

Spring/Summer 2023

Facility Focus

The official publication of the Recreation Facility Association of Nova Scotia (RFANS)

The Inside Scoop!

RECOGNIZING WOMEN & EQUITY IN RECREATION FACILITIES — PG 16

Cover photo: Kelly Cunningham,
Recreation Director Town of Lunenburg, Lunenburg Arena



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P: 902-425-5450 x 330 | F: 902-425-5605
E: rfans@sportnovascotia.ca | www.rfans.com

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902-425-5450 x 330 | rfans@sportnovascotia.ca

Facility Focus

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Facility Focus is the official publication of the Recreation Facility Association of Nova Scotia (RFANS). 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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RFANS Mission Statement

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

Our commitment is:

- 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;
- To promote the provision of high quality, safe recreation facilities.



RFANS is Moving Forward

As recreation facilities continue to bounce back from the effects of both COVID and hurricane Fiona, many will remember the outstanding advocacy role RFANS took in working with the provincial government to obtain direction and financial support for lost revenue.

Moving forward, past these two events, RFANS continues to play an advocacy role in educating the government on important industry issues. This advocacy role has helped to secure millions of dollars in ongoing industry support through grants like the Rink Revitalization Grant to help refurbish aging facilities in Nova Scotia.

Many of you may know, educational training is a key component of RFANS mandate as an organization. Moving forward, in support of recreation facility personnel training, RFANS has received additional support from the provincial government, specifically the Department of Community, Culture, Tourism and Heritage, to help facilitate recreation facility training in Nova Scotia.

Moving forward, the first order of business for this training is to work with our provincial partners to revamp the 2nd Class Refrigeration Program. We have continually received feedback from facilities with arenas that it is extremely difficult to staff these facilities with qualified ticketed operators.

As you know, there are many aspects to facility training. So, moving forward, RFANS has partnered with the Alberta Association of Recreation Facility Personnel, to train our local trainers to teach some of their course curriculum. This will kick off with the Arena Level 1 & Ice Maintenance Combined Course June 21 & 22, 2023 at the RBC Centre in Dartmouth. Registration is now open.

In closing, on behalf of the of the Board of Directors and members of the RFANS, I am pleased to invite you to become a member and join our team of highly skilled and experienced facility professionals.

Yours in Facility Excellence, **Bob Quigley, RFANS President**



As we greet the change of seasons in Atlantic Canada, and another winter is just about behind us, we are enjoying longer days and some warmer temperatures. Our winter recreation facilities are preparing to close out their season and our summer facilities like pools, fields, courts, and parks are gearing up. Our multiplexes, still going full throttle. People are back on the trails and looking forward to the summer ahead.

Our indoor and outdoor recreation facilities continue to provide opportunities that encourage and promote active lifestyles, helping to build physically and mentally healthy communities, minimizing health care costs and therefore improving the overall health and well-being of our communities.

On behalf of these facilities, RFANS thanks the Province of NS for also appreciating the value of these recreation facilities to our communities, making them a priority, and investing much needed financial support. This ongoing support will ensure our that facilities are sustainable, safe, operational, more equitable and accessible for years to come. Congratulations to all those that received funding for infrastructure and capital projects and thank you for the role you play in the well-being of our communities. Thanks to the women that worked so hard to see the Canada Games Centre in Cape Breton become the first facility in the country for girls and women's hockey. This is a huge milestone in the advancement of equity and access for women in sport in this province.

In keeping with our focus on women, on International Women's Day, RFANS met with some of the women that are managing and operating our recreation facilities in the province. We discussed challenges they face as facility managers, ways to encourage more women into the industry and how we can better support each other. There is much work to be done in promoting facility management and operations as career options for everyone.

RFANS recently embarked on a province-wide facility tour with the Nova Scotia Apprenticeship Agency (NSAA) to meet with chief engineers, facility managers and apprentices who are currently enrolled in the 2nd Class Refrigeration Course RFANS offers in partnership with NSAA. This outreach to our facilities is an integral part in the process of gathering feedback from those taking our course to make improvements and enhancements to ensure our training is meeting the needs of the industry. Thank you for hosting us. We have more outreach planned in the coming months and we look forward to seeing you in your facilities.

RFANS will continue to work on the enhancement of our training program, put new trainers in place and roll out new course opportunities for our recreation facility personnel. We look forward to better understanding and meeting your training needs. Please feel free to reach out to us if you have suggestions or specific needs for your facilities or municipalities that we can help you with.

Jennie Greencorn, RFANS Executive Director

Our Support Team



Brittany Hunter RFANS Administrative Assistant

I graduated from the University of New Brunswick with a Bachelor of Recreation and Sports Studies and I have eleven years' experience working in sport and recreation in a variety of roles. I was the Executive Director of RFANS for 4 years before moving back to New Brunswick in 2021 for a new career opportunity as the Director of Child Care & Youth Programs at the YMCA of Fredericton.

I am excited to have the chance to work remotely for RFANS again, in a smaller role, and to continue to be a part of the association's growth and development. Looking forward to reconnecting with everyone in a different capacity and seeing where RFANS goes next!



Robyn Morris Communications and Digital Media Manager

Hi, I'm Robyn!

I graduated (first ever virtual ceremony thanks to COVID) from Mount Saint Vincent University in 2020 with a Bachelor of Public Relations and a double minor in marketing and psychology. I also have a certificate in Applied Communication Arts from NSCC, allowing me to strategically pair creative design with written strategy to be my most creative self!

I grew up in Halifax, NS and have been a competitive highland dancer, cheerleader, and fitness competitor and have also enjoyed doing ballroom dancing and salsa. Currently, I do pole fitness and hit the gym every morning for my 5:45 am class. Growing up with recreation has shaped me into who I am today, allowing me to feel my best psychically and mentally and giving me the skills to aid me in my professional career.

Working and volunteering with non-profits and charities in various sectors has been really rewarding and has become a soft spot for me. I've had the pleasure of working on multiple successful projects such as with Hope Blooms, Thoughtful Changes Mental Health, and numerous clients throughout Atlantic Canada as part of the RBR Development team.

I love pulling inspiration from my surroundings. You can often find me near the ocean, or wandering one of our many trails and parks, usually with my camera and coffee in hand and always with a sparkle.

I am so excited to be a part of the RNS/RFANS team and can't wait to meet you all and see the things we can do and the impact we can create for all Nova Scotians!

CCTH Funding Update

It was a great March for our facilities in Nova Scotia, thanks to the combined \$32.8 million awarded from the Nova Scotia Department of Communities, Culture, Tourism, and Heritage (CCTH) to help our aging structures and touch on their capital needs.

Fourteen community rinks were recognized as needing critical upgrades to extend their lifespan and create more access to sport and recreation, especially for women and girls. Funds awarded in this area will go towards repairs caused by hurricane Fiona, building new washrooms and change-rooms, upgrading facilities for better accessibility and energy efficiency, and helping create a dedicated hockey hub for women and girls- a fantastic opportunity for more girls and women to play hockey and create a more equitable sector through enhanced accessibility for all.

Nineteen projects from community groups, municipalities, and not-for-profit organizations were also awarded funds to help develop and improve recreation infrastructure. Our recreation facilities are vital for strengthening our communities and bringing us closer together through recreation and sport. These updates will help keep Nova Scotians healthy and active, helping to sustain and contribute to the community's health, well-being, and social prosperity.

The Department of Communities, Culture, Tourism, and Heritage invests in our sector, realizing recreation's tremendous value to Nova Scotians, enriching communities and our economy. CCTH offers several funding programs throughout the year as part of its Investing in our Future initiative to support the sector in developing an effective system of high-quality opportunities that will help enhance assets such as facilities, public places, and recreation programs.

For the full list of recipients visit: <https://novascotia.ca/news/release/?id=20230316001> | <https://novascotia.ca/news/release/?id=20230317006>

For opportunities available to our sector, you can find the list on our website here: <https://www.rfans.com/facility-funding/>

Thank You!

Thank you to the Department of Communities, Culture, Tourism and Heritage for their continuous support. The Recreation Facility Association of Nova Scotia continues to offer training, programs and educational resources throughout Nova Scotia because of your contribution.





Recreation Facility Association of Nova Scotia

Memberships

Membership Types

- **Individual** \$85.00+HST
 - A person not directly associated to a facility, but interested in facility operations
 - Student
- **Facility** \$200.00+HST
 - Private or Board operated facilities
 - Universities
- **Municipal** \$200.00+HST – 1 Facility;
\$300.00+HST – 2 to 5 Facilities;
\$500.00+HST – 6 or more Facilities
Municipalities which operate recreation facilities
- **Corporate** \$250.00+HST
 - Any business, supplier or not for profit



For more details on becoming a member, renewing your membership or member benefits:

Check out our website @ <http://www.rfans.com/membership/>

Or call:

(O) 902-425-5450 ext 330 | (C) 902-870-7634

rfans@sportnovascotia.ca





Membership Benefits

- Monthly newsletter (digital mail out)
- Facility Focus Magazine twice a year (1 per facility) plus a digital copy
- Discounted rates on: Coursing and Conferences, Atlantic Recreation & Facilities Conference and Trade Show (ARFC), Partnerships/Sponsorship, Advertising rates
- Notification of current training opportunities
- First preference in advertisement in Facility Focus
- Resources and information for policies, trends and other requirements
- Free access to attend the AGM
- Notification of funding opportunities
- Voting eligibility for the Board of Directors elections and the eligibility to hold office

Memberships are renewed annually and follow the fiscal year (April 1st to March 31st). Pro-rated rates for memberships received after April 1st can be negotiated.

For more details on becoming a member and member benefits:

Check out our website @ <http://www.rfans.com/membership/>

Or call: (O) 902-425-5450 ext 330 | (C) 902-870-7634 | rfans@sportnovascotia.ca

We want to hear from YOU!

Are you doing something new or different in your facility? Does your company have important or interesting information to share about recreation facility operations? Are you selling equipment or looking to post a job? RFANS wants to know!

