

2016-17 YEAR-END REPORT

Recreation and Parks Association of the Yukon



Prepared by: Caroline Sparks



Message from the Executive Director

The 2016/17 Annual Report highlights the successes of our past year. On behalf of the Recreation and Parks Association of the Yukon (RPAY), I am pleased to share our accomplishments with you.

RPAY believes that personal and community engagement in recreation and parks provides a variety of benefits, all of which positively impact the health of Yukoners and Yukon communities. This report describes the ways in which our organization encourages and supports "active, healthy lifestyles through recreation and parks".

Once again, we are fortunate to work with a fantastic team of funders, partners, board members, staff, and contractors. These individuals demonstrate initiative, dedication, and a strong understanding of the issues and opportunities facing community recreation.

The partnership with Yukon Government (YG) Sport and Recreation Branch is invaluable. The Branch's funding and support enable RPAY to deliver active living programs and strengthen recreation leadership throughout the Yukon. Moreover, financial contributions from the Public Health Agency of Canada, YG Health and Social Services, and Yukon Education further enable implementation of RPAY's Strategic Plan and the Yukon Active Living Strategy.

A special thank you is due to Adrienne Marsh. Adrienne has held the position of Yukon Active Living Coordinator for the past ten years and we wish her the very best in her future endeavors. RPAY also extends a warm welcome and special thanks to staff member, Penny Sheardown, for accepting the permanent Active Living Coordinator position and for managing the extra work load during our staff transition.

As a member of the Canadian Parks and Recreation Association (CPRA), RPAY was proud to host the spring 2017 CPRA P/T Meetings and Annual General Meeting (AGM) in Whitehorse. This was the first time CPRA members met in the Yukon and RPAY gave a warm welcome to these 'cheechakos'.

RPAY continues collaborating on the Tri-Territorial Recreation Training (TRT) project through a partnership of the three territorial recreation and parks associations now branded Recreation North. A pilot of the Community Recreation Leadership Program, which is based on 13 foundational competencies for recreation leaders, will be offered across the North beginning in the fall of 2017.

For the upcoming year, RPAY looks forward to submitting a nomination that will showcase one of our core programs at the 2018 Framework for Recreation in Canada Forum, and to working with the RPAY Board of Directors on the renewal our Strategic Plan.

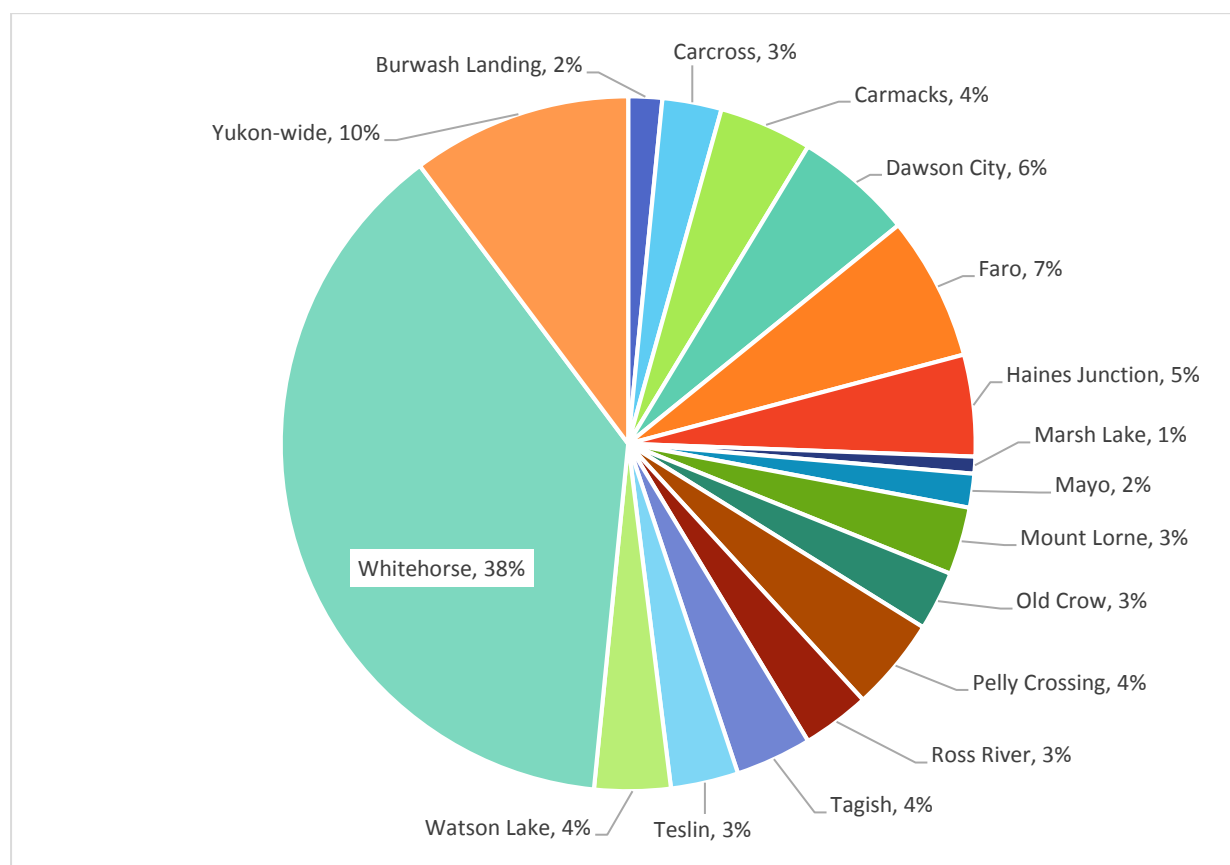


A handwritten signature in black ink, reading "Anne Morgan".

Anne Morgan, Executive Director

2016-17 Highlights

Our programming reach throughout Yukon during in the 2016-17 year.¹



Programming for Children and Youth

- 33 Classroom Action Grants
- 21 ASTP Action Grants
- 31 Active Yukon Schools activities
- 24 Teen Challenge Action Grants
- 14 ASTP RHEAL Leader programs
- 4 WAFL RHEAL Leader programs

Programming for Recreation Leaders

- 26 capacity building and leadership development activities

Programming for Yukon Communities

- 33 RHEAL Leader programs for community members
- 26 WAFL activities
- 22 WAFL Lending Library loans
- 18 HL Menu Workshops including 6 WAFL activities
- 13 activities promoting Active Living

¹ Counts are by location for each activity held. Percentages represent distribution of programmed activities by community across Yukon.

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Who is RPAY?

The *Recreation and Parks Association of the Yukon* (RPAY) registered as a non-profit society on April 19th, 1993. In its early years, RPAY hosted spring and fall conferences and delivered aquatics training for rural communities in partnership with Yukon Government (YG) Sport and Recreation Branch.

In response to increasing concerns over poor health, active living emerged as a federal, provincial and territorial priority in the 1990s. In 2001, Yukon Government adopted the Yukon Active Living Strategy and created an Active Living Coordinator position housed at RPAY. This prompted a shift in RPAY's priorities to encompass active recreation delivered in individual, school, workplace and community settings. Programming, such as Active Yukon Schools and Rural Healthy Eating Active Living (RHEAL) Leaders, were initiated and continue today.

In 2010, increasing childhood obesity and decreasing levels of physical activity prompted governments to prioritize after school programming. The Renewed Yukon Active Living Strategy (YALS), approved by Cabinet in 2012, emphasizes the key role of the after school time period (ASTP) in the development of healthy children and youth. With this new priority, RPAY added the position of Active Living for School-Aged Kids and Youth (ALSAKY) Coordinator to increase the focus on children and youth.

