

2020-21 Annual Report

www.rpay.ca



Photo: GBP Creative Media



Message from the Executive Director

In more than a year, since a state of emergency was declared in response to COVID-19, we have learned to be creative, resourceful and innovative in our support of community recreation. The pandemic has presented more than just challenges. Restrictions encouraged us to re-imagine recreation to be more inclusive, accessible, fun, and healthy—think Bubble Yoga and kick sledding! Online training and learning have helped strengthen connections when we can't get together in person.

Cycling, walking, street hockey, and just about all outdoor activities, are more popular than several years ago. We hear that families are recreating together more often, and we know this is good because "families who play together – stay together."

Change has been the only constant during the pandemic. At RPAY, our changes have involved saying good-bye to Adrienne Marsh as RPAY's President, Penny Sheardown as the Active Living Coordinator, Jan Downing as the WAFL Programmer, Mia Lee as the ALSAKY Programmer, and Jenyfer Neuman as the Cycle Smart Coordinator, and wishing Sue Meikle a happy retirement from the Sport and Recreation Branch.

In closing, I extend my gratitude to all RPAY Board members, the Government of Yukon Sport and Recreation Branch, the Public Health Agency of Canada (who renewed the Yukon Northern Wellness Project for 5 years), and to Kelsey Hassard who joined us in April as our new Active Living Coordinator. Roger Bower, RPAY's Recreation Training Coordinator, deserves an extra special thank you. Since joining RPAY in 2020, Roger has tirelessly tackled anything that has come his way and graciously given hours to plan activities and events that were, in the end, cancelled.

Relationships are at the heart of recreation. The quality of our relationships past and present will keep us strong, active and healthy, even in an uncertain future.



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.

