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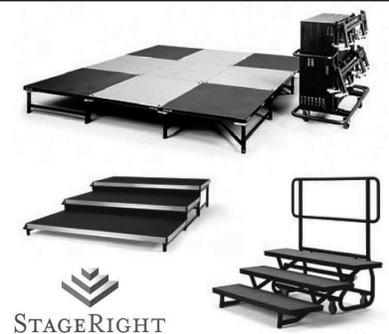
Facility Focus

2016 Spring/Summer Issue



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- **The Science Behind New First Aid Procedures**
- **Cold Water Flooding—Friend or Foe?**
- **Antigonish Arena Ice Surface Replacement**



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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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The 2016 Atlantic Conference will be held April 6—8, 2016 at the Glengarry Best Western in the beautiful Town of Truro, the hub of Nova Scotia.

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Nova Scotia Operational Guidelines for Aquatic Facilities

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

Visit our website (rfans.com) for a link to view the official online document.

RFANS AED Grant Program

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

Support for the AED program has come from the Department of Health and Wellness. 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. Make sure your facility has an AED and charged batteries.

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



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.

Truro's Victoria Park

- Built with Something For All

Marianne MacGrath, Fundy Connect Community Data Coordinator

Truro's Victoria Park and its natural, outdoor beauty has become a one thousand acre landmark for the region. The park is open and accessible to the public year-round, with limited upkeep and maintenance to the lower park during winter months. It is pet friendly, and animals are required to be on leash. Access to the park can be found in several locations: at the main entrance leading into the lower park on Park Road, at the top of Wood Street, from Truro Junior High School and at the top of Young Street.

Perhaps one of Victoria Park's greatest assets is an abundance trails spread throughout the park for the public to explore. There are two waterfalls located a short walk away from the lower park, making it a popular location to photograph and enjoy. The trails are consistently maintained and improved by park staff. Some of the more popular walking or biking trails throughout the park include Lepper Park Loop, Reservoir Trail, Hemlock Trail, and Vibert Trail. Over the summer of 2015,

McCabe Loop, a new two and a half kilometre trail, was added to the park.



An organized group snowshoe hike through Victoria Park.

Cold weather and snow do not limit the possibility of using Victoria Park as a gorgeous, natural setting for recreation. In winter months, the public is welcome to ski and snowshoe the twenty-five kilometres of trail groomed by the Town of Truro. In summer of 2015, three and a half kilometres of existing trail was upgraded so that it could be used for cross-country skiing and snowshoeing. This was done in part by widening the trails, and adding improved drainage systems and culverts. In addition, there are many more kilometres of ungroomed trails accessible by ski and snowshoe. The Town of Truro has a ski and snowshoe lending program, where the public are able to borrow the equipment for up to one week, free of charge.



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Aquatic 10 Commandments—continued from page 3

The Town of Truro and a group of dedicated volunteers are working to complete a short-track bicycle area, accessible at the Young Street entrance, where people can practice their mountain biking skills on jumps and obstacles. The project is nearing completion, and is expected to be finished in the spring. It was started in the fall of 2015. The increased popularity of fat-bikes have made it possible for bikers to use this area and many of the trails even through the cold weather.



Victoria Park's "Joseph Howe Falls" during the winter

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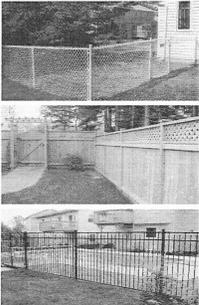
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Canadian Red Cross and Heart and Stroke Foundation share the science behind new first aid guidelines

Updates Impact How Canadians Treat Minor and Major Emergencies

TORONTO, ON-- February 22, 2016

Cleaning with soap and water might seem like the best way to disinfect a cut, but new research calls for scrapping the soap and rinsing for five minutes with clean, running tap water instead. The change to this widely adopted practice is one of many updates included in the new Canadian First Aid and CPR guidelines, which are the focus this week at the [Canadian Emergency Care Conference](#), co-sponsored by the Canadian Red Cross and the Heart and Stroke Foundation.

