

2021-22 Annual Report



www.rpay.ca

The Recreation and Parks Association of the Yukon
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Message from the Executive Director

Reflecting back, the beginning of the pandemic seems much longer ago than a few years. At the time, we never dreamt of the long-term impact the public health restrictions would have on our field.

Our journey has not been easy, but we have persevered. The challenges we faced have helped us understand that we can do recreation differently. We have learnt to facilitate programming, support communities, and build strong networks from a distance. We have been creative in the ways we connect and support our rural recreation leaders. We have learnt that inclusive and accessible recreation during a pandemic is possible by programming activities such as Bubble Yoga, virtual gatherings, loaning out kick sleds, Nordic walking, and a variety of family-oriented events.

In 2021, a third collection of the Yukon Health Living Study (YHLS) was conducted by the World Leisure Centre of Excellence at Vancouver Island University on behalf of RPAY. The 2021 Study explored the physically active leisure pursuits of Yukon residents while also investigating the ways that public health restrictions and guidelines impacted on their participation. Building on a previous version of this study (2016), the 2021 YHLS invited respondents to reflect on their values and beliefs regarding physical activity, and to suggest strategies that could be used to increase participation and inform them of programming.

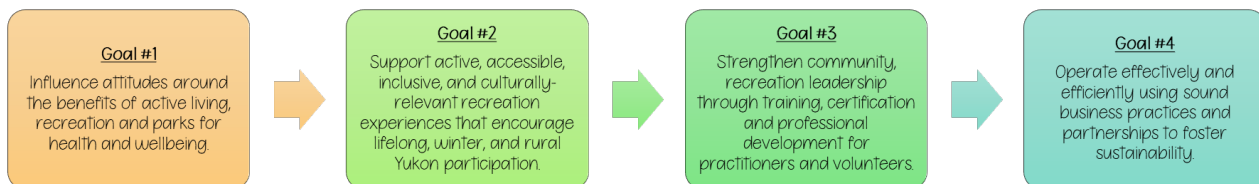
The 2021 YHLS will help us move forward. The results demonstrate the high priority Yukoners place on being active outdoors and with family. We also observed a dramatic increase of Yukoners taking part in unstructured and home-based activities. With the outstanding support of our partners, especially the Yukon Government Sport and Recreation Branch, we can create a strong foundation for the future as we reimagine and reinvent ways for recreation and parks to continue positively impacting health and community wellbeing.

In addition to acknowledging our amazing participants and partners, I extend my heartfelt appreciation to staff, contractors, and board members who have collaborated and been innovative during this time of change. Active, healthy living through recreation and parks has always been, and will continue to be, a team effort.



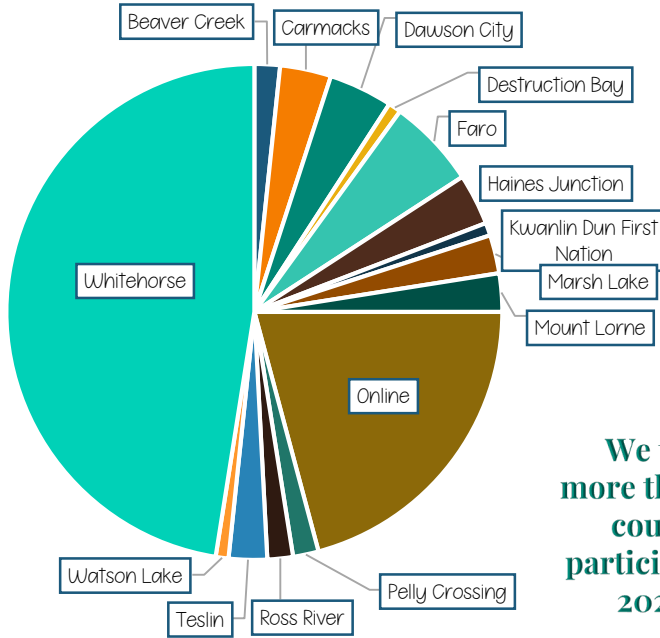
Finally, we could present RPAY Recognition Awards in person! Congratulations to Joshua Wilcox (2021) and Sue Meikle (2020).