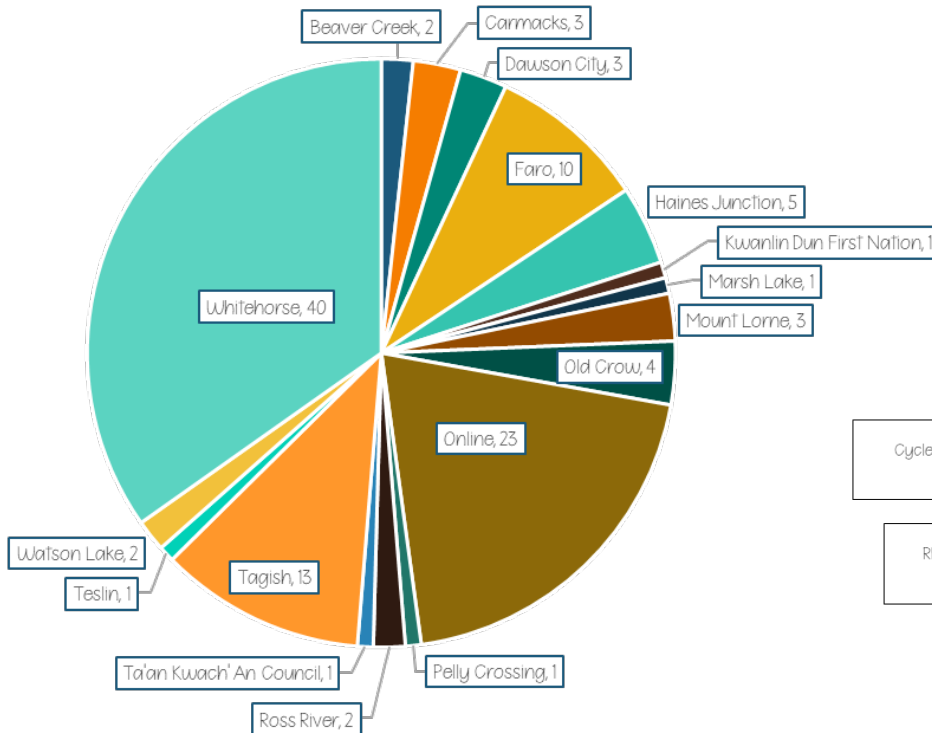


Goal #4

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

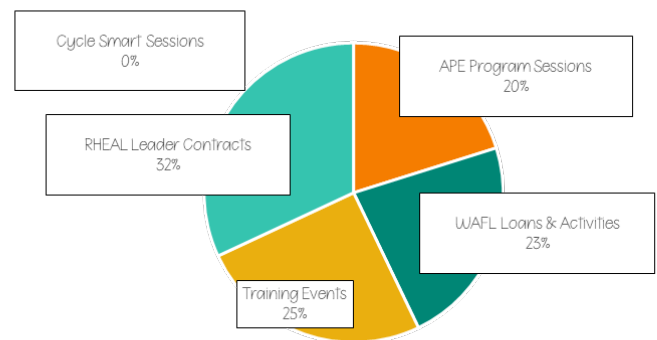
2020-21 Highlights

Location of Programs Delivered



Over the past year, RPAY supported programs in almost all Yukon communities and online. The overall participation count of about 2,500 was slightly lower than past years due to cancelled programs such as Cycle Smart. Other programs, such as the WAFL Equipment Library, saw an increased of by more than 20%.

Types of Programs Delivered



Reflections

This past year, two of RPAY's core contractors wrapped up more than 10 years with RPAY. Out of curiosity, we asked them to share a couple of key memories of their time with RPAY.



Mia loves being outdoors so focusing on active living for school-aged kids and youth (ALSAKY) has been a great fit. Mia is most proud of RPAY's Active Playground Experiences (APE) program which she developed and introduced to most grade 5 and 6 classes in the territory. Precious memories for Mia include DancePlay ("a workout"), Bhangra and good food during the annual recreation gathering, visiting Yukon communities, and experiencing the enthusiasm of community recreation leaders after a day of training. Of her time spent with RPAY, Mia said, "It has been such a pleasure to work with an exceptional group of people who care so much about what they do."

Jan considers WAFL (winter active for life - not breakfast) the best job ever. For 10 years, she embraced winter surrounded by a library of skis, snowshoes and kicksleds that help Yukoners get winter-active. From her time with RPAY, Jan is most proud to have worked with other leaders who inspire young people with the magic of being active outdoors in Yukon's winter. Her most precious memory, captured digitally, is of Maggie in Ross River after she blasted 66 Hill. Jan continues to be impressed by RPAY's willingness to try something new. When it started out, the WAFL program with a few garbage cans full of skis, poles and boots was the only program of its kind in Canada. Now, through Jan's dedication and commitment (no waffling on her part), more than 1,000 Yukoners each year are active in winter!



RHEAL = Rural Healthy Eating Active Living

Photo by GBP Creative Media

RHEAL Leader Program

RHEAL Leader programs offer a variety of activities

Community'n School XC Ski Program
Active Transportation Program
Nordic Walking & Snowshoeing
Community & School Ski Club
Active Adult Evening Drop-in
Therapeutic Riding Program
Community Floor Hockey
Beaver Creek Yoga Club
Tagish Youth Get Active
Seniors Wellness Café
Faro Parent and Tots
Carmacks Kids Club
Get & Stay Fit Class
Ashtanga Vinyasa
Summer Kids Club
Sunday Cub Club
Faro Boot Camp
Restorative Yoga
Nordic Walking
Tone & Stretch
Bubble Yoga
Archery
Yoga Fit
OsteoFit
Yoga

25

Community, After School and Winter Active programs delivered through 38 contracts.

11

Communities with programs: Beaver Creek, Carmacks, Dawson City, Faro, Haines Junction, Mount Lorne, Old Crow, Tagish, Teslin, Watson Lake, and Whitehorse

11

Programs in 6 communities offered healthy snacks thanks to support from YG Health Promotion Unit.

650+

Counts of participation were reported.

"One of things that makes Kara an incredible leader is her ability to read the needs of the communities she works with and to adapt programming to those needs."

20

The RHEAL Leader Program has been running since 2001.

> 550

The number of RHEAL Leader contracts administered in 20 years.

> 11,000

Counts of participation in RHEAL Leader programs recorded since 2001.

WAFL = Winter Active for Life

WAFL Program & Equipment Library

WAFL loans increased by 21%!

