



RPAY Recreation and Parks Association of the Yukon



2017-18 Annual Report



Prepared by: Caroline Sparks
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Message from the ED

As the Recreation and Parks Association of the Yukon celebrates our 25th anniversary, I am honoured to share last year's successes in our 2017-18 Annual Report. Back in 1993, as a founding member of RPAY, I never dreamt of being involved in celebrations 25 years later. When I reflect back on what we have accomplished, the future of recreation and parks is bright. RPAY's 2018-2023 Strategic Plan clearly states our vision and goals for another five years. However, imagining much beyond that, let alone another 25 years, is more difficult!



Becky, Penny & Anne loving the new office!

Thank you to the Honourable Mr. Streicker, Ms. Van Bibber, and Ms. White who paid tribute to RPAY on Wednesday, April 18, 2018 in the Yukon Legislative Assembly. Their speeches were heartfelt and acknowledged the variety of ways in which RPAY has worked through recreation and parks to influence quality of life across the territory for a quarter of a century.

And, thank you to the RPAY Board for the best anniversary present ever! In October 2017, RPAY moved into a new office space overlooking the Yukon River. The initial lease-to-own agreement was recently reviewed by the Board. I am thrilled to announce that the Board unanimously agreed to take steps to purchase the office space. Happy 25th Anniversary!

Another big accomplishment this past year was piloting the Community Recreation Leadership Program across all three territories. Five Yukon leaders earned a Certificate in Northern Recreation Leadership through online training that allowed learning without interrupting the regular flow of work and family life. I am pleased to announce that, with support from territorial governments, Recreation North will launch the Community Recreation Leadership Program this fall ensuring it is:

- Relevant to rural, remote and Northern workplaces and communities;
- Focused on the application of knowledge and skills with flexibility for certification;
- Evolving and innovative in its training approaches (e.g. blended learning);
- Grounded in Northern experience and diverse learning styles; and
- Aligned with the Framework for Recreation in Canada.

As always, I am humbled by the significant contributions to our field made by recreation leaders, Yukon communities, funders, and also our partners, board members, staff, and contractors. You demonstrate initiative, dedication, tenacity, and a strong understanding of our ability to contribute to quality of life through the benefits of recreation.

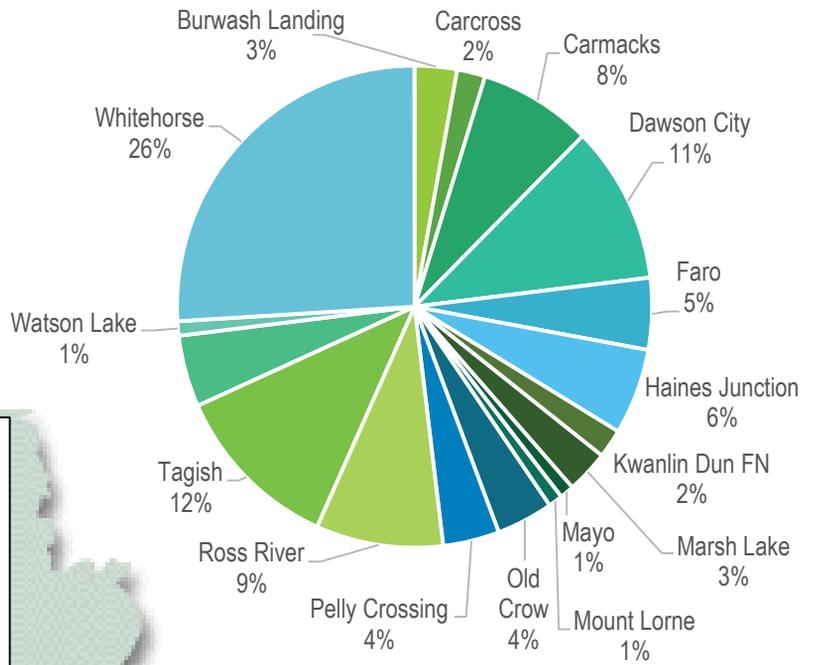
A final thank you to our biggest supporter, Yukon Government (YG) Sport and Recreation Branch. Without your collaboration, your belief in our abilities, your funding, and your recognition of the difference that recreation can make, RPAY would not be celebrating 25 years of service to Yukon people and communities.