We'd love to share you information with our members!

Contact Jennie at rfans@sportnovascotia.ca or call 902-425-5450 ext 330



2nd Class Refrigeration Course

In partnership with the Nova Scotia Apprenticeship Agency & Technical Safety Division of the Dept of Labour, Skills & Immigration

Online/Class Instruction via NSCC Akerley Campus, Dartmouth, NS
January to June 2024 (Registration deadline is November 17, 2023)



Certified Pool Operators Courses (Pool & Hot Tub Alliance)

National Swimming Pool Foundation Certification (NSPF)

May 2 to May 4, 2023 – Cumberland YMCA, Amherst, NS

November 14 to November 16, 2023 – Zatzman Sportsplex, Dartmouth, NS



Sport Turf Courses

Natural Turf Maintenance – May 9th & 10th, 2023

NS Sports Field Training Day – May 11th, 2023

Synthetic Turf Maintenance – May 12th, 2023

RBC Centre, Harbour Easts Fields, 259 Commodore Drive, Dartmouth, NS



NEW! Arena Level 1 & Ice Maintenance Course

In Partnership with the Alberta Association of Recreation Facility Personnel

June 20th & 21st, 2023

RBC Centre, Dartmouth, NS

Midseason Ice Maintenance Course

January 28th, 2024

RBC Centre, Dartmouth, NS



Leadership Summit for Senior Facility Management

Tentative for Fall 2023 – Location TBD

Playground Inspection Course

In Partnership with Canadian Playground Safety Institute (CPSI)

Online Course option only

For more details on all courses:

Check out our website @ <http://www.rfans.com/training/> Or call: (O) 902-425-5450 ext 330 | (C) 902-870-7634
rfans@sportnovascotia.ca

Our Partners:



NEW!!

ARENA LEVEL 1 & ICE MAINTENANCE COMBINED COURSE

On June 21st & 22nd, 2023 the Alberta Association of Recreation Facility Personnel (AARFP), in partnership with the Recreation Facility Association of NS (RFANS) will host our inaugural Arena Level 1 & Ice Maintenance Combined Course at the RBC Centre in Dartmouth. The RBC Centre has four ice surfaces and three Zambonis, which facilitates an excellent teaching environment for this combined course.

In combining these two courses, participants will have both classroom instruction and practical sessions which comprises a full two day install, including **making ice, marking lines, painting, logos and maintenance of artificial ice surfaces**. Participants will also be introduced to basic refrigeration theory. Combined with the Ice Maintenance course, which is ideal for the frontline, grass roots arena operator who is looking to upgrade their skills in ice facility operations, the following areas will be covered in this course: changing the blade and levelling, preventative maintenance on the ice resurfacer, safety concerns, proper shaving techniques, proper flooding techniques, proper use of an edger, hand edging, line repairs, board repairs, changing glass, and janitorial concerns.

**Cost of the combined course: \$750.00 + HST Members
\$850.00 + HST Non-Members**

**Deadline to register: June 9th, 2023
You can register online @ www.rfans.com/training/**

**For more information:
rfans@sportnovascotia.com
Jennie @ 902-870-7634**



**RBC
CENTRE**



**Recreation Facility
Association
of Nova Scotia**

Supporting you – from the ground up



MAKING IMPROVEMENTS TO THE 2ND CLASS REFRIGERATION COURSE

The Recreation Facility Association of Nova Scotia's 2nd Class Refrigeration Course is designed to help recreation facilities train staff to obtain a 2nd Class Refrigeration ticket in order to meet the Department of Labour, Skills and Immigrations codes and regulations.

Who needs this ticket?

Anyone who is operating: Boilers; Refrigeration compressors; Air or other gas compressors.

This course is offered through a partnership with the Recreation Facility Association of Nova Scotia, Nova Scotia Apprenticeship Agency, the Department of Labour, Skills and Immigration's Technical Safety Division with NSCC, Akerley Campus as the Training Provider.

The course takes places over a six-month period between January to June every year and consists of several in class sessions at NSCC Akerley Campus and online training. Once you have attended all the mandatory in-class sessions, passed the online requirements, you are then eligible to write the final exam administered by the Department of Labour, Skills, and Immigration. You will not be certified by the Department of Labour until you have 2000 of operating experience.

In March, RFANS and NSAA travelled across the province to visit facilities that currently have apprentices enrolled in the course to do a check in, gather feedback and talk about ways that the course could be approved. The course was originally designed to help facility operators that had been out of school for some time, had minimal computer experience but lots of hands-on experience in the field.

As the industry changes, we see a need to adjust the course to meet the needs of the industry. We heard a recurring theme to add a practical component to the course to allow for more hands-on experience. We will continue to work with our partners to make improvements that ensure our facility operators get the training needed to keep our facilities safe.

Thanks to all the facilities that hosted us and provided great input and discussions. You are doing great work!

If you are interested in taking this course, registration begins in August of the year prior. This course only accepts 15 participants each year so do not delay in registering.



Top left - Digby Arena, Digby
Bottom left - Zatzman Sportsplex, Dartmouth
Top right - Shelburne Arena, Shelburne
Bottom left - Yarmouth Mariner's Centre, Yarmouth

CSA HOCKEY HELMET PROGRAM

The CSA Hockey Helmet Program is such an important program that supports the provinces strategy to promote physical activity, accessibility and inclusion in sport and recreation programming.

With the Nova Scotia Department of Communities, Culture, Tourism and Heritage and our corporate partner Cleve's Source for Sports, RFANS is pleased to continue offering the CSA Hockey Helmet Program to eligible facilities (recreational arenas, municipal recreation departments, and schools). Affordable CSA-approved hockey helmets provide participants with the proper protective gear required to participate in school-sponsored and public skates, for new residents to Canada and for employee safety.

Eligible facilities can purchase CSA hockey helmets for \$10.00 each to a maximum of 20 helmets. Helmets with face shields are also available at \$24.00 per unit.

Applications are due each December, with helmets delivered in January—only one application per facility per year.



To order now visit:
www.rfans.com/training/programs/



LOGBOOKS

Logbooks available for order are as follows:

- Pool Inspection & Maintenance
- Skateboard Park Inspection & Maintenance
- Arena Inspection & Maintenance
- Playground and Sport Court Inspection & Maintenance

For more details: call us @ 902-425-5450 ext 330. Logbooks are available for order year round and can be ordered by contacting RFANS by email or phone.

Prices and information available at www.rfans.com



RFANS has partnered with the Ontario Recreation Facilities Association (ORFA) to bring a Certificate in Ice Facility Operations to Nova Scotia!

The courses required for successful completion are:

- Basic Arena Refrigeration
- Ice Making and Painting Technologies
- Ice Maintenance and Equipment Operations
- Legal Awareness- Health and Safety for Supervisors in Recreation

Take advantage of this opportunity to build your resume and expand your knowledge in the field of ice maintenance!



PROGRAMS AND EDUCATION

AUTOMATED EXTERNAL DEFIBRILLATOR (AED) GRANT PROGRAM



Supporting you – from the ground up

PROJECT DESCRIPTION

Through this grant program owners or managing partners of sport and recreation facilities can be eligible to receive up to 1/2 the total cost of the purchase of an AED or replacement batteries or pads for AEDs purchased through the program (taxes Included) to a maximum of \$1,500.00.

REQUIREMENTS

The following requirements must be met to access funds from the AED Grant Program:

- Applications and quotes must be submitted by February 15 of each year to secure any funding.
- Proof of purchase of an AED must be submitted by March 31 of the year to receive the funding.
- Be a member in good standing with the [Recreation Facility Association of Nova Scotia](http://www.savelivesns.ca) to receive up to half of the cost of the purchase of an AED. Non-members will receive up to one third the cost.
- Must provide annual training of staff in the use of the equipment with initial training to take place within 3 months of receiving the AED unit. The goal is to train all staff and require at least one AED trained staff person to be present when the facility is opened.
- The AED must be registered on the EHS AED Registry and it must be made available for public use. www.savelivesns.ca
- Must maintain unit according to manufacturer specifications and document maintenance schedule.

AEDs; HELPING TO PROTECT THE PUBLIC

Sudden cardiac arrest can happen to anyone, anywhere, at any time. Making defibrillators easily accessible is essential to increase survivors across Nova Scotia. According to Heart & Stroke, tens of thousands of Canadian lives are lost each year due to sudden cardiac arrest.

Sudden cardiac arrest is an “electrical problem” in the heart. The heart beats erratically and ineffectively and cannot pump blood through the body to keep vital organs alive. Most cardiac arrests occur outside of the hospital. Recognizing this emergency, calling 911, performing CPR, and using an automated external defibrillator (AED) as soon as possible will drastically increase someone’s chance of survival. In fact, with each passing minute without the use of an AED, the chance of survival declines by 7 to 10 percent.

An automated external defibrillator (AED) is a portable computerized medical device that analyzes and identifies shockable heart rhythms, advises the rescuer of the need for defibrillation, and delivers a shock if needed to restore a regular heart rhythm. An AED is easy and safe to use; using voice and visual prompts and only delivering a shock if it is needed.

With the placement of AEDs throughout Nova Scotia sport and recreation facilities, valuable time, and potentially lives, will be saved in the event of a sudden cardiac arrest emergency.

Source: Nova Scotia Emergency Health Services www.savelivesns.ca

PROGRAM PARTNERS



EHS AED

Emergency Health Services **AUTOMATED EXTERNAL DEFIBRILLATOR REGISTRY**



NOVA SCOTIANS NEED YOU!

Did you know Nova Scotia has an AED registry coordinated by Emergency Health Services!

AED Registration is free and recommended throughout Nova Scotia. EHS will provide you with internationally recognized location posters and window decals.

