



RECREATION + PARKS ASSOCIATION OF THE YUKON

RPAY

2019-20 annual report



www.rpay.ca

active healthy living
through
recreation+parks

Keeping YU
connected



Message from the Executive Director

What began as another year of successful programming ended with a very different reality. On March 7th, Yukon's Chief Medical Officer of Health recommended the cancellation of the 2020 Arctic Winter Games. Then, on March 27th, a state of emergency was declared in response to COVID-19. RPAY responded to the unfolding situation; the office closed, staff began working from home, and adjustments were quickly made to work plans, programs and activities. As we wrap up the 2019-20 year, it is evident that this new reality of physical distancing and public facility closures is not going to end quickly.

June is Recreation and Parks Month. Despite the COVID-19 pandemic, this June we have much to celebrate. We see more Yukoners getting outdoors in family groups to walk, bike, hike or play. Our networks and connections with recreation leaders across the Territory and beyond has strengthened. We remain committed to providing our programs and services because recreation and parks are essential and integral to our quality of life.

As the Executive Director, I am truly grateful for the support of a number of communities, organizations and individuals—many of whom are acknowledged on the back cover of this report. Your support will get us through the changes and challenges that lie ahead. In particular, my heartfelt appreciation goes out to:

- † Yukon Government Sport and Recreation Branch for their outstanding and ongoing support.
- † The RPAY Board for their commitment to our vision and mandate and to the recreation and parks sector.
- † Community recreation leaders and volunteers who are dedicated to making their communities the best places to live through recreation and parks.
- † Canadian Parks and Recreation Association for their amazing leadership and guidance in this new era
- † RPAY staff and contractors who are adjusting schedules and duties during these challenging times. A big thank you to Penny Sheardown, our Active Living Coordinator, for keeping in touch with community leaders. "Kudos" to Roger Bower, our new Program Coordinator, who jumped right in just as everything was changing.

Remember, June might be Recreation and Parks Month, but together we make recreation and parks special each and every day.

Anne Morgan, Executive Director



RECREATION + PARKS ASSOCIATION OF THE YUKON

RPAY strengthens the capacity of Yukon communities to engage their citizens in active, healthy lifestyles through recreation and parks. RPAY works towards our vision through 4 strategic goals.

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.