After twenty-four years, the Recreation and Parks Association of the Yukon remains dedicated to empowering Yukon people and communities to adopt active, healthy lifestyles. RPAY works collaboratively with organizations and communities creating environments which encourage recreation and parks opportunities for all Yukoners. The organization's extensive programs and services are supported by its territorial, Northern and national multi-sectoral partnerships with groups, communities and governments.

A membership-based, voluntary organization, RPAY believes recreation and parks are an essential service fostering positive personal, social and environmental outcomes. RPAY values lifelong participation in recreation; accessible recreation; the outdoor and informal spaces which make active lifestyles easy; and the way people and groups work together to make community recreation happen.



Our Vision:

RPAY envisions a Yukon where recreation and parks are essential and integral to the quality of life and well-being of Yukon residents and communities; where all citizens have opportunities to engage in recreation experiences which contribute to physical, emotional and social well-being; and where recreation connects people to their communities and environments.

Our Mission:

RPAY empowers communities to support Yukoners to lead an active, healthy lifestyle through recreation and parks.

Our Priorities:

- *Strengthen leadership for community recreation.*
- *Support opportunities which make it easy for rural Yukoners and others facing barriers to participate in recreation.*
- *Promote and support accessible, affordable and inclusive recreation.*
- *Encourage active recreation for life.*
- *Promote and support winter active for life.*
- *Promote healthy eating as it supports an active lifestyle.*
- *Work with others to create environments which support an active, healthy lifestyle.*
- *Accept projects which contribute to the sustainability of the organization.*

Who does RPAY work with?

The Recreation and Parks Association of the Yukon believes that working together is essential. Enhancing the lives of Yukoners through recreation and parks would not be possible without the many individuals, groups, organizations, communities, and governments who support our vision and help implement our activities.

THANK YOU to all our partners and stakeholders, to those listed below, and to the other organizations and groups with whom we liaise and network but are too numerous to list.

- ◆ Arctic Inspiration Prize
- ◆ Arctic Institute of Community Based Research
- ◆ BC Coastal Health
- ◆ BC Recreation & Parks Association
- ◆ BC-Yukon Branch of the Lifesaving Society
- ◆ Canadian Parks & Recreation Association
- ◆ Canadian Playground Safety Institute
- ◆ Canadian Recreation Facilities Association
- ◆ Canadian Red Cross
- ◆ Canadian Trails Federation
- ◆ City of Whitehorse & Canada Games Centre
- ◆ City of Whitehorse Bylaw Services
- ◆ Commissioner of the Yukon
- ◆ Cross Country Yukon
- ◆ ElderActive Recreation Association
- ◆ Environmental Health
- ◆ Ever Active Schools
- ◆ Kicksled Revolution
- ◆ Kwanlin Koyotes
- ◆ Learning Disabilities Association Yukon
- ◆ Local Authorities for Recreation
- ◆ Lotteries Yukon
- ◆ Municipalities and unincorporated communities throughout Yukon
- ◆ NWT Recreation and Parks Association
- ◆ ParticipACTION
- ◆ Public Health Agency of Canada
- ◆ Recreation and Parks Association of Nunavut
- ◆ Recreation Directors
- ◆ Recreation North partnership
- ◆ Schools throughout Yukon
- ◆ Skookum Jim Friendship Centre
- ◆ Special Olympics Yukon
- ◆ Sport Yukon
- ◆ Swim Yukon
- ◆ U Kon Echelon
- ◆ United Way Yukon
- ◆ Whitehorse Cross Country Ski Club
- ◆ Y2C2 (Yukon Youth Conservation Corps)
- ◆ YG Health Promotion Unit
- ◆ YG Highways & Public Works - Transportation
- ◆ YG Sport and Recreation Branch
- ◆ Yukon College
- ◆ Yukon Cycling Association
- ◆ Yukon Education
- ◆ Yukon First Nations
- ◆ Yukon Health Coaching and Education
- ◆ Yukon Parks
- ◆ Yukon Schools Athletic Association

What we do

As a nonprofit organization, RPAY is governed by a volunteer board and guided by its constitution and strategic plan. Program delivery and operations rely on grants and contributions. Supported by several contractors, the Executive Director, Active Living Coordinator and Special Projects Coordinator carry out RPAY's daily operations.

Listed alphabetically, this report describes RPAY's core activities, programs and services with details about funding, partners, target groups and results achieved. Where relevant, additional background information, reports or resources are recommended. The next page provides a snapshot of RPAY's programming over the 2016-17 year.

As noted by the Executive Director (page 1), Adrienne Marsh left the Yukon Active Living Coordinator position at the end of January 2017. In April 2017, Penny Sheardown accepted this position. However, at the end of June 2017, the Special Projects Coordinator position remained vacant creating additional work for staff and contractors

Responsibility for certain programs or activities is assigned to a staff or contractor while the Executive Director provides oversight and maintains responsibility for operations and finances. For the 2016-17 year, responsibilities related to RPAY's Strategic Plan will allocated and shared as outlined below.

RPAY Goal #1: Promote a Healthier Yukon

Who: Active Living Coordinator (Penny) with support from Special Projects Coordinator (vacant)

- Communications, Website, Social Media, Swag, Presentations
- Walking Promotion
- Nordic Walking program
- Promoting the use of Parks and Trails

RPAY Goal #2: Strengthen Community Recreation through Leadership Development

Who: Executive Director (Anne), Penny, Planning and Evaluation Consultant (Caroline), and ALSAKY Leadership Trainer (Mia) with support for logistics from Special Projects Coordinator

- Recreation Leadership Training: Recreation North's Leadership Program and other certification as required
- Annual Events: Spring Aquatics Workshop, Recreation Gathering, Yukon Moves
- Mentoring, Practitioner Network and Professional Development including quarterly Conference Calls
- Community Recreation Planning Grant allocated to the Town of Faro

RPAY Goal #3: Accessible and Inclusive Community Recreation Programs

Who: Penny, WAFL Programmer (Jan), Mia, and Active Transportation Coordinator (Jenyfer)

- RHEAL Leaders Program: Community, ASTP, and WAFL
- Winter Active for Life (WAFL): Equipment Lending Library, Introductory programming, WAFL RHEAL Leaders
- Active Yukon Schools: Active school environments, Cycle Smart, Leadership (Playground and Youth)
- Active After School: ASTP RHEAL Leaders and ASTP program support

