

How to Work Together in Recreation for Lower Tier Communities

Session W22

March 27, 2019

Presented By:

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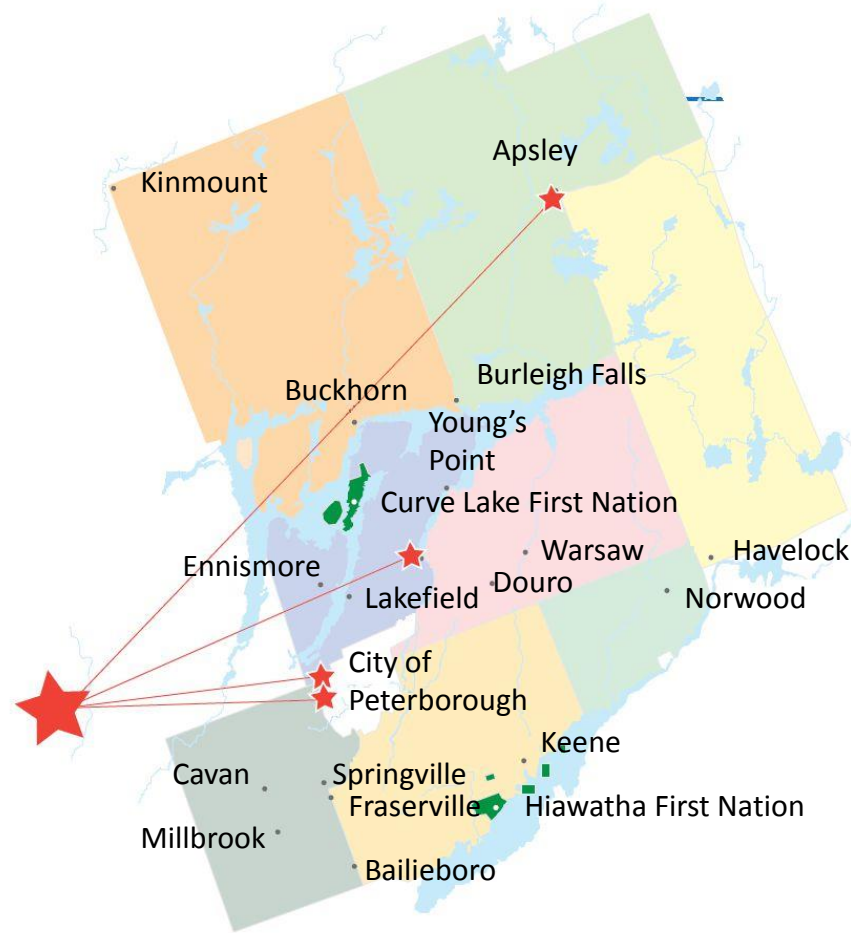


Who We Are

- We are representing the entire Peterborough Region, which includes 8 Townships, the City, and two First Nations
- We are members of a regional group known as the Municipal Access to Recreation Group (MATRG)

Peterborough Region

1. City of Peterborough
2. Curve Lake First Nation
3. Township of Asphodel-Norwood
4. Township of Cavan Monaghan
5. Township of Douro - Dummer
6. Township of Havelock-Belmont-Methuen
7. Hiawatha First Nation
8. Township of North Kawartha
9. Township of Otonabee-South Monaghan
10. Township of Selwyn
11. Municipality of Trent Lakes

