

Facility Focus

Spring/Summer 2024

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

The Inside Scoop!



May 29-31 | Fredericton, NB

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

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.

President's Message: Moving Forward

The question, "So what do we do now?" has lingered in the minds of many recreational facility managers over the years - for decades, in fact.

Greetings, I'm Bob Quigley, honoured to serve as President of the Recreation Facility Association of Nova Scotia. Our mission is clear: to offer resources, support, training, and education, encompassing various aspects of recreation facility management. Whether it involves maintenance, painting, or other ice-related concerns within a recreational facility, we're here to assist. From ensuring pool water quality to sourcing specific equipment, such as field turf, the spectrum of questions posed to RFANS is vast and varied, reflecting the complexities of the recreation facility world.

At RFANS, we firmly believe that the success of the industry lies in empowering and educating our members. To achieve this, RFANS is committed to our continual improvement, by enhancing our knowledge base through education, governmental collaboration - such as our involvement in initiatives like Anti-Racism and Discrimination Week- and strategic partnerships with counterparts in other provinces, exemplified by our collaboration with the Alberta Association of Recreation Facility Personnel.

Additionally, RFANS has initiated a facility outreach program, aimed at gaining deeper insights into the needs of our member facilities. This involves on-site visits conducted by our Technical Director, Bud MacInnis.

In conclusion, RFANS stands resolute in its dedication to supporting and advancing the field of recreation facility management. Together, let us forge ahead, equipped with knowledge, collaboration, and a shared commitment to excellence.



Thank you
Bob Quigley, President
Recreation Facility Association of Nova Scotia (RFANS)



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.

ARFC Funding Assistance is Now Available.

Thanks to the Department of Communities, Culture, Tourism, and Heritage, funding is now available to help support 25 individuals with Atlantic Recreation and Facilities Conference registration and 5 individuals with full conference assistance to those from the following equity groups: youth, 2SLGBTQIA+, persons with disabilities, Indigenous persons, African Nova Scotians, or other racialized persons. **The deadline to apply is April 26, 2024. Go to www.rfans.com to register.**

Executive Director Message

Happy Spring! Hope all our winter facilities have had a successful season. With the changing seasons comes a renewed sense of opportunity, growth, and community engagement. We reflect on our achievements, celebrate our ongoing initiatives, and look forward to the exciting endeavors that lie ahead for our association and the recreation facility community as a whole.

RFANS' goal over the coming years, is to strengthen and enhance the recreation facility landscape in Atlantic Canada by addressing current industry needs, finding innovative and collaborative solutions, training and supports for sustainability that help to create and maintain healthy, safe, welcoming, and inclusive spaces in our communities.

The industry is evolving, bringing with it new challenges for our facilities to overcome. RFANS has a key role to play in assisting the province in addressing significant challenge including but not limited to: addressing aging and damaged infrastructure, achieving broader accessibility by 2030, bridging labor market gaps through strategic training, combating racism and discrimination in recreation facilities, reducing energy consumption and carbon footprint, enhancing climate resilience, and aiding recreation facilities in planning for Emergency Management Organization (EMO) readiness. There is indeed much work ahead, and we eagerly anticipate tackling it together.

To learn more about what's happening in the industry, we invite you to attend the **Atlantic Recreation and Facilities Conference** in Fredericton, May 29th - 31st, 2024. This exciting Atlantic gathering is dedicated to Recreation and Facilities with keynote speakers, sessions and roundtables focusing on professional development and growth, a trade show focused on programming and purchasing opportunities, along with social events – creating opportunities for collaboration and networking. You can register online at www.arfc.com and find the conference schedule in the centrefold of this issue.

Our 2023-24 Annual General Meeting will be held virtually on June 12th, 2024 @ 10:00am. Watch our newsletter, socials and website for details on positions and terms available and how to join the meeting.



We value your input. If you have specific training needs, ideas or suggestions of opportunities to better support your facilities, please reach out. We are here to help!

**Jennie Greencorn, Executive Director
Recreation Facility Association of Nova Scotia (RFANS)**

Special thanks to our support team:

Brittany Hunter RFANS Administrative Assistant
Robyn Morris Communications and Digital Media Manager

Site Tour of the Oulton-Stanish Recreation and Events Facility:

Recently, the Recreation Facility Design and Operations Management Class (LEIS 3370) at Dalhousie University, who are studying new building construction and renovations, and recreation facility operations as part of their course curriculum, had the invaluable opportunity to explore the construction site of the new Oulton-Stanish Recreation and Events facility on the Dalhousie University Campus.

The site tour encompassed various aspects, including examining construction progress, studying construction drawings and renderings, and exploring critical systems such as pool filtration and building operations. The class gained a deeper understanding and appreciation of the intricate relationship between facility design, construction, and day-to-day operations of recreation facilities.



Chris Keough, and his staff at Dalplex, LEIS 3370 class/Rec Management students and Jennie Greencorn, LEIS3370 Instructor and Executive Director, Recreation Facility Association of NS (RFANS).

Recreation facilities management is a dynamic and often overlooked career option within the broader field of recreation management. Recreation facilities are central hubs for community engagement, reducing social isolation and promoting healthy lifestyles. The role of facility managers and operators is crucial for the success of any recreation program happening within their facilities. They ensure that spaces for recreational activities like sports leagues, fitness classes, community gatherings and events are safe, functional, accessible, inclusive and designed to provide a positive user experience.

Acknowledgments: Special thanks to Julia, Nathan, Chris, Laurene, and Karen for facilitating this enriching opportunity for the LEIS 3370 class. Their expertise and willingness to share insights into recreation facility construction and operations has certainly contributed to a better understanding of the construction process and role of facility operators.



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



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, renewing your membership or member benefits:

Check out our website @ 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

Université Sainte Anne Honors Lost Loved Ones on Ice



Paul Theriault, a dedicated staff member at Université Sainte Anne, lost his brother a few years ago. Inspired by the tradition of NHL rinks allowing fans to paint on the ice at the season's end, Paul collaborated with the university's arena to initiate a touching community event that invited participants to paint the names of their departed loved ones on the ice as a heartfelt tribute. In its inaugural year, all proceeds from the event were directed towards supporting local cancer fund, while last year, contributions were channeled to benefit the Special Olympics. Funding was generated through various means, including a 50/50 draw, tickets featuring the signature of Drake Batherson jersey, and a reduction in ice rental fees. This initiative stands as a shining example of community collaboration and compassion.





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 2025 (Registration deadline is November 15, 2024)

Certified Pool Operators Courses (Pool & Hot Tub Alliance)

National Swimming Pool Foundation Certification (NSPF)

May 7-9, 2024 – Strait Area Pool, Port Hawkesbury, NS

November 5-7, 2024 – East Hants Aquatic Centre, Elmsdale, NS



Sport Turf Courses

Cape Breton Regional Municipality - May 14th & 15th, 2024

HRM - May 9th & 10th, 2024 – RBC Centre

NEW! Arena Level 1 & Ice Maintenance Course

In Partnership with the Alberta Association of Recreation Facility Personnel

August 20th & 21st, 2024

Pictou County Wellness Centre, Pictou County, NS



NEW! Building Maintenance Course

In Partnership with the Alberta Association of Recreation Facility Personnel

May 27th & 28th, 2024

RBC Centre, Dartmouth, NS



Midseason Ice Maintenance Course

January 15th, 2025 at RBC Centre, Dartmouth, NS

If you are interested in a Mobile Midseason Course for staff at your facility:

Please contact Bud MacInnis @ 902-867-0898 or training-rfans@sportnovascotia.ca

Leadership Summit for Senior Facility Management

November 12-14, 2024 - Early Bird Deadline, Oct 11, 2024

Four Points Sheraton, Halifax, NS



Playground Inspection Course

Canadian Playground Safety Institute (CPSI)

Fall 2024 Amherst NS TBD

Online Course options also available @ <https://www.cpsionline.ca/>

RFANS can also customize training, education or professional development for your staff.

