



# **Municipality of West Elgin**

## **Agenda**

### **Recreation Committee**

**January 19, 2022, 7:00 p.m.**

**Electronic Participation Meeting via Zoom**

Documents are available in alternate formats upon request. Please contact the Clerk's Department if you require an alternate format or accessible communication support at 519-785-0560 or by email at [jnethercott@westelgin.net](mailto:jnethercott@westelgin.net).

#### **Pages**

**1. Call to Order**

**2. Adoption of Agenda**

Recommendation:

That West Elgin Recreation Committee hereby adopts the agenda as circulated.

**3. Disclosure of Pecuniary Interest**

**4. Minutes**

**1**

Recommendation:

That the West Elgin Recreation Committee adopts the minutes of December 15, 2021 as printed and circulated.

**5. Business Arising from Minutes**

**6. Staff Reports**

**6.1. Recreation Update**

**4**

Recommendation:

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator for information purposes.

## **6.2. 2022 Draft Recreation Budget Highlights**

7

Recommendation:

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator. For information purposes

## **6.3. Recreation Survey Results**

9

Recommendation:

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator re: Recreation Survey Results for information purposes.

## **7. Correspondence**

### **7.1. Celebration and Commemoration Reopening Fund Grant**

70

Recommendation:

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator.

That the West Elgin Recreation Committee hereby\_\_\_\_\_.

### **7.2. Outdoor Ice Rink Request**

73

Recommendation:

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator. For information purposes.

## **8. Adjournment**

Recommendation:

That West Elgin Recreation Committee hereby adjourn at \_\_\_\_ p.m. to meet again on February 16, 2022 at 7:00 p.m. or at the call of the chair.



# Municipality of West Elgin

## Minutes

### Recreation Committee

December 15, 2021, 7:00 p.m.  
West Elgin Community Complex - Hybrid Meeting  
160 Main Street  
West Lorne  
Electronic Hybrid Meeting

**Present:**

- K. Neil, Chair
- Councillor A. Cammaert
- Councillor T. Tellier
- Nicole Campbell
- Cindy da Costa
- Megan Bartlett

**Staff Present:**

- M. Badura, Treasurer
- J. Nethercott, Clerk
- Emily Jocius
- Lee Gosnell

**1. Call to Order**

Chair Ken Neil called the meeting to order at 7:05 p.m.

**2. Adoption of Agenda**

**Moved:** Councillor Tellier

**Seconded:** Councillor Cammaert

That West Elgin Recreation Committee hereby adopts the agenda as circulated.

**Carried**

**4. Minutes**

**Moved:** Cindy da Costa

**Seconded:** Megan Bartlett

That the West Elgin Recreation Committee adopts the minutes of November 22, 2021 as printed and circulated.

**Carried**

**3. Disclosure of Pecuniary Interest**

No disclosures

**5. Business Arising from Minutes**

Emily Jocius, Operations and Community Services Coordinator provided an update on all items that were on the November 22, 2021 agenda.

The 2021 Holiday Decorating Contest contest entry submission has closed and judging will take place on December 16, and 17. The winner from each category will be contacted as of December 22, 2021.

The West Elgin Recreational Survey has opened and will close January 1, 2022. The recreation survey is open to the public on the Municipal Website and Facebook page. Anyone that would like to take the survey by paper will be able to pick the survey at the Rodney Recreation Centre or West Elgin Community Centre.

The Youth Task Team communications was discussed and will go to council in January.

**6. Staff Reports**

E. Jocius provided the Recreation Committee with an update regarding current operations. All recreation programs are currently taking place and will be postponed as of December 24, 2021 until January 3, 2021.

The committee was provided with a verbal update on what will be placed in the 2022 draft budget. The committee provided staff with additional ideas to include and explore. The committee ideas included partnering with the lawn bowling club to provide lawn bowling lessons, and starting an outdoor running group.

**6.1 Operational Update**

**Moved:** Councillor Cammaert

**Seconded:** Megan Bartlett

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator for information purposes.

**Carried**

**7. Adjournment**

**Moved:** Councillor Cammaert

**Seconded:** Cindy da Costa

That West Elgin Recreation Committee hereby adjourn at 7:47 p.m. to meet again on January 19, 2022 or at the call of the chair.

**Carried**

---

Ken Neil, Chair

---

Emily Jocius, Recording Secretary



## Staff Report

---

**Report To: Recreation Committee**

**From: Emily Jocius, Operations & Community Services Coordinator**

**Date: 2022-01-19**

**Subject: Recreation Update**

---

### **Recommendation:**

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator for information purposes.

### **Purpose:**

The purpose of this report is to provide the West Elgin Recreation Committee with an update on events that were held through December and to provide the Recreation Committee with information on current COVID-19 regulations.

### **Background:**

The West Elgin Holiday Decorating Contest was held over the month of December. All entries are posted on the Municipal website for all patrons to enjoy the light displays. Winner were announced on the Municipal website under the living here tab on the Contest page. Would like to thank all that were involved in creating an inviting contest.

#### **Traditional Category Winners**

- #1 Redman Household
- #2 Ritchie Household
- #3 Kleinjan Household

#### **Inflatables Category Winners**

- #1 Wroble Household
- #2 Hill Household
- #3 Robinson Household

#### **Griswold Spectacular Category Winners**

- #1 Jone's Household
- #2 Mooney Household
- #3 Bettencourt Household

The West Elgin Community Centre hosted additional public skates throughout the holidays, and they were well received by all who attended.

Regular programming has been put on pause due to the provincial restrictions that came into effect as of January 5, 2022. As of January 5, 2022, the province announced that all indoor recreational or sporting facilities including gyms will be closed under the modified Step 2 of the Province of Ontario. Currently all our facilities will be closed for a minimum of 21 days. If we can open the facilities after the 21 days all users' groups will be sent information on any changes to the rentals. Staff will ensure all rules and regulations are followed for a safe return to sport and recreation.

**Report Approval Details**

Document Title:	Recreation Update - 2022-06-Operations Community Services.docx
Attachments:	
Final Approval Date:	Jan 17, 2022

This report and all of its attachments were approved and signed as outlined below:

Jana Nethercott





## Staff Report

---

**Report To: Recreation Committee**

**From: Emily Jocius, Operations & Community Services Coordinator**

**Date: 2022-01-19**

**Subject: 2022 Draft Recreation Budget Highlights**

---

### **Recommendation:**

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator. For information purposes

### **Purpose:**

The purpose of this report is to provide the West Elgin Recreation Committee with highlights of the 2022 draft recreation budget that will be presented to West Elgin Council on Jan 20, 2022.

### **Background:**

The following budget items created in relation to the Recreation Survey will be presented to council for review in January. These items are meant to improve and expand on recreation programming for the Municipality of West Elgin.

- Portable basketball nets for use at the Recreation Centre or Arena \$3000.00
- Sponsorship of Rodney & West Lorne Christmas events \$5000.00 (\$2500.00 each)
- Civic Day events \$5000.00
- Canada Day events \$5000.00
- Recreation Centre programming – committee led \$1000.00
- Transfer to reserves for Multi-Use Sports pad to be constructed in 2023 \$50,000.00

These are a few of the items which staff are working towards during the 2022 budget year. As with all things over the last 24 months, COVID 19 will play a large part in determining what can be accomplished. While we work towards new/updated equipment and facilities, it is important to not lose sight of existing recreational amenities, both municipal, as well as those offered by local service clubs and organizations. Partnerships can be a great way of expanding recreational programming and maximizing usage of the features already offered in West Elgin.

### **Financial Implications:**

All items listed above must be reviewed and approved by West Elgin Council during 2022 budget deliberations.

**Report Approval Details**

Document Title:	2022 Draft Recreational Budget - 2022-08-Operations Community Services.docx
Attachments:	
Final Approval Date:	Jan 18, 2022

This report and all of its attachments were approved and signed as outlined below:

Jana Nethercott



## Staff Report

---

**Report To: Recreation Committee**

**From: Emily Jocius, Operations & Community Services Coordinator**

**Date: 2022-01-19**

**Subject: Recreation Survey Results**

---

### **Recommendation:**

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator re: Recreation Survey Results for information purposes.

### **Purpose:**

The purpose of this report is to provide the West Elgin Recreation Committee with the Recreation Survey results and how the results will assist in the designing and redesigning of recreation programs for the community.

### **Background:**

The West Elgin Recreation Committee directed staff in early November to put out a survey to assist in budget planning.

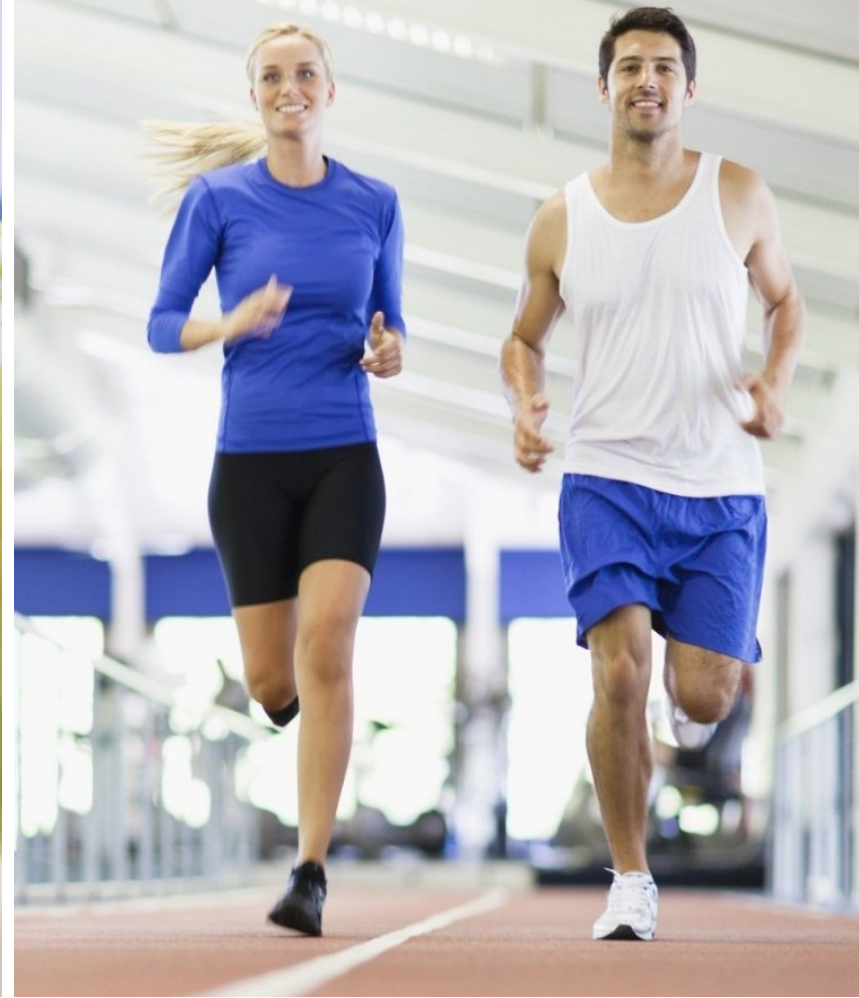
The Survey was made public on December 10, 2021, and closed January 01, 2022. 56 patrons participated in the survey. The attached PowerPoint provides details on the results of the survey and what activities and improvement can be done to increase recreation in West Elgin.

**Report Approval Details**

Document Title:	Recreational Survey Results - 2022-05-Operations Community Services.docx
Attachments:	- West Elgin Recreation Survey.pptx
Final Approval Date:	Jan 18, 2022

This report and all of its attachments were approved and signed as outlined below:

Jana Nethercott



# WEST ELGIN RECREATION SURVEY

2022

# PURPOSE

- Gauge community interest in sports and recreation
- Find weak points in current recreational programming
- Assist in budget planning process
- Assist Parks and Recreation staff in developing programs that increase physical activity, are community orientated, and work for all ages.
- Provide the community with a voice on programming opportunities

## BACKGROUND INFORMATION

- The West Elgin Recreation Committee asked staff to gauge community interest in parks and recreation for budget and program planning in 2022.
- Survey was available to the public as of December 10 and ran until January 1, 2022.
- The survey was completed by 56 residents.

Additional sport and recreation information is cited through -

1. Participaction
2. Sport for Life



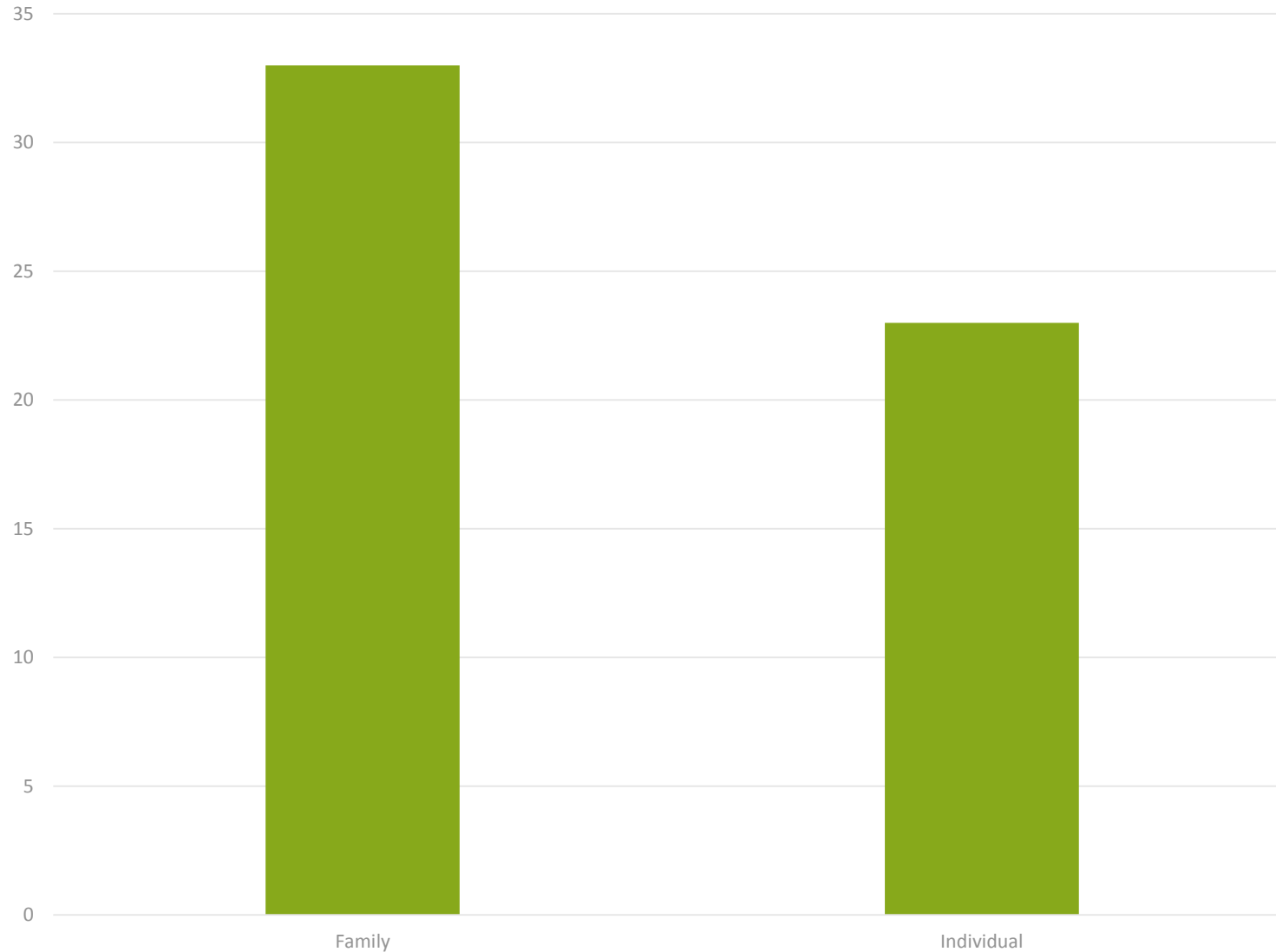


# WEST ELGIN RECREATION SURVEY

DATA



Survey Completed by individual or family

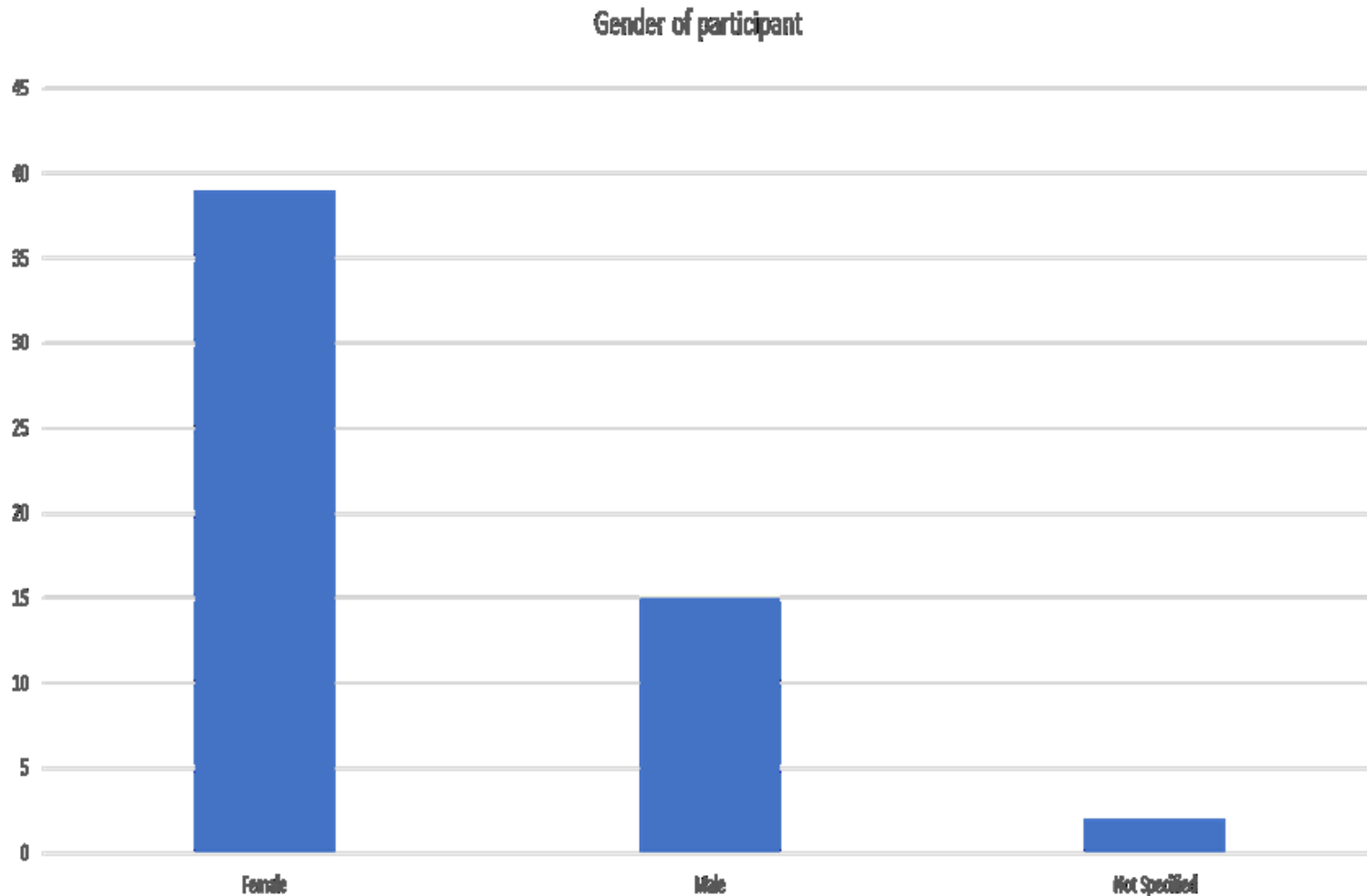


## SURVEY COMPLETED BY ?

Recreation starts at home and can be influenced on an individual or family basis. To encourage recreation in the community, we need to design programs that can encompass individual goals through sport or fitness levels as well as family goals.

Family goals may look different than individual goals, such as healthy eating, different socialization levels, or a place to make new friends. While individual goals could look like cooking for one, making new friends, and learning new skills to live alone.

Family programs will encourage all age ranges to participate, while individual programs will be based on set age groups to help build age-appropriate skills.



