



Municipality of West Elgin

Agenda

Recreation Committee

February 16, 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.

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 January 19, 2022 as printed and circulated.

5. Business Arising from Minutes

6. Staff Reports

6.1. Mental Health Week 5

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 approve the mental health resource week.

6.2. Recreation Committee Work Plan 8

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 creates a work plan for the 2022-2023 Recreation Programs based of the West Elgin Recreation Survey Results.

6.3. Sports Literacy Program 71

Recommendation:

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

That the West Elgin Recreation Committee support the new sports literacy program.

6.4. Canada day planning 2022 festival 74

Recommendation:

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

7. New Business

8. Adjournment

Recommendation:

That West Elgin Recreation Committee hereby adjourn at ____ p.m. to meet again at the call of the chair.



Municipality of West Elgin

Minutes

Recreation Committee

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

Electronic Participation Meeting via Zoom

Present: K. Neil, Chair
Councillor T. Tellier
Nicole Campbell
Cindy da Costa
Megan Bartlett

Regrets: Councillor A. Cammaert

Staff Present: Emily Jocius

1. Call to Order

Chair Ken Neil called the meeting to order at 7:00 p.m.

2. Adoption of Agenda

Moved: Megan Bartlett

Seconded: Cindy da Costa

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

Carried

3. Disclosure of Pecuniary Interest

No disclosures

4. Minutes

Moved: Cindy da Costa

Seconded: Councillor Tellier

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

Carried

5. Business Arising from Minutes

No business arising from the minutes.

6. Staff Reports

6.1 Recreation Update

Emily Jocius, Operations and Community Services Coordinator gave the committee an update on current recreation closure due to Covid-19. Once restrictions are eased all rentals and programs will be informed on the return to play guidelines.

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

E.Jocius presented the highlights of the 2022 draft budget to the Recreation Committee. The Committee accepted and commented on making sure the Multi-Purpose Pad had the background work to ensure multiple sports or activities would be able to be played at once.

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

E.Jocius went through highlights on the recreation survey that included how to better communicate information and gain volunteers for events. The Committee agreed the survey was well done and additional surveys should go out every six to eight months to make sure we can continue to work on developing programs that meet the community needs. The Committee would like the survey brought back to the February meeting to develop a working plan.

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

E.Jocius presented an opportunity to partner with the Municipality of Dutton Dunwich on a re-opening Ontario Grant. The grant is to promote the barriers that were overcome during covid-19 in the community and celebrate kindness throughout the pandemic. The Recreation Committee provided verbal direction for staff to partner with Dutton Dunwich for the grant funding. Staff will provide a report to council with a recommendation on joining Dutton Dunwich on the grant application.

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

An outdoor ice rink request was presented to West Elgin Council. Council has directed staff to re-present the information to the Recreation committee to receive feedback on the proposal. The Committee thought it was a great idea and would bring additional opportunity to community members that were not able to pay to attend public skating. It would also provide the Rodney Community with less transportation barriers to access the arena in West Lorne. Member Megan Bartlett commented on the idea and was concerned with the liability that would be involved in having an outdoor rink. Staff will bring all concerns forth in the report back to Council.

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

8. Adjournment

Moved: Councillor Tellier

Seconded: Nicole Campbell

That West Elgin Recreation Committee hereby adjourn at 8:00 p.m. to meet again on February 16, 2022 at 7:00 p.m. 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: 2022-02-16

Subject: Mental Health Week

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 approve the mental health resource week.

Purpose:

The purpose of this report is to provide the West Elgin Recreation Committee with an open idea on how “Mental Health Week” can be support and celebrated in the local community.

Background:

Mental Health is a person’s condition about their psychological and emotional well-being. Mental Health can affect us in many ways from the way we think about ourselves, relate to others, and interact with the world around us. The first week of May 2-8 is mental health week. To kick off the week dedicated to changing the perspective and giving the community fun ways to express individuality would benefit all members.

The weeks events can be held in person, virtually, or a blended event.

