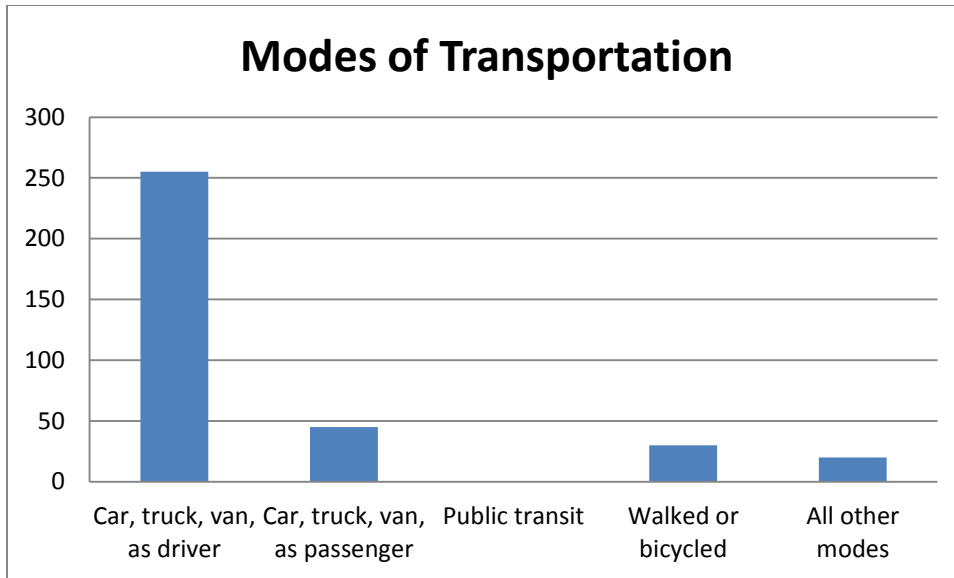


Figure 20: Median Earnings - Clark's Harbour 2006

The above information is from the 2006 Census as the information is not currently available in the 2011 Census.

#### *Transportation*

At the time that this graph was created there was no public transit in the area.



**Figure 21: Transportation - Clark's Harbour 2006**

The above information is from the 2006 Census as the information is not currently available in the 2011 Census.

***Current Recreation Facilities (Built and Natural)***

For a full list of facilities and locations see Appendix A-Existing Facilities.



## Strengths Weaknesses Opportunities Threats (SWOT) Analysis

The following analysis is a look at the strengths, weaknesses, opportunities, and threats that currently exist in the Municipality of Barrington and the Town of Clark's Harbour, it was determined by the strategic plan advisory committee.

<p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>• Use of school facilities after hours</li> <li>• Rural (close sense of community)</li> <li>• Infrastructure (both built and natural)</li> <li>• Commitment to the strategy</li> <li>• Willingness to work together (community businesses and recreation department)</li> <li>• Government support</li> <li>• People (small community)</li> <li>• Clark's Harbour bike lane</li> <li>• Afterschool programs</li> <li>• Health Promoting Schools</li> </ul>	<p><b>Weaknesses</b></p> <ul style="list-style-type: none"> <li>• Rural (funding issues)</li> <li>• Lack of active corridor</li> <li>• Layout of the municipality</li> <li>• Drive everywhere mentality</li> <li>• Perceived and real dangers</li> </ul>
<p><b>Opportunities</b></p> <ul style="list-style-type: none"> <li>• Increased physical activity trend</li> <li>• Increased realization of the "inactivity crisis"</li> <li>• Access to information</li> <li>• Increase accessibility</li> <li>• New physical activity infrastructure</li> <li>• Physical activity presentations</li> <li>• Childhood Obesity Strategy</li> <li>• Potential partnerships with the private sector.</li> </ul>	<p><b>Threats</b></p> <ul style="list-style-type: none"> <li>• Resistance to change</li> <li>• Economic situation</li> <li>• Aging Population</li> </ul>



## Political, Economic, Social, Technology (PEST) Assessment

The following assessment is regarding the current political, economic, social, and technological environment in the Municipality of Barrington and Town of Clark's Harbour.