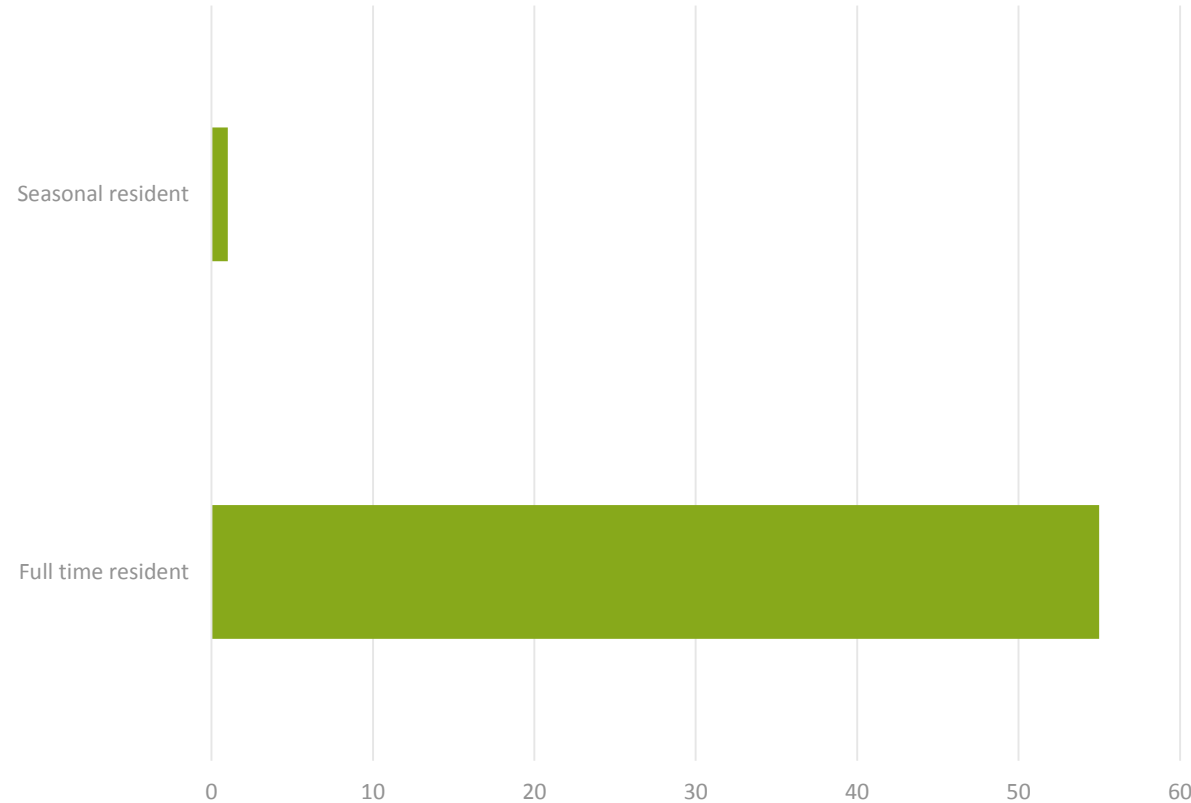
## WHO'S PARTICIPATING ?

Gender of participant was asked based on competitive sports. Sport is regularly separated based on gender due to performance levels.

Co-ed Sports and recreation activities are encouraged and follow a slightly different rule set.

Programs that encourage all persons to participate should be the focus. Sport specific and aged based programming will develop once sedentary behaviors are reduced.

Are you a resident of the municipality?

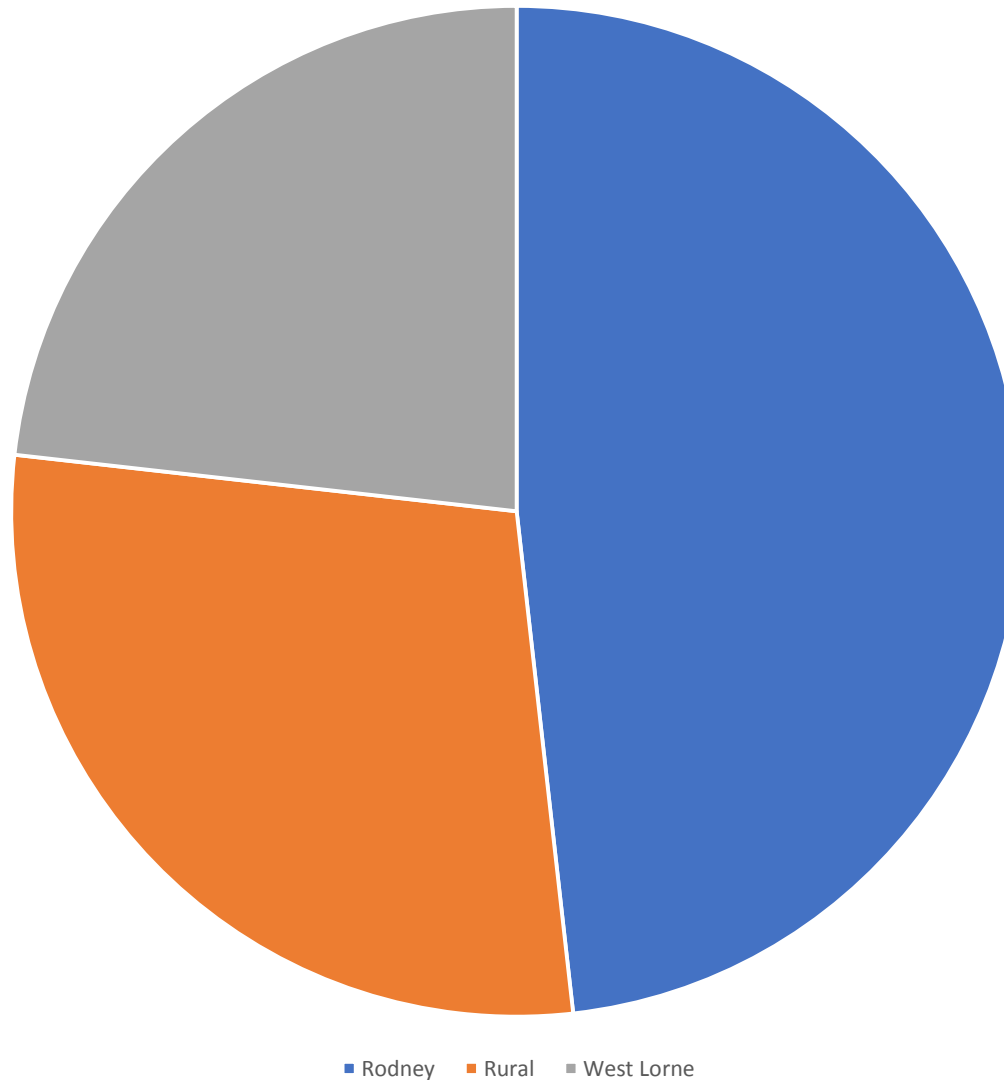


## GEOGRAPHIC LOCATION

The main demographic area we are serving is the Municipality of West Elgin.

Gearing programs to all residents, including seasonal residents, will support an economic increase for local business and organizations as it will encourage patrons to stay local.

What area do you live in ?



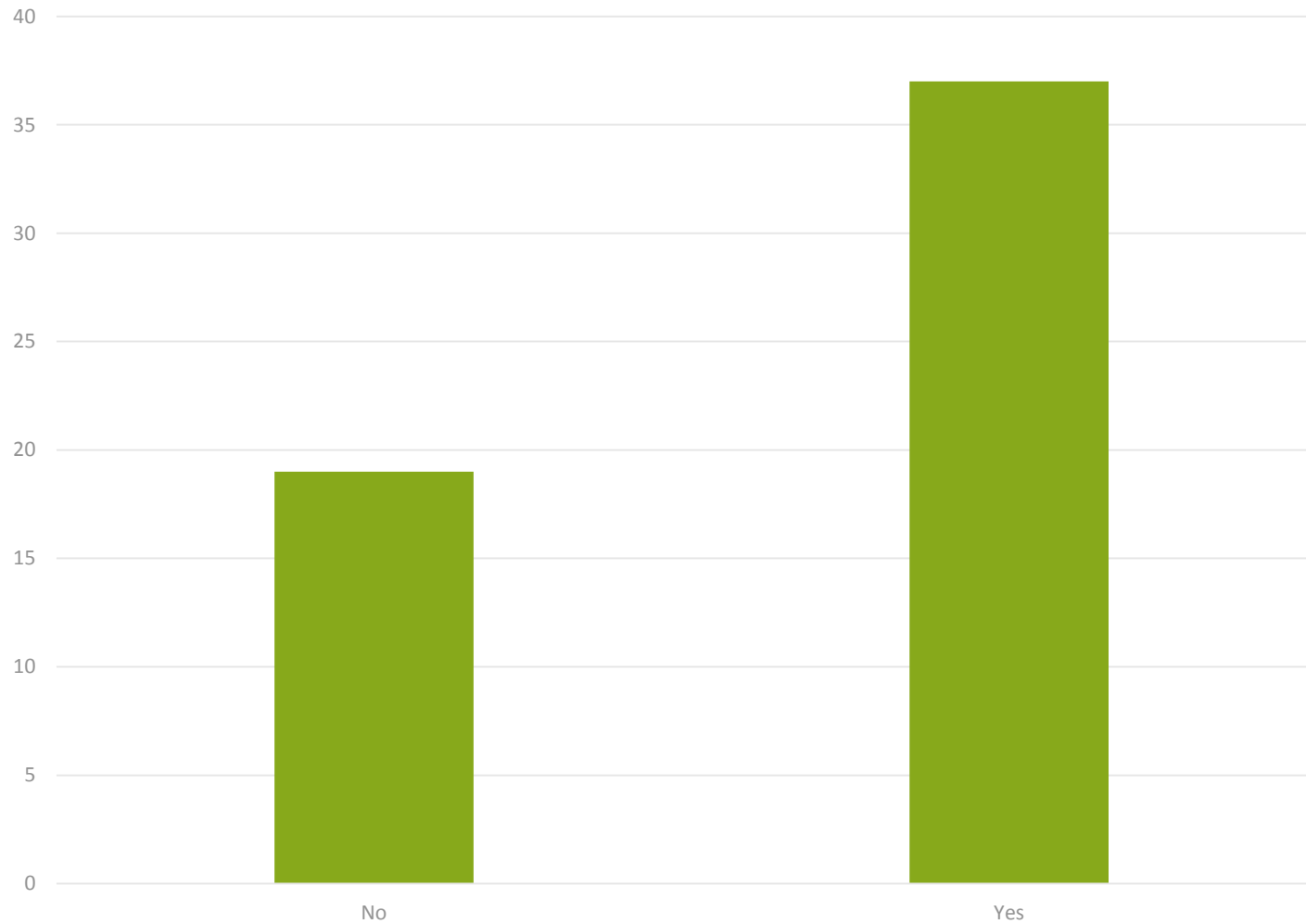
## GEOGRAPHIC LOCATION

For the purpose of this survey, we broke it down into two towns and the rural area. Living in town or rural areas has an impact on access to recreation. The 12 determinates of health are one way we can gauge program development. By including the determinates below, we can successfully create programing that builds on creating a welcoming environment, addressing food insecurities, promotes social inclusion and healthy childhood development. (Social Determinate of Health and Health Inequalities , 2020)

- Income and social protection
- Education
- Working life conditions
- Employment conditions
- Food security
- Environment
- Childhood development
- Social inclusion
- Structural conflict
- Access to health services

All determinates play a role in who is participating in recreation and leisure in the community and how they view the importance of recreation in the community.

Have you considered donating or volunteering for recreation in your community?



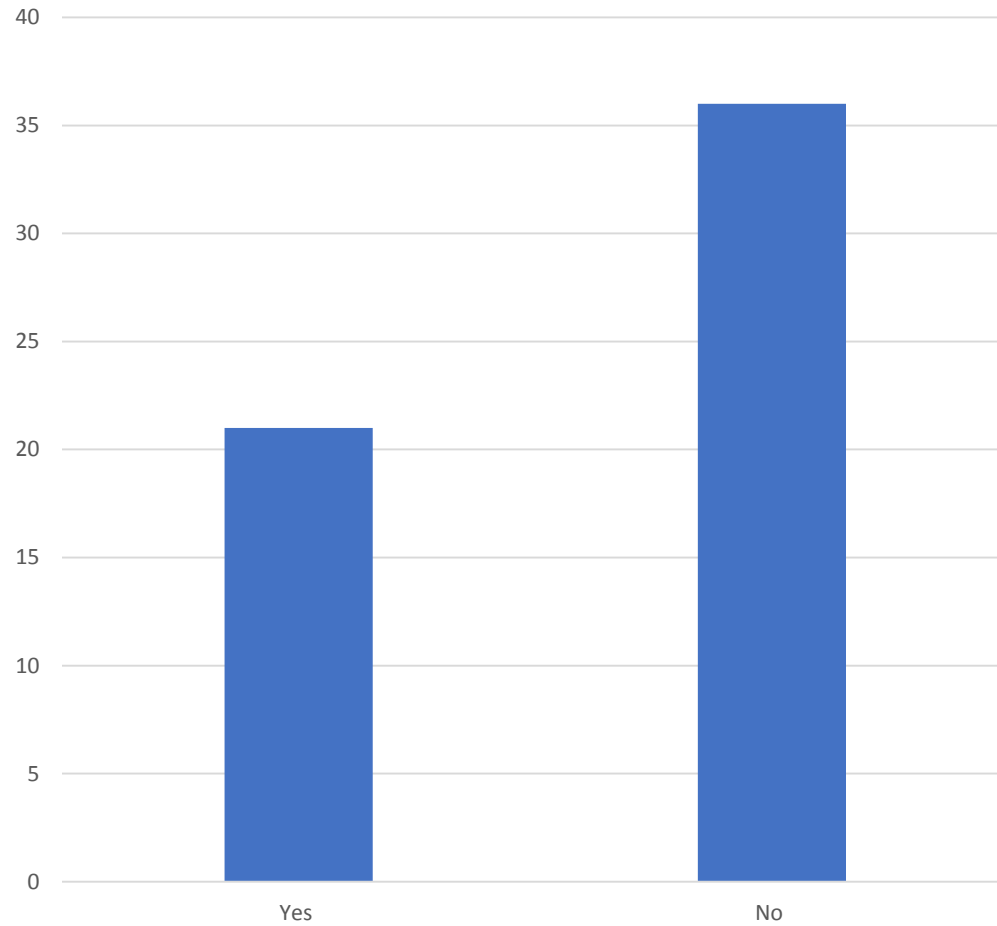
## VOLUNTEERING

Volunteering is more than just getting the required 40 hours to graduate. Volunteering provides a platform for individuals to

- Gain confidence and work on self-esteem
- Make a difference in the local community
- Socialization
- Become part of something
- Learn new skills
- Take on a different challenge
- Have fun

Volunteering for events and programs will improve the outlook of recreation and leisure activities in the local community.

Do you currently achieve the daily recommended level of physical activity per week?



## RECOMMENDED LEVELS

### Early Years 0-4 (24- Hour Movement Guidelines, 2021)

- infants ( 30 minutes of active movement)
- Toddlers ( 180 minutes spent in a variety of physical activities)
- Preschool ( 180 minutes of movement with 60 minutes of energetic play)

### Children & youth 5-17 years

- 60 minutes of moderate to vigorous physical activity at least 3 days a week

### Adult 18-64 years

- At least 150 minutes of moderate to vigorous aerobic physical activities a week
- Muscle strengthening activities using major muscles 2/week

### Adults/ older adults 65 plus years

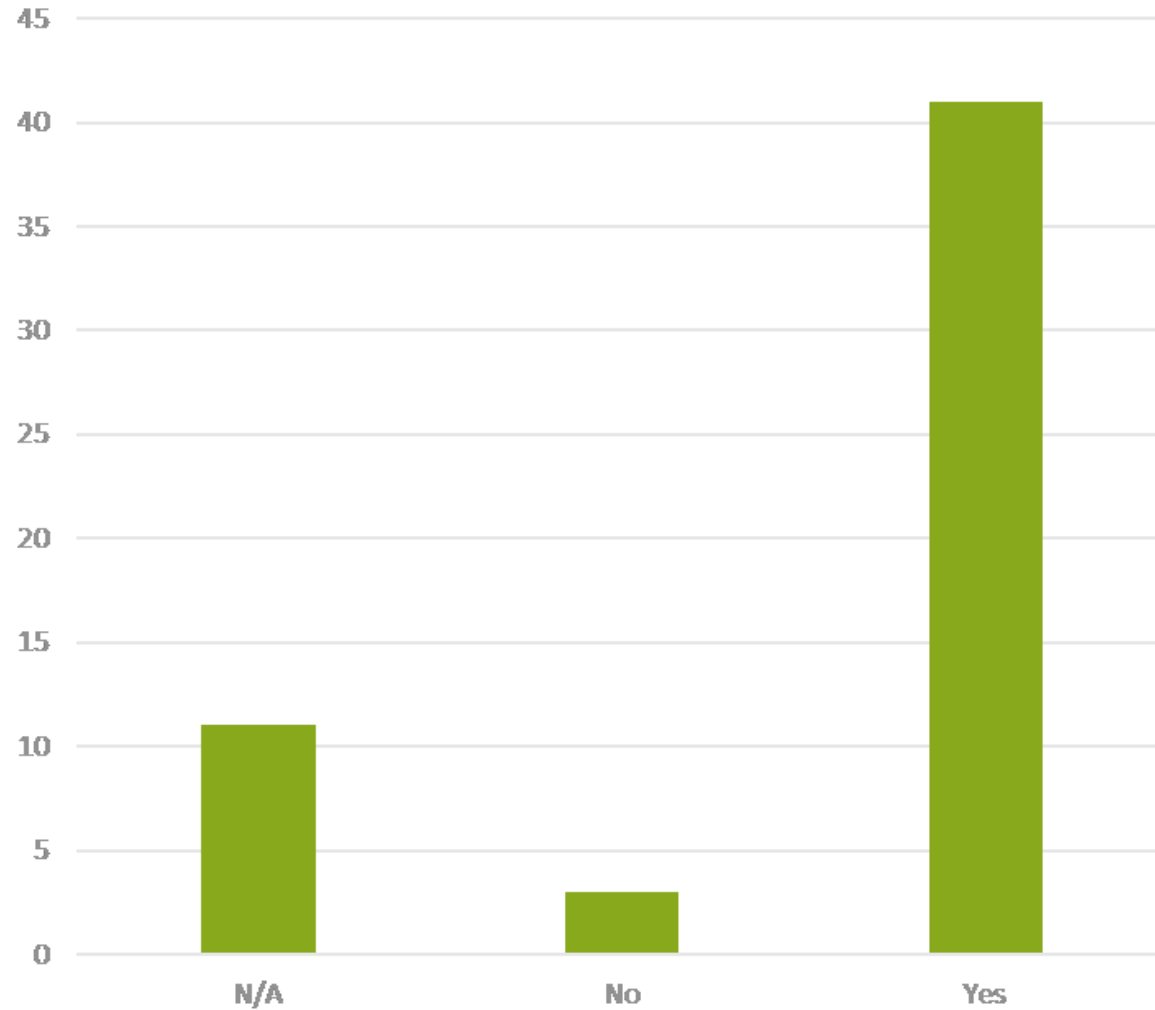
- Moderate to vigorous aerobic physical activities for at least 150 minutes per week
- Muscle strengthening activities using major muscles 2/week
- Physical activity that challenge balance
- Focus on light physical activities throughout the week

Achieving the recommended level of physical activity per week is hard due to lack of

- Skill
- Program availability
- Time
- Not knowing where to start.

Programs that are fun and assist all age groups to achieve the recommended physical activity level should be prevalent.

Would you like to see an alternate use of community facilities to maximize use.



