



ATLANTIC RECREATION & FACILITIES CONFERENCE

FOCUSED ON THE FUTURE

MAY 18 - 20 | ST. JOHN'S, NL

*'COME SHARE
YOUR VISION'*

REGISTRATION PACKAGE



2022 Partners



RecreationNL

Wellness Supporters

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Supporting you - from the ground up



About the Conference

The fourth Atlantic Recreation and Facilities Conference and Trade Show will be held May 18 -May 20, 2022 at the Sheraton Hotel in St. John's, NL. This year's conference theme is "Focused on the Future". The theme invites us to be forward thinking when it comes to anticipating changes in the recreation and facilities sector. The conference will provide an opportunity to explore current practices and new ideas that may shape ongoing practices and standards in the sector.

As always, the Atlantic Recreation & Facilities Conference and Trade Show is brought to you in partnership by Recreation PEI, Recreation Nova Scotia, Recreation Facility Association of Nova Scotia, Recreation New Brunswick and Recreation Newfoundland and Labrador.

This exciting Atlantic gathering dedicated to Recreation and Facilities will have keynote speakers, sessions and roundtables focusing on professional development and growth, a trade show focused on programming and purchasing opportunities, along with nightly social events creating opportunities for collaboration and networking.

About the Trade Show

The 2022 ARFC Trade Show will be showcased at the Sheraton Hotel. The afternoon will consist of mingling and networking with exhibitors from across Canada while they showcase and demonstrate the latest products, services, and market trends affecting today's recreation personnel, extravagant food and drink, prize draws from exhibitors booths, and a fabulous Grand Prize draw at the end of the evening — all set within a distinctive and stylish atmosphere.

Who Should Attend?

Participants will represent all facets of the recreation and facilities sectors from both rural and urban centers including: facility managers and operators, leaders in the field of recreation including programmers and event planners, parks, trails, sport, health and health promotion, municipal and provincial government representatives, non-profit community groups and organizations, planners and designers, volunteers, students, educators, academics and researchers, from across Atlantic Canada.

****Please note, we will adhere to COVID-19 regulations/restrictions that are current at the time of the conference. We ask that those who are experiencing COVID-19-related symptoms to not attend the conference. Please follow the guidelines from the Government of Newfoundland and Labrador: <https://www.gov.nl.ca/covid-19/>.**

Tuesday, May 17, 2022

6:30pm – 10:00pm **Social (\$30 +tax)**
Brewdock – 85 Duckworth Street

Wednesday, May 18, 2022

****All meals noted in the schedule are included in the cost of registration.**

9:00am – 11:30am **Explore St. John's**
Pick up a map at the registration desk and explore the downtown core! Find out more about historic St. John's! Enjoy eclectic Water and Duckworth Streets, take a stroll on Harbour Drive or hike up to Signal Hill.

9:00am – 3:00pm Registration open

11:30am – 12:30pm **Lunch** (Salons A & B)

12:30pm – 2:00pm **Opening Welcome** (Salons A & B)
Keynote Address – **“There is no one so blind as someone who can see but has no vision” Tips on how to make good decisions.**
-Dr. David Scott / Associate professor of sport psychology in the Faculty of Kinesiology at the University of New Brunswick in Fredericton.



This presentation will focus on various approaches that groups and individuals can use when promoting well-being both in themselves and in others. Strategies that encourage better decision-making, promoting positive thinking, and help deal with setbacks will be outlined.

2:00pm – 2:30pm Nutrition and Activity Break

2:30pm – 3:45pm **Session Series #1** (Salons C & D, Garrison Room, Signal Room)

A. Changing the Conversation Around Aquatics
- Christopher Mercer / Lifesaving Society

With the world changing rapidly around us, we need to adapt our aquatic world to meet those needs. We will be discussing changes in our industry as well as new and innovative ideas on how to deal with staff shortages, programming needs, and doing more with less.