23 groups borrowed WAFL equipment

- More than 1,100 Yukoners, and
- 11 communities were winter active

12 groups borrowed kiksleds

- More than 650 people tried kick sledding

WAFL equipment loans:

- 266 sets of skis
- 166 sets of poles
- 373 pairs of boots
- 199 sets of snowshoes

On average,

- Equipment was used 3 days per week for 12 weeks
- People were active for 65 minutes each time they used the WAFL equipment

WAFL RHEAL Leader programs

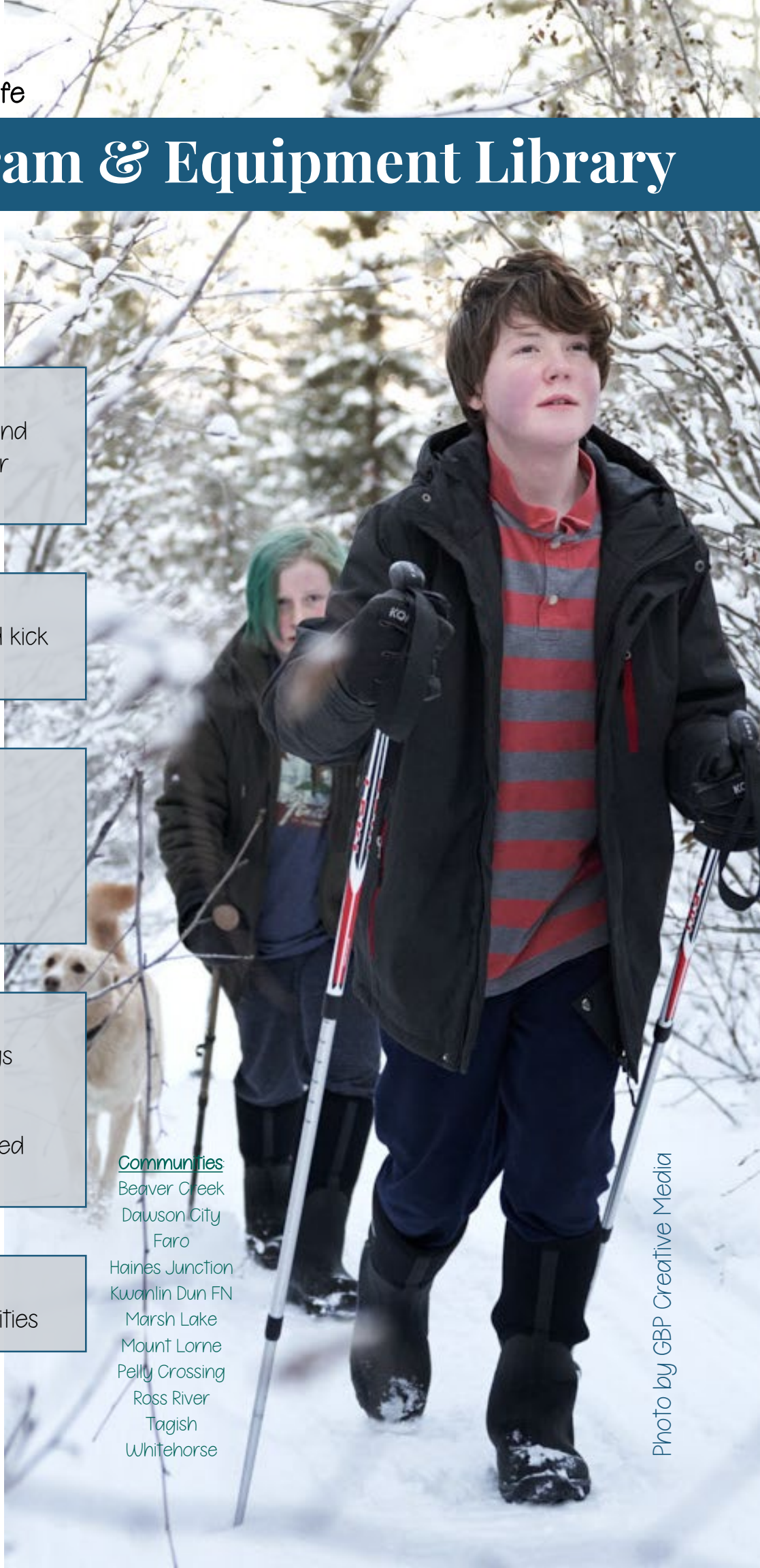
- Were hosted in 3 communities

Together, with Yukon Cares, RPAY introduced refugee families to outdoor winter activities