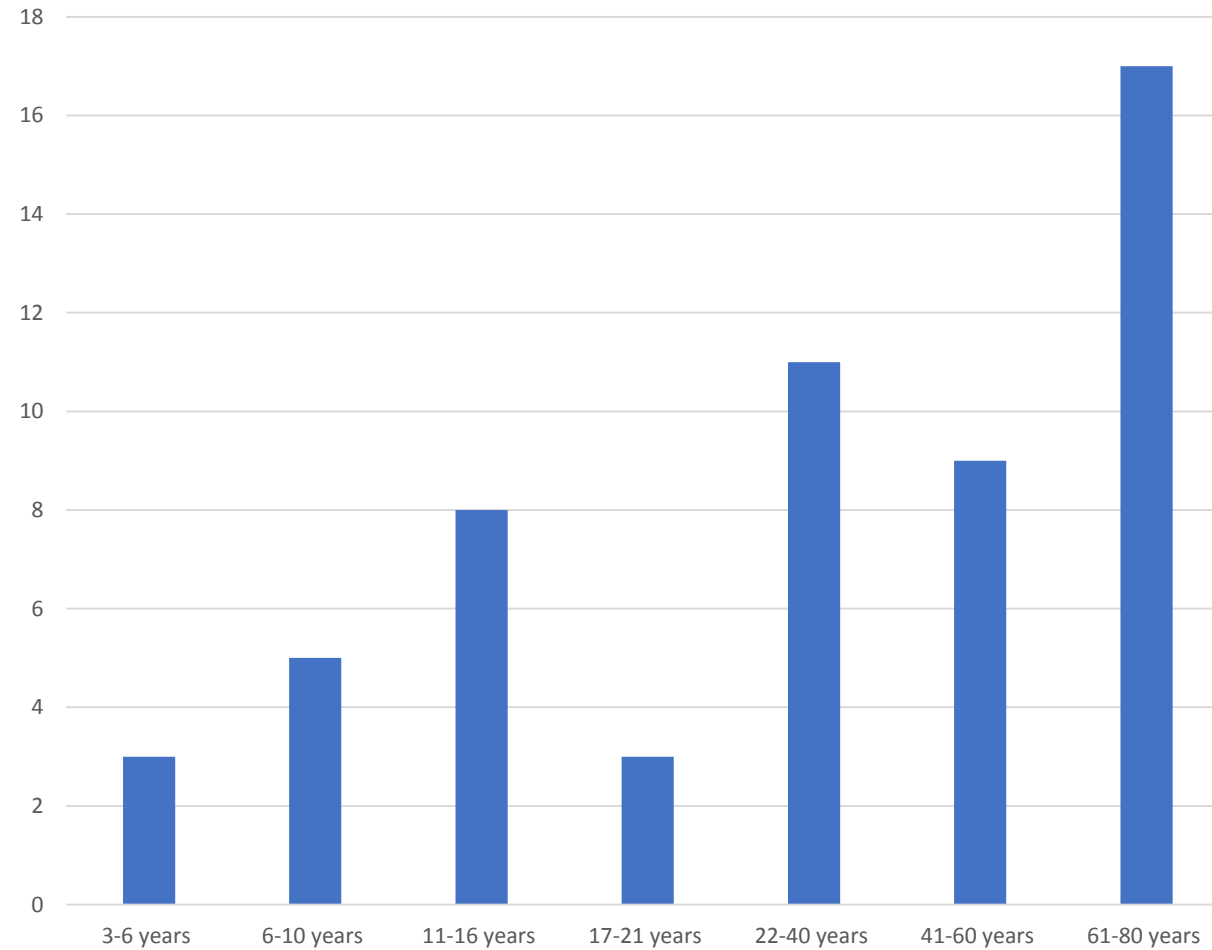
## ALTERNATE USE

Maximizing use of the facilities will help reduce the cost to all taxpayers for the upkeep of our facilities.

Programs to help maximize the use could include

- Cooking classes
- CPR course
- Fitness classes
- Babysitting course
- Mental wellness course
- Art classes
- 'Learn to' programs

Age of individual or average age of family participating in leisure or recreation activities in the community.



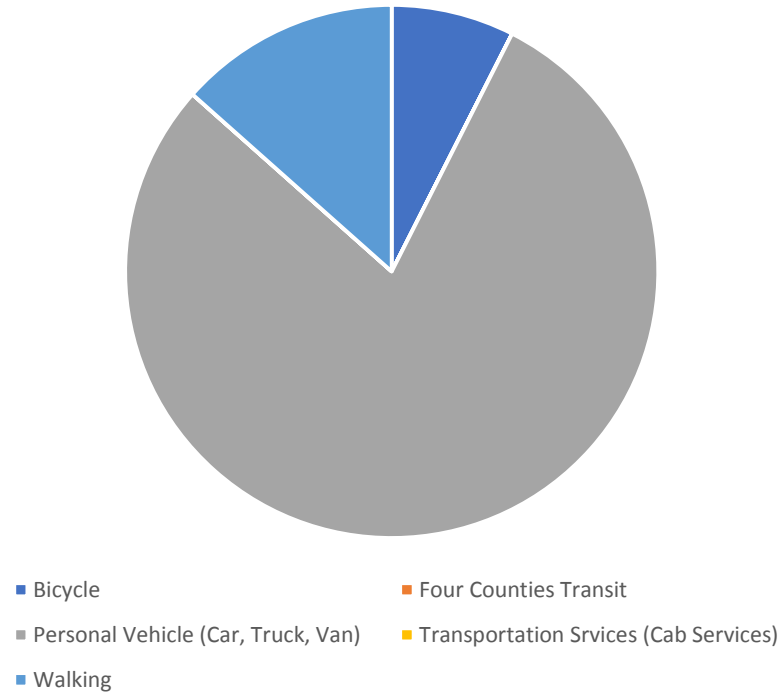
## AGE OF INDIVIDUAL

Age is a factor when designing programming as it will influence

- Skill level
- Ability to complete movements
- Involvement in the community
- Program specific design



What is your main mode of transportation to events in the municipality ?



## TRANSPORTATION

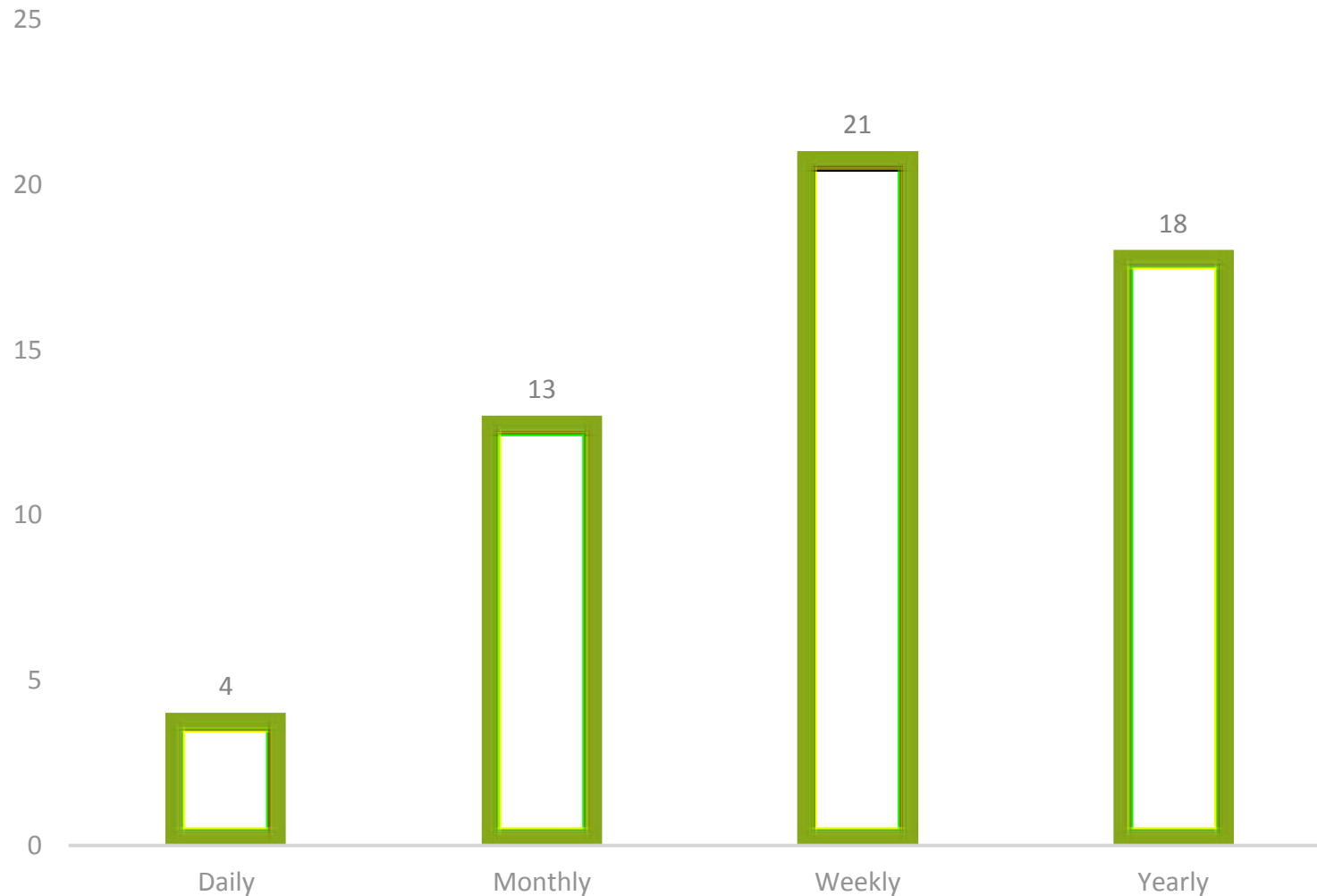
If an individual lives in town, there is a higher chance of participation in programming as the program is more accessible by walking or using active transportation.

When living in the rural portion of the Municipality, program participation will depend on alternative factors such as cost, timing, and program availability.

As we encourage and look at expanding programs, Active Transportation should be encouraged as this will increase physical activity and lower individual carbon footprint.

It is very important to look at transportation as a possible barrier to recreation in our community.

## HOW OFTEN DO YOU VISIT THE RECREATIONAL SPACES IN WEST ELGIN.



## FACILITY USAGE

On average

7.1 % visit daily

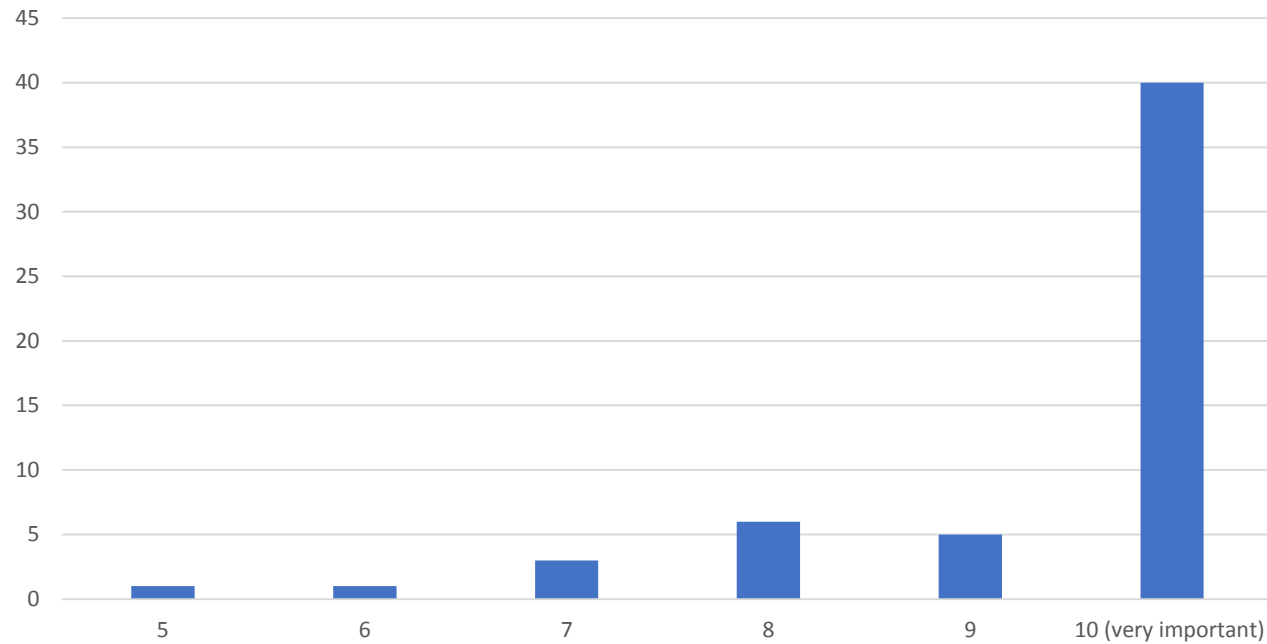
23.2 % visit Monthly

37.5 % Visit weekly

32.2 % Visit Yearly.

To increase usage at the facilities, more programming would be needed to increase the daily and weekly possibilities and decrease yearly visits.

On a scale of one to ten, how important is healthy living ? One being not at all and Ten being very important.



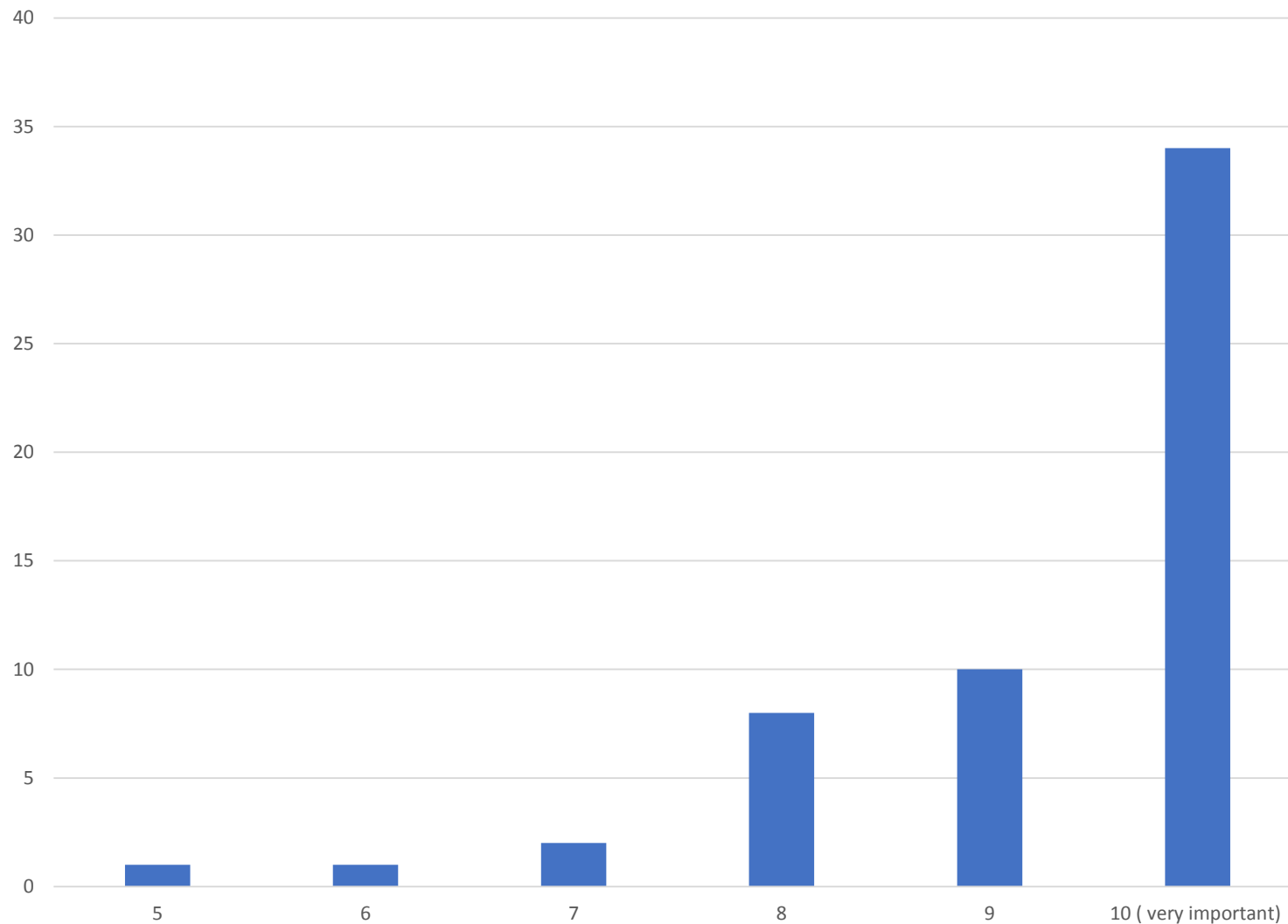
Definition:

healthy living refers to the practices of population groups that are consistent with supporting, improving, maintaining and/or enhancing health. as it applies to individuals, healthy living is the practice of health enhancing behaviors, or put simply living in healthy ways. (healthy living , 2021)

Healthy living is a practice to change health behaviors and become healthier. This can be achieved through recreation programs that support

- Socialization
- Physical activity
- Methods to express
- Education
- Access to services

On a scale of one to ten, how important is healthy eating? One being not at all and Ten being very important.



definition of healthy eating  
be mindful of eating habits  
cook more often  
enjoy your food  
eat meals with others (Canadas's food guide , 2020)

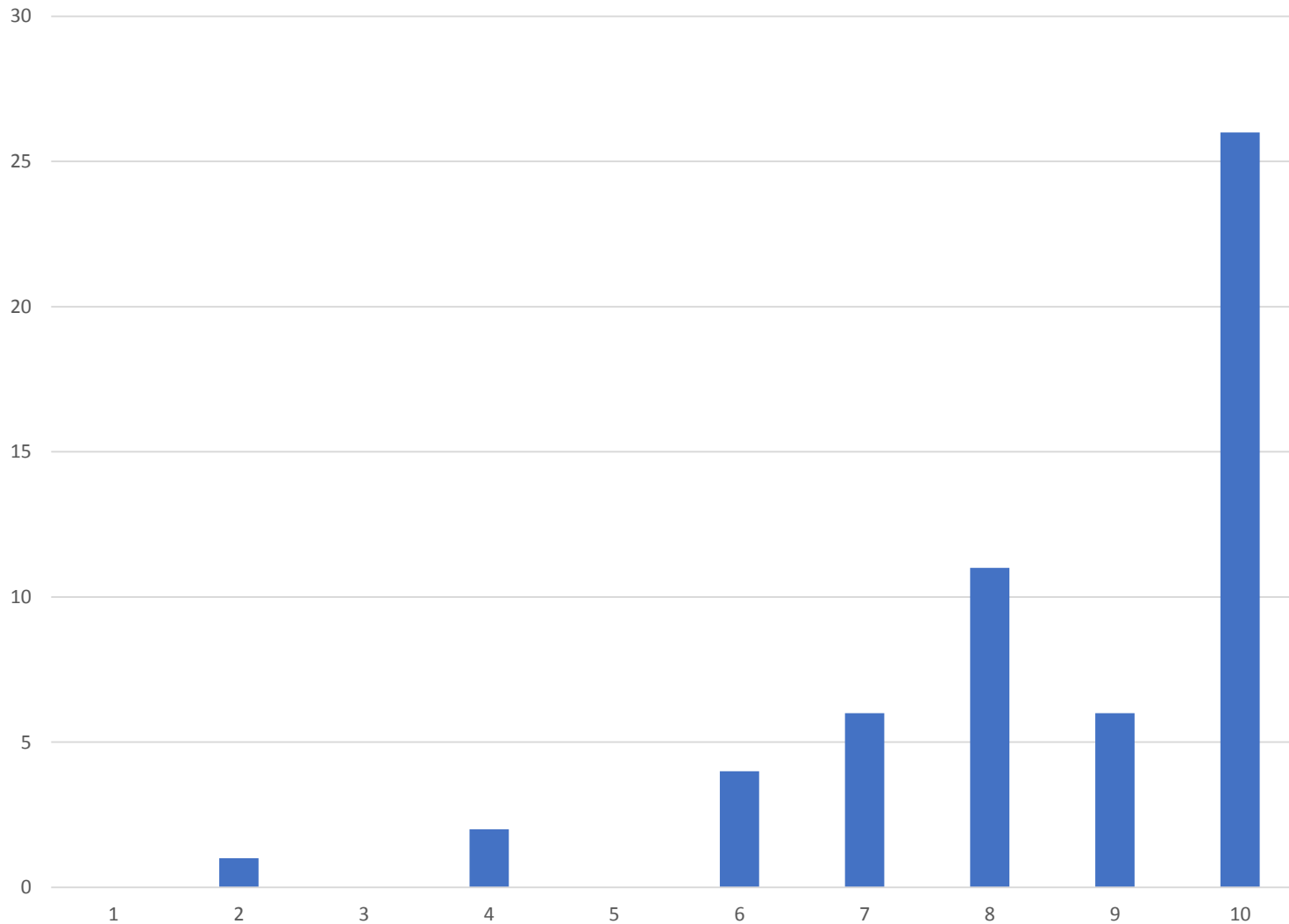
As per the Canadian Food Guide all factors are important when improving one's health. Programs designed to help influence healthy eating will improve the community's participation.

#### Class Ideas

- How to cook for one
- Making healthy choices
- Kids cooking
- Learn to cook
- Dinning on a budget

Programs can be completed in a virtual format.

On a scale of one to ten, how important is recreation to you/ family ? One being not at all and Ten being very important.