For more information: please contact Bud MacInnis @ 902-867-0898 or training-rfans@sportnovascotia.ca
Or Jennie Greencorn @ 902-870-7634 or rfans@sportnovascotia.ca

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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 penoqwite'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/

2024 Professional Development Courses

RFANS has partnered with the Ontario Recreation Facilities Association (ORFA) to provide a broad range of professional development courses available to RFANS members.



Certificate in Ice Facility Operations

Take advantage of this career-enhancing opportunity to build your skills and knowledge in the field of ice operations! Successfully complete these four courses (minimum 60% exam grade) to receive your certificate:

- Basic Arena Refrigeration
- Ice Maintenance and Equipment Operations
- Ice Making and Painting Technologies
- Legal Awareness I - Supervising in a Recreation Environment



Aging Recreation Infrastructure Symposium (Hybrid Event)

October 6-8, 2025 | Markham Pan Am Centre



Online Self-Study Courses

ORFA's self-study online courses are available **24 hours a day, 7 days a week** allowing you to learn at your own pace and in your own environment. These courses provide you with easy access to course information, resource materials, videos, practice quizzes, assignments, grade postings, certificates, and transcripts. All self-study courses and their respective exams must be completed within 30 days upon course enrollment.

Courses currently available include:

- 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)
- Public Skating Monitor

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

For course descriptions and fees, visit orfa.com/events

Follow us @orfainc



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!



TECHNICAL DIRECTOR'S MESSAGE

Contributed by Bud MacInnis



Bud and Dan Craig, NHL Ice Rink expert attend the Cimco Innovation Day

In the pursuit of enhancing the efficiency and quality of our services, RFANS has been actively engaged in a series of initiatives and events aimed at advancing our operations and partnerships. The following report outlines some key activities and achievements undertaken since last Fall.

EDI Initiative:

Last Fall, RFANS continued its partnership with Hockey NS with the installation of Equity, Diversity, and Inclusion logos in 13 arenas, accompanied by the display of additional EDI banners in 6 regional facilities across the province.

Upcoming Courses:

Looking ahead, we are gearing up for upcoming courses, including a Building Maintenance course and Sport Turf course in May, Arena Level 1 in August, and CPO in May and November, catering to diverse training needs and professional development opportunities.

Conclusion:

In conclusion, RFANS remains steadfast in its commitment to excellence and innovation, leveraging partnerships, training initiatives, and strategic planning to elevate standards and meet the evolving needs of our stakeholders and facilities across the Province. Please contact us with your training needs. We are always open to suggestions for new training opportunities.

Product and Service Development:

In September, 8 Ice installation videos were developed at the Antigonish Arena, enriching our educational resources, and ensuring standardized practices in ice installations. Moreover, discussions with Hockey Nova Scotia are ongoing to explore avenues for expanding our partnership, promising exciting prospects for mutual growth. RFANS also developed of a log-book for students in our 2nd class refrigeration course for skills enhancement and accountability.

Respectfully submitted,

Bud MacInnis, Technical Director
Recreation Facility Association of Nova Scotia
training-rfans@sportnovascotia.ca
902-867-0898 (mobile)

Engagement and Networking:

Participation in key industry events has been instrumental in fostering collaborations and staying abreast of emerging trends. Notably, RFANS members attended CIMCO's Innovation Day seminar in September, followed by active involvement at the AMANS conference in October and the Institute of Power Engineers' Education Forum in November. These platforms provided valuable insights and networking opportunities vital for our strategic planning.

Training Initiatives:

Collaborative efforts with our partners and dedicated individuals have yielded significant progress in training initiatives. RFANS successfully facilitated the Mid-Season Course in January, focusing on enhancing technical competencies and best practices. We continue to address challenges with our 2nd class Refrigeration course. Additionally, we were fortunate to have an opportunity to meet with the Premier to address some of those challenges. Development of new training opportunities in progress.

Outreach & Infrastructure Assessment:

A comprehensive assessment, encompassing 56 site visits in arenas across all 6 regions in the Province, was conducted gathering invaluable data to inform future facility needs and enhancements. This data-driven approach ensures strategic resource allocation and optimal facility management.



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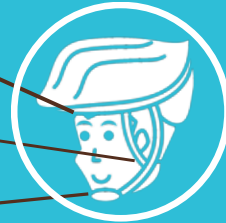
ZAMBONI
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ATLANTIC CANADA

Spring & Summer CONCUSSION PREVENTION

WEAR PROPERLY SIZED HELMETS

2-V-1 Rule for properly fitting helmets

- 2** fingers distance between eyebrows and helmet.
- V** straps form a "V" under ears.
- 1** finger fits between chin and strap.



TAKE PRECAUTIONS - LOOK FIRST



Make sure to inspect the area & equipment for damage, rust, or tripping hazards. When participating in water activities, know how deep the water is and if there are any underwater hazards (i.e. rocks.)

SUPERVISE & KNOW SYMPTOMS

Ensure all activities are supervised, especially if children are present. Stay up to date on the signs & symptoms of concussion so you know when to seek rest or medical attention.



**FOR MORE FREE INFO & RESOURCES:
WWW.BRAININJURYNS.COM/CONCUSSION**



THE AGELESS BENEFITS OF EXERCISE: A PRESCRIPTION FOR EVERY AGE

Contributed by Erin Phalen, Marketing Communications Specialist, Matrix Fitness Canada



Whether your facility is filled with seniors excited for a Tai Chi class, or Generation Z who have brought their own workouts on their phone, the era of fitness training is here to stay. In a multi-billion-dollar health and wellness industry, one universal truth stands strong: exercise is essential for every age.

The World Health Organization and the Canadian government guidelines say that we should get 150 to 300 minutes of moderate to vigorous activity per week – and the more the merrier. The health benefits of exercise stack up the more you do. However, there is an inactivity crisis. How do we motivate people to come to our facilities?

In Newfoundland and Labrador, Premier Andrew Furey implemented a Physical Activity Tax Credit per family. Declaring he wants the province to be the fittest in Canada by 2030.

Your members are your greatest current asset, and they will tell you – they are all there for different reasons. When we look at exercise motivation by age, we can see everyone is there for a different reason. From the vibrant energy of youth, who prioritize mental health gains as much as physical, to adults trying to manage families and careers, and fit in workouts, to the seasoned wisdom of seniors who are there for health span gains.

We know the role community plays in their sticking with a wellness regime, and we are in a prime position to inspire and incentivize the inactive into our facilities. We can create a world where physical activity is the cornerstone for a healthy life.

