

FACILITY FOCUS



PORT HAWKESBURY FEATURES ALTERNATIVE SOURCES FOR ENERGY SAVINGS



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2011 Fall Issue

INSIDE
NEW CENTRE IN BERWICK
CENTRAL NOVA SCOTIA CIVIC CENTRE PROJECT
"GREEN" SOURCES FOR ENERGY SAVINGS
THE IREP PROJECT



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Contents

Features

New Centre in Berwick, Nova Scotia.....	3
Opened last fall, the King's Mutual Century Centre members of the building committee share their story.	
Central Nova Scotia Civic Centre	7
Going "green" in Central Nova Scotia.	
"Green" Sources for Energy Savings.....	13
What can we do as Recreation/Sports Facilities to lessen the pain or increased power costs.	
The IREP Project.....	16
An Energy Program designed for success.	

Departments

Headliners	2
List of Advertisers.....	20

The mission of the Recreation Facility Association of Nova Scotia is to provide leadership in developing, promoting, and advocating excellence in recreational facilities, operations and personnel.

The objectives of RFANS are:

- To promote and encourage the professional development of recreation facility personnel and provide opportunities for this development;
- To act as a unified voice for recreation facility personnel regarding issues affecting facilities and their management;
- To improve communication between facilities; and
- To promote the provision of high quality, safe recreation facilities.

Facility Focus is the official publication of the Recreation Facility Association of Nova Scotia. It is published twice per year and is issued to members of RFANS and others, associated with the operations of recreation facilities in the Atlantic Provinces.

Articles within this magazine do not necessarily reflect the opinions or policies of the Board of Directors or the Association as a whole.

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5516 Spring Garden Road, 4th Floor
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Hockey Helmet Program

Plans are underway once again to offer the Hockey Helmet program with the help of the Department of Health and Wellness.

The order deadline date is November 1st, 2011, for applications please contact the RFANS office by e-mail at rfans@sportnovascotia.ca or by calling (902)425-5450 ext 330

Auto External Defibrillators

The importance of having an AED in your facility hit home this spring here in Nova Scotia. Remember it's not only important to have a unit on hand but to maintain it on a daily basis.

RFANS in collaboration with the Department of Health and Wellness will continue working to encourage major sport and recreation facilities throughout Nova Scotia to purchase this vital piece of rescue equipment. RFANS and the Dept of Health and Wellness have extended the AED Grant program for another year. Applications are available online or by calling the RFANS office at 902-425-5450 ext. 330.

2011 Maritime Recreation Facility Conference

This past June, RFANS and the City of Halifax had the honour of hosting the 3rd Bi-Annual MRFC.

RFANS would like to thank the delegates and exhibitors who travelled both near and far to attend this special event. And special thanks for all the hard work and efforts of the Conference Committee and the staff at our host hotel and venue, the Westin Nova Scotian for helping to make the 3rd MRFC a success.

And as we hang up our hats on one conference, the RFANS Symposium Committee has begun work on the next Provincial Symposium. Full conference details for the 2012 RFANS Symposium and Trade Show will be coming shortly, so keep a watch in the mail for dates, location and our program line up.



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Are you interested in promoting sport and physical activity to families? ParticipACTION's *Think Again* campaign encourages parents of children up to age 12 to consider whether their child is getting the recommended 60 minutes of physical activity every day.

ParticipACTION has granted the Nova Scotia Department of Health and Wellness co-branding rights for both their audio/visual (A/V) and print advertisements. These resources are available to organizations in Nova Scotia for free. The A/V files can be displayed on video scoreboards and digital signage. The print files can be produced as posters or as an announcement in programs, catalogues, digital signage and print media.

ParticipACTION approves use of the A/V ads for use until the end of December 31, 2012. These cannot be placed on social media sites. Print advertisements can be used indefinitely.

There are three 15 second A/V ads in English (MPG file format) and four colour print ads/posters in English and French (PDF file format). To view the Think Again A/V ads (without NS logo) visit <http://tinyurl.com/3bg9zek>.

