

## Recreation Advisory Committee

December 2nd, 6:30pm, Board Room

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- 1 **Welcome** – Attendance: Misty James, Joel d’Entremont, John Langille, Jody Crook, Chris Frotten, Wayne Malone, Laura Ross, Andrea Mood Nickerson  
Regards: Eddie Nickerson, George El Jakl, Laura Ross, Charla Strang, Doug Brannen  
Meeting was called to order at 6:32pm
  - 2 **Additions to Agenda-** No additions to the agenda
  - 3 **Approval of Agenda-** agenda approved, and seconded
  - 4 **Recreation Strategy Process**
    - a. **Review Timeline-** Talked about the engagement we have done. Over 60 surveys returned back, we had great engagement at some of our pop up events.
    - b. **Supporting Strategies & resources: SAC-** Joel gave a presentation on what SSAC is, and why the work of outdoor unstructured play is important to move forward in planning for our recreation strategy.
    - c. **Theme/Structure exercise-** We went through theme/structure exercise. We had five themes and we put the feedback people said in some of the recreation categories of the provincial framework. We also discussed sport organizations and using the recreation department as a source of promoting. We discussed having our own separate category as promotion, the group agreed many people are unaware of recreation opportunities. Another topic that came up was scheduling for families so then parents can be physically active while their kids are at sports etc. Then group prioritized what they thought was very important. Misty and Joel took note of the prioritized ones. We will create goals based off of what we highlighted for the January meeting
  - 5 **Staff Reports**
    - a. **Director-** reported on programs we completed in past month- After The Bell, Fortnite, etc.
    - b. **MPAL-** reported on Leisure Kits, punch card challenge, and professional development.
  - 6 **Engagement planning** – Youth and seniors need to be a focus for further engagement
  - 7 **Adjournment-**Meeting adjourned 8:23pm
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# RAC Strategy Notes – December 2020

## What we heard so far

People want year-round access to recreation activities that fit with their families' schedules.

People are engaged in self directed recreation and love community focused challenges and fun events.

People want to walk, run and bike safely close to home or work.

People want access to recreation equipment and safe spaces to try new things.

It is important to people that there are options for every age and ability level.

People have a limited view of what recreation opportunities are available to them.

## Priority areas (taken from the Shared Strategy for Recreation in Nova Scotia)

1. Active Living: To foster active, healthy living through recreation.
2. Inclusion & Access: to increase inclusion and access to recreation for populations that face constraints to participation.
3. Connecting People and Nature: To help connect people to nature through recreation.
4. Supportive Environments: To ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities.
5. Recreation Capacity: **To ensure community organizations and leaders have the supports needed to provide recreation opportunities to residents.** \* Changed to reflect community capacity.

## Priorities and goals:

### Active Living

1. An extensive equipment loan program provides recreation equipment to all ages and ability levels.
2. Residents are aware of the variety of play opportunities in their neighborhoods.
  - a. Signage for playgrounds and parks
  - b. Backyard play ideas
  - c. Loose parts play
3. Families are encouraged to engage in movement and play.
  - a. Host activity hikes, pop-up play, family, and youth play events
  - b. Use social media to provide play ideas to families
  - c. Set up community challenges to encourage movement like walking, exploring, etc
  - d. Provide try-it clinics to introduce new activity.
4. Workplaces and employers feel connected and supported in developing and improving wellness initiatives.

## Access and Inclusion

1. Community initiatives that improve access to recreation for youth are supported.
  - a. Support the Barrington Leisure Park Association wherever relevant.
2. Youth are represented in decision making and engagement.
  - a. Create a position on the Recreation Advisory Committee for a youth representative.
3. Family and youth activities and events are scheduled at times that work with busy schedules.
  - a. Utilize after school time period, early evening for family activities.
  - b. Schedule youth activities on Inservice / no-school days
4. Partnerships with organizations help identify and assist populations requiring supports for recreation access.
  - a. Partner with Schools Plus to provide recreation equipment to families as well as to refer to program and activity options available.
  - b. Utilize Sou'West transportation to deliver recreation equipment or provide transportation to people who identify that barrier to participation.
5. Outdoor spaces are accessible for seniors and people with varied mobility.
6. Youth leadership is valued.
  - a. After the Bell
  - b. Junior leader program
7. Recreation spaces and activities are welcoming to all participants.

## Connecting People and Nature

1. Beaches are safe and accessible with a variety of activity available.
2. Trails and outdoor spaces are used by many people of all ages and abilities.
  - a. This is a good space to separate out a couple larger projects – Sherose Island Trail & signage project
3. Playgrounds include natural elements and play spaces.
  - a. Project – Sherose Island Playground
4. Residents have access to outdoor recreation equipment and instruction.
5. Opportunities to explore the outdoors are available year-round.

## Supportive Environments

1. Community use agreements in area schools provide recreation space to community organizations and individuals.
  - a. Develop community use agreements at schools located in the municipality.
  - b. Support and develop a regional symposium on community use of schools with the goal of arriving at a consistent agreement for schools and municipal recreation departments to use in all arrangements.
2. Community sport and recreation organizations are supported and celebrated.
  - a. Consistently communicate with community sport organizations to assist in promotion and volunteer recruitment

3. Residents feel their voice is heard in suggestions, engagement discussions, and concerns.
  - a. Respond to questions and concerns swiftly.
  - b. Communicate plans and ask for feedback when relevant.
4. Recreation spaces are multi-use and offer year-round access.
5. Residents know what is available and have enough information about spaces, activities and events to participate.
  - a. Event promotions are created with details such as recommended ages and outline of activities.
  - b. Maps and directions are used on promotions.
  - c. Connect records are up to date and contain details and images.
6. Support the development of a Municipal Active Transportation Strategy.

## Recreation Capacity

1. People have the skills and social support to engage in self directed recreation.
  - a. Develop hiking network
  - b. Provide support and social context for walking groups.
  - c. Develop social media tools to connect people to others with similar interests to engage in recreation activities.
2. Recreation is seen as vital to community well-being by decision makers and those working in other sectors.
  - a. Participate in Health Promoting Schools to provide recreation expertise to school environments.
  - b. Connect with seniors through Senior Services with the provision of recreation material, promotions, and engagement.
  - c. Promote beaches as a premium recreation facility.
3. Community leaders are supported in providing recreation opportunities to residents.
  - a. Provide communication on coaching workshops and other leadership seminars to community leaders and instructors.
  - b. Assist in development of fair and equitable use of recreation facility space practices.
  - c. Promote community events, programs and activities and provide
4. Volunteer development and support assists community organizations and special events.
  - a. Further develop junior leadership summer programming.
  - b. Provide volunteer options for After the Bell participants