<p>Political</p> <ul style="list-style-type: none"><li>• Elections</li><li>• Allocation of resources</li><li>• Not an "essential service"</li><li>• Policies need to be updated</li><li>• Reluctance to change policies</li></ul>
<p>Economic</p> <ul style="list-style-type: none"><li>• National debt</li><li>• Lack of spending money for extras (general public)</li><li>• Kids activity tax credit</li><li>• Cyclical nature of peoples jobs here</li><li>• Small tax base leads to difficulty creating infrastructure</li></ul>
<p>Social</p> <ul style="list-style-type: none"><li>• Resistance to change</li><li>• Perceived lack of time</li><li>• Increased expectation for parents to register their children in organized sport</li><li>• Nature Deficit Disorder and similar</li><li>• Increased social time spent interacting via the internet</li><li>• Expressed want for a walking club</li><li>• People don't take initiative to do unorganized activity</li><li>• Aging population</li><li>• Out migration</li><li>• Females less active across the lifespan</li></ul>
<p>Technological</p> <ul style="list-style-type: none"><li>• Increased screen time</li><li>• Online 24/7 (smart phones)</li><li>• Improved communications</li><li>• Short attention spans</li><li>• Multitude of marketing options</li><li>• Increased use of social media</li></ul>



## Public Consultation

In order to better represent the population, there was public consultation done to gain input for the direction of the strategic plan. The public consultation consisted of meetings open to the public hosted in each district and in the Town of Clark's Harbour, focus groups with local community groups as well as high school students, and an online survey. The questions asked on the survey can be found in appendix B and the detailed results of the public consultation can be found in appendix C. Three main themes that came out of the public consultation were:

1. Money and lack of facilities were most often identified as a barrier to physical activity.
2. Many people said that there is a lack of arts and culture opportunities.
3. Many people said that they would like to see an increase in walking opportunities.

Evidence also shows that there is a need for better communication of upcoming events and opportunities throughout the area. People who contributed to the public consultation identified that often they do not know what is available to them. Some mention the need for social media marketing.



## Key Issues

The key issues as identified by the research done on activity levels by the province of Nova Scotia (PACE information) and the Ipsos Reid survey done in the Municipality of Barrington and Town of Clark's Harbour are:

1. The lack of recreation groups devoted to physical activity such as a walking group.
2. The lack of females throughout the lifespan meeting the Canadian physical activity guidelines.
3. The lack of seniors meeting the Canadian physical activity guidelines.

The main areas of focus as identified by the province are:

1. Females across the lifespan
2. Youth ages 12 – 19
3. Walking and biking in daily life



## Vision and Mission

### Vision

The Municipality of Barrington and the Town of Clark's Harbour are dynamic interconnected entities with strong ties to the past and a commitment to increasing physical activity as well as economic growth in their futures. The norm in the community is to see people participating in physical activity on a daily basis. All ages are active and the community looks to the future to find new and innovative ways to improve their level of physical activity. All opportunities are accessible to the community and there is a wide variety of opportunities to cater to individual and community needs.

#### Characteristics

- Commitment from the community – council, commerce and the general public - to the ongoing improvement of physical activity in Municipality of Barrington and the Town of Clark's Harbour.
- There are adequate funds to ensure the sustainability of the physical activity strategy and an active community.
- There are positive relationships between all sectors of the population.
- Ongoing evaluation takes place to ensure the outcomes of the strategic plan are being met, that they are in the best interest of the community and to advance the vision.
- The community embraces the past and looks to the future, by achieving a balance of old traditions and new initiatives and ideas.
- There are active and safe routes available for public use throughout the community.
- There are a variety of places and spaces that lend themselves to physical activity.
- All ages of the community are active in a wide variety of activities.
- Increasing access to existing infrastructure – both build and natural spaces – and build on what exists to increase accessibility.
- An active community that embraces the ongoing improvement of physical activity.

### Mission

To increase physical activity across all sectors of the population in both the Municipality of Barrington and the Town of Clark's Harbour.



## Goals and Objectives

Goal #1: To increase knowledge about and participation in physical activity

Objectives:

- 1.1 Increase awareness and knowledge about physical activity.
- 1.2 Increase participation in physical activity

Goal #2: To expand the built and natural physical activity infrastructure

Objectives:

- 2.1 To increase accessibility of places and spaces for physical activity.
- 2.2 Develop and maintain active transportation corridors

Goal #3: To improve policies that support physical activity

Objectives:

- 3.1 Improve policies that support physical activity such as the creation of an inclusion policy.
- 3.2 Develop a community grant for physical activity opportunities.
- 3.3 Explore Community use of schools opportunities

Goal #4: To improve the social environment of physical activity

- 4.1 Increase the number of leaders
- 4.2 Reduce barriers to physical activity

Goal #5: To Increase walking and cycling behaviour

- 1.1 Increase awareness about opportunity for active transportation.
- 1.2 Increase walking behaviour
- 1.3 Increase cycling behaviour