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 four strategic goals.



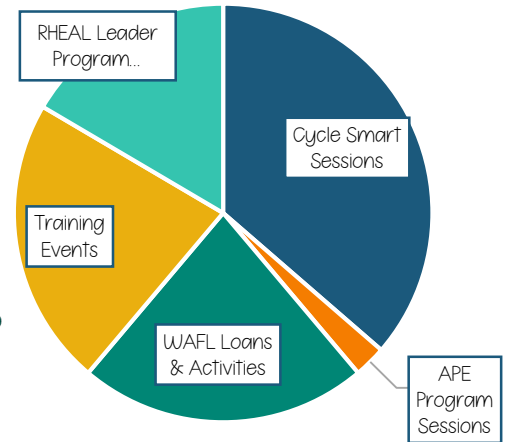
2021-22 Highlights

Over the past year, we delivered programs in...



We tallied more than 3,500 counts of participation in 2021-22.

This past year, our programs focused on...



Special Projects



Green Jobs

Administered through the Canadian Parks and Recreation Association, Green Jobs funding provided employment for four Yukon positions with the Town of Watson Lake's Parks Department (3) and the Village of Teslin's Recreation Department. Check out the Watson Lake story at <https://cpraca/wp-content/uploads/2022/02/Watson-YN-Final.pdf>.

Yukon Healthy Living Study (YHLS)

In 2021, the Yukon Healthy Living Study was conducted for RPA by the World Leisure Centre of Excellence at Vancouver Island University with funding from YG Sport and Recreation Branch.

Previously conducted in 2009 and 2016, the YHLS helps recreation practitioners plan and offer physical activity and recreation opportunities that are meaningful for all Yukoners. One example of this is how the 2009 results led to the development of RPA's popular Winter Active for Life program which, this past year, encouraged more than 1,200 Yukoners to be winter-active.

Over the summer and fall, a survey was distributed throughout the Yukon. The 2021 Study set out to 1) explore changes in patterns of physical activity and recreation due to recent public health restrictions, 2) better understand respondents' values and beliefs regarding physical activity, and 3) identify strategies that could increase participation in recreation programming.

Enhancing Environments Via Equipment

This project, carried out by the Physical Literacy Education Coordinator in partnership with RPA, enabled 7 schools to better support the development of physical literacy among their students. Elijah Smith, Takhini, Christ the King, Holy Family, and Eliza Van Bibber Elementary Schools as well as St. Elias Community School and Ecole Whitehorse Elementary participated.

RHEAL = Rural Healthy Eating Active Living

Photo: GBP Creative Media

RHEAL Leader Program

RHEAL Leader programs offer community-led activities

- ✱ All Stars After-School Program
- ✱ AnDa Ta XC Ski Club Program
- ✱ Archery
- ✱ Boot Camp Circuit Training
- ✱ Boys and Girls Club of Yukon Drop-in Program
- ✱ Bubble Yoga
- ✱ Climb Higher (Intro to Pole Dancing)
- ✱ Community'n School Cross Country Ski Program
- ✱ Faro Ski Club
- ✱ Fitness Lessons
- ✱ Freedom Trails
- ✱ Therapeutic Riding Association
- ✱ Nerf BattleDome
- ✱ Pickleball
- ✱ Snowshoe Walks
- ✱ Toddler Time
- ✱ Winter Wellness Café
- ✱ Women's Wellness Workshop

17

Community, After School and Winter Active programs delivered through 19 contracts.

7

Communities with programs: Carmacks, Dawson City, Faro, Haines Junction, Mayo, Mount Lorne & Whitehorse

9

Programs in 4 communities offered healthy snacks thanks to support from YG Health Promotion Unit.

14

RHEAL Leaders in 7 communities received healthy snack-packs to support their programs

460+

Counts of participation were reported.

"Since we received funding for our program, we have removed the cost barrier and provided an opportunity for everyone to attend regardless of their financial situation..."



The women who showed up to our program sometimes did not have time to eat beforehand; the snacks provided gave them a healthy option and helped to encourage their participation.



