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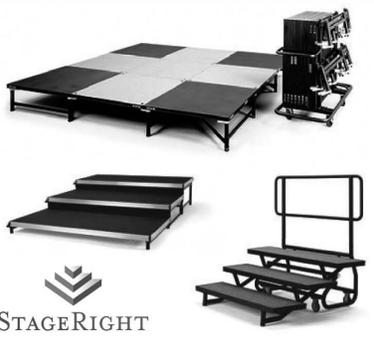
FACILITY FOCUS

2012 Spring/Summer Issue



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- Ammonia discharge costly for employee
- A state of the art facility in the heart of Pictou County
- Renovation of Existing Fields to Improve Conditions
- St. Margaret's Centre Eco Chill Retrofit



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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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Hockey Helmet Program

RFANS is pleased to announce that plans are underway once again to offer the Hockey Helmet program with the help of the Department of Health and Wellness.



This program is becoming integral in most communities across our province as many facilities and schools move toward the mandatory use of helmets especially during skates.

Aron Ashton with Community Health, coordinated a program in the Cape Breton region of Nova Scotia promoting the importance of wearing hockey helmets during ice skating activities.

Ashton said that the intentions of the original Helmet Safety event, that took place last year in Cape Breton, was to bring awareness to injury prevention more specifically Brain Injury prevention but, with a focus on healthy active living and being physically active.

We were able to gather some great information/research last year that helped us make the events even that much more successful. Organizations like Think First and the Dalhousie Department of Neurosurgery, RFANS (**which not only provided the CBRM with helmets through the RFANS Helmet Program but also supplied the Cape Breton Victoria Regional School Board and Inverness Municipality with a designated amount of helmets that have since been distributed to the appropriate recipients/facilities**),

Cape Breton Screaming Eagles, Reebok, Cape Breton Regional Municipality, Public Health, Department of Health & Wellness, Rudderham's Source for Sports and the Cape Breton Victoria regional School Board, all made this event happen and with great success.

After the success of this first year pilot project, and with the help of all the supporters, we are expanding our search and broadening our horizons by using this year's campaign, Operation Headstrong, to drive policy and find supporters to endorse this initiative of mandating helmet wear-

ing in the facilities of the CBRM (of which there are three). With the help of the Department of Health & Wellness and the support of the CBRM, we are trying to gauge the responses from local community members through the use of informal questionnaires, about what they feel about the use of helmets within facilities becoming mandatory and if this policy would affect their outcome to be able to achieve their physical fitness.

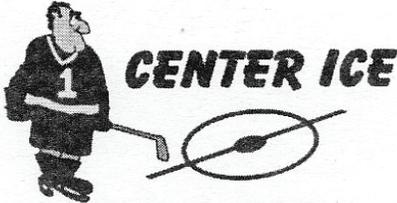
For information on Operation Headstrong, you can contact Aron Ashton, Physical Activity Health Educator with Public Health Services - Community Health aron.ashton@cbdha.nshealth.ca or (902) 563-2497

The order deadline date is June 22, 2012, for applications please contact the RFANS office by e-mail at rfans@sportnovascotia.ca, by calling (902)425-5450 ext 330 or visit our website and download the application. Quantities are limited so don't delay. Expected date of product delivery is October 2012.

2012 RFANS Symposium and Tradeshow

Registration is now open for the 2012 conference being held May 15—18th, in Truro, Nova Scotia. This year's conference will focus on Preparedness and will help recreation facilities prepare for upcoming change in legislation, community fads or emergency response. How do you continue to operate during a disaster or what do you do if your facility is the disaster. Register on-line at www.rfans.com and be part of one of our best ever conferences.

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Pictou County Wellness Centre

A state of the art facility in the heart of Pictou County

By Mike Adam, Highland Zone Director
& Nicole LeBlanc, Communications & Fundraising Manager, PC Wellness Centre

In 2009 a feasibility study was done to assess the current needs in the community for a new multi-purpose sport, recreation and wellness complex for Pictou County. Once the report was prepared, there were a variety of public meetings led by a group of citizens who initiated this project that provided ample opportunity for community members to ask questions, address concerns and provide input.