B. Engaging Girls and Women in Recreational Sport

-Erin Love / Canadian Parks and Recreation Association (CPRA) and Canadian Association for the Advancement of Women and Sport in Physical Activity (CAAWS)

What is gender equity and how can it make sport and recreation better? Join Canadian Women & Sport and Canadian Parks and Recreation Association to learn! You'll walk away with an understanding of key terms and benefits of gender equity. Plus, you'll learn about some of the bumps that exist along the LTD pathway for girls and young women. Practical recommendations will be provided for coaches, recreation leaders, teachers, and sport administrators.

C. Upstream Strategies to Avoid Issues for Part Time/Seasonal Staff

- Marlene Melanson and Rae Gunn / Municipality of the County of Antigonish

This session will provide an overview of part-time personnel HR handbooks and resources used by recreation departments throughout Antigonish, Guysborough and Pictou counties in Nova Scotia. Resources include clear personnel policies and program guidelines which provide direction on personnel matters for seasonal staff; guidance for managers on the best methods for key processes; clear risk management practices regarding people supervision and management issues, healthier staff communities and work environments; and increased staff retention.

D. Technological Advancements in the Sports Field Industry

- Mike Rossi / Sports Turf Canada

This session will share knowledge from Sports Turf Canada's recent industry sports field training events about upcoming technological advancements to the industry, such as robotic line painters, auto mowers, increased GPS use and the green, battery-powered initiative. Learn how it all impacts the sports field industry and the skills required as sports turf professionals.

3:45pm – 5:30pm

Roundtables (Salons C & D, Garrison Room, Signal Room)

A. Outdoor Recreation Facilities

This will be an informal session about outdoor recreation facilities. This is an opportunity to meet with other managers to discuss trends, challenges, successes, or to get advice from those who have experience with the changes your outdoor facilities may be facing. This session will be moderated but will be an open discussion.

B. Arena

This will be an informal session on all things arena. Come with-questions for your peers! This is an opportunity to get into a room with other arena managers and operators to discuss trends, challenges, successes, or ask for help from those who have experience with the changes your arena may be facing. Offer support and knowledge to your Atlantic arena and ice facilities!

This session will be moderated but will be an open discussion about what YOU want to talk about.

C. Aquatics

Join your Atlantic aquatics counterparts in a spontaneous discussion on aquatics. Want to talk trends, issues and challenges, offer experience or knowledge to your allies in the field? Then this session is for you! Share your resources, knowledge and successes! A moderator will help guide this session, but the topics, discussion and information sharing are all about what YOU want to know!

D. Programming

This session allows all those involved in recreation programming to come together and informally discuss trends, challenges, new programs, training and successes in the Atlantic region. Share your experiences, knowledge and resources to strengthen our recreation programs across the Atlantic provinces. YOU get to choose and lead the discussion to address the topics that are in the forefront of the field! Your moderator will help keep the conversation on point.

6:30pm – 11:00pm **Social** – Quidi Vidi Brewery

Thursday, May 19, 2022

7:00am – 8:30am **Explore St. John's**

7:30am – 8:30am Breakfast

8:30am – 10:00am **Session Series #2** (Salons C & D, Garrison Room, Signal Room)

A. The Best Event Experience: Advocates for Event Tourism

- *Matt Moore / Events Atlantic Society*

The first regional organization of its kind in Canada, Event Atlantic brings Atlantic Canadian cities and destinations together to strengthen the spirit of collaboration in event hosting and to create opportunities for developing new business through partnership and learning. This session will explore what Event Atlantic has been able to accomplish since its inception in 2015, what they plan to accomplish in the industry throughout the region moving forward, and the benefit of joining the organization.

B. Changes to the CSA Z614 Standard and How This May Impact Your Community

- *Scott Belair / Canadian Playground Safety Institute*

The CSA Standard for outdoor children’s play spaces in Canada is changing. How should your community be adapting? This session will include information on the upcoming changes, what they will mean, what they may cost, how these can be avoided or exploited to your advantage. Also included is how to naturalize your play spaces and play areas to help increase retention ratios on play equipment (including risk assessments for new components, increasing thermal comfort and shade within play spaces, accessibility and naturalized components of play equipment).