Updated every five years, the First Aid and CPR guidelines are agreed upon by the Canadian Guidelines Consensus Task Force, which is composed of [Canadian Red Cross](#), [Heart and Stroke Foundation](#), [St. John Ambulance](#), [Canadian Ski Patrol](#) and [Lifesaving Society](#). The updated guidelines include the most recent research from the international scientific community and distill findings into best practices for first responders and first aid providers. At times, some of these changes appear to be subtle, but they represent real, substantive improvements to addressing various minor and major emergencies.

"We are in the business of saving lives," says David Sculthorpe, CEO of the Heart and Stroke Foundation. "The Canadian First Aid and CPR Guidelines are based on the newest techniques and approaches to increase survival rates. Our goal is to empower Canadians to be ready, willing and able to act in the event of a medical emergency."

An estimated 70,000 heart attacks and up to 40,000 cardiac arrests happen in Canada each year. Lost-time accidents regularly occur in Canadian workplaces, and countless others take place every day in our homes and communities.

Conrad Sauvé, CEO, Canadian Red Cross, added, "We strongly encourage Canadians to learn about new best practices and to update their first aid training. A basic First Aid and CPR course can be completed in six to eight hours, and with that, you can have skills and hands-on knowledge to help you save someone's life while at home, engaging in recreational activities or in the workplace."

New updates impacting first aid

The Canadian guidelines impact how Canadians administer CPR and first aid and include revisions ranging from treating minor cuts and abrasions to addressing major emergencies such as concussions and cardiac arrest.

Here are some key learnings and updates that Canadians should know:

- Adults experiencing **chest pain** should chew one adult or two low-dose aspirins while waiting for emergency medical assistance to arrive (unless they have an allergy or bleeding disorder).
- In the case of **severe allergic reaction**, the new guidelines recommend that first aid providers should help administer a second dose of epinephrine if there are no signs of improvement after the first dose. Some studies have shown that it is most effective to administer the second dose within 5-10 minutes of the first if symptoms have not stopped progressing.
- When someone experiences a **blow to the head** they should stop activity immediately whether sport related or in the workplace, and seek medical aid (even if they aren't showing signs of a **concussion**).

The Science Behind New First Aid Procedures —continued from page 5

- The routine use of **cervical collars** is no longer recommended as they can cause complications and discomfort for the injured person. Instead, in suspected **cervical spine injury**, the new guidelines recommend manually supporting the head in position, limiting angular movement, until more advanced care arrives.

Canadian confidence in a workplace emergency

Coming face-to-face with a workplace emergency can be overwhelming, depending on what kind of first aid is needed. A recent survey conducted by Nielsen Consumer Insights* and commissioned by Canadian Red Cross found that Canadian employees feel substantially more confident responding to various minor incidents, with 80 to 87 per cent reporting feeling confident in dealing with nosebleeds, minor wounds or bleeding. When the nature of the emergency is more serious, confidence drops considerably. The survey found that many Canadian employees did not feel confident in their ability to assist with a range of more serious medical emergencies:

- Heart attack or cardiac emergency (50 per cent)
- Anaphylaxis shock/severe allergic reaction (48 per cent)
- Concussion (47 per cent)
- Stroke (42 per cent)
- Psychotic episode (33 per cent)

Knowing exactly what to do when faced with a health-related emergency at work is essential. The best way for employees to build confidence in responding to both minor and major emergencies is to equip themselves with first aid and CPR skills.

**Online survey by Nielsen Consumer Insights on behalf of the Canadian Red Cross from January 8 to 15, 2016, among 1,001 Canadian adults ages 18 and older.*

About the Canadian Red Cross

The Canadian Red Cross is the leading provider of prevention and safety training in the country; training more 1.3 million Canadians in emergency preparedness, first aid, swimming lessons and violence and abuse prevention. redcross.ca

About the Heart and Stroke Foundation

The Heart and Stroke Foundation's mission is to prevent disease, save lives and promote recovery. A volunteer-based health charity, we strive to tangibly improve the health of every Canadian family, every day. Healthy lives free of heart disease and stroke. Together we will make it happen.

heartandstroke.ca #CreateSurvivors

Contact Information

For more information, contact:

Canadian Red Cross

Natalie Moncur
Advisor, Communications
1-877-599-9602
natalie.moncur@redcross.ca
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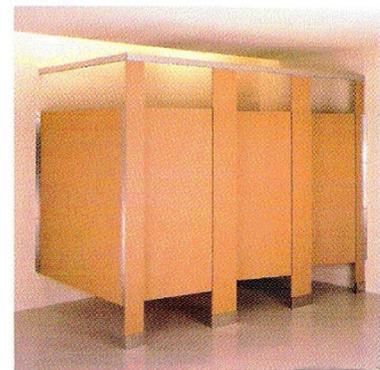


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Cold Water Flooding: Friend or Foe

By Ian B. Storey, P. Eng.

