



OVERVIEW

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WELCOME TO THE YUKON COMMUNITY RECREATION LEADERS GUIDE...

Take a moment and picture your community, our territory and a Canada where everyone takes part in recreation. Imagine community recreation that is meaningful, fun, accessible and affordable for all. As a leader, you can help others appreciate and engage in recreation experiences that support personal health, community vitality, and the well-being of our natural and built environments. Each of us in the field of recreation has the capacity to contribute to these outcomes. By strengthening our collective recreation leadership capacity, we can be part of achieving this vision.

Following a recent gathering of Yukon's local recreation leaders, one participant shared thoughts on her experience.

"I learned a lot... about how recreation works... It was tremendously helpful to meet the people (who) are keen on making life healthier for everyone... It was also very affirming when everyone shared their beliefs and ideas about what makes people healthy and happy and how to improve the quality of Yukoners' lives" (Jackie, 2013).

In our small, rural and often remote Northern communities, recreation leaders play a vital role in supporting participation in a variety of activities that positively contribute to health and well-being. As Jackie observed, those of us working and volunteering in the field of recreation invest our time and energy because we know recreation makes a difference in the lives of individuals, our families, neighbours and communities.

The Yukon Community Recreation Leaders Guide was written for leaders like Jackie, leaders who want to better understand how recreation works so that they can be part of making their communities a better place to live.



PURPOSE OF THE GUIDE

Recreation leaders fill roles as hired staff, casual contractors and volunteers. They are also seen as community recreation directors and programmers, local coaches, fitness leaders, board members, after school program leaders, youth program facilitators, special events volunteers, trail builders and others. This Guide is for you, the recreation leaders who contribute time, energy and enthusiasm in Yukon and in other small remote communities creating a positive and beneficial experience for everyone.

In Yukon, recreation can mean many things to different people, but much of it is about serving the public good by:

- building an understanding of the potential of recreation;
- providing opportunities for people to engage in recreation; and
- supporting people so they can take part in the opportunities.

Addressing these priorities requires healthy, competent recreation leaders and organizations with the capacity to contribute to the public good. This means that publicly-funded recreation organizations (nonprofit and government) need to pay attention to:

- gathering and promoting information about the individual, community, environmental, and economic benefits delivered by recreation;
- meeting the recreation needs of citizens and communities, particularly the needs that serve the public good and require government funding assistance; and
- providing education that enhances leisure literacy levels so individuals can participate in a broad range of recreation opportunities. This involves supporting skill development, interest, and confidence, as well as ensuring that people have access to recreation opportunities.

Yukon Government Sport and Recreation Branch (SARB) funded the development of the Yukon Community Recreation Leaders Guide to strengthen the capacity for recreation in Yukon's rural and remote communities. Capacity involves the skills, knowledge and resources required to lead, manage and work or volunteer for Yukon recreation boards, organizations, and departments.

In cooperation with recreation leaders throughout Yukon, the Recreation and Parks Association of Yukon (RPAY) identified thirteen foundational competencies essential for the effective delivery of community recreation. The following model shows that these foundational competencies are the basis for the core and advanced competencies recognized across Canada. Thirteen modules comprise this Guide and provide content for each competency.

COMPETENCIES OF COMMUNITY RECREATION LEADERS



Building on the foundational competencies identified in the model, we know that competent recreation leaders:

1. Promote the role of recreation in contributing to the well-being of individuals, communities, and our natural and built environments.
2. Support community recreation within the context of the Yukon Sport and Recreation System.
3. Administer basic budgets, fundraising and grant activities.
4. Recognize their role as community leaders and their potential to positively impact the community through recreation.
5. Use recreation as a vehicle for strengthening community capacity.
6. Contribute to the planning and evaluation of relevant community programs, services, events and initiatives.
7. Apply fundamental risk management strategies.
8. Contribute to the delivery of community-driven programs and events.
9. Work with others to implement appropriate marketing strategies.
10. Assist in maximizing the safety, programming and potential of utilizing community facilities and outdoor spaces.
11. Contribute to meaningful relationships with community groups.
12. Contribute to effective staff and volunteer engagement.
13. Support the functions of volunteer boards.



HOW TO USE THE GUIDE

The Guide introduces recreation leaders, recreation boards, municipalities and First Nation governments to the scope of practice, knowledge, skills, and attitudes that make up the foundation for working or volunteering within community recreation. The Guide can be used to suit individualized learning needs by:

- A new Recreation Director, to become familiar with Yukon's sport and recreation system and resources available to support community recreation;
- A Recreation Board, to help develop an annual plan and budget;
- A Recreation Coordinator, to develop a process for recruiting, retaining and recognizing volunteers;
- An After School Leader, to develop a program plan and better understand how to manage a budget;
- A municipal or First Nations government, to identify the process for hiring a recreation director and the competencies needed for that position;
- A community group, to understand fundraising and writing proposals;
- A Recreation Director, to support the development of their staff and volunteers; and
- Communities, to engage residents and encourage collaboration among different groups.

The Guide does not need to be read word for word from beginning to end. It has been designed to encourage you to browse relevant topics. Links are provided throughout the Guide, leading you to more detailed resources or templates (e.g. budget template) as well as resources for the field of recreation.

The companion [Self-Assessment Tool \(pdf69\)](#) provided at the end of this Overview, can be used to help identify the modules that would be most beneficial for further learning. It can also be used by an organization to develop a training plan for staff and/or volunteers.

The Yukon Community Recreation Leaders Guide is also available at www.yukonrecreationleadersguide.ca or www.rpay.ca/guide. Visit this site to access a variety of individualized and interactive learning resources (e.g. YouTube videos), links to online learning opportunities (e.g. webinars and self-directed courses), and to participate in discussions about topics relevant to your work as a recreation leader.

For readers of the printed version, in order to access resources that are linked through the RPAY website, go to www.rpay.ca/guide and enter the reference link in the search box provided (e.g.vid1) or use the direct link (e.g. www.rpay.ca/vid1).