Goal #4: Effective and Efficient Operations

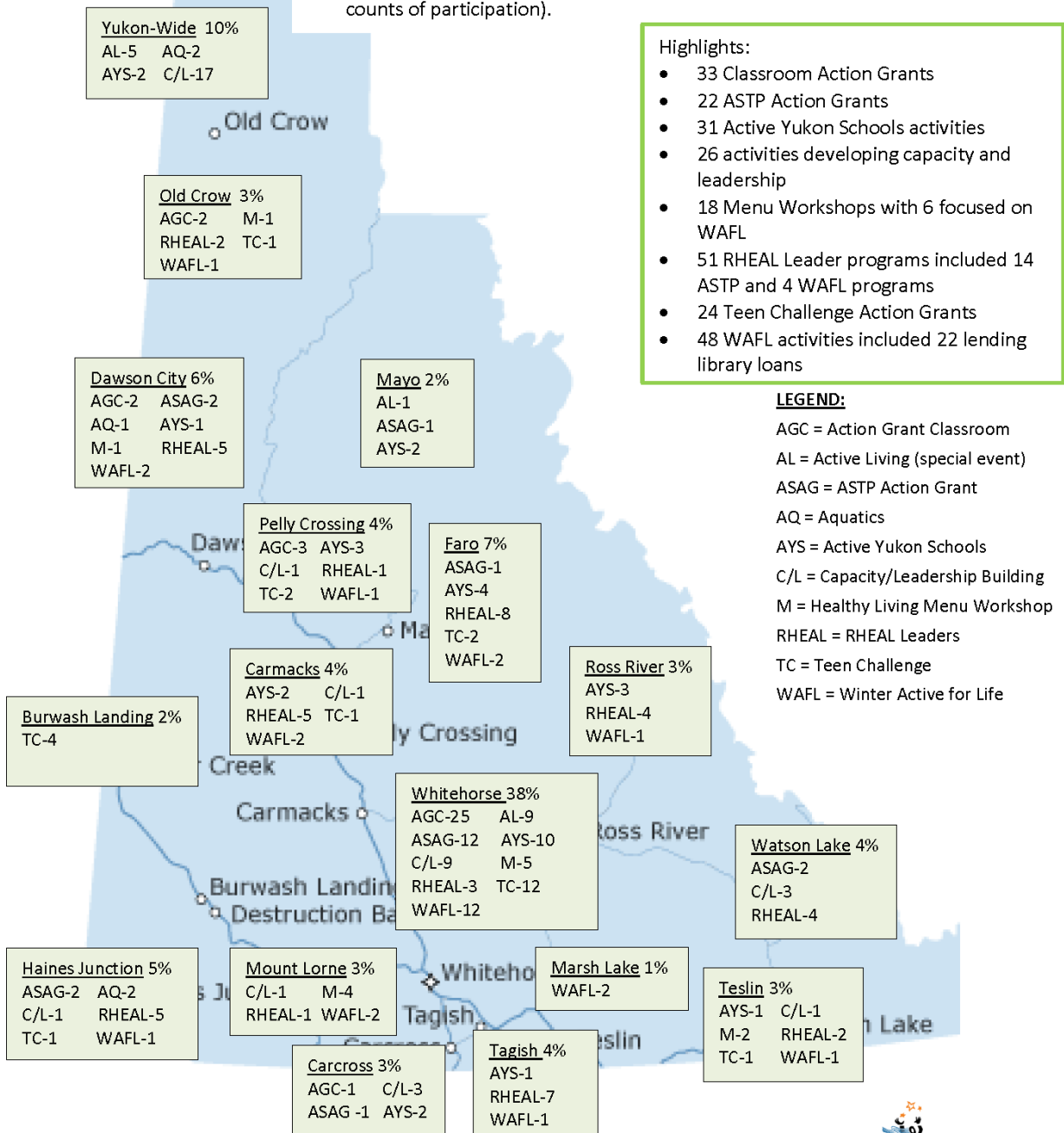
Who: Anne, Caroline, and support from Penny when required

- Partnerships and Collaboration
- Manage Human Resources: staff and contractors
- Project Planning, Evaluation and Reporting
- Knowledge Translation and Exchange: representation on national committees, information sharing

What we do... our 2016-17 Program Map

This map shows the reach of RPAY's programming in the 2016-17 year.

- Counts are by location for each activity held. Percentages represent distribution of programmed activities by community across Yukon.
- The total participation count is estimated at 6,500 based on the number of participants/program (i.e. one person participating in 5 programs represents 5 counts of participation).




Active Living Promotion

Active Living Promotion helps RPAY fulfill its mission and furthers goal #4 of the Yukon Active Living Strategy. Activities foster positive attitudes towards active, healthy lifestyles through social and traditional media, the distribution of promotional items, and in-person presentations.


<i>Funding</i>	Yukon Northern Wellness Project
<i>Partners</i>	Yukon Government Sport and Recreation Branch
<i>Target Population</i>	All Yukoners
<i>For More Information</i>	www.rpay.ca

What did we do?


Media



www.rpay.ca




facebook.com/goRPAY




twitter.com/RPAY1
twitter.com/ActiveYukonSchools


Swag & Special Events



Free Family Swim for National Family Week




Canada Parks Day




active yukon
www.rpay.ca
Keep it Green, Play Outside!

Presentations



Kindergarten Health Fair
 Health Advisory Council presentation
 Teachers' Summer Academy

Pedometer Loan

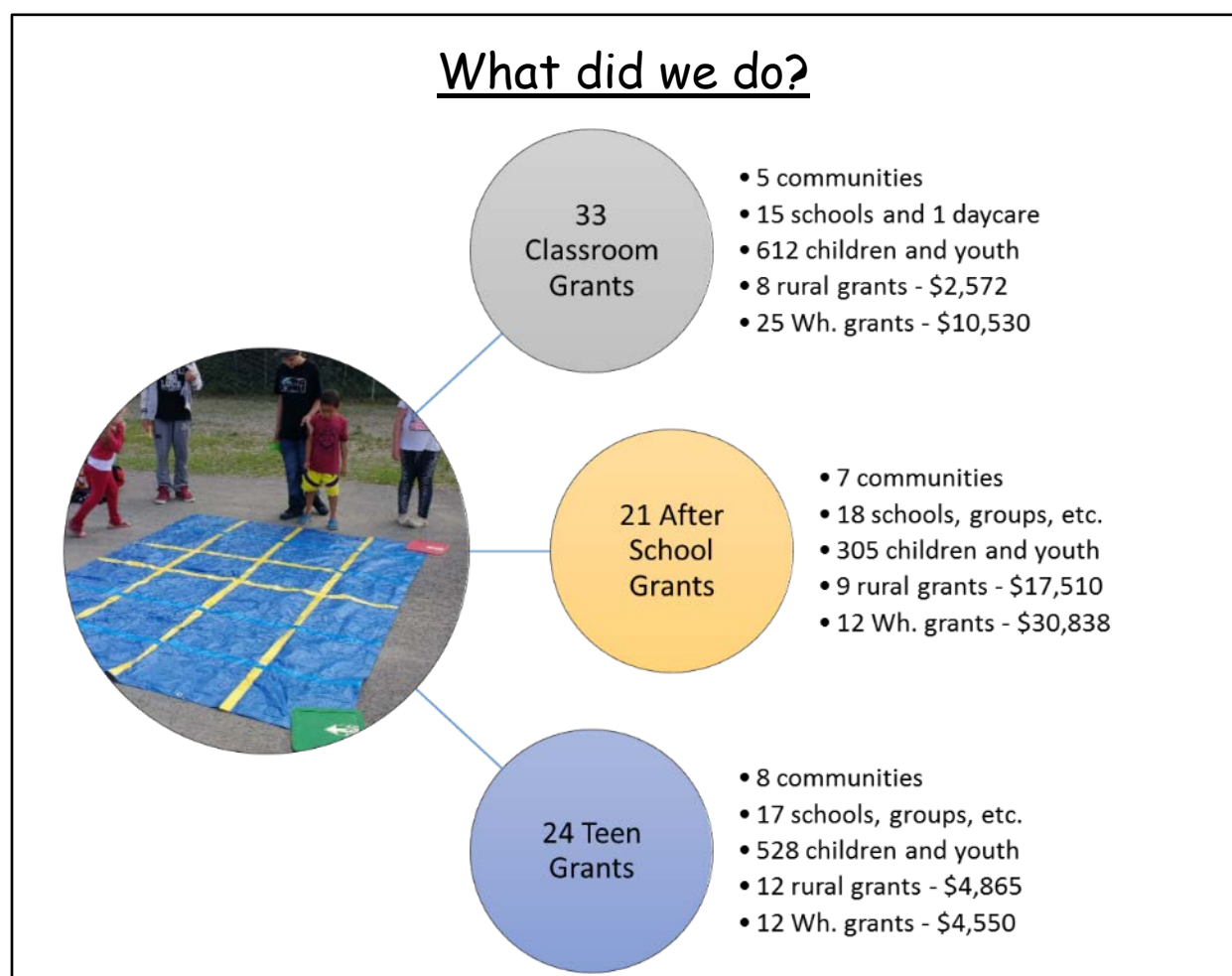


Kilrich Building Supplies = 30 people = 8,041,598 steps
 Kwanlin Dun Health Centre = 15 pedometers
 Little Salmon Carmacks First Nation = 50 pedometers
 Christ the King Elementary School = 200 staff and students

