

Recreation Communications

CELEBRATING 25 YEARS OF ACTIVE,
HEALTHY LIVING THROUGH RECREATION
AND PARKS

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DID YOU KNOW THAT?

Each year, more than 700 Yukon children get on bikes through Cycle Smart, including more than 250 children from rural Yukon. To ensure that all children can participate, even if they don't have their own bike, we bring along a fleet of loaner bikes and helmets.

Welcome to the digital RPAY Newsletter. This quarterly newsletter gives us the chance to provide updates on our programs and to give you recreation news from across the Yukon and Canada! Do you have an idea for our next newsletter? Have a program or update from your community you'd like to see featured? Please contact Kelsey at kelsey@rpay.ca

RHEAL LEADERS

Mark your calendars for September!

The RHEAL Leader Program is busy wrapping up for the year. We had a great year with some amazing RHEAL Leaders despite some challenges with COVID.

We had RHEAL Leaders in 7 communities across the Yukon delivering 18 different and unique programs.

The RHEAL Leader program provides opportunities for physical activity and promotes active lifestyles in rural Yukon communities. Programs run between September and May and are offered at least once every week over a minimum of two months and are led by a qualified, local individual. Funding for expenses such as an honorarium for the leader's time, materials, supplies, healthy snacks, and/or facility rental may be provided.

RHEAL Leader programs are welcoming, accessible, and inclusive and do not restrict participation because of cost, equipment needs, or transportation.

The RHEAL Leader program opens for applications again on September 15 2023!



CYCLE SMART

Get Ready to Learn

Cycle Smart is about to get up and running for the year.

We are excited to be working with Terra Riders again this year to deliver the Cycle Smart program in schools across the Yukon.

Cycle Smart is an Active Yukon Schools program offered by RPAY that gives children the opportunity to learn and practice important bicycle safety skills on their bikes. The program comes to schools across the Yukon and includes setting up a series of stations on the playground. Children progress through the stations and hone their skills of negotiating intersections, signaling, riding in a straight line, shoulder checking, helmet use, and much more.

Watch for the Cycle Smart crew as they come through your community soon!



RECREATION NORTH

Training Continues this Spring!

REGISTER NOW! The Recreation North Training Program is for anyone who works or volunteers in recreation. The training is delivered remotely which allows you to learn from home or work.

Our upcoming learning events (micro-courses) include:

April 4: PE102 Creating Positive Program Experiences explores how to establish a safe and supportive environment for participants. When recreation leaders use a strengths-based approach, they contribute to inclusive and positive recreation experiences.

April 25: FS101 Use Spaces and Places Creatively explores how to address local interests and improve access to and inclusion in a variety of recreation opportunities by using space and places creatively and by connecting people to nature.

May 9: RS103 Value Northern Recreation, Arts, Culture, and Sport encourages appreciation for the diversity of Northern recreation, arts, culture, and sport. Traditional games, dance, art, music, heritage, sport, and on-the-land activities support unique and meaningful recreation experiences.

April 25: SV101 Find and Keep Volunteers focuses on the key role of volunteers in recreation. Get to know your local volunteers better and explore strategies to engage them in the delivery of community programs and events.

It is never too early to start thinking about registering for learning events starting in the fall. The 2022-2023 schedule of learning events are available now at recnorth.ca Register early to secure your spot!

10TH ANNUAL ARCTIC SPORT INTER-SCHOOL

April 9th from 10:00 to 2:00

Yukon Aboriginal Sport Circle is hosting its 10th Annual Arctic Sport Inter-school on April 9th. The event will be held at the Kwanlin Dun Cultural Centre in the Longhouse and everyone is welcome to attend. There will also be a pancake breakfast starting at 9:00 am, so come get your pancakes before settling in to watch an amazing day of Arctic Sports!

YUKON PICKLEBALL DAY

Sunday, May 1, 2022

The City of Whitehorse is holding a Yukon Pickleball Day on May 1, 2022, from 12 pm to 5 pm. There is an educators clinic for people who wish to introduce Pickleball to their schools or recreation centers in the communities. It is a free introduction to Pickleball. There is also a see it, try it course. This is where everyone is invited to come to get an introduction to Pickleball and learn the rules and some fun games they can play.

Both sessions are free and you can register online at whitehorse.ca/play.

STEP IT UP CHALLENGE

April 1 to 15

ParticipACTION has announced and launched their Spring Step It Up Challenge!

Spring has sprung, so why not embrace its long-awaited arrival and milder weather by getting outside and walking, running, or wheeling? These simple ways to get active will boost your mood to add a spring in your step! Spring is also a temporal landmark, naturally feeling like a fresh start. This makes it the perfect time to get into a new physical activity routine.

To join the challenge download or update the ParticipACTION App. Create a profile if you don't already have one. Click on the "challenge is live" box on the home screen. Follow to prompts and you are good to go!

Have fun getting active and possibly winning prizes!

WORLD LEISURE DAY

April 16, 2022

World Leisure Day aims to reinforce leisure as a social right and its importance in daily life, as well as to expand and promote leisure globally while recognizing that barriers still exist for many worldwide. The theme of this year's campaign is "Leisure Matters". To learn more go [here](#).