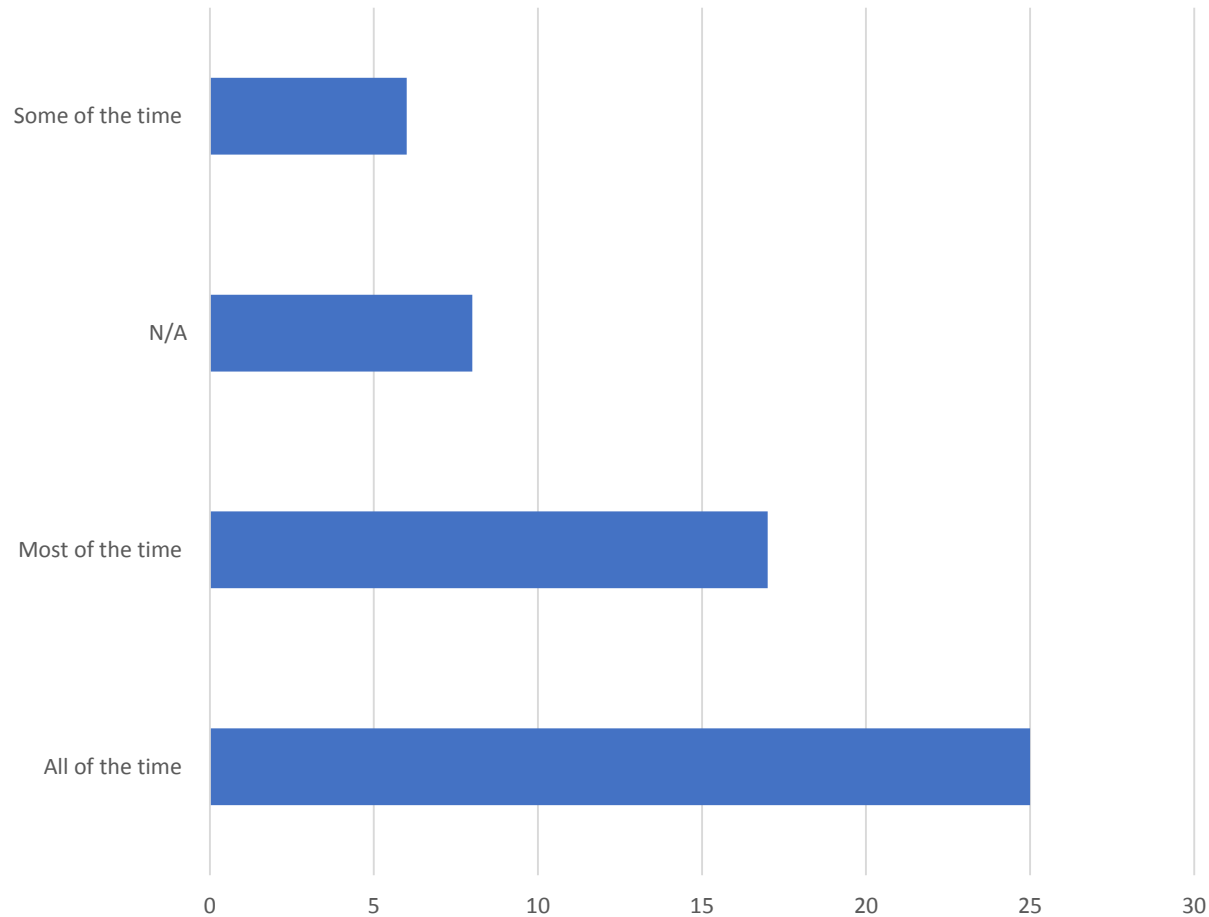


physical, emotional, and economic well-being of Ontarians. (sport and recreation , 2018)

We cannot define how important recreation is to one person. Recreation plays a major role in the 12 social determinates of health.

In a previous slide the 12 social determinate of health were explained. These determinates will play into how recreation is viewed and should be looked at while creating programs.

Do you feel safe while participating in West Elgin's recreational facilities?



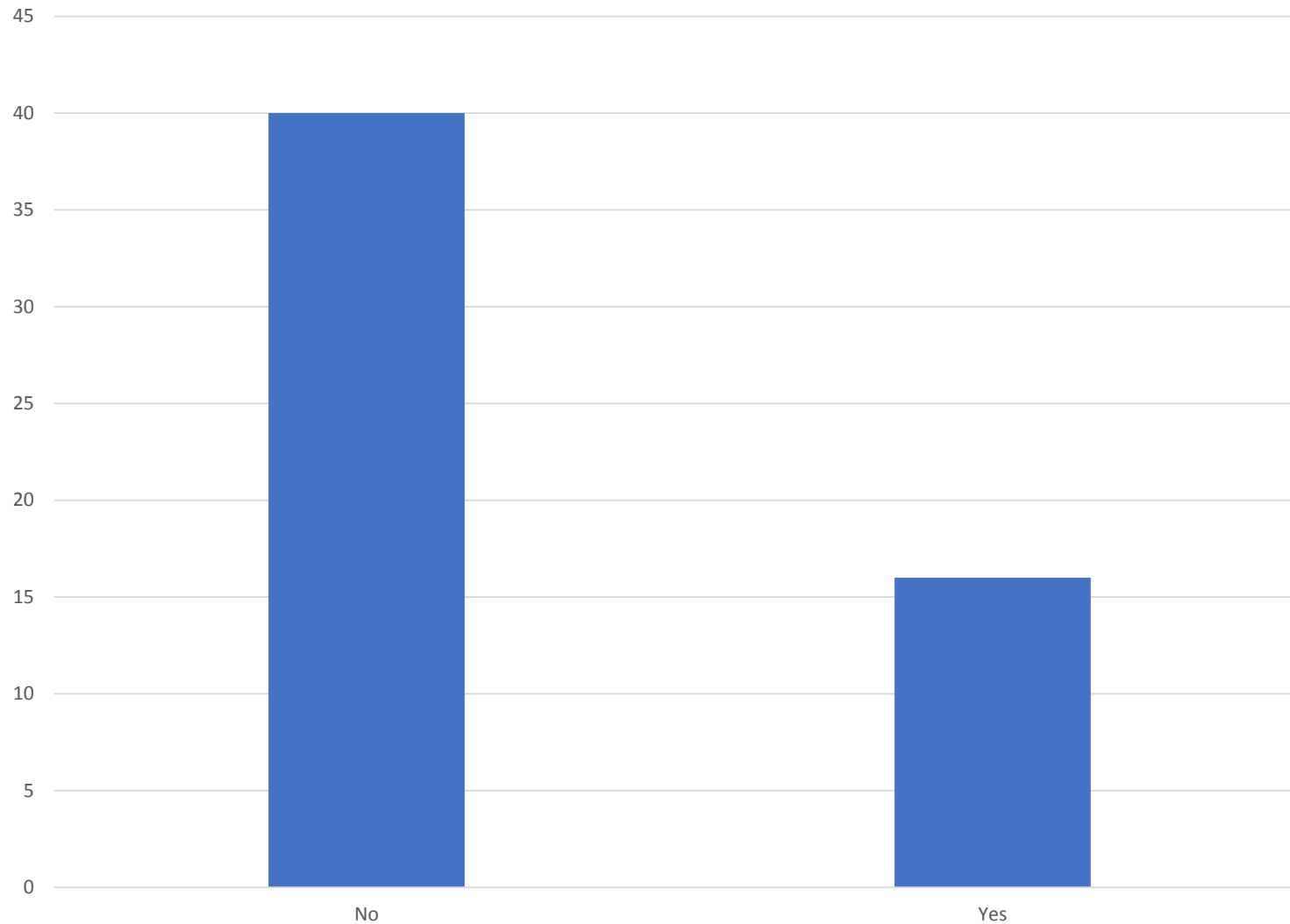
## ENVIRONMENT

A large barrier to recreation is the environment in which recreation takes place.

To become more inclusive and have recreation stand out in our community, we need to think of ways to encourage safety at our facilities.

- Physical environmental safety
- Inclusive place
- Becoming an ally

are you and/or your family able to participate in active recreation as often as you would like to?



## ADULT REPORT CARD CHILD AND YOUTH REPORT CARD

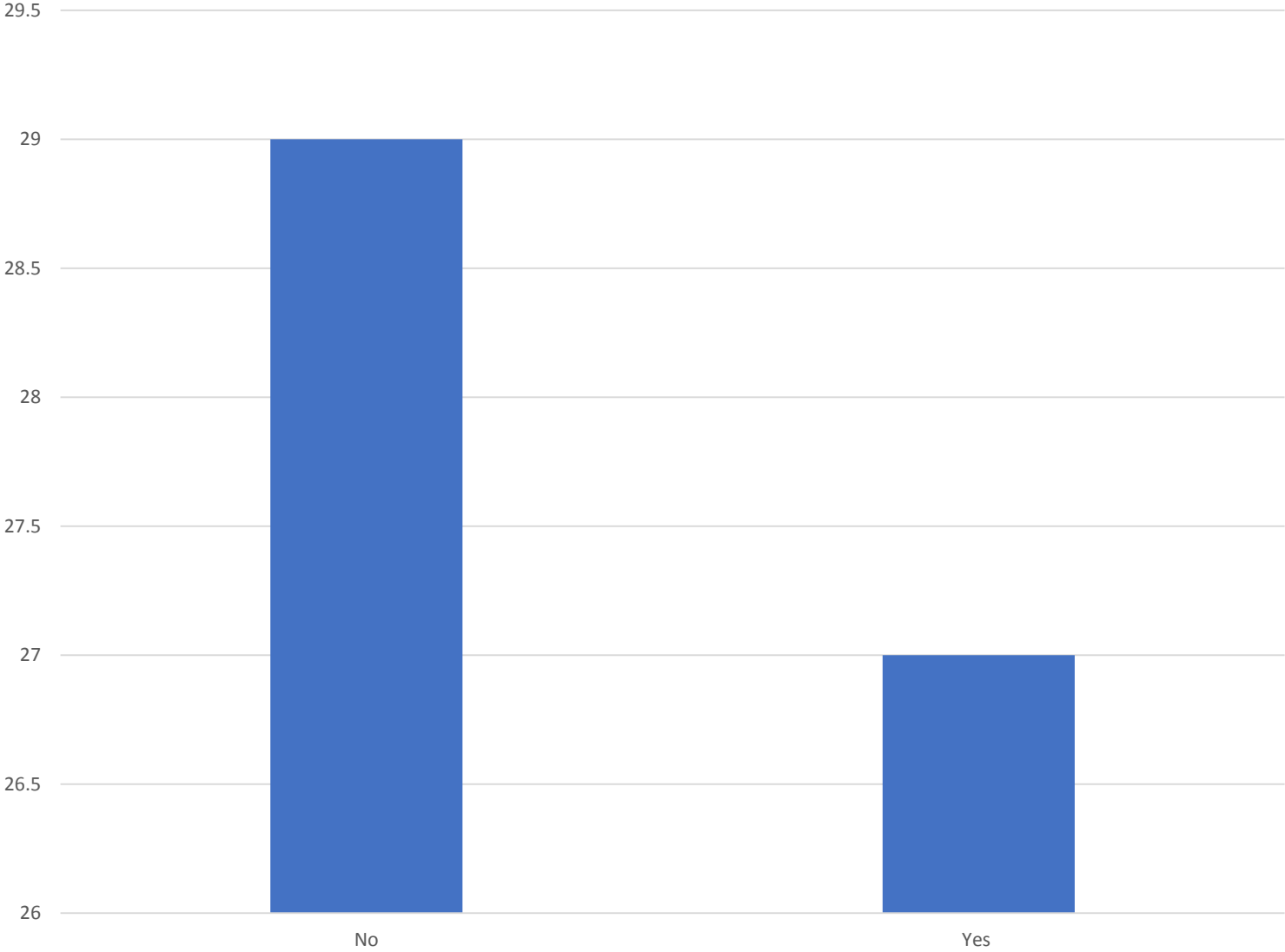
Referring to the Participaction Adult, Children and Youth report card, it shows that adults and children were unable to achieve the recommended level of physical fitness in the year 2021.

In 2021 Adults sedentary behaviors were ranked at an F grade. ( % of adults living in Canada who limit sedentary time to eight hours or less per day)

12% of adults 18-79 years achieved less than 8 hours of sedentary time per day (Participaction (2021))

Adults' participation in recreational activities will have an impact on how children view recreation. Engaging programs will assist in getting the community involved.

Do the current municipal programs intrigue you ?



# OUTCOME

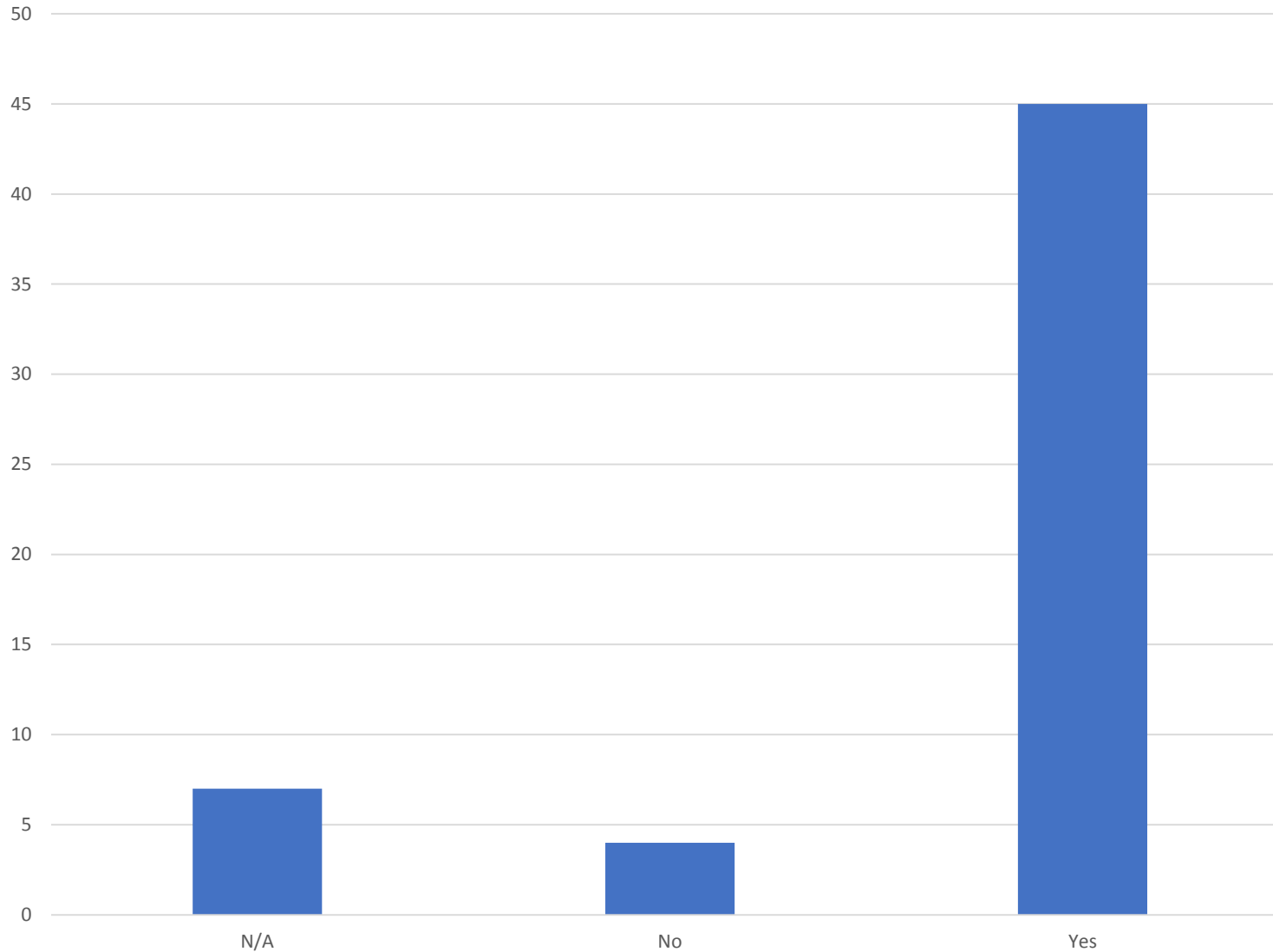
In the past 12 months Municipal programming included

- Swimming lessons
- Public Swims
- Public Skates
- Cards
- Pickleball
- Nature Walks
- Indoor Walking

The current program base is not intriguing the rate payers.



The facilities are generally well maintained?



## FACILITY MAINTENANCE

A physical environment is where individuals can live, learn, work and play. Physical environments directly link back to an individual's health status.

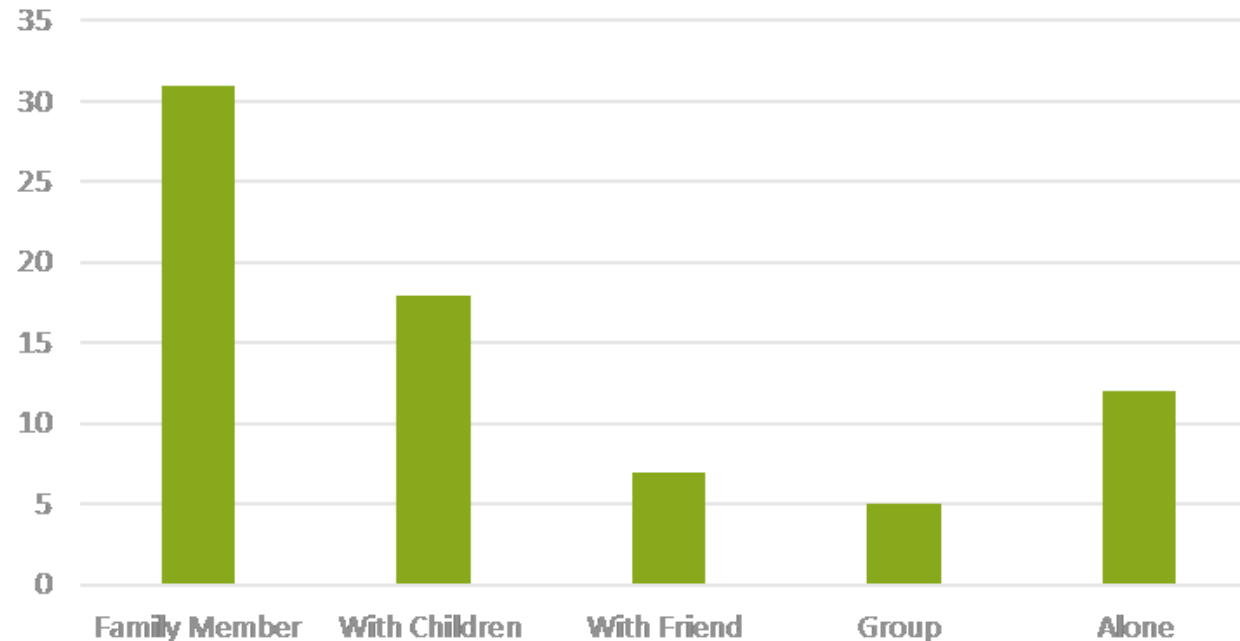
Physical environmental factors can include

- Lighting
- Washroom conditions
- Ventilation systems
- Facility access

A poor physical environment can negatively affect one's health. Staff are committed to making the spaces safe and welcoming for all individuals accessing our facilities.

## SOCIALIZATION: THE ACTIVITY OF MIXING SOCIALLY WITH OTHERS.

How do you typically visit the facilities ?

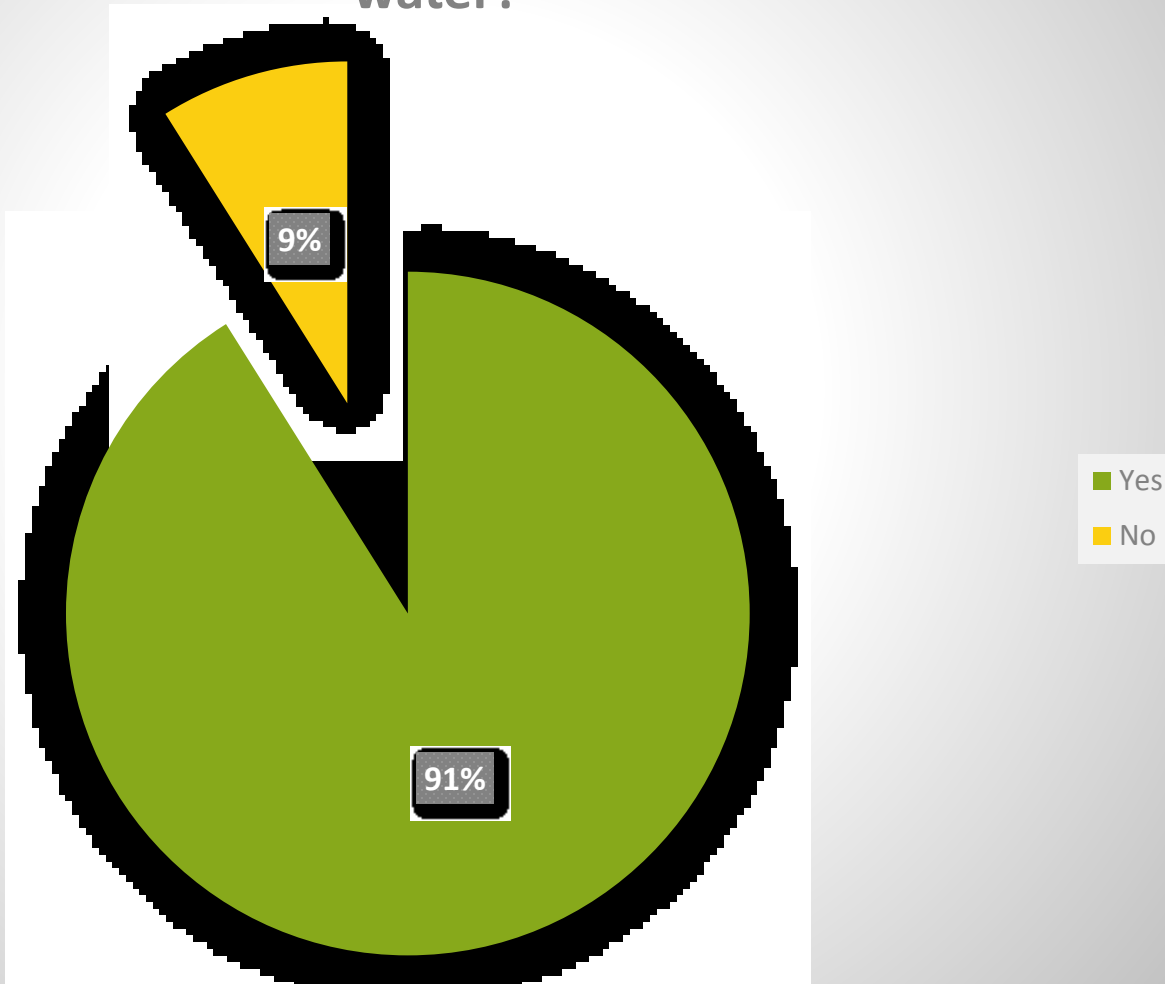


Factors that influence socialization in sport include

- External environment
- Identity of person
- Personal achievement and self-esteem
- Develop communication skills

Developing programs that encourage individuals to be present and motivated while in attendance would benefit the community.

