

2022/23

ANNUAL REPORT



RecreationNL

Wellness Supporters
make 'you' time

Serving the people of
Newfoundland and Labrador
for over 50 years

board of directors, staff and contents

Recreation NL would like to recognize our volunteers and their organizations for their dedication, support and commitment to the association's programs and services this past year. Thank you!

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Steve Martin

VICE PRESIDENT

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TREASURER

Gerry Hall

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PHYSICAL ACTIVITY REPRESENTATIVE

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RECREATION NL OFFICE

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Executive Director

Michelle Hunt (On leave)

Operations Manager

Pam Mills

*Recreation Specialist, Active Living
& Professional Development*

Megan Cummings

*Recreation Specialist, Inclusive
Recreation*

Stephanie O'Brien

*Eat Great and Participate
Coordinator*

Pamela Sheppard

Communications Coordinator



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message from the President



Well, another successful year has come to an end for Recreation Newfoundland and Labrador! I'm sure we can all agree that while 2022-2023 has seen the return of recreation as we have known it, we continue to see new changes and trends have emerged in how we recreate today.

While we see change in our sector, the mission for Recreation NL remains the same, we are still the provincial voice promoting and fostering the spirit and practice of recreation for all. We continue to focus on our core services of communicating, advocating, educating, and training- some of which we stand proud as leaders across the country.

The past year has been a success. As you may be aware, Recreation NL plays an important role in the community, some of which include the delivery of programs and services, creation of facilities, and a positive community engagement which in turn, leads the way to a healthy lifestyle. Our branding reflects the message of wellness and making 'you' time and we aim to help communities and individuals accomplish that through recreation.

In 2023, we have seen the launch of The Rec Zone. A new education

and training initiative exclusive to all Recreation NL members. The Rec Zone provides a local online community where you can connect, share, meet, discuss and learn with other recreation leaders province wide. I encourage all of you to take the time and familiarize yourself with this new innovative tool to help decrease the distance between us and increase the collaboration among our members.

Our volunteer sector continues to play a vital role in community recreation across the province. We thank the countless volunteers across Newfoundland and Labrador, who dedicate their time to ensuring members of their community have an opportunity to be active, connect with nature, play on playgrounds, or any other means that provide people a sense of well-being. This year Recreation NL, along side our partners- the Government of Newfoundland and Labrador and the Department of Tourism, Culture, Arts and Recreation were thrilled to launch the new Volunteer Recreation Leader Tool Kit. This will provide all volunteer recreation leaders the support and guidance by means of accessible resources. The Toolkit includes detailed guides from incorporation, programming for success, building capacity, access to schools and everything in between.

This year's Annual Report reflects on the many activities and accomplishments of Recreation NL for the past year. I encourage you to review the full report so you can see for yourselves the positive impact our association is having on the delivery of recreation in the province.

The current Board of Directors play a major role in engaging communities,

the association is so thankful for all they do for both the communities and Recreation NL. Their continued commitment is exceptional, and I would like to express my sincere gratitude to each of them.

Throughout the last 52 years, the Board of Directors (past and present) have had to make important decisions, all with the best interest of the association at heart. They direct the work of the association and represent the interests of our membership. Their knowledge, expertise, and wisdom has benefited not only Recreation NL but also all the communities throughout the province. They have my most heartfelt thanks.

The quality level of service and opportunities we provide to our membership starts with the work and dedication of the Recreation NL Staff. Your dedication to the industry provides our membership and stakeholders the opportunity to learn, collaborate, grow, and ultimately provide wellness opportunities to the people of the province. On behalf of our Board of Directors, thank you for your contributions and we look forward to what the future will bring.

As a final thought, I would like to encourage you to visit our website and learn more about Recreation NL's programs and services. We will continue to grow our membership and we are committed to the success of community recreation in your town. In the years to come, this association will continue to play a vital role, both provincially and nationally, in the recreation sector, and we look forward to engaging with you all.

STEVE MARTIN
President, Recreation NL



RecreationNL

Wellness Supporters

make 'you' time

WHO WE ARE

Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.



Mission

A provincial voice promoting and fostering the **spirit and practice of recreation** for all. We provide a full range of services to enhance members' ability to deliver recreation throughout Newfoundland and Labrador.

Vision

A province of **engaged communities** where all people embrace the benefits of recreation to enhance their quality of life.

Core Services

Communicate

Facilitate the exchange of ideas, methods, and concerns and raise the understanding of recreation through effective networking, collaboration and promotion.

