RECREATION + PARKS ASSOCIATION OF THE YUKON

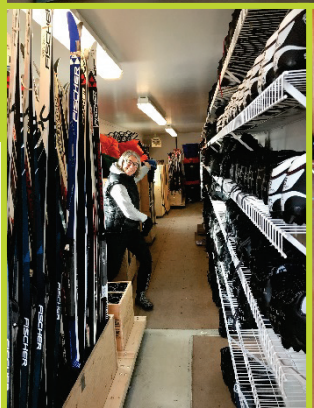
RPAY

2018-19 ANNUAL REPORT

active healthy living

through

recreation+parks



Prepared by: Caroline Sparks

C.Sparks Consulting

www.rpay.ca

Message from the Executive Director

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

As the Executive Director of the Recreation and Parks Association of the Yukon, I have the pleasure of presenting yet another annual report.

Let's begin with January 21, 2019 when RPAY became the proud owner of new office space. Treasurer Kathryn Zrum and President Ian Spencer finalized the agreement and signed the paperwork for our office on Titanium Way overlooking the Yukon River. And, to celebrate 25 years of operations, RPAY re-branded with a new logo, a fresh look, and an amazing website.

This past year, in partnership with the NWT and Nunavut associations and as laureates of the Arctic Inspiration Prize, we launched the Recreation North Training Program. This caught the attention of our provincial counterparts who have expressed interest in piloting what could later become national training for rural and remote recreation leaders. We have also reached an agreement that graduates with our Certificate in Northern Recreation Leadership can apply this towards Professional Development certification with the Canadian Parks and Recreation Association (CPRA).

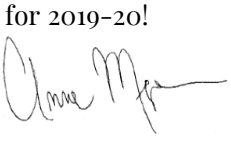
Generous support of Lotteries Yukon made it possible to expand our popular Winter Active For Life (WAFL) Equipment Library. We increased the equipment available for loan and purchased a customised sea-can as the Library's new home. Thanks to the Whitehorse Cross Country Ski Club, our expanded Library is now in a permanent location. By expanding the Library, RPAY will help to reduce barriers to physical activity and get more Yukoners moving more outdoors in winter.

At this time, please join me in thanking Ian Spencer. Ian joined the RPAY Board shortly after moving to Mayo as the Recreation Director. As RPAY's President for more than 15 years, Ian has seen our organization grow. Ian has also served on the CPRA Board of Directors, been Chair of the Finance and Risk Management Committee, and represented CPRA with the Canadian Playground Safety Institute. Ian's leadership for both RPAY and CPRA will be missed.

Also retiring from long-term service is Karen Thomson, Director of the Sport and Recreation Branch. Karen has been a strong advocate for recreation and supporter of RPAY. Throughout her time with Yukon Government, Karen's passion for recreation and its role in enhancing quality of life for Yukoners has been evident. On behalf of RPAY, I would like to express our sincerest gratitude to Karen for her commitment and service to our sector within the territory and nationally.

Thank you for your interest in our 2018-19 Annual Report and for helping RPAY celebrate last year's successes. Thank you to our partners and funders for your belief in the individual and community benefits of recreation. A final thank you to Yukon Government Sport and Recreation Branch... we wouldn't be celebrating this year without you!

All the best for 2019-20!



Kathy and Anne, happy to sign for the office purchase!

2018-2023 Strategic Plan

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, recreation leadership through training, certification and professional development for practitioners and volunteers.