THE CANADIAN FITNESS AND LIFESTYLE RESEARCH INSTITUTE

New publications released

The Canadian Fitness and Lifestyle Research Institute (CFLRI) is excited to announce the release of a brand new series of publications highlighting data on physical activity, recreation, and sports participation in Canada. The series brings together research bulletins, infographics, and customizable data tables that not only provide the latest statistics but also provide evidence-based considerations for practitioners and policy-makers. To learn more go [here](#).

TRANS CANADA TRAIL

Participate in the survey

We're looking to better understand your view of trails in Canada, and more specifically, the Trans Canada Trail brand. This short (approx. 15 minutes) survey is a chance for you to tell us what you think.

As a thank you for participating, everyone who completes the survey will be entered into a draw for a chance to win 1 of 3 \$100 Visa gift cards! To take the survey go [here](#).

PARTICIPACTION COMMUNITY BETTER CHALLENGE

June 1-30

The ParticipACTION Community Better Challenge is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community.

It is open to everyone and all minutes tracked on the app and website from June 1 – 30 count toward a community's total score. After June 30, 50 finalist communities will be invited to submit an application explaining why they deserve to be Canada's Most Active Community.

At the conclusion of the challenge, one community will earn the top prize of \$100,000 and the title of being Canada's most active. In addition to the national winner, there will also be prizes for the most active community in each province and territory. To learn more go [here](#).

REIMAGINE RREC WORKSHOPS

Canadian Parks and Recreation Association

The ReImagine RREC Workshop Series has officially wrapped up.

If you missed out on one of the webinars do not fret. All the webinar recordings and resources are still available on the bench!

To find the recordings or the resources [go here](#). You will need a membership to the bench to access the resources and recordings.

FEMINIST RESPONSE AND RECOVERY FUND

Canadian Parks and Recreation Association

CPRA announced as one of the recipients of the Feminist Response and Recovery Fund The Canadian Parks and Recreation Association (CPRA) is pleased to partner with the Government of Canada to address gender inequities and advance gender equality for women and girls in recreation. As Canada moves towards an inclusive recovery from the COVID-19 pandemic, CPRA will address specific systemic barriers that make it more difficult for women and girls to experience the benefits of physical activity, recreation, and sport participation. More information is available [here](#).



CPRA ACPL



CPRA ACPL

HARRY BOOTHMAN BURSARY

Deadline: April 15, 2022

The Canadian Parks and Recreation Association (CPRA) has launched a bursary program to assist parks and recreation professionals financially in the pursuit of professional development in the sector.

Applications will be accepted from Parks and Recreation practitioners with a minimum of five (5) years experience and currently working full-time in the sector. Up to two (2) bursaries, in the amount of \$1,000 each, can be awarded each year. Professional development opportunities must begin within the timeframe of April 1, 2022, and March 31, 2023. The professional development opportunity must be completed no later than March 31, 2024. Retroactive Professional Development opportunities will not be supported.

Go [here](#) to learn more or apply.



NATIONAL TRAIL YOUTH EMPLOYMENT PROGRAM

Deadline ongoing

The subsidy, funded by Parks Canada as part of the Youth Employment in the Conservation and Enjoyment of Nature and Culture program, is intended to support jobs that contribute to the development and improvement of the Trans Canada Trail. The employment term should last between 2 and 20 weeks, and the 50% subsidy will be granted to a maximum of \$3,500.

To find out more [click here](#).

YOUTH INVESTMENT FUND

Deadline: Anytime

The Youth Investment Fund provides financial support to short-term projects aimed at youth under 19 with fewer opportunities or who experience a form of discrimination.

You can apply for \$500 or under at any time.

Eligible programs should do the following:

- promote self-esteem
- encourage the development of positive lifestyle choices
- create social or recreational opportunities
- adhere to any recommendations related to COVID.

To find out more or apply go [here](#).

Our Team!



Alycia - APE Coordinator



Fran - WAFL Coordinator



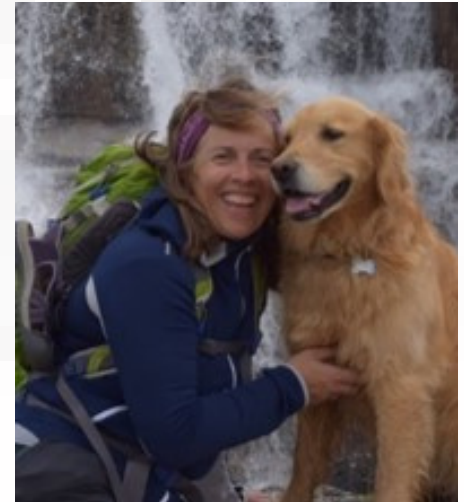
Roger - Recreation Training Coordinator



Anne - Executive Director



Kelsey - Active Living Coordinator



Caroline - Planning and Evaluation

Thank you to our staff and contractors for continuing to make RPAY run smoothly!

CONTACT US!

Questions? Comments? General observations? Feel free to give us a call or email.

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RPAY would like thank the Government of Yukon Sport and Recreation Branch for their continued support of our programming



RPAY respectfully acknowledges that we work within the traditional territories of the Kwanlin Dün First Nation and Ta'an Kwäch'än Council