Advocate

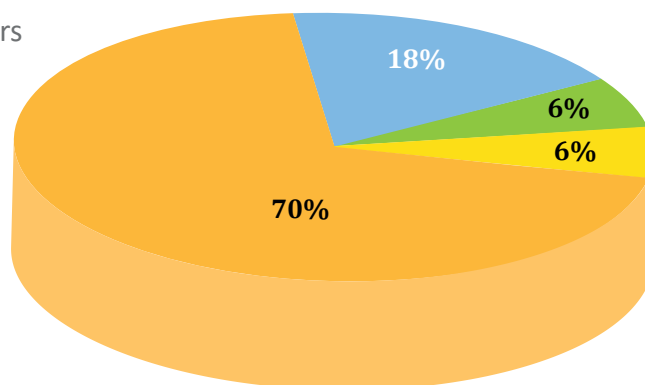
Ensure recreation continues to be a critical part of the provincial dialogue on enhancing the well being of communities and individuals in NL.

Educate & Train

Encourage, advise, develop, co-ordinate, deliver and evaluate programs of education and training in the field of recreation.

Who are our members?

- Sustaining Members
- Students
- Commercial
- Affiliates



Sustaining members include: practitioners, volunteer recreation committees, community groups, educators and facility managers

HIGH FIVE®

Since 2005, Recreation NL has proudly been the Authorized Provider for Newfoundland and Labrador. With 7,956 leaders trained throughout the province, the HIGH FIVE Standard has impacted a countless number of children in recreation and sport programs.

Training	Learners
PHCD – 4hr	221
Virtual PHCD – 4hr	102
HIGH FIVE Sport	20
Quest 2	10



The best way to play™

Training Highlights


353 learners completed HIGH FIVE Training

34 continued learning modules were completed

Continued Learning – Modules	Learners
PHCD Module – Communication with Empathy	8
PHCD – Introduction to Conflict Resolution	7
PHCD – Planning Quality Programs	4
Sport module – Engaging Girls Aged 9 to 15	4
Sport module – Women 55+ in Sport	2
Sport module – Postnatal Mothers Return to Sport	1
Sport module – Intersecting Identities	3
Health Minds for Healthy Children	5



HIGH FIVE PHCD and HIGH FIVE Sport trainings include on-demand training modules for learners to refresh their knowledge and upgrade their skills.



“A HIGH FIVE program represents a child-centered program, what parent wouldn’t want that for their child! Having parent education boards in all our facilities highlighting the five key principles that make up HIGH FIVE - play, mastery, friends, participation and a caring leader- lets the parents know their child is in a safe space with highly trained, caring staff that are experts in their field.” – Karen Kelly, Community Services Coordinator, City of St. John’s, Recreation Division.



inclusive recreation

Supporting Access for All Abilities

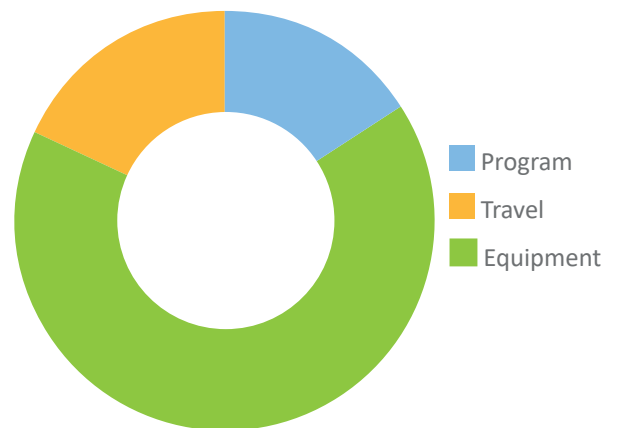
Throughout the last 12 months, the Inclusion Advisory Committee, the Recreation and Sport for Persons with a Disability Steering Committee and the Sport Development Working Committee have guided the work in inclusive recreation.

- Provided **education** and **training** to individuals that will develop opportunities for persons with a disability in the community:
 - Hosted a You Can Play Too workshop for Academy Canada students.
- Increased **communication** and **awareness** of recreation and sport for persons with a disability in the community:
 - Conducted Facility Accessibility social media campaign, highlighting small scale renovations made in facilities around the province. As well as a series of “Did you know?” posts that highlighted easy ways to make your facility more accessible.
- **Advocated** and **built capacity** for recreation and sport opportunities for persons with a disability
 - Received 1 Canada Summer Jobs position for Parasport NL to hire a student to support summer programs.

