



Welcome to the Lunenburg County Lifestyles Centre

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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 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 without 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



RFANS AED Grant Program

RFANS is pleased to announce the continuation of the AED grant program to assist major sport and recreation facilities in purchasing these important Auto External Defibrillators.

Support for the AED program has come from the Department of Health Promotion and Protection as more than 35,000 Canadian lives are lost each year due to cardiac arrest. Defibrillation improves survival rates by up to 30 percent if delivered in the first few minutes. With each passing minute, the probability of survival declines by 7 to 10 percent. Making defibrillators easily accessible in major sport and recreation facilities could save lives within Nova Scotia.

Applications are available online (rfans.com) or by calling the RFANS office at 902-425-5450 ext. 330.

Heart & Stroke Foundation National AED Program

This year the Heart and Stroke Foundation is offering a national program to improve the survival rate of people who've experienced sudden cardiac arrests in Canada. The program provides funding to place a greater number of automated external defibrillators (AEDs) in public places and to help Heart & Stroke Foundation of Canada instructors train Canadians to use these machines at no cost to the individuals or to the facilities.

With so many lives at stake, the Heart & Stroke Foundation is working diligently to ensure widespread access to AEDs in communities across the country.

All indoor arenas and recreational facilities (any facility that hosts 20 or more hours of indoor or outdoor physical activity programming most weeks of the year) are encouraged to apply. For more information or for an application please visit the Heart & Stroke Foundation of Canada website: www.heartandstroke.com

Nova Scotia Operational Guidelines for Aquatic Facilities

RFANS is pleased to announce the release of the New Provincial Aquatic Facility Guidelines by the Dept of Health and Wellness.

As an important topic within the industry, the new guidelines will be a main focus within the Aquatic Stream of the RFANS 2015 Mid Season Workshop being offered in January.

Please visit our website (rfans.com) for a link to view the official online document or to register for the 2015 Mid Season Workshop.

2015 Mid Season Facility Maintenance Workshop

Registration is now open for the 2015 Mid Season Workshop, being held Wednesday, January 21, 2015 at the Pictou County Wellness Centre.

This one day series of seminars has been specifically designed for those who currently own, manage or operate and maintain sport and recreation facilities.

Three different streams of training will run concurrently focusing on aquatics, turf fields and ice surfaces. The information obtained from the seminars can be put to use immediately or assist in preparing any facility on improving maintenance procedures.

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

Atlantic Recreation Facility Conference

Planning for the 2016 Atlantic Recreation Facility Conference is underway and we are pleased to announce that Nova Scotia is the host province.



Residents Exercise Body and Mind as the Lunenburg County Lifestyle Centre Officially Opens!

Vincent Rabault, Press Secretary
Office of the Minister of Infrastructure

Marketwired - Oct. 4, 2014
Marketwired.com

Officials gathered today in the Town of Bridgewater to celebrate the grand opening of the Lunenburg County Lifestyle Centre, which will provide residents of Bridgewater and surrounding areas with countless opportunities to stay active and to participate in community events.

As a new focal point in the community, the new Lunenburg County Lifestyle Centre will help get people moving and increase civic pride and spirit throughout the region. This state-of-the-art facility for recreational, sporting and social activities includes a full-size arena and an Aquatic Centre which brings personal health benefits to the region's many residents. The public library and active living and cultural spaces, including areas capable of hosting meetings, exercise classes, senior citizens' activities and many other functions, now provide members of the community with limitless opportunities to

network, celebrate events and create new friendships.



Quick Facts

The Government of Canada contributed close to \$10.2 million toward this project through the Major Infrastructure Component of the 2007 Building Canada Fund.

The Government of Nova Scotia contributed \$10 million to the project, with the Town of Bridgewater and the Municipality of the District of Lunenburg providing the remaining balance of the total project cost of \$34.1 million.

Quotes

"Our Government is proud to have invested in the Lunenburg County Lifestyle Centre, which not only promotes healthy lifestyles, but also enhances the quality of life of residents of Bridgewater and surrounding areas. This significant infrastructure project provides residents with countless opportunities to get active and to participate in community events contributing to a strong and prosperous community right here in Nova Scotia."