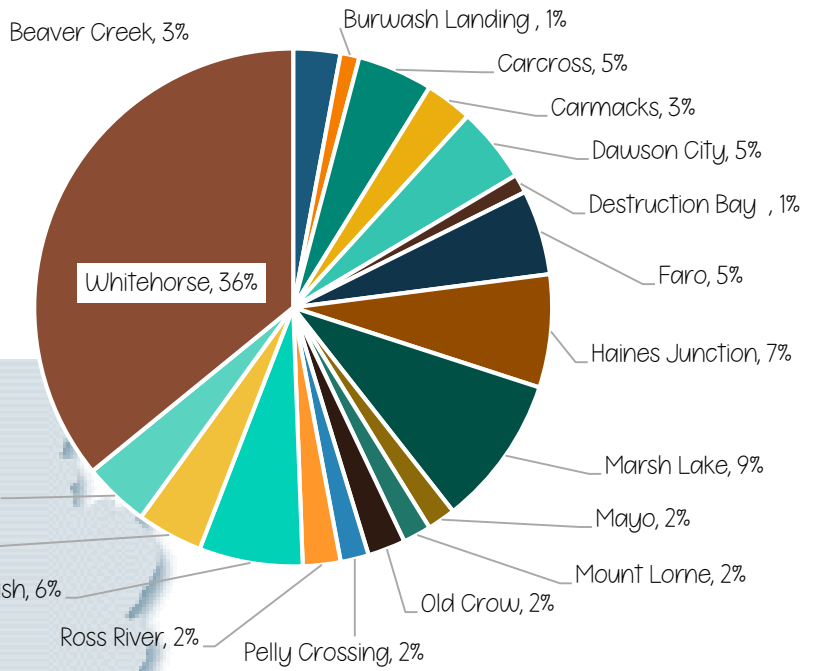
Goal #4

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

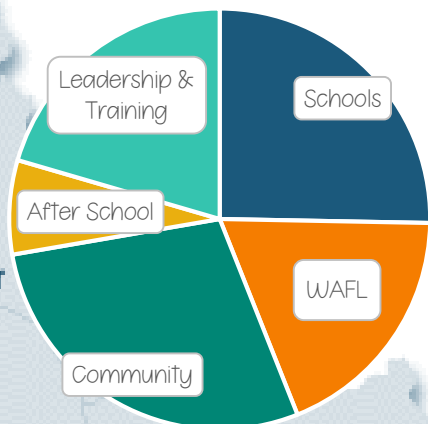


Our Program Reach

Location of Programs Delivered



Type of Programs Delivered



122 programs

4,590
participation
counts

45% rural
participation

76% children
and youth

RHEAL Leader Program

Some of the 2019-20 RHEAL Leader programs

Yoga
Tai Chi
Archery
Pickle Ball
Youth Hip Hop
Restorative Yoga
Teslin Active Living
Get & Stay Fit Class
Seniors Wellness Café
Beaver Creek Yoga Club
Therapeutic Riding Program
Youth Ski and Snowshoe Club
Movement & Creative Dance Class
Dawson Community'n School XC Ski Program
Active Transportation & Healthy Snack Program
Tagish Youth Get Active
55+ Functional Fitness
After School Program
Youth Toboggan Club
Old Crow Boys Club
Youth Get Active
Faro Boot Camp
Nordic Walking
Tone & Stretch
Tae Kwon Do
Yoga Fit
OsteoFit



New Website



www.rpay.ca

Launched
April 19, 2019

2001

The Rural Healthy Eating Active Living (RHEAL) Leader Program, funded by YG Sport and Recreation Branch, is 19 years old!

32

Community, After School and Winter Active programs delivered through 48 contracts.

12

Communities with programs: Beaver Creek, Dawson City, Faro, Haines Junction, Marsh Lake, Mount Lorne, Old Crow, Ross River, Tagish, Teslin, Watson Lake, Whitehorse.

10

Programs offered healthy snacks thanks to YG Health Promotion Unit.

600+

Counts of participation were reported.



"This has been a fantastic year. The environment was very positive and supportive, and Yoga classes were well-attended. I feel so fortunate to have the opportunity to make the yoga club better!"

"Healthy snacks boost energy and mental clarity, and also provide an opportunity for conversations and connections."

"Our seniors enjoy the classes, not only for improving their strength, mobility, and agility; but they love to be together, to socialize and have fun."

"Many positives came out of this program. Youth develop knowledge and skills, learn how to be part of a team, and form positive relationships with their peers and adult leaders. It is wonderful to have a healthy space for youth to engage in."





Active Playground Experiences (APE)



Active Yukon Schools & After School

Active Playground Experiences

instills values, attitudes and behaviours for an active, healthy lifestyle through peer leadership training.



9 schools

Christ The King, Elijah Smith, Golden Horn, Hidden Valley, Holy Family, Jack Hulland, Selkirk, Takhini



259+ leaders

playground leaders are students in grades 5-7



"In the Playground Leadership training, students learn valuable communication and cooperative skills."



Active Yukon Schools Newsletters

"encourage DPA (daily physical activity)"
www.rpay.ca/active-yukon-schools-newsletters

After School Recreation

130+ children & youth
 7 RHEAL Leaders
 4 communities



1,024 children or 29% of all Yukon elementary school students took part in workshops (in-class & on-bike)



Cycle Smart develops safe biking practices and positive attitudes towards active transportation

528 Whitehorse children ~ 219 of these took part in 10 on-road rides

496 rural children ~ 198 of these took part in 11 on-road rides



WAFL Program & Equipment Library

Many students became confident skiers and skied regularly on Kwanlin Dun and Mt. Mac Ski Trails. When buses were not available, classes walked to the trails, skied, and then walked back to school.