For further information or to receive the files, contact Natasha Warren at Natasha.Warren@gov.ns.ca or 902.424.8779. Other provinces can contact their provincial governments or ParticipACTION



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Welcome to Berwick's Apple Dome

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Sara Keddy



After 10 years of fundraising, planning and building, Berwick celebrated its Apple Dome with three days of special events.

“What a building!” Berwick’s Mayor John Prall said Oct. 17 during the official opening of the \$12.5 million [Kings Mutual Century Centre](#). The state-of-the-art facility includes a 900-seat arena with NHL-size ice a walking track and community room; a curling rink, library, fitness centre and pool are planned.

On behalf of volunteers, Cindy Easson told the tale of the Apple Dome to the audience, from the dream of replacing the aging Berwick arena a decade ago, through the lengthy fundraising campaign to the building of the KMCC. If not for the energy and vision of volunteers and local businesses, she said, “we would not be standing in this beautiful facility.”

“The building - it’s more impressive than I thought it would look five or 10 years ago,” says George Moody, the chairman of the Apple Dome committee. “That’s a long time and, to have it really happen, it’s amazing.

“Everyone contributed, small or big - you can’t start naming people. It was a community project.” Moody credits sponsors, multiple levels of government, community groups and individuals for getting the project off the ground. The level of commitment has been “unique.”

“We’ve had so many calls from other communities, ‘how did we do it? Can we come and see it?’ This is a dream they’d like to see in their community.”

From the Friday night party for the contractors - still working frantically this week to finish off the details- to an early bird free skate Saturday morning, from a full schedule of hockey to the treats and extras organizers have added to the weekend’s agenda, the Apple Dome’s opening could be the biggest thing to hit Berwick.



“I’m really looking forward to turning the building over to the community association, and seeing people coming to see for themselves what they’ve invested in.”

Moody says the goal of a debt-free opening will happen: “They made us put in a 10 per cent overrun budget figure, and right now we’re running 0.01228 over - that didn’t come easy.”

Mike Mason, president of the Berwick Community Association, which ran the old rink for decades and will now take on operations of the Apple Dome, is just as anxious to take those keys.

“We’ve all been in and out of the building through construction, everything’s new, we’re all excited,”

Berwick's Apple Dome continued

Mason say. "We just have to thank everyone, right from the sponsors to the people that helped to the people who will use it."

"We're going to start using it right away."

Mason is hoping the extra attention will also give the non-profit community association a boost, as it takes a lot of time and energy to run the day-to-day operations of a rink on behalf of the community. As for the old arena, there is an option to purchase on it. A couple of rinks in other communities have expressed interest in some of the equipment inside as well.



Moody and Mason both stress the Apple Dome is not done: a second phase could see the Berwick Curling Club, a fitness centre, a pool and a library added in the next few years. Funding applications and planning is underway, and the Apple Dome team will remain to see the second phase through.

Update: The Centre has hosted numerous events and has been widely used. Officials continue to plan for the second phase of the project.

Published on October 14th 2010 by: Sara Keddy
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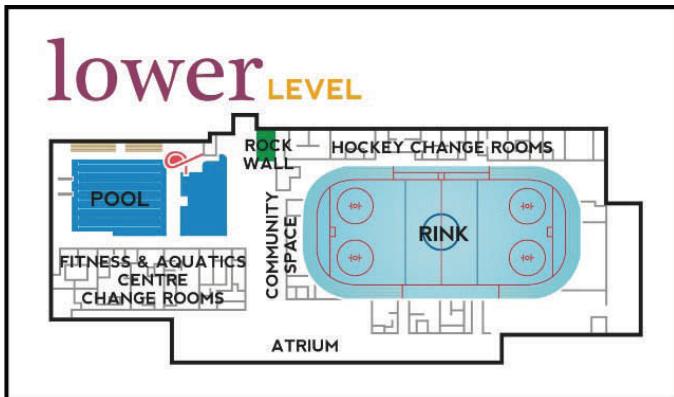
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Central Nova Scotia Civic Centre Project – Truro, NS

By: Kathy Sutherland

The Central Nova Scotia Civic Centre in Truro, Nova Scotia is currently under construction and is expected to open in the fall of 2012. Prominently located off the 102 series highway, at exit 13 in Truro, the uniquely designed facility will be a gathering place to bring together all members of our greater community for health, wellness, recreation, sport and entertainment. The new Centre will include an NHL size ice pad with 2600 seats, 3 lane walking/jogging track, aquatic centre, fitness centre, rock climbing wall and multi-purpose and community space.