Gerald Keddy, Member of Parliament for South Shore - St. Margaret's, on behalf of the Honourable Denis Lebel, Minister of Infrastructure, Communities and Intergovernmental Affairs, and Minister of the Economic Development Agency of Canada



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Lunenburg County Lifestyle Centre Opens—continued from page 3

"We know there is a positive relationship between sport and recreation facilities and levels of physical activity. We're pleased to support this beautiful, modern facility for residents in this area to come together and enjoy physical activity which is so important for good health."

The Honourable Mark Furey, Minister of Municipal Affairs, on behalf of Leo Glavine, Minister of Health and Wellness

"The Town of Bridgewater is delighted to be one of the partners in the construction of the Lunenburg County Lifestyle Centre. This wonderful facility will be a gathering place, promoting wellness, a healthy mind and a healthy body. It provides traditional and new opportunities for residents and visitors to enhance their life experiences in a modern and exciting atmosphere. Congratulations to all who have played a role in bringing this great facility to reality."

His Worship David Walker, Mayor of the Town of Bridgewater



"The Municipality of the District of Lunenburg is overjoyed to see the completion of the Lifestyle Centre. The facility will serve as a flagship for recreation, community spirit, and healthy living in our Region, for our youth, seniors and community at large. I would like to offer a huge thank you to all the individuals and groups who worked so hard to turn this dream into a reality. The Lifestyle Centre truly is a testament to what can be accomplished when governments work together with the community."

His Worship Don Downe, Mayor of the Municipality of the District of Lunenburg

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Ottawa pitches in \$6 million for Membertou arena, and recreation centre

TOM AYERS
CAPE BRETON BUREAU

The Chronicle Herald — September 12, 2014
thechronicleherald.ca

The federal government is kicking in \$6 million toward the cost of building a new \$18.1-million arena and recreation centre in Membertou. The Membertou Sports and Wellness Centre is expected to open in early 2016 with a geothermal heating and cooling system and an NHL-sized ice surface, sports retail shop, concessions, athletic space and room for other activities.

The province earlier this year announced a \$3-million grant toward the project. At a federal funding announcement Friday in the Membertou Trade and Convention Centre, Chief Terry Paul said a second ice surface is expected to be built once the centre is up and running.

Paul said Membertou has raised most of the money needed to fund the community's share of the facility, but the band will be asking for more money from the province and still has to raise some additional funds.

Band officials have said the new arena will be able to host large tournaments, and Paul said the Cape Breton YMCA and Breton Ability Centre have both expressed interest in offering programs in the new recreation centre.

"This centre will largely benefit the youth of Membertou and our community as a whole. But more importantly ... it will give Membertou the ability to offer all kids in Cape Breton, in Nova Scotia, the opportunity to play and sharpen their skills and become part of a team. What's more important than that?"

Paul said the centre is needed because of the closing of local rinks, and municipalities facing deficits are unable to finance new facilities.

The band has spent seven years planning the project and toured several arenas in Atlantic Canada, Quebec and the United States to make sure the Membertou project is built correctly. "When we do our construction, it will be done the right way," Paul said.



Aboriginal Affairs Minister Bernard Valcourt said the federal government is happy to provide funding for the wellness centre because it will help create jobs and a healthy community. The facility will be a world-class attraction, making Membertou a destination for sports enthusiasts and tourists alike, he said. "The centre is really another step forward for Membertou," said Valcourt.

Central Nova MP Peter MacKay praised the Membertou band council and Paul for having the vision and determination to create the facility. "When one considers what this type of facility represents — the health, the good fortune, the opportunity to bring people here to sustain our communities — this is the type of visionary project that Chief Terrance Paul is well known for," said MacKay.

DND closing Shannon Park Arena

CBC—Reporting Story Columnist

CBC News - Aug 27, 2014

cbc.ca/news



The decision to shut down the Shannon Park arena comes just over a month after city council decided to go with a three pad rink proposal at the Halifax Forum site instead of building four new arenas on military land at Windsor Park. (CBC)

The Department of National Defence says it had no choice but to shut down the Shannon Park Arena once Halifax decided not to go

ahead with a four-rink complex on DND land in the city.