Now Pictou County's vision for a state-of-the-art complex is becoming a reality. The volunteer citizens group, the Campaign cabinet, has embarked on an ambitious \$7.6 million community fundraising campaign; of which over \$7 million has been raised to date. With a leadership investment totaling \$3.4 million already donated in land and in-kind professional services, the Sobey group of companies' generosity provided a wonderful springboard to the community-wide fundraising campaign.

The campaign has seen spectacular support from members of the community that include both corporate and private donations. The campaign continues to see success with the recently launched Take-a-Seat campaign where donors can have their name on a seat ranging from \$100- \$5,000 dollars.

The Centre will support the sport, health and wellness, business, educational and social needs of the residents of Pictou County. It will incorporate state-of-the-art facilities for ice and aquatic sports; community fitness and wellness programs; youth programming; local events; business meetings and conferences; and the newly relocated Pictou County YMCA. The Wellness Centre is designed to be fully accessible and environmentally friendly, and will include:

- A six-lane, 25-metre pool capable



- A warm water pool for therapeutic, adapted programs and recreational activities
- A twin pad arena with two NHL-sized ice surfaces.
- A regulation size gymnasium
- A dedicated fitness centre with studios
- Multi-purpose community and conference space designed to support a wide range of programs and activities with appropriate equipment and amenities
- A walking track to be co-located within the twin pad arena
- Dedicated youth and child-minding rooms and a licensed child care facility
- Multi-use spaces, food service areas and administration offices

~ The Aquatic Centre ~

As one of the main features in the new building, the aquatic centre will offer everything from lane swimming to toddlers at play, from warm-water therapy programs to fully-accessible and family-friendly areas. The aquatic centre will occupy an impressive 11,000 –square-foot, sun-lit space that houses three accessible pools: a 25-meter, 6-lane pool; a 200-square-meter leisure pool; a 10-square meter therapeutic hot tub and will truly have something for everyone! The warm water in the leisure pool and warmer water in the hot tub will also be an attractive feature to the aging population, those with disabilities and therapeutic needs that can use the new centre

Pictou County Wellness Centre continued

as another resource to improve their health and well-being. The leisure pool includes a wheelchair ramp, a tot's shallow-end, massage jets, beginner training lanes, water sprays, and fitness current. The fitness current, or lazy river, offers more than just a recreational swim- the warm water of the leisure pool has therapeutic capabilities for rehabilitation programs and also features a seating area for people to enjoy a relaxing warm-water soak. The current can be increased and decreased for resistance and provides athletes and fitness enthusiasts with an alternative to conventional work out methods.

~ Twin-Pad Arenas ~

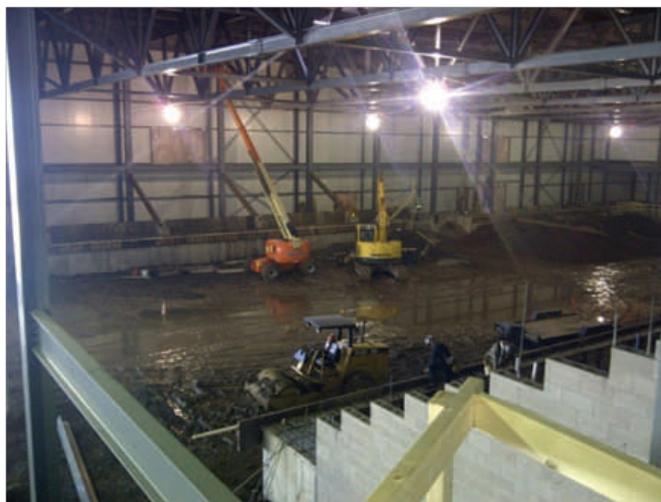
Rinks are very important to Pictou County and have always been a staple for the development of athletes young and old, provide social and recreational benefits, support programs and services that are vital to the identity the community. The new twin-pad arena will add to the network of rinks currently in the county allowing for more accessible ice time at all rinks and upgraded services and amenities.