Action Grants: Classroom, After School & Teen

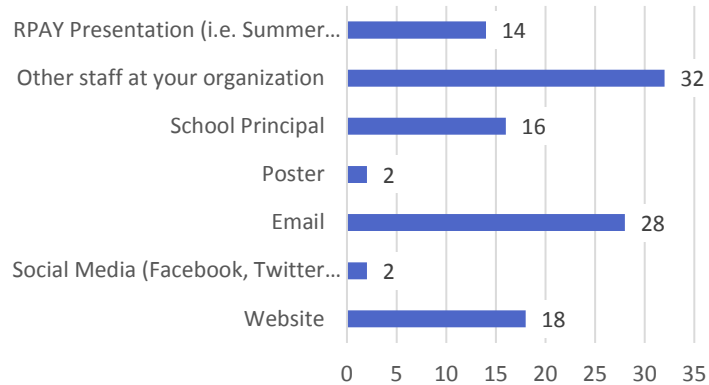
The Action Grant program encourages increased moderate to vigorous levels of physical activity among children and youth. Classroom Grants help school-aged children get active at school, at recess, and in classrooms. After-School Time Period (ASTP) Grants help schools, communities, First Nations and non-profit groups get children and youth active after-school from 3:00 to 6:00 PM. Teen Grants promote a physically active lifestyle to teens aged 13 to 19. Applications for up to \$500 are accepted in fall and winter encouraging inactive teens to be more active.

<i>Funding</i>	Yukon Active Living Strategy & ParticipACTION Canada
<i>Partners</i>	Yukon Government Sport and Recreation Branch
<i>Target Population</i>	Children and youth up to 19 during school, after-school and in the community.
<i>For More Information</i>	The Action Grant program ended March 31, 2017. ASTP support will be available through the RHEAL Leaders program.



And, the Results?

How did people find out about the grant?



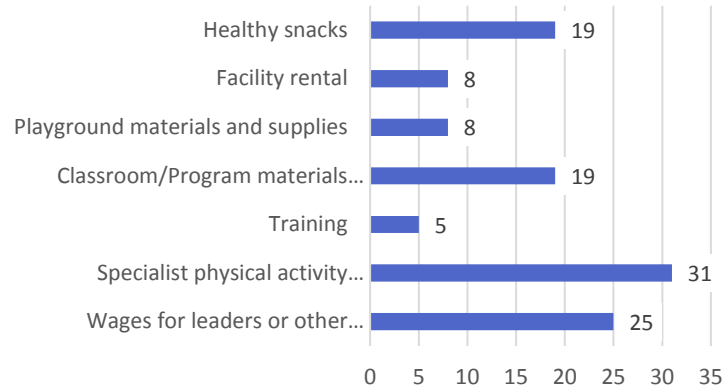
Classroom Grant Programs

- Purchases: basketball hoops, soccer balls, volleyballs, Physio balls, yoga mats, foam pads, portable weather station
- Programs: gymnastics, Yoga, wrestling, Geocaching
- Outdoor classroom construction
- Cross country ski lessons
- Swim Patrol Program
- Action Kid training and playground equipment purchases

Teen Grant Programs

- Traditional Dancing
- Afterschool Softball
- Ice tower climb
- Winter camp and Outdoor Club
- Access to Canada Games Centre
- Fitness classes
- Mount Mac disc golf outings

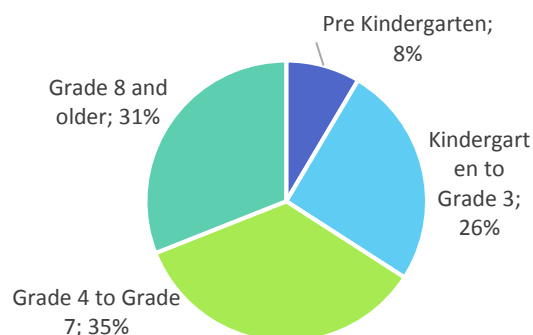
What were grants used for?



After School Grant Programs

- Programs: Healthy Active Youth, Husky Fun Club, Skookum Jim Friendship Centre, Boys and Girls Club, Kickboxing, Dance, Yoga, Kids Club, Go Girls and Game On
- Equipment for: Tabata, circuit training, weight room, low organizational games, climbing, skateboarding
- Activities: Trips to Canada Games Center, floor hockey, ice skating
- Arena rental for hockey
- Healthy snacks

Children/youth who benefited from the Action Grant were aged...



Active Yukon Schools

Active Yukon Schools instills the values and habits of active living over the lifespan. In Yukon Schools, daily physical activity is a priority and children have opportunities to be active every school day. Active Yukon Schools supports teachers to integrate daily physical activity into classroom and school routines. Daily physical activity enhances the academic achievement of students, instills competence and confidence for participating in physical activity over the lifespan, addresses sedentary behaviours that contribute to childhood obesity, improves social and emotional wellbeing, and makes learning fun.

Funding	Yukon Active Living Strategy, City of Whitehorse
Partners	City of Whitehorse, Sport Yukon, U Kon Echelon, Yukon Youth Conservation Corps, YG Sport and Recreation Branch
Target Population	Educators and support staff, school-aged children and youth
For More Information	www.rpay.ca/active-schools

What did we do?



Cycle Smart

607 students from Carcross, Faro, Mayo, Pelly Crossing, Ross River and Whitehorse participated in classroom and on-bike bicycle safety skills and training sessions.