## Action Plan

### Goal #1: To increase knowledge about and participation in physical activity.

Objective #1.1: Increase awareness and knowledge about physical activity.
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Increase education about the benefits of physical activity</li> <li>• Participate in the creation of a Workplace Wellness Network for Shelburne County</li> <li>• Partner with local school to promote physical activity through their Health Promoting Schools program.</li> <li>• Develop a physical activity marketing plan</li> <li>• Develop a brand for the physical activity strategic plan</li> <li>• Support South Shore Active Communities initiatives</li> </ul>
Objective #1.2: Increase participation in physical activity
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Increase the amount of programs/opportunities offered by the Recreation Department</li> <li>• Develop partnerships with local physical activity groups</li> <li>• Provide support for individuals trying to start up programs in the area. (An example of this would be Kent Blade’s Walking Group at the Legion)</li> <li>• Explore the possibility of new partnerships in the area</li> <li>• Explore the possibility of having Church halls as recreation facilities for the community to use.</li> <li>• Partner with Shelburne County Senior Services</li> <li>• Explore new activities that can be offered in existing spaces such as Roller Derby</li> <li>• Offer targeted programming to address the gender gap such as the female only after school program – “After the Bell”</li> </ul>

### Goal #2: To expand the built and natural physical activity infrastructure.

Objective #2.1: To increase accessibility of places and spaces for physical activity.
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Ensure the Sherose Island Recreation Centre is barrier free.</li> <li>• Assess the built infrastructure.</li> <li>• Maintain the trails.</li> <li>• Create trails that are wheelchair/stroller accessible.</li> <li>• Assess the accessibility of beaches and trails.</li> <li>• Standardize signage for all trails.</li> <li>• Develop an asset map.</li> <li>• Create partnerships and be aware of available grants for the construction of new structures such as a natural playground or skate park.</li> <li>• “Maintain and improve existing recreational facilities and programs so they are accessible and affordable for all residents” (Municipality of Barrington ICSP Objective, 2010)</li> </ul>
Objective #2.2: Develop and maintain active transportation corridors.
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Explore active transportation policies and plans.</li> </ul>



- Do a feasibility study of building trails and boardwalks along the coast.
- Move towards connecting the multi-use trail.
- Assess where Share the Road signs could be placed in the Municipality and the Town.
- Assess the schools in the area with the Safe Routes to School Travel Planning Guide.
- Assess locations for future sidewalk development.
- “To encourage and support the development of active transportation systems (sidewalks, trails, bikeways) within and between communities in the municipality and region.” (Municipality of Barrington ICSP, 2011)

**Goal #3: To improve policies that support physical activity.**

Objective #3.1: Improve policies that support physical activity such as an inclusion policy
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Write an inclusion policy and present to council</li> <li>• Assess the current policies to see which ones need to be redone, make adjustments as needed and present changes to council</li> </ul>
Objective #3.2: Develop a community grant system for physical activity opportunities
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Research the possibility of offering monetary grants to support physical activity opportunities</li> <li>• Keep an up to date list of available grants that are available for the public to apply for on the Recreation Department website.</li> <li>• Look into current grant criteria; see if some of it can be changed so that it could only go to someone applying to do something related to physical activity.</li> </ul>
Objective #3.3: Explore community use of schools opportunities
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Look into what will happen to the Cape Sable Island Elementary once it is no longer needed as a school, could it be used as a recreation facility.</li> <li>• Approach Barrington Municipal High School about the public being allowed access during the summer months.</li> <li>• Approach the elementary schools about the public being allowed access during the summer months and evenings.</li> <li>• Look into having a Community School Coordinator work out of Barrington Municipal High School to facilitate community use.</li> </ul>

**Goal #4: To improve the social environment of physical activity.**

Objective #4.1: Increase the number of leaders
<p>Actions:</p> <ul style="list-style-type: none"> <li>• Initiate a youth leadership program at Barrington Municipal Recreation Department to complement the summer staff</li> <li>• Partner with local youth groups such as Scouts and Cadets</li> <li>• “To encourage and support volunteer activities and organizations throughout the municipality.” (Municipality of Barrington ICSP, 2010)</li> </ul>
Objective #4.2: Reduce the barriers to physical activity
<p>Actions:</p>



- Increase the opportunities for friends and family to participate together
- Cooperate with local physical activity practitioners to allow them usage of facilities when theirs become unsuitable (such as flood, renovations, fire, etc.)