The Pictou County Wellness Centre will feature two NHL-size arenas with the main arena having fixed seating for 1,660 with standing room for 275 people. For concerts and special events an additional 1175 persons can be seated on the arena floor- an event space like no other in the area. On the third level of the main arena there are three VIP viewing lounges that comfortably seat 10 to 20 patrons in fixed seats, bar stool seating, and soft seating with open air visibility to the main ice surface. Beside the main arena is the auxiliary arena which has seating for 144 people with additional non-fixed seating and standing room at the concourse and ice level. The seating in this arena is elevated, providing space for unobstructed use of a two-lane walking track which is located around the perimeter of the auxiliary arena. This will allow

for year-round, indoor access to a walking space that protects walking, jogging and running enthusiasts from the elements of the outdoors in a safe environment.

Both ice surfaces are served by eleven dressing rooms, including three that are barrier-free and one dedicated for females. A skate sharpening area, referee changing rooms and a first aid room are also included.

A key component of the overall design of the Centre is a heat recovery system that will capture waste heat from the refrigeration plant and use it for heating the building and pool water.



Slated to open in late 2012, on-budget and on-time, the Pictou County Wellness Centre's forward-thinking design will be a place that supports an active and healthy lifestyle; a place to exchange business ideas; and a place for future stars to practice and play sports. The Centre will bring the citizens and visitors of Pictou County together for social, recreational and athletic pursuits, and will help further the region's status as a desirable place to live and work. For more information please visit www.pcwellnesscentre.ca



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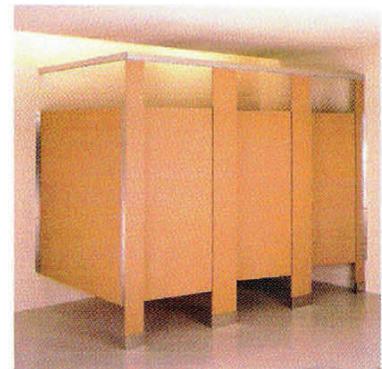


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Ammonia discharge costly for employee

COURT: Three lifeguards were adversely affected

By Ellwood Shreve

The person responsible for releasing anhydrous ammonia, which sent three local lifeguards to hospital for observation in June 2010, has been handed \$40,000 in fines for violations under the Environmental Protection Act.

James Douglas Diamond, an operations supervisor with Black & McDonald's London office, received a \$20,000 fine for the release of a contaminant that caused, or was likely to have caused an adverse effect.

The fine was handed down during a Provincial Offences Court hearing Thursday.

Diamond also received another \$20,000 fine for failing to notify the Ontario Ministry of Environment of the discharge. The fines also include a 25% surcharge.

The Chatham Daily News was unable to reach Diamond, or a Black & McDonald official for comment.

A charge of failing to notify the ministry of the release was dropped against Municipality of Chatham-Kent.

According to the statement of facts, Diamond arrived at William Erickson Arena around 2:30 p.m. on June 29, 2010 to begin planning for the replacement of arena's condenser unit, located on the roof.

About 30 minutes later, Diamond opened a vent valve on the condenser and began to purge the ammonia gas from the condenser. The ammonia drifted over the municipally-owned Walter Hawkins Pool, located beside the arena.

Three lifeguards on duty all noticed the ammonia smell and began experiencing symptoms ranging from irritated eyes and throat to



coughing, difficulty breathing, headache, queasy stomach and disorientation.

In a statement provided to the MOE, one of the lifeguards said he approached Diamond and was told the ammonia was normally purged through water, but venting it was faster.

The lifeguards evacuated the eight children using the pool and sent them home. Justice of the Peace Helen Gayle, who presided over the case, praised the lifeguards for having "the presence of mind to send the children home."