Whitehorse – 125 students

Mayo – 30

Carcross – 24

Carmacks – 96

Dawson City - 45



Developing Future Leaders

Playground leadership with grades 5-7 and youth leadership with older students

Faro – 35 students; 2 visits

Carmacks – 96

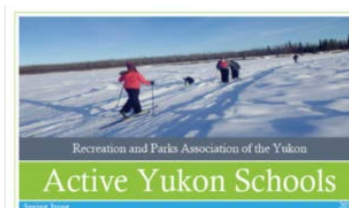
Pelly Crossing – 17; 2 visits

Ross River - 30

Teslin – 27

Golden Horn Elementary School – 20

Jack Hulland Elementary School – 40; 2 visits



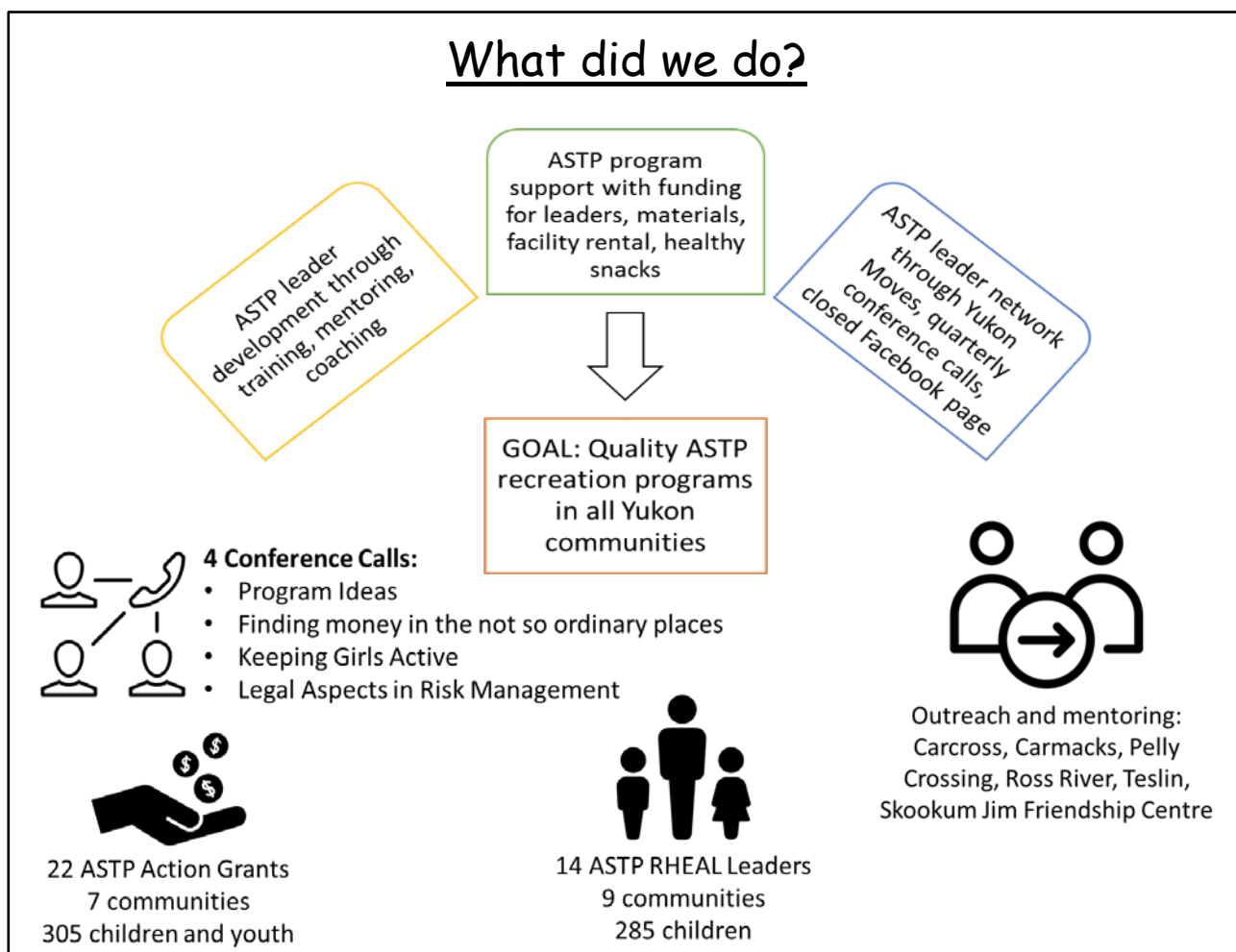
www.rpay.ca/category/newsletter



After School Time Period

After-School Time Period (ASTP) programming fosters the development of positive values and attitudes toward active, healthy lifestyles through community-based activities. RPAY works with communities, non-profit groups and schools to support and strengthen leadership for after-school programs through training opportunities, networking, and mentoring. Action Grants, RHEAL Leaders, Kids in the Kitchen, and Winter Active for Life also support ASTP efforts.

<i>Funding</i>	Yukon Active Living Strategy, YG Health and Social Services
<i>Partners</i>	Recreation departments, community organizations, First Nation governments
<i>Target Population</i>	Leaders and groups working with school-aged children and youth between 3:00 and 6:00 PM
<i>For More Information</i>	Yukon ASTP Report June 2016 - http://bit.ly/29b6DwQ



Aquatics

The RPAY Aquatics Program supports pool operations and programming in rural Yukon. The annual Spring Aquatics Workshop fosters knowledge and skills around safe pool operations, lifesaving, an orientation to the Yukon, and instruction of Red Cross and Lifesaving Society learn-to-swim programs as needed.

<i>Funding</i>	YG Sport and Recreation Branch
<i>Partners</i>	City of Whitehorse Aquatics, Lifesaving Society, YG Environmental Health, Sport and Recreation Branch, Red Cross
<i>Target Population</i>	Pool Managers and Operators, Lifeguards, Lifesavers and Swim Instructors
<i>For More Information</i>	2016 Spring Aquatics Report - http://bit.ly/2sUgGPZ

What did we do?



2016 Spring Aquatics Workshop

Certified: 15 BCRPA Pool Operators I & WHIMIS
 Recertified: 8 NLS & 4 Life Saving Instructor
 And: Yukon First Nations history & Bear Aware



Online Water Safety Instructor
 re-certification for Haines
 Junction & Watson Lake



JLC

Junior Lifeguard Club events
 with Swim Yukon for 50 youth
 from Carcross, Carmacks,
 Dawson City, Faro, Haines
 Junction, Mayo & Watson Lake

Community Capacity and Recreation Leadership

Building capacity for recreation and healthy living involves training local leaders (i.e. after-school time period, RHEAL, and youth leaders, as well as board members and volunteers) and professional learning opportunities for recreation practitioners (i.e. Recreation Directors). Capacity is strengthened through training, resources, workshops, conferences, knowledge sharing, skill development and mentoring in order to foster active and healthy communities.

Leadership Development enhances capacity for recreation with emphasis on a) community recreation, b) the after school time period, c) fitness programs, and d) aquatics, and through three major training events: the Annual Recreation Gathering, Yukon Moves; A Leadership Experience, and the Spring Aquatics Workshop.

<i>Funding</i>	Yukon Active Living Strategy, YG Health and Social Services, Yukon Northern Wellness Project
<i>Partners</i>	YG Health Promotion Unit, YG Sport and Recreation Branch, Recreation North
<i>Target Population</i>	Recreation practitioners, leaders (fitness, ASTP, RHEAL, youth, etc.), and RPAY staff.
<i>For More Information</i>	www.rpay.ca – “Get Trained” tab 2016 Rec. Gathering Report - bit.ly/2srugJz Risk Management - bit.ly/2rWxp0q

What did we do?



6 Cycle Smart Leaders trained



Nordic Walking Leader Training - 5 participants from Carcross & Whitehorse



Mindfulness Leadership Certification
6 trained from Mt Lorne & Whitehorse



IMFITYUKON, Yukon's first annual Fitness and Health Conference: 10 leaders from Dawson City, Faro, Haines Junction, Marsh Lake, Old Crow, Tagish, and Watson Lake participated



Professional development:

- NWTRPA Conference
- Associate PRO TRAINER Camp
- Standard First Aid and CPR
- Mental Health First Aid

Mining the Benefits

2016 Annual Recreation Gathering
21 participants – 11 communities – 2.5 days



MANAGE RISK IN RECREATION WORKSHOP SERIES

for Northern, Rural and Remote Communities

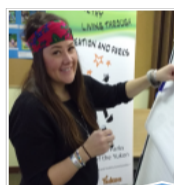
RM101 – Manage Risk in Rural and Remote Recreation
RM102 – Use Documentation in Rural and Remote Recreation
RM103 – Understand Legal Risk in Recreation
Prepared by Caroline Sparks with expert, Dr. Ian McGregor

Yukon Moves 2017

15 participants – 3 days – lots of fun



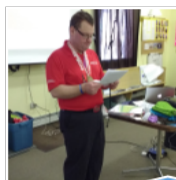
Recreation, a Place for All: Dinner & Discussion



