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BEHIND THE SCENES IN COMMUNITY RECREATION

# 2019 FALL RECREATION GATHERING

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OCTOBER 15-17, 2019

Inn on the Lake, Marsh Lake, Yukon



Information & Registration  
Package

[www.rpay.ca/conferences](http://www.rpay.ca/conferences)



# At a Glance

## Tuesday, October 15<sup>th</sup>

### Optional “pre” sessions

- 10:00 Nordic Walking Leader Training
- 11:00 What’s New with Recreation North's Training Program?

### The Gathering

- 13:00 Registration and Check-In
- 14:00 Recreation...All the News!
- 16:45 Keynote Speaker: Russ Sheppard of the Grizzlies
- 17:30 Welcome and Annual Recreation Awards
- 20:00 Recreation Rollicks: The Grizzlies

## Wednesday, October 16<sup>th</sup>

- 08:30 Developing Yukon's Youth Recreation Leaders
- 09:00 Community Recreation and Cannabis
- 11:00 Get Moving with Physical Literacy
- 11:30 Privacy and Participation
- 13:30 What’s Your Recreation?
- 14:00 Using Social Media to Achieve Your Program Goals
- 16:30 Psychological First Aid ~ Online\*\*
- 19:30 Recreation Rollicks: Get Moving with Bhangra

## Thursday, October 17<sup>th</sup>

- 08:30 Psychological First Aid certification\*
- 16:30 It’s a Wrap!

### Psychological First Aid (PFA) Notes:

\* Psychological First Aid certification that requires 100% participation. By registering, you agree to participate fully in the online segment and in-person session. The course fee is paid on your behalf to Yukon College through a funding agreement with Yukon Government Sport and Recreation Branch.

\*\* The Canadian Red Cross PFA is delivered in a blended format. After registering, you receive a link to complete a short, online segment which must be completed before Thursday. Time is set aside on Wednesday afternoon for those who were unable to complete it beforehand. Please bring a laptop if you will be completing the online segment at the Gathering.

# Join Us

## WHO?

- Recreation leaders from rural communities and recreation leaders who regularly work with Yukon's rural communities are invited.
- Participants require a current RPAY Membership.
- Due to the venue, participation is limited to 25 with priority given to those working in or with rural communities.

## WHEN?

- October 15<sup>th</sup> to 17<sup>th</sup> with overnights on Tuesday and Wednesday.

## WHERE?

- Nordic Walking Leader Training takes place in the Whitehorse Cross Country Ski Club Wax Room at 1 Sumanik Drive, Whitehorse.
- The Recreation Gathering is held at Inn on the Lake, Lot 76 McClintock Place, Marsh Lake. Participants are expected to share a room. Those living outside the Southern Lakes area receive priority for accommodation.
- We do our best to accommodate room requests and special dietary needs.

## COST?

- Registration fee is \$150.00.

## WHAT TO BRING?

- Comfortable clothes for indoors and outdoors.
- A laptop for completing PFA Online, or complete it before coming to the Gathering.
- Bathing suit and flip flops in case the hot tub is available.

## FOR MORE INFORMATION

- Contact RPAY at 668-3010 or [rpay@rpay.ca](mailto:rpay@rpay.ca).





# Logistics

## REGISTRATION

- Register before Friday, September 27<sup>th</sup>. Late registrations may be accepted if space is available.
- The fee of \$150 covers RPAY participant membership, all sessions, 2–nights accommodation and meals at Inn on the Lake, and access to a subsidy for travel and Whitehorse accommodation if needed.
- Register online at [www.surveymonkey.com/r/RG19](http://www.surveymonkey.com/r/RG19) and pay with your credit card.
- Your one–time RPAY participant membership is included. If you prefer an annual membership with voting privileges, purchase yours at [www.rpay.ca/membership](http://www.rpay.ca/membership). Annual memberships expire June 30th.
- When you register, let us know if you will need an accommodation or travel subsidy, and if you have any special dietary considerations.