With the three lifeguards still feeling the ammonia's effects, one of them approached Diamond a second time to express concern.

Diamond was up at the roof-top condenser while he was purging the ammonia through a 45-gallon barrel of water on the ground, using a hose connected to the purge valve on the condenser. Water, which was continuously being added to the barrel from another hose, flowed out into a the barrel towards a drain.

Diamond told the lifeguard the hose from the condenser slipped out of the barrel and that might be why the lifeguards still smelled ammonia.

...Continued on page 9

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Ammonia discharge continued

The father of one of the lifeguards came and picked them up and took them directly to the hospital. They were all put on oxygen and given Tylenol. Chest X-rays were taken and they were released at 7 p.m. after a period of observation.

One lifeguard reported having an ongoing illness for about a week, another experienced the symptoms for a few more days, and the other lifeguard recovered the next day.

The father called the MOE on June 30 expressing concern about the incident.

The MOE determined Diamond had not notified the MOE of the discharge of ammonia. MOE spokesperson Kate Jordan said causing "adverse affects is generally considered the most serious offence."

However, Jordan noted the two charges are both considered second-tier offences, so the penalty range the court has to choose from is more severe.

The penalty for a first offence at the second-tier level ranges from a minimum of \$5,000 to a maximum of \$4 million for each offence, she said.

Diamond was reprimanded by the company for not completing a project safety plan, to identify risks before undertaking work.

John Norton, Chatham-Kent's director of legal services, said the municipality has an obligation to follow MOE rules and regulations and does its best to do so.

Published on January 28, 2012 by Ellwood Shreve
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Queens Place Emera Centre Welcomes the Community

By Region of Queens Municipality



QUEENS PLACE

After several years of planning and preparation, Queens Place Emera Centre is a reality!

The multi-purpose facility located in Liverpool houses an NHL-sized arena with fixed seating for over 1,000 spectators. With six well-appointed dressing rooms, two referee rooms, an indoor track and fitness centre as well as a fitness studio, Queens Place Emera Centre has many modern and exciting amenities. There is a sub-dividable community room with full-service prep kitchen and bar, which will conveniently work as an arena warm-room, and a fully-equipped boardroom. The lobby is open concept, bright and spacious with a clear view of facility amenities.



The facility was built to serve as a key element of infrastructure for the Region of Queens Municipality. Queens Place Emera Centre is equipped to accommodate hockey and broom-ball tournaments as well as figure skating competitions. With additional space for seating, the facility has the capacity to host large-scale events of up to 2000 spectators. There are many areas in facility that will be available to local residents, community groups and organizations to host sporting events, community and private activities, cultural events, meetings, concerts, conferences and teleconferences.



Queens Place Emera Centre will offer the community a comprehensive list of programming opportunities to help increase participation and active living. The goal for the facility is to offer the community a personalized and quality experience, to encourage healthy living, physical activity and a greater sense of community. It is with great enthusiasm that Queens Place Emera Centre welcomes the community and all users to the facility and is proud to be part of the Recreation Facility industry.

This article was supplied by the Region of Queens Municipality. For more information on the Queens Place Emera Centre contact :

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Renovation of Existing Fields to Improve Conditions

By Tom Clancy, Three C Consulting



The decision whether to renovate existing poor, and potentially dangerous field conditions or to completely reconstruct a field will depend on several factors.

Generally budget will dictate the method, however even with renovation, a considerable amount of funds can be spent and the existing poor conditions remain. Renovation is defined as "improvements beyond routine management practices" without completely rebuilding the field or the soil. Determining why the present poor conditions exist is an essential first step.

Renovation should lead to one or more of the following outcomes:

1. Improved surface drainage so excess water flows off quickly.
2. Better internal drainage so excess water in the soil moves beyond the root zone.
3. Better control of the timing and amount of water applied to the field and held in the soil for plant use.
4. Improved growing conditions for grass plants.

Methods of renovation:

1. One of the simpler methods is to re-grade the existing field, sometimes only the center, building up a crown which also may fill depressed areas where water tends to pond.