**Goal #5: To increase walking and cycling behaviour**

Objective #5.1: Increase awareness about opportunity for active transportation.
Actions: <ul style="list-style-type: none"> <li>• Develop a community resource on walking and biking.</li> </ul>
Objective #5.2: Increase walking behaviour
Actions: <ul style="list-style-type: none"> <li>• Create a hiking association</li> <li>• Support the existing running/walking group</li> <li>• Encourage locals to participate in the Annual Nova Scotia Marathon, look into a program similar to what Doctors NS does with the Bluenose Marathon.</li> <li>• Encourage walking through promotion of Nova Scotia Walkabout</li> <li>• Support the development of walking groups</li> </ul>
Objective #5.3: Increase cycling behaviour
Actions: <ul style="list-style-type: none"> <li>• Run learn to bike programs for all ages</li> <li>• Run family bike events</li> <li>• Support the existing cycling group</li> <li>• Promote the existing opportunities for cycling such as the Town of Clark’s Harbour’s cycling lane</li> </ul>



## Implementation Plan

The following tables outline the implementation plan for the Physical Activity Strategic Plan.

Definition of priority:

High = needs attention within 2013

Medium = needs attention within 2014 – 2015

Low = needs attention within 2016 – 2017

### Goal # 1: To increase knowledge about and participation in physical activity.

Objective	Action	Priority (High/ Medium/ Low)	Lead	Support/Partners
1.1	Increase education about the benefits of physical activity	High	Recreation Department	Health Promoting Schools (TBC)
	Participate in the creation of a Workplace Wellness Network in Shelburne county	Medium	South Shore Active Communities	Physical Activity Coordinator
	Partner with local schools to promote physical activity through their Health Promoting Schools Program	High	Physical Activity Coordinator	Local elementary schools with HPS (TBD)
	Develop a physical activity marketing plan	High	Physical Activity Coordinator	TBD
	Develop a brand for the physical activity strategic plan	High	Physical Activity Coordinator	TBD
	Support South Shore Active Communities initiatives	High	South Shore Active Communities	Recreation Department
1.2	Increase the amount of programs/opportunities offered by the Recreation Departments	High/Medium	Recreation Departments	Physical Activity Coordinator & Local Groups (TBC)
	Develop partnerships with the local physical activity groups	High/Medium	Physical Activity Coordinator	Recreation Department
	Provide support for individuals trying to start up programs in the area.	Medium	Recreation Department	TBD
	Explore the possibility of new partnerships in the area	Medium	Physical Activity Coordinator	TBD
	Explore the possibility of having church halls as recreational facilities	Low	Physical Activity Coordinator	Recreation Department & Building Inspector



	Partner with Shelburne County Senior Services	High	Physical Activity Coordinator	Recreation Department and Senior Services (TBC)
	Explore new activities that can be offered in existing spaces	Medium	Physical Activity Coordinator	TBD
	Offer targeted programming to address the gender gap such as "After the Bell"	High	Recreation Department	South Shore Active Communities

**Goal #2: To expand the built and natural physical activity infrastructure**

Objective	Action	Priority (High/ Medium/ Low)	Lead	Support/Partners
2.1	Ensure the Sherose Island Recreation Centre is barrier free	High/Medium	Recreation Department	Property Services & Building Inspector (TBC)
	Assess the built infrastructure	Medium	Physical Activity Coordinator	Property Services & Building Inspector (TBC)
	Maintain the trails	High	Property Services	Physical Activity Coordinator
	Create trails that are wheelchair/stroller accessible	Medium	Property Services	Physical Activity Coordinator
	Assess the accessibility of the beaches and trails	Medium	Physical Activity Coordinator	Property Services
	Standardize signage for all trails	High	Property Services	WMTA, Physical Activity Coordinator (TBC)
	Create partnerships and be aware of available grants for the construction of new structures such as a natural playground or skate park.	Medium	Physical Activity Coordinator	TBD
	Maintain and improve existing recreation facilities and programs so that they are accessible and affordable for all residents.	High	Recreation Director	Physical Activity Coordinator
2.2	Explore Active Transportation policies and plans	Medium	Physical Activity Coordinator	Ecology Action Centre (TBD)
	Do a feasibility study of building trails and boardwalks along the coast	Low	Physical Activity Coordinator	DNR (TBC)