In Person

- Guided meditation
- Yoga
- Walks on the beach
- In person workshops
- Mental health tool kits
- Stress management tools
- Work outs
- Outdoor event day (field trip of activities)

Virtually

- Workshops
- Guest speakers
- Fact sheets
- Stress management tools

- Virtual workouts

Blended Event

The blended event can take place depending on COVID19 during that time. The West Lorne Optimist Road race is also this weekend which would tie in perfectly to mental health.

Financial Implications:

Policies/Legislation:

Report Approval Details

Document Title:	Mental Health Week - 2022-14-Operations Community Services.docx
Attachments:	
Final Approval Date:	Feb 10, 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: 2022-02-16

Subject: Recreation Committee Work Plan

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 creates a work plan for the 2022-2023 Recreation Programs based of the West Elgin Recreation Survey Results.

Purpose:

The purpose of this report is to provide the West Elgin Recreation Committee with a template to create a Work Plan from the Recreation Survey Results.

Background:

The West Elgin Recreation Committee directed staff to provide the community with a survey to gather information on current recreation programming and improve on future recreation. The Recreation Survey was completed, and results were presented at the January Recreation Committee meeting. The recreation committee provided input on the survey and directed staff to revisit the information at the next meeting. The Survey results were presented to the West Elgin Council on January 27, 2022. As the results were presented staff informed Council of a work plan that will show immediate, short- and long-term goals of the recreation committee based of the Survey Results.

Immediate Goals next within the next 3 months

Short term goals within the next 6-9 months

Long term goals within the next 1-2 years.

Attached is the recreation survey and a blank work plan for each committee member to gather ideas and thoughts from the survey to help direct staff in the creation of a plan and future recreation in West Elgin.

Financial Implications:

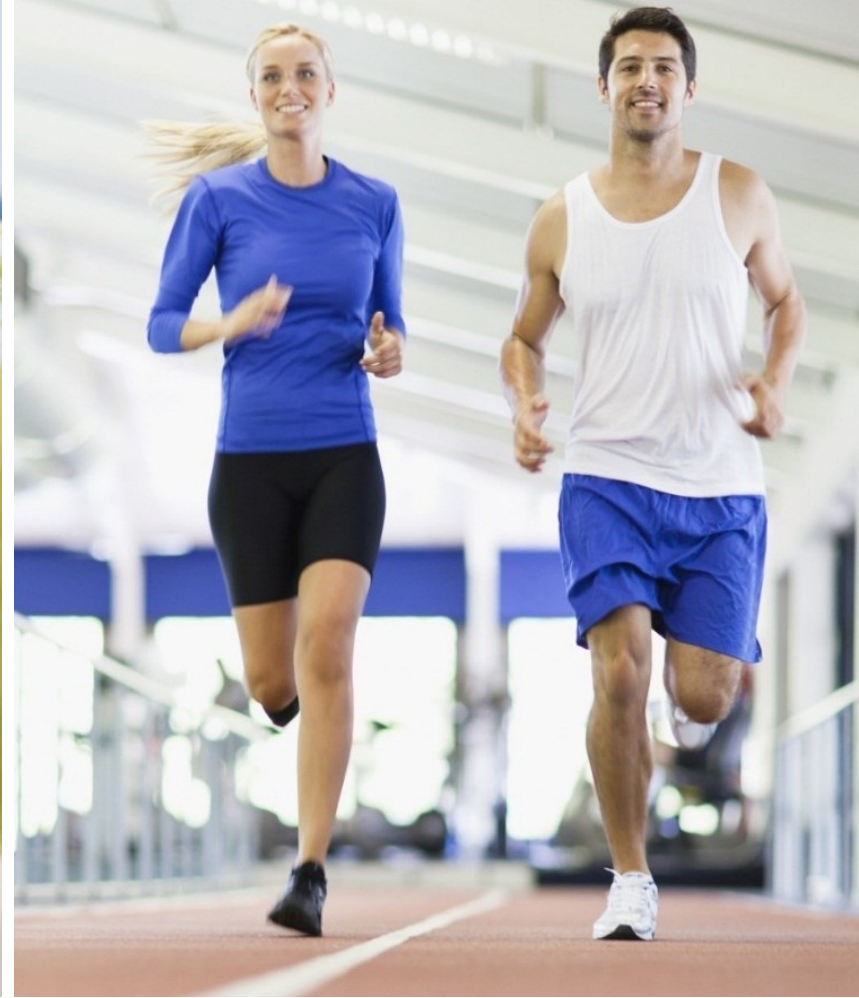
The Financial implications of creating a work plan will help staff in allocating budget to proper programs and barriers found in the survey.