Empowering Youth



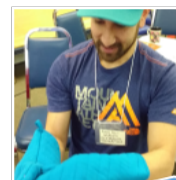
Snow Sculpture



Accessible and Inviting Spaces for All



Yukon Program Samplers



Healthy Eating Challenges and Creations

Knowledge Development and Sharing

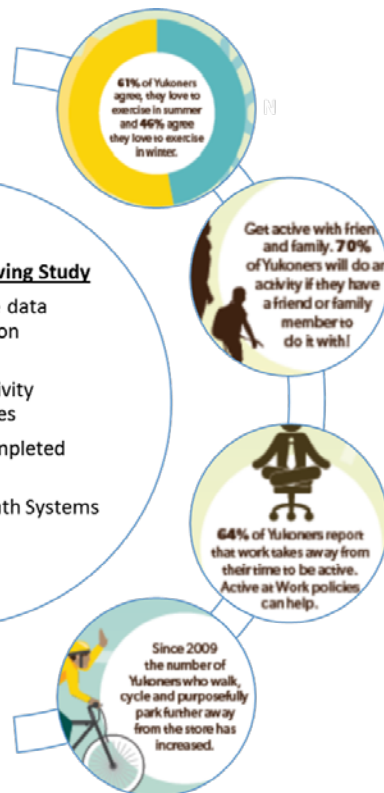
Knowledge Translation and Exchange (KTE) involves analyzing, synthesizing and sharing key learnings with Yukon communities and territorial and national stakeholders. KTE takes complex concepts and creates user-friendly resources or products that to support active lifestyles and positive outcomes through recreation.

<i>Funding</i>	Yukon Northern Wellness Project
<i>Partners</i>	Arctic Institute of Community Based Research, YG Sport and Recreation Branch
<i>Target Population</i>	Community Recreation Leaders, Local Authorities for Recreation
<i>For More Information</i>	The Yukon Healthy Living Study results and infographics will be available at www.rpay.ca in July 2017.

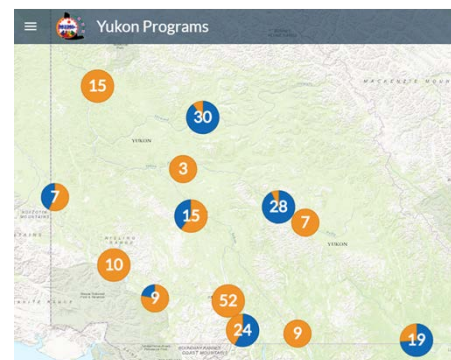
What did we do?

2016 Yukon Healthy Living Study

- * Follow-up to baseline data collected from 850 Yukon residents in 2009
- * Explored physical activity patterns and preferences
- * 735 surveys were completed online and in-person
- * Conducted by DataPath Systems of Marsh Lake, Yukon



Data collection and reporting for
2016 Healthy Living Inventory
www.aicbr.ca/healthy-living-inventory



Representation nationally on the:

- Surveillance and Monitoring Work Group (reporting to the Sport, Physical Activity and Recreation Committee)
- Measuring & Reporting Progress Subcommittee (reporting to the National Recreation Framework Implementation and Monitoring Working Group)

Menu of Healthy Living Workshops

The Menu of Healthy Living Workshops increased knowledge and skills for active, healthy living and chronic disease prevention through short-term workshops designed for Yukon communities, groups and schools. Building local capacity for active living through workshops that develop local leaders continues to be a priority.

<i>Funding</i>	Yukon Northern Wellness Project, YG Sport and Recreation Branch
<i>Partners</i>	Community workshop “hosts” such as ElderActive Recreation Association
<i>Target Population</i>	Yukoners
<i>For More Information</i>	The Menu of Healthy Living Workshops program ended March 31, 2017. RPAY continues to work with individuals with groups to address interests related to healthy living workshops.

What did we do?



Yoga for Seniors in Dawson City

Planting a Community Garden in Old Crow

Evening Exercise Classes in Teslin



Mt. Lorne workshops:

- Mindfulness Meditation & Stress Management (3)
- Moving Our Body/Moving Our Energy
- Introduction to Energetic Self-Healing



ElderActive Recreation Association workshops:

- Beginner Nordic Walking
- Mindful Walking
- Mindfulness Meditation
- Yoga-Fit
- Nordic Snowshoeing



<i>Funding</i>	Through staff and core contractor positions
<i>Partners</i>	Local, territorial and national partners
<i>Target Population</i>	RPAY works with a variety of local, territorial and national groups and organizations who share a similar vision.
<i>For More Information</i>	Contact Anne Morgan, Executive Director

The diagram illustrates the various stakeholders involved in the development of the Yukon Trails Federation, centered around 'Networking and Collaboration'.

Central Hub: Networking and Collaboration

Stakeholder Categories and Associated Organizations/Logos:

- Non-Profit Sector:** Sport Yukon, Arctic Institute of Community Based Research for Northern Health and Well-Being, Whitehorse (Yukon-Charley Rivers National Preserve).
- Locally:** Arctic Inspiration Prize.
- Community Recreation:** CPRA ACPL.
- Schools:** Arctic Inspiration Prize.
- Territorially:** Yukon First Nations.
- Governments:** Canadian Trails Federation, CPRA ACPL, Yukon Government.

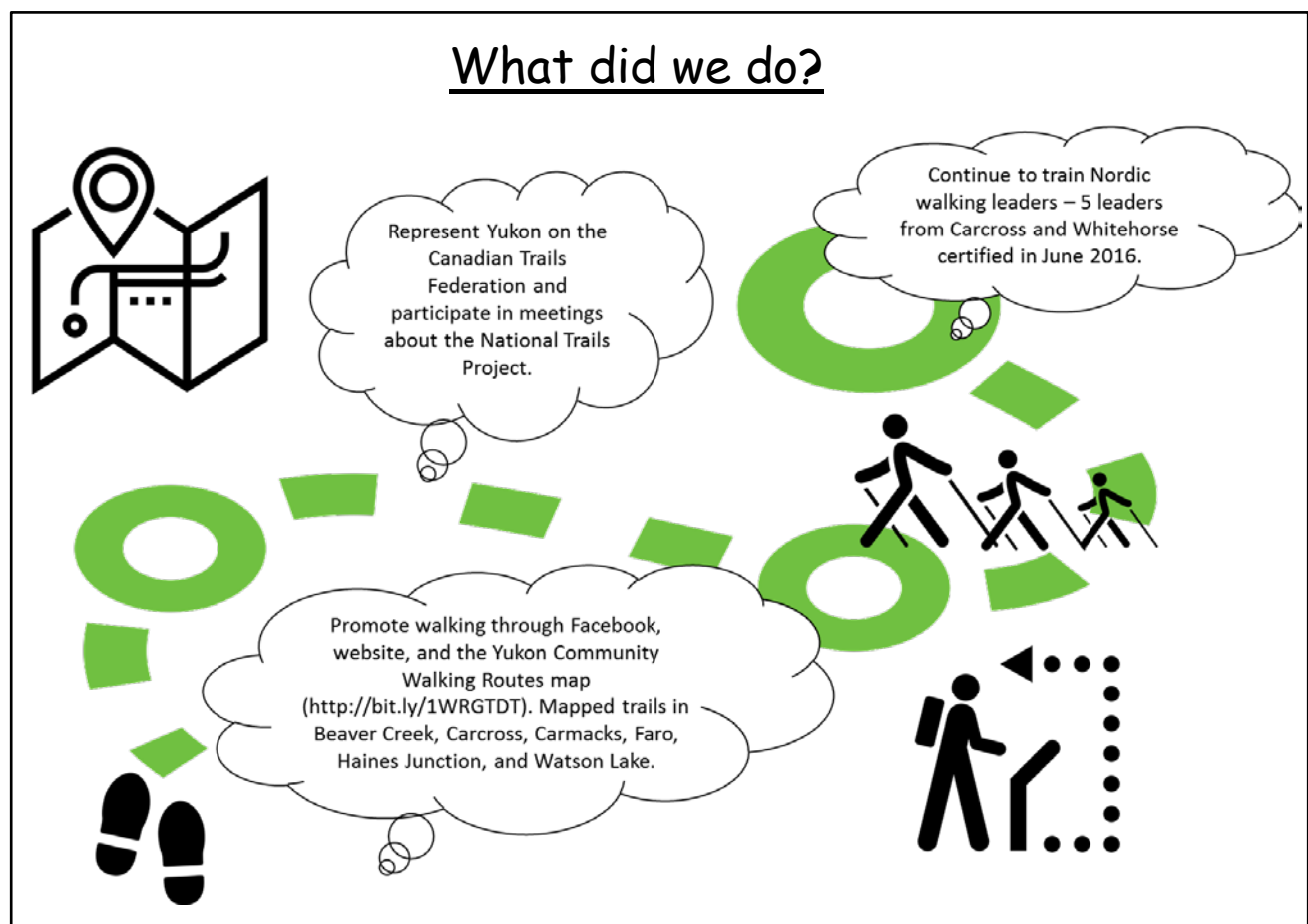
Other Logos/Institutions: Arctic Inspiration Prize, Arctic Institute of Community Based Research for Northern Health and Well-Being, Whitehorse (Yukon-Charley Rivers National Preserve), CPRA ACPL, Yukon Trails Federation, Yukon Government, Yukon First Nations, Arctic Inspiration Prize, Arctic Institute of Community Based Research for Northern Health and Well-Being, Whitehorse (Yukon-Charley Rivers National Preserve), CPRA ACPL, Yukon Trails Federation, Yukon Government, Yukon First Nations.