Maritimers can embrace an active lifestyle! In Newfoundland and Labrador, Premier Andrew Furey implemented a Physical Activity Tax Credit per family. Declaring he wants the province to be the fittest in Canada by 2030. More than ever before, exercise isn't just about how we look- it is how we feel, longevity, resilience, and overall well-being.

Let's look at fitness motivation per demographic, and how to create amazing fitness experiences that keep members coming back for me, and ideas to incentivize!

Youth: Foundations for a Lifetime

Captivating kids, teens and youth to embrace exercise is not simply great for their growing bodies and minds- this will set them up with good habits for a lifetime of health. Research consistently highlights the profound impact of physical activity on youth development. According to the Canadian Paediatric Society, regular exercise in childhood not only promotes healthy growth and development but also reduces the risk of chronic diseases such as obesity, diabetes, and cardiovascular issues later in life.

Consistent evidence has also linked exercise to improved academic performance and cognitive function in children and adolescents. A study published in the Journal of Pediatrics revealed that regular exercise enhances brain function, leading to better focus, memory retention, and overall academic achievement among students.

Ideas to Incentivize: You don't want kids to come to your facility kicking and screaming. Create amazing and fun classes, source social media and see what is trending on Tik Tok and Instagram,



and even think about incorporating amazing functional fitness equipment, like the **Matrix Connexus Fitness Programming** that can make exercise feel like play. This is also a functional piece of equipment great for all ages! Create circuit-style classes using plyo boxes, colorful medicine balls, jump ropes and most importantly, creativity! A memorable and fun fitness experience will keep kids and youth coming back for more!

Adults: Resilience to Meet Life's Demands

Work life balance feels like a myth these days, as adults juggle the demands of career, family, and personal responsibilities, where prioritizing exercise can often take a backseat. However, the benefits of maintaining an active lifestyle in adulthood cannot be overstated. According to Statistics Canada, only 15% of Canadian adults meet the recommended guidelines for physical activity, highlighting a concerning trend of sedentary behavior. How do we change that?

Strength training has become one of the most important trends in 2024, and having great fitness equipment and classes that build strength and resilience will be a huge draw for your adults. The pandemic introduced hybrid and virtual workouts, and young adults- the Generation Z- will often come in with their own workouts in mind, that they have seen on Tik Tok or Instagram. Be a forward-thinking facility with equipment that has placeholders for their devices, and make sure your own social media is active and you are engaging with them- create amazing group fitness classes that help manage stress and improve mood.

Ideas to Incentivize Having kid's activities while you have adult fitness classes is an excellent idea. Look at your schedules, and make sure you offer earlier class times so they can come in, get their workout, and be home for dinner!

The biggest reason our inactive adult population doesn't exercise is saying they do not have time. Create express workouts, where they can be in and out in 20 minutes, like the Matrix Sprint 8 HIIT program. Provide great equipment that helps them want to build the habit.

Seniors: Active Aging for Health Span

As we get older, staying active becomes even more paramount. Research from the Canadian Centre for Activity and Aging emphasizes that exercise plays a pivotal role in maintaining mobility, independence, and overall quality of life among seniors. Regular physical activity can mitigate age-related decline in muscle mass, bone density, and cognitive function, enabling older adults to remain vibrant and engaged members of society.

Lifespan refers to the number of years left in your life. Health span relates to whether you are free of disease, have functionality in your muscles and joints and have a healthy brain. Exercise

has been tied to reversing damage cause by Parkinsons, and slowing down dementia and Alzheimer's. Furthermore, exercise has been shown to reduce the risk of falls and injuries in seniors, which are significant contributors to hospitalizations and loss of independence. Exercise is also a great social connector, which alleviates social isolation and loneliness in our seniors. By incorporating activities such as walking, swimming, or tai chi into their routines, older adults can enhance balance, flexibility, and cardiovascular health, thereby prolonging their ability to live life to the fullest. Seniors also need equipment that is easy to operate, and to slide in and out of like the Matrix Go Series.

Ideas to Incentivize: Being able to get down on the floor with their grandkids and play, and live independently as long as possible, having a body that moves well into every decade and knowing it is never too late to start a fitness program! Start conversations with your seniors – have a Facebook group where you can promote upcoming programs and new equipment that they should try! Community contributes to retention!

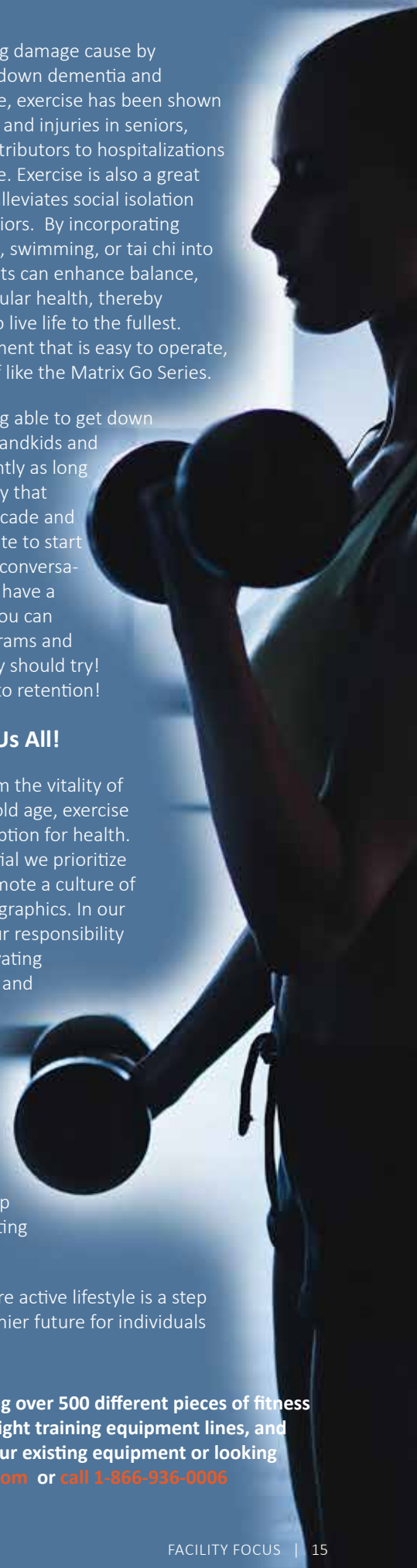
A Call to Action for Us All!

In every stage of life, from the vitality of youth to the wisdom of old age, exercise remains a potent prescription for health. As Canadians, it is essential we prioritize physical activity and promote a culture of wellness across all demographics. In our communities, and it is our responsibility to provide fun and captivating experiences, with health and fitness at the heart!

Whether it's through sports, recreational activities, a great weight-training room, aquafit classes, walking challenges, personal training or group dance classes, incorporating movement matters.

Every step towards a more active lifestyle is a step towards a brighter, healthier future for individuals and communities alike.

Matrix Fitness Canada is the world's fastest growing commercial fitness company, supplying over 500 different pieces of fitness equipment to gyms across the Maritimes and Canada. From treadmills to indoor bikes, weight training equipment lines, and functional fitness equipment, we have everything you need whether you are refreshing your existing equipment or looking to bring new and engaging equipment to your facility. Reach out to us at info@jhtcanada.com or call 1-866-936-0006



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](https://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!