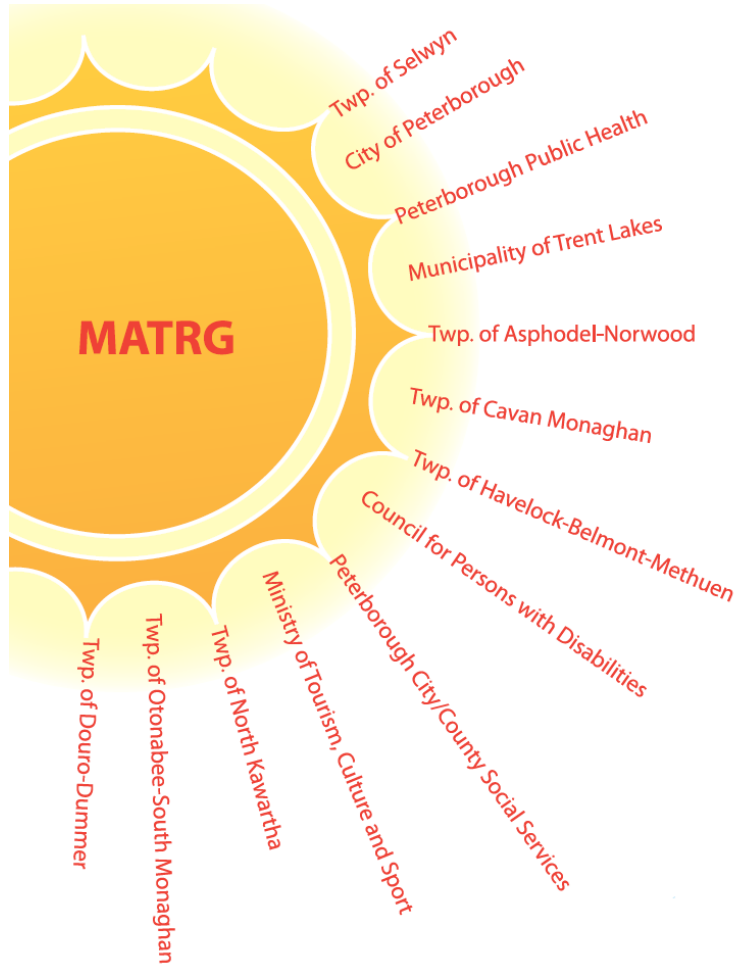


Purpose of MATRG

To work collaboratively to create opportunities that improve Access to Recreation (ATR) for the residents and visitors of the Peterborough Region



Access To Recreation



Access to Recreation (ATR) means:

being able to participate in structured or unstructured physical activity to improve health, develop a skill or build self-esteem.

Access means:

recreation is affordable, within your community and inclusive of different cultures, ages and ability levels.

How Did This Start

- In 2010/11 the Public Health conducted a review of healthy community indicators for the Peterborough area.
 - Top priority identified for physical activity/recreation:
 - Increase support for a variety of affordable and accessible recreation programs in both the city and county.
- Parks and Recreation Ontario
 - Affordable Access to Recreation for Ontarians: Policy Framework
- Canadian Parks and Recreation Association
 - National Policy Statement to address the affordability of recreation for low-income Canadians

Background

- ATR work was happening locally:
 - Selwyn: Recreation Services Plan
 - Douro-Dummer: Resident survey
- Public Health applied for a grant to hold an exploratory meeting with municipalities to discuss ATR.
 - Hired a consultant.
 - Exploratory meeting held on April 25, 2013 with 7 Townships

Formation of MATRG

- After April 25, 2013:
 - Continued interest for all Townships to meet.
 - City of Peterborough Recreation joined.
 - City/County Social Services joined.
 - Ministry of Tourism, Culture and Sport joined.
 - Council for Persons With Disabilities joined
 - Request for formal terms of reference – created June 2014.
 - Request for joint projects.



Major Accomplishments

- Activate Peterborough City and County
 - 9 municipalities applied for funding from the Ontario Sport and Recreation Communities Fund.
 - Project led by Selwyn Township.
 - Needs assessment with recreation and sporting groups in every municipality
 - Building capacity through training and joint projects, 5 Training Courses & 2 Workshops
 - Develop partnerships
 - Subsidy brochure

Major Accomplishments

- Healthy Parks/Play Spaces
 - Collaborated to bring Playground Inspector training locally – which reduced costs.
 - Developed a standardized playground inspection checklist.
 - Researched criteria for parks & play spaces that build physical literacy, child development and inclusivity.