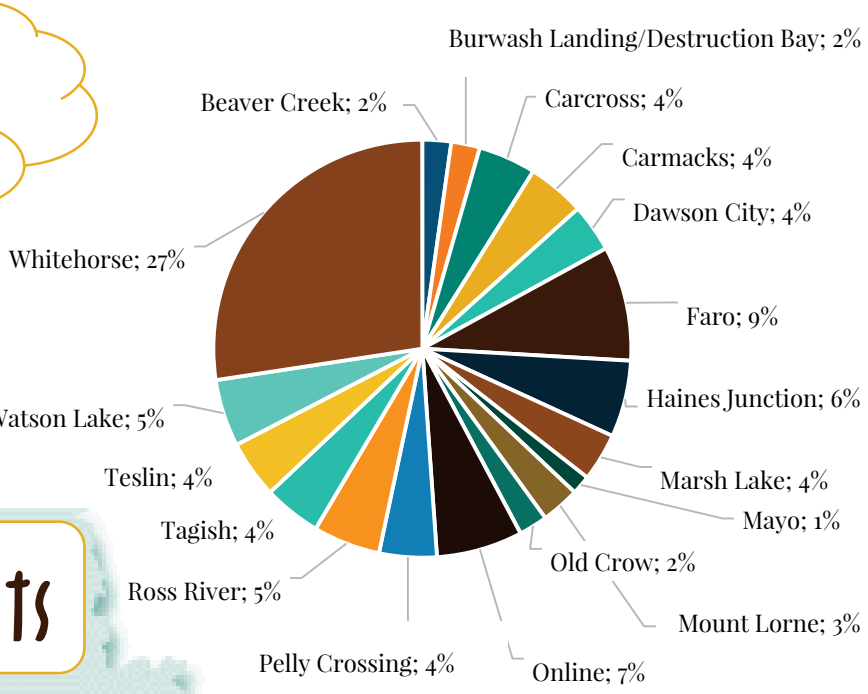
Goal #4

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

Our Program Reach

"RPAY makes lives better one activity at a time." SJFC

Delivery by Location

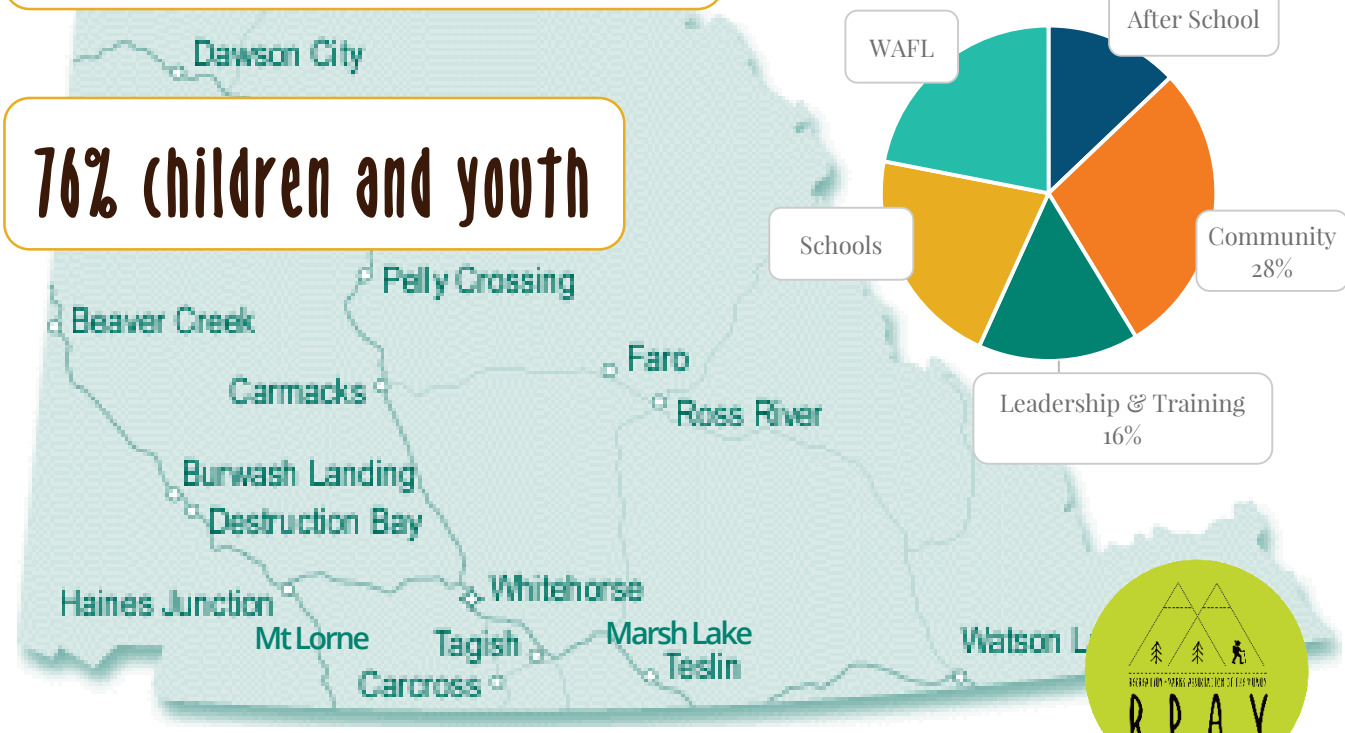


61% rural residents

3,968+ participation counts

76% children and youth

Delivery by Program Type



Active Yukon Schools and After School

Younger children seek playground leaders... Two said, "Thank you for getting big kids to play with us. I really like it when they're here. It helps me a lot."