Anne Morgan, Executive Director

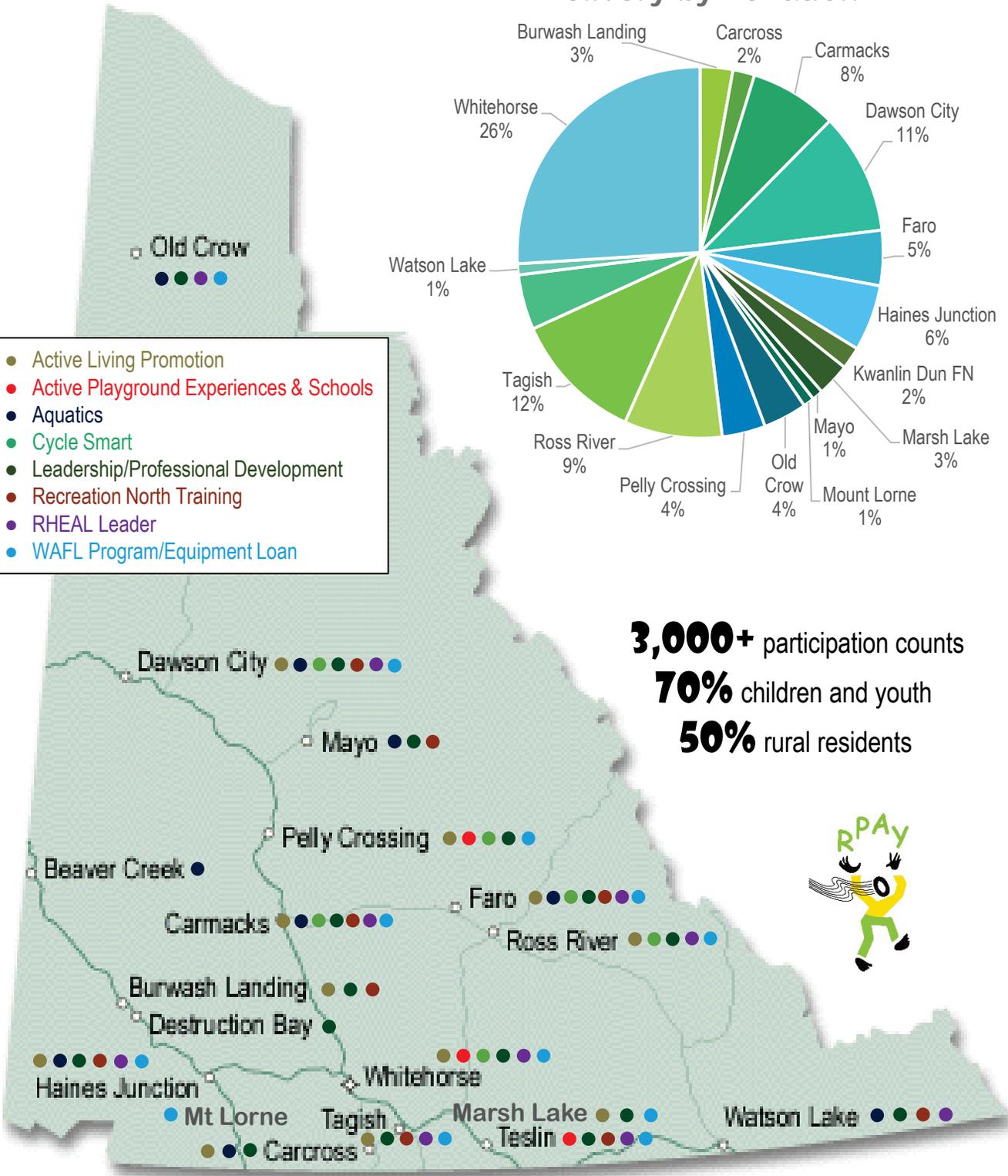


Our Program Reach

Delivery by Location



- Active Living Promotion
- Active Playground Experiences & Schools
- Aquatics
- Cycle Smart
- Leadership/Professional Development
- Recreation North Training
- RHEAL Leader
- WAFL Program/Equipment Loan



3,000+ participation counts
70% children and youth
50% rural residents



Active Yukon Schools & After School



CYCLE SMART 2017

15 days = 713 participants in 8 Whitehorse schools + 5 rural schools

23 Whitehorse classroom workshops = 15 in-class + 15 on-bike + 8 on-road

486 Whitehorse children + 227 from Carmacks, Dawson City, Faro, Pelly Crossing, Ross River



Sophie Janke, Haines Junction

AFTER SCHOOL...