## TRAVEL – ACCOMMODATION – MEALS

- You are responsible for your own transportation. Travel subsidies are available for participants who must travel more than 75 km one–way.
- Inn on the Lake has several types of rooms ranging from two queens beds per room to two single beds per room. Participants are expected to share a room so we can accommodate as many as possible. Those living more than 75 km away are given priority for accommodation.
- For participants who need to travel to the Gathering on Monday or Friday, a subsidy of \$100/night for Whitehorse accommodation on Monday and/or Thursday nights is available. Arrange your own accommodation and submit receipts with your travel claim.
- Please inform us of any dietary needs on the registration page. Although we try our best to accommodate them, Inn on the Lake is a small venue so not all dietary considerations are possible.

Register at:  
[www.surveymonkey.com/r/RG19](http://www.surveymonkey.com/r/RG19)

Before: Friday, September 27



# The Details

## Tuesday, October 15 Pre-Sessions (Optional)

Nordic Walking Leader Training is a 3-hour course that trains you to lead Nordic walking groups. Learn to plan for and lead Nordic walking in a safe environment and include warm-up and cool-down exercises. Find out about resources available for hosting a Nordic Walking program. Dress for the day's weather. Bring layers of clothing (waterproof and warmth), hats and mitts, a comfortable pair of walking shoes, a water bottle and a packable light snack. Walking poles are available to purchase if you do not have your own.

Facilitator: Jan Downing, RPAY's Nordic Walking Leader Trainer

What's Up with Recreation North's Training Program? Find out how Recreation North's distance Training Program supports professional development and provides relevant training for staff and volunteers.

Presenter: Caroline Sparks, Learning Consultant

## Afternoon & Evening ~ Tuesday, October 15

Recreation...All the News! This popular session will get you up-to-speed on the latest and greatest territorial happenings in recreation with presentations from Yukon Government Sport and Recreation Branch and RPAY. There will be time for questions and answers.

Keynote Speaker: Russ Sheppard, Coach of the Kugluktuk Grizzlies Lacrosse Team shares his inspiring story.

Yukon Recreation Awards recognize and celebrate outstanding leadership in recreation in the Yukon.

Presenters: Yukon Government and RPAY

Recreation Rollicks: stay tuned for our fun feature of the evening!



# The Details

Morning ~ Wednesday, October 16

**Developing Yukon's Youth Recreation Leaders.** Find out about Recreation North's newly-designed youth recreation leadership certificate. Share your ideas on how we can customize delivery across the Yukon.

Presenter: Caroline Sparks, Learning Consultant

**Community Recreation and Cannabis.** Gain insight into the laws around public use of cannabis. As these laws are new and vary by province and territory, recreation leaders need to know what the legalization of marijuana means for their programs and events. There will be lots of time to answer questions and discuss community situations.

Presenter: Al Lucier, ADM Department of Justice, has 30 years in a public safety career. Starting in the Yukon, Al worked in BC and at RCMP national headquarters. In 2016, Al joined the Department of Justice with the responsibility for policing, corrections and victim services. Al has been the senior Justice official on the cannabis file since the spring of 2016.

**Get Moving with Physical Literacy** encourages you to learn a new skill and reflect on how your understanding of physical literacy influences your programming. Discover what Physical Literacy and You (P.L.A.Y) Yukon is doing and how to get involved with others.

Presenter: Melanie Tait is Sport Yukon's Physical Literacy Coordinator and a Registered Occupational Therapist and passionate about healthy child development and lifelong physical activity.

**Privacy and Participation:** Privacy laws have changed. Recreation practitioners often ask questions about what information can be collected, how to collect it, where to keep it, etc. Bring your questions and concerns to this session.