Major Accomplishments

- Healthy Kids Community Challenge
 - Funding for
 - School and public skating programs
 - Learn to Curl program
 - Swimming lessons and monthly passes
 - 21 Water refill stations across 9 municipalities
 - 9 Municipal Councils received presentations to make a commitment to promote water
 - 51 locations added to bluewptbo.ca
 - 4 Municipalities engaged in offering healthier options at recreation centres
 - 2 sites implement healthy menu changes
 - 25 minor sports teams participated in the Healthy Half Time Snack Challenge
 - 10 Hopscotch Stencils on 10 Municipal parks/First Nation community centres

Major Accomplishments

- Community Recreation Map
 - 9 municipalities
 - Basic information about community recreation programs and facilities

Information Sharing

- Age Friendly Peterborough Plan
- Sport Kawartha
- National Framework for Recreation
- Healthy, Safe Play Spaces
- Process Evaluation for MATRG
- Kawartha Komets (special needs hockey program)
- Tours of partner facilities and equipment
- Propane handling course
- Making the Case for healthy beverages/Healthy eating in community /recreation centres
- Overview of Vision 2025 (10 year strategic plan for recreation, parks, arenas and culture)
- HKCC Water Station Project Education Session
- Peterborough Community Care
- Ontario Invasive Plants Council
- Peterborough Aids Resource Network
- The Lakefield Trail Stewardship Committee
- Ministry of Natural Resources and Forestry
- Canadian Tire Jumpstart Charities

Collaborative Work

- Healthy Kids Community Challenge
- Healthy Complete Outdoor Spaces Technical Advisory Committee
- Participated in City of Peterborough's Project Steering Committee for the Senior Recreation/Leisure Services and Facility Study
- Formed a new Partnership with Peterborough and Kawarthas Economic Development
- Collective input into an Older Adult recreation/leisure program & facility study (currently underway)

Promotion of MATRG

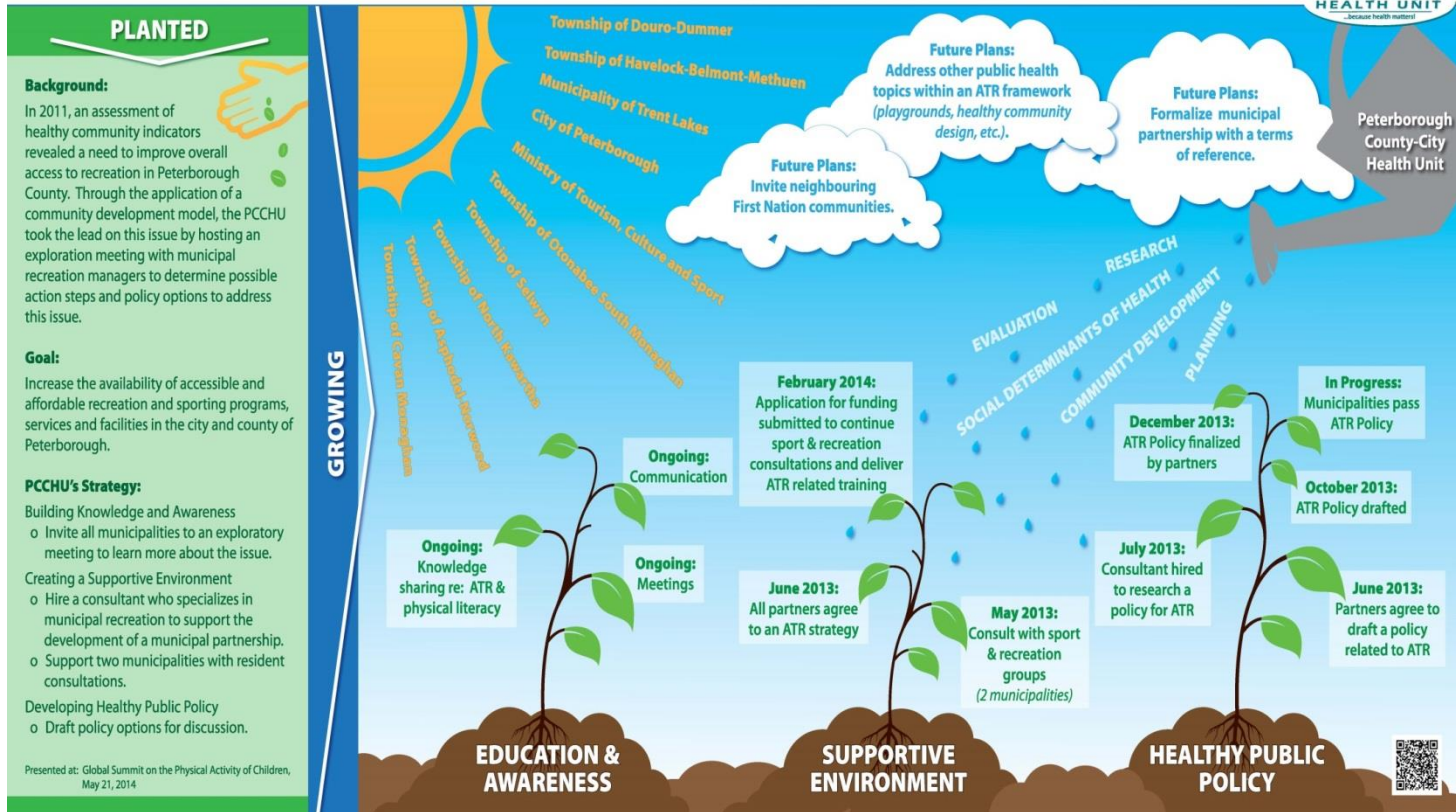
- Global Summit on the Physical Activity of Youth – presentation by Public Health in 2014