SAFETY ADVISORS

WHO ARE THE SAFETY ADVISORS

In early 2022, two new Safety Advisor positions were created within the Nova Scotia Occupational Health and Safety (OHS) Division of the Safety Branch with the goal of extending our information and awareness services related to OHS in Nova Scotia.

WHO DO THEY WORK WITH

The Safety Advisors provide OHS support and resources to a wide variety of workplaces and institutions throughout the province, including:

- Small and medium sized businesses (typically less than 20 employees).
- Youth and young employees entering the workforce, with a focus on those of Aboriginal and African descent.
- Recent immigrants and newcomers to Nova Scotia/Canada that are presently in or just entering the workforce.
- Educational institutions and learning programs (universities, private career colleges, trade schools, secondary schools), where our services enhance existing curricula.



HOW TO REQUEST SERVICES

We would be pleased to discuss our programs and services with you in more detail. If your organization would benefit from an awareness session with our Safety Advisors, please contact the Safety Branch to explore these opportunities further.



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<https://novascotia.ca/workplace-and-technical-safety>

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Sports Field Training Days offer a full day of learning. Industry experts share insights and solutions to turf challenges. Afterward, enjoy a BBQ lunch and outdoor demos. It's your chance to optimize sports turf maintenance.

THE REQUIREMENTS

If you're ready to host, we'll need help with a few essentials: offering space for presentations, outdoor demos, and sports fields. Get hands-on with setup, support, and promotion. Join us at meetings to plan the fun!

COSTS ASSOCIATED

Here are the expenses for hosting: indoor presentation room rental, outdoor sports field rental for demonstrations and lunch, staff setup time, sports field preparation (optional), and staff attendance for learning.

Willing to Host? call or email STC or RFANS!

STC: ✉ info@sportsturfcanada.com | ☎ 519-763-9431
RFANS: ✉ rfans@sportnovascotia.ca | ☎ 902-425-5450 ext 330

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ATLANTIC RECREATION & FACILITIES CONFERENCE 2024

PULL-OUT SCHEDULE

May 29-31, 2024 | Fredericton, NB

TUESDAY | MAY 28TH, 2024

7:00 - 9:00 PM

Pre-Conference Social — Picaroons Roundhouse



WEDNESDAY | MAY 29TH, 2024

1:00 - 2:30 PM **Opening Keynote: Brock McGillis** (coffee and light refreshments provided)

2:30 - 2:45 PM **Bio-Break**

2:45 - 3:45 PM **Session Series #1**

Anti-Racism Charter:

Highlights Since Launch.

Speaker: Graham Mounsey,
Program Manager, Recreation
Nova Scotia

Corporate Sponsorship and Naming

**Rights as a Funding Solution for Parks
& Recreation Facilities and Programs.**

Speaker: Judy Haber, Senior Partner,
Performance Sponsorship Group Inc.

Guarding Guards

Speaker: Katie Crysdale,
Lakeview Aquatic
Consultants

Asset Management for

Recreation Facilities

Speaker: Matt Delome,
Executive Director
of AIM Network

3:45 - 4:00 PM **Refreshment Break** (Light Refreshments will be provided during this time)

4:00 - 5:00 PM **Session Series #2**

- **Alternative Aquatics - Thinking Outside the Blocks.** *Speakers:* Emily Swain, Bell Aliant Centre & Ben Tremblay, Canada Games Aquatic Centre Saint John
- **Paths Toward Understanding of the Indigenous People.** *Speaker:* Robert Bernard, CEO, Indigenous Guide Consulting Services
- **Unlocking Canada's Ice Potential.** *Speakers:* Amy Walsh, CEO & Lindsey MacIntosh, Open Ice Research & Community Lead, Future Hockey Lab
- **Inclusive Play Matters: Innovating Outdoor Play Destinations for People of All Ages and Abilities.** *Speaker:* Ron Blake, MW Region Development Manager, GameTime

6:30 - 9:00 PM

Maritime Kitchen Party @ Fredericton Boyce Farmers Market (transportation and supper is provided, Sponsored by CIMCO (Platinum Sponsor)).

THURSDAY | MAY 30TH, 2024



8:00 - 9:00 AM Breakfast

9:00 - 10:30 AM Roundtables Three discussions on Arenas, Aquatics, and Recreation Programming.

10:30 - 10:45 AM Refreshment Break (*light refreshments provided*)

10:45 - 11:45 AM

Ball Diamonds Construction & Maintenance.

Speakers: Chris McKenna & Larry Goldsby, Alberta Association of Recreation Facility Personnel

Meaningful Physical Literacy: Experiences from International Application.

Speaker: Jace Ferguson, Director PLAE Education/PLAE Kids

Urban Relationships - The Vancouver Experience.

Speaker: Elizabeth Lepps, Director of Urban Relationships, Vancouver Board of Parks and Recreation

Activating True Sport in Communities Across Atlantic Canada.

Speaker: Melissa Sullivan, True Sport Coordinator

12:00 - 3:00 PM Tradeshow & Lunch (*provided*) Sponsored by **BERG**

3:00 - 3:15 PM Nutrition Break (*light refreshments and snacks provided*)

3:15 - 4:45 PM

Facility Bus Tours

(*limited to bus seating capacity*)

Abony Tennis Centre | Grant Harvey Centre
Willie O'Ree Place | Tingley & Johnston Field

Walking / Wheeling Tour

Wilmot Park Splash Pad | Fredericton River Centre
Garrison All-Wheeled Plaza | Carleton Street & Garrison Night Market Site | Officers' Square Project

4:45 - 5:30 PM Rebound Boots Demonstration: Led by: Jamie Murdock, Journey Fitness Studio

5:00 - 8:00 PM Dinner Downtown with Gift Cards

8:00 - 10:00 PM Mock Casino Night at the **Delta**. Sponsored by **RC Strategies**

FRIDAY | MAY 31ST, 2024

9:00 - 10:00 AM Session Series #4 (*light refreshments provided*)

Lesser Known LSS Programs - How You Can Expand Your Aquatic Program *Speakers:*

Gregoire Cormier, Program Manager, Lifesaving Society of NB & Adam Munn, Recreation Officer, City of Fredericton

What's in a Job Title? Giving Staff the Title (& Pay) They Deserve

Speakers: Leslie Kunz, Aquatics & Facilities Supervisor, City of St. John's

Urban Relationships - The Vancouver Experience

Speakers: Elizabeth Lepps, Director of Urban Relationships, Vancouver Board of Parks and Recreation

Fire, Flue, & Fiona - How Do We Prepare? (Panel)

Manager of Planning and Preparedness, NS Emergency Measures Organizations and Facility Operators

10:00 - 10:15 AM Bio-Break

10:15 - 12:00 PM Brunch & Closing Keynote: *Speakers:* Gill Whelan, Whelan Wellness Inc.



BREATHING NEW LIFE INTO CBU'S CANADA GAMES COMPLEX

Renovation and expansion will revitalize a legacy venue to become Home of Women's Hockey in Canada

Contributed by Steve Horne, Development Manager - Recreation, Sport and Special Projects, CBU



The Canada Games Complex was originally constructed for the Jeux Canada Winter Games in 1987 and for more than 35 years, has played a vital role in the Cape Breton community through the support of minor and recreational hockey leagues and on campus activities at Cape Breton University.