"All children had fun skiing. One big success was a boy who HATED skiing when he began. He would often quit halfway through a class and by the end of the season, he was our keenest participant, loving skiing and feeling accomplished and proud."

WAFL Program & Equipment Library

WAFL = Winter Active for Life

25 groups borrowed WAFL equipment and as a result...

More than **1,200** Yukoners
and

12 communities were winter
active

9 groups borrowed kicksleds which meant...

More than **400** people tried kick sledding

WAFL equipment loans included:

247 sets of
skis

181 sets of
poles

314 pairs of
boots

129 sets of
snowshoes

On average, equipment was used for...

3 days each
week

11 weeks

55 minutes of
physical activity

WAFL RHEAL Leader programs were hosted

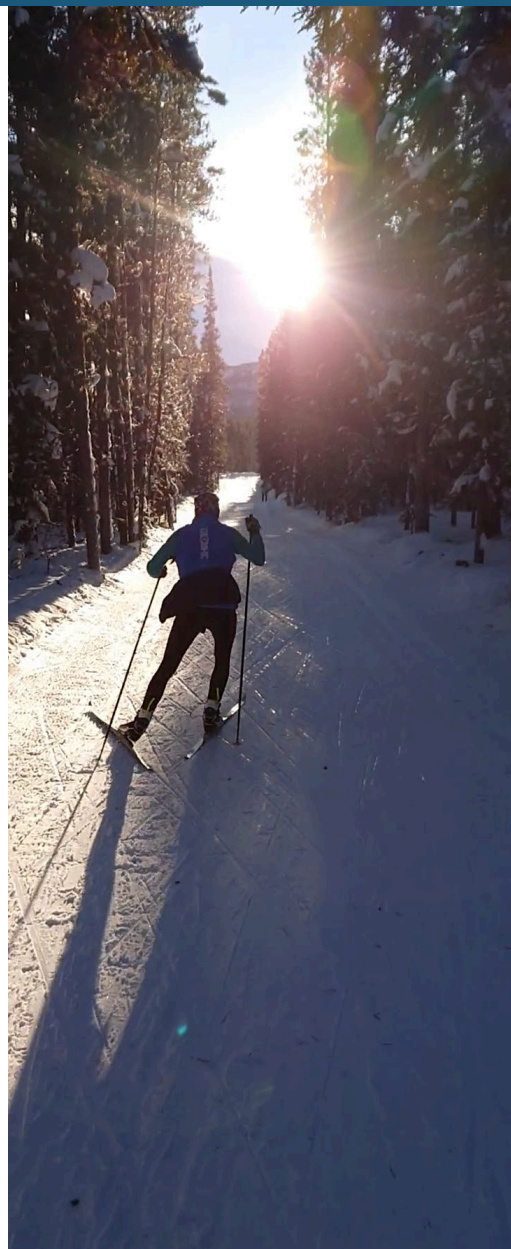
in **4** communities

with **178** participants

"Having ski equipment available, especially in Dawson, means that people were able to be active doing something they not have had the opportunity to do. Skiing benefits include getting out and enjoying winter, learning a winter sport, having fun with friends, staying fit, exploring the trails, and enhancing mental wellness."

"Kicksleds were introduced during a Traditional Transportation day. Students learned about the traditional use of kicksleds, dog sleds, snowshoes and dog packing to move across the landscape.

After an introduction and practice during the first day, students engaged in kick sledding during their physical education classes for the following weeks. Students were excited to access the traditional knowledge and physical benefits that kick sledding allowed"



WAFL Communities

Beaver Creek Dawson City
Faro Haines Junction
Kwanlin Dun First Nation
Marsh Lake Mayo
Mount Lorne Pelly Crossing
Ross River Tagish
Whitehorse





"Students had lots of fun. I noticed their confidence and on-bike abilities increased. Now, students are more likely to wear a helmet. They have also been asking about bike mechanics and doing work with teachers in the shop on their bikes."

Cycle Smart



Cycle Smart is delivered by Terra Riders in partnership with RPAY.