2. Topdressing may be repeated several times in a year to establish a crown by heavier applications in the center of the field and lighter or no material on the edges.

3. Topdressing can also be utilized to modify the existing soil profile by adding modified soil or sand to the surface and working it in through aeration. The soil mixture should be open, drain well and suitable for plant growth and resist compaction. Soil tests must be taken to examine the internal drainage as that may impact the process and success; working the top 4 inches may not change poor soil structure in the 4–12 inch area or subsoil.

4. If the internal drainage is suitable, one method is to strip the existing sod and add 4 inches of sand and work that into the top 6 inches. Ensuring uniform mixing requires several treatments to work it up. Heavy and deep repeated aeration is once more called for to re-establish surface contours and improve surface drainage.

5. A more drastic method involves removing the existing topsoil and replacing it with a new root zone mixture. This is appropriate if the subsoil has good drainage and the topsoil is not suitable for drainage and plant growth. The soil mixture should match the conditions in the sub soil to bring the good drainage and growing conditions to the surface through a continuation of soil pore spaces that work in harmony.



Renovation of Existing Fields continued



Over seeding as a Renovation Tool

Many of the renovation methods will include over seeding to improve compacted or bare areas on fields. This is a common grass management practice and should be done routinely. Some professional football fields are over seeded after every NFL football game. The seed should be applied and put into contact with the soil either through “slit seeding” or good seedbed preparation to loosen the top 1–2 inches of soil in bare areas. A good method is to aerate heavily in at least 2 or 3 directions with hollow tine coring machines and drag mat the cores, seed and fertilizer into the holes. This method also helps improve soil compaction.

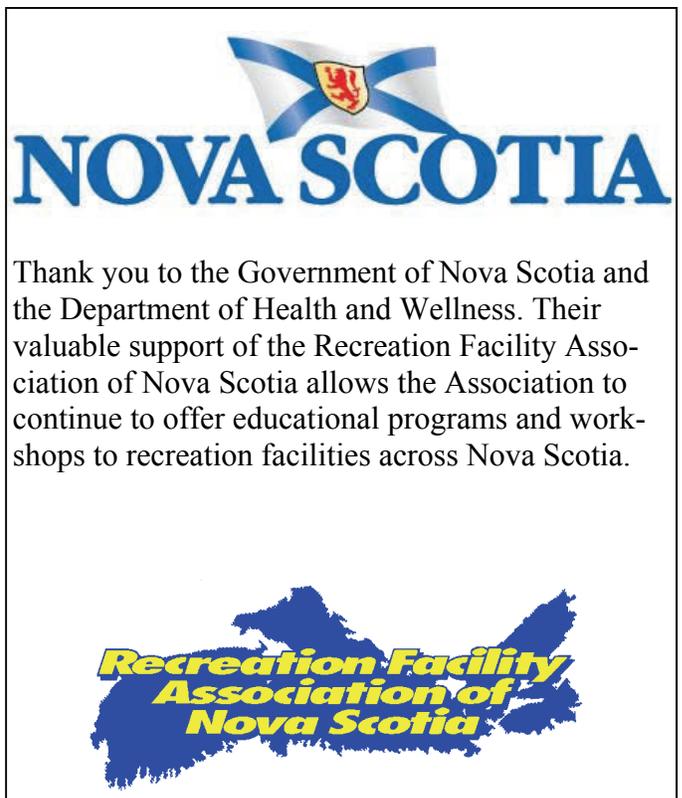
While the timing for over seeding is best done in mid-late August or early September, when nature does it, it can be accomplished at other times with suitable moisture and care. Top dressing a thin (up to ½”) layer of compost or top dressing material once or twice a year will also assist in improving poor field conditions. It should be applied after the aeration, seed and fertilizers have been applied. The matting then will drag all the materials into the holes for suitable germination and grass re-growth.