C. Community Guide to Biking

- Andy Poole and Pam Thornhill

This session provides program information and examples on how/why to introduce biking into a community recreation program. Developed in 2019, the “Community Guide to Biking” uses experiences and experts in an introductory way to give those new to biking the base knowledge needed to get excited and prepared to dig deeper. Touching on all aspects of biking for a community program but specifically focusing on youth programming based on Sprockids.

D. The Predictability of the Fernie BC Arena Tragedy – “The Right to Know”

- Terry Piche (Ontario Recreation Facilities Association Inc)

On October 17, 2017, the Fernie, BC arena refrigeration plant accident claimed the lives of three workers. This session will conduct a post mortem of the contributing factors that led to the tragedy. It will identify the keystones that regrettably are all too common in this industry. The “perfect storm” of senior management who rely on facility or departmental staff to operate safely with insufficient financial resources and inadequate training - in partnership with plant maintenance that is often left in the hands of the refrigeration service contractor whose hands are often also tied based on limited financial resources - which is being further compounded everyday by aging arena infrastructure. Participants will leave with a better understanding of the roles of each ice rink stakeholder and what is at risk every time they go into work so that they are prepared to safely navigate any operational storm.

10:00am – 10:30am

Nutrition and Activity Break

10:30am – 11:45am

Session Series #3 (Salons C & D, Garrison Room, Signal Room)

A. Oh, the Places You Will Go: Exploring Inclusive Outdoor Learning Experiences in Two Voices

-TA Loeffler, Ph.D and Kim White

This session will be presented in two voices – that of a person with a disability seeking to participate in outdoor learning and that of an ally

helping to facilitate such learning experiences. Using narratives, photographs, performance, and theory, this session will be exploring equitable and inclusive access to nature and outdoor spaces, facilitating communities of access, and negotiating the often-competing terrains of dignity, risk, locomotion, and experience. Specifically, presenters will share stories and experiences related to outdoor inclusion as well as sharing instructional and infrastructure hints for developing a more inclusive outdoor teaching and learning practice.

B. How Play and Curiosity Connect to Universal Splashpad Design

- Melinda Pearson / Waterplay Solutions Corp.

This session will explore how splash pads can connect an entire community through the joy of water play. It is important that the design of the project promotes children's development, learning and positive dispositions for life. With the widespread decline in unscheduled outdoor play time, it is more crucial than ever that children of all abilities have access to safe, engaging play spaces that respond to the cycle of curiosity and positive child development. This educational session will provide participants and stakeholders with a foundation on collaboration, physical movement, scientific inquiry, imagination and challenging play, supporting the unique developmental stages of every child. From incorporating the foundations of STEM and the cycle of curiosity to zero-depth aquatic environment design, this session outlines the tools and strategies needed to create a mindfully designed aquatic play space for the whole community.

C. Facility Infrastructure Renewal Framework “The Nustadia Recreation Inc. (NRI) Approach”

- Gavin White (Nustadia) / Jack Lee (Hockey NL)

In the foreseeable future, communities across Canada will embark upon major facility infrastructure renewal programs that will total in the billions of dollars. Renewal is a necessity based on the current age and state of existing infrastructure for many communities in this country as well as regionalization. This session will highlight areas such as:

- Development Best Practices
- Philanthropic & Fundraising Areas
- Capital Investment vs. Operational Sustainability
- Examples of Success & Pitfalls
- Current Example in St. John's

D. Meaningful Accessibility in the Built Environment

- Kristen Habermehl / Rick Hansen Foundation

Today, one in seven Canadian adults currently identify as having a mobility, vision or hearing disability and this number is projected to increase to one in five, or 20%, by 2036. Facility Operators, Programmers and Therapists need to rethink how we design the built environment to focus on creating an

environment where all individuals have the opportunity to reach their full potential. This session will provide an opportunity to: Analyze building access for all users and understand where accessibility improvements can be made, develop an understanding of the application of universal design, and understand the economic and societal importance of ensuring that the built environment is accessible for all.