Do you feel it is important to participate in activities that involve land, ice & snow, air and water?



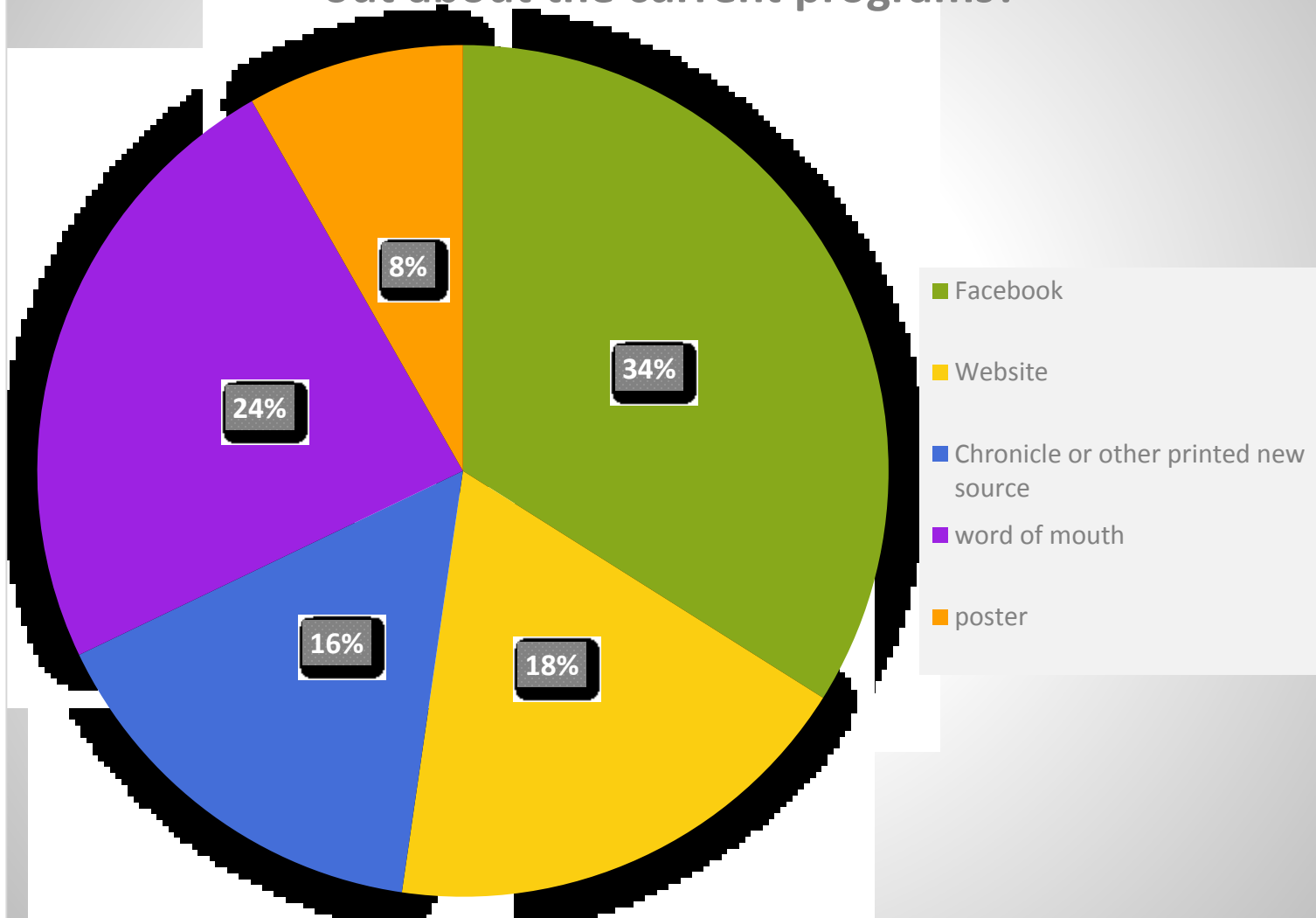
## TO DEVELOP PHYSICAL LITERACY

This question was asked in the survey to help develop programs that will assist in all ages developing physical literacy.

If programs are designed to include activities on land, ice/snow, air and water it will help participants develop body control, locomotor skills, balance, coordination, speed, and object manipulation.

All programs developed with a physical literacy view will help participants develop self-esteem, motor skills, and much more.

If you participate in recreation, how do you find out about the current programs?



## COMMUNICATION

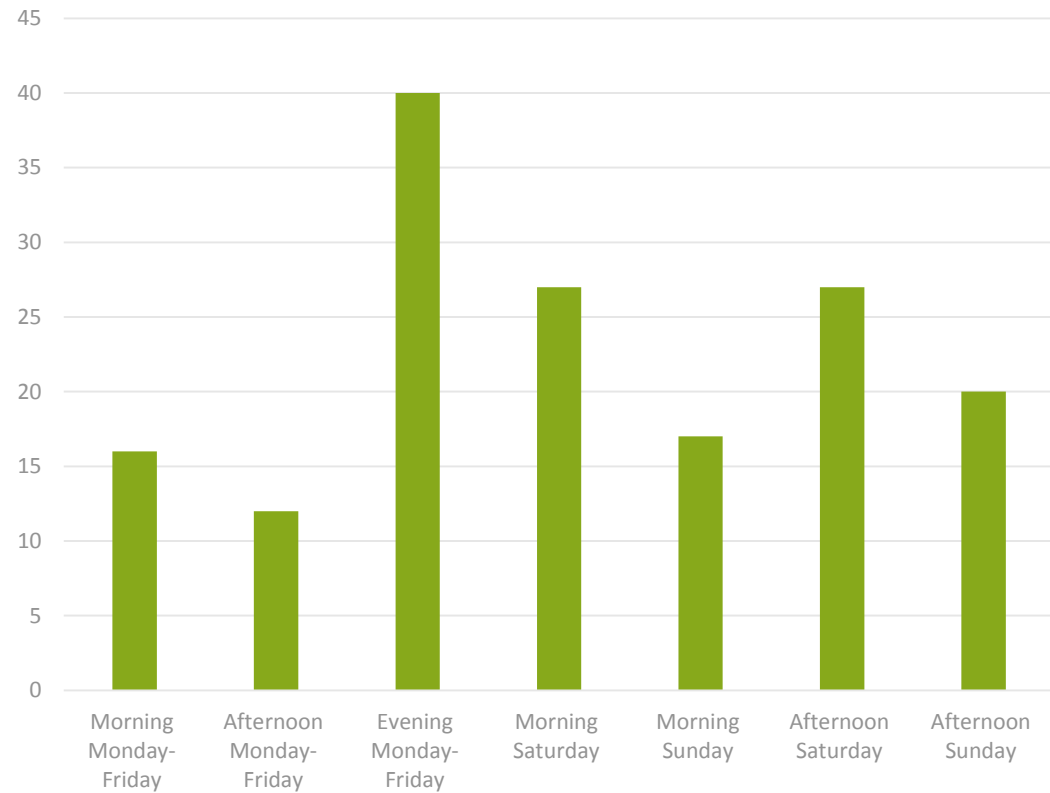
Communication is the means of sending or receiving information. Currently the municipality uses

- Website
- Social Media ( Facebook)
- Printed new source (Chronicle)
- Posters and bulletins

Additional information can be sent out over the website through subscription to selected pages.

Electronic signage in both towns will assist in informing the community of upcoming programs and new events.

What time of day would you prefer to attend programs?



## PROGRAM TIMES

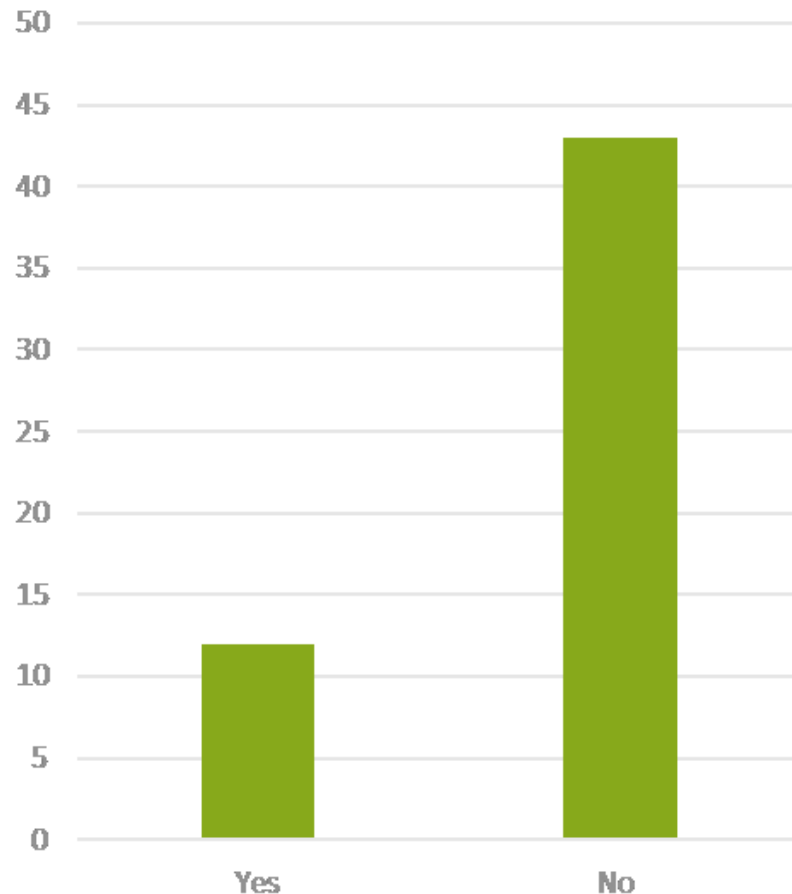
Weekdays after Dinner ( 7p.m. or later)

Consistent times

Morning or afternoon times work during the week/ Weekend depending on scheduling

Currently there is little programming offered after 4:30p.m due to staff time. Additional staff, program leaders, or volunteers will provide the community with additional programming.

## Do you belong to an organized sports league or organization?



Definition: organized sport is defined as physical activity that is directed by adult or youth leaders and involves rules and formal practice and competition. (Logan et al. (2019))

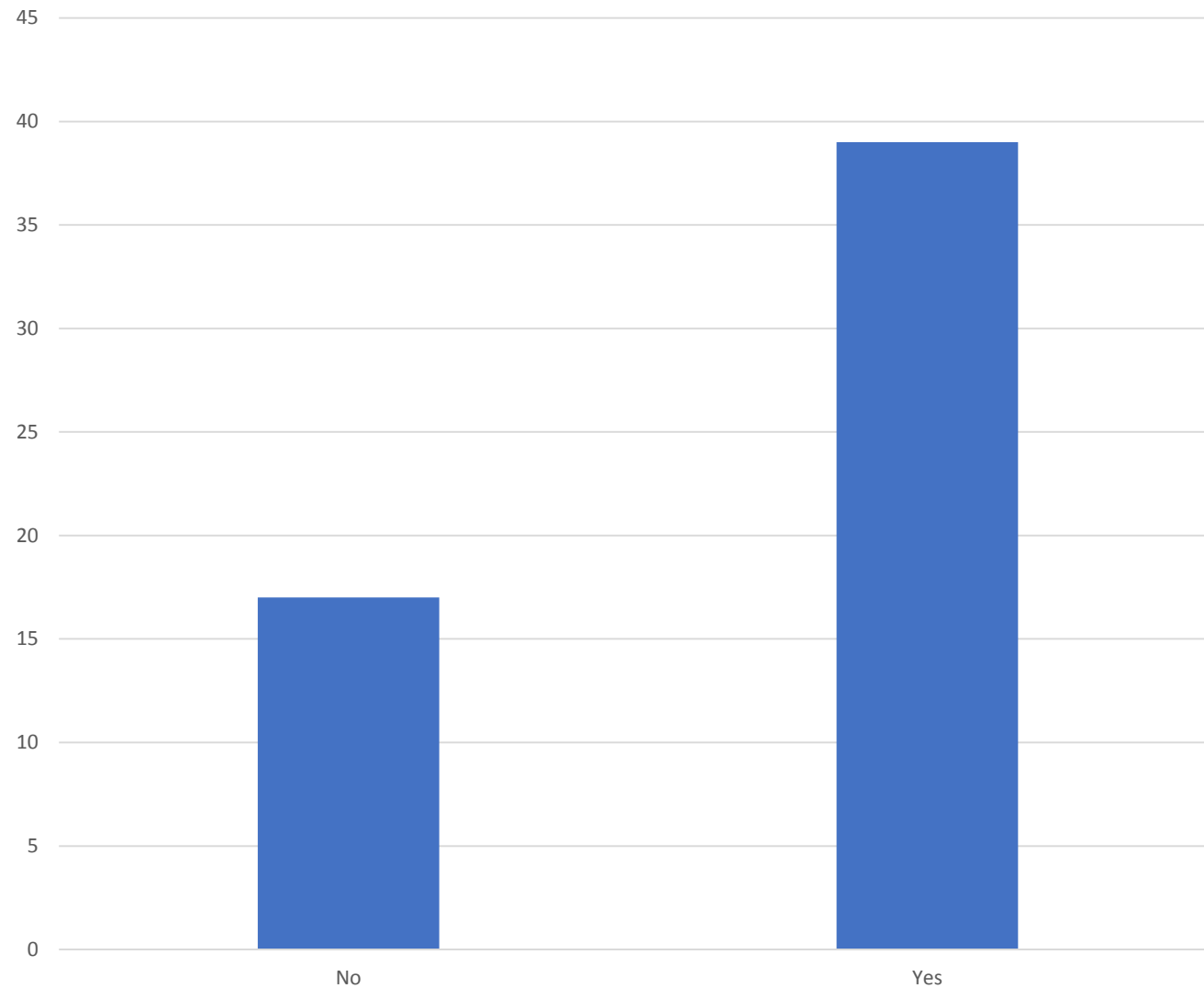
Organized sport provides patrons with social supports and physical activity that is structured with practice and competition.

Most Patrons that took the survey do not belong to a sports league or organization. In developing programs for the public, the idea of clubs will provide social supports and motivate residents to get involved and become physically active. The programs will not provide the formal games but will provide the individuals with fundamental skills to stay active and belong to a group.



# BARRIERS TO RECREATION

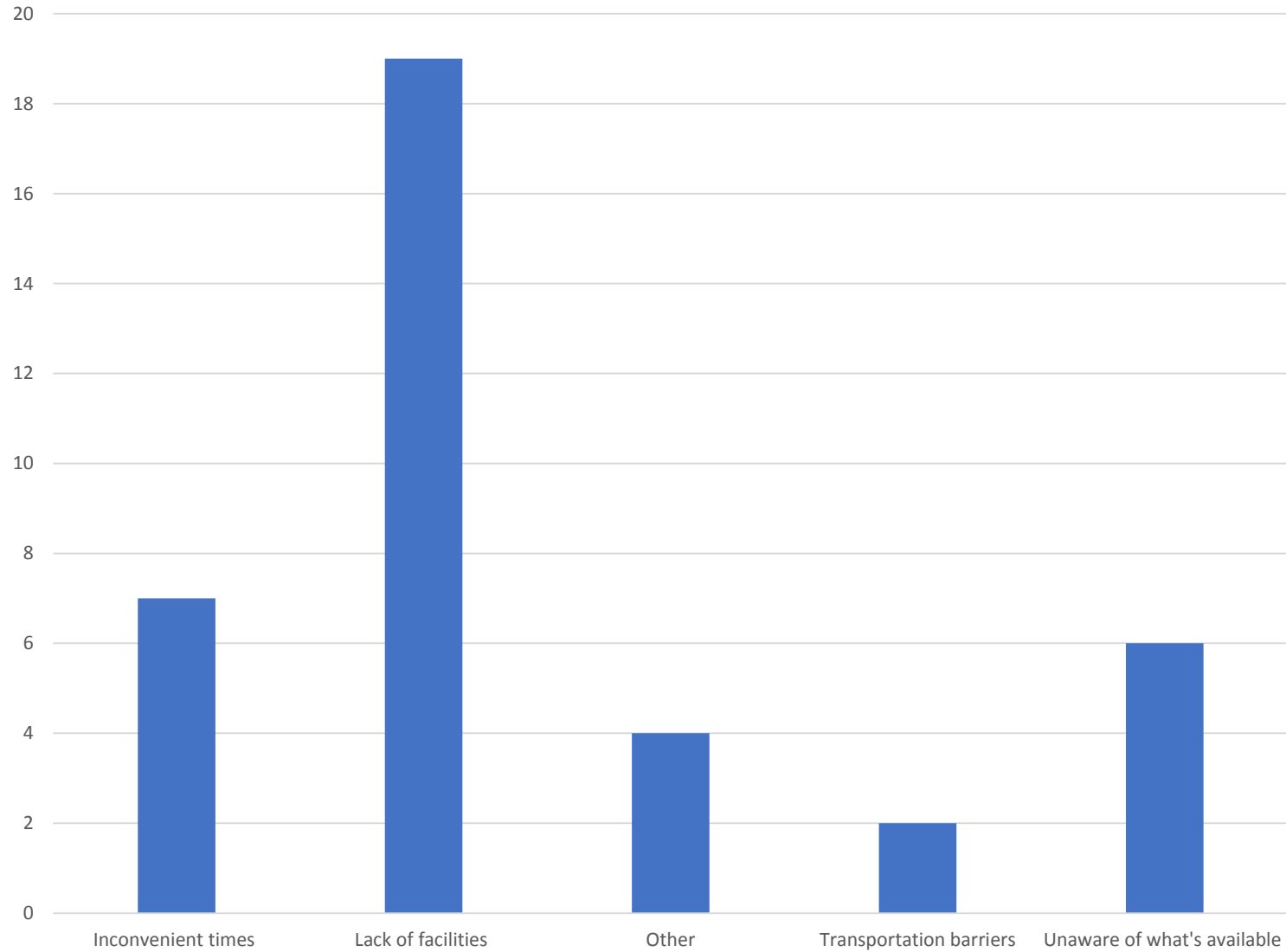
Do you feel there are barriers to recreation and leisure in West Elgin?



definition: a barrier is a problem that prevents two people or groups from agreeing, communicating or working with each other. (Overcoming barriers to physical activity. , 2020)



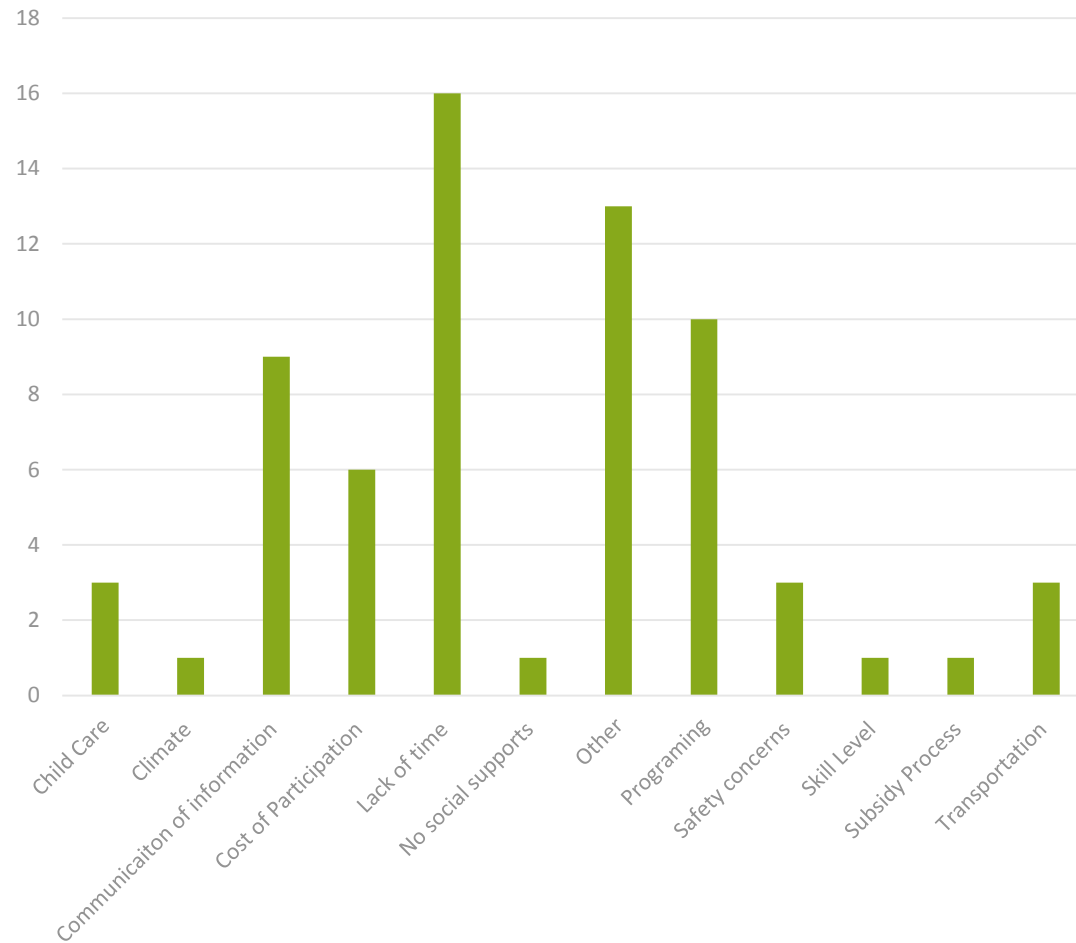
What are barriers preventing you from participating in these activities



#### Common Barriers to recreation and leisure

- Lack of time
- Social support
- Lack of energy
- Lack of motivation
- Fear of injury
- Lack of skills
- High cost
- Weather conditions

What are some reasons preventing you from participation?