8 programs led by RHEAL Leaders
250 children and youth participated

125+ APE(S)

This is the number of intermediate students participating in Active Playground Experiences (APE) training. Students develop communication, cooperation, and conflict resolution skills; learn to teach games to primary students; practice peer and self-evaluation; and gain experience as a playground leader.

Participating Schools: Christ the King, Elijah Smith, Jack Hulland, and Golden Horn Elementary

active yukon schools

Yukon Recreation and Parks Association of the Yukon

RECREATION AND PARKS ASSOCIATION OF THE YUKON PRESENTS

PLAYGROUND LEADERSHIP

TO INSTILL VALUES, ATTITUDES AND BEHAVIOURS FOR AN ACTIVE HEALTHY LIFESTYLE THROUGH PEER LEADERSHIP. This program is very flexible and typically consists of two or three 90-minute sessions followed by playground visits with smaller groups.

FOR THE STUDENTS

- ✓ increase self esteem
- ✓ help others
- ✓ positive role model for younger children
- ✓ gain hands-on experience
- ✓ teamwork

ABOUT THE PROGRAM

- ✓ leadership qualities
- ✓ team building
- ✓ communication
- ✓ conflict resolution
- ✓ problem solving
- ✓ how to teach a game

FOR MORE INFORMATION contact RPAY's Active Living for School-Aged Kids and Youth Programmer, Mia Lee at mia@rpay.ca. Visit us at rpay.ca or [facebook.com/goRPAY/](https://www.facebook.com/goRPAY/)

To book a session call 867.668.3010

This program is funded through the Yukon Active Living Strategy.

Recreation and Parks Association of the Yukon

Active Yukon Schools

Working Together to Build Active and Healthy Communities

Who's got spring fever?

RPAY wants to help Yukon schools get a move on spring

...toes, the snow into spring... with snowshoes and RPAY as the Y means all leadership... and more... and out what is

active yukon schools

Thank you to Yukon Government Sport and Recreation Branch for their generous funding through the Yukon Active Living Strategy.

700+ Active Yukon Schools Newsletters are prepared and distributed twice each year. Teachers love the newsletters filled with information and stories encouraging active school environments.

Our Youth Walking Challenge was a success with two groups to split the age range. The group with 13-18 year olds had 15 participants and the group with 19-24 years old had 17 participate. Using pedometers, youth tracked their steps for prizes.



Promoting active, healthy lifestyles!

@twitter.com/RPAY1
twitter.com/ActiveYukonSchools



RHEAL LEADER PROGRAM

Rural Healthy Eating Active Living

- After School Club
- Archery
- Bootcamp
- Circuit Training
- School XC Skiing
- Get Fit - Stay Fit
- Healthy Active Youth
- Healthy Weights
- Mindful Movement
- New Year New You
- Nordic Walking
- OsteoFit
- Pickle-Ball
- Pilates Mat
- Sing and Drum Circle
- Snowshoeing
- Tai Chi
- Therapeutic Riding
- Tone & Stretch
- Tykes Tae Kwon Do
- Winter Fit 'n' Fun
- Yoga

35 RHEAL Leader contracts for community, after school & WAFL programs
11 communities: Carmacks, Dawson City, Faro, Haines Junction, Kwanlin Dun FN, Old Crow, Ross River, Tagish, Teslin, Watson Lake, Whitehorse
933 counts of participation



Kris Bruneau
Ross River



Kara Went, Faro RHEAL Leader

“For all 7, this has become a lifestyle. They made efforts to create movement every day... And, a lot of their families became interested and supported their wellness journey.”

A winter memory was a 6-year old who tried snowshoeing for the first time, then refused to take them off. He used the snowshoes all winter whether walking to school or on weekends.

Community benefits included bringing people together in a fun way that helped to foster new friendships and create new support systems.

The actual skiing is awesome, but just one part of the experience. The opportunity for the students to try a new activity is huge. It builds perseverance, confidence and comradery.