Communities

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

Photo by GBP Creative Media





Active Playground Experiences

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

8 schools

Tantalus, Del Van Gorder, Ross River, Elijah Smith, Jack Hulland, École Whitehorse Elementary, Takhini, École Émilie-Tremblay

331 playground leaders

Grades 5-7 students learn to lead active games for younger children

YUKON NORDIC WALKING



PARTICIPANT
GUIDE

Yukon Nordic Walking Participant Guide
<https://rpay.link/resources>

APE Facilitator Guide

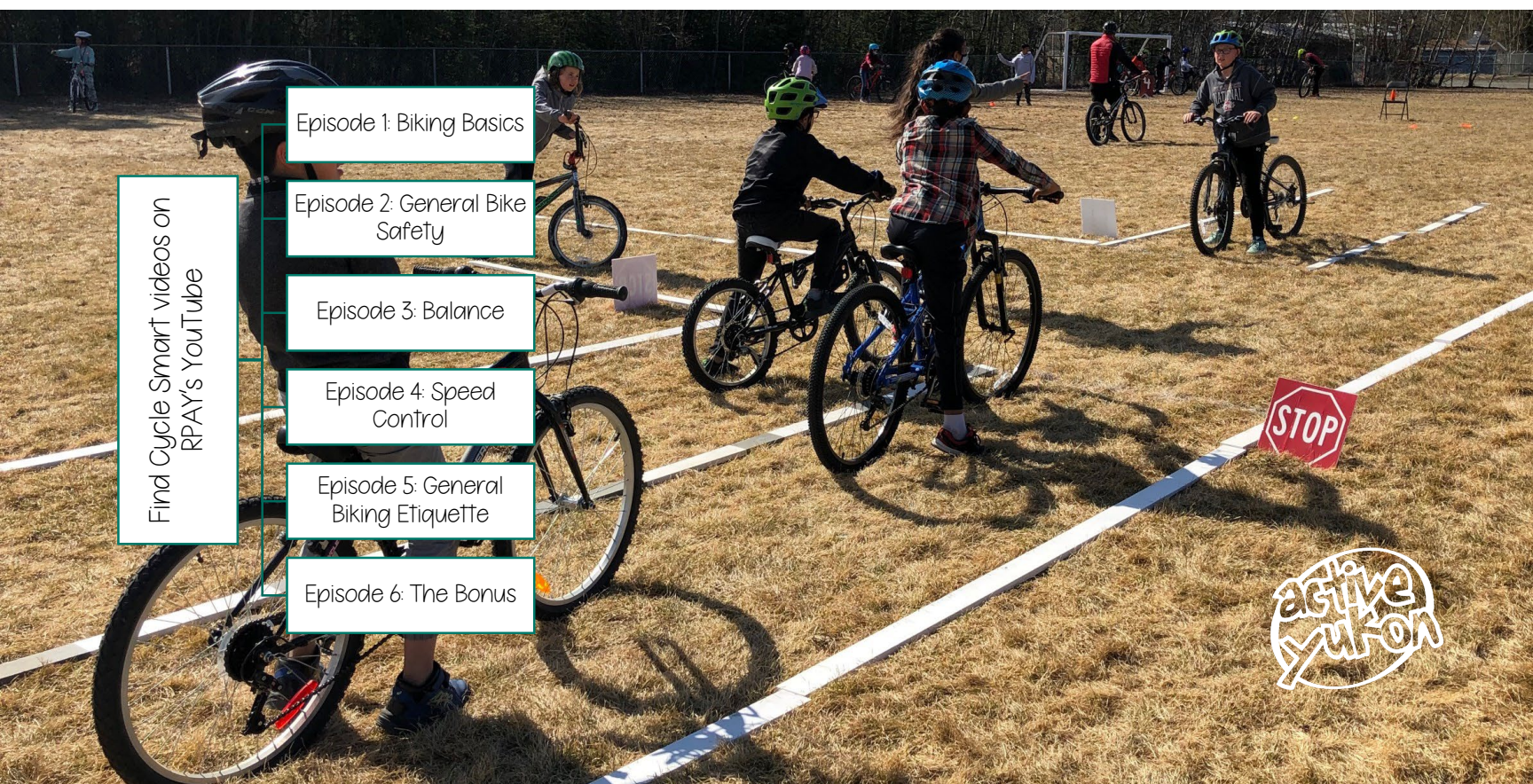
... new in 2021

Active Living is for Life

In 2020, Cycle Smart was canceled due to the pandemic. Instead, program resources were developed.

- Cycle Smart Operations Manual
- Bike Mechanics Basic workshop for grades 4 to 6
- Cycle Smart station upgrades
- 6 Cycle Smart videos created by Terra Riders.

Later in 2021, three Cyclohalt Deluxe Bike Repair Stations will be installed in three rural communities.



Episode 1: Biking Basics

Episode 2: General Bike Safety

Episode 3: Balance

Episode 4: Speed Control

Episode 5: General Biking Etiquette

Episode 6: The Bonus

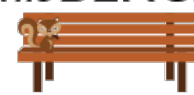
Find Cycle Smart videos on RPAY's YouTube



Check out "The Bench" a site where you can network, learn and find out what's new in parks and recreation across Canada.



The BENCH



Leadership & Training

Recreation North Training Program offers 19 learning events (courses) and 2 certificates earned upon completing a series of learning events.

In Yukon to date, Recreation North has awarded:

11 Certificates in Northern Recreation Leadership

1 Certificates in Northern Recreation Management

Graduate profiles at www.recnorth.ca/news



Over the past year...

95 registrations from Yukon participants in

19 learning events from the

7 communities of: Burwash Landing, Carmacks, Dawson City, Faro, Teslin & Whitehorse



RPAY is a proud supporter of CPSI certification

Yukon Recreation Training Plan 2018-22

Competency-Based Training

Certification-Based Training