REGISTERING YOUR AED MEANS:

- Being a heart-safe community leader in Nova Scotia by helping to save more lives from sudden cardiac arrest
- Keeping your AED up to date (if needed)
- Helping EHS place more AEDs in areas of need



WE'RE HERE TO HELP:

- Questions about your AED such as placement and accessibility?
- Wondering if the temperature/environment might compromise your AED?
- Need replacement pads following use in an emergency?
- Need automated email reminders for pad and battery expiries?
- Anything else? Let us know!

Register now at www.savelivesns.ca or request a PDF or print form!

SHOW UP
SO YOU CAN
SPEAK UP

NS SPORT & RECREATION
ANTI-RACISM

ShowUpToSpeakUp.ca

VenezVousFaireEntendre.ca

ANTI-RACISM DECLARATION

Here we stand up against racism and discrimination and support fair play for all.

Ici nous rejetons le racisme et la discrimination et nous supportons le "fair-play" pour tous.

Tett wetqotasik maskite'lkaqn aq penoqwhite'lkemk, aq awnaqa k'paqma'tuek aq neps~tkwenmek papuaqn w'jit ms~t wen.

"Change happens when we make a conscious effort to make things better. Creating an Anti-Racism Declaration for recreation facilities aims to build a culture that does not tolerate racism and discrimination and takes action to change stereotypical beliefs and behaviours."

The NS Sport and Recreation Anti-Racism Week provided a safe platform for sharing lived experiences and educated those toward unlearning racist behaviours. It stemmed from acknowledging that our country has a legacy of racism and discrimination entrenched in our systems, institutions, beliefs, and behaviours.

During the province's first NS Sport and Recreation Anti-Racism Week, held November 14-18, 2023, RFANS declared its support towards anti-racism and discrimination in recreation facilities by launching a declaration in the form of a decal to recreation facilities and by signing Recreation NS's Anti-Racism Charter for Recreation.

RFANS encouraged sports teams to read or play the declaration through the audio system before competitive play and to display the decal in a visible area, such as a wall or on the glass in a penalty box.

"We can create change by taking action. We encourage all recreation facilities to participate."

RFANS had the pleasure of joining the Kings Mutual Century Centre for their anti-racism week event by doing a puck drop before their game as they committed themselves to eliminate racism and discrimination in their facilities. We look forward to seeing how you and others who have supported the declaration inspire others to do the same.

We encourage the continued support and participation of facilities managers/operators to forward this initiative.



PLEASE TAKE NOTE:

This facility is committed to providing a safe and respectful environment for all of those involved.

This facility will not tolerate any forms of racism and/or discrimination.

Should there be any incident perceived as racism, or discrimination, it will be dealt with immediately.

Please report any incidents of racism and/or discrimination to facility staff, security, or persons renting facility.



ANTI-RACISM POLICY AND PROTOCOL TOOL

Developed by the Tripartite Forum as a resource to help sport and recreation facilities deal with incidents of racism and/or discrimination within facilities. The tripartite forum and RFANS partnered to promote this initiative.

This tool consists of a policy template, Incident Report Forms and facility signage. Signage is **FREE** and can be placed within your facility to indicate you have a policy and are a safe, respectful environment that does not tolerate racism and/or discrimination.

For more info: 902-425-5450 ext. 330

rfans@sportnovascotia.ca

www.rfans.com/resource-centre/

SPORTS TURF

CANADA

Looking for Sports Field Training to Ensure Safer Sports Fields?

Natural Sports Turf Management & Maintenance Course

2-days in person with on-field instruction OR four 1/2 days online

This course is designed to introduce the latest principles and techniques of managing and maintaining natural sports turf. The course will be of interest to those who manage or maintain sports turf, other turf areas, and those who wish to develop additional knowledge and skills in this important field. The course covers such topics as the latest and ideal turf species, management of soils for better performance, cultural practices to promote healthy turf, water management including drainage and irrigation, the identification, monitoring and control of weeds, insects, and diseases in sports turf along with integrated pest management programs, as well as renovation and restoration field methods.

Synthetic Sports Field Safety & Maintenance Course

1-day in person with on-field instruction OR two 1/2 days online

Regardless of common perception, synthetic turf is not maintenance free. This course is designed to share the maintenance requirements along with some troubleshoot strategies for synthetic turf fields. Information covered includes the various design of fields, how to identify your field type, installation, drainage, infill understanding, best safety practices, equipment required, maintenance best practices and assessing common problems.

Next Available Courses

Natural Sports Turf Management & Maintenance Course

May 9th & 10th, 2023

RBC Centre, Dartmouth, NS
In Person opportunity.

Synthetic Sports Turf Safety & Maintenance Course

May 12th, 2023

RBC Centre, Dartmouth, NS
In-Person opportunity which includes on-field instruction

Next available online courses -
Fall 2023

An On-Field Training Day
occurs on May 11th!
Discounted rates to bundle!

MORE INFO

www.sportsturfcanada.com
Click on Events & Courses!



RECOGNIZING WOMEN & EQUITY IN RECREATION FACILITIES

Contributed by Robyn Morris, Digital Media and Communications Manager RFANS

On March 8, 2023, International Women’s Day, the Recreation Facility Association of Nova Scotia (RFANS) gathered virtually with women in leadership roles in the recreation facility sector throughout the province. This was an opportunity for these women to network, discuss challenges faced in the industry, and to share their success stories.

Early in the conversation, it was evident that these women are passionate about their jobs and invested in the facilities they manage. Discussion from day-to-day facility operations to mentoring others, demonstrated the experience and wealth of knowledge held within this group.

Beyond passion for what they do, how long they have been doing it for is equally inspiring. Through challenges, they have stayed the course, earned respect, and proven their capability to work in a male-dominated industry. This led to discussion



Kelly Cunningham, Recreation Director Town of Lunenburg, Lunenburg Arena

about how they found themselves in the roles they currently hold, why they do what they do, and their vision for the future.

It was consistently voiced that what influenced and connected them to the sector revolved around promoting recreation and healthy, active living. Recreation is viewed as a right, not a privilege; so, helping people and communities navigate their experience with recreation and healthy, active living is a major draw. Growing up participating in sport and experiencing first-hand the impact recreation facilities had on their development also contributed to their career choices and passion.

These female leaders have diverse backgrounds. Many beginning their careers as lifeguards, swim instructors or municipal

recreation programmers, progressing into recreation directors and developing valuable skills and experience along the way. From there, transitioning into facility management felt like a logical next step. The skills acquired from their previous positions have helped them grow into the strong leaders they are today. These women mentioned they had to “earn their stripes” as they worked their way through the ranks and experienced “trial by fire” in their current roles. They all agreed there was a sense of needing to prove themselves with the minimal facility knowledge they had, but felt great confidence in their skills and experience.

“The group shared that finding a champion in the sector who is supportive can help with guidance and professional growth is key”

Skill development and experience came in many forms: front lines jobs when needed like working canteens or lifeguarding to keep pools open; making and painting ice; planning and scheduling programs; and spending many early mornings and late nights making sure things are getting done. It was expressed that one of the exciting things about working in recreation facilities is that they have many moving parts, so no day is the same and you never get bored.

“The group shared that finding a champion in the sector who is supportive can help with guidance and professional growth is key”. Champions can be found internally in your organization or externally through networking. Encouragement and guidance, letting people try new things, providing opportunity fail, learn, and succeed, and taking time to share knowledge can help women develop into strong leaders.

Women can be faced with various challenges in this predominantly male industry. While much work has been done to address gender bias and ageism in recent years, conscious and unconscious biases still exist. It often comes down to perception rather than looking at the quality of skills and experience women have gained. There can be issues with some long-time, established male staff seeing females in leadership roles, while younger employees may be more open to the changing gender norms. When walking into meetings with male counterparts, many automatically assume that the male is the decision maker or the one in charge, overlooking any females in attendance.

Continued work to address these norms and biases will help change how women are perceived in this sector.

Addressing conscious and unconscious biases and gender norms can be very difficult, especially when they are directed at you. Having support can make all the difference when you

need to have difficult conversations to address sexist, ageist, or other biased behaviours. In these situations, women may have to navigate and balance fitting in, earning or keeping respect, being an assertive and outwardly confident leader, while often feeling the opposite.

On the flip side, some women may feel that their confidence and assertiveness are influenced by outside sources, making them believe they are incapable of succeeding in leadership roles. Again, this could be influenced by gender norms swaying what is believed to be acceptable behaviour for women in society. You are a product of your environment, which may heavily influence your view of what you yourself are capable of.

“Three key aspects emerged from the discussion – be assertive, have confidence, and have a support system”. Working together is key to successful operations that will allow your facilities to provide the best services to the community. Success was found in being assertive when facing other decision-makers and leaders, being confident taking on a role and in their skill set, and having someone they can rely on for support at the end of the day. A strong support system was vital to allowing them to make a plan and forge ahead with it.

“You’re either going to get walked all over, or you’re going to be assertive and stand up for what you are doing and what you believe in.”

Having a mentor was highly impactful for these women when beginning leadership roles. Working with a good mentor provides someone to look up to, not just for skills and knowledge, but for modeling how one aspires to lead and manage. Mentoring relationships can have a significant impact on the growth and development of next generation of female leaders in the recreation facility sector.

The lack of women in the industry shows the vital need for more women mentors and role models. This leads to several questions:

- Where do we find mentors? How do we become them?
- How can we take what we have learned and inspire women in the industry to become the next generation of facility leaders?
- How do we encourage women to consider more typically “male-dominated roles”, such as operators?

We see women at the manager level in recreation facilities but far fewer are in the operator field. Focus should be placed on the work environment and communicating differently than in the past to help foster new employees, women included, to keep them in the field. It is not necessarily a skill gap, but rather a communication issue based on perceived ideas of what

“Three key aspects emerged from the discussion – be assertive, have confidence, and have a support system”

women are capable of. Finding women who are interested in the recreation facility sector and bringing them on as student placements or interns is a great start to mentoring. Allow them to explore the jobs, show them the options that exist, and support them.