To heat or not to heat; that is the question. Okay, so I didn't exactly invent that phrase. But is that really the question? The industry is very passionate about the topic of cold water flooding. In fact, I'm sure I'll get some comments from all camps about how successful (or not) switching from hot water flooding to "cold" (tap water temperature) water flooding has been for their facility.

Switching from hot to cold will probably even be a source of great debate within your own organization. Left unchecked, the result will be the appearance of the proverbial three monkeys: One group will be certain that they can't see it working. The next, will say they've haven't really heard anything so it must be working. The third will state they can't say if it will work or not. - The "no", "yes" and "don't know" groups. Unfortunately, a lack of clear evidence will allow this debate to swirl around endlessly, perhaps until the gloves hit the ice. Since there are probably better things to argue about, let's go back to the initial question: To heat or not to heat.

It's logical that the quality of the ice is something held very dearly by icemakers. After all, it's ultimately the saleable product in any ice rink. Ice building and maintenance training courses are offered annually and regionally emphasizing the importance; however, the definition of quality ice will vary based on the organization. That is the first issue to recognize, we are talking about something that is subjective, and satisfaction will highly depend upon the particular organization.



Everyone loves high quality ice but delivering the best possible product comes at a price. It is crucial that the floodwater is as pure as possible to maintain the quality of the ice produced. Any water impurities adversely impact the ice-making process. A critical factor to be considered is the temperature of the floodwater itself. Typically, resurfacing water is between 140°F and 160°F. An increasing number of organizations are using 120°F. Whatever the temperature you are using for resurfacing (or flood) water, the underlying question of to heat or not persists.

In today's economy, cost is always a major factor in operating decisions. How does one supply a quality product and service while balancing the budget? There are several factors to consider. The cost of heating the floodwater combined with the cost of freezing the hot water again does add up. Depending on the fuel source, an arena can be facing significantly high numbers.

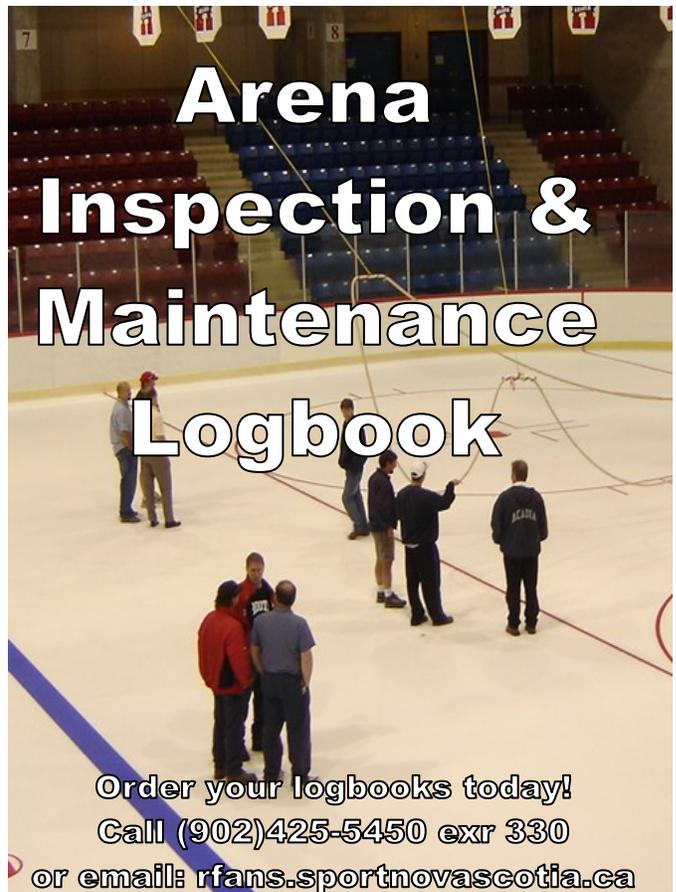
In a busy ice rink using oil, propane or electricity to heat floodwater, hot water flooding can cost up to \$30 per day more per pad than cold water flooding. Lower to moderate traffic arenas using oil, propane or electricity fare slightly better but also pay upwards of \$20 a day more by using hot water flooding as opposed to cold water flooding. Natural gas users have an advantage with lower fuel costs; however, they still pay an extra \$7-\$12 per day for hot water flooding, depending upon the facility activity level. This daily cost includes the expense of re-cooling the water on the ice sheet itself. Your annual total savings will depend on year-round or seasonal operation. Be aware that if you are a lighter-usage facility, savings will be less than those mentioned in this article.