Report Approval Details

Document Title:	Recreation Committee Work Plan - 2022-18-Operations Community Services.docx
Attachments:	<ul style="list-style-type: none">- West Elgin Recreation Survey.pptx- 2022 2023 recreation workplan.docx
Final Approval Date:	Feb 10, 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 -

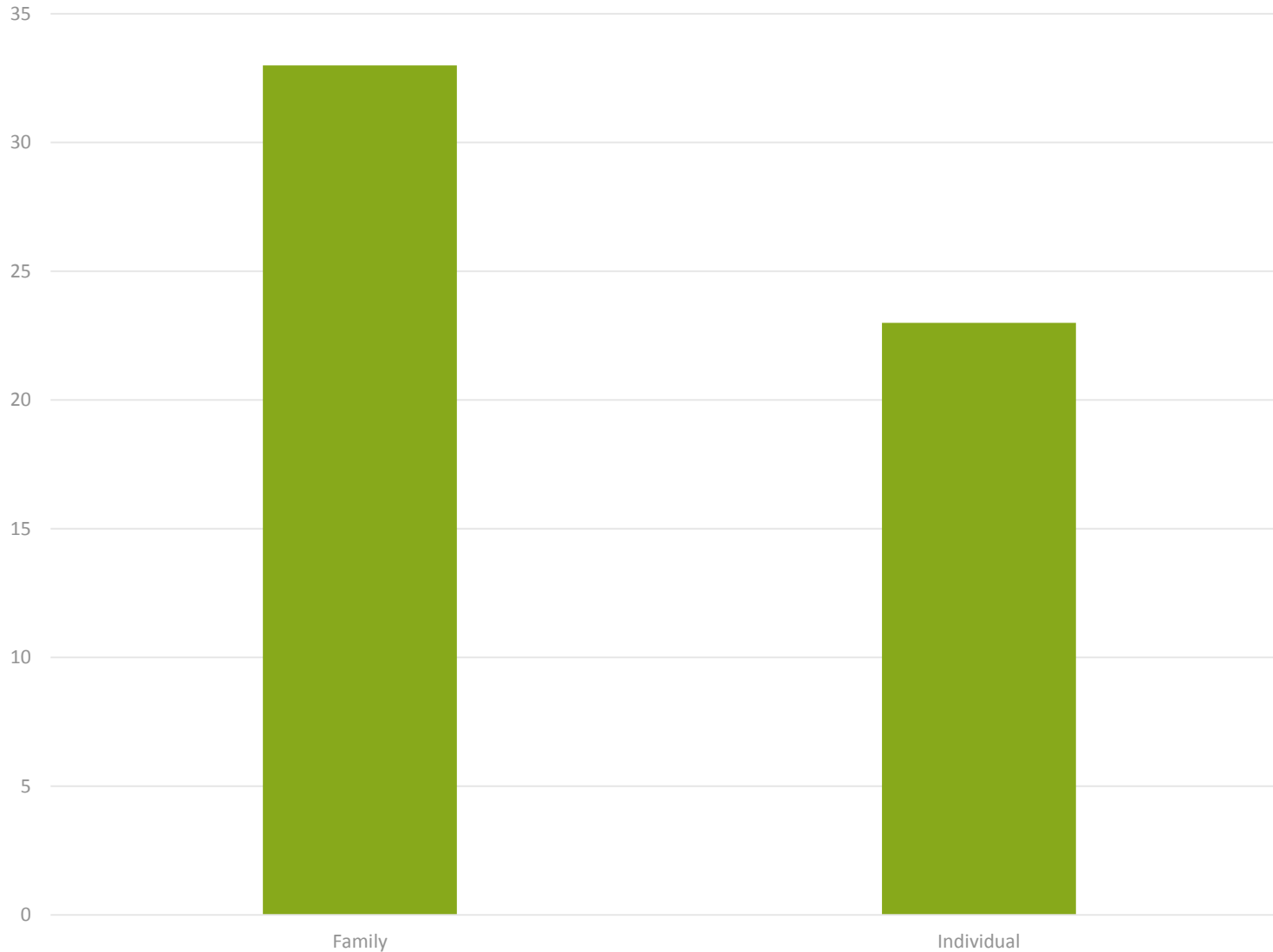
1. Participaction
2. Sport for Life



WEST ELGIN RECREATION SURVEY

DATA