The group noted that, throughout their journey, RFANS has played a role in providing resources, information and supports they have needed. RFANS has the opportunity to become a leader in encouraging and supporting women entering into careers in recreation facilities.

RFANS can help facilitate the formation of a mentorship program. Showcasing women in non-traditional roles and highlighting their strengths can change the narrative for younger generations, allowing them to see themselves in these positions. Providing more opportunities for women to network, increases the chances to connect with potential role models or mentors and share knowledge in the sector.

Nova Scotia currently does not offer specific management training for recreation facility managers. Having courses and programs available at an introductory level would benefit not only women in the sector, but anyone new to a recreation facility leadership role. To meet this need, RFANS has taken steps to offer more resources and increase knowledge-sharing opportunities through training and networking events.

In November 2022, RFANS held a two-day Leadership Development Summit for Senior Management providing recreation facility leaders information to better manage and lead their teams and organizations. Training such as this, in addition to the many operational courses RFANS offers, will get the ball rolling for future recreation facility leaders – women and men.

Kneeling; Shannon Jarvis, Active Community Coordinator, Town of Truro Victoria Park and Pool





Jen Heddon, General Manager, Cole Harbour Place
jheddon@coleharbourplace.com

Jen Heddon is an accomplished manager with over 20 years of experience leading teams, managing events, and facilitating strategic and fiscal management for organizations ranging from the military to educational facilities to recreational facilities.

Jen has a passion for customer service and began her love of recreation as a lifeguard and swimming instructor when she was young.

Jen is born and raised in Nova Scotia. She currently lives in Cole Harbour with her husband and children. Sport and Recreation is a large important part of her family life as well as professional life with her children involved in multiple different sports.

Jen holds a Master's of Business Administration degree and is working on her Doctorate in Business Administration in her spare time to help better understand employee retention in the Nova Scotia recreation sector.

Jen is the General Manager of Cole Harbour Place, where she has been for the past 4 years. She is happy to be part of such an important piece of her community and is excited to see the growth and community returning since Covid restrictions have been lifted.

Shannon Jarvis, Active Community Coordinator, Town of Truro Victoria Park and Pool
sjarvis@truro.ca

Shannon has been the Active Community Coordinator for the Town of Truro since 2010. Part of her responsibilities include managing the Victoria Park Pool and working to increase access at other municipally owned recreation facilities. Shannon has spent her career working tirelessly to ensure that access to recreation is available to all, regardless of age, ability, gender, ethnicity, geographic location, or economic circumstances. Shannon also acts as the Fundy Region Representative on the RFANS Board of Directors.



Meaghan Roberts, Director of Recreation & Healthy Communities, GM Queens Place Emera Centre, Liverpool
No bio or photo available at time of printing.



Kelly Cunningham, Recreation Director Town of Lunenburg, Lunenburg Arena
KCunningham@townoflunenburg.ca

I am the Recreation Manager for the Town of Lunenburg and I've been in my position for over 5 years. I am responsible for the daily operations and maintenance of the Lunenburg War Memorial Arena, Community Centre, parks, playgrounds, trail, soccer field, baseball field, skate park and the Town's special events. I am also the South Shore Representative on the RFANS Board of Directors.

Lana McMullen, Interim General Manager & Director of programs and services.
mcmull@halifax.ca



Lana entered the field of recreation as a lifeguard and swim instructor in the 80's. She then took at Recreation degree at Dalhousie graduating in 1995. She started with Halifax County Parks & Recreation in 1994; gaining experience as a programmer and experienced the major changes of amalgamation. She then gained experience in various facilities across HRM over the next 24 years while opening new facilities, facilities with pools, gymnasiums, and joint school/recreation facilities. She pursued a master's in public administration from Dalhousie, graduating in June of 2019. Lana believes that this education gives her a broader base of knowledge in government perspective. In January of 2019, she made the switch to the Zatzman Sportsplex, as the Director of Programs and Services, with their reopening after their major renovations. Lana likes the variety in her day, seeing lots of people enjoying the facility and experiencing valuable recreation time. Her passions in the field include access to recreation pursuits and advocating against the disparities of women in sport. In her spare time, she likes to participate in her own recreation pursuits including swimming, golf and hiking with her yellow lab, Jersey.



Pictured front centre:
MaryAnn Gauvin - Université Sainte Anne, Clare, NS

MaryAnn Gauvin was born and raised in a french Acadian community, Pointe-de- l'Église along the St. Mary Bay. After finishing high school and one year at Université Sainte Anne it was time to travel and discover the world. Like all great adventures they come to an end returning home to take care of my father, got married and raised two daughters.

I started working part time at the Université-Sainte-Anne Sports Center pool, where later on I became the director. Part of my responsibilities were aquatic programming, lifeguard and instructor training, water balance and chemicals and rentals. Working with the Lifesaving Society and the Canadian Red Cross. Working as a volunteer with the Canadian Red Cross gave me the opportunity to work on their first national preschool swim program and their adult and adolescent program.

With the Lifesaving Society as a trainer, I had the opportunity to do two humanitarian training in the Dominican Republic to teach the locals who are working in and around the water as lifeguards, tour operators, firefighters and police lifesaving skills and first aid.

Another part of my responsibilities as director was the arena in which my knowledge was very limited. I knew how to skate, play hockey, and understanding refrigeration was another whole ball game. I had great support from the arena staff, they taught me alot. Another support I got was when I joined RFANS board of directors as valley representatives, then became secretary and later vice president. There I learned more about running a facility through networking with fellow board members, conferences, and trade shows.

I'm very proud of my Acadian, roots and community. I volunteered on the board of the Acadian Festival, President of the Société Acadienne de Clare, member of Association Madeleine Le Blanc, la RANE (regroupement des ainés de la Nouvelle-Écosse), vice president of Église Sainte Marie Museum church and when I retired in 2017, I became a founding member of pickleball in Clare. My volunteering gave me unforgettable experiences and opportunities whether it was sporting and cultural events, workshops, or conferences. If you want to make a difference get involved.

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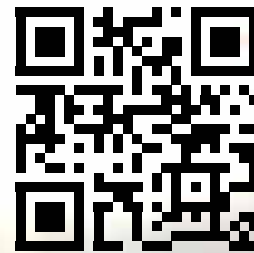
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Contributed by Lisa McNeil-Campbell at hawksdreamfield@gmail.com



Mural painted by Kenny Boone faces the ocean

The Hawks Dream Field project began in September of 2019 following the death of Walter McNeil of Dominion, NS. Walter was a hard-working family man who loved and volunteered in his community and loved all sports, especially baseball. From the time he could pick up a ball he played, watched, and coached baseball.

... what started out as a \$700,000 project quickly grew into a \$3.5 million dollar project!

To help with the grieving process, Walter’s family decided to do something good for their community in his honor. They gathered friends and those with interest and together they decided to upgrade the Hawks baseball field in Dominion. The field was in bad disrepair and was basically derelict.

Now Walter, as a coach, always said that “everyone should have a chance to play”. It shouldn’t matter if you’re the best on the team or maybe not so much, but everyone should get a chance to enjoy the sport and feel like they are part of the team. So, with that in mind, the Hawks Dream Field Society knew that in order for everyone to get to play, they had to make the space all inclusive and 100% accessible for people of all ages and abilities. And so it began . . . what started out as a \$700,000 project

quickly grew into a \$3.5 million dollar project! As we spoke with people in the community to find out what was needed, we continually made additions and changes to ensure that we were in keeping with our mission. The completed project will see a brand new baseball field with a turfed infield, portable pitcher’s mound, new accessible dugouts, four grandstands (two of which will be covered for shade), stadium lighting, a new electronic scoreboard and charging stations for those with motorized chairs. There will also be two competition sized bocce ball courts, a walking track around the perimeter of the field with seating every 30 feet for those with mobility issues to take a rest, and an accessible, baseball-themed splash pad. The walking track will be named “Lenny’s Memory Lane” and dedicated to Lenny Stephenson, our town historian. A new canteen/washroom building will be built which will house two fully accessible washrooms with adult-sized changing tables. The inside of the canteen space will be fully accessible so that those in wheelchairs can work or volunteer there. The pass-through window will be at wheelchair height. There will be a filling station on the outside of the building for those with working dogs who need to get water. There will be accessible park bench areas and seats that are built higher up for those with hip issues. As much of our signage as possible will be in English, French, Mi’kmaq and Braille. There will be a communication board for children who communicate without speaking.

A huge addition to our project was our mascot, Hecky the Hawk. Hecky was named after Hec Andrews. Hec was from Dominion and played in the Colliery Leagues. In 1938 Hec drove the longest home run recorded in Canada at that time. He hit the ball 478 feet out into the ocean where it was caught by some fisherman! His grandson, Bruce Carabin, who is on our team, has the ball and we also have access to the bat that was used. So we decided to name our mascot after Hec. The interesting thing about Hecky is that he was born with one wing shorter than the other and he also wears glasses, so he has some disabilities as well.

Another highlight of our project is a mural painted by local artist Kenny Boone which will be the full length of the wall of the canteen building facing the ocean. Kenny's work is known worldwide and we are so proud to have his work on our field.

This amazing outdoor facility will be the first of its' kind in our area and we are so incredibly proud. We have a very dedicated and hard working team who have gone above and beyond to see this dream become a reality. We have had incredible support from our community, businesses, organizations and all three levels of government.

On July 2nd, 2023 we will be hosting the grand-opening ceremonies for the Hawks Dream Field and we couldn't be more excited! We will have a parade, the unveiling of the mural, opening ceremonies and lots of children's activities. That same evening we will be hosting a huge concert called Rock the Hill outside at Branch 78 Legion in Dominion. The six hour fundraising concert will feature The Turnbull Brothers and Mario Colosimo, High Society & the Privateers, Morgan Toney & Keith Mullins and our headliners The Irish Descendants!