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Cold Water Flooding: Friend or Foe

Continued from page 8

If you were expecting it to cost far more per day to operate using hot water for resurfacing, you are not alone. The reason we “think” it would be a much greater number is a result of our perception. Utility costs at most ice rink operations are now usually second only to labour. We have a sense of this large volume of hot water we use in our resurfacer as being very expensive as it’s energy we can “see”. So, why isn’t it even more expensive? Part of the paradox is the state-change energy (liquid to solid). With either hot or cold water flooding, at least half of the energy we must remove (for freezing to occur) is a result of the state change, not the temperature change. So hot or cold water incur the same refrigeration cost to actually freeze the water, and the refrigeration systems in our ice rinks are designed to provide this cooling effect with minimum cost. Really, the only difference is the initial heating and re-cooling that occurs on the ice sheet itself.

When dealing strictly in dollars and cents, it would appear that cold water flooding is a preferable option to hot water flooding; however, the principles of chemistry and physics clearly indicate that hot water holds less air than cold water, thereby creating a less porous and stronger ice surface. Issues of clarity have been noted to arise when resurfacing with cooler water. It should be noted that water heated above 160°F maintains the same air water soluble consistency, so there is no advantage to heating floodwater above this temperature. It will only raise operating costs and increase the risk of burns to the skin.

If you are considering switching to a cold-water option, it is wise to maintain caution before purchasing high priced equipment and ice additives that promise to reduce the amount of air in cooler water. Many companies offer cost savings through cold water flooding by saving wear and tear on compressors and hot water heaters, thereby extending the life of your equipment. You may save on this end of your equipment shelf life: however, most of these “energy-saving” devices cost in the neighbourhood of \$25,000 or more.

Delving into and confirming whether or not these systems actually work, or how effectively they

work, is a more lengthy discussion beyond the scope of this article. One of the biggest deterrents to using them is the cost implication. The basic math of dividing your equipment purchase cost by your anticipated yearly savings will result in the “simple payback” in years. That is, the number of years until you have paid for this investment with reduced spending. So, if you are a busy, multi-pad facility, and you can keep your purchase limited to one system, and it works for you, your simple payback could be reasonable to consider.

For many facilities with a ten-year plus payback on this investment, is it really serving the needs of your organization or are there better ways to cut costs? If you answer this question first, you will be providing much greater value to your organization.

If you are planning on switching to cold water flooding, it may be prudent to try using cold water from your own facility before purchasing expensive specialized equipment. This would be the most cost effective method of making the switch and possibly provide great insight for your organization into making this move. Each facility and its needs are unique. We have clients who are very happy with the results of cold water flooding while others have tried it and were not satisfied.

Take a step back and remember that the most reliable source of information available to you is your own rink and organization. Be informed about your decisions and their actual financial impact. Every facility is different and nobody can tell you the “magic” fix for your resurfacing needs. By the way, if someone is using the words “magic” to explain to you how their product works – further investigation is warranted.

With any cost-cutting project, there will be no shortage of expensive equipment promising to help you achieve your goals. Don’t forget to challenge yourself to see if you can achieve the same results with what you already have at your fingertips.

Ian Storey is the president of I.B. Storey Inc. with offices in Charlottetown, Vaughan and Tampa

Antigonish Arena Ice Surface Replacement

Bud MacInnis

Antigonish Arena Manager

Built in 1969 the Antigonish Arena is jointly owned by the Town of Antigonish and the Municipality of the County of Antigonish. In 2009 the arena completed an Aging Building Audit outlining a number of upgrades that would be necessary. Concrete surface, boards and glass were identified in that report. In the Fall of 2014 the Antigonish Arena hired CJ MacLellan & Associates to prepare the documents for the Tender Phase and the Construction Phase. In May 2015 we received three tenders and the contract was awarded to Higgins Construction of Trenton, Nova Scotia. Total estimated cost was \$1,149,000.00 for the contract plus additional cost outside of the contract.

