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We recognize that in these unprecedented times, you will need access to information and resources. So, we've created a new email communication: PRO Dispatch. This new communication will provide you with updates on COVID-19, helpful resources and updates from the Government on support for our sector. We hope you enjoy the material and find it helpful as we work together to get through this challenging time.

COVID-19 UPDATE

This past week, PRO has been closely monitoring both the federal and provincial announcements as they apply to our sector. With the updated list of [essential workplaces](#) out and [outdoor recreational spaces officially closed](#) through the extended State of Emergency, we're doing our best to determine what our members need and our best approach to advocacy. Here is what PRO is doing to support the sector:

- Collecting and analyzing data on the impacts of COVID-19
- Opening up a discussion rooms to connect our members
- Extending membership benefits
- Sharing activities and positive messaging on social media

PRO Discussion Room: The Impact of COVID-19 on Parks and Recreation

If you didn't attend the inaugural PRO Discussion Room, you can [watch the webinar](#) on our YouTube Channel. You can also [download the slides](#) on our [COVID-19 Resource Page](#).

PRO Member Knowledge Hub

We will also be continuing the conversation with you on our [Knowledge Hub](#). Log in to access resources and share with other members. You can click First Time Login to get a password or reset your password automatically from the member sign in page.

Other useful pages

Association of Municipalities of Ontario [COVID-19 Resources](#)

Imagine Canada [COVID-19 and the charitable sector](#)

RESOURCES

To Watch

Life is Like a Canoe Trip

The video below features a youth development program from the communities of the Wiikwemkoong Unceded Territory on Manitoulin Island. A wilderness adventure develops leadership skills in young people through a 10-day canoe trip down the French River. In their own words, hear how these kinds of experiences are changing the direction of their lives of youth.



To Learn

Inclusive Recreation Sharing Success Stories Webinar

As part of the PRO 2019 Webinar Series, the following recorded webinar provides an overview (or a refresher!) of the Legislative Framework around accessibility standards, and some common challenges and solutions municipalities have faced during implementation.

Featuring: Michael Awe, Government of Ontario; Jennifer McPetrie, Town of Oakville; Dave Sora, Pickering Soccer, Ontario Parasport Collective; Tammy Townsend, Town of Milton

[Click here](#) to watch the webinar and [click here](#) for the accompanying slides.

To Do

The Canadian Centre for Diversity and Inclusion is offering Complimentary Webinars to everyone until May 31st, 2020.

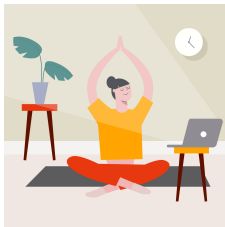
Topics include:

- **Gender Diversity**
- **Managing Microaggressions**
- **Allyship - Your Role in Supporting Minorities**

[Click here](#) to see the webinar calendar and to register.

PHYSICAL ACTIVITY CORNER

Tips and tricks for staying active and healthy while practising physical distancing at home



There are lots of ways to stay physically active even with gyms and recreation centres closed. Dig out that old skipping rope from the garage, re-engage with those long-forgotten [fitness](#), [yoga](#), tai chi or pilates DVDs. [READ MORE](#)

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