If anyone would like more information about the Hawks Dream Field or our grand-opening events, please do not hesitate to contact Lisa McNeil-Campbell at hawksdreamfield@gmail.com or go to our website hawksdreamfield.ca



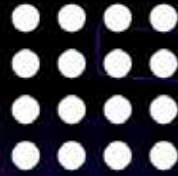
Hec Andrews



Walter MacNeil

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VICTORIA PARK OUTDOOR POOL RENOVATION PROJECT

Contributed by Shannon Jarvis, Active Community Coordinator, Town of Truro

The Victoria Park Outdoor Pool has been an asset in Truro since it was built in 1959. It has created memories for families since this time. It provides access to swimming, as well as important programming and training. Many youth lifeguards have been employed at the pool and it provides a positive community space for the area.

In 2003, the community came together to raise funds for major upgrades costing over \$800,000. These upgrades significantly enhanced the pool's functionality and desirability for its users. Once again, after 18 years, Victoria Park Pool required major renovations; it was closed during the 2020 and 2021 seasons due to the repairs required.

The facility includes a toddler's pool, water spray features, double water slide, lane swimming and a diving board. The pool deck is equipped with numerous benches, shaded gazebos, and grassed areas and serves the Town of Truro and wider community of Colchester County.

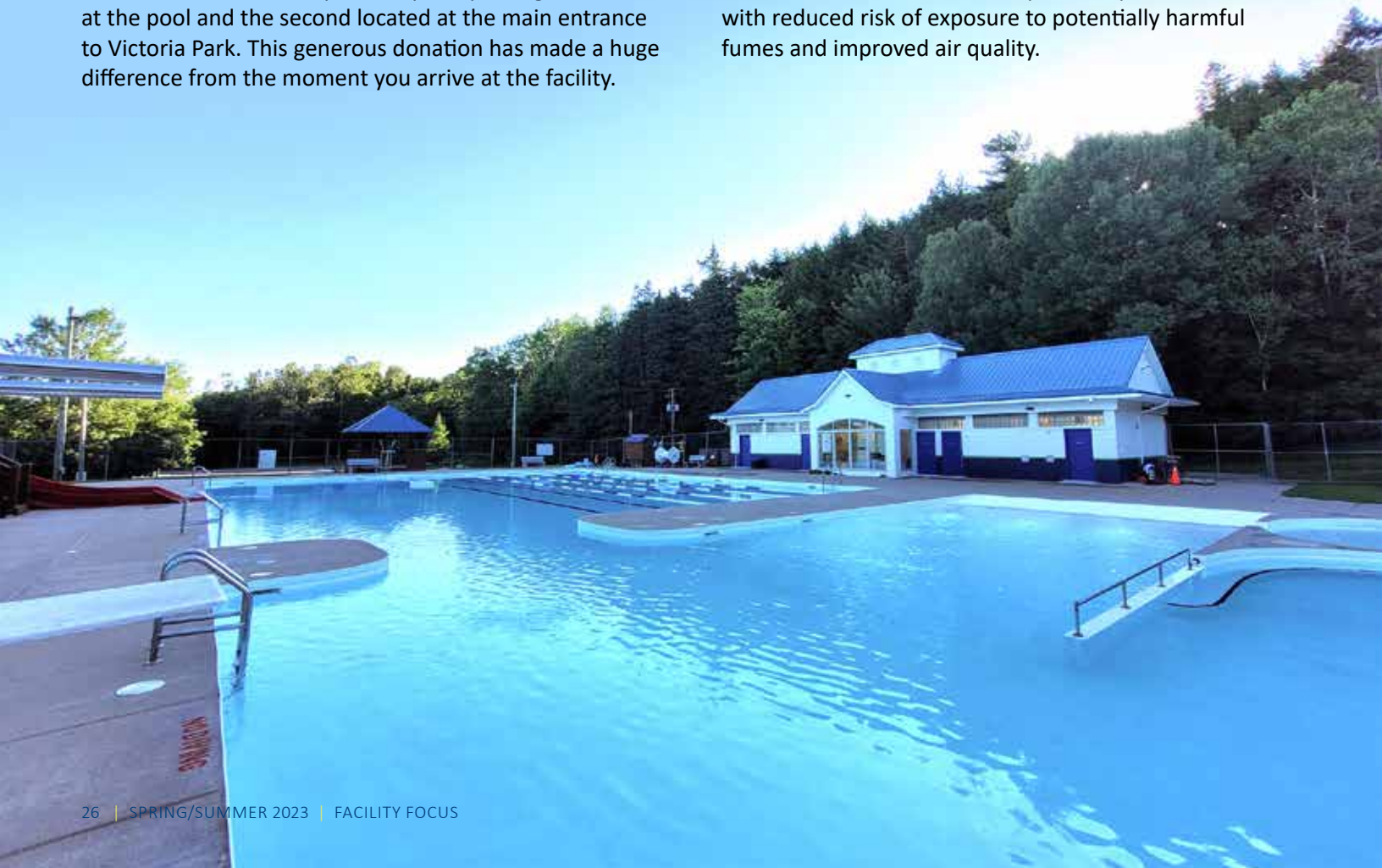
In addition to the work that was completed to the pool facility itself, a prestigious, well know local business donated and installed two paved asphalt parking areas; one at the pool and the second located at the main entrance to Victoria Park. This generous donation has made a huge difference from the moment you arrive at the facility.

PHASE ONE – REPAIR LEAK, REPLACE LINER, UPGRADE MECHANICAL ROOM

We had a major leak in an underground pipe supplying the umbrella spray feature and our liner had reached the end of its life cycle. Given that the liner would have to be removed to fix the leak, it was best to complete the repairs at the same time.

We also required a few new drain covers and the white plastic faceplates that cover the skimmers and jets had become discolored and damaged, so they were replaced after the liner was installed.

There were safety concerns regarding the location of the controller, chemical tanks, and feed pumps in relation to the nearest exit, which prompted a decision to relocate them closer to the entrance of the pool mechanical room. This move not only addressed the safety concerns but also allowed for the chemical tanks to be vented passively to the outdoors, eliminating the need for forced ventilation of chemical fumes. As a result, the mechanical room is now a safer and more pleasant place to work, with reduced risk of exposure to potentially harmful fumes and improved air quality.





PHASE TWO – UPSTAIRS (POOL HOUSE & POOL DECK)

Before the renovation, the facility was only wheelchair accessible through one private change room in the pool house, it did not have adult size change tables and the facility did not have a proper ventilation system. When rebuilding, we wanted to make the facility as inclusive, accessible, and functional as we could, so a design for inclusivity was applied for universal washrooms and changerooms.

We have made a lot of improvements to the pool house to make it more accessible and functional for all users, while meeting a variety of needs and standards, while also ensuring it meets National Building Code regulations and Provincial Public Health COVID-19 protocols. To complete this work, we started with a clean slate, fully gutting the inside and just maintaining perimeter walls.

By removing traditional gendered change rooms, completely reworking all plumbing and electrical, we were able to offer a mix of standard, family, and accessible change rooms, washrooms, and shower rooms, making the facility more inclusive for everyone. The level entry to the pool deck also makes it easier for everyone to access the pool.

The new front entrance with automatic doors and reception area makes the facility more welcoming and user-friendly for everyone. The janitorial closet and staff area with a kitchenette, washroom, shower, first aid station, and storage are also important features that help ensure the facility is well-maintained and staffed. Installing a new ventilation system and security alarm system were also important steps towards ensuring the comfort and safety of all staff and users.

Outside in the pool / on the pool deck, we were able to add custom racing lane lines with colours from the Town of Truro logo (to add a nice touch of local pride and identity to the pool) and we placed moveable guard stands to help ensure that safety standards are being met and optimal viewing angles were available for lifeguards. We also had new signage placed, and repainted depth markers around the deck.

PHASE THREE – POOL DECK

The next phase of our project is enhancing the pool deck with more shading and greenery, which will create a more comfortable and enjoyable experience for visitors, especially during hot summer days. The replacement of the diving board and the refinishing of the waterslide will also be exciting additions that will provide further opportunities for fun and recreation. We also plan to add an information sign in the parking lot that will help visitors to learn more about the pool and the surrounding area, which will enhance their overall experience. Additionally, the sign can serve as a wayfinding tool, making it easier for visitors to navigate the area.



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- Basic Arena Refrigeration
- Ice Maintenance and Equipment Operations
- Ice Making and Painting Technologies
- Legal Awareness I - Supervising in a Recreation Environment
- Legal Awareness II - Managing in a Recreation Environment
- Safe Ice Resurfacer Operator
- Safe Arena Refrigeration Plant Owner/Operator
- Recreation Facility Cleaning, Disinfection and Sanitization Principles
- Certified Ice Technician (CIT) Recertification Challenge Exam (only available to CIT holders)
- Certified Ice Technician (CIT) Recertification Course (only available to CIT holders)

For course descriptions and fees, visit www.orfa.com/eventsataglance2023

For course registration contact:

Jennie Greencorn, Executive Director, Recreation Facility Association of Nova Scotia
T: (902) 425-5450 ext 330, C: (902) 870-7634 rfans@sportnovascotia.ca www.rfans.com





2023 SPRING AND FALL ORFA PROFESSIONAL DEVELOPMENT PROGRAMS

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SPRING • Monday, May 1 to Friday, May 5, 2023

Facility Professional Development Session • Monday, May 1, 2023

- Understanding the Recently Released TSSA Unattended Guarded Plant Advisory
- Emergency Preparedness Week Is Held The First Week Of May Each Year – Is Our Industry Ready?
- Playground and Sports Field Risk Management Best Practices
- The Ontario Municipal Health And Safety Professional Association – Is It For You?

ORFA Training Courses - 4-day Courses will Start on Tuesday, May 2, 2023

Advanced Recreation Facilities Business Management I • Leadership Skills for Recreation Professionals (In-Person Only) • Certified Pool/Spa Operator (CPO) (In-Person Only) • Aquatic Facility Operations • Grounds Operations and Maintenance • Cemeterian Operations and Management • Building Management and Operations • Basic Arena Refrigeration • Advanced Refrigeration Facility Operator • Ice Making and Painting Technologies (In-Person Only) • Ice Maintenance and Equipment Operations (In-Person Only).