We received funding commitments from

- Town of Antigonish \$437,000.00
- Municipality of the County of Antigonish \$437,000.00
- ACOA (CIP 150) \$250,000.00
- Province of Nova Scotia \$25,000.00
- We also received a funding commitment from Antigonish Minor Hockey for \$100,000.00 over the next 5 years

On June 1st demolition of the old floor, boards and glass began. Boards and glass were removed and demolition of the floor had to be completed in sections because of tie rods holding the building together under the surface. This meant 20% of the floor was removed at a time, six feet of earth under the surface removed down to the natural undisturbed clay soil. Then new gravel and new tie rods installed before the same process for the next 20% of the floor until all five sections were completed.

The old header was removed and Cimco started installing the new three inch warm floor header and the heat piping on the new earth just under the new tie rods. Six inches of crusher dust was then put on top of the heat piping and tie rod. The next part of the project was to install four inches of star foam insulation over the crusher dust and heat piping. A slip sheet was then installed over the insulation and the wire chairs for holding the cooling pipe were put in place. Nine and a half miles of cooling pipe were then installed on the chairs and connected to the new six inch header going to the refrigeration plant. Wire mesh was then installed

over the cooling pipes and tied to the metal chairs. Cimco then installed a new Seasonal Controller in the plant room.

On September 2nd a pre pour meeting was held with representatives from Higgins , CJ MacLellan , Precision Concrete, Casey Concrete, Cimco, Welmar and the Arena to go over everyone's responsibility the day of the pour . On September 10th the cement pour took place. Twelve cement trucks feed a pumper truck from 9:00 am till completed at 4:00 pm. Precision Concrete then worked till midnight finishing the cement floor. The floor was then covered with water and a fabric to hold the moisture on the new cement floor for the one week wet cure process. The floor must cure for at least twenty eight days before the plant can be turned on.

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Antigonish Arena Ice Surface Replacement

Continued from page 11

On Oct 1st the new boards and glass started to be installed by Welmar. The glass on the ends and behind the benches is eight feet high and five feet high along the sides. The ice plant was turned on for the gradual cool down on October 15th. The floor temperature was low enough to start making ice on October 23rd and the ice completed on the 27th. The odd size glass that was on back order arrived on October 28th and was installed the next couple of days. Our first ice rental on the new surface was at 5:00 pm on October 30th.

Costs that are not included in the contract price are:

- CJ MacLellan for engineering \$ 20,000.00
- Logan Drilling for test holes \$ 6,300.00
- Permits \$ 2,700.00
- New Advertising signs and logos for the new size boards \$ 5,000.00

- Electricity for the 4 1/2 months \$ 9,000.00
- Stantec for geotechnical and materials testing \$ 3,000.00

In the end the project was on budget and on schedule with the cost of the contract \$ 1,168,338.28 plus other cost \$ 46,000.00 for a total of \$ 1,214,338.28. We were expecting 1.2 million and that's where it ending up. We have been up and running for a month now and for the month of November we saved \$ 72.00 per day on our electric bill because of the insulated floor, level floor and new seasonal controller. All our user groups are very happy with the new floor, boards, glass and ice condition .