Don, Holy Family Elementary School

Active Playground Experiences (APE)

130+ Playground Leaders

APE instills values, attitudes and active, healthy behaviours through peer leadership training with students in intermediate grades.

9 schools: Elijah Smith, Golden Horn, Hidden Valley, Holy Family, Jack Hulland, Johnson Elementary, Khàtìnas.àxh (Teslin), Selkirk, and Tantalus.

Carmacks Active Playground Leaders

Recreation After School

12 programs led by RHEAL Leaders for **160+** children and youth

Cycle Smart 2018

896 participants

11 rural communities: Beaver Creek, Carcross, Carmacks, Destruction Bay, Faro, Haines Junction, Mayo, Pelly Crossing, Ross River, Teslin, Watson Lake

In-class workshop: **436** Whitehorse children

On-bike in-playground workshop: **460** rural and **436** Whitehorse children

On-road facilitated ride: **87** Whitehorse and **36** rural children

100% of teachers and administrators who completed the program evaluation said they would register their school in Cycle Smart again and encourage other schools/classes to do the same.

Takhini Elementary School

AYS Newsletters

700+ Active Yukon Schools newsletters encouraging daily physical activity...

www.rpay.ca/active-yukon-schools-newsletters

Green Jobs

✓**12** Yukon subsidies

✓**5** Yukon organizations

CPRA ACPL

www.cpra.ca/stories

- Job positions for green career-related activities
- Wage subsidies for youth funded by Government of Canada
- Delivered through the Canadian Parks and Recreation Association
- Administered by RPAY for the Northern Region

RHEAL Leader Program

Rural Healthy Eating Active Living

37 RHEAL Leader Community, After School & WAFL programs with **700+** counts of participation in **14** communities: Beaver Creek, Burwash Landing, Carmacks, Dawson City, Faro, Haines Junction, Marsh Lake, Mount Lorne, Old Crow, Pelly Crossing, Ross River, Tagish, Teslin, Whitehorse

Marsh Lake Osteofit with Ursula

Skookum Jim Friendship Centre Kicksleds and Ice Fishing

Some of the 2018-19 RHEAL Leader programs:

- YogaFit
- Tai Chi
- Archery
- OsteoFit
- Pickle Ball
- Fitness Fun Faro
- Get Fit - Stay Fit
- Restorative Yoga
- Let's Get Fit Teslin
- Tykes Tae Kwon Do
- Three Ways to Wellness
- EVB Cross Country Club
- Carmacks Evening Active
- Nordic Walking & Hiking
- Stay/Get Fit Class & Biking
- Yoga ~ Beginner, Kids, Adult
- Winter Fun Active Kids Club
- Creative Dance and Movement
- Beginner Run Club "Couch to 5k"
- Active Aging 55+ Functional Fitness
- School & After School XC Ski programs

"It's nice to hear people thank me (for the yoga class) or tell me that's exactly what they needed that day."

Paige, Old Crow RHEAL Leader

WAFL Program & Equipment Library

Winter Active for Life

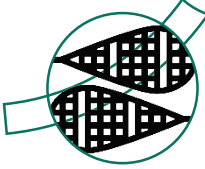
Kelli
Faro RHEAL Leader

Dawson Community'n School Cross Country Ski Program

252 sets of skis, **97** sets of poles, and

275 pairs of boots... loaned to **11** communities

10 groups from **5** communities borrowed kicksleds



163 sets of snowshoes loaned to groups

7 programs - **292** participants

18 equipment loans used by almost **1,000** Yukoners

WAFL in Burwash Landing, Carmacks, Dawson City, Faro, Haines Junction, Kwanlin Dun, Marsh Lake, Mount Lorne, Pelly Crossing, Ross River, Tagish, and Whitehorse:

Leadership Development

Competency-Based Training

Yukon Recreation Training Plan 2018-22

- Competency-Based Training
- Certification-Based Training
- Professional Development

Recreation North, a tri-territorial partnership and Arctic Inspiration Prize laureate, offers training to strengthen competencies for working and volunteering in recreation. Delivered remotely, participants develop knowledge and skills without leaving their home community or setting aside work and family responsibilities.