WHAT ARE SOME OF THE OTHER BARRIERS PREVENTING YOU FROM PARTICIPATION ?

- Activity schedule is limited... no weekends
- Intermediate sports for adults
- Limited activities offered
- Publicity of programs
- Options for youth and children in both towns are limited

# TAKE A MINUTE TO REFLECT ON THE FOLLOWING DEFINITIONS.

---

Definition  
of  
Recreation

Activities that are done for enjoyment that are not completed during the workday.(Merriam-Webster)

---

Definition  
of Leisure

Use of Free time for enjoyment.( Merriam-Webster)

---

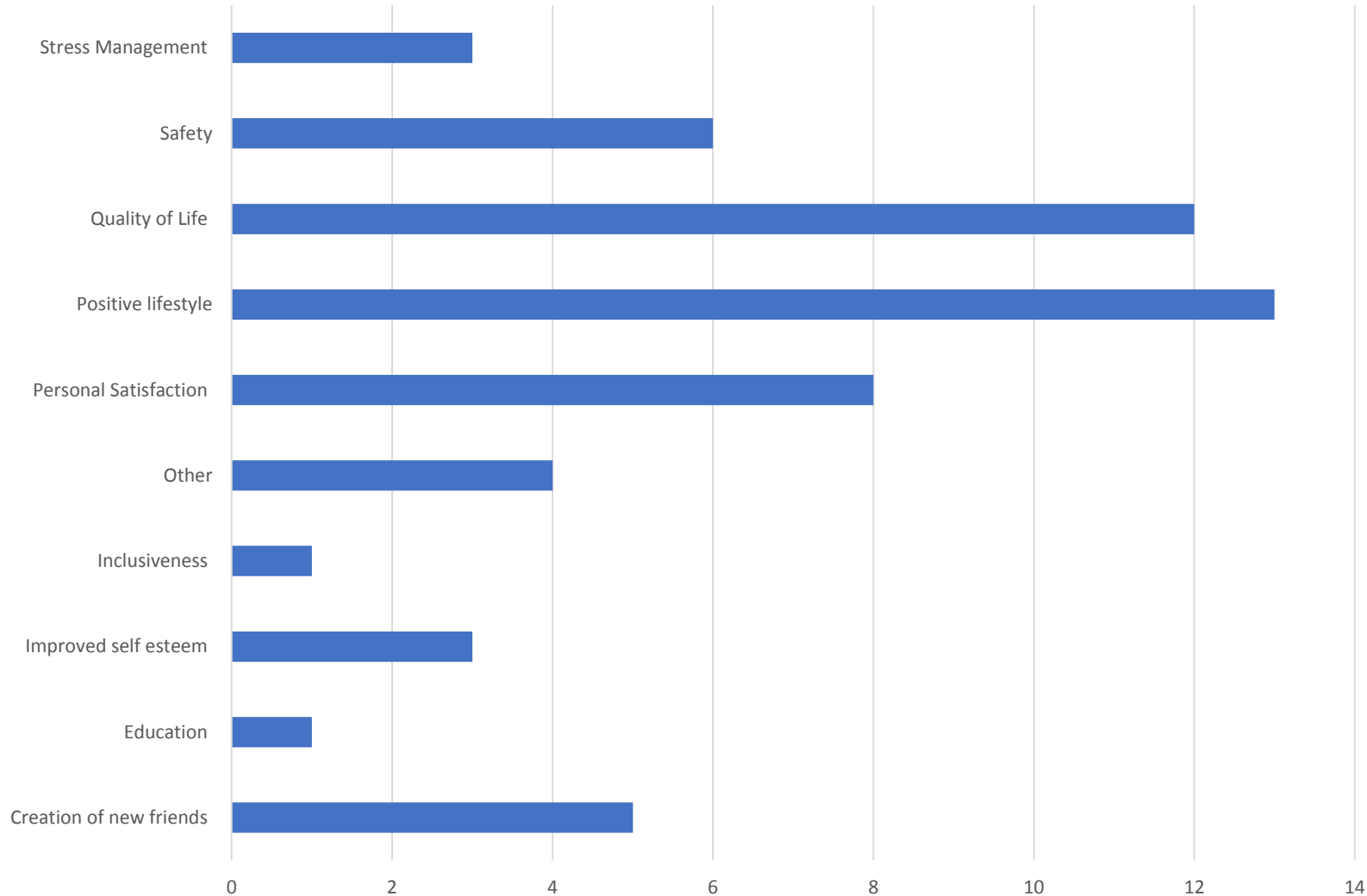


## WHAT DOES RECREATION AND LEISURE MEAN TO YOU AND YOUR FAMILY

Important points to include when planning for programs

- Inclusive
- Safe space
- Socialization
- All ages
- Community
- Physically active
- Support
- Cost

What is important to you and your family when selecting a recreation or leisure program to participate in ?

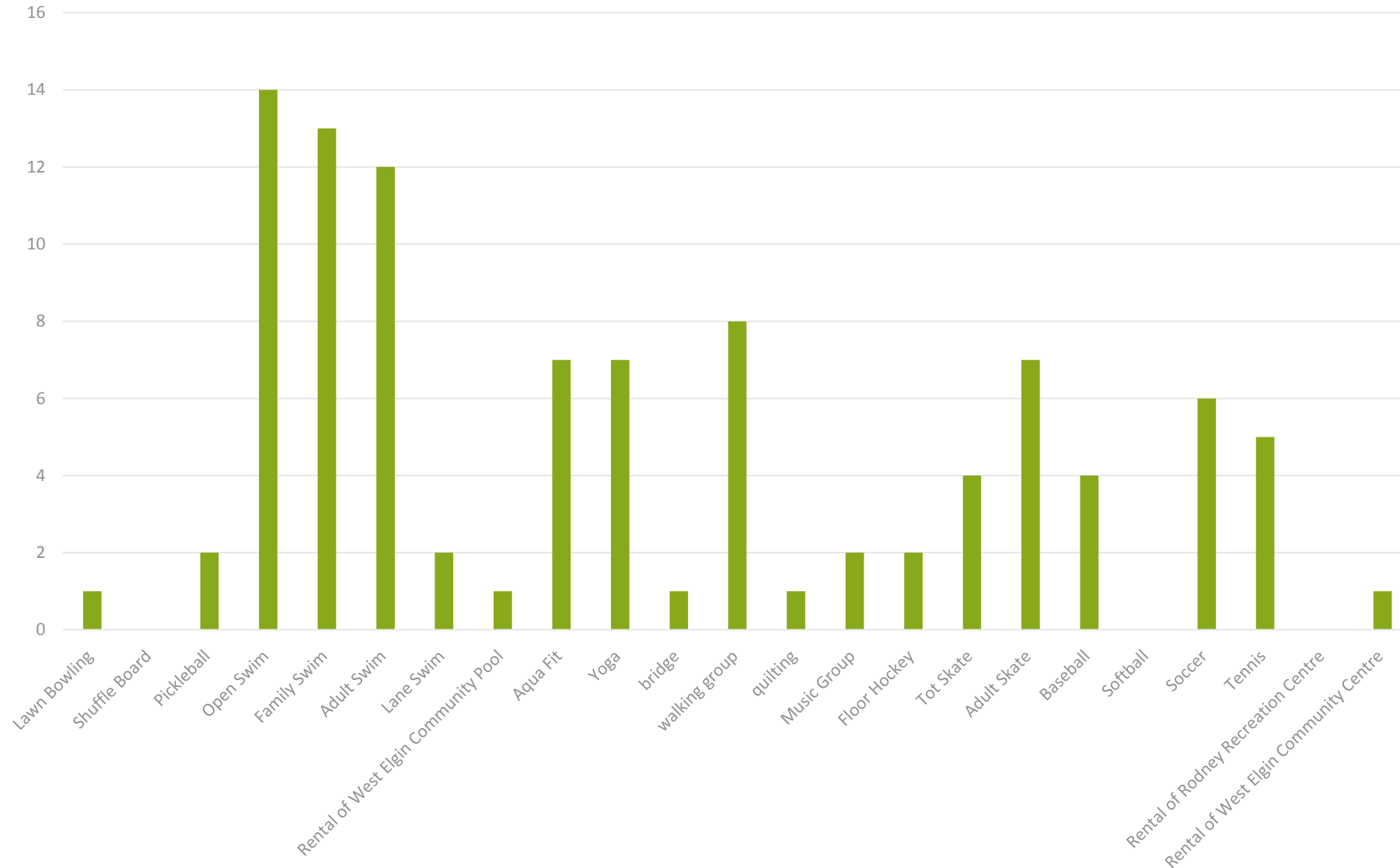


## IMPORTANCE OF RECREATION AND LEISURE PROGRAMMING.

All are important when selecting recreation or leisure programs. Additional points to consider are

- Community engagement
- Time
- Goals
- Values
- Skill level

in the past 12 months, which of the following activities have you or someone in your household participated in ?

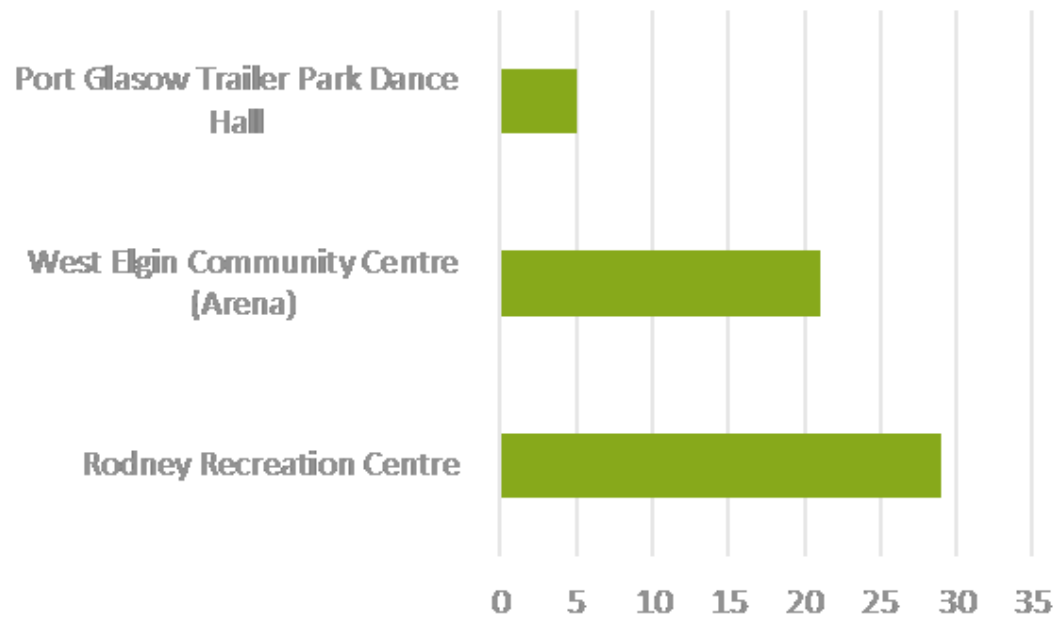


Community events such as

- Canada day
- Spooktacular Market
- Rodney Night Market
- West Lorne Santa Clause Parade
- Road Race

were not included in the survey as they are one-time events that draw public in. Recreation programming that runs on a consistent basis is what the survey is based on.

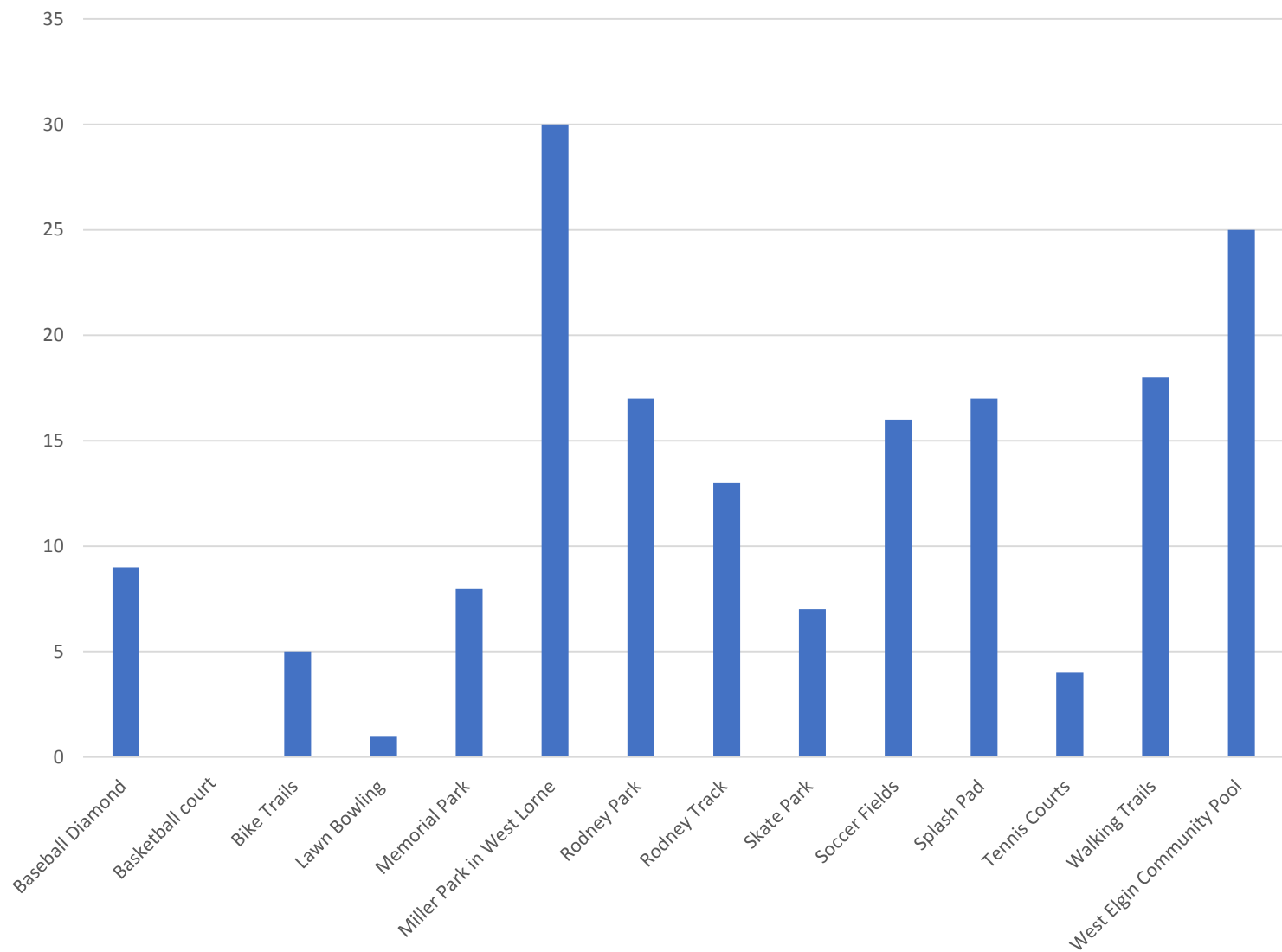
Have you participated in any indoor activities in the following centres?



## INDOOR FACILITY USAGE

Due to covid-19, there has been a reduction for indoor programming due to provincial orders. As the provincial orders lift, outdoor programming is safer than indoor programming and more inclusive.

Have you participated in any outdoor activities at the following centres?



Most outdoor facilities were well used. Improvements to make them more accessible would benefit the community.

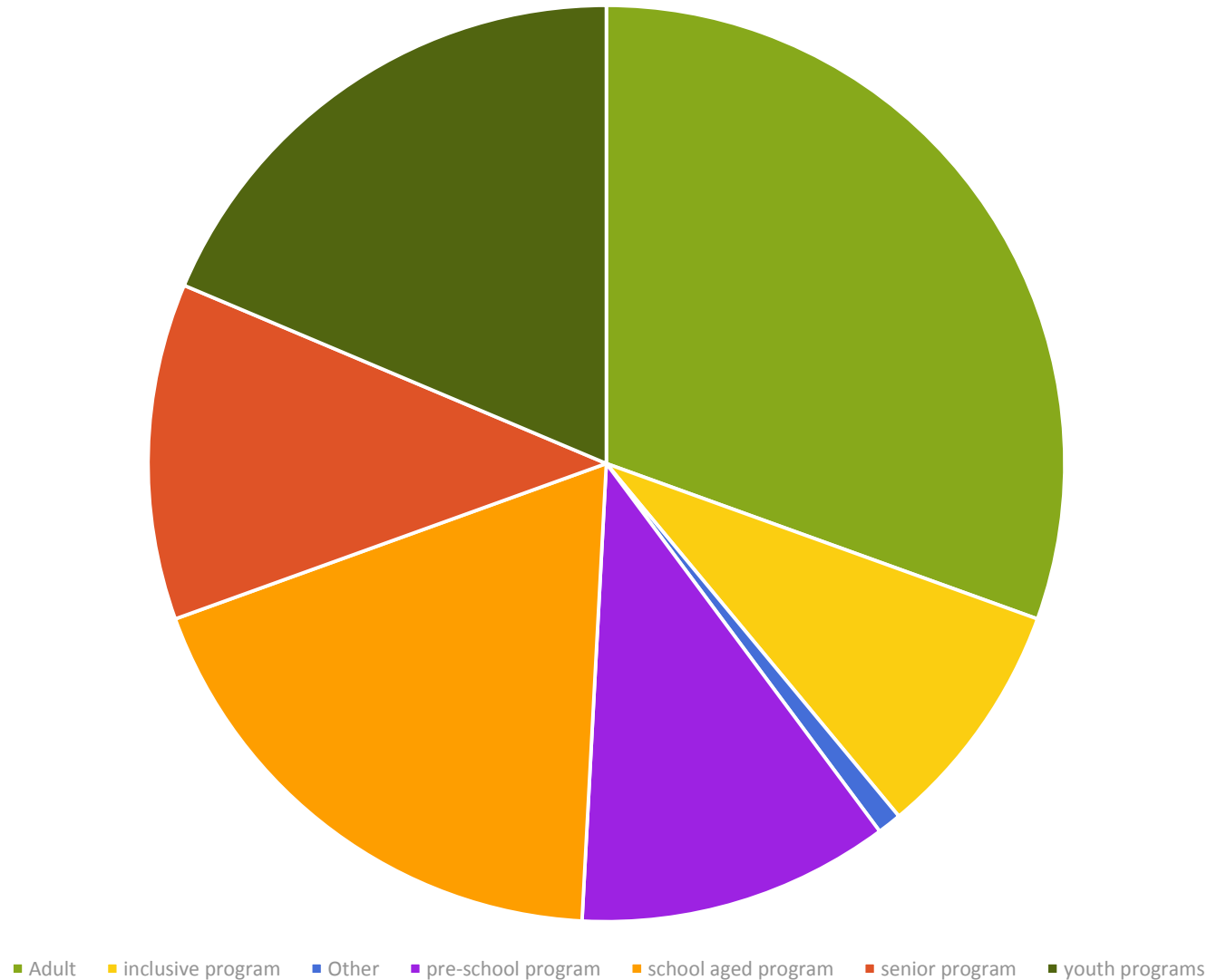


What type of programing would you like offered ?