Parks, Trails and Walking

Parks and Trails promote an active lifestyle. RPAY participates on the Canadian Trails Federation (CTF) in order to bring information shared at a national level to Yukon groups and communities.

As walking is the most popular way to enjoy local parks and trails, RPAY promotes walking as part of an active, healthy lifestyle. Nordic walking has grown in popularity through the training of local leaders and the expansion to Nordic snowshoeing.

<i>Funding</i>	Canadian Trails Federation, Yukon Northern Wellness Project
<i>Partners</i>	Canadian Trails Federation
<i>Target Population</i>	Yukoners, groups and communities engaged in the promotion of walking and non-motorized trail use.
<i>For More Information</i>	www.rpay.ca/parks-trails-active , www.rpay.ca/walking-be-active

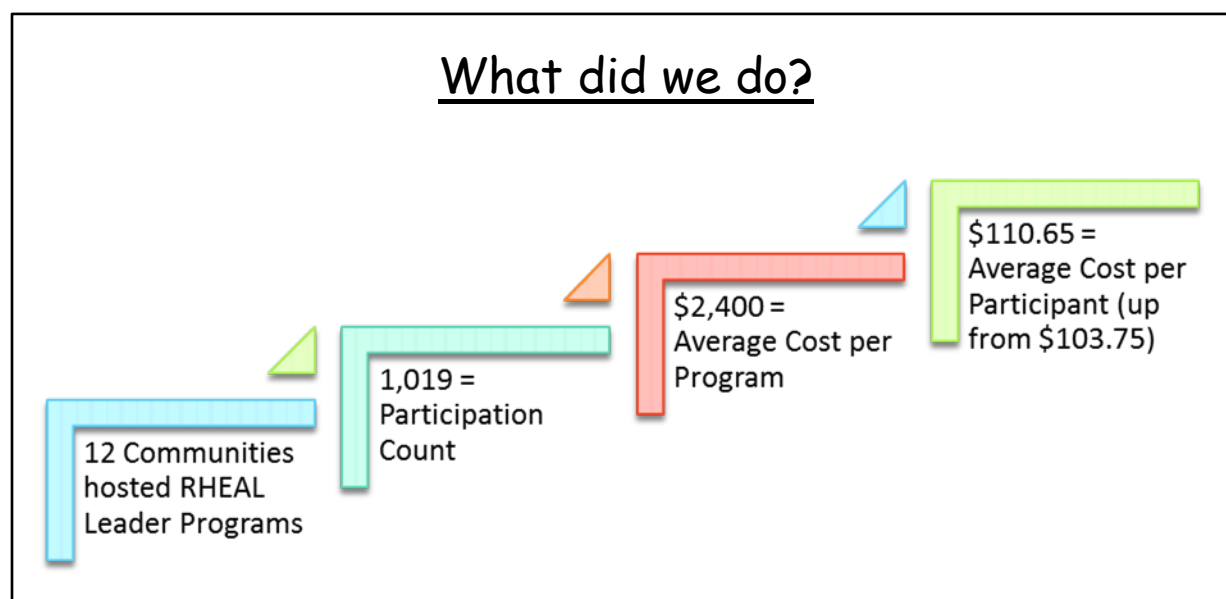


RHEAL Leader Program

Through the Rural Healthy Eating Active Living (RHEAL) Leader program, local leaders offer opportunities for rural Yukoners to participate in active living and healthy eating activities. Local leaders implement programs lasting two-months or longer that complement existing programs and encourage community participation in recreation. Over the past year, programs supported include: community fitness, after school, winter active outdoors, and Kids in the Kitchen.

A RHEAL Leader identifies interest, designs a program that includes 30 minutes or more of physical activity per session; applies to RPAY in September and/or January; delivers the program; and reports back to RPAY. RHEAL Leaders receive an honorarium, funding for materials and/or supplies, access to training, and an invitation to participate in the annual recreation gathering.

<i>Funding</i>	Yukon Active Living Strategy, YG Health and Social Services, Yukon Northern Wellness Project
<i>Partners</i>	Rural communities, First Nations, RHEAL leaders, YG Health Promotion Unit
<i>Target Population</i>	Rural Yukoners and First Nations with an emphasis on children and youth, and on programs which encourage physical activity during the winter and after-school.
<i>For More Information</i>	2016 Spring Aquatics Report - http://bit.ly/2sUgGPZ



WAFL RHEAL Leaders



Carmacks:

- After School XC Ski Program

Dawson City:

- Dawson School XC Ski Program

Tagish:

- 'Embrace Winter' Program

Whitehorse:

- Kwanlin Koytotes XC Ski Program

ASTP RHEAL Leaders



Carmacks:

- Kids Club After School
- Cross Country Ski Program

Dawson City:

- Tr'ondek Hwech'in Archery
- Big Brothers Big Sisters
- Tr'ondek Hwech'in Game On!