12:00pm – 4:00pm

Trade Show (Salons A & B)

The 2022 ARFC Trade Show will be showcased at the Sheraton Hotel. The afternoon will consist of mingling and networking with exhibitors from across Canada while they showcase and demonstrate the latest products, services, and market trends affecting today’s recreation personnel, live musical entertainment from local talent, extravagant food and drink, prize draws from exhibitors’ booths, and a fabulous Grand Prize draw at the end of the evening — all set within a distinctive and stylish atmosphere.

12:00pm – 1:00pm

Lunch

6:30pm – 9:00pm

Cocktail Reception at The Rooms

The Rooms is NL’s largest public cultural space and is home to the province’s most extensive collection of artifacts, art, and historical records. It also boasts a one-of-a-kind panoramic view of downtown St. John’s including the Narrows. Visitors will enjoy a delicious selection of NL-inspired food, cocktails, and entertainment.

Friday, May 20, 2022

7:00am – 8:30am

Explore St. John’s

9:00am – 10:15am

Session Series #4 (Salons C & D, Garrison Room, Signal Room)

A. Recreation for Mental Health – An Introduction to Training and Tools
- Debbie Bauld / Recreation Nova Scotia

The Recreation for Mental Health Initiative is a collaborative effort of Dalhousie University, Recreation Nova Scotia and CMHA. The purpose of this project has been to help recreation practitioners create welcoming and inclusive programs, places and spaces for people experiencing mental health challenges. To that end we have developed an in-person training workshop, an interactive game and a set of practice guidelines to help programmers, facility managers, front desk staff and volunteers support individuals with mental health challenges so they can experience the benefits of recreation participation. All of the tools, the training and the guidelines are based on

research, most of which was conducted by our own team of researchers at Dalhousie University. Participants in this workshop will learn about the training, “play” the Recreation for Mental Health Game and will be introduced to the Practice Guidelines.

B. What is ORP? Understanding Your Controller

- *Robert Hickey / Water & Ice North America*

A live demonstration of chemical automation controller showing how temperature and pH have a direct effect on ORP (Oxidation Reduction Potential), with lecture and handouts explaining ORP and its relationship with sanitizers and oxidizers in pool water.

C. “Let’s talk about COVID....now what?”

- *Jennie Greencorn (Recreation Facility Association Nova Scotia), Blair Delaney (City of Mount Pearl), Brandon Reardon (Town of Clarendville)*

We’ve survived two years of ongoing crisis/emergency in our sector and now, with the lifting of restrictions across the Atlantic provinces, what does recovery look like and how can we help? Let’s talk about how COVID is shaping the recovery and the future of our facilities and recreation.

D. Developing an Anti-Racism Charter in Recreation

- *Graham Mounsey and Jalana Lewis / Recreation Nova Scotia*

Recreation Nova Scotia will deliver the ‘Nova Scotia Anti-Racism and Discrimination Charter in Recreation’ project across Nova Scotia in 2022. Learn how this project focuses on creating a whole-sector approach to addressing racism and discrimination, which has been identified as a barrier to social participation, with the goal of having more indigenous people, racialized communities and religious minorities participate in social activities like recreational sport and cultural activities.

10:30am – 12:00pm



Brunch with Closing Keynote Address (Salons A & B)

Building Inclusive Communities: An Abilities Centre Model

- *Stuart McReynolds / Abilities Centre*

Building communities that are accessible and inclusive is critical to raising health and wellness, quality of life and economic participation for healthier, happier and more prosperous communities.

This session will demonstrate how by creating fully inclusive and accessible environments, you not only cater to every member of your community, but you can also realize significant economic and social impacts.

Conference Registration Fees

Member* - \$375 +tax | Non-Member - \$475 +tax | Student - \$175 +tax (Max. 50)

*Receive the Member price if you or your organization are a member of one of the five host associations.