Survey Completed by individual or family

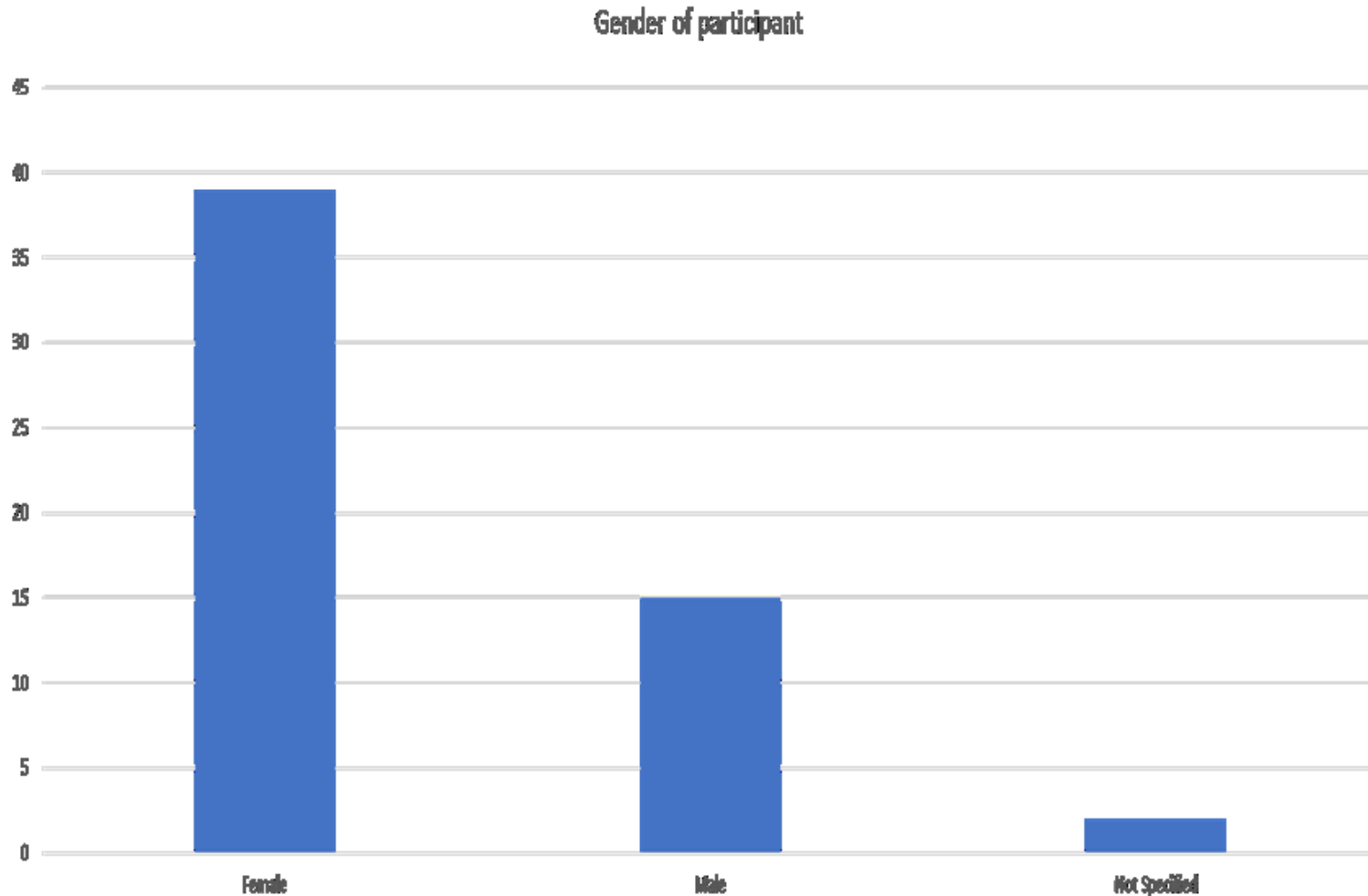


SURVEY COMPLETED BY ?

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.



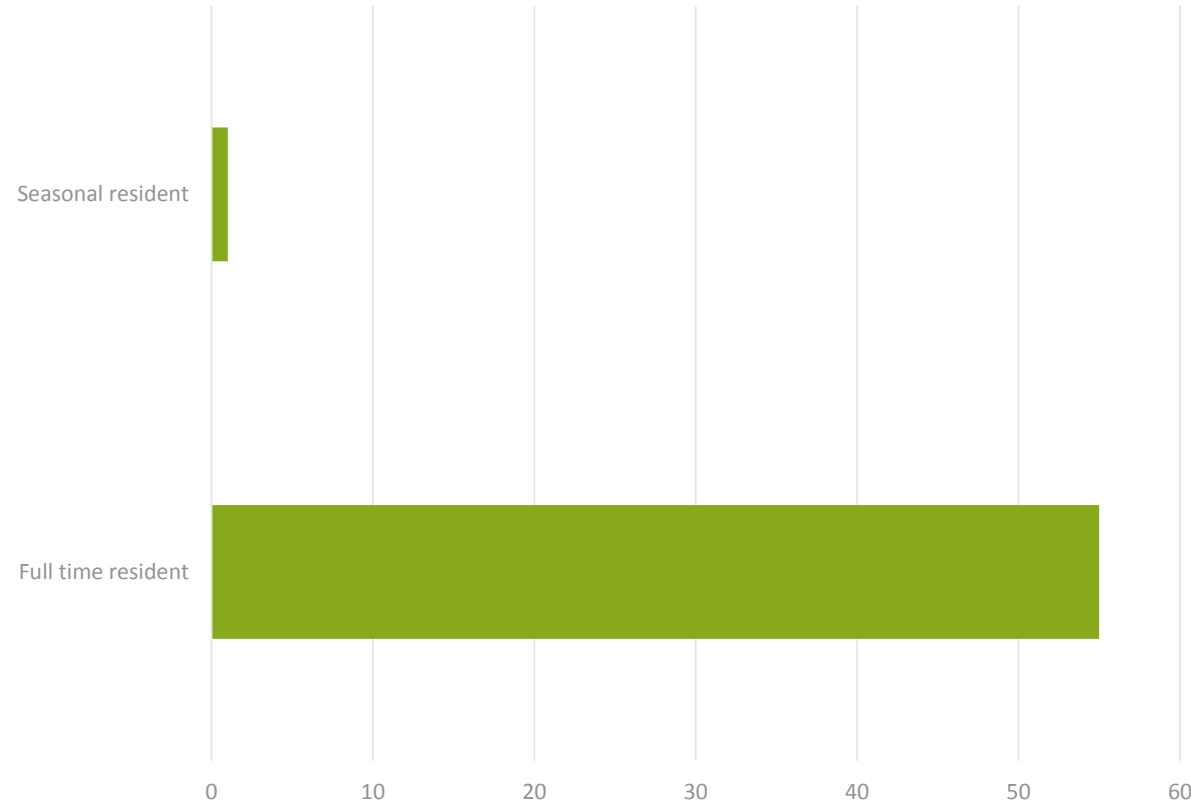
WHO'S PARTICIPATING ?