Faro:

- Kids in the Kitchen

Haines Junction:

- Minor Hockey Snack Program

Old Crow:

- Kids in the Kitchen

Pelly Crossing:

- Cross Country Program

Tagish:

- CATCH Kids Club

Teslin:

- Kids in the Kitchen

Whitehorse:

- Drop Heal Program
- Kwanlin Koyotes

Community RHEAL Leaders

Carmacks:

- Judo Program
- Fitness Training One-on-One
- Women's Wilderness Discovery Program

Dawson City:

- Community'n School XC Ski Program
- Drin Hozo Breakfast/Active Living Program

Faro:

- Fall into Fitness
- Playgroup
- Seniors Fitness Class
- Archery
- Fencing
- Senior Carpet Bowling

Haines Junction:

- Tone & Stretch
- Pilates
- Trigger Point Therapy
- Yoga
- Restorative Yoga
- Romp N Run

Mount Lorne:

- Women's' Health and Wellness

Old Crow:

- Group Fitness Classes

Ross River:

- Sing and Drum Circle
- Women's Fitness Class
- Primal Nutrition and Movement
- Beginner's Yoga Course

Tagish:

- Nordic Walking
- Snowshoeing
- Osteofit
- Get Up & Go
- Badminton
- Embrace Winter Active
- Get/Stay Fit Class
- Biking
- Pickle Ball

Teslin:

- Just Do It Teslin

Watson Lake:

- Kids in the Kitchen
- Gentle Yoga
- Mindful Movement

Whitehorse:

- Therapeutic Riding Program



Recreation North

Through a commitment to strengthening recreation capacity and leadership, Recreation North will foster personal health and community wellbeing across the North. Led by RPAY, the NWT Recreation and Parks Association (NWTRPA), and the Recreation and Parks Association of Nunavut (RPAN), the partnership was formerly known as the Tri-Territorial Recreation Training Initiative. In January 2016, the team was honoured to receive \$600,000 from the Arctic Inspiration Prize which is being used to develop a relevant, meaningful training program for Northern recreation leaders. The Community Recreation Leadership Program, based on 13 foundational competencies, will be piloted beginning in the fall of 2017.

<i>Funding</i>	Arctic Inspiration Prize with support from territorial recreation and parks associations and governments
<i>Partners</i>	RPAY, NWT Recreation and Parks Association, Recreation and Parks Association of Nunavut
<i>Target Population</i>	New and emerging recreation leaders with little or no formal education or training in the field
<i>For More Information</i>	www.recnorth.ca



- A collaboration committed to strengthening recreation capacity across the North.
- Development and delivery of a meaningful and relevant training program in the North by the North.
- A partnership of the three territorial recreation and parks associations supported by the three territorial governments and local community.

...is developing a...



Community Recreation Leadership Program



A Training Program for individuals living in Yukon, NWT or Nunavut who work or would like to work or volunteer in recreation but have little or no formal training or education.



Knowledge, skills and experience in the recreation field are gained while living in Northern and remote communities.



Training is delivered online and through peer learning and practical assignments so that it costs less and fits with work and family commitments.



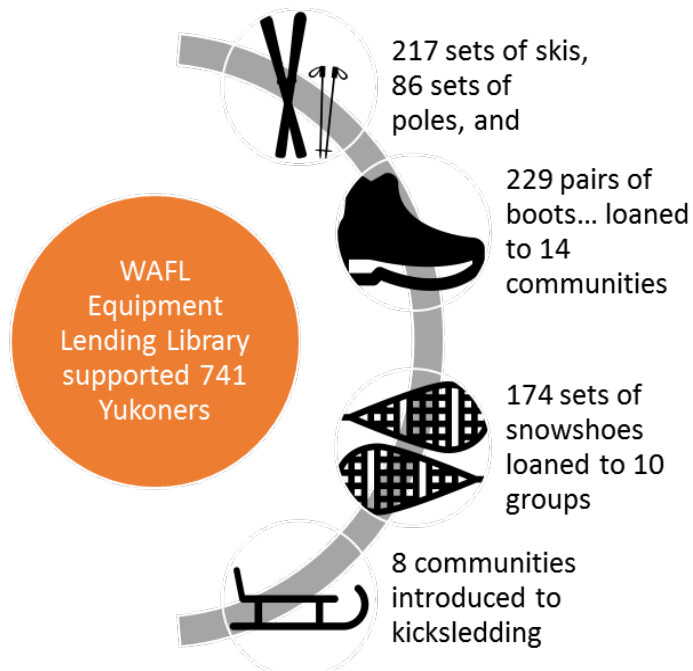
Training (learning events) can be taken individually or bundled together to lead to a certificate granted upon program completion.

Winter Active for Life

Winter Active for Life (WAFL) promotes, introduces and encourages Yukoners of all ages to activities that require minimal infrastructure, take place outdoors in winter, and can be done over the lifespan (e.g. walking, snowshoeing and cross country skiing). The WAFL Coordinator encourages outdoor, winter, program development in rural and First Nation communities. The WAFL Equipment Lending Library, in partnership with Cross Country Yukon, offers loans of cross country ski equipment and snowshoes to community groups.

<i>Funding</i>	Yukon Northern Wellness Project
<i>Partners</i>	Cross Country Yukon, Whitehorse Cross Country Ski Club, Kicksled Revolution
<i>Target Population</i>	Yukoners of all ages with an emphasis on rural Yukoners, seniors and special populations
<i>For More Information</i>	www.rpay.ca/winter-active-for-life

What did we do?



WAFL RHEAL Leaders

Carmacks After School XC Ski Program

- 4 children aged 9-12

Dawson School XC Ski Program

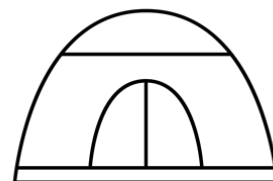
- 90 Kindergarten to grade 12 students

Kwanlin Koytotes XC Ski Program

- up to 45 children and youth

Tagish 'Embrace Winter' Program

- 23 xc skied and snowshoed



Winter Shelter Adventure

Quinzhee building and an overnight stay in Moosehide in March 2017

Concluding Remarks

Every year, the broad reach and diversity of RPAY's programs and services is supposed to be captured in one report. However, conveying the quality work performed by RPAY's staff and contractors, and describing its impact on the health and well-being of Yukoners and Yukon communities, is no easy task. For the 2016-17 year, almost 300 activities and data associated with each were compiled. Anecdotes and stories were reviewed. Reports on the after school time period, the Spring Aquatics Workshop, the Annual Recreation Gathering, and an analysis of gaps in the Active Living Inventory contributed valuable information. Results of the 2016 Yukon Healthy Living Study provided a perspective on progress and considerations for future programming.

In April 2017, RPAY's operational funding was reduced by approximately 20%. This decline in revenue ultimately resulted in the cancellation of two programs: the Menu of Health Living Workshops and Action Grants (Classroom, ASTP and Teen). Despite this set-back, RPAY is committed to working with communities and groups to meeting interests and needs related to an active, healthy lifestyle within limitations of current financial and human resources. The Recreation North partnership and development of a Northern Community Recreation Leadership Program will ensure continued growth in recreation capacity in all Yukon communities.

During the upcoming year, RPAY will renew its Strategic Plan. The Strategic Plan will need to align with priorities for the field as expressed in the 2015 National Framework for Recreation in Canada, the 2012 Yukon Active Living Strategy, and the Common Vision for Physical Activity in Canada (to be released in 2017). Understanding RPAY's direction, progress, challenges, accomplishments, and opportunities will ensure a relevant plan for 2018 to 2022.

Recommendations:

An annual report presents the results of a year's work, an opportunity to learn from the past, and considerations for the future. Looking ahead, the following recommendations are made.

1. Engage the Board of Directors, staff and core contractors in discussions to explore sustainability and diversification of revenue sources.
2. Engage the Board in discussions pertaining to territorial and national priorities around recreation, active living, parks and trails as part of the Strategic Plan renewal process. Ensure familiarity with the National Recreation Framework and other guiding documents.
3. Encourage the Board to identify strategies that strengthen their support and engagement with the organization.
4. Continue to identify and implement documentation to address potential areas of risk for the organization. Review and revise RPAY's Program Policies. Conduct an expert review of documentation used for programming and operational purposes.
5. Continue to prioritize programming that builds capacity for recreation through the development of current and emerging leaders.
 - a. Integrate Recreation North activities into RPAY's operations to ensure sustainability, impact and benefit in Yukon.
 - b. Build an awareness of recreation and recreation leadership skills in older children and youth as this demographic will be our future leaders.

For More Information

Please contact, for more information on this report or on RPAY's programs or services:

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