	Move towards connecting the multi-use trail	High	WMTA	Physical Activity Coordinator
	Assess where Share the Road signs could be placed in the Municipality and the Town	Low	Physical Activity Coordinator	Dept of TIR (TBD)
	Assess the schools in the area with the Safe Routes to School Travel Planning Guide.	Medium	Physical Activity Coordinator	Local Schools
	Assess locations for future sidewalk development	Medium	Physical Activity Coordinator	Council, Community Members
	Encourage and support the development of active transportation systems within and between communities in the municipality and region	Medium	Physical Activity Coordinator	TBD

**Goal # 3: To improve policies that support physical activity**

<b>Objective</b>	<b>Action</b>	<b>Priority (High/ Medium/ Low)</b>	<b>Lead</b>	<b>Support/Partners</b>
3.1	Write an inclusion policy and present to council	High	Physical Activity Coordinator	Recreation Director, Council
	Assess the current policies to see which ones need to be redone, make adjustments as needed, present to council	Medium	Recreation Department	Council
3.2	Research the possibility of offering monetary grants to support physical activity opportunities	Medium	Physical Activity Coordinator	Recreation Department, Municipal Office
	Keep an up to date list of available grants that are available for the public to apply for on the Recreation Department website	High	Physical Activity Coordinator	Recreation Director, South Shore Active Communities, Recreation NS
	Look into current grant criteria; see if some of it can be changed so that it could only go to someone applying to do something related to physical activity	Low	Physical Activity Coordinator	Recreation Department & Municipal Office
3.3	Look into what will happen to the Cape Sable Island Elementary school once it is no longer needed as a school, could it be	High	Property Services, Municipal Clerk,	TBD



	used as a recreation facility		Council, Recreation Department	
	Approach Barrington Municipal High school about the public being allowed access during the summer months	High	Recreation Department	TCRSB
	Approach elementary schools about the public being allowed access during the summer months and evenings.	Medium	Recreation Department	TCRSB
	Look into having a Community School Coordinator work out of Barrington Municipal High School to facilitate community use	Low	Recreation Department	TCRSB

**Goal #4: To improve the social environment of physical activity.**

Objective	Action	Priority (High/ Medium/ Low)	Lead	Support/Partners
4.1	Initiate a youth leadership program at Barrington Municipal Recreation Department to complement the summer staff	High	Recreation Department	Physical Activity Coordinator
	Partner with local groups such as Scouts and Cadets	Medium	Physical Activity Coordinator	Local groups
	Encourage and support volunteer activities and organizations throughout the municipality	High	Recreation Department	Senior Services
4.2	Increase the opportunities for friends and families to participate together	High	Physical Activity Coordinator	TBD
	Cooperate with local physical activity practitioners to allow them usage of facilities when theirs become unsuitable (such as flood, renovations, fire, etc.)	Medium	Physical Activity Coordinator	TBD

**Goal #5: To increase walking and cycling behaviour**

Objective	Action	Priority (High/ Medium/ Low)	Lead	Support/Partners
5.1	Develop a community resource on walking and biking	High	Physical Activity Coordinator	Recreation Director, Building Inspector, Tourism



5.2	Create a hiking association	Medium	Community Members	Physical Activity Coordinator
	Support the existing running/walking group	Medium	Existing Groups	Physical Activity Coordinator
	Encourage locals to participate in the Annual Nova Scotia Marathon, look into a program similar to what Doctors NS does with the Bluenose Matathon	Medium	Physical Activity Coordinator	TBD
	Encourage walking through promotions of Nova Scotia Walkabout	High	Recreation Department	Physical Activity Coordinator
	Support the development of walking groups	High	Community Members	Physical Activity Coordinator
5.3	Run learn to bike programs for all ages	Medium	Recreation Department	Local Schools & Police
	Run family bike events	Medium	Recreation Department	TBD
	Support the existing cycling group	Medium	Existing group	TBD
	Promote the existing opportunities for cycling	High		



## Evaluation plan

The Nova Scotia Department of Health and Wellness will have the Ipsos Reid survey conducted again in 2017 as part of their evaluation process.

### Evaluation Protocols

- Throughout the implementation of the plan the Physical Activity Coordinator will be continually evaluating the effectiveness of the actions set out in the plan.
- The Physical Activity Coordinator will also ensure that the plan remains current and reflects the needs of the community.
- Each year a written evaluation of the plan will be done by the Physical Activity Coordinator.



