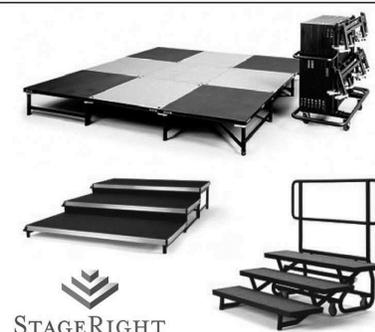




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The mission of the Recreation Facility Association of Nova Scotia is to provide leadership in developing, promoting, and advocating excellence in recreational facilities, operations and personnel.

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.

Mailed under Canada Post Publications Mail Sales Agreement No. 40042624
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Hockey Helmet Program

RFANS is pleased to announce that we are once again able to offer the Hockey Helmet Program with the continued support and assistance of the Department of Health and Wellness.

This year's Program has been revamped to meet the needs of many facilities as more facilities are moving towards an all ages mandatory helmet policy with in there rinks. Additionally, we are now able to offer the helmets with or with out cages. Cages can be purchased at an additional cost to the facility is they want to be able to offer the option of helmets with cages

The order deadline date is June 28, 2013.

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 2013.



Auto External Defibrillator Program (AED)

Great news has come from the Department of Health and Wellness as RFANS is able to continue to offer the AED program but with an new twist.

Through this grant program, sport and recreational facilities will continue to be eligible to receive up to one third of the total cost of the purchase of an Auto External Defibrillators (taxes included) to a maximum of \$1500.00.

However a new adaptation to the RFANS AED Grant Program now allows RFANS to not only continue funding 1/3 of the cost of an Auto External Defibrillator, but now battery backups/replacements for recreational facilities across province as well. Facilities who have purchased their AED systems through our grant program can now purchase backup or replacement batteries for their units.

Since the AED Grant Program began, RFANS has helped to have over 65 AED's placed in facilities throughout NS. The AED Program has also helped to an increased awareness of need of this life saving device in recreational facilities.

With the placement of AED's throughout the NS community sport and recreation facilities, valuable time will be saved in the event of an SCA emergency. And will additionally provide the community an environment where they feel safer with regards to their health and injury prevention.

2013 RFANS Symposium and Tradeshow

Registration is now open for the 2013 conference being held May 7- 9th, in Chester, Nova Scotia. This year's conference will focus on Wellness, Health, Occupational Hazards and Safety (WHOS) and will help recreation facilities create safe, healthy employees as well as a great facility for the community.

Once again one price covers all sessions, events and dinners making this the best conference deal around and the best networking avenue for facility managers, operators and municipal officials who look after the recreation facilities in their community.

Get your CPR certification at our pre-conference session or try your hand at golf and network with your industry partners in a relaxed environment. There are lost of opportunities to find out ways to make your work space and environment a safer, healthier and more productive place to be.

This year's opening Keynote speaker is Shirley Hickman who tells an impactful story of how she and her family dealt with the death of her son in an arena accident.

Shirley's opening remarks will then be followed by a line up of some of the best speakers offering workshops on all aspects of wellness, health, occupational hazards and safety; and ways which your facility can make improvements.

Register today and be part of this extraordinary event. See our add on the back cover for more information.

Professional Development Courses

RFANS is pleased to offer a new course to our line up as we continue to work on improving our existing courses and increasing our line of professional development opportunities.

Working in partnership with The Canadian Red Cross we have added their Aquatic Programmer Administration Course to our line up. Additionally, we are working on changes to the popular Mid Season course to encompass not only arenas, but pools and sports fields.

This course will take aquatic management skills to a new level and provide employees working in this field with skills in risk management, knowing your patrons, marketing, program planning, staffing and customer service. The course will be offered at an introductory special price of \$395.95 plus tax.