FALL • Monday, October 16 to Friday, October 20, 2023

Facility Professional Development Session • Monday, October 16, 2023

- TSSA Refrigeration Plant Advisory Update
- ORFA/IPE Risk Management Manual Development
- The Advancement of the Use Of CO2 Refrigerant
- Emerging Issues and Trends

Refrigeration Safety Day • Tuesday, October 17, 2023

ORFA Training Courses • 4-day Courses will start on Tuesday, October 17, 2023

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Visit ORFA.COM/PDPrograms for complete program information and registration.





Safety Bulletin Number: 000022

Issued February 28, 2023 by Donald Ehler, Chief Inspector, Power Engineers, Department of Labour, Skills and Immigration

Technical Safety Standards Regulations – Adoption of Updated Power Engineering Codes



By Ministerial Order effective February 7, 2023, updated versions of six (6) Power Engineering (PE) codes have been adopted through amendments to the Technical Safety Standards Regulations.

See: <https://novascotia.ca/just/regulations/regs/tsstandards.htm>

The updated codes are in force as of February 7, 2023. Industry will be granted a 90-day period from the date of issue of this Safety Bulletin to adjust any current work procedures and processes prior to any compliance and enforcement action.

The following Power Engineering codes have been adopted.



Pictured David Kelley, chief engineer Queens Place Emera Centre, Liverpool with RFANS Board Member Bud MacInnis.

Front left: Don Adams, Industry Training Consultant with the NS Apprenticeship Agency and Bud MacInnis, RFANS with staff at Kentville Centennial Arena



East Coast Varsity, Dartmouth



Al MacInnis Sports Centre, Port Hood



Trenton Arena

PE Standard	Edition Previously in Force (yyyy/mm/dd)	Edition Now in Force (yyyy/mm/dd)
ASHRAE:		
ASHRAE-15, <i>Safety Standard for Refrigerants</i>	2013-01-01	2019-01-01
ASHRAE-34, <i>Designation and Safety Classification of Refrigerants</i>	2013-01-01	2019-01-01
ASME:		
ASME B31.1, <i>Power Piping</i>	2012-06-29	2012-06-29 (No change)
ASME B31.3, <i>Process Piping</i>	2013-01-10	2013-01-10 (No change)
ASME B31.5, <i>Refrigeration Piping and Heat Transfer Components</i>	2010-07-21	2010-07-21 (No change)
ASME, <i>Boiler and Pressure Vessel Code, Section VI– Recommended Rules for the Care and Operation of Heating Boilers</i>	2013-07-01	2021-07-01
ASME, <i>Boiler and Pressure Vessel Code, Section VII– Recommended Guidelines for the Care of Power Boilers</i>	2013-07-01	2021-07-01
ASME, <i>Controls and Safety Devices (CSD-1)– Controls and Safety Devices for Automatically Fired Boilers</i>	2012-05-10	2021-11-17
CSA:		
CSA B51, <i>Boiler, Pressure Vessel, and Pressure Piping Code, Part 1 only</i>	2014-01-01	2014-01-01 (No change)
CSA B52, <i>Mechanical Refrigeration Code</i>	2013-12-01	2018-12-01

Contact Us

Safety Branch –
SafetyBranch@novascotia.ca

Labour, Skills and Immigration
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WEATHERING THE STORM AT THE NEW CALEDONIAN CURLING CLUB

Contributed by Joel Sellers, President NCCC

The night of September 24, 2022, was memorable for most in Nova Scotia. Post Tropical Storm Fiona raged ashore near Canso with hurricane force winds and as the strongest storm in Canadian history gauged by barometric pressure. As the storm moved North into the Gulf of Saint Lawrence, significant and prolonged winds struck the North Shore of Nova Scotia including the port town of Pictou.

Located on the harbour front in Pictou stands the venerable New Caledonian Curling Club, the second oldest in Nova Scotia, having been founded in 1850 as the Pictou Curling Club and accredited by the Royal Caledonian Curling Club of Scotland in 1852. The current 3 sheet ice barn was built in 1910 out of a converted post and beam barn over a tidally influenced sand floor. A concrete floor was added in the 1980's and the present clubhouse added a few years later.

On September 24th, Fiona had curling on her mind.

Mid-storm, a member ventured out to check on the building concerned that the winds might be causing damage. He discovered that the large double doors into the ice barn had blown open and up to two feet of harbour and rainwater had entered the facility. He secured the doors and beat a hasty retreat.

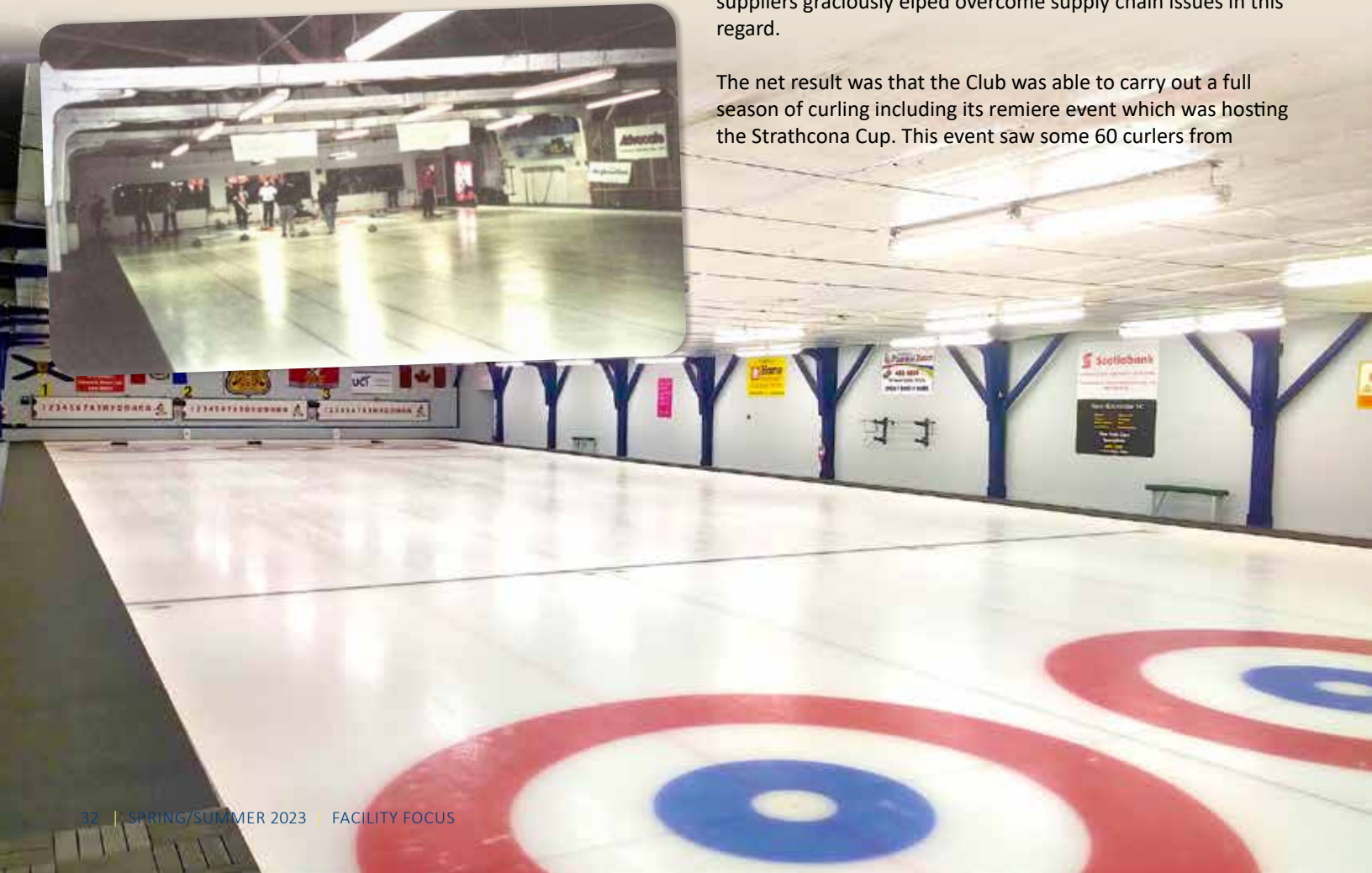
Post-storm, the true nature of the damage was revealed. Water damage to the clubhouse walls, floors, and equipment was apparent. Part of the clubhouse roofing shingles had blown off. The facility's heating furnace had been submerged and needed to be replaced. The roof over the mechanical room had been badly damaged. The biggest question remained, "would the ice plant function" when it was turned on in a few short weeks?

Members chipped in to clean up and address the most immediate needs and get the building ready for (hopefully) the start of the curling season. Fortunately, the structure of the building itself appeared intact and unharmed. The unknown barn raisers of over a century ago had built well.

In late October, with bated breath, the Club's resident ice plant wizard began the start up process, and to everyone's relief the aged system wheezed, coughed, and began to churn. Ice making commenced, the curling season started, and longer-term planning began.

Insurance assessments were undertaken and resolved providing the Club with needed funds to address the main damages. The mechanical roof was temporarily patched, and the furnace replaced before the coldest winter weather began. Local suppliers graciously elped overcome supply chain issues in this regard.

The net result was that the Club was able to carry out a full season of curling including its remiere event which was hosting the Strathcona Cup. This event saw some 60 curlers from



Scotland travel across Canada in a series of matches. Pictou hosted two teams in late January and an additional three teams for luncheon. This event has occurred every five years for 120 years with teams from Canada travelling to Scotland on the alternating years. The Club was spruced up in its finest tartans and Scottish flag décor and camaraderie and good fellowship were the order of the day. Several Pictou curlers are exploring the possibility of travelling to Scotland with the Canadian contingent in 2028.