The decision to shut down the Shannon Park Arena comes just over a month after city council decided to go with a three-pad rink proposal at the Halifax Forum site instead of building four new arenas on military land at Windsor Park.

Captain Angus Topshee, base commander for CFB Halifax, says they can't manage the arena going forward.

'Given the cost and the age of the facility at Shannon Park, we simply can't keep it open.'-
Captain Angus Topshee.

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DND closing Shannon Park Arena Continued

"There is no new arena for us on the horizon" he says. "We're going to have to reduce to one arena and given the cost and the age of the facility at Shannon Park, we simply can't keep it open any longer."

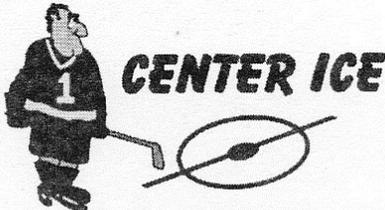


If the city isn't able to take over the facility, Dartmouth ice users will be shut out of two rinks.

Topshee says the closure will mean moving military users to the Shearwater arena. As a result, other hockey and figure skating groups will lose hours at both facilities.

Sean McKenna, a spokesman for the Dartmouth Whalers Minor Hockey Association, wants the city to step in and run the rink for at least a year.

Captain Topshee says the arena is actually owned by Canada Lands Company, meaning the city will have to negotiate with that agency in order to run Shannon Park. He warns the rink needs \$1.5 million in immediate repairs. The city has not yet said what it intends to do with the site.

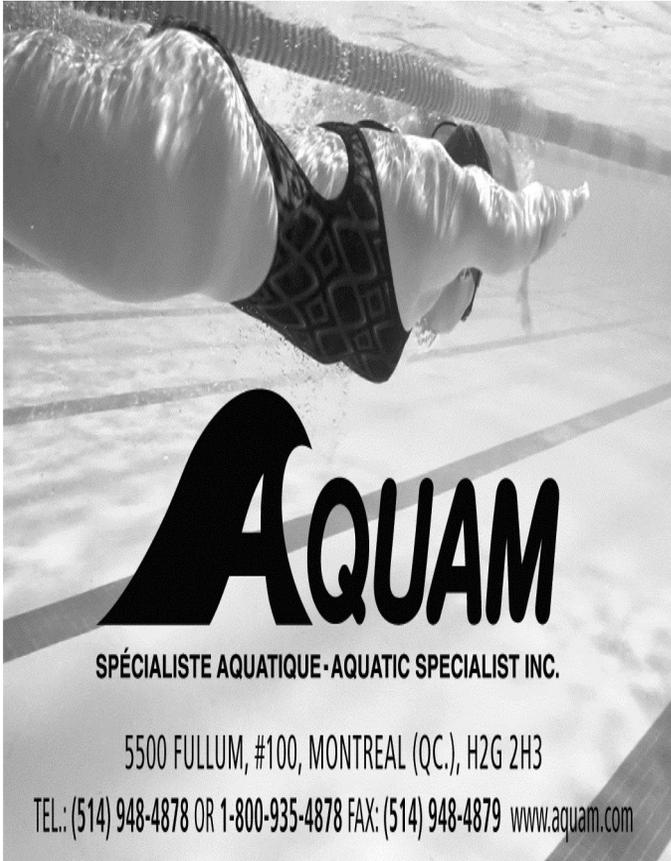


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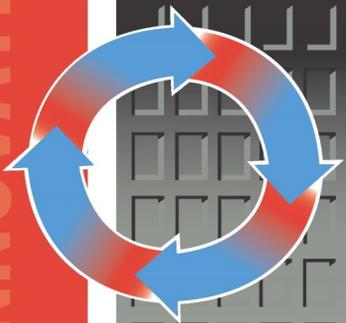
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Acadia Athletic Complex gets a facelift

Wendi Stewart
Herald Annapolis Valley

The Chronicle Herald
thechronicleherald.ca

Acadia Athletic Complex is getting a facelift with a few nips and tucks and enhancements.

The work is thanks to the support from Nova Scotia Health & Wellness (\$25,000), Eastern Kings Memorial Health Foundation (\$15,000) and the family of Andrew H. McCain (\$1 million). McCain's family chose to honour their father with the donation in recognition of his Acadia alumnus status. He was also a keen hockey fan with a love of sport, who saw three of his six children graduate from Acadia University.