For more information and to register online visit our website at www.rfans.com or contact our office by phone at: (902) 425-5450 ext 330
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Team approach to disaster management plan

Red Cross and Mariners Centre
team up on disaster management plan

By Eric Bourque
THE VANGUARD
NovaNewsNow.com

The Canadian Red Cross and the Mariners Centre are working together to help make sure the Yarmouth area is ready to respond to an emergency.

And, as Rick Goodwin, a member of the local Red Cross disaster management team, says, there's no telling when an emergency might arise or what it might be.

The Red Cross has about 50 disaster-trained volunteers in the tri-county region, part of an emergency response initiative designed to help provide things people will need when disaster strikes, including lodging, food, personal services and clothing. Providing people with information and helping reunite families would be part of it too, the Red Cross says.

The Mariners Centre – given its size, location and what it has to offer – is a key partner with

the Red Cross in the disaster preparation process for southwestern Nova Scotia.

Gil Dares, the Mariners Centre's general manager, acknowledges that most people likely think of hockey and other ice events when they think of the Mariners Centre, but he says there's much more to it than that and the centre's disaster relief capabilities are a good example.

"We're not just a rink ... We want people to know this is a community centre with a whole lot of other uses and possibilities."

- Gil Dares, Mariners Centre general manager.

"We do a darn good job being a rink, but we're not just a rink," Dares said. "I guess that's the main point. We want people to know this is a community centre with a whole lot of other uses and possibilities. We haven't reached our potential yet, so we want to expand on that and this (working with the Red Cross on a disaster management plan) is such a good fit."

The Mariners Centre has taken steps that have made it better equipped to accommodate a large group of people in the event of an emergency, Dares said, citing a new refrigeration system as an example.

"We were thinking ahead," he said. "How do we keep food here for that many people?"

The Mariners Centre is a versatile facility, he said, citing as an example a major gathering of fire chiefs that was held there, noting that, for that occasion, different parts of the property were used for different things – a



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Team approach to disaster management plan—continued from page 3



From left: Rick Goodwin, Janine Doucette, Wendy Deveau (all representing the Red Cross disaster management team) and Gil Dares, general manager of the Mariners Centre, got together last week to talk about the Mariners Centre's role in the area's disaster management plan. (Eric Bourque photo)

display of firefighting equipment outdoors, a trade show in one arena, a conference in the other.

The idea, he said during a meeting with Red Cross representatives, is to put this same kind

of versatility to use in the event of an emergency.

He notes too that Mariners Centre staff are accustomed to working and changing things around pretty quickly, getting the facility ready for a concert, for instance, after a hockey game.

"Efficiency and speed is the number-one thing for us," he said, adding that much of the centre's equipment can be wheeled in or out as needed.

Wendy Deveau, local staff member with the Red Cross, said they may look at having a mock disaster, another step in the process of trying to ensure the community is ready for a real emergency.

[SOURCE: Original article by By Eric Bourque, THE VANGUARD] Reprinted with permission of 'The Vanguard, (NovaNewsNow.com)

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Volunteerism in the Dominican Republic

Using our skills to assist others

By *Maryann Gauvin*

Director of Université Sainte-Anne Centre sportif.

To my fellow aquatic and recreational colleagues, in September 2012, I was asked by the Nova Scotia Lifesaving Society to take part in a humanitarian trip to Punta Cana, Dominican Republic. Statistics can be an eye opener on reality, as drowning is a leading cause of accidental deaths worldwide. The World Health Organization identifies drowning as the third leading cause of unintentional injury death after motor vehicle collisions and falls. Since 2009 the Lifesaving Society has committed to assist with lifesaving and first aid training to resort and tourism personnel.

During the long dreary month of winter several hundred thousand Canadians like to escape the cold for some sunshine, even for us that work in the recreational field. As many already know the facilities on the resorts are beautiful but can sometimes be deadly.