Short courses allow participants to engage with peers and apply their learning through practical activities.

Recreation North Training Program

Training can lead to a Certificate in Northern Recreation Leadership and professional designation with the Canadian Parks and Recreation Association.

www.recnorth.ca

Certification-Based Training

Developing recreation leadership in rural Yukon through:

- Active Camp Experience Youth Leader Training (17 participants)
- Risk Management series (6)
- Bronze Medallion & Bronze Cross (2)
- Yoga Fit Level I (4)
- Yoga Fit Level II (2)
- Yoga Fit Back (2)
- Yoga Fit Kids (2)
- CanFit Pro Group Fitness Instructor (1)

"As a result of this training, my employee gained confidence and was better at programming. He applied what was learned instantaneously and I could see him do it daily. It was incredible!"
CAO, Haines Junction

Aquatics Training

Spring Aquatics Workshop

Safe pool operations, lifeguarding, instruction, lifesaving, orientation of staff to Yukon communities.

10 participants from **7** communities.

Junior Lifeguard Club

Training and events in Carcross, Mayo, Watson Lake.

75 children and youth from **4** communities.

Professional Development

Professional development fun!

Rural Recreation Retreat (Marsh Lake) & Annual Recreation Gathering (Whitehorse) in October

2018 saw **25** leaders from Carcross, Faro, Marsh Lake, Mayo, Old Crow, Pelly Crossing, Teslin, Watson Lake, and Whitehorse take part in networking and sessions:

- Mental Health Facilitator training
- Yukon Bright Lights and Tradeshow
- Actively Engaging Girls and Women workshop

Why We Love RPAY!

"Since beginning with RPAY in 2002, it is the relationships I value most. RPAY has an incredible team of Board Members, staff, contractors and funders. My passion and commitment to the field remains strong because we all work together ensuring Yukoners have opportunities to engage in community recreation and parks."
Anne ~ Executive Director

goRPAY

RPAY Staff

RPAY Contractors

"Working closely with rural leaders gives me a true feeling of community."
Penny ~ Active Living Coordinator

"I love working for RPAY because it allows me to engage with my community and see the positive impacts of a healthy and active lifestyle."
Becky ~ Special Project Coordinator

RPAY1

"RPAY values and embraces Yukon environment and wild spaces placing a focus on winter... What's not to LOVE about that!"
Jan ~ Winter Active for Life Coordinator

"I enjoy being part of the RPAY team and seeing firsthand how the programs and services support people all over the Yukon."
Mia ~ Active Living for School Aged Kids and Youth Trainer

"I love RPAY's 'can-do' way of working to support communities!"
Jenyfer ~ Cycle Smart & Green Jobs Coordinator

"I love learning how RPAY's programs make a difference in the lives of Yukoners."
Caroline ~ Planning, Evaluation & Leadership Development Consultant and Recreation North's Learning Consultant

twitter.com/RPAY1
twitter.com/ActiveYukonSchools

Thank you to our partners and major funders!

Yukon

LOTTERIES YUKON

CPRA ACPL

Public Health Agency of Canada | Agence de la santé publique du Canada

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.

Active Living Alliance for Canadians with a Disability
Arctic Inspiration Prize
BC Coastal Health
BC-Yukon Branch of the Lifesaving Society
Canada Games Centre Aquatics staff
Canadian Drowning Prevention Coalition
Canadian Parks & Recreation Association
Canadian Playground Safety Institute
Canadian Recreation Facilities Association
Canadian Trails Federation
City of Whitehorse Bylaw Enforcement Services
Coast Mountain Sports
Green Jobs
Kicksled Revolution
LIFECycle Bike Safety & Adventure
Local Authorities for Recreation
Lotteries Yukon
Municipalities and unincorporated communities throughout Yukon
National Trails Coalition
Northern Institute of Social Justice
NWT Recreation and Parks Association
ParticipACTION
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)
Sport Yukon
Swim Yukon
U Kon Echelon
Whitehorse Cross Country Ski Club
YG Education
YG Environment
YG Health Promotion Unit
YG Sport and Recreation Branch
Yukon College
Yukon College campuses
Yukon First Nations
Yukon Parks
Yukon Youth Conservation Corps

To learn more about our programs and services, please contact:

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