The change in the 25-year-old facility includes fresh paint on the railings, protective plexi-glass on the stairwells, new sound system, new roof, updated ventilation and heating, improved lighting, interior acoustic paneling inside the arena, invisible wall created by air circulation fans that keep the cold air in the arena and the warm air from the lobby out while the doors remain open creating a much brighter atmosphere. The piece de resistance is the new state-of-the art cushioned, all-weather, all-purpose 250-metre walking/running track. This surface is a pleasure to walk on, and the cushioning helps to reduce the strain on joints. The area is extremely well lit with its welcoming environment and the track is continuous, with no need to open and shut doors.

The track is just one more level of fitness offered at Acadia for the community and for the students.



The facility already has a long list of fitness options: swimming pool, fitness center, squash and racquetball courts, arena ice-skating surface, large gymnasium and fitness classes.

"It helps with the whole continuum from healthy living to high performance athletics," says Kevin Dickie, Acadia's director of athletics.

"It's just a great addition to an already great facility," says David Kerr, community member of the athletic complex.

Use of the track will be part of the benefits of membership in the fitness program, with a drop-in fee of \$2 for non-members. The finishing touches on these improvements will be completed by the third week of November. All the details of membership and its benefits and varsity sports schedules can be found on Acadia's website at www.fitness.acadiau.ca.

Area residents are fortunate to share in this symbiotic relationship between the university and the community, with the opportunity to watch top-level athletics and with access to the fitness facility. Acadia is a happening place in varsity sports.

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Submitted By Dave Clayton
Yarmouth Mariners Centre

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If you have access to a forklift at your facility and want to make short work of getting the water and ice off of your rink floor, you can do it very easily with a little bit of angle iron and 1/2" or 3/4" thick rubber matting.

Materials you will need:

- 8 or 9 feet of 3" angle iron (depending on how wide you want to make your squeegee.
- 8 or 9 feet of 1/2" or 3/4" rubber matting cut in 6" strips. If you do not have 8 or 9 feet all in one piece, you will have to double the matting behind the spot where you will have a joint.
- 8 or 9 feet of 1" metal strip to act as a backer when bolting rubber to the angle.
- Approximately 16 to 20 3/8" nuts, bolts and washers 1 1/2 inches long.
- Two 1/2" or larger bolts, and nuts with a "T" handle welded to the top of the bolt and a nut welded to a piece of channel drilled out to accept the bolt. The channel will have to be wide enough to slide over the forks on your forklift and the bolt will be

tightened down on the forks to hold the squeegee in place while in use.

The angle iron will need to be cut in the center, angled to make a slight "V" and welded back together.

Once the angle iron has been cut and welded, you will need to weld the channel iron to the top of the angle iron so that it lines up with the forks on your forklift at a width where they normally are located. A hole is drilled in the center of the channel and a nut is welded to the top of the hole so that the bolts with the "T" handle on them can be used to tighten the squeegee.

After this has been done, the rubber can be attached to the angle iron using the 3/8" nuts and bolts drilled every six inches through the angle and 1" strip and bolted together on an ice surface that is wet, the squeegee can "carry" or push a large amount of ice and water the entire length of the arena. It also works best when one end of the arena has an unobstructed exit that the squeegee can fit through easily.



Any questions? Comments?

Call Dave Clayton
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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.

The Recreation Facility Association of Nova Scotia
is proud to present

2015 Midseason Facility Maintenance Workshop

January 21, 2015 - Wednesday
Pictou County Wellness Centre
2756 Westville Rd.
New Glasgow, NS



This one day series of seminars have been specifically designed for those who currently own, manage or operate and maintain sport and recreation facilities.

Three streams of training will run concurrently focusing on
aquatics, turf fields and ice surfaces.

The information obtained from the seminars can be put to use immediately or assist in preparing any facility on improved maintenance procedures.



These seminars are offered as an integral part of the overall professional development for those in facility management and maintenance.

To register or for more information on these workshops
please contact the RFANS Office at 425-5450 ext 330
email: rfans@sportnovascotia.ca