## **Appendix A: Existing Facilities in the Municipality of Barrington**



## Appendix A - Existing Facilities in the Municipality of Barrington

### Buildings/Halls

- Barrington Library (Barrington Passage)
- Barrington Lions Hall (Barrington)
- Island and Barrington Passage Fire Hall (Centreville)
- Greenhill Senior Citizen Club (Upper Port La Tour)
- North East Point Community Hall (North East Point)
- Woods Harbour Community Centre (Woods Harbour)
- Woods Harbour Fire Hall (Woods Harbour)

### Trails/Parks

- Baccaro Point Look-Off (Baccaro)
- Barrington Bay Trail (Barrington Passage)
- Barrington River Picnic Area (Barrington)
- Drinking Brook Park (Clam Point)
- Fort Creek Park (Port La Tour)
- Sand Hills Provincial Park (Barrington)
- Sherose Island Walking Trail (Sherose Island)
- Woods Harbour Trail (Woods Harbour)
- Strang's Lane Tourist Rest Stop (Port La Tour)
- Owaissa Park (Barrington Passage)
- The Hawk Tourist Rest Stop (Cape Sable Island)
- South Side Beach Tourist Rest Stop (Cape Sable Island)
- McGray Avenue Boardwalk and Gazebo (Cape Sable Island)

### Fields/Courts

- Barrington Rec. Centre Tennis Court (Sherose Island)
- High School Soccer Field (Oak Park)
- Ralph Creamer Atwood Memorial Field (Barrington)
- Richard Swaine Soccer Field (Barrington Passage)
- Sherose Island Baseball Field (Sherose Island)
- South Side Baseball Field (Sherose Island)
- Woods Harbour Ball Field (Woods Harbour)

### Playgrounds

- Barrington Recreation Playground (Sherose Island)
- Brasshill Playground (Brasshill)
- Playground currently (2012) under construction behind the Visitor Information Centre (Barrington)
- Wayne Perry Memorial Playground (Bear Point)

### Beaches

- Crows Neck Beach
- North East Point Beach (North East Point)



- South Side Beach (Cape Sable Island)
- Stoney Island Beach (Cape Sable Island)
- The Hawk Beach (Cape Sable Island)

### Recreation Facilities (Public and Private)

- Barrington Arena (Sherose Island)
- Barrington Exhibition Grounds (Barrington)
- Barrington Regional Curling Club (Sherose Island)
- Local Schools
- Causeway Fitness (Barrington Passage)
- Flex Appeal Fitness Centre (Barrington Passage)
- Municipal Pool (Sherose Island)
- Sherose Island Recreation Centre (Sherose Island)
- Swim's Pool (Barrington)
- You vs. You Fitness Centre (Barrington Passage)

### Community Groups

- Barrington Area Ladies Softball League
- Barrington Area Lionettes
- Barrington Area Lions
- Barrington Area Oldtimers Hockey League
- Western Shelburne County Health Care Charitable Society
- Barrington Arena Fundraising Committee
- Barrington Minor Ball Association
- Barrington Referee Association
- Home away from Home Family Daycare Agency
- Motorcycle Club
- Nova Scotia Boat Racers Association
- Queen of Hearts Dory Club
- Shelburne County Figure Skaing Club
- Shelburne County Fish and Game Association
- Shelburne County Lob ball Association
- Shelburne County Minor Hockey Association
- Shelburne County Special Olympics
- South Nova Recreational Hockey League
- Woods Harbour Minor Ball Association

### Seniors Clubs

- Greenhill Senior Citizens Club (Upper Port La Tour)
- Young at Heart (Woods Harbour)
- Cape Sable Island New Horizons (Cape Sable Island)

### Museums/Historical Societies

- Archelaus Smith Historical Society



- Barrington Township Museum Association (Barrington)
- Chapel Hill Historical Society (Shag Harbour)
- Samuel Wood Historical Society (Woods Harbour)
- Shag Harbour Incidence Society (Shag Harbour)
- The Cape Sable Historical Society (Barrington)

### Fire Departments/Ladies Auxiliary

- Barrington
- Island and Barrington Passage
- Port Clyde
- Port La Tour
- Shag Harbour/ Bear Point/Woods Harbour

### Other

- # 327 Unicorn Sea Cadets
- Balmoral Rebekah Lodge # 39
- Barrington and Area Chamber of Commerce
- Barrington and Area Girl Guide Association
- Barrington District Federation of Agriculture
- Barrington Friends of the Library
- Barrington Ground Search and Rescue
- Bayside Home Auxiliary
- Boy Scouts of Canada
- Children's Wish Foundation
- Clyde I.O.O.F. Lodge # 98
- Goodwill Club of Barrington
- Mayflower Place
- Newellton Community Club
- Philadelphia Lodge # 47
- Rosalin Nickerson Cancer Care Fund Society
- Shelburne County Photography Club
- Sou'wester Coin Club
- Terry Fox Run Committee
- Shag Harbour UFO site