During my two week stay I had the privilege to work in a resort pool, a private school pool, a golf course pool, and a hut at a surf camp. I was not alone in taking part in this mission, I was accompanied by Alicia McIsaac; a lifesaving instructor, a paramedic and the most

fluent in Spanish, Adrian Spencer; our veteran, since this was his third trip his experience was certainly a plus, John Maclean; a firefighter with much experience in first aid. In the second week Gordon Richardson, Executive Director of the Lifesaving Society joined us to also lend a helping hand. It can be challenging being in another country with a



language barrier and working with new people, everyone had something to contribute to the group. This was real team work!

The training started on Monday at the Occidental Grand Resort, this was also the resort where we stayed. Our first group had 15 participants, there were some that could speak English, some could speak French and with translators and gestures we made out OK. With our many different languages I had the chance to practice my Spanish. We taught them first aid and lifesaving rescues from bronze star, bronze medallion and bronze cross depending on their swimming ability.

The pool at the resort was shallow- this was a challenge because the candidates could touch the bottom. We had to watch them during their distance swim to make sure they did not push off the bottom. Some of the Dominicans struggled with this task because they are not the greatest floaters due to muscle mass.

At the end of the week, we had another group; this took place at a private school. This school had two pools- one of them was a four lane 25 meter and the other one was leisure pool. We taught 20 children who were 10 years old. They were good swimmers because they had the privilege to have a swimming instructor on staff. Instead of concentrating on strokes, we

...Continued on page 8

Volunteerism in the Dominican Republic continued from page 7

taught them victim recognition, rescue skills and a little basic first aid. Our weekend consisted of training in the beautiful setting of the Macao Surf Camp. At this location we taught the surf instructors lifesaving skills and first aid.

The beach is mostly used by the locals and once in a while bus tours come and take advantage of the waves and the warm turquoise waters. We know that the training they did was certainly useful, we witnessed a few times when tourists needed our assistance because they got caught in rip tide. It was even nice to see a local 11 year old that was observing us put what he observed to the test. Later on that week he was out on his boogie board and he recognized that there was a tourist in trouble so he passed them his boogie board for the tourist to hang on to and they swam back to shore. It was reassuring to know that what we do is saving lives. If ever you want to learn to

surf that's the place to go. We were treated like royalty with barbecue fish, lobster caught at the beach, and good local cooking.

The second week started with another group of 15 participants who we divided into two groups: strong and weak swimmers. In my group I had one student who was responsible for the pool at a resort come to find out he was a non swimmer! We taught him the basic swimming skills, victim recognition, and different rescue techniques, without putting his life in danger. At the end of the week we had another school group of 20 children at the Punta Cana Golf Club, this facility had a pool right on the beach. These children were beginner swimmers so we did the Swim to Survive™ program. They had no fear and were eager to learn- the progress we saw in three days was unbelievable.

Saturday evening the award ceremony took place which was hosted by the Canadian

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Volunteerism in the Dominican Republic continued

Consulate. The candidates were very appreciative of our work; even the local doctor came to the training where she was interested to learn how to use a defibrillator. This program could have not taken place without numerous sponsors, such as the Canadian Consulate they were responsible for the logistics and translation, the local transportation service Go Golf, the Occidental Grand Resort, the Macao Surf Camp, and West Jet. All of these sponsors were a great pleasure to work with!



To my fellow colleagues this project of the Life-saving Society, it's volunteers and sponsors will ensure that your much needed vacation in the Dominican Republic will a time to relax in peace.

Submitted by:
MaryAnn Gauvin
Director of Université Sainte-Anne Centre sportif.
RFANS Board of Directors
Lifesaving Society, member