Presenter: Sebastian Paauwe,  
Investigator and Compliance Review Officer  
Yukon Ombudsman's Office





# The Details

**Afternoon & Evening ~ Wednesday, October 16**

**What's Your Recreation?** Lotteries Yukon is raising Yukoners' awareness of recreation, and connecting it to the Framework for Recreation in Canada. The campaign, launched in May 2019, aims to diversify the scope of recreation projects applications and foster active, healthy lifestyles through recreation.

**Presenter:** Colleen Parker, General Manager, Lotteries Yukon

**Using Social Media to Achieve Your Program Goals.** Social media helps reach and engage audiences and achieve recreation program goals. From educating a community on healthy living to selling out programs; social media is an affordable and effective tool. In this hands-on workshop, learn to identify your goals and audiences and use those insights to drive meaningful and engaging content.

**Facilitator:** Selene Vakharia, Owner of SMRT POP UPS, is a digital strategist with 15 years experience across Canada. She is one of the most highly trained social media and digital marketing professionals in the Yukon.

**Psychological First Aid (PFA) Online** allows time to complete the pre-requisite for your PFA certification. If you complete this before coming to the Gathering, enjoy some outdoor networking instead. Please bring a laptop to this session.

**Facilitators:** Caroline Sparks and Mia Lee, PFA Instructors

**Recreation Rollicks: Get Moving with Bhangra** is a fun introduction to Bhangra dance and culture! Get moving with some Bhangra moves and then enjoy dancing to the uplifting Bhangra music.

**Facilitator:** Gurdeep Pander, a Whitehorse-based Bhangra artist and author, creates performance pieces that bring people from all backgrounds together to promote inclusivity and diversity. His performances and videos have crossed many borders and are watched by millions all over the world.



# The Details

All Day ~ Thursday, October 17

Canadian Red Cross Psychological First Aid. This resiliency-building wellness program equips individuals in supporting themselves and others to cope with the effects of stress, loss, trauma and grief. 100% participation is a requirement for certification.

Prerequisite: Complete the 45-minute, online Self Care module before the course. Time is set aside on Wednesday afternoon for those who could not complete it beforehand. Please bring a laptop.

Facilitators: Mia Lee, Red Cross Instructor, and Caroline Sparks, Red Cross Instructor Trainer, are excited to introduce to you one of the newest certification courses designed by the Canadian Red Cross for community leaders and general public.

## Driving Directions

Inn on the Lake is located at historic mile 883 on the Alaska Highway 55 km south of Whitehorse, Yukon. From Whitehorse, head onto the Alaska Highway in a south/east direction.

1. In 15 minutes you come to an intersection of the Alaska Highway and the South Klondike Highway...continue on the Alaska Highway.
2. In another 10 minutes, you cross a blue bridge over the Yukon River.
3. In 10 more minutes, you will cross a small bridge over the McClintock River. Inn on the Lake is located 9 km after this bridge.
4. In 2 km from the bridge, you see Marsh Lake. The Highway curves along the lake. As it begins to straighten and pull away from Marsh Lake, watch for the Inn on the Lake sign.
5. Turn right at Nolan Road; Inn on the Lake is on the left in 300 meters.

### REMINDER...

Don't forget to nominate someone for the RPAY Recognition Award to be given out Tuesday, October 15<sup>th</sup> at Inn on the Lake. Download a fillable Nomination Forms at: [https://rpay.link/news/RPAY\\_Recognition\\_Award-Nomination\\_Fillable\\_Form.pdf](https://rpay.link/news/RPAY_Recognition_Award-Nomination_Fillable_Form.pdf)







# PSYCHOLOGICAL FIRST AID

A resiliency-building approach to emotional, psychological, and social wellbeing

First aid for the mind is just as important as first aid for the body. Individuals suffering from high stress levels, burnout and suicidal thoughts are at an all-time high in areas such as workplaces, schools, indigenous communities and among professional responders.

**Psychological First Aid** is a resiliency-building wellness program that equips individuals in supporting themselves and others to cope with the effects of stress, loss, trauma and grief.