Like any widely used facility, parts of the arena and surrounding infrastructure reached their life span and in 2021, the building closed its doors to users awaiting a new plan for its continued life span.

Enter the Blizzards Minor Hockey Association. Founded in 2019, this women's minor hockey organization, serving the Cape Breton Regional Municipality, started with approximately 150 girls. Over the past four years, this association has grown to more than 400 players at all levels of play. While this growth was exciting and motivating for the Blizzards, it left them with a problem: this quickly growing group had no home arena and was left with ice times that were far from favourable.

Years of grandfathered schedules favoring the boys' minor hockey leagues and long-standing recreation leagues dominated the local schedules, shining a light on the culture of inequality and inclusion that women face in sports nationwide.

The Blizzard Minor Hockey Association had no home, and the Canada Games Complex had no tenant.

The two organizations, the Blizzards, headed by Christina Lamey and CBU, under the leadership of President David Dingwall, joined together with a plan to reopen the doors of the Canada Games Complex and create the first-ever home for Women's Hockey in Canada shared between the CBU CAPERS women's hockey team and the Blizzards Hockey Association.

One initiative that came to light was submitting a nomination to the NHL's Kraft Hockeyville Competition. This national competition was a milestone in the project and showed the youth in the community what can be accomplished with partners working together and collectively advocating for a cause. On May 7, 2022, on Hockey Night in Canada, NHL Commissioner Gary Bettman announced that Sydney, Nova Scotia was the 2022 Kraft Hockeyville winning hometown.

As the winner, the Blizzards and CBU hosted an NHL pre-season game, a community celebration and received \$250,000 for the renovation of the Canada Games Complex.

When this project is complete, the arena will see a full retrofit, including an NHL-sized ice surface, accessible ice

access for sledge hockey, a new energy-efficient ice plant and Zamboni, and updated fully-accessible dressing rooms. Special events, campus celebrations, concerts and community events will also be hosted in the new facility. This will allow CBU to celebrate important milestones and success, and the community will have access to this modernized event and conference space supporting the tourism and hospitality industry of the Island.

The renovated Canada Games Complex will also be home to the Nancy Dingwall Health and Counseling Centre. CBU's campus community is diverse. This new health centre will provide access to optimum healthcare services for the entire student body and include expanded waiting areas, new doctor offices and treatment spaces and investments in support staff and medical professionals.

To better support the student body, employees and community members, the renovated arena will also see the construction of an indoor walking track and a new fitness facility for more than 7,000 users.

The 76,000 square foot renovation and expansion of the Canada Games Complex broke ground in May 2023 and construction is scheduled for completion in December 2024.

Crews work to pour the new cement floor during renovations at the Canada Games Complex.



Quick Facts

Primary Tenants

- CBU Capers Women's Hockey Team
- Blizzard Female Hockey Association
- Adult Women's Recreation Leagues
- Sledge Hockey programs

Aspirations

- Host regional, national and international tournaments for women's and para hockey.
- Provide new programs for the growing international student and newcomer community like **Learn to Skate** or **Learn Sledge**

Solar Powered Arena

- In 2020 CBU and the Verschuren Centre completed the largest solar power installation on Cape Breton Island.
- 500 solar panels were installed on the roof of the Canada Games Complex, and the total capacity was 150 kW to help power the building.
- Excess energy will be exported to Nova Scotia Power
- This solar system reduces greenhouse gas emissions equivalent to 25 gasoline powered passenger vehicles per year.

Use of Green Technologies

The use of green technologies and modern, energy efficient equipment being installed include:

- New rink refrigeration plant, electric boiler, dehumidifier, digital meters.
- New electric Zamboni.
- Waste heat from the refrigeration plant will be captured and used to supplement general space heating in expansion.
- New ventilation system with a modern dehumidification unit.
- New LED lighting system.



Construction continues on the creation of new space that will house the Nancy Dingwall Health and Counselling Centre as well as the new fitness centre.

Fast Facts:

Arena renovation includes:

- Ice conversion from International ice size to NHL size of 200 Ft x 85 Ft and raised to accommodate sledge hockey
- New capacity 1760 (plus standing room). Original capacity 1808.
- Converting 4 dressing rooms to fully accessible, including washrooms/showers
- Players benches moved to the dressing room side of ice surface
- Walking track constructed around the arena

Additional Features as part of the expansion include:

- Conversion to a multi-purpose events facility with in-house audio system and video screens
- Two storey building built between the arena and fieldhouse featuring expanded health and counselling centre and fitness centre.

The cost of the project is \$36 million. The Province of Nova Scotia announced \$12 million to the project in 2023. The project is a key part of the university's sport and recreation priorities within its \$200 million Forever CBU capital campaign to modernize the campus.



CREATING AN ACCESSIBLE ENVIRONMENT FOR COMMUNITY MEMBERS LIVING WITH HEARING LOSS

Contributed by Dr. Janine Verge, Audiologist and President of Accessible Hearing Solutions



The likelihood that a significant number of people attending recreation facilities have some degree of hearing loss is high. According to Statistics Canada, **about one in five Canadians live with hearing loss** and that number is expected to rise to one in four with the aging population. Hearing loss occurs in all age groups, with about 4 out of every 100 newborns born with hearing loss. It increases with age rising to 78% in 60-to-79-year-olds. Therefore, recreation facilities should be 'all ears' (pardon the pun) if at least 25% of their customers may be experiencing communication barriers. **Accessibility is about respect and engagement for all participants including people who live with hearing loss.**

Hearing loss can range from mild to profound. Communication barriers depend on a variety of factors, such as the degree of hearing loss, whether a hearing aid or cochlear implant is used, the age at which the person lost their hearing, the listening situation (e.g., one-on-one, small group, large group, large venue), the listening environment (e.g., background noise, acoustics, reverberation, bright windows, visual obstructions, distance), and the communication styles of those speaking (e.g., rate of speech, loudness, eye contact, facial expressions, ability to correct communication breakdowns).

Hearing aids and cochlear implants alone are not enough to provide accessible communication. These devices cannot overcome the effects of background noise, distance, or poor acoustics. An organization that gets the right kind of assistive listening technology which can integrate with hearing aids and cochlear implants is essential for overcoming these barriers. It is also important to provide people living with hearing loss, who do not wear hearing aids, an amplified assistive listening device so they can fully participate too. Reception desk areas and meeting rooms are two communication environments that are important to focus on in recreation facilities.



Speech Transfer Systems: A speech transfer system is an important technology for a reception desk. It uses a microphone and speaker on both sides of plexiglass to increase the volume for both communication partners. It also has an installed hearing loop that allows direct connection from the staff microphone to hearing aids and cochlear implants through the use of a telecoil program in these devices.

Portable Counter Loop Systems: If your facility has different areas where staff need to communicate to customers at a check-in table, you could also consider a portable counter loop system. Since it is portable, it can be used at rotating locations to help people hear better by connecting their hearing aid or cochlear implant directly to a hearing loop/microphone system.