Funding Program

Provided **\$24,772** of funding to community and parasport groups for recreation and sport opportunities

- Awarded 14 different groups with grants
- **\$16,292** awarded to purchase inclusive equipment



Gander Parkinson's Fitness received funding through the Recreation and Sport for Persons with a Disability funding program.

“Our Parkinson’s group touches the lives and hearts of people, it’s a positive light that puts a smile on their faces. Our members don’t feel alone with their struggles. The improvement I am noticing in members is remarkable.”

–Group Leader

“Joining the Parkinson’s exercise class has been a tremendous help not only physically and mentally but socially. It has helped with my daily life giving me confidence of mobility and coordination and making it fun.”

–Participant



active living

Supporting Wellness Through Activity

Teen Challenge Physical Activity Funding Program

In 2023, we awarded \$8,200 to 21 organizations, reaching 1,148 youth.

“The regular drop in increased by almost 50% when the associated cost was removed.”
—Grant Recipient Leader

We are pleased to continue our partnership with the College of the North Atlantic, Community Recreation Leadership Class. The students offer 3 one-time events for 3 community organizations. This partnership, helps the students connect with organizations, while learning teamwork, committee structure, events planning, budgeting and grant writing skills.

Active Living Leadership Network

Building on our experiences in advancing active living and well-being, Recreation NL is charting a new course to motivate, support and engage Newfoundlanders and Labradorians to be more active.

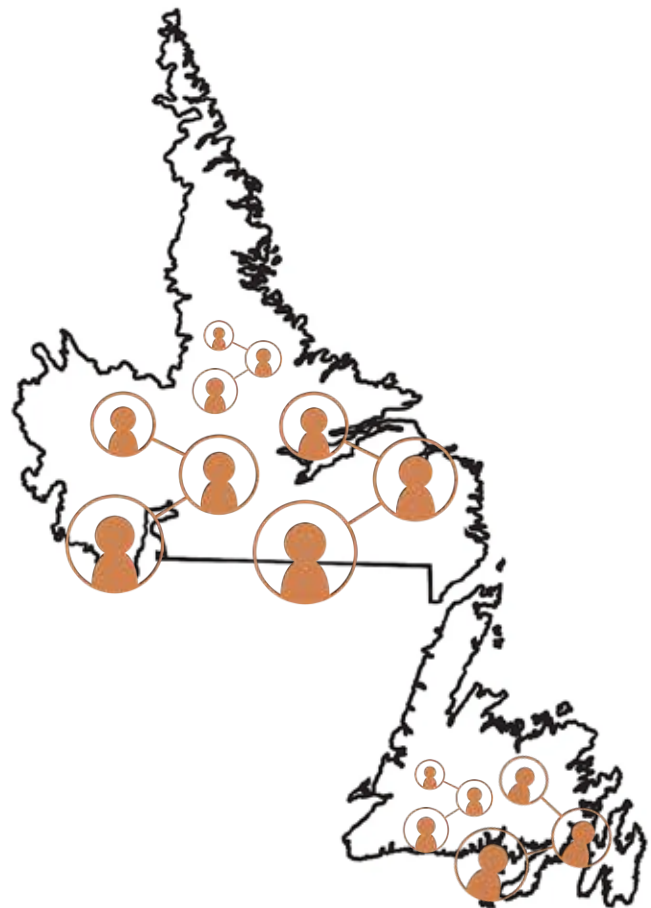
We have brought together a group of knowledge experts to form the Leadership Team. The Team is working on a plan to create partnerships and communication. With the first gathering of the Network being planned for June 2023.

ParticipACTION Partnership

Recreation NL continues to be the communications partner, within the tri-level partnership with ParticipACTION and Gov NL.

Highlights of 2022-2023 partnership:

- Health Care Provider Physical Activity Toolkit
 - First of its kind in Canada
 - Launched – January 30th, 2023
 - Webinar took place Feb 7th and 2 more scheduled in April and May
- In-app challenges – team and individual
 - NL specific in-app Challenge held in March 2023 and another scheduled for May
- Community Better Challenge 2022 –28 NL grants recipients and \$22,200 awarded





eat great & participate

Supporting Wellness through Healthy Eating

Update

- The Eat Great and Participate (EGaP) Steering Committee expanded its membership to include representatives from Sport NL, School Sports NL, and the Aboriginal Sport and Recreation Circle.
- Healthy eating policies were adopted in:
 - the Town of Centreville-Wareham-Trinity;
 - the Town of Summerford; and
 - the Bay Bulls Bauline Athletic Association.
- A submission was made to Health Accord NL in June 2022 with suggestions on how Government NL can help improve the food environment in recreation, sport and community settings.
- The EGaP Coordinator was invited to join the Building Healthy Communities Collaborative (BHCC) to provide input on an online healthy built environment support platform, called the Building Healthy Communities Assessment Tool (BHCAT).
- The EGaP Coordinator participated on a national working group, led by Health Canada, to provide insights into a potential healthy eating recognition program for recreation and sport facilities across Canada.
- There was continued participation on the provincial Nutritionists Leadership Committee on Healthy Eating (NLCHE), including helping develop and promote messaging on:
 - healthy beverages;
 - following the School Food Guidelines at school sporting events.
- An environmental scan was completed that summarized work happening across Canada to promote healthy eating in recreation and sport settings.
- An updated 3-year strategic plan was developed, in consultation with the new steering committee, and led by Jean Cook. The new strategic directions for 2023 – 2026 include: Growth and Sustainability, Cultivate and Support Strategic Partnerships, and Use Effective Communications.
- Presented an overview of EGaP at the Central Wellness Coalition Forum in November 2023.



Placentia Minor Hockey promotes healthy eating by providing players with healthy snacks

professional development

Professional Development Working Committee

With professional development as a core service of Recreation NL, a working group was formed to explore and create a new professional development model, as well as provide insight on teaching methods, online learning opportunities, and resources. Comprised of knowledge experts; Nick Miller, Blair Delaney, Des Whelan, and Jennifer Janes, as well as staff support, this working group assists Recreation NL in meeting the goal of providing professional development services that are accessible and meet the needs of all members. This group will play a key role in improving Recreation NL's professional development and prepare a framework for the coming years.

Atlantic Recreation & Facilities Conference

Recreation NL hosted the ARFC on May 18-20, 2022, in St. John's. This was a successful event with approximately 180 delegates from the four Atlantic provinces. The conference consisted of two keynote addresses, sessions, roundtable networking opportunities and a tradeshow.



May 29 – May 31, 2024 | Fredericton, NB

Planning is underway for the 2024 Atlantic Recreation & Facilities Conference (ARFC) which will be held on May 29th – 31st 2024 in Fredericton, NB.

special projects

The following initiatives have been made possible in partnership with the Department of Tourism, Culture, Arts and Recreation

Recreation Facility Locator

Phase II of the Recreation Facility Locator, encompassing outdoor facilities within the province, has been completed.

The Recreation Facility Locator is a tool designed to compile and plot a detailed database of recreation infrastructure in our province. Recreation NL collects information/data on recreation facilities by creating, distributing, and analyzing questionnaires for various phases of the project. Previously completed phases include information on arenas, aquatic facilities, and community centres.

Volunteer Recreation Leadership Toolkit

Recreation NL, in consultation with ReCreate Consulting Services, have developed and launched a Volunteer Recreation Leadership Toolkit, which provides support and guidance to Volunteer Recreation Leaders by means of accessible resources. It includes detailed guides from incorporation, programming for success, building capacity, access to schools and everything in between.



Where does Recreation Happen in NL?