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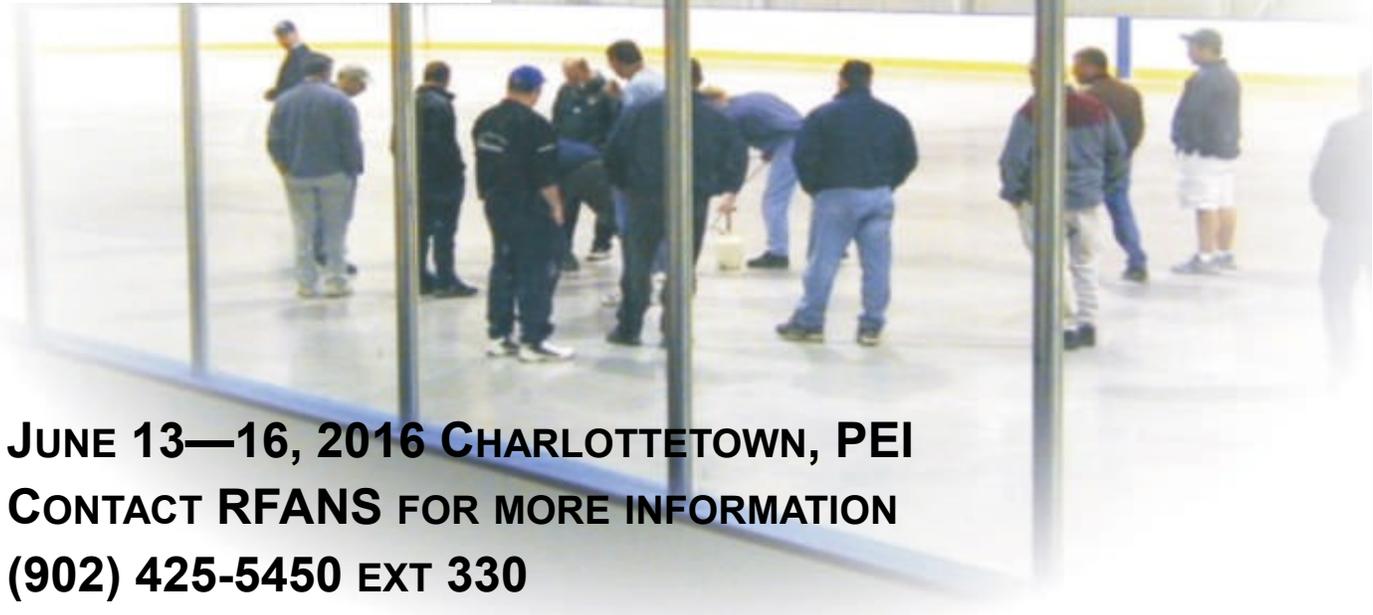
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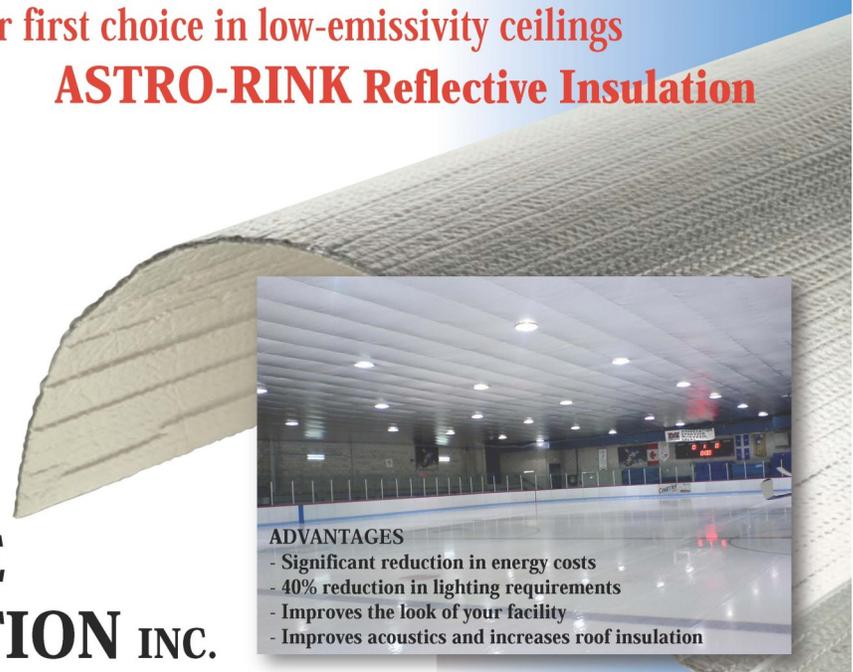
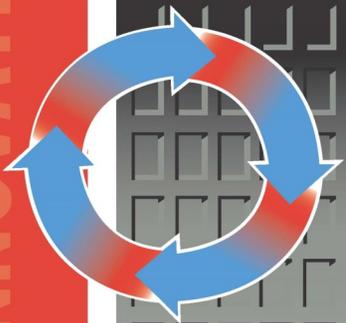
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RFANS Membership Application

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) _____

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Payment must accompany application form

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| <input type="checkbox"/> | Individual | \$ 55.00 + HST (15%) = \$ 63.25 |
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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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