Cycle Smart
In-Class and
On-
Playground
sessions

2022
22 schools (50% rural) - 1,016 students (55% rural)
2021
22 schools (55% rural) - 851 students (50% rural)

Road Ride
sessions

2022
14 schools (50% rural) - 255 students (35% rural)
2021
19 schools (63% rural) - 336 students (51% rural)

Bike Repair
sessions

2022
17 schools (47% rural) - 659 students (27% rural)
2021
21 schools (52% rural) - 642 students (31% rural)

APE & Active Living



Renewed in 2022
Active Playground Experiences
instills values, attitudes and
behaviours for an active lifestyle
through peer leadership training.



53 playground leaders from Christ
the King, Selkirk, Johnson and École
Whitehorse Elementary Schools
participated in 2022

APE = Active Playground Experiences



RPAY promotes active living
through a monthly e-news and
quarterly newsletters, through
social media channels, and by
distributing "swag" that
encourages a healthy lifestyle.

active healthy living
through
recreation-parks





Recreation Leadership



The Sport and Recreation Branch supports many of the training and leadership development activities.

RPAY implements the Yukon Recreation Training Plan through...

Competency-Based Training

Recreation North Training Program

Certification-Based Training

Canadian Playground Safety Institute

Professional Development

Annual Recreation Gathering

Spring Aquatics Workshop

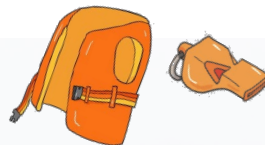
Recreation North Training Program

- To date, 17 Yukoners have earned their Leadership Certificate and 3 have earned their Management Certificate.
- In the past year, leaders from Carmacks, Faro, Kwanlin Dun FN, Teslin and Whitehorse took part in enrolments in 19 learning events.
- For more information, go to: www.recnorth.ca



Spring Aquatics Workshop (SAW)

- In May 2021, Carcross, Dawson City, Mayo and Watson Lake attended a modified SAW online. Support was available to pool managers over the summer.
- In 2022, Dawson City and Carcross attended the event in Whitehorse.



Annual Recreation Gathering

- In October 2021, the Gathering was held in Haines Junction.
- Twenty (20) practitioners from 8 Yukon communities participated of whom 50% were female and 25% represented Yukon First Nation governments or organizations.
- 17 staff and students from RPAY, Vancouver Island University, and Sport and Recreation Branch attended.





RPAY values the support of leaders, communities; recreation authorities, schools, Yukon First Nations; governments, and non-profit organizations; across the Yukon, the North; and nationally.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Yukon



Active Living Alliance for Canadians
with a Disability

Arctic Inspiration Prize

Association of Yukon Communities

BC Coastal Health

Bringing Youth Towards Equality

Canadian Parks and Recreation
Association

Canadian Playground Safety Institute

Canadian Trails Federation

City of Whitehorse - Canada Games
Centre

Coast Mountain Sports

Communities Building Youth Futures

Education (YG) and Yukon Schools

ElderActive Recreation Association

Grant Dunham

Health Promotion Unit (YG)

Kicksled Revolution

Klondike Active Trails and
Transportation Society

Kwanlin Dun First Nation Recreation
Department

Learning Disabilities Association of the
Yukon

Lifesaving Society

Local Authorities for Recreation

Lotteries Yukon

Municipalities and unincorporated
communities

National Trails Coalition

NWT Recreation and Parks Association

ParticipACTION

Physical Literacy Education
Coordinator for Yukon Schools

Play Systems North

Public Health Agency of Canada

Recreation and Parks Association of
Nunavut

Recreation Departments and staff

Recreation North partners

Sport and Recreation Branch (YG)

Sport Yukon

U Kon Echelon

Vancouver Island University (VIU)

Whitehorse Cross Country Ski Club

World Leisure Centre of Excellence at VIU

Yukon Government for Yukon COVID-19
Recovery Research Project

Yukon University

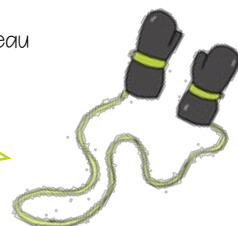
Yukon First Nations

Yukon Literacy Coalition

Yukon Parks

Yukon Volunteer Bureau

Thanks for
the helping
hands...



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