Since the early planning phases of the project, environmental stewardship, sustainable design, and the need / ability to reduce the Civic Centre's "carbon footprint" has been a top priority of the Project Steering Committee. The movement towards "green" buildings is a responsible path that can yield environmental and financial benefits, particularly in regards to long term operating costs. To achieve these benefits, every effort is being made to design the Central Nova Scotia Civic Centre to meet the LEED® SILVER Designation. Leadership in Energy & Environmental Design (LEED®) is an internationally recognized green building certification system, providing third-party verification that a building is designed and built using strategies intended to improve performance in areas such as energy savings, water efficiency, CO2 emissions reduction, improved indoor environmental quality, and stewardship of resources and sensitivity to their impacts.

LEED ® is based on a number of credits or measures where targets are identified and set for the main environmental issues. Some of the initiatives that the Civic Centre will need to focus on to ensure that the facility is the most environmentally friendly building possible include:

- **Energy Efficient and Optimized Performance-** *50% more energy efficient than a standard building done with sensible energy efficient design measures including but not limited to: lower argon windows in thermally improved frames; daylighting sensors; inclusion of the geo-thermal "Ice Cube" ice making system in the arena; heat recovery on ventilation air. All of these measures are important aspects of a green building as they provide the opportunity for one third to one half reductions in carbon emissions and savings on utility bills.*
- **Bike racks-** *To promote good health for the public and promote green modes of transportation*
- **Water Use -** *All fixtures in the washrooms will be low flow and will have automatic controls where possible. The landscaping design will encourage low water use.*



....Continued on page 9

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The above listed components are only a small sample of the requirements needed for the LEED® SILVER certification. The process of obtaining the SILVER certification involves the collection of information for submission and review with the goal of achieving as many credits as possible. If requirements are met, the facility, which will be owned by the Town of Truro and the County of Colchester will be the first Municipally owned LEED® building in Central Nova Scotia. It is envisioned that the Civic Centre will be a local showcase for some of the most current applications and leading edge approaches of energy conservation, building technology, and architectural design.



For more information on the Central Nova Scotia Civic Centre Project please visit our website at www.ignitethespirit.ca or feel free to contact us by email at ignitethespirit@colchester.ca or phone 902.893.9706.

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Renovations and upgrades at the Chester Lido were unveiled to the public on July 8, 2011



*Cutting the ribbon at the
Grand Opening celebration!*

The project which included new public washrooms and a pool office cost the Village of Chester approximately \$300,000. The project was partly financed by an \$88,000 contribution from the Province of Nova Scotia.



*The Lido is a saltwater pool.
Swimming lessons are offered in the summer*



New Pool House- area facing



*Front of building-
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The Chester Lido is located in one of Nova Scotia's most scenic areas.

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“Green” Sources for Energy Savings

Gordie Snook



With the continuous rise in power rates across the Country, energy use and consumption appear to be the largest consumer when it comes to using up our valuable, hard earned dollars. It has been suggested that every province in Canada will experience a rise in energy use along with a rise in energy production costs within the near future. Nova Scotia alone is on its way to what may be an 8% increase in power costs in 2011-2012.

So what can we do as Recreation/Sports Facilities to lessen the pain?

There is a couple of Green Energy saving sources available in the last few years which have been introduced as great energy saving components.

One application which greatly reduces the energy consumption of any facility is the installation of Glazed Panels, allowing natural light to be used instead of mechanical light. One such installation is at the Port Hawkesbury Civic Centre, in Port Hawkesbury Nova Scotia. This facility, a 97 000 sq. ft. sports facility/convention centre, has been highly regarded worldwide for its sustainable design, including a designation as one the world's top 10 Greenest Buildings by Business Week Maga-

zine. Here, glazed panels (about 175 of them) were installed in the ceiling of the arena portion of the facility, allowing natural light to fill the arena and greatly reduce the need for mechanical light during daytime operating hours, and even into the evening on brighter days.