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?

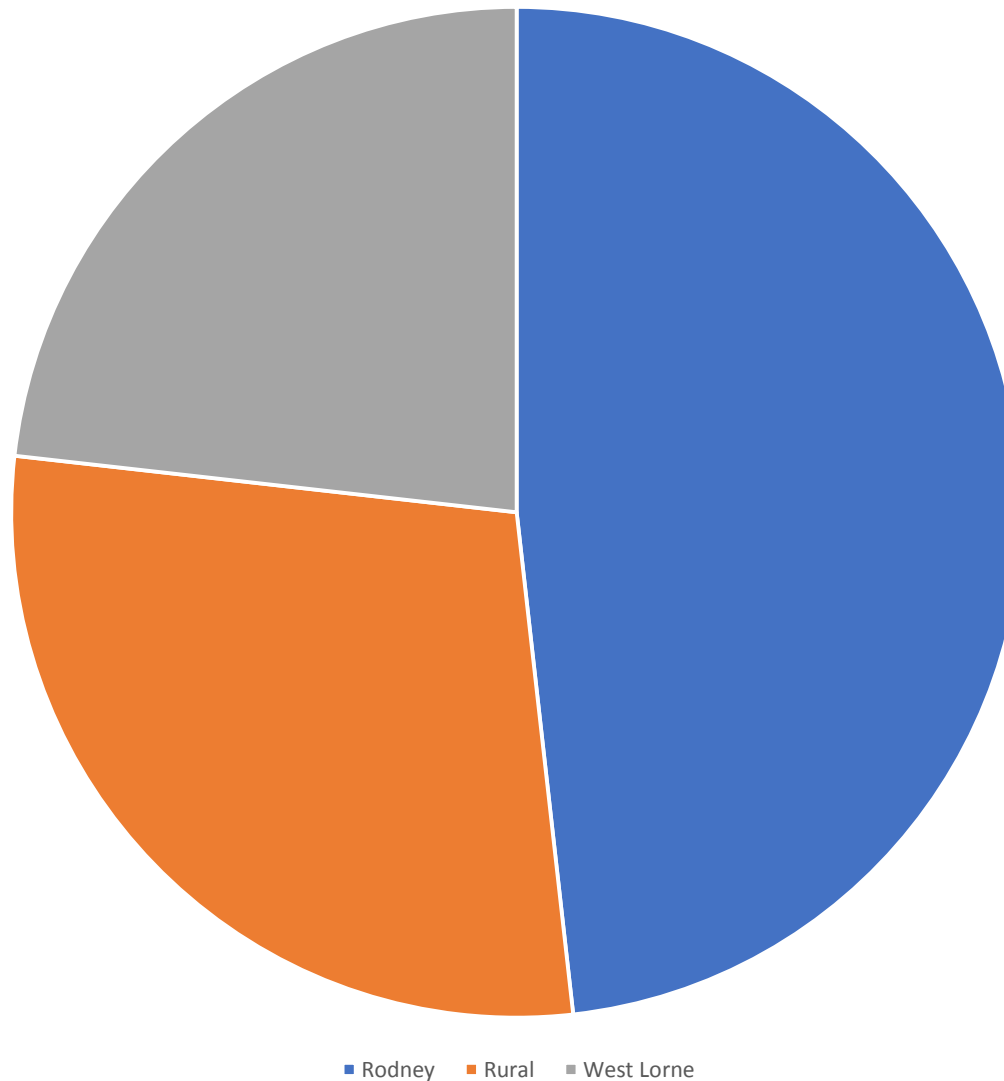


GEOGRAPHIC LOCATION

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 ?