Statistics come from the Lifesaving Society Dominican Republic Report

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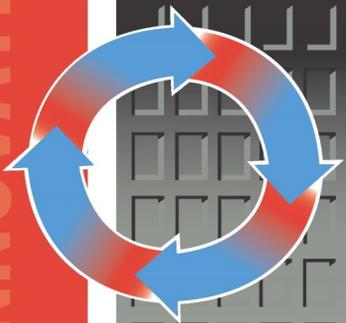
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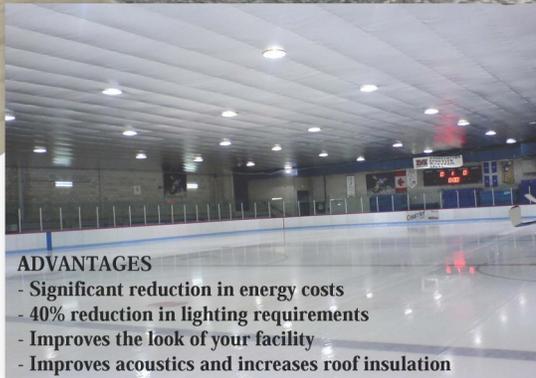
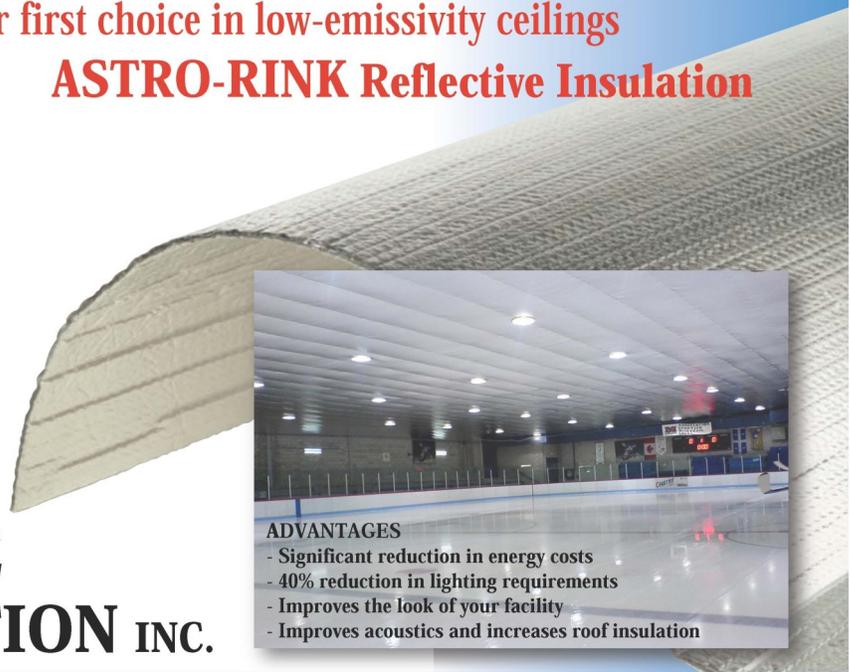
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Creating a Legacy of Health and Wellness at the Rath Eastlink Community Centre

By: *Kathy Sutherland*
Rath Eastlink Community Centre



After many years of planning, the Rath Eastlink Community Centre (RECC) in Truro has opened its doors and welcomed the community for the first time on March 2, 2013.

Although only open for a short time, the response to the new Centre has been fantastic and Colchester County is becoming more active and healthier each day.

The RECC team together with its Board of Directors is committed to delivering a Centre that the Region can take great pride in and one that focuses on the overall health and well



being of the community. To achieve this focus, many components have been taken into consideration including the addition of a healthy eating policy in the Centre.

A decision was made early in the design phase for the Centre not to include deep fryers in its kitchen facility. This was both a cost and design decision but more importantly, one that demonstrates the commitment of the team to ensure a healthy environment for those who visit the facility. This decision was also the beginning of a strong partnership between the Centre, the Colchester East Hants Health Authority, the Province's Department of Health

Team who have worked together to strategize on how to make our community the healthiest it can be. In essence, the policy sets out to make the healthy choice the easy choice when it comes to food and beverage offerings in the Centre.

Food with high nutritional content is the primary offering and is prominently displayed to encourage patrons to choose them. Additionally, there is a small selection of "treats" available to ensure variety for all. The addition of a healthy eating policy at the RECC provides all citizens of Colchester County easy access to healthy foods, which ultimately will result in a healthier community.