- Uses audience-specific case-based learning that focuses on self-care and personal protection
- Incorporates the latest evidence-based research on emotional, psychological, and social well-being
- Supports and complements workplace wellness education programs
- Online, in-class and blended delivery course options available

## Who should take this training?

Psychological First Aid is for everyone. We all have strengths and abilities to cope with life's ups and downs, however, everyone can be vulnerable under stress or in a crisis situation. Training in Psychological First Aid helps to reduce stigma associated with mental health crises and can reduce negative health outcomes for individuals by promoting positive conversations about wellness. With emphasis on establishing a connection with people in a compassionate non-judgmental manner, the training also helps to foster a positive work environment and culture of care in the workplace.

**What makes Psychological First Aid different from Mental Health First Aid?** The broad preventative focus of the program. Mental Health First Aid focuses on primarily educating professional responders on the signs, symptoms, and care for various types of mental health issues. Psychological First Aid offers a daily aid to dealing with the stresses of life for individuals within a broad spectrum of communities.

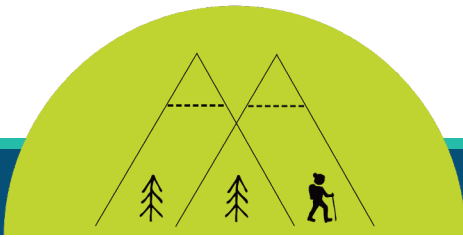
## Course Offerings

Red Cross has two online courses and a blended/classroom-based course to support learning of the factors involved in psychological first aid and wellness. Online courses can be taken separately as stand-alone courses, or as component of the blended option for the Psychological First Aid course. Participants who successfully complete the classroom-based course will receive a 3-year certification in Psychological First Aid.

COURSE	DESCRIPTION
<b>Self-Care</b> 45-90 minutes online	Build a personal understanding of the effects of stress, loss and grief through the Red Cross Look, Listen, Link, Live model, and develop a self-care action plan.
<b>Caring for Others</b> 45-90 minutes online	Build an understanding of the effects of stress, loss and grief on others through the Red Cross Look, Listen, Link, Live model.
<b>Psychological First Aid</b> Classroom-based: 12 hours in-class  Blended Option: 7 hours in-class 45-90 minutes online	Learn how to support yourself and others to cope with the effects of various types of stress, using primarily case-based learning. Classroom-based and blended delivery course options are available.



Canadian  
Red Cross Training  
Partner



# RPAY Recognition Award

~ Nomination Form ~

## Nominator Information

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Name:

Address and Postal Code:

Phone Number:

E-mail:

## Nominee Information (Individual or Group being nominated)

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I nominate the following individual or group to be recognized for supporting RPAY's mission which is to "strengthen the capacity of Yukon communities to engage their citizens in active, healthy lifestyles through recreation and parks."

Name:

Address and Postal Code:

Phone Number:

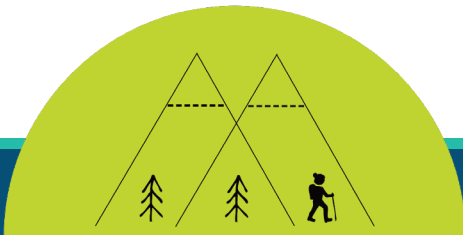
E-mail:

## Reason for Nomination

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Please provide a brief description of why your nominee deserves the award.





## **Presentation of the Award**

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The RPAY Board of Directors review nominations and selects an individual or group to receive the award.

The Recognition Award is presented at the Annual Recreation Gathering each Fall.

## **Submit Nominations by September 15 to:**

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Recreation and Parks Association of the Yukon

Unit 201-C 170 Titanium Way, Whitehorse, Yukon Y1A 0G1

Phone: 867-668-2389

Fax: 867-668-2455

Email: [anne@rpay.ca](mailto:anne@rpay.ca)