These particular panels are 4 feet by 6 feet and sit on a slight angle encircling the arena portion of the facility. Each panel is glazed with material which along with reducing the suns glare, allows the natural light to pass, but limits the suns heat from warming the space below. It has been suggested that the light which passes through the Solera Panels is about 8-10 % cooler than mechanical light, thus limiting the heat load on the surface below. *It is estimated that these panels reduce the facilities lighting costs by at least 45%. This is a first for this type of building in North America.*

There are many manufacturers of these types of panels, with these particular Solera Panels being designed and produced in Cape Breton, Nova Scotia, by Advanced Glazings.



Continued on page 14

“Green” Sources for Energy Savings continued



Another Green Energy saving source is the use of reclaimed excess heat from arena ice plants and other sources of refrigeration. In traditional ice plants, the excess heat load that is extracted from the ice floor is exhausted to the atmosphere, while the greener alternative version is to reclaim the excess heat and distribute it throughout the facility, or nearby facility. While not an entirely new process, geothermal partnerships with traditional ice plants are relatively new to our part of the Country.

Again, with the Port Hawkesbury Civic Centre as an example, the arena is equipped with the Ice-Kube System, which is a highly efficient geothermal ice making system, recovering up to 100% of the heat extracted from the ice making process and distributing it throughout the facility in the form of radiant heating. As a result of this geothermal system, it is estimated that the Civic Centre consumes 40-45% less energy than it would with conventional heating and cooling systems, and its Greenhouse Gas Intensity (kg of CO₂ per m²) is 73% less than the facility it replaced.

The excess heat is used for such things as melting snow in the zamboni snow melt pit, thus eliminating the need for the zamboni to travel outdoors, heating most of the flooring throughout the facility, including all dressing rooms and office spaces, heating the exterior sidewalks, heating the bleachers in the arena as well as the walking track, heating all domestic hot water, and most notably, heating the two pools that are in the high school next door to the PHCC. Each of these applications is an energy saver and can reduce the operating costs of any facility.

More recent applications have the geothermal process tied together with the dehumidification mechanics of a facility reducing the operating costs even more.

Some other energy saving tips, although more traditional, are to know when your electrical service provider reads your meter. This is a simple one that could save you money during start-up and shutdown. It is easy to find out when your meter is read, just contact your power supplier, i.e. Nova Scotia Power, NB Power, Maritime Electric, or in some cases, the date is specified on your bill.

Other tips would be to take an inventory of your electrical components of your facility and know their individual consumption, installing motion sensors in dressing rooms and/or office space, installing low flow water use fixtures and automated controls for urinals and toilets, and if your budget allows, a good automated control program that can isolate individual mechanics and allow rooms to be scheduled off or on.

Further information please contact:

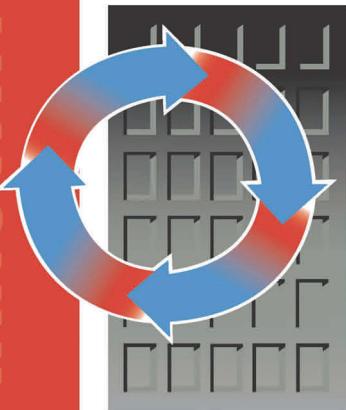
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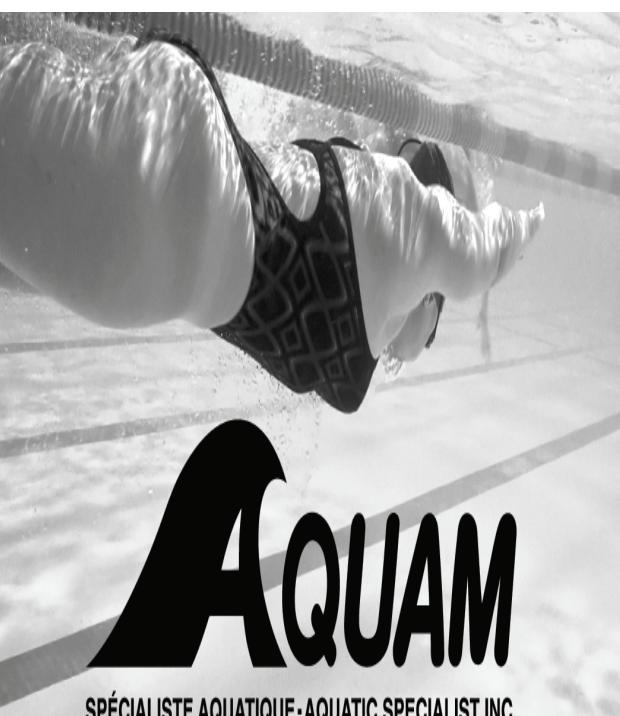
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An Energy Program Designed for Success