Tricia Frey, Pelly Crossing

- Carmacks Winter After-School Club
8 youth
- Dawson Community'n School XC Ski Program
140 students in grades K to 12
- Kwanlin Koyotes Ski Club
40 children and youth
- Tagish 'Embrace Winter' Program
20 community members ages 4 to 84
- Skookum Jim Friendship Centre's Winter Wednesday's XC Ski Program
42 First Nation children ages 8 to 12

WAFL
Equipment
Lending Library
supported 787
Yukoners

203 sets of skis,
85 sets of poles,
and

254 pairs of boots... loaned to 13 communities

177 sets of snowshoes loaned to 11 groups

4 communities introduced to kicksladding

WINTER ACTIVE FOR LIFE

WAFL Program & Equipment Lending Library

Leadership Development & Training

RECREATION NORTH

Through our Northern partnership, and funded by Arctic Inspiration Prize, an innovative Community Recreation Leadership Program was developed and piloted across the three territories. Congratulations **Adonika Clark** (Dawson City), **Florence Pilon** (First Nation of Nacho Nyak Dun), **Grace Bowers** (Faro), **Kelsey Hassard** (Teslin), and **Rob McPhie** (Haines Junction) for earning your Certificate in Northern Recreation Leadership.

Check out the Rec North News at

www.recnorth.ca



46 leaders - 12 communities participated

RECREATION GATHERING... at

Marsh Lake in October 2017. The event fostered deeper understanding of community recreation through the eyes of people, culture, and environments. Sessions explored volunteerism, creative uses of places and spaces, importance of connecting people to nature, ideas for programming in the outdoors, and Yukon First Nations culture and history.

YUKON MOVES... in Whitehorse in January

2018 offered practical training for recreation leaders working with children and youth. This event included 2 days of hands-on activities for programming outdoors and a 1 day intentional practice workshop and its contribution to positive mental health.

The Whitehorse Star, Thursday, October 22, 2017

YUKON 5

Recreation program welcomes first participants

Recreation North has announced the first of the Community Recreation Leadership Program, a week and a half intensive program for 46 recreation leaders from Yukon, Northwest Territories and Nunavut.



Recreation gathering builds community capacity

Recreation leaders from across the Yukon are in Marsh Lake and Whitehorse for the 16th annual recreation gathering.

The gathering provides professional development and

recreation practitioners, after-school and youth leaders, volunteer board members and local recreation authorities.

Yukon First Nations history and will help participants improve recreation program delivery.

ideas for programming, leadership and resources they can bring back to their community.



Penny Whitehorse

The most valuable thing was connections. It's very helpful having met so many people in the Yukon pools community.



Caroline Dawson City

AQUATICS

In partnership with Yukon Government, RPAY supports pool operations and programming for rural communities.

The annual Spring Aquatics Workshop (SAW) builds skills and knowledge about safe pool operations, lifesaving, and instruction of Red Cross and Lifesaving Society's learn-to-swim programs. Orienting new staff to Yukon's diverse cultures and communities is also included. SAW took place May 15-17, 2017 in Whitehorse with **6** participants from **5** communities.

Pool Managers participated in Junior Lifeguard Club (JLC) training and then hosted JLC events for **60** rural youth.

Old Crow borders the Porcupine River and does not have a pool. The Old Crow Swim Camp helped **15** children and youth learn to swim and develop water safety skills.

FACT: Three of Yukon's permanent, rural recreation programmers/directors were born and raised in the community where they now work!

TRAINING & CERTIFICATES

12 more training opportunities for about **200** participants

Certification-based training:

- Boot Camp Certificate for rural fitness leaders
- Canadian Playground Safety Institute – Inspector
- Yukon First Nations 101

Other training:

- Recreation Basics - Youth Directorate Leadership Camp
- WAFL training for Carmacks, Dawson City, Ross River and Teslin leaders
- Risk Management workshop series in Dawson City

Conferences:

- International PLAY Conference

Celebrating 25 Years; From 1993 to 2018

The Recreation and Parks Association of the Yukon (RPAY) was officially registered in the Yukon on April 19, 1993. In its early years, RPAY contributed to community recreation by coordinating conferences and delivering aquatics training. In 2001, under the Yukon Active Living Strategy, the Yukon Active Living Coordinator position was established and programming evolved to encompass active recreation through core programs such as Active Yukon Schools and the RHEAL Leaders program. In 2002, with chronic conditions funding, RPAY addressed healthy eating and stress reduction along with physical activity. In 2010, concerns around childhood obesity and decreased physical activity escalated leading to a priority on the after-school time period (ASTP). More recently, sedentary behaviour, physical literacy, and reconciliation through the TRC's Calls to Action have emerged as areas on which to focus.