Public Assistive Listening Systems in Meeting Rooms: Room hearing loops or DM/FM systems, such as the Phonak Roger Sound Field system, should be considered to make in-person and hybrid meetings accessible. They use amplified assistive listeners for people to directly connect to these systems who live with hearing loss but do not wear hearing aids. They also can directly connect the sound system to hearing aids and cochlear implants. For a detailed review of different assistive technology, please refer to the following link: https://canadianaudiology.ca/wp-content/uploads/2023/04/CAA_Stay-Connected_In-Person_Booklet_01.pdf

Remember: Communication is a two-way street; it is important everyone does their part to understand the barriers people face and how to best provide opportunities for physical activity and recreation in a safe and inclusive environment.

Accessible Hearing Solutions is a locally owned business focused on reducing barriers in our community for people living with

hearing loss. We provide site assessments and installations of accessible technologies such as hearing loops, DM/FM systems, portable counter hearing loops and speech transfer systems with installed hearing loops.

Dr. Janine Verge is the President of Accessible Hearing Solutions. As an audiologist for over 25 years and someone who has been hard of hearing since birth, Janine is passionate about connecting with others to help find the best accessible solutions for their organization.

Applying for an Accessibility Grant: There are many funding opportunities for organizations interested in reducing barriers for people living with hearing loss. For grant writing assistance and a list of available grants, please refer to the following link: <https://canadianaudiologist.ca/issues-in-accessibility-6-5/>

<https://cch.novascotia.ca/business-access-ability-grant-program>

<https://cch.novascotia.ca/investing-our-future/community-funding-and-awards/community-access-ability-program>

Let's work together to create a more inclusive society.

For more information contact Dr. Janine Verge or our project manager, Duncan Floyd at info@accessyourhearing.com or www.accessyourhearing.com



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Hockey Nova Scotia is proud to announce the hosts of our 2023-24 provincial championship tournaments. The hosts of this season's events are as follows:



Female U13 AAA Provincials:

Fundy Highland FHA
Hector Arena

April 4 - 7, 2024

Female U15 AAA Provincials:

Cape Breton FHA
Membertou Sports & Wellness Centre

April 4 - 7, 2024

Minor U13 AAA Provincials:

Truro Area MHA
Dr. Carson & Marion Murray Community Centre

April 4 - 7, 2024

Minor U15 AA Provincials:

Pictou County MHA
Pictou County Wellness Centre

March 28 - 31, 2024

Minor U18 AA Provincials:

Cape Breton West MHA
Al MacInnis Sports Centre

April 4 - 7, 2024

Day of Champions (Minor Council):

Rath Eastlink Community Centre, Truro NS

April 13 - 14, 2024

Female Provincial Championship Weekend (Female Council):

Under 11 & Under 13

Hector Arena / Trenton Rink

March 22 - 24, 2024

Under 15 & Under 18

West Hants Sports Complex / Newport & District Rink

March 22 - 24, 2024





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CROKICURL: A FUSION OF TRADITION AND INNOVATION IN THE WORLD OF SPORTS AND UNIQUE RECREATION FACILITIES

Contributed by RFANS

In the vast landscape of sports and recreation, a delightful fusion has emerged, bringing together the classic charm of crokinole and the strategic finesse of curling. The result? Crokicurl, a novel sport that has been captivating enthusiasts around the globe with its unique blend of traditional gameplay and contemporary excitement.

Origin and Evolution: Crokicurl traces its roots to the frozen landscapes of Canada, where winters are long, and the love for both crokinole and curling runs deep. The sport's inception is credited to the small town of Winnipeg, Manitoba, where inventive minds sought to create a game that could be enjoyed on both ice and solid ground. The result was a brilliant amalgamation of crokinole's disc-flicking action and curling's precision and teamwork.

How It's Played: Imagine a large circular ice surface adorned with concentric circles resembling a giant crokinole board. Instead of the traditional crokinole pegs, the playing surface features circular targets, each strategically placed to challenge players' accuracy. The objective is to slide your curling stones, also known as "curling rocks," toward the center of the target, accumulating points based on proximity.

Teams, typically consisting of two to four players, take turns sliding their rocks across the ice, aiming for the highest-scoring areas. The strategic element comes into play as players can utilize their stones to knock opponents' stones away or strategically block certain zones. It's a test of both precision and tactical maneuvering, creating a dynamic and engaging experience for players and spectators alike.

Growing Popularity: What began as a local pastime in Winnipeg has swiftly gained popularity, with Crokicurl facilities popping up in various regions. The sport's appeal lies in its accessibility – blending elements of two beloved games allows enthusiasts of all ages to participate, whether they're seasoned curlers or casual board game enthusiasts.

Crokicurl has become a winter sensation at community events, festivals, and even at dedicated Crokicurl facilities. Its popularity can be attributed to the easy-to-understand rules, fostering a welcoming environment for newcomers while providing depth for those seeking a competitive edge.

Community Building: One of the most remarkable aspects of Crokicurl is its ability to bring people together. The sport encourages camaraderie and friendly competition, making it an ideal activity for social gatherings, team-building events, or family outings. The laughter echoing across the ice, the strategic discussions between teammates, and the thrill of a well-executed shot contribute to a sense of community that transcends the boundaries of the playing surface.

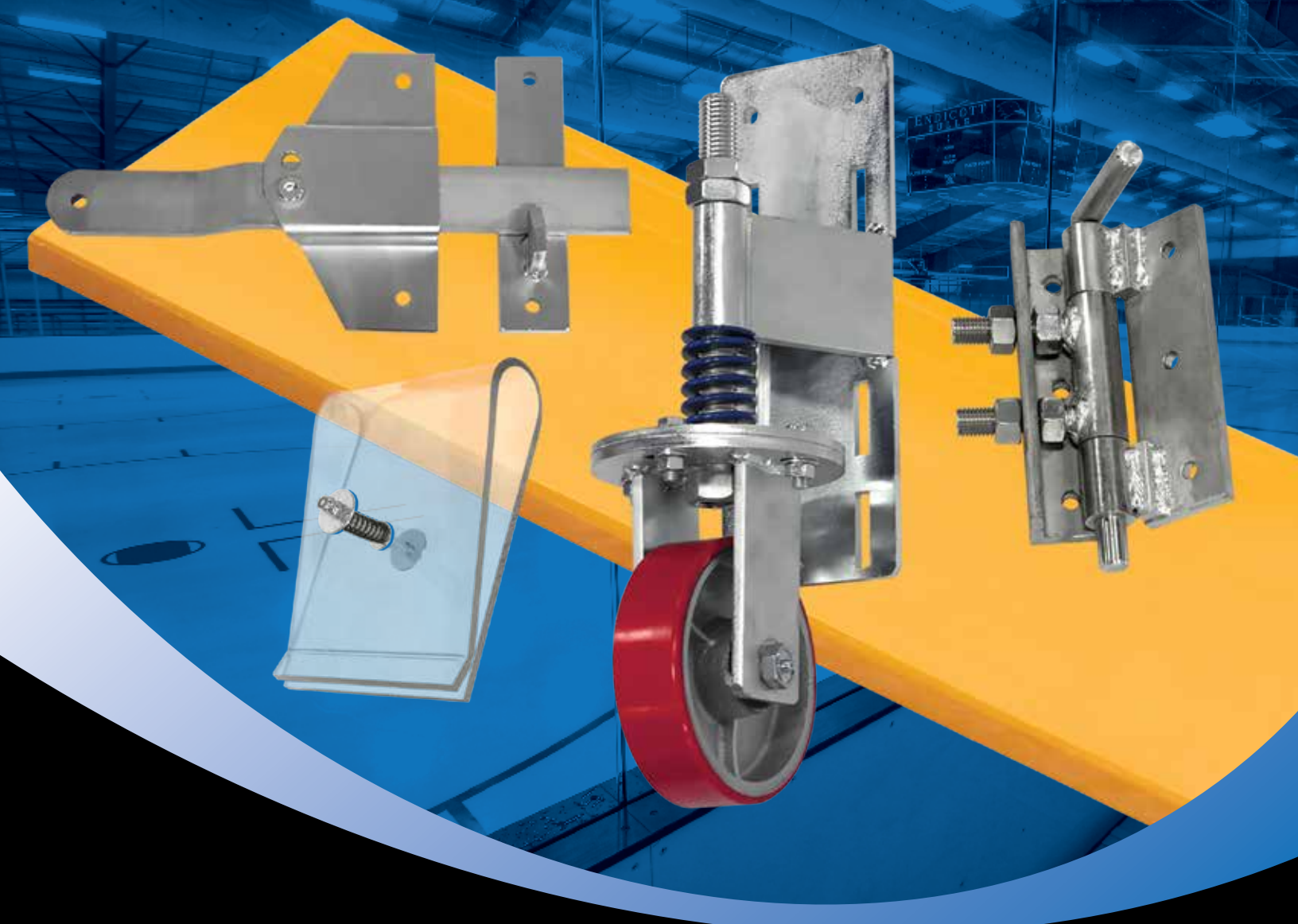
Crokicurl Beyond Canada: While Crokicurl's origins can be traced back to Canada, its popularity is not confined to the Great White North. The sport has transcended borders, captivating the interest of communities in colder climates around the world. Crokicurl tournaments have become international affairs, attracting participants from diverse backgrounds who share a common love for this innovative and entertaining fusion of sports.