## Appendix A.2 Existing Facilities in the Town of Clark's Harbour

### Buildings/Halls

- Clark's Harbour Legion
- Clark's Harbour Library
- CSI New Horizons Building
- Clark's Harbour Elementary

### Trails/Parks

- Clark's Harbour Boardwalk

### Fields/Courts

- F.A. Brannen Memorial Ball Park
- Town of Clark's Harbour Basketball / Ball Hockey Court

### Playgrounds

- Clarks's Harbour Playground

### Community Groups

- Friends of the Library

### Seniors Clubs

- CSI New Horizons Group

### Other

- Seabreeze Rebekah Lodge # 24



### **Appendix A.3 Churches in the Municipality of Barrington and the Town of Clark's Harbour**

Advent Christian Church (Bear Point)

Ascension Anglican (Episcopal) Church (Barrington Passage)

Bethel Penecostal Assembly (Baccaro)

Calvary Baptist Church (Lower Woods Harbour, Shag Harbour)

Central Woods Harbour United Baptist Church (Lower Woods Harbour)

Faith Christian Church (Centreville Community Hall)

Guiding Light Baptist Church (Shag Harbour)

Independent Baptist Church

Island Gospel Tabernacle

Jehovah's Witness ( Sherose Island)

Lighthouse Christian Fellowship (Port Clyde)

New Testament Baptist Church

Salvation By Grace Ministries (IOOF Hall Barrington Passage)

Seventh Day Adventist Church (Oak Park)

Solid Rock Baptist Church (Oak Park)

St. Philip's Roman Catholic Church (Barrington)

Temple United Baptist Church (Barrington Passage)

United Baptist (Stone) Church (Clark's Harbour)

United Baptist Church (Centreville)

United Baptist Church (Newellton)

United Baptist Church (Port Latour)



United Baptist Church (South Side)

United Baptist Church (Stoney Island)

United Church (Barrington Passage, Baccaro, Upper Port Latour)

United Church (Port Clyde)

Wesleyan Church (Woods Harbour)

West Head Wesleyan Church (West Head)



## **Appendix B: Public Consultation Online Survey**



## **Appendix C: Public Consultation Results**



## **Public Consultation Results**

In order to better represent the community, a variety of approaches were taken during the public consultation work. There were community meetings held, focus groups with local groups and with a class of high school students as well as an online survey. See appendix B for the online survey questions.

### **Questions:**

1. What are the existing opportunities for physical activity in your community? What affects opportunities for physical activity?
2. What are the barriers to your participation in physical activity?
3. What needs to happen to get people more physically active, more often? What would you like to see in your community?

Participants:

2. Barrington and Area Lions Club
3. Barrington Area Chamber of Commerce
4. Members of the public.
5. New Horizons (Woods Harbour)
6. BMHS students

### **Results:**

Existing opportunities identified by community members:

- Hockey
- Ball
- Sidewalk in Barrington
- Beaches
- Gyms
- Boardwalk
- Shopping
- Woods Harbour Trail
- New Horizons
- Woods Harbour Community Centre BINGO and Kitchen Parties
- Curling
- Walking and hiking along the trails
- Seniors yoga
- Swimming
- Line dancing



- 
- Zumba
- Fitness classes at the gyms
- Various activities at the high school
  - Volleyball
  - Basketball
  - Etc.
- Public skating
- Figure skating
- Cycling club
- Running club
- Senior dances
- Library events
- Darts
- Try-it sessions (Belly Dance, Nordic Walking, etc.)
- Ball Hockey
- Queen of Hearts Dory Club

#### **Barriers Identified by Community Members:**

- Too much entertainment available in the house (technology)
- Lack of facilities
- Do not want to go outside of community
- Lack of sidewalks
- Money
- Program times
- Age
- Accessibility
- Location
- Transportation
- Safety
- No bike lanes

#### **What they want:**

- More opportunities for physical activity
- More arts/culture activities
- Cooking classes for high school students
- Photography
- Watercolour painting
- Cover the pool
- Year round use