Promotion of MATRG

Title: **Application of a Community Development Model to Develop Policies to Improve Access to Recreation (ATR) in Peterborough County**

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Canadian Sport For Life Article



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Peterborough County: Changing the Landscape of Municipal Recreation

By: MacKenzie Downing

After attending the [International Physical Literacy Conference](#) in 2013, the County of Peterborough, Ontario was inspired to make a change . . . and boy, did they ever! The Canadian Sport for Life (CS4L) movement advocates for alignment and collaboration between the sport, education, health, and recreation sectors as a means to provide quality sport and physical activity opportunities to all Canadians. Health and recreation professionals in Peterborough are championing this message by changing the way they meet the sport, physical activity, health, and recreation needs of their residents. Their Access to Recreation (ATR) project represents a unique initiative in which municipalities are working together to provide their residents with improved access to quality physical activity opportunities.



The ATR project was started after an assessment of healthy community indicators was conducted by the Peterborough County-City Health Unit (PCCHU) in 2011, which revealed access to recreation throughout the county to be a key area needing improvement. The PCCHU's Health Promoter, Janet Dawson (pictured left), quickly determined that the most efficient way to work towards improving access to recreation lay in collaboration with the municipalities in Peterborough County. Janet explained that, for her, working with several municipalities to meet this target was an obvious approach. "Access stems from the recreation provider and since the recreation provider is the municipality, it was clear we needed to work with the municipalities to tackle this problem."

Dawson and the PCCHU took the lead on calling the municipalities together to form an ATR working group. The first exploratory meeting with municipal parks and recreation staff was held in April 2013. During this initial meeting it was hypothesized that the most efficient way to improve access to recreation in the individual municipalities of Peterborough County was to establish a county-wide policy. If areas of importance were established at the county level, the ATR working group could then collaborate to strengthen the recreation and sporting sectors on a county and city level, rather than dealing with townships individually.

Taking a county-wide approach to improving access to sport and physical activity is a new concept for Ontario. Chris Kawalec, the Community Social Plan Coordinator with the City of Peterborough, explains that municipalities often work independently because that's how the system is structured. Despite this systemic challenge, when Dawson approached him with the opportunity to collaborate he was eager to get onboard. "There is lots of interest in collaboration – sharing of best practices, etcetera, but rec managers are under a lot of pressure in terms of maximizing budgets and managing responsibilities. There is no shortage of work so taking on new responsibilities is scary," says Kawalec.

It's not surprising, therefore, that there was some initial scepticism about the benefits of a county-wide policy. The nine municipalities represented in the working group include a mix of urban and rural, as well as upper- and lower-tier communities. Furthermore, there are vast differences in how sport and recreation is delivered in each municipality. Given the amount of variance existing between these communities, some of the municipalities questioned the value of collaborating with communities so different from their own. Accordingly, to access the value of the initiative, each recreation manager agreed to assess their current programs and facilities to determine what changes and improvements could be reinforced by a county-wide policy.

In the news

[Edmonton Becoming a CS4L Community, Part 2: Mobilization](#)

[Edmonton Becoming a CS4L Community, Part 1: First Steps and Exploration](#)

[Vancouver: A Legacy beyond the Olympics and Paralympics](#)

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Thank You

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