As the 2023 summer season approaches, new entry doors have been ordered and arrangements made to replace the asphalt roof of the clubhouse and mechanical room with steel. These upgrades plus reinforcement of the mechanical room walls will help ensure the long-term viability of the Club for the next generation. The clubhouse itself is being upgraded with new flooring, refurbished chairs, and new bar/kitchen equipment. These renovations also provide the opportunity to improve accessibility for all at the Club.

Longer term, the members would like to consider ways of adding insulation to the ice barn roof and walls which, in turn, will allow for dehumidification and air conditioning within the area of play. For over a century, the members have been subject to the whims of Mother Nature and her influence on the ice surface. These are areas which will hopefully be addressed in the months and years ahead.

Membership at the Club has grown in recent years. The youth program is very strong due to a core group of committed volunteers. The next generation of elite Nova Scotia curlers will include a potent contingent from the town of Pictou. As the Club approaches its 175th anniversary, the building is secure, the members committed, and the future rosy. The calls of "hurry hard" should emanate along the harbour front for decades to come.



Team Pictou plays Team Scotland in Strathcona Cup - New Caledonian Curling Club, January 2023



John 'Spyder' Macdonald performs during opening ceremonies of the Strathcona Cup at the New Caledonian Curling Club, Pictou - January 2023



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GETTING CONTROL OF YOUR REFRIGERANTS

Contributed by Art Sutherland — Accent Refrigeration Systems — (250) 478-8885 - art@accent-refrigeration.com

As a refrigeration service mechanic in the mid-1970s, I would have three different “Freon” refrigerants and a bottle of ammonia in my truck. For my work in the recreational ice industry, I would use either R-22 or ammonia. Life was simple, and both refrigerants were reliable and efficient. Little did we know, that was all about to change and grow into the billion-dollar battlefield it has become today with several hundred refrigerants to choose from.

The selection and deployment of refrigerants in ice rink refrigeration systems has been a growing challenge over the last 30 years. Beginning in the early 1990s, with the realization that chlorinated refrigerants were a significant contributor to the hole in the ozone layer, our equipment landscape started to change.

Today, the various refrigerant market combatants are very well financially backed and come complete with industry lobbying organizations, magazines, in depth studies, technical champions, and patents to justify their cause. All are using either the environment or safety as their war cry to protect their stake in the game.

The chlorinated refrigerants are rapidly disappearing with R-22 no longer being allowed in new installations. A myriad of third generation refrigerants have come to take the place of R-22, but many were burdened by having a high global warming potential (GWP) and are in turn being phased out. Today, fourth generation HFO refrigerants with low GWP have filled the void but are now under attack for having high trifluoroacetic acid (TFAs), which is toxic to aquatic life when it accumulates in groundwater and passes on to waterways.

For the most part, the recreational ice industry has now settled in on the use of natural refrigerants such as ammonia or CO2 and low GWP fourth generation HFO refrigerants, such as R-513.

Refrigerant Charge Reduction

Today, much is being done in the mechanical industry to drastically reduce the quantity of refrigerant charges and to keep the refrigerants in the system. A system that does not leak poses no threat to the environment or safety.

In years gone by, we had a sense of pride installing big, flooded chillers with close approach temperatures which were very efficient and had a low brine pressure drop. We utilized both R-22 and ammonia in these chillers very successfully. The downside is that these systems would require up to and over 8 pounds of refrigerant per ton of cooling capacity, so a 100-ton plant could easily have 800 pounds of refrigerant. If it had a liquid receiver, it could have an even higher refrigerant charge.



In the interest of reducing refrigerant charges, the industry started to move towards low charge chillers such as plate and frame, welded plate, and plate and shell. When used in conjunction with a standard air cooled or evaporative condenser, this would bring the total system charge down closer to 3 to 4 pounds per ton or 350 pounds of refrigerant for a 100-ton system.



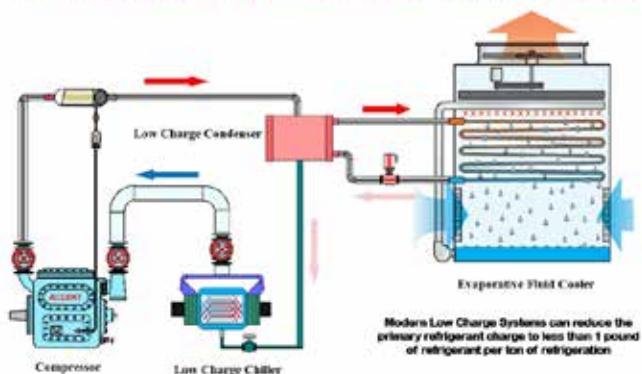
Air cooled condensers very often used “hold back valves” which flooded the condenser with liquid refrigerant and reduced its heat exchange area in winter months to maintain high enough condensing pressures to properly activate the expansion valves. Today, variable frequency drives control the condenser fan speed and can be used to control condensing pressures without backlogging the condensers with liquid refrigerant, further reducing the required refrigerant charge. Modern

electronic expansion valves do not require a high pressure drop across them which allows the condensing pressure to be reduced for the sake of energy efficiency.

As with the chiller charge reduction initiatives, the next progression was to reduce the large refrigerant charge by installing low charge condensers. This led to total system redesigns with the small plate condensers being installed inside of the plant room which rejected their heat via glycol to outdoor closed loop cooling towers. Although initially this led to a loss of efficiency, it resulted in a significant safety improvement through the large reduction in refrigerant charge. The refrigerant discharge and liquid lines were now much shorter with all welded connections. The liquid receivers were eliminated, further reducing the refrigerant charge. Using these techniques, it was possible to get the refrigerant charges down to as low as a ½ pound per ton of refrigeration or 50 pounds for a 100-ton plant.



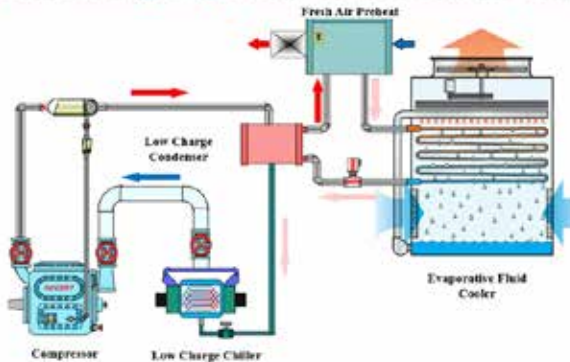
Low Charge System with Fluid Cooler



Potential for Heat Recovery on Low Charge Systems

Low charge systems have fluid cooled condensers, so they are very easy to recover waste heat from without any further heat exchangers and minimal additional instrumentation. The warm glycol flow between the indoor condenser and the cooling tower is intercepted and redirected towards a variety of heat recovery devices that can be implemented around the recreation complex. The heat can easily be applied to under-floor heat, the snow melt pit, radiant heat, fresh air preheat, dehumidifier reactivation preheat, icehouse heating, sidewalk melting, swimming pool heat, and a high-grade energy supply for a heat pump where higher temperature levels are required.

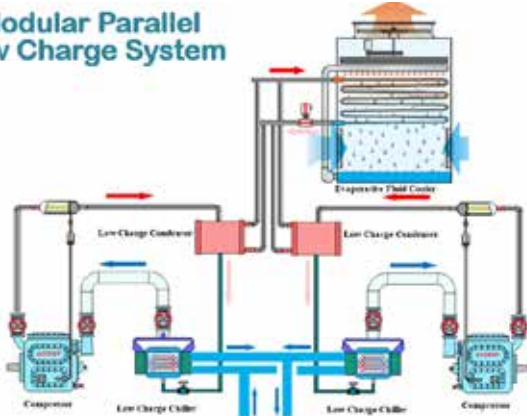
Low Charge System with Heat Reclaim



Split Modular Systems

For the sake of redundancy and capacity control on refrigeration systems, most single ice rinks have at least two compressors. The next natural step in advancing safety was to totally split the primary side of the refrigeration systems by installing two compressors, two small chillers, two small pumps and a split condenser. Although this still equated to ½ pound of refrigerant per ton, the leak exposure is divided into two systems so if there was a leak in one system the potential exposure would be 25 pounds for a 50-ton system. This split module format also increased the level of redundancy in that you could have a compressor, pump, or chiller fail and still have a second fully functional system when major maintenance is required to a component.

Modular Parallel Low Charge System



Leak Detection and Safety

All refrigerants can be dangerous and should be respected. Ammonia has the highest level of toxicity and can be lethal at levels as low as 2500ppm. Fortunately, its strong odor is

self-alarms and for that reason even the smallest of leaks are detectable through smell.

It is very important to maintain leak detection equipment and to do regular checks to ensure that ventilation fans are functioning and in good working order.

The synthetic refrigerants and CO2 do not have a pungent odor and large leaks can easily be missed when operators enter a room. For that reason, there have been fatalities in the ice rink industry when workers have entered refrigeration rooms that have had their oxygen displaced by refrigerants.

There are calculated and prescribed air volumes for ventilating refrigeration rooms. These volumes can be exceeded in the name of safety but in doing so it is important to consider heating the incoming air during winter months and that there is adequate incoming air to ensure the compressor room doors will freely open when people must exit in a hurry.

Direct Refrigeration Systems

Several hundred “direct” refrigeration systems have been built around North America in which R-22 or CO2 are pumped directly through the refrigerated floor rather than a secondary coolant. These systems can add significant efficiency as the pumping horsepower requirement is much less than glycol or calcium and there is not an efficiency loss imposed by a chiller as the direct refrigerant can operate at a higher temperature in the floor piping grid. The secondary advantage realized at the ice surface is that the temperature across the entire floor is exactly the same due to the entire refrigerant volume evaporating at the same pressure/temperature relationship, unlike a secondary coolant which has a temperature difference between the supply and return coolant.