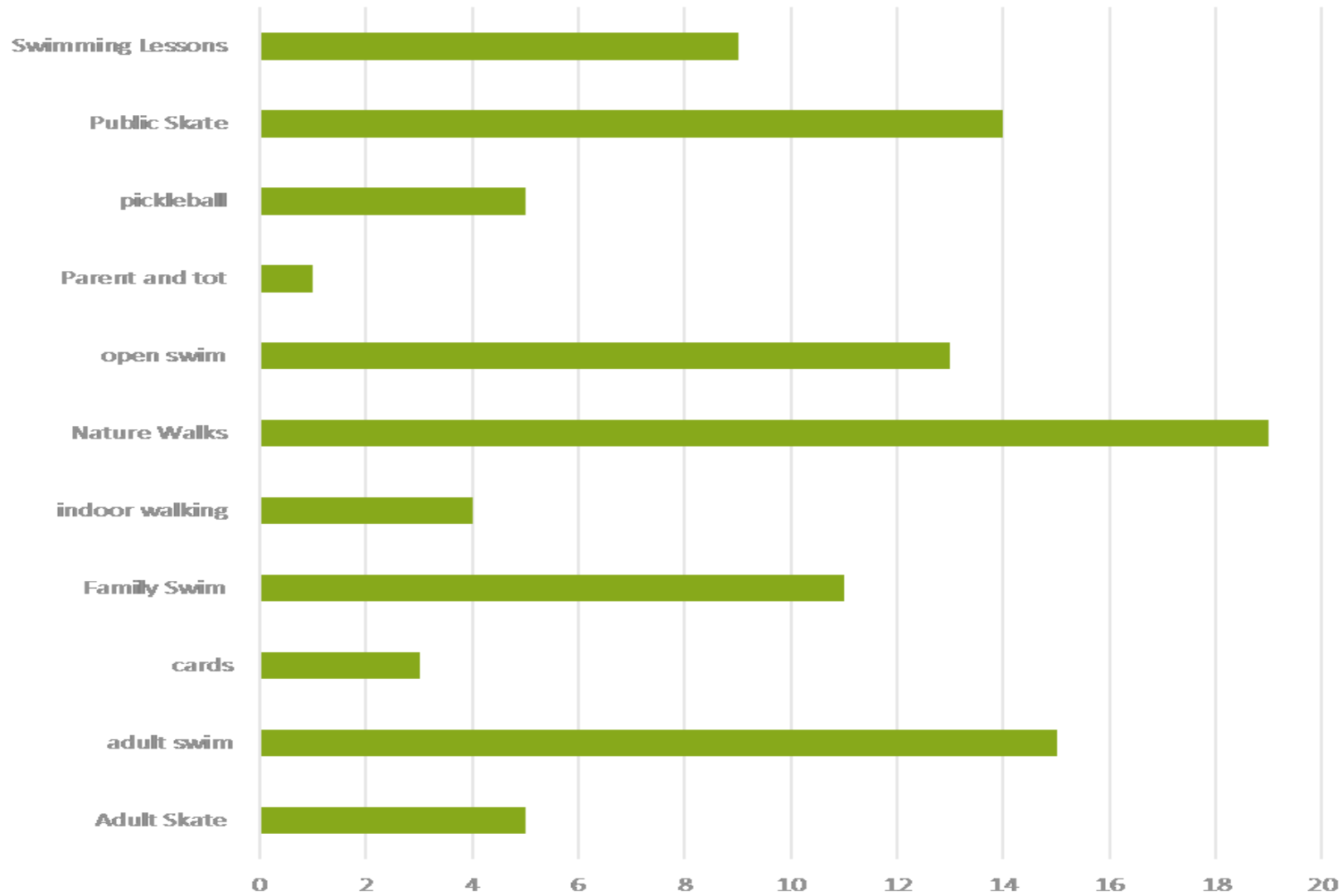
## PROGRAM TYPE

Our current program scheduled is gear towards adults and seniors. Additional programming should include

- Preschool/ Baby 0-3
- School aged ( broken down by age and ability)
- Youth programming ( 12-17)
- Adult programming ( broken down by age)
- Senior's programming 65 plus
- Inclusive programming to look at ability of all individuals.



### Current Municipal programs that you enjoy.



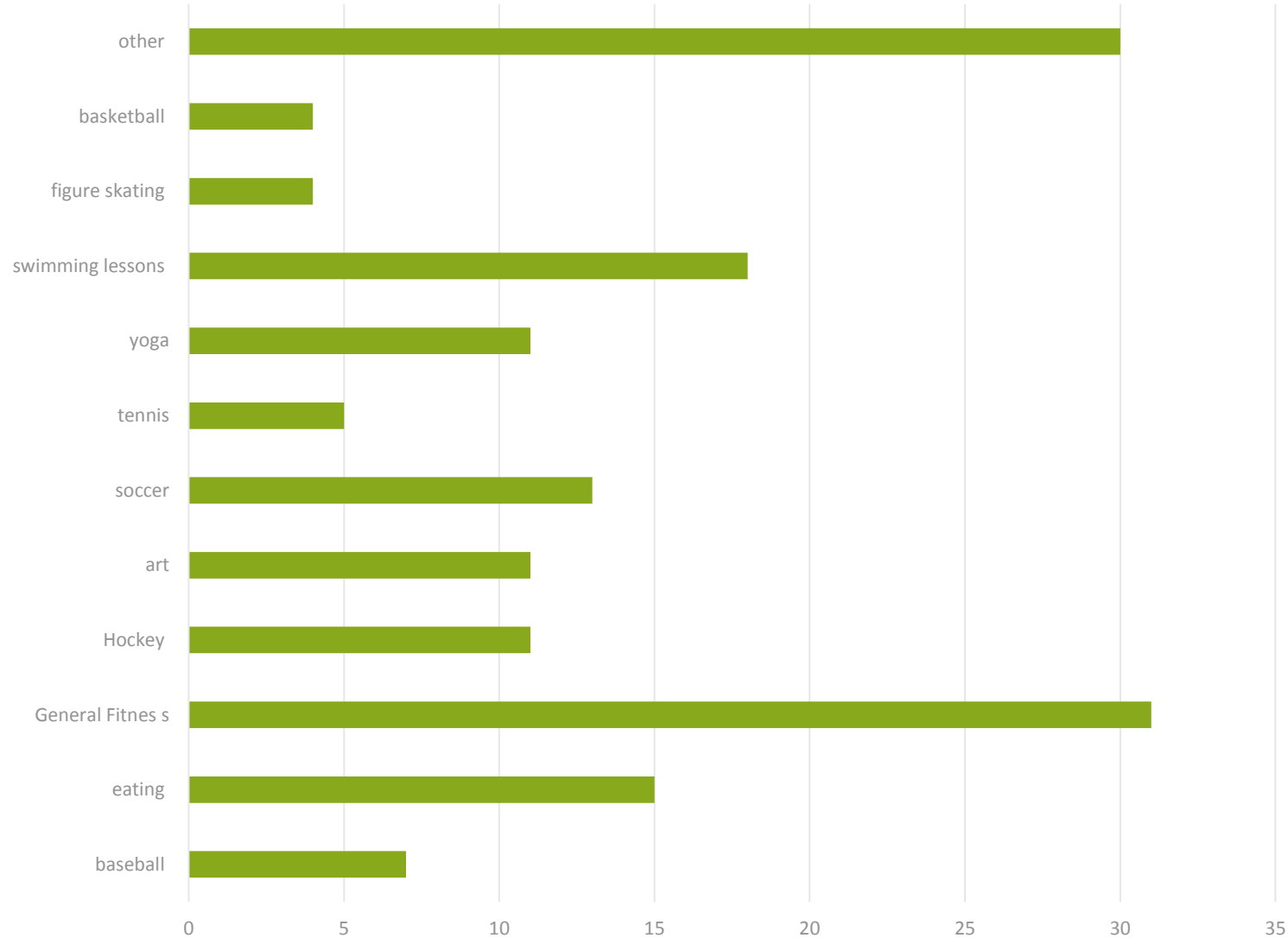
#### Outdoor programs include

- Swimming lessons
- Open Swim
- Adult Swim
- Family Swim
- Nature Walks

#### Indoor Programs include

- Public Skate
- Pickleball
- Parent and Tot Skate
- Cards
- Adult Skate

### Top 5 Activities you go outside of the municipality for.

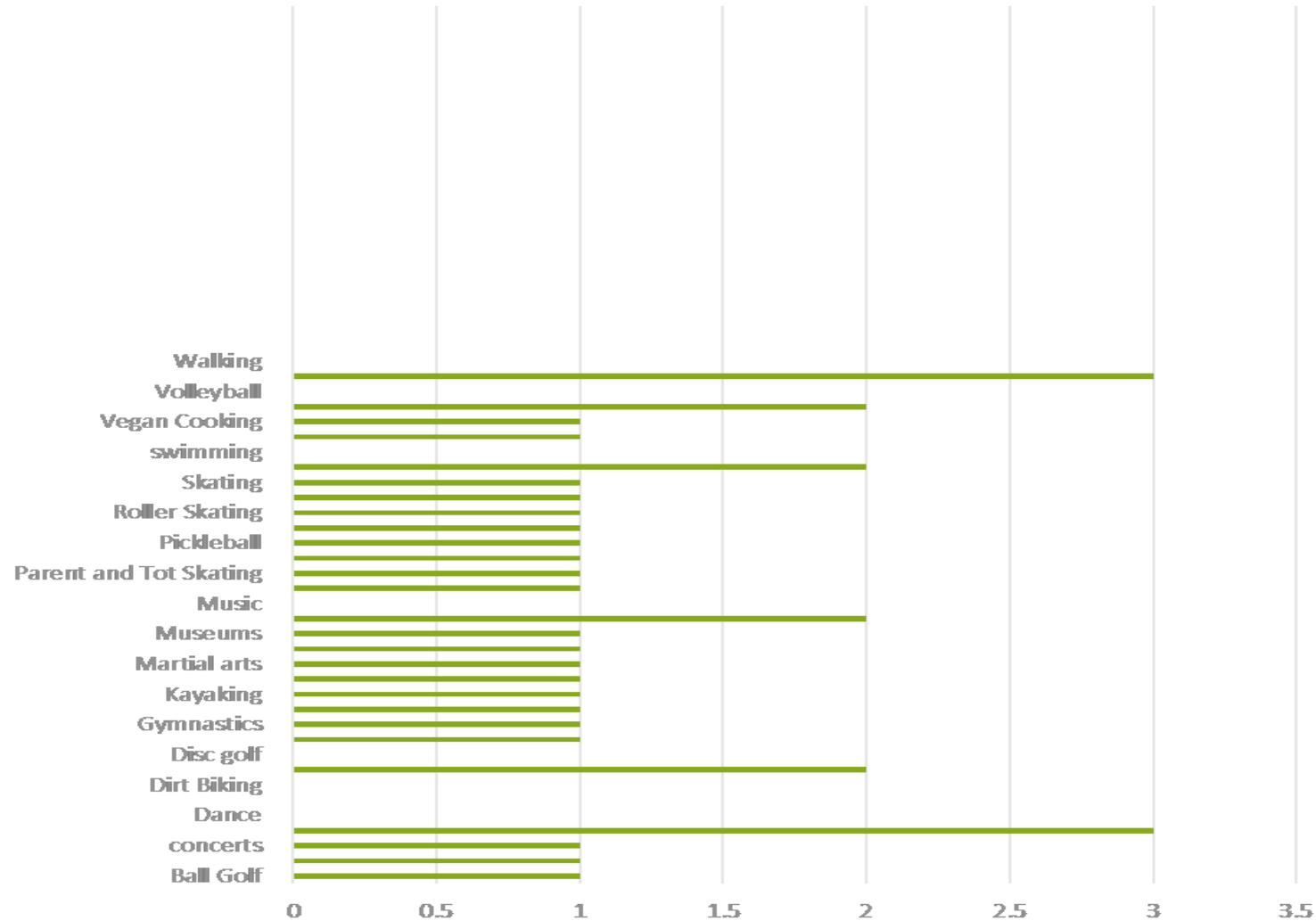


The other activities that patrons access outside of the municipality are on the following slide.

The Municipality and outside organizations in the local community currently offer

- Figure Skating
- Swimming Lessons
- Tennis
- Soccer
- Hockey
- Baseball

## Other Activities that people are accessing outside of the Municipality



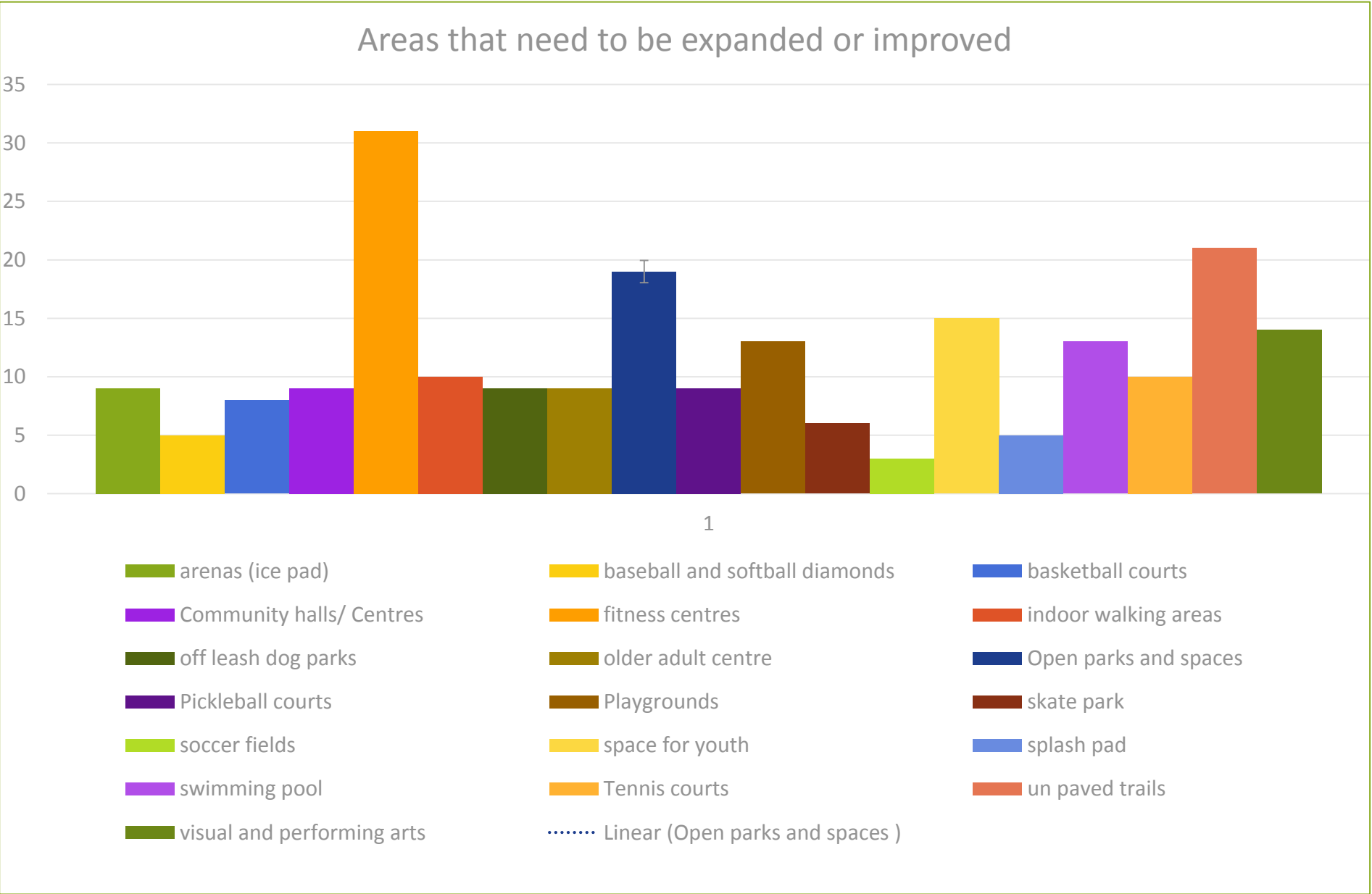
## POTENTIAL PROGRAM TO OFFER

These are potential programs that the Municipality of West Elgin could offer. Offering programs such as

- Adult volleyball
- Cooking classes
- Martial arts
- Dance

Could lead to benefits in the community like

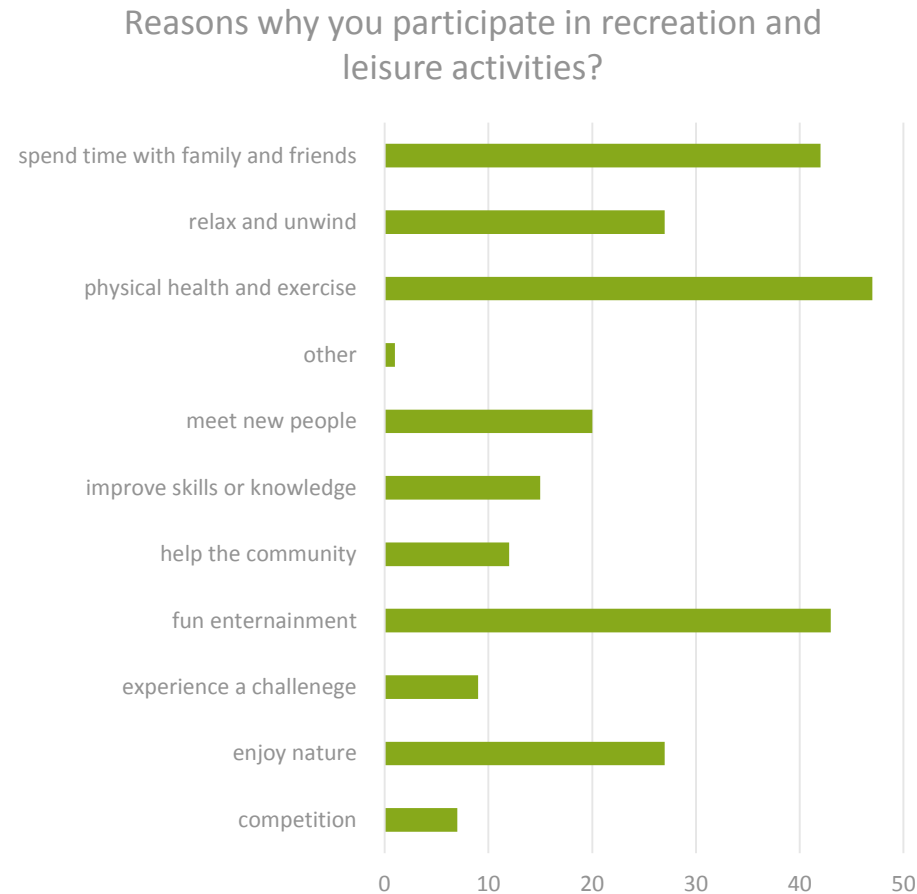
- Economic well being
- Reduce cost related to pollution
- Increased tourism
- Lower public health care costs



AREAS  
THAT NEED  
TO BE  
EXPANDED  
OR  
IMPROVED

- Top three areas  
that need to be  
expanded or  
improved
- Fitness Centre
  - Unpaved trails
  - Open Parks  
and Spaces

# WHY PARTICIPATE



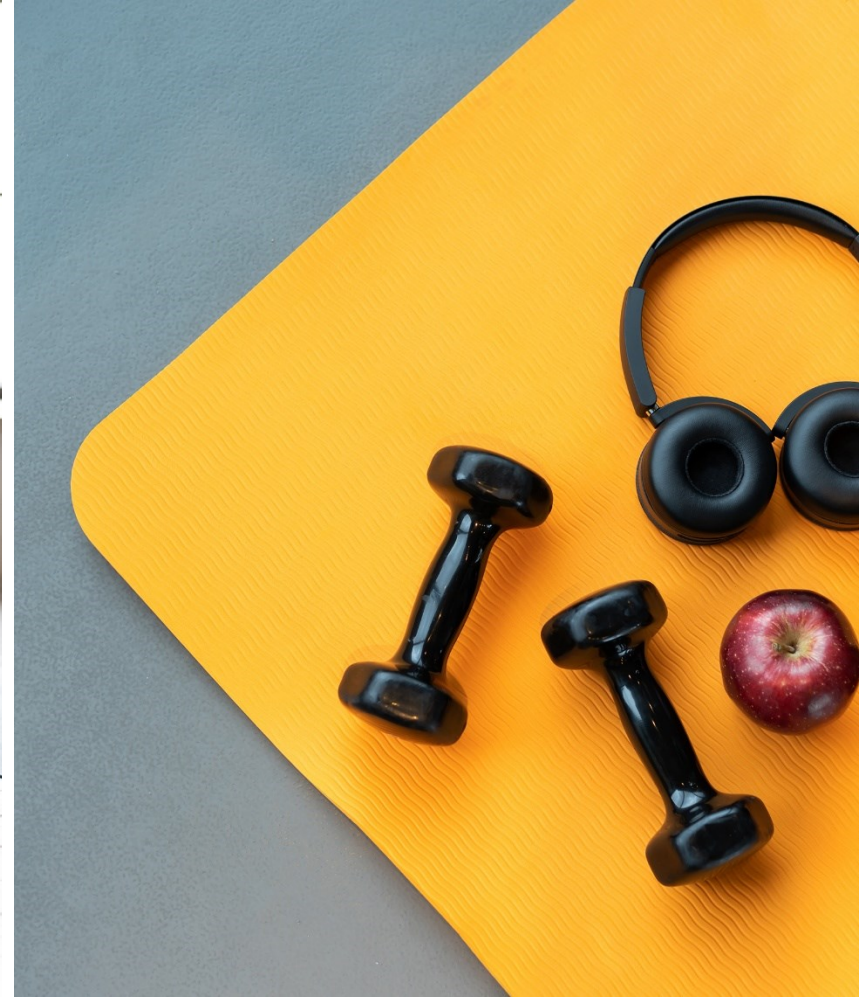
- Swimming is the best overall exercise for arthritis. A huge need for this to be promoted.