4 WAFL RHEAL Leader programs

275 "WALFers"

2-3 times/week for 10 weeks (average use of equipment)

45-60 minutes/session of PA (physical activity)

Students learned to persevere, have a growth mindset, and try their best. Seeing students encouraging and helping each other, was a huge success!

19 equipment loans helped 900+ Yukoners to be winter active

228 sets of skis, 124 sets of poles, and

335 pairs of boots... loaned to 12 communities

10 groups from 4 communities borrowed kicksleds

112 sets of snowshoes loaned to groups



WAFL Communities

Beaver Creek
Burwash Landing
Dawson City
Faro
Haines Junction
Marsh Lake
Mt Lorne
Pelly Crossing
Ross River
Tagish
Teslin
Whitehorse

Green Jobs

Over 2 years... from 2018-20:

- ⌘ \$42,902 invested in youth in the Yukon
- ⌘ 4,357 hours worked
- ⌘ 4 organizations funded ~ 11 new green jobs created
- ⌘ 54% of youth hired are Yukon First Nations members



<https://greenjobsinitiative.ca>

National Drowning
Prevention Week
4 communities ~ 100 participants

Junior Lifeguard Club
Swim Camp (19) Swim Meet (33)





Leadership Development

Yukon Recreation Training Plan 2018-22

Competency-Based Training

Certification-Based Training

Professional Development



Training Program over the year...

95 registrations from Yukon participants in...

14 learning events (courses) representing...

6 communities: Burwash Landing, Carmacks, Kwanlin Dun, Marsh Lake, Mt Lorne & Whitehorse

3 certificates granted to...

Competency-based training

Certification-based training

Spring Aquatics Workshop

Instruction,
Safe pool operations
Lifeguarding & lifesaving
Orientation to Yukon communities

10 participants

8 rural communities



"I knew I had a great group of people to depend on when help or advice was needed."

Certificate in Northern Recreation Leadership



Trisha Johnnie



Jamie Birkel



Sherry Whittle

"Recreation North is current, inspiring, and a great resource for connecting with awesome people across the North. The training gave wonderful opportunities for growth as leaders and afforded amazing flexibility with the online teaching / learning assignments."

Professional Development

Annual Recreation Gathering

23 from Carcross, Mayo, Old Crow, Pelly, Tagish, Teslin, Whitehorse

11 sessions such as Get Moving with Bhangra, Canadian Red Cross Psychological First Aid, on topics such as cannabis, privacy and social media, and featuring keynote speaker: Russ Sheppard, Coach of the Kugluktuk Grizzlies

"The Gathering was great for network building. And very useful because we share experiences and can relate the information to our community."



Thank you to our partners and funders

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.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Active Living Alliance for Canadians with a Disability

Arctic Inspiration Prize

Association of Yukon Communities

BC Coastal Health

Canadian Drowning Prevention Coalition

Canadian Parks and Recreation Association

Canadian Playground Safety Institute

Canadian Trails Federation

City of Whitehorse - Canada Games Centre

Coast Mountain Sports

Grant Dunham

Green Jobs

Kicksled Revolution

Learning Disabilities Association of the Yukon

LIFECycle Bike Safety & Adventure

Lifesaving Society

Local Authorities for Recreation

Lotteries Yukon

Municipalities and unincorporated communities
throughout Yukon

National Trails Coalition

NWT Recreation and Parks Association

Ontario Recreation Facilities 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

Sport Yukon

Swim Yukon

U Kon Echelon

Whitehorse Cross Country Ski Club

YG Education

YG Health Promotion Unit

YG Sport and Recreation Branch

Yukon College

Yukon First Nations

Yukon Literacy Coalition

Yukon Parks

Yukon Volunteer Bureau



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

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