The disadvantage of the direct systems is the extremely large refrigerant volumes ranging up to 6000 pounds for a single ice surface. For this reason, the R-22 direct systems have all but disappeared in that a catastrophic refrigerant loss can cost the facility in the order of \$250,000.00, not to mention the large environmental liability of losing that much refrigerant where each pound has a GWP of 1860.

The safety implications can also be significant with a direct refrigeration system, for example if there is a large leak in a relatively small compressor room connected to a floor with 6000 pounds of refrigerant. There have been a few fatalities in the ice rink industry because of this scenario. In all but a few exceptions, the industry has returned to the indirect system with low refrigerant charges on the primary side.

In summary, it is important to construct tight, all welded refrigeration systems with minimal mechanical connections, reduced charge heat exchangers, and to use low GWP refrigerants that are not endangered of being phased out during the working life of the systems. Keep your refrigeration in good working order and always ensure your leak detection equipment and exhaust fans are functioning properly.

MAKING THE MOST OF YOUR SHUTDOWN

Contributed by Drew Watson — Recreational Project Sales — Atlantic Canada CIMCO Refrigeration



As the recreational ice season comes to a close, now is the best time to consider your facility's plant maintenance and capital planning needs.

As another recreational ice season comes to a close, it is the best time to consider and assess the refrigeration plant maintenance and capital planning needs at your facility.

When I started off with sweeping change rooms at 17 years old, if you told me that 20 years later I would be designing and installing ice rink refrigeration systems, I wouldn't have believed you. But having been there, done that in the recreational facility management

space, the one thing I can vouch for is the importance of having a holistic facility management plan in place.

The COVID-19 pandemic has resulted in a significant reduction in recreational facility usage, so we know every hour of facility rental usage is critical, not to mention running our facilities as optimally as possible.

We often hear the terms "re-active" vs. "pro-active" maintenance. Having been down both roads, I can tell from experience that those operators who invest in a "pro-active" maintenance plan will see a positive impact on their bottom line. Plus, this impact will not be limited only financially, but will also be reflected in regards to running a safer facility with reduced downtime.

CAPITAL PLANNING – THE BEST TIME TO PLAN FOR FUTURE

Another item of consideration at shutdown is short-term and long-term capital planning. Every facility should have a concrete 3 to 5-year capital plan, partnered with a long-term 20-year plan that takes into account every piece of infrastructure in the facility while also considering current and future facility usage. Identifying the areas of concern at the time of a shutdown will give you a picture of where to invest in the future.

Looking back, I realize that at the end of every ice season, I would find myself in the same situation- compiling a list of off-season facility maintenance tasks to be completed. Once the list was completed and the facility was quiet, it was time for the 'rink rats' to go to work. As time evolved and I moved up the corporate ladder, my focus shifted to large-scale capital planning and annual maintenance.

Before any work began, the most critical step was planning. Those who do this daily can echo my struggle. The same scenario seems to always present itself, how do we do more, with fewer resources and less money.

My solution for this situation is: Plan more, use your resources to the best of your ability, and make use of your plan to identify alternate funding sources outside of the typical realm. By doing so, you are more likely to get engagement from all stakeholders involved and ultimately achieve more desirable outcomes that please all parties. When reacting to a catastrophic failure, you are often presented with limited options and the clock is ticking. It's costly and you're stuck. With concrete planning, you give yourself the time to consider various options.

I also echo the fact that recreational facilities are not profit-driven, they are community service-driven, therefore budgets are always a concern. However, if you take the effort to undertake planned maintenance/capital replacement at the facility, it will be a definite advantage for you in the long run. Do your homework and plan accordingly! Items to consider when capital planning include:

1. Initial investment costs
2. Life Cycle maintenance costs
3. Life Cycle operating costs
4. Environmental Impact and Sustainability – carbon reduction measures
5. Safety
6. Regulatory changes and requirements
7. Use of Natural vs. Synthetic refrigerants – due to environmental concerns/phase downs/outs/higher operating and maintenance costs.



MAINTENANCE CHECKLIST

The refrigeration plant is the 'heart' of any recreational ice facility. However, several items should be addressed upon the seasonal shutdown of any ice rink refrigeration plant. Here are some suggestions for you to consider:

- Check and maintain your piping: Check the condition of your headers; look out for rusted gear clamps, leaks at welds and joints, loose clamps, and split piping. Make sure there is no corrosion, check on the structural integrity of the trenches. In the engine room, inspect the compressors, suction lines, and the entire piping system. Be sure to check the insulation and service and paint it if necessary.
- Check your fluids: Identify any drop in fluid levels, look for changes in brine/glycol or secondary refrigerant samples, as changes in the makeup can indicate more serious problems. Make sure the expansion/balance tanks are checked regularly to ensure that the chiller/piping and floor stay filled.
- Inspect all machinery components: Conduct a thorough visual inspection of all the machinery components and look for signs of wear and tear as well as corrosion. Clean and prime/paint any rusted surfaces, clean up and repaint the floor, air and clean out header trenches. Keep an eye on the condition

of insulation in the plant room. Check your belts and pump couplings and perform any compressor servicing needed. Undertake condenser maintenance: clean the water tank and spray nozzles, service belts, and bearings. Run the pumps occasionally to keep the seals in good shape (but only run pumps that are full of fluid).

- Safety Equipment Systems: Leave your refrigerant leak detector running and check it daily. Check your control systems and calibrate your sensors, check all pressure relief valve compliance tags, replace any that are out of date. Service and maintain your compressor room exhaust fan, ensure your exit doors are unobstructed and properly serviced, inspect your fire extinguishers, regularly flush your eyewash station, check the lighting in the compressor room and ensure all penetrations to the building are sealed.

- General facility items: Identify and perform any necessary repairs to the building envelope, service your dehumidifiers, check your dampers for the arena exhaust fans. Clean your arena slab to prepare for making ice. Service the boards, repair any damaged tuflex, Pump out, inspect and clean your snowmelt pit. Make sure the coil is in good condition.

Ammonia

Basic Maintenance* For Mechanical Refrigerating Systems

Recommendations

I. Record Keeping

- Maintain daily pressure and temperature log sheets.
 - Analyze these readings each day.
 - If readings differ from design or established limits, determine the cause and make corrections immediately.
- Maintain a permanent official regulatory Logbook.
- Maintain a record of:
 - Preventative Maintenance performed
 - Ammonia added to system.
 - Oil drained from system.
 - Oil added to compressors.
 - Any secondary refrigerant levels or changes.

II. Housekeeping

- Keep machinery rooms neat and clean.
- Keep all machinery clean.
- Keep all electrical equipment clean.
- Keep all piping and vessels clean, free of rust and painted.
- Keep all pipe and vessel insulation clean and in good repair.

III. Lubrication

- Always use equipment manufacturer's recommended lubricants.
- Always follow equipment manufacturer's frequency schedules.
- Be sure that valve stems are cleaned and oiled before closing any valve.

IV. Equipment

- Follow the equipment manufacturer's preventive maintenance recommendations for all refrigeration system equipment.
- Test and tag all safety controls and interlocks at least once per year.
- Replace or recertify safety relief valves every five (5) years. (Recertification to be done by an authorized facility.)
- Maintain correct belt tension and alignment on all V-belt drives.
- Maintain correct alignment on all direct drive couplings.
- Inspect and clean condenser troughs and spray nozzles monthly.
- Inspect and clean condenser pans and sumps as needed.
- Ensure that condenser water treatment equipment and automatic bleed-off systems are functioning properly.
- Ensure all evaporators are defrosting properly (no under or over defrosting).
- Locate and repair all refrigerant and oil leaks promptly.
- Perform annual check of all electrical connections for proper tightness.
- Check calibration of all pressure gauges at least once per year.
- Test and tag ammonia detection system operation a minimum of once per year.
- Service machinery room ventilation systems at least once per year.
- Test all sump heaters, pump seal heaters, compressor crankcase heaters and all heat tape annually.

V. Miscellaneous

- Ensure that all personal protective and breathing equipment is properly stored and maintained and that personnel have been trained and fit tested for use.
- Drain oil from the system on a regular schedule.

*All preventive maintenance should be performed by qualified individuals, and all Safety Procedures must be strictly followed.

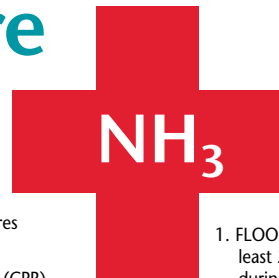
First Aid For Ammonia Exposure

Preparing for an Ammonia Emergency

- Learn Ammonia First Aid Procedures
 - Mouth to Mask Resuscitation.
 - Cardiopulmonary Resuscitation (CPR).
 - Treatment for Shock.
 - Be prepared - DELAY and INEXPERIENCE may result in a more serious injury.
- Make sure your emergency support is knowledgeable about ammonia first aid and treatment
 - Local Fire Department/Ambulance Service
 - Emergency Clinic
 - Local Hospital
- NEVER wear contact lenses when working with any chemicals.
- Review and familiarize MSDS information.

Overexposure to Ammonia Vapour

- Remove victim to fresh air.
- Summon an ambulance.
- If breathing fails, start mouth/mask resuscitation.
- If no pulse, begin CPR.
- If patient goes into shock, treat accordingly.
- Oxygen may be administered by trained persons.
- Recognize that pulmonary edema may result from acute overexposure and be delayed.



Exposure to Ammonia Liquid- Eyes

- FLOOD IMMEDIATELY with water for at least 20 minutes. Eyelid must be held open during washing.
- Summon an ambulance.
- Determine if patient is wearing contact lenses and advise medical personnel.

Exposure to Ammonia Liquid-Skin

- FLOOD IMMEDIATELY with large quantities of water for at least 20 minutes.
- Summon an ambulance.
- Decontaminate the victim with water before transporting in the close confines of an ambulance.
- Flood clothing with large quantities of water. CAUTION: Skin may be frozen to clothing. Decision to remove clothing should be made by medical personnel only.
- Advise medical personnel that burns are from ammonia, and salves or ointments should not be applied.

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