## Important points

- WHY

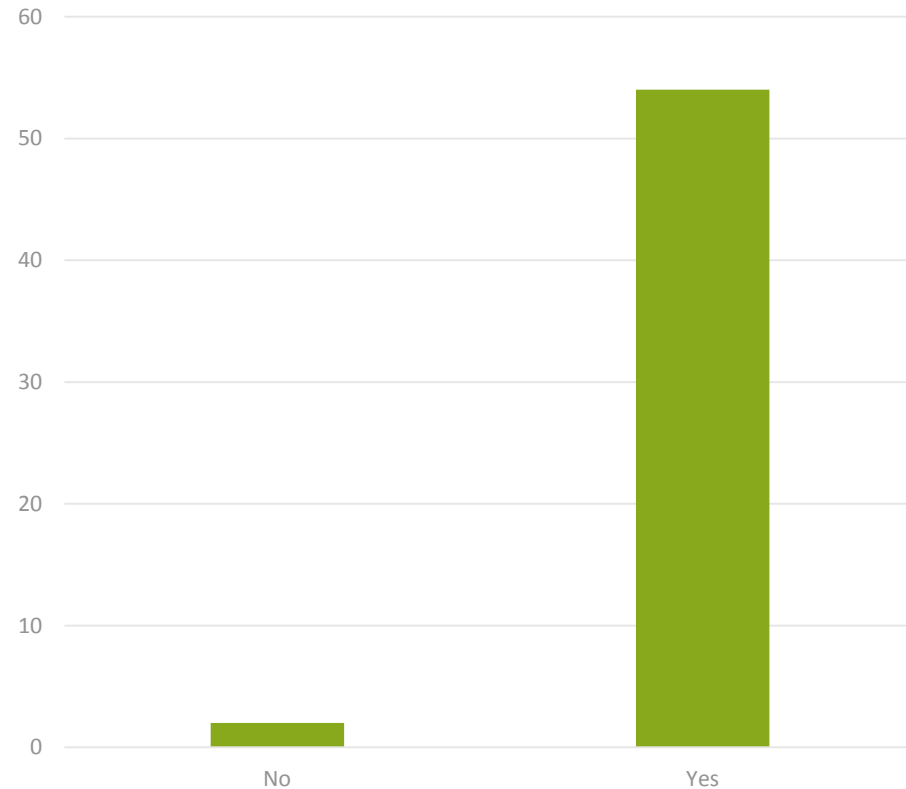
Additional programs should be implemented focusing on:

- Health
- Relaxation
- Socialization
- Community engagement
- FUN
- Skills and knowledge

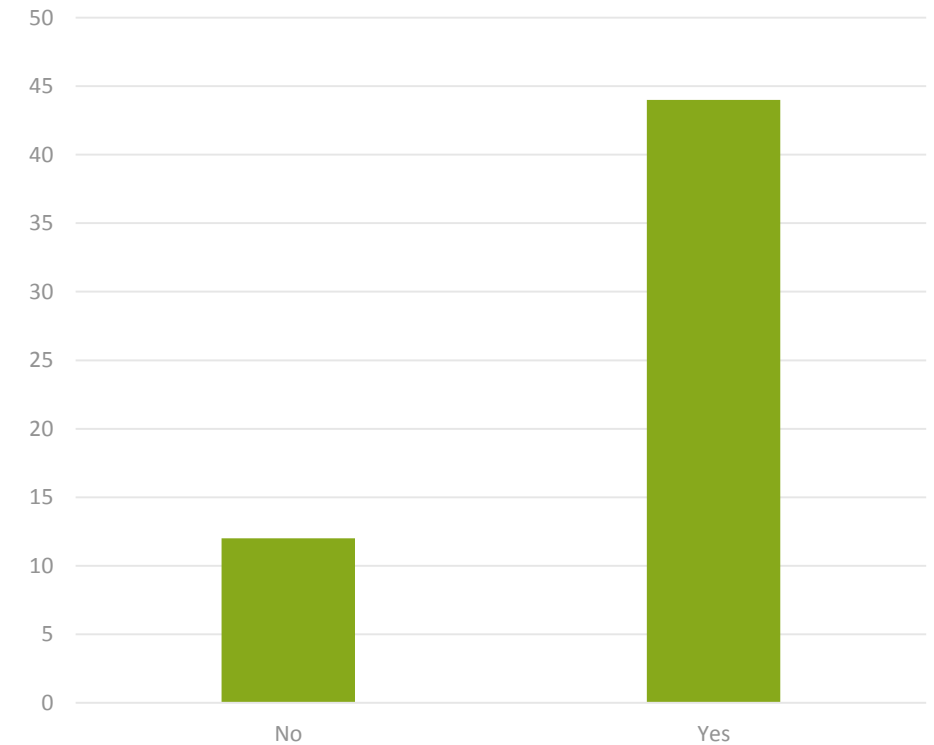


# COVID-19 AND RECREATION

Do you and your family feel safe participating in outdoor recreation with regards to COVID-19 ?



Do you and your family feel safe participating in indoor recreation with regards to COVID-19



The covid-19 pandemic has changed how most people view recreation and leisure activities. Indoor activities are not enjoyed by all as there is a higher risk of contracting Covid-19. Additional considerations should be made to make sure participates feel safe indoors and outdoors.

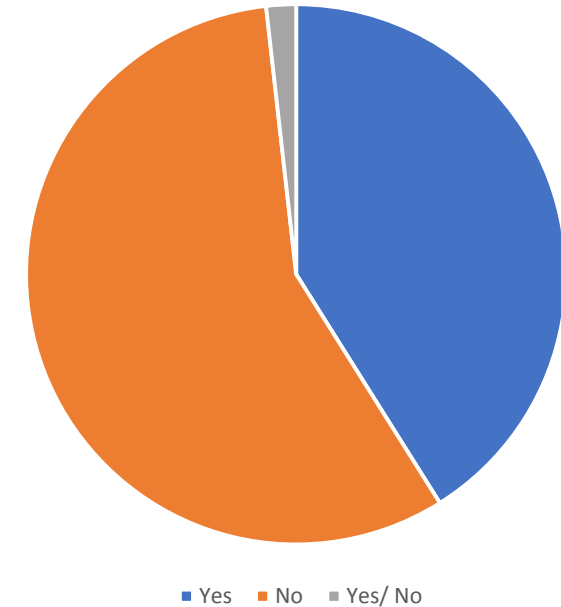


- **Less comfortable** out in public.
- Realized how **important** it is.
- **We don't have anything now because of it**
- **More recreation is needed**
- **need to interact personally**, not just online.
- **Very aware of social distancing and wearing masks not always easy during activities.**
- **Yes, with being isolated in a rural community it is important to get out for rec and leisure.**
- recreation and leisure are an important **part of mental health for both kids and adults. Finding a way to**

### **participate safely is important**

- Absolutely, **that family comes** first and that we don't need to be out and about buying, buying, buying. Slowing down my pace working less and more home time
- **Doing things on my own**
- Places more value on **getting outside and turning to outdoor play/activities as a source of fun that can be had safely and distanced from others.**
- Do not attend indoor events due to covid-19 restrictions

Has COVID-19 changed your perspective on recreation and leisure?



Covid-19 has changed some patron's idea of recreation and leisure. The bolded points are important to include in recreation planning.

- Offer outdoor programming
- Offer programming that helps reduce isolation and increase safe socialization
- Offer programs to encourage healthy eating, and building healthy habits
- Promotion of positive social attitudes and behaviors
- Low-cost programs
- Mitigate risk of covid-19 but adapting programs to ensure recommended physical activity levels are achieved.
- Virtual learning programs and webinars.

CREATING COVID  
SAFE PROGRAMING



# WEST ELGIN RECREATION SURVEY

COMMENTS

- Seems the survey totally overlooked the Marina? We love the bicycle lanes and do not feel safe biking without them, Furnival to the marina, Talbot Trail #3, etc. We highly recommend developing more biking trails and lanes. Maybe a bike repair stations at the Marina, and towns? We would like to see better water bottle fill stations esp. t the marina.
- We need more nature areas with longer trails!
- Outdoor skating rink would improve community and get more people out as there wouldn't be such time constraints as the indoor arena. This would be a very important addition to Miller park that we would support.
- I feel safe with indoor with vaccine required.
- We need an indoor pool in this area for children and adult programs - specifically swimming lessons for kids. To have to drive 35 minutes for kids to swim is crazy - especially considering all the young families in this area!



- Once covid restrictions get reduced and life is back to "normal", I hope to see rec programs being promoted in the community. I feel there can be more advocacy done for \$\$, resources and support to build and expand services in West Elgin.
- The municipality should purchase the old WESES school, it could be used for so many programs and activities
- Being a fulltime working adult time and facilities are limited.
- Would like to have daytime pickle ball to free up courts for the people that work and can only play evenings.
- Thank you for all you do.
- Hoping for Rodney to have more activities or programs for school aged kids on weeknights (after school) and weekends. And to have more family programs and to have indoor swimming pool to be open all year round , rather than outdoor school that is only open during summer

- Provide opportunities within the community so kids don't have to leave. The indoor soccer program went over really well. Offering sports in our community will bring families and keep them shopping locally as well.
- Should install a disc golf course
- I would love to see a disc golf course at Miller park in West Lorne. It would be a great opportunity for the growing sport to get more attention. Since COVID, disc golf has been the fastest growing sport and there aren't enough courses. There is one in Windsor, one in Chatham, one in London and two in St. Thomas. Miller park is ideal because it could be used for the high school and elementary school students for gym class, encouraging youth to get outside more. I have experience with disc golf and running the league at the Chatham course. I would volunteer to run youth classes and grow the sport across the community. Furthermore, Miller park is underutilized. There are rarely people using the space, a disc golf course would bring more people, even from outside our community, bringing money to local businesses. I even have contacts that can design and build the course. Below is a list of further incentives/benefits disc golf brings to the community.

- Fit for any skill level, age, and sex
- Can be played alone or with others
- Encourages social interaction (safely) and the development of new friendships
- Can be played year-round in most locations
- Can be competitive or recreational
- Stimulates tourism
- Fosters economic growth
- Provides a constructive use for underutilized public land
- Boosts mood and energy (think stress-reliever!)

- No social media, so it would be nice to hear about programs and updates in newspaper, posters at post office, or online e-mailed newsletter :)
- A lot of work could be done to the Rodney area! My daughter uses the park and her and her friends go to the skate park and try to use the basketball court. But it's usually overgrown grass or garbage every where. It does t look very inviting. The beach down at Port Glasgow could use a lot of clean up and more curb appeal.
- Let's get some more options available for our school aged children ... basketball , volleyball anything really ...
- Covid 19 question answers are changing on an ongoing basis, depending on severity at the time.
- This town could use an indoor pool, with a gym. Also why not make the area by Thompson a dog park? Make the old tracks usable for all, quads, dirt bikes nature walks, etc. Everyone should be able to enjoy. Let's make voting in this town for all as well. Have town hall meetings both in the daytime and nighttime? Not just for seniors who have nothing else to do?



# WEST ELGIN RECREATION SURVEY

## FINDINGS



# FINDINGS

- The community at large feels there is a lack in current recreation programming for all age groups
- Additional improvements to the facilities would attract and encourage additional recreational opportunities
- Barriers to accessing recreation need to be addressed
- Community events that bring people together socially are required
- Covid19 has played a large role in safety and sport. Covid-19 has also played a role in the way people preserve recreations importance
- Maximizing the use of the facilities is encouraged
- Program design to include healthy eating, living, and motivation.



# WEST ELGIN RECREATION SURVEY

FUTURE

Beach Rodney  
Quality of Life  
Safe Space  
Inspiring  
Social  
Seniors  
Tennis West Lorne  
Active Youth  
Motivation  
swimming West Elgin  
Relaxation  
Fun  
Community  
Health Positive Lifestyle  
Basketball  
Friendship  
badminton Adults Education  
Children Ability New skills  
Nature  
hockey

# FUTURE OF RECREATION IN WEST ELGIN

The future of recreation in West Elgin is dependent on

- Accessibility
- Quality of spaces
- Quantity of programs offered
- Inclusion
- Community

The future of recreation in West Elgin will boost

- Job creation
- Tourism development
- Community engagement





# WEST ELGIN RECREATION SURVEY

## CONCLUSION

# CONCLUSION

- Focus on programs that are safe and intriguing for all ages
- Inclusivity for all ages and abilities
- Focus on health
- Socialization
- Engage the community
- Promotion of events through all media sources
- Focusing on the FUNdamentals of sport
- Scheduling of programs to include evenings and weekends

# REFERENCE

*Canada's Food Guide.* ( 2020, 01, 07). Government of Canada. Retrieved 01,11,2022 from, [Canada's Food Guide](#)

*Canadian 24- Hour movement Guidelines.* ( n.d.) Canadian Society for Exercise Physiology. Retrieved 01/11/2022, from [24-Hour Movement Guidelines – Canadian 24-Hour Movement Guidelines \(csepguidelines.ca\)](#)

*Healthy Living* (2021, 11, 18). Government of Canada. Retrieved 01/11/2022, from [Healthy Living - Canada.ca](#)

Logan K. MD, Cuff S. MD., Council on Sports Medicine and Fitness., LaBella, C.R. MD, Brooks M.A. MD, Canty G. MD, Diamond A.B DO, Hennrikus, W. MD, Moffatt K. MD, Nemeth B.A. MD, Pengel, K.B.MD, Peterson, A.R. MD, Stricker P.R. MD, ( 2019) Organized Sport for Children, Preadolescents, and Adolescents. The American Academy of Pediatrics, Vol. 143 (issue 6), page 1.  
<https://doi.org/10.1542/peds.2019-0997>

Merriam-Webster. (n.d.). Leisure. In *Merriam-Webster.com dictionary*. Retrieved January 18, 2022, from <https://www.merriam-webster.com/dictionary/leisure>

Merriam-Webster. (n.d.). Recreation. In *Merriam-Webster.com dictionary*. Retrieved January 18, 2022, from <https://www.merriam-webster.com/dictionary/recreation>

*Overcoming Barriers to Physical Activity.* (2020,12,06). Centers for Disease Control and Prevention. Retrieved 01,11,2021, from [Overcoming Barriers to Physical Activity | Physical Activity | CDC](#)

*Social Determinants of Health and Health inequalities.* ( 2020, 10,07). Government of Canada. Retrieved 01,11,2022 from, [Social determinants of health and health inequalities - Canada.ca](#)

*Sport and Recreation.* (2018, 02, 23). Ministry of Heritage, Sport, Tourism, and Culture Industries. Retrieved 01/11/2022. From [Sport and Recreation \(gov.on.ca\)](#)



## Staff Report

---

**Report To: Recreation Committee**

**From: Emily Jocius, Operations & Community Services Coordinator**

**Date: 2022-01-19**

**Subject: Celebration and Commemoration Reopening Fund Grant**

---

### **Recommendation:**

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator.

That the West Elgin Recreation Committee hereby\_\_\_\_\_.

### **Purpose:**

The purpose of this report is to provide the West Elgin Recreation Committee with information on the Celebration and Commemoration Re-opening Fund grant. As well as provide correspondence with the Municipality of Dutton Dunwich on partnering for this grant and the possibility of working together with Dutton Dunwich on a joint application and project.

### **Background:**

The Celebration and Commemoration program – Reopening Fund is a one-year funding initiative, available through the celebration and commemoration program, will provide funding to eligible recipients to support initiatives that meet one or more of the following requirements

- Increase opportunities for Canadians to participate in various commemorative activities and celebrations to mark Canada's emergence from the COVID-19 pandemic.
- Build a sense of pride and belonging to Canada by holding celebratory and commemorative activities that recognize people and achievements in the response to covid-19
- Support the revival of local economies through in person events

The deadline for the application is January 31<sup>st</sup>, 2022.

The Municipality of Dutton Dunwich Recreation is proposing partnering with West Elgin on the following initiatives:

- "COVID-19 community kindness" – crowd sources call for nominations for individuals who stepped up during the pandemic to make a difference in our community and the lives of others in our community.
- Once all stories are collected, each nominee and close friends and family members (who fit criteria- to be determined) would be interviewed and a professional video would be produced to tell each story
- A "Celebrating COVID Kindness" event will take place where video would be screened, speeches made by community members and those nominated; A true marking of emerging from the pandemic. The event would also be videotaped and added to the final video



- Scope would encompass Dutton Dunwich and West Elgin. The intent is to get support from West Elgin Recreation Committee and Council prior to submitting the application.
- Recreation Committee from both Municipalities would support the project and event.

Dutton Dunwich Council supported this initiative at their last Council meeting and we are looking for support from the Recreation Committee to take to West Elgin Council to gain support.

**Financial Implications:**

The grant can fund 100 % of eligible expenses for an undetermined amount of funding. Recreation will be applying for 100 % of the cost the project (to be determined)

**Report Approval Details**

Document Title:	Celebration and Commemoration Reopening Fund Grant - 2022-07-Operations Community Services.docx
Attachments:	
Final Approval Date:	Jan 17, 2022

This report and all of its attachments were approved and signed as outlined below:

Jana Nethercott



## Staff Report

---

**Report To: Recreation Committee**

**From: Emily Jocius, Operations & Community Services Coordinator**

**Date: 2022-01-19**

**Subject: Outdoor Ice Rink Request**

---

### **Recommendation:**

That West Elgin Recreation Committee hereby receives the report from Emily Jocius, Operations and Community Services Coordinator. For information purposes.

### **Purpose:**

The purpose of this report is to provide the West Elgin Recreation Committee with information regarding an outdoor ice rink request.

### **Background:**

A proposal was sent to the West Elgin Council on January 13, 2022 regarding an outdoor ice rink in Rodney. West Elgin Council asked staff to report back with information relating to setting up an outdoor rink for the 2022-2023 season.

Staff are reaching out to our insurance provider, other municipalities with outdoor rinks and researching options and costs.

Attached is the Request for an outdoor ice rink.

**Report Approval Details**

Document Title:	Outdoor Ice Rink - 2022-09-Operations Community Services.docx
Attachments:	- Outdoor Ice Rink Proposal.pdf
Final Approval Date:	Jan 17, 2022

This report and all of its attachments were approved and signed as outlined below:

Jana Nethercott

**From:** [melissa.](#)  
**To:** [Jana Nethercott](#)  
**Subject:** Outdoor Ice Rink Proposal  
**Date:** January 10, 2022 9:08:28 AM

---

Good morning Mrs. Nethercott,

My name is Melissa Maheux I have been a resident of West Elgin for approximately 10 years. I have 4 children and I am an active member of the community.

A few weeks ago my son asked me why we had to drive out to London to be able to skate outdoors. And wondered if our community could consider having our Outdoor ice rink again. So I started a Facebook group and used social medias to see if this is something our community would like to see again.

I understand that the ice rink has failed in the past due to our warm Winters. But other communities are very successful with the use of the proper equipment. I am aware that this would come at a cost. Perhaps with the use of a sponsor this would help offset the cost. The rink could be also rented out for family events that would also bring in revenue, group hockey games etc... We could also get volunteers to help maintain/ build the rink. For this year we could use a wood/tarp rink and work towards something more permanent with the proper equipment next year? I am willing to go out and see if we could get a company or companies to sponsor our rink.

I know that we have a great Arena in West Lorne but with my past experience the public skating are only a few times per week, sometimes cancelled due to Hockey Tournament. By having an outdoor rink families can access and enjoying skating anytime through the week. There is not much to do for our kids in the community especially during the Winter months. This would be great for everyone to enjoy. Fresh air and exercise for everyone.

Please feel free to check the Facebook group i have created and see the votes I have obtained in only 4 days. 135 families have voted and said they would like the return of the rink and would use it.

[\(2\) Let's bring back an ice rink to Rodney!! | Facebook](#)

I would like if this could be presented at the next council meeting and discussed.

Thank you for taking the time to read my proposal.

Sincerely,  
Melissa Maheux