The Rec Zone

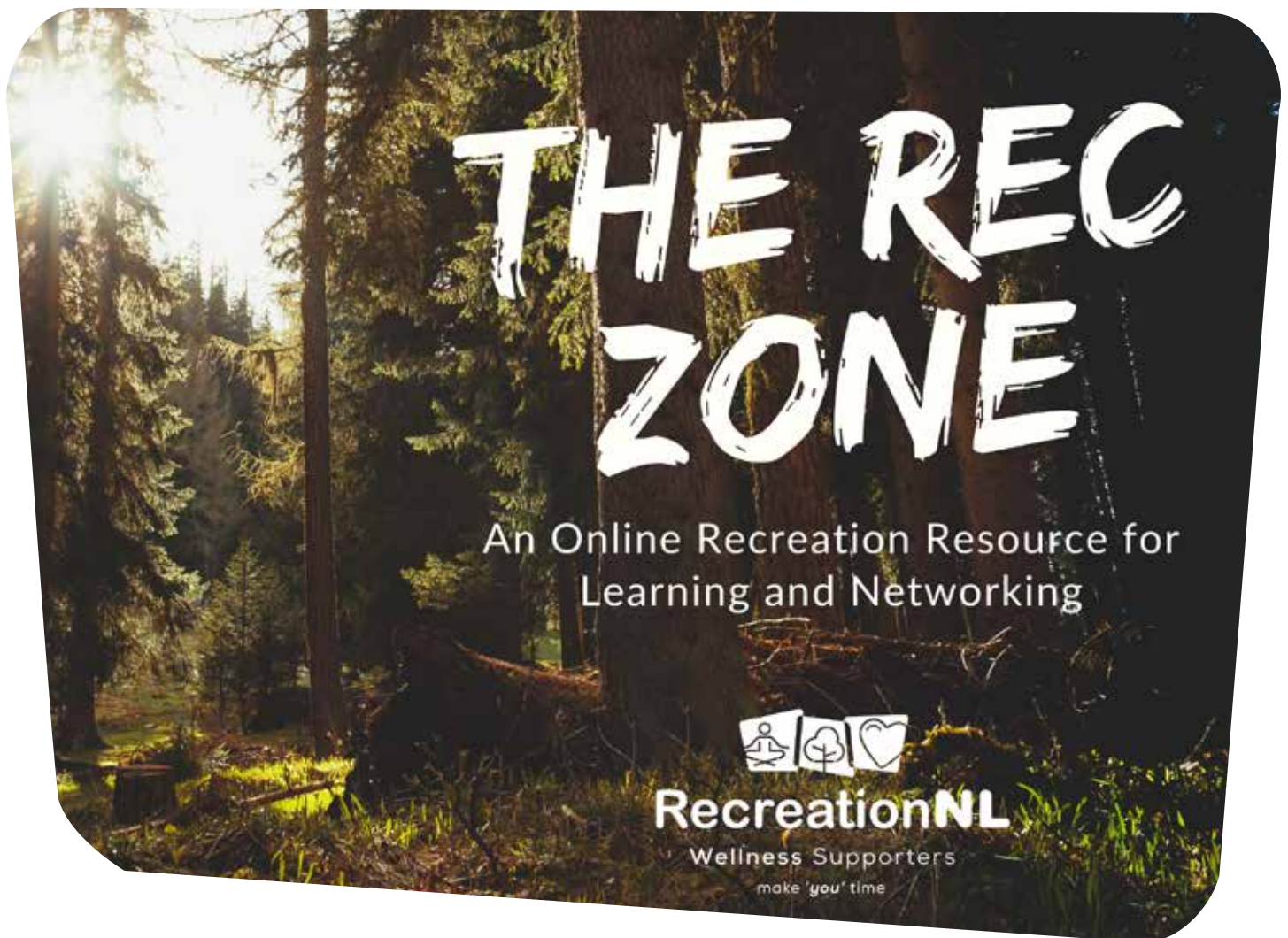
As a result of identified needs from member engagement and evaluation, Recreation NL created an online platform, known as The Rec Zone, to better serve our members. With our rapidly changing society and recreation sector, there is an increased need for virtual/remote resources and training opportunities, which The Rec Zone can meet.

The implementation of this platform aligns with our mission to enhance the delivery of recreation throughout Newfoundland and Labrador, by means of a new method of connecting and collaborating.

Key features of The Rec Zone include:

- Communication / Discussions
- Resource library (300+ resources!)
- Online meetings & webinars
- Trainings

The Rec Zone has the capacity to grow into one of our most powerful tools for communication, sharing knowledge, and learning, all in one space and accessible to everybody.





Recreation Month

www.recreationnl.com
[#RecMonthNL](https://twitter.com/RecMonthNL)



RECREATION NL STRATEGIC PLAN

Recreation Newfoundland and Labrador (Rec NL) is currently undertaking a series of member engagement activities to prepare for the development of its (2024-2027) strategic plan. This plan will outline several priority goals and objectives to guide Rec NL into the future as per the feedback and recommendations of its members, board members, and staff.

Rec NL will be focusing its energies and efforts over the next three (3) years in each of the following areas:

1. Communications
2. Advocacy
3. Education and training

We encourage and welcome member's active participation and are available to answer any questions regarding the proposed process.



Recreation Newfoundland and Labrador is committed to encouraging the residents of Newfoundland and Labrador to access available recreation programs, facilities and healthy living supports in pursuit of a healthier and more active population



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For more information and upcoming session offerings please visit:

  recreationnl.com

info@recreationnl.com



The programs of Recreation Newfoundland and Labrador are financially supported by the Government of Newfoundland and Labrador