Derek Hawes

The cost of energy, whether electricity, oil, natural gas, propane, etc., is a concern for all of us, but particularly for those responsible to operate a rink. Refrigeration systems use a considerable amount of electricity, so have long been identified as a target for potential energy savings. With power rate increases looming, and a trend of more electricity typically being required to operate a rink each year, a proactive approach to minimizing these costs is necessary to keep rinks sustainable and affordable for communities. Unfortunately, various programs developed to address this in the past—not only in the Maritimes, but across the country—have fallen short of realizing their potential.

The concept:

Early on, the founders of the Ice Rink Energy Program (IREP) recognized that a successful program would require much more than simply budgeting funds to implement energy initiatives. Therefore, IREP was specifically designed to be a comprehensive program that not only provides significant incentive funding, but also helps educate rink Owners/managers about the savings potential, identifies initiatives that make the most economic sense for each rink (i.e. affordable, reasonable payback), and most importantly, provides valuable assistance with the procurement and implementation required to complete the projects. This is made available for a wide variety of rinks, including skating and curling rinks; rural and municipal facilities; small single-purpose operations and larger multi-purpose facilities; etc.

Funding Partners for IREP include Efficiency Nova Scotia (formerly programs offered through NS Power and Conserve Nova Scotia), NS Dept. of Health & Wellness, and legacy funds from Eco Nova Scotia. Cooperatively, these cover up to 80% of the associated project costs, with the other 20% coming from the rink in direct funds or in-kind contributions. RFANS' role is as a central hub for receiving and disbursing these finances. The individual projects are collectively managed by DH Solutions, including the administration, coordination, and logistics of all IREP initiatives. IREP is directed by a Committee of the aforementioned organizations, which oversees the various aspects of the program delivery.

IREP is implemented by various regions across the province, enabling group (or bulk) purchasing for common requirements among rinks in that local area. These are identified through Rink Energy Assessments performed in each participating rink. These are not intended to be detailed studies, but rather a means of formally identifying potential requirements that have proven effective in similar facilities. Although there may be a number of other possibilities for any given facility, IREP focuses on potential initiatives that are common to several rinks in a given region in order to realize cost savings through group purchasing.

The initiatives:

Rink lighting:

There have been several ongoing developments in rink lighting to replace the typical metal halide fixtures still found in many facilities. While the amount of electricity used to produce the light can be reduced, there is also potential savings through reducing this heat load on the ice surface that must be removed with refrigeration. T8 fluorescent fixtures have been the default for many rink lighting replacements in recent years, but are not always the best option for every rink. Therefore, IREP also considers alternatives (such as T5HO, induction, pulse-start metal halide, etc.) to determine the best overall solution for addressing energy savings, in addition to providing adequate light levels, reducing long term maintenance costs, etc.

Low-emissivity ceilings:

In a typical community rink, radiant heat from the ceiling is approximately 28% of the total load on the ice surface that has to be removed by the refrigeration system. This load can be practically eliminated by installing a low-emissivity (low-e) ceiling, and therefore represents substantial energy savings. There are a variety of installation methods and materials available for low-e ceilings. In the interest of permanence and overall quality, IREP provides a rigid installation with a durable material that will withstand pucks. This is more expensive than other low-e ceiling options (foil type suspended on cables), but is better suited for long term use in a rink environment, without the unsightly sagging, tears and rips, etc. commonly associated with the less expensive options.