Conclusion: As Crokicurl continues to gain momentum, it exemplifies the beauty of blending tradition with innovation in the world of sports. Its roots in crokinole and curling pay homage to classic games, while its contemporary appeal brings a fresh and exciting dimension to the winter sports landscape. Whether you're an avid curler, a crokinole enthusiast, or simply someone looking for a unique and enjoyable experience, Crokicurl invites all to join in the fun and camaraderie on the ice.





Photos by Jacqueline Young of Stationpoint Photographic



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ILLUMINATING THE FUTURE: THE ADVANTAGES AND IMPACT OF LED LIGHTING

Contributed by Robert Smith, Business Development Executive, Energy Network Services Inc.

Two LED light bulbs are shown from a top-down perspective, glowing with a bright white light. The bulbs are arranged symmetrically on either side of the central text. The background is a dark, textured blue with a subtle pattern of light spots, suggesting a night sky or a modern architectural setting.

Light Emitting Diode (LED) technology has revolutionized the way we illuminate our world, providing a highly efficient, durable, and environmentally friendly alternative to traditional lighting sources. In recent years, the widespread adoption of LED lighting has not only transformed the way we light our homes and offices but has also ushered in a new era of sustainability and energy efficiency. In this article, we will explore the advantages and impact of LED lighting, shedding light on the bright future it promises.

Energy Efficiency

One of the primary advantages of LED lighting is its exceptional energy efficiency. Unlike traditional incandescent bulbs that waste a significant portion of energy as heat, LED lights convert almost all of their energy into light. This efficiency translates to lower energy consumption, reducing electricity bills and lowering the overall demand on power grids. As societies strive to achieve greater energy sustainability, the adoption of LED lighting plays a crucial role in minimizing our carbon footprint.

Longevity and Durability

LED lights are renowned for their longevity and durability. With an average lifespan of 25,000 to 50,000 hours, LED bulbs far outlast traditional incandescent and compact fluorescent lamps. Some LED manufacturers are reporting lifespans up to 100,000 hours. This extended lifespan not only reduces the frequency of replacements but also contributes to a decrease in both waste production and replacement lamp purchases. Additionally, LED lights are solid-state lighting devices, meaning they are more robust and resistant to shocks, vibrations, and external impacts, making them ideal for various applications, including both indoor and outdoor recreation facilities.

Environmental Impact

The environmental impact of LED lighting is significantly lower compared to traditional lighting technologies. LED lights do not contain hazardous materials such as mercury, which is commonly found in fluorescent lamps. Moreover, the reduced energy consumption of LEDs contributes to lower greenhouse gas emissions, aligning with global efforts to combat climate change. As more individuals and businesses transition to LED lighting, the cumulative positive impact on the environment becomes increasingly substantial.

Cost Savings

While the initial cost of LED bulbs may be higher than that of traditional alternatives, the long-term cost savings quickly outweigh the upfront investment. The combination of energy efficiency, longevity, and reduced maintenance costs results in substantial financial benefits over the life of the LED lighting system. In Ontario, the Independent Electricity System Operator (IESO) offers incentives to encourage the adoption of energy-efficient technologies, further enhancing the economic attractiveness of LED lighting and controls.

Versatility in Design and Application

LED lighting offers unparalleled versatility in design and application. LED bulbs come in various shapes and sizes, allowing for creative and customized lighting solutions. Additionally, the ability to control the intensity and color of LED lights provides endless possibilities for creating different atmospheres and moods. In architectural lighting, LED technology has opened new avenues for designers to enhance the aesthetics of buildings and spaces while maximizing energy efficiency.

Conclusion

The widespread adoption of LED lighting marks a significant step forward in our quest for sustainable and energy-efficient technologies. With its numerous advantages, including energy efficiency, longevity, environmental friendliness, cost savings, and design versatility, LED lighting is not merely a technological advancement but a transformative force shaping the future of illumination. As individuals, businesses, and governments increasingly recognize the benefits of LED technology, we can look forward to a brighter, more sustainable world illuminated by the efficiency and brilliance of LED lighting.

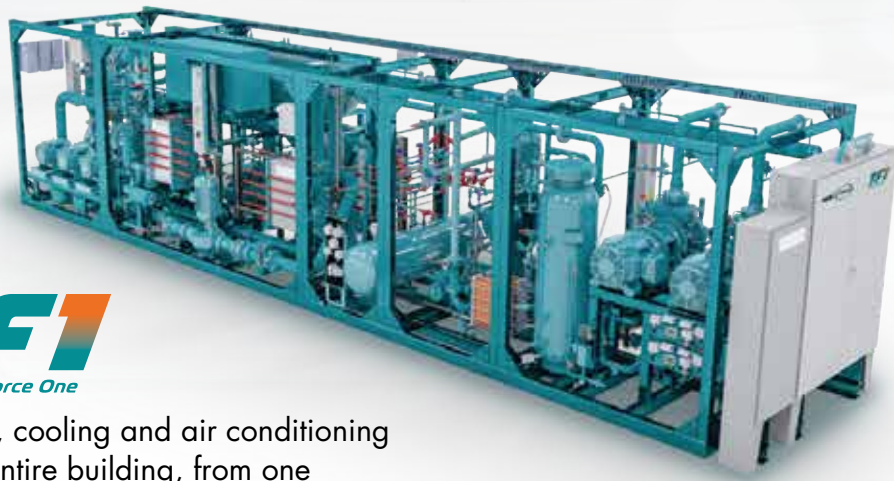
Abony Family Tennis Centre, Fredericton NB

Here is an example of one of our recent lighting projects. The goal of this project was to increase illuminance to meet the light levels and uniformity of the United States Tennis Association's (USTA) requirements and that the same time reduce energy consumption.