Deep tine aeration is more severe opening of the soil and will help new added soil get deeper into the existing compacted material. If the soil is poor and the budget will not provide for complete change, the new Blec Sandmaster trenching will add a lot of new material in a short time and will alter a soil structure immediately. This service can easily be contracted.

The final step is to select the best grass variety for your use, soil and program. Today’s new varieties of grass offer a lot more for maintaining good conditions in adverse conditions than in the past. So talk with your local supplier about the best options available for your situation. It will make a difference.

Review all existing poor field conditions in detail as it may not be as big of a task as it looks. If you do the work improve conditions, ensure that your day to day maintenance programs support the time and funds spent on improving conditions.

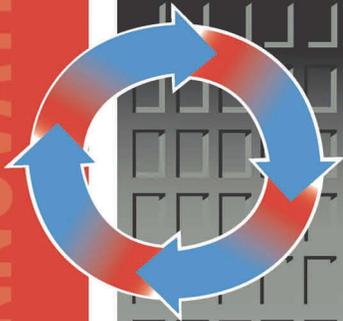
[SOURCE: Original article by Tom Clancy, Three C Consulting] Facility Forum Vol. 18, Issue 4 and Reprinted with permission of the Ontario Recreation Facilities Association Inc. (www.orfa.com),



Thank you to the Government of Nova Scotia and the Department of Health and Wellness. Their valuable support of the Recreation Facility Association of Nova Scotia allows the Association to continue to offer educational programs and workshops to recreation facilities across Nova Scotia.

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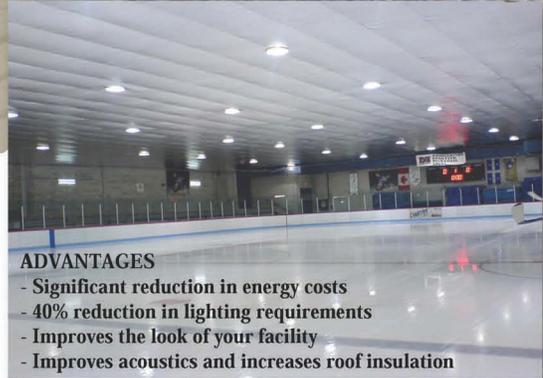
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St. Margaret's Centre Eco Chill Retrofit

By Luc Brisson, RFANS Central Region Director, and Chief Engineer at St. Margaret's Centre

The Eco Chill retrofit is an energy saving project.

The first phase of the project started in 2009, with the installation of the heat recovery tank. The pipes were run under the trench from the plant to the pool room. In-floor heating was installed in the new seating area in Smith Arena in the spring of 2011. The phase two portion of the retrofit was approved as a joint venture between HRM and St. Margaret's Centre.



Phase two included the completion of the Eco Chill system by Cimco. The heat loop, pool heater and in floor heating was completed by Carmichael Engineering and controls by Digi-con. Project management was overseen by St. Margaret's Centre staff. The work started in May and ran through to the end of October with minimal interference with operation of the facility. This phase saw the installation of the ammonia condensing plate and circulating pump, the heat loop is comprised of two 1.5 hp circulators servicing 7000 square feet, in 16 zone eliminating almost all electrical heat from the old building. A glycol loop comprised of 2 plates exchanger and two .75 hp circulators supply the pool and the in floor heat for the seating in the Smith arena, glycol had to be

used as the pipes are installed in the trench going across the arena to prevent freezing when not in use.

What was achieved in savings? That is the main question. To properly evaluate the savings it will take at least two full running seasons as we are learning to operate the system under different conditions. We are starting to see some saving in KW and water. So it is looking positive that the savings will be there in the future. Did we reduce our carbon footprint? Yes, 50% of the plant water consumption, amounting to a 20% of the total water consumption of the facility. Considering that the facility operates on wells it is a very important savings. We are definitely reducing our carbon footprint!



What's in the future? A proposed phase 3 would see the replacement of the two reciprocating compressors and the possible addition of a second heat loop providing heat to the corridors dressing rooms and mechanical rooms on the first floor.