The IREP Project continued

Heat Recovery:

There is a significant amount of heat (energy) that is removed by the refrigeration system in any rink. A portion of this heat can be easily captured before it is rejected outside by the condenser. This ‘super heat’ can have many uses, but the common requirement is hot water. IREP purchases desuperheater hot water tanks in bulk, which will provide potable hot water that can be used for flood water (typical), as well as for showers, canteens, etc. IREP has these tanks installed by qualified refrigeration technicians, including all necessary valves and controls to incorporate them with the system. Once the water piping is completed (by the rink), this will usually provide almost all the hot water required for resurfacing throughout the season with no associated energy cost.

Water treatment systems:

The quality of ice is highly dependent on the quality of the water used to make it. Water sources that have higher levels of impurities (calcium, lime, etc.), or grains of hardness, result in more energy being required to maintain the ice throughout the season. Source water, whether from a municipal supply or a well, having 1 to 6 grains is generally acceptable, but rinks with higher levels can realize energy savings by treating the water. The higher the grains, the more potential there is for savings. Depending on the original water quality, treating it through a reverse osmosis system can enable a rink to raise their ice temperatures by as much as 4°F (2.2°C), which reduces the refrigeration required, while resulting in improvements to the ice quality.

Procurement:

Purchasing larger quantities of the supply and/or installation for various initiatives at various sites can be logically challenging, but does yield significant cost savings. This reduces the overall project costs and in turn, shortens the anticipated payback and creates more attractive returns on investment. An established protocol for this procurement is strictly adhered to and overseen by the Committee representatives of the various funding partners. When appropriate, this is done through a Request for Proposals (RFP) process, which is thoroughly evaluated by the Committee on several criteria, including quality, experience, life expectancy, warranty, etc. This process is done on behalf of the group of rinks, and is necessary to determine the “best value”, as opposed to simply choosing the least expensive option available that meets the minimum requirements.

Continued on page 18

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Given the scope and nature of the overall project (i.e. coordinating multiple projects at several sites), there can often be last minute changes in site schedules, minor modifications to the scope of work, etc. These unforeseen details cannot be included in any RFP, but the majority of suppliers/contractors have been cooperative and accommodating when necessary. In particular, Energie Innovation and Acadia Refrigeration are two companies that often exceed expectations, and are to be commended for their cooperation, as well as for their remarkably high level of positive feedback from the rinks where they have performed installations. Unfortunately, a few suppliers have proven to be difficult, (undermining the program, not fulfilling requirements in their scope of work, etc.), but generally these have not proven to be a significant problem.

The results:

To date, IREP has completed 108 projects in 64 rinks. The accumulated savings from these projects is currently being tracked, and will be available in the near future. It is important to note that the savings of any energy initiative must be measured in the units of energy that is reduced (kWh, litres of oil, propane, etc.); not the dollar amount. An increase in the unit cost of electricity (or other sources) may offset the actual savings on a monthly bill, and the reduced quantities consumed get overlooked.

With three regions left to cover, IREP will soon launch the 2011-12 phase. Notifications will be sent to rinks for regional introduction meetings to be held in October. Follow-ups with other rinks will also be done, to monitor the energy savings realized, and possibly see how these can be parlayed into other energy projects.

Ultimately, the purpose of IREP is to save energy in ice rinks on a long-term basis, and to help our communities be more efficient and ‘green’. However in many cases, these savings can be the key difference that helps rinks continue to operate without having to raise their rates, and keeps our recreation facilities and programs affordable. It really is a win-win-win scenario.

Derek Hawes is the Owner of DH Solutions, and the IREP Project Manager.

For more information on IREP, he can be reached at dhsolutions@eastlink.ca.



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AIR QUALITY ALERT

**Recreation Facility Association of Nova Scotia
strongly recommends the following minimum safety
measures be implemented to maintain an environment
that is conducive to work and healthy
recreational & sporting activities.**

- **Maintain ice resurfacing equipment as per the manufacturers guidelines.**
- **Adequately ventilate the arena before, during and after resurfacing.**
- **Warm-up the ice resurfacing equipment prior to use and exhaust to the outside if at all possible.**
- **Maintain a steady pace during resurfacing.**
- **Perform and document regular air quality testing.**
- **Train and retrain recreation facility personnel as necessary with respect to equipment maintenance and facility safety.**

**Failure to incorporate these practices
may result in severe sickness to
participants, spectators and/or staff.**

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