- 
- Classes/time available for adults in the evening
- Arena upgrades
  - Increase seating
  - Renovate the dressing rooms
- More fitness classes at the Recreation Centre
- Exhibition Grounds are in trouble
- Nordic Walking
- Trails need upkeep during the winter
- South side ball field needs improvements
- More sidewalk in Woods Harbour
- Bike lanes
- Boardwalk in Woods Harbour
- Lawn bowling club
- Carpet bowling
- Improved wharves (clean and crisp, a destination for tourists to go with an interpreter on site to answer questions)
- A visitor information centre in Woods Harbour
- An old home restored as a tourist attraction
- A fitness facility in Clark's Harbour
- A community use school on Cape Sable Island
- Walking clubs – Indoors and outdoors
- Skate park
- Beach volleyball
- Lights at the tennis court
- Expand the tennis court
- Non-motorized trails
- Multi use trails
- Beach trail
- Campground
- Racquet sports
- Swim team
- Synchronised swimming
- Festivals
- Duck pond to be an ice rink in the winter
- Skateboard park
- Paintball
- Basketball court
- Ball hockey
- Rugby



- Football
- Ballet
- Indoor climbing wall
- Bowling Alley
- Air soft field
- Training opportunities for sports in the evenings
- Lacrosse
- Larger ball fields

### **Three Main Themes:**

1. Money and lack of facilities most often cited as a barrier to physical activity.
2. Large gap identified in offerings of fine arts/culture opportunities.
3. Many people indicated the need for more walking opportunities.

### **Online Survey Results**

What opportunities for physical activity currently exist in your community?

- There are three gyms, a running club, Arena, Pool, trails, and plenty of beaches
- Nothing that I know of but an indoor swimming pool would be very good for the elderly
- Hockey, Volleyball, local fitness centres, running.
- Exercise classes, walking trails, skating, hockey, curling, baseball/softball, soccer, tennis, running club, rowing
- Curling gyms, sidewalks and trails for walking, other activities available in evenings at local schools
- Sandhills, beaches, ocean

What physical activity opportunities would you like to see developed in your community?

- More trails – safer for walking/running
- Inside swimming pool
- Indoor swimming pool, year round
- Bowling hiking, geocaching, water sports
- Hiking/nature/biking trails

What barriers in your community limit people being physically active? How could these barriers be reduced?

- There are no barriers aside from a lack of education!
- I am not sure but one thing you can do is walk
- More sidewalks... it is dangerous to walk or bike along our rural roads



- 
- Part of my district does not have good roadside space for safe walking. I think the municipality butts on a good effort for engaging citizens for numerous activities, we need an inside pool, it's a matter of affordability.
- Geographic distance, weather, aging population, Centralize opportunities or promote activities that are not dependent on one season or area.

The province has identified three priorities for the strategy to focus on, how do these apply locally?

- a) Walking/biking on a daily basis
  - Making more safe areas to do these activities, most shoulders of highway are narrow! Also drivers need to be more cautious.
  - More sidewalks and walking/biking trails
  - People need to become more aware of the importance of walking and to allot designated time in their day to do so.
  - Bike lanes, bike safety (not just for kids).
- b) Youth (ages 12 – 19)
  - More programs and education, having a variety of youth programs in schools and outside so youth can figure out which activities they enjoy. Not everyone enjoys the same activities. Making activities affordable. Educate parents/youth re: the importance of physical activity.
  - Dance... hip hop, skateboard park
  - Ask youth what they want and have council actually listen
- c) Females across the lifespan
  - Educate women about how exercise/ an active lifestyle helps prevent disease and slows aging.
  - Exercise classes for young girls
  - Female only Phys Ed, Yoga, Dance, at BMHS

What local priorities so you think should be addresses in our Physical Activity Strategy to make more people, more active, more often?

- Have more education at an elementary school level and high school level that stresses the importance of active living. MORE PHYS ED CLASSES should be mandatory
- Maybe places to go to do exercise inside and a swimming pool would be great inside for exercise
- More sidewalks and groomed trails
- Somehow to get the message across and to make people want to be committed to a healthier lifestyle
- Using our beaches and ocean more

What is the best way to provide you with information on physical activity?



The information gathered on this showed that the community would like a varied approach to marketing.

Only one person added additional information:

“Other: Rec. Dept. should really be on Facebook and Twitter. To engage youth, you must go to where the youth are. We can’t keep doing things the old fashioned way. It is unfathomable that the Rec. Dept. is not more present on Social Media. It is no wonder that activities aren’t well attended or known, the Coast Guard is a niche market of elder citizens and the website is not well known.”



## **Appendix D Integrated Community Sustainability Plan**



## **Appendix E Ipsos Reid Data**