**All meals noted in the schedule are included in the cost of registration.

Discount & Prize Draw: Registrations prior to April 11, 2022, will be entered into a Prize Draw for a complimentary one-night stay at the Sheraton Hotel during the conference. Do not wait to book your hotel room - Prize Draw Winner will be refunded if hotel booking is pre-paid.

*** An administration fee of \$50 will be charged on all refunds requested up to May 3, 2022. After May 3, 2022, no refunds will be provided.

How to Register

Visit www.arfc.ca for online registration. Payment options are available in PayPal and invoicing.

Host Hotel

Sheraton Hotel

115 Cavendish Square

St. John's, NL

Room Rate: \$174 + taxes per night for standard room (single or double occupancy).

Reservations will be made individually by delegates. Please call the local reservation agent at 709-758-8453 (available Monday – Friday from 8am – 4pm), or email reservation requests to: reservations@sheratonhotelnewfoundland.com. Identify the Sheraton Hotel and the ARFC group and dates.

Reservation may also be made online at <https://www.marriott.com/event-reservations/reservation-link.mi?id=1638979363055&key=GRP&app=resvlink>.

Flight Discount

We're pleased to announce that Air Canada is offering a discount on flights to our conference. Use the promotion code **BX8EQAP1** at checkout. Please note:

- The booking is to be made to the following city: St. Johns, YYT (NL)
- The travel period begins Wednesday, May 11, 2022 and ends Saturday, May 28, 2022.
- Travel is valid Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.
- For North America: 5% applies on standard fares, 10% on flex fares & higher. For International Travel: 10% on standard fares & higher.

2022 ARFC Schedule at a Glance

TUESDAY, MAY 17, 2022

6:30pm – 10:00pm Social – Brewdock

WEDNESDAY, MAY 18, 2022

9:00am - 11:30am Explore St. John's

9:00am - 3:00pm Registration Open

11:30am – 12:30pm Lunch

12:30pm – 2:00pm Opening Welcome
Keynote Address – Dr. David Scott

2:00pm – 2:30pm Nutrition and Activity Break

2:30pm – 3:45pm **Session Series #1**
A. Changing the Conversation Around Aquatics
B. Engaging Girls and Women in Recreational Sport
C. Upstream Strategies to Avoid Issues for Part Time/Seasonal Staff
D. Technological Advancements in the Sports Field Industry

3:45pm – 5:30pm **Roundtables**
A. Outdoor Recreation Facilities
B. Arena
C. Aquatics
D. Programming

6:30pm – 11:00pm **Social – Quidi Vidi Brewery**

THURSDAY, MAY 19, 2022

7:00am – 8:30am Explore St. John's

7:30am – 8:30am Breakfast

8:30am - 10:00am **Session Series #2**
A. Advocates for Event Tourism
B. Changes to the CSA Z614 Standard and How This May Impact Your Community
C. Community Guide to Biking
D. The Predictability of the Fernie BC Arena Tragedy – The Right to Know

10:00am – 10:30am Nutrition and Activity Break

10:30am – 11:45am **Session Series #3**
A. Oh, the Places You Will Go: Exploring Inclusive Outdoor Learning Experiences in Two Voices
B. How Play and Curiosity Connect to Universal Splashpad Design
C. Facility Infrastructure Renewal Framework "The Nustadia Recreation Inc. (NRI) Approach"
D. Meaningful Accessibility in the Built Environment

12:00pm – 4:00pm **Trade Show**

12:00pm – 1:00pm Lunch with bar (& Trade Show)

1:00pm – 4:00pm Prize draws (during Trade Show)

6:30pm – 9:00pm Cocktail Reception at The Rooms

FRIDAY, MAY 20, 2022

7:00am – 8:30am Explore St. John's

9:00am – 10:15am **Session Series #4**
A. Recreation for Mental Health – An Introduction to Training and Tools
B. What is ORP? Understanding Your Controller
C. "Let's talk about COVID....now what?"
D. Anti-Racism and Discrimination Charter in Recreation

10:30am – 12:00pm Brunch with **Closing Keynote** -Stuart McReynolds