The RECC is a place for the community to gather, play and thrive and it has been proven that to thrive, healthy choices must be made. It is ultimately the responsibility of facilities such as the RECC to offer these choices and make the healthy choice, the easy choice.



This article was supplied by Kathy Sutherland, Marketing & Public Relations Coordinator Rath Eastlink Community Centre

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A Solution for the Future

New technology now available to rinks

Submitted By Drew Perryman, CIMCO

Marcel-Dutil Arena in Quebec is the first rink in the world that uses 100 per cent carbon dioxide in its cooling system.



This is a new technology, now available to rinks. Serge Dube, developer of the CO2 rink application is now working with CIMCO to further develop this product.

Marcel-Dutil Arena in Quebec is a leading edge refrigerant application, which was made possible through the development of new compressors and new control valves. Let's remind ourselves that the cooling system of traditional rinks contains ammonia or Freon as primary refrigerant, and water/glycol, brine or methanol as secondary refrigerant. The rink at Marcel-Dutil Arena uses R-744 (CO₂), a natural, non-toxic, non-corrosive and high efficiency refrigerant in both its primary and secondary systems.

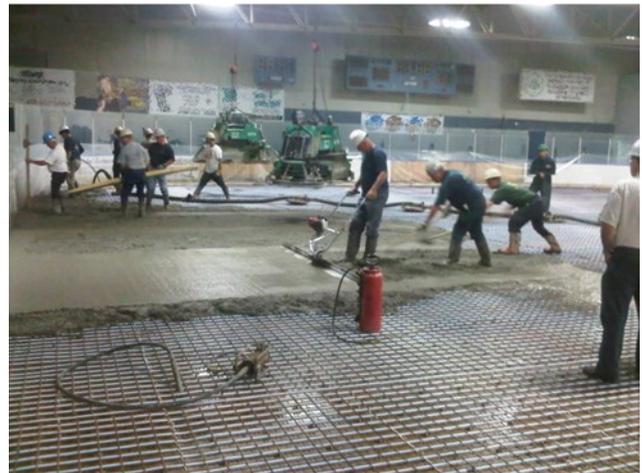


Innovation

In partnership with the distributor Inno-Glace and others, Groupe-conseil Roche Ltée developed an innovative solution which earned the firm a Visionary award in the mechanical electrical building category, from the Association des ingénieurs conseils du Québec (AICQ). Roche was involved in the CO₂ system adaptation, the main pipes running from the mechanical room to the rink, and the layout of some 16 500 m of copper pipes in the concrete slab of the rink. The capability of the system, which includes seven 20 HP compressors, is

up to 70 tons. A three HP variable speed pump allows the CO₂ to flow freely in the entire piping system.

Bernard Landry, executive engineer at Roche, explains that as there is no phase change inside the pipe network under the rink, the CO₂ temperature remains the same from input to output. Thus, ice can be maintained at a steady temperature, which cannot be done with a traditional system.



"With this new technology, a liquid state CO₂ is pumped from a low pressure tank directly to a pipe network into the concrete slab. Since there is no secondary refrigerant, we can adjust the evaporation temperature at -7C, while maintaining the ice temperature at -5C," said Landry.

Luc Simard, engineer at CSC Group Inc., the cooling specialist firm that has developed the equipment used at the Marcel-Dutil Arena, sees a brilliant and exponential future for CO₂ systems. "Several projects using carbon dioxide are currently on the table, and many municipalities have sent a request to the Quebec's ministère de l'Éducation, du Loisir et du Sport (MELS) to get a grant to convert their old R-22 system by a new green CO₂ system," reported Simard.

Other benefits

The cooling system is not the only innovation involved. A heat recovery system, as the temperature of the water is about 71C (160F) instead of the 32C (90F) seen with traditional ammonia systems, takes care of 80 per

A Solution for the Future continued

cent of the heat demanded by the building, and 100 per cent of the heat demanded by domestic hot water, mainly for showers and ice resurfacing.