- The client appointed consultant reviewed ENS designs and results to verify that the solution would comply with USTA Class II Requirements.
- Solutions used Tier I International Brand LED Fixtures with a custom-made mounting bracket.
- The retrofit achieved 83.63 FC-94.02FC and uniformity ratio 1.5. Light levels increased 286% and the retrofit reduced electrical demand by 57%.
- As they met the specifications for lighting, they received a 4-year assignment to host the Women's International Tennis Federation Tournament



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RECREATION FACILITIES IN A CHANGING CLIMATE: A CALL TO ACTION

Contributed by Submitted by Frances Delaney, Canadian Centre for Climate Services

As climate change reshapes our environment, the need for resilient community infrastructure has never been more critical. This article explores how the Canadian Centre for Climate Services (CCCS) and ClimateData.ca offer essential tools and information to support recreation facilities on their road to climate resilience.

The role of CCCS and ClimateData.ca — Guiding resilience by providing trusted information

The CCCS, a division of Environment and Climate Change Canada, provides guidance, data, and resources that can inform adaptation measures to increase resiliency to climate change in the provision of recreation services. These services are not only pivotal in promoting healthier lifestyles and stronger community bonds but also play a critical role in emergency responses, serving as evacuation shelters during disasters or as cooling centres amid intense heatwaves.

Adapting to climate change requires us to anticipate future climate risks, ensuring our infrastructure and resources are prepared to meet these challenges. Equally important is initiating community-wide conversations now about the implications of climate change and collaboratively forging strategies to mitigate its impacts. This involves a collective commitment to a more sustainable future and advocating for the preservation of our culture and heritage through climate resilience efforts.

Access to reliable climate data

The CCCS, in collaboration with the Computer Research Institute of Montreal (CRIM) and regional climate organizations developed **ClimateData.ca** to provide locally relevant climate change projections¹ and learning and training modules to all Canadians. This platform enables municipalities and recreation organizations to explore, customize, and analyze future climate scenarios for any town in Canada.

For example, if you live in Yarmouth, you can use **ClimateData.ca** to understand how the frequency and intensity of summer *heat* will evolve under different greenhouse gas emission scenarios (**Box 2**), or study how *sea level* will change in combination with changes in land height.

Box 1:

Atlantic Canada-focused climate and adaptation information: CLIMAtlantic

The CCCS teams up with regional climate organizations to provide locally relevant information to our users. **CLIMAtlantic** facilitates access to data and information that supports adaptation to climate change in Atlantic Canada through collaboration, networking, and partnerships. Contact CLIMAtlantic's Help Desk for more information: **Help Desk - Climatlantic.**

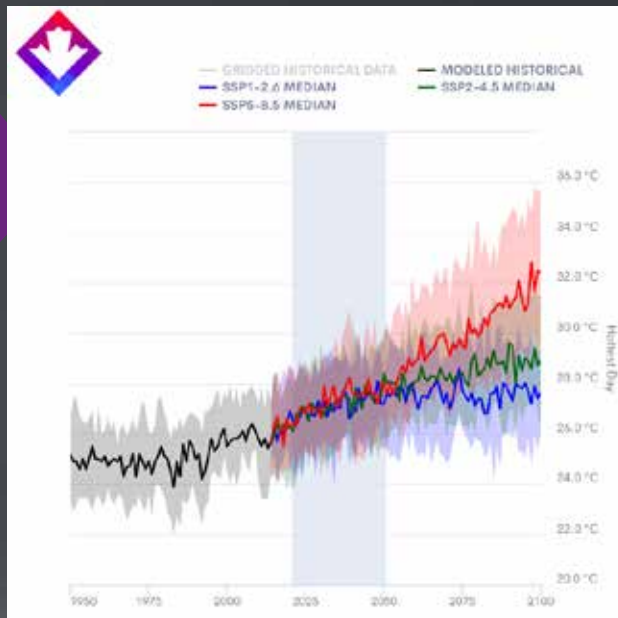
The Impact of Climate Change on recreational activities — *Preparing for heat waves and health*

Local parks and recreation infrastructure serve as critical support during hot weather emergencies, offering refuge for evacuees from nearby wildfires and acting as cooling centers for residents during heat waves. Climate projections indicate a rise in the risk of extreme heat events in the near future. To better understand the links between climate change, extreme heat, and community health risks, consult **ClimateData.ca's** Health Sector Module, which provides valuable resources and case studies to inspire adaptive actions to protect the health and well-being of Canadian communities.

¹Climate projections are future climate values calculated by climate models based on different greenhouse gas emissions scenarios. Climate projections are different from weather forecasts. To learn more about the difference between climate and weather, visit ClimateData.ca's learning zone article on the subject.

Box 2:

This graph depicts the projected changes to the *Hottest Day* variable in Yarmouth, Nova Scotia. The *Hottest Day* describes the warmest daytime temperature in the selected period. The average *Hottest Day* value was 26.7°C in the recent past (1981-2010). Under a high emission scenario (denoted by the red line on this graph), that value is climbs to 32.0°C near the end of the century (2071-2100). Browse more community-level graphs and maps at [ClimateData.ca](https://climatedata.ca).



Climate data in action — winter recreation in a warming world

Did you know that winters in Canada are warming at a faster rate than any other season? This rapid change poses a threat to winter sports and outdoor activities, which are integral to Canadian culture and community wellbeing. One of the central challenges facing winter recreation is the diminishing viability of outdoor, unrefrigerated skating rinks. For more information on how climate data can shape the future of skating in Canada, readers are invited to explore [ClimateData.ca](https://climatedata.ca)'s recent article on the subject.

Community adaptation and support

Feeling overwhelmed by the data? Need help brainstorming next steps for your community to take? The Map of Adaptation Actions, another project supported by the CCCS, showcases how communities, organizations, and sectors across Canada are adapting to climate change. This platform serves as a testament to the proactive steps communities are taking to bolster their resilience in the face of environmental changes.

Box 3:

Example from the Map of Adaptation Actions – Social vulnerability mapping in Nova Scotia as a tool for informing adaptation

Social vulnerability mapping is a high-level planning tool for informing emergency response and climate change adaptation planning. By understanding patterns of social vulnerability in relation to anticipated climate change hazards, such as coastal flooding, a community can take action to limit impacts on vulnerable populations.

The Government of Nova Scotia developed a map of social vulnerability for Nova Scotia. Access the Map of Adaptation Actions to learn more: [Social vulnerability mapping in Nova Scotia as a tool for informing adaptation](#)

A collaborative effort for the future

The relationship between recreation facilities, community health, and climate change underscores the necessity for informed action and adaptation. Harnessing resources like [ClimateData.ca](https://climatedata.ca), the Support Desk at the CCCS, and the collective wisdom of communities across Canada from the Map of Adaptation Actions, is an important step in ensuring that recreational infrastructure across Canada not only survives but thrives in a changing climate. Thriving recreational infrastructure is key to ensuring health, enjoyment, and a sense of belonging for future generations.

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