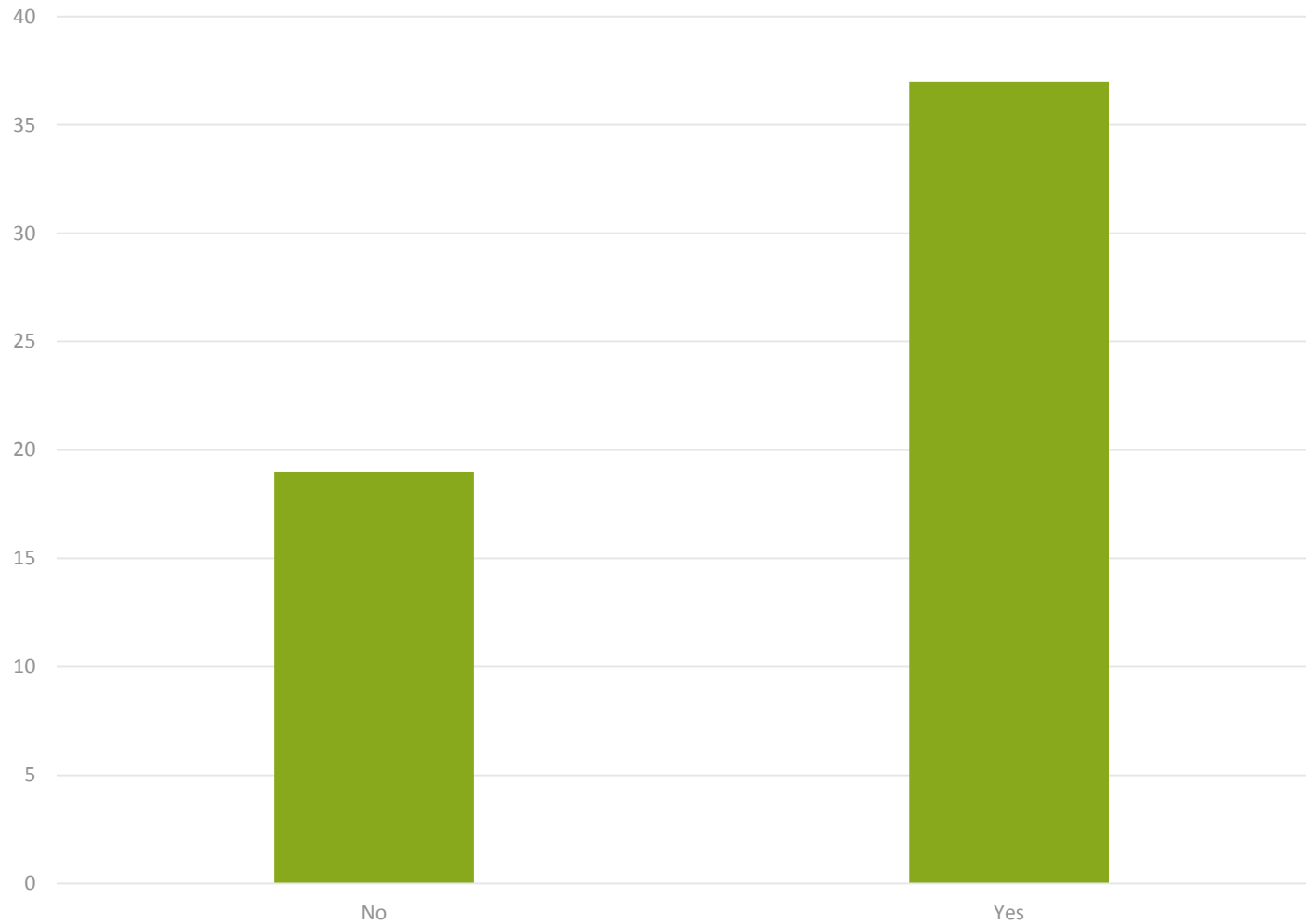
GEOGRAPHIC LOCATION

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?