For the municipal government, the choice of this technology has not only allowed the arena to be more energy efficient - saving about 30 per cent on utility bills - but also to meet the requirements of the Montreal Protocol, which phases out ozone depleting substances, including refrigerants such as freon, by 2020.

The mayor of Saint-Gédéon-de-Beauce, Eric Lachance, is proud to have dared to make the change. "I've already made a place near my wood stove for a Phénix and an Énergie award," he said with a smile.

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Mr. Mrs. Miss Ms.

I, _____, hereby apply to become a member of the Recreation Facility Association of Nova Scotia.

Position Title: _____ Name of Facility/Company/Organization _____

Phone: (902) _____ FAX: (902) _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email: _____ Website: _____

Membership Fees Payment must accompany application form

- Individual \$55.00 + HST (15%) = \$63.25
- Associate \$55.00 + HST (15%) = \$63.25
- Corporate \$110.00 + HST (15%) = \$126.50
- Facility A \$100.00 + HST (15%) = \$115.00
- Facility B \$135.00 + HST (15%) = \$155.25
- Student \$25.00 + HST (15%) = \$28.75

Date: _____ Signature: _____

HST #885076364

Please return to:

RFANS, 5516 Spring Garden Road, 4th Floor, Halifax, NS B3J 1G6

Telephone: 902-425-5450 ext 330 Facsimile: 902-425-5606 Website: www.rfans.com

Email: rfans@sportnovascotia.ca

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.

“WHOS” Responsibility ?

RECREATION FACILITIES ASSOCIATION OF NOVA SCOTIA

To provide leadership in developing, promoting and advocating in excellence
in recreational facilities, operations and personnel.

JOIN US AT THIS YEAR'S “MUST ATTEND” EVENT
FOR ALL RECREATION FACILITIES PROFESSIONALS.

RFANS 2013 Symposium and Tradeshow

Is Your Facility **AT RISK?**

May 7 – 10, 2013 Atlantica Oak Island Resort, Western Shore, Nova Scotia

Wellness Health Occupational Hazards Safety

To register:

rfans@sportnovascotia.ca

www.rfans.com

T: 902-425-5450 ext 330

“WHOS” responsibility? poses a simple question, but the response is more complex. To confidently answer this question, recreational facility professionals need to identify all the potential risks, assess to mitigate the impacts, and prepare action plans for prevention and response



- Wellness (yours and your staff)
- Healthy Facilities
- Occupational Hazards
- Safety
- Arena Roundtable
- Aquatic Roundtable

The conference will be hosted at the beautiful Atlantica Oak Island Resort and Conference Centre located in Western Shore, Nova Scotia just minutes from Chester.



To secure your room at our special rate please call 1(800) 565-5075 and mention the RFANS conference.

Single guestroom	\$89.98
1 Bedroom Oceanfront Chalets	\$169.95
2 Bedroom Oceanfront Chalets	\$169.95

All rates are based on single occupancy and includes a full hot breakfast. Each person above this occupancy will be added \$10 + HST for breakfast and an additional person charge of \$15 + HST per night.

WELCOMING KEYNOTE SPEAKER

SHIRLEY HICKMAN

Shirley's and her family's lives were forever changed when they suffered a traumatic arena workplace tragedy. Since that time, she has focused on making a difference in workplace health and safety.



AWARDS DINNER KEYNOTE SPEAKER

PAUL KELLS

Paul Kells is a business and not for profit social entrepreneur, internationally recognized for his leadership in conceiving and implementing culture change strategies in health and safety within organizations and communities.

Learn how you can affect change.

A unique opportunity for recreational facilities professionals to network and learn from Occupational Health



HEALTHY EMPLOYEES AND SAFE FACILITIES

Together they offer the community a better place to be with friends.