Professional Development

When leadership training events were cancelled due to the pandemic, RPAY found creative ways to strengthen learning and networking among recreation leaders. For example, monthly Zoom calls were offered on a variety of topics.

#1 - COVID-related discussion

#2 - with ElderActive Recreation Association

#3 - recreation trivia

#4 - hosted by Mount Lorne Community Association

#5 - led by the Canadian Centre for Mental Health and Sport

#6 - discussion related to mental health, recreation and funding

#7 - looking at new ways to find and keep volunteers

An average of 10 leaders from the communities of Carcross, Dawson City, Faro, Mayo, Mt. Lorne, Old Crow, Teslin, and Whitehorse attended each call.

 Spring Aquatics Workshop
Annual Fall Recreation Gathering



5 new Nordic Walking Leader Trainers from Teslin and Whitehorse



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

We couldn't have done it without you!



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

Bringing Youth Towards Equality

Canadian Parks and Recreation
Association

Canadian Playground Safety Institute

Canadian Red Cross

Canadian Trails Federation

City of Whitehorse - Canada Games
Centre

Coast Mountain Sports

Communities Building Youth Futures

ElderActive Recreation Association

Grant Dunham

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

Play Systems North

Public Health Agency of Canada

Recreation and Parks Association of
Nunavut

Recreation Departments and staff

Recreation North partners

Schools throughout Yukon

Sean Healy

Sport Yukon

Terra Riders

U Kon Echelon

Whitehorse Cross Country Ski Club

World Leisure Centre of Excellence at
Vancouver Island University

YG Education

YG Health Promotion Unit

YG Sport and Recreation Branch

Yukon Cares

Yukon University

Yukon First Nations

Yukon Literacy Coalition

Yukon Parks

Yukon Pride Centre

Yukon Volunteer Bureau



The Recreation and Parks Association of the Yukon
170 Titanium Way, Suite 201-C, Whitehorse, YT Y1A 0G1

Phone: 867-668-2389
Website: www.rpay.ca