After 25 years, and regardless of the shifting priorities, policies or trends, RPAY remains dedicated to empowering Yukon people and communities to adopt active, healthy lifestyles. RPAY's efforts are aligned with the renewed *Yukon Active Living Strategy* (2012), the *Framework for Recreation in Canada* (2015), and the *Common Vision for Physical Activity in Canada* (2018). Cooperation across multiple sectors at community, territorial and national levels is essential. However, RPAY's programs and services would not be possible without commitment, encouragement, and operational funding from Yukon Government Sport and Recreation Branch.

RPAY's core programs include:

- ★ RHEAL Leaders program which enhances quality of life for individuals living in rural communities.
- ★ Winter Active for Life which offers outdoor, non-motorized, winter programming and an equipment lending library.
- ★ Active Yukon Schools and After-School programs promoting daily physical activity through Playground Leadership, Cycle Smart, and a bi-annual newsletter.
- ★ Recreation North's (www.recnorth.ca) Community Recreation Leadership Program and the Yukon Community Recreation Leaders Guide which develop competencies for leading in community recreation.
- ★ Certification related to community recreation programs and facility operations (e.g. Aquatics).
- ★ Professional development through an annual recreation gathering, conferences, and networking.

2018-2023 Strategic Plan

“Active, healthy living through recreation and parks”

RPAY strengthens the capacity of Yukon communities to engage their citizens in active, healthy lifestyles through recreation and parks.

Goal #1

Influence attitudes around the benefits of active living, recreation and parks for health and wellbeing.



Goal #2

Support active, accessible, inclusive, and culturally-relevant recreation experiences that encourage lifelong, winter, and rural Yukon participation.



Goal #3

Strengthen community-based, recreation leadership through training, certification and professional development for practitioners and volunteers.



Goal #4

Operate effectively and efficiently using sound business practices and partnerships to foster sustainability.

Thank you for working with us!

RPAY values strong relationships with local leaders and communities; with recreation authorities, schools and Yukon First Nations; with governments and non-profit organizations; across the North; and nationally.



Thank you guys so much for making winter great again!



- Arctic Inspiration Prize
- BC Coastal Health
- BC Recreation & Parks Association
- BC Women's Hospital
- BC-Yukon Branch of the Lifesaving Society
- BYTE
- Canada Games Centre Aquatics staff
- Canadian Parks & Recreation Association
- Canadian Playground Safety Institute
- Canadian Recreation Facilities Association
- Canadian Trails Federation
- Child Development Centre
- City of Whitehorse Bylaw Enforcement
- Cross Country Yukon
- ElderActive Recreation Association
- Green Jobs
- Kicksled Revolution
- Kimiko Young (aquatics)
- Klondike Active Trails and Transportation
- Learning Disabilities Association of the Yukon
- LIFECycle Bike Safety & Adventure
- Local Authorities for Recreation
- Municipalities and unincorporated communities throughout Yukon
- National Family Week
- NWT Recreation and Parks Association
- ParticipACTION
- Physical Health Education Canada
- Play Systems North
- Public Health Agency of Canada
- Recreation and Parks Association of Nunavut
- Recreation Departments and staff
- Recreation North
- Schools throughout Yukon
- Sean Healy (aquatics)
- Special Olympics Yukon
- Sport Yukon
- Swim Yukon
- UkonEchelon
- Whitehorse Cross Country Ski Club
- Yukon Youth Conservation Corps
- YG Education
- YG Environment
- YG Health Promotion Unit
- YG Sport and Recreation Branch
- YG Youth Directorate
- Yukon College campuses
- Yukon First Nations
- Yukon Lotteries Commission
- Yukon Parks



I am super grateful for the generous funding to put on this multi-faceted class. It has helped many, and created a ripple within the community to get healthier!

For more information

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