Eco Chill continued

Cold water resurfacing has been a hot topic lately. After reading the letter from Jet Ice It was decided to give it a try. The heat was turned down to minimum and setting at 110F for 2 days there was no change in ice quality! Then the heater's boiler side were turned off leaving only the heat recovery from the plant. The temperature of the water varies from 70F to 90F depending of the length of time the water spend in the heater as we could not bypass them being part of the eco chill system.



Ice freezes faster and there is no noticeable change in quality. There is also an opportunity there to solve another problem. The production of the reverse osmosis unit decrease with colder temperature of the water from 13LM at 72F to 8LM at 54F causing water shortage during peak time. Using the water heater as a pre heater before the reverse osmosis unit would keep up production to the 13LM avoiding shortage.

For more information contact the Operation Supervisor or the Chief Engineer at St. Margaret's Centre.

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St Margaret's Centre Recreation Programs

Submitted by
Charleen Cameron

St. Margaret's Centre prides itself on offering great recreational programs and classes for the community. Fitness has always been very important to the Centre. The variety of classes is always improving and changing. We offer a variety of fitness classes which include Zumba, Yoga, Circuit and Spin Classes. Our fitness centre is always busy with new participants. Parent /tot programs and Public skates have always been our back bone of our recreational skating programs. The Centre is inspired by the numbers of adult and senior skaters that come to participate in the senior skates and senior shinnies.

The past two summers we have run Camp Westwood that gives quality summer programs for a reasonable price out of our Centre. Last summer we had almost 500 youth through the camp program that promotes sports, art and creativity in a positive learning environment. Included in this program was a leadership program that enabled youth age 12-15 to learn from leaders in the community; skills that will help them become great role models.

Every year the Centre changes the camps to make it fun and exciting for both youth participating as well as the instructors running the programs. From Sports Extravaganza, Girls Just Want to Have Fun and Cupcake kids we have something for everyone! St. Margaret' Centre is excited to continue with Camp Westwood and to include innovative programs and fun youth camps.

The 2011 Recreation Bluenose award was awarded to St. Margaret's Centre in October 2011. The Centre was very proud to be recognized for its achievements in recreation and leisure. St. Margaret's Centre will continue explore new ways to promote fitness and recreation for all ages in the community.



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AIR QUALITY ALERT

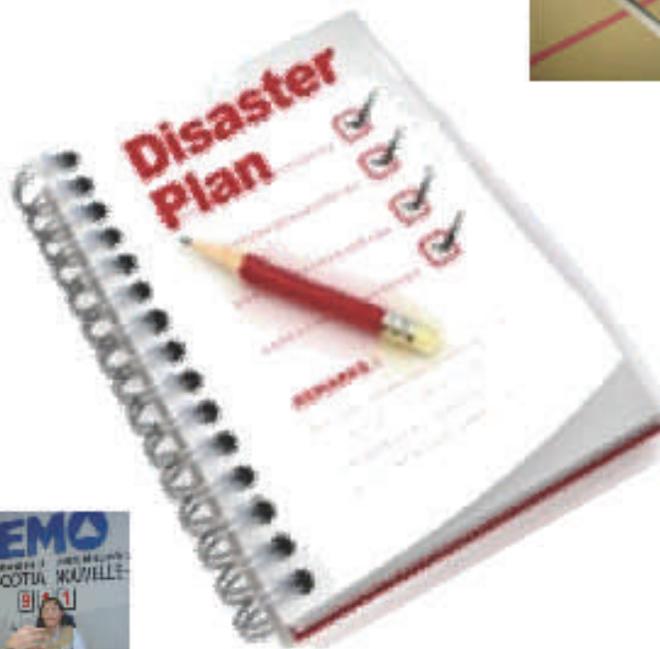
Recreation Facility Association of Nova Scotia strongly recommends the following minimum safety measures be implemented to maintain an environment that is conducive to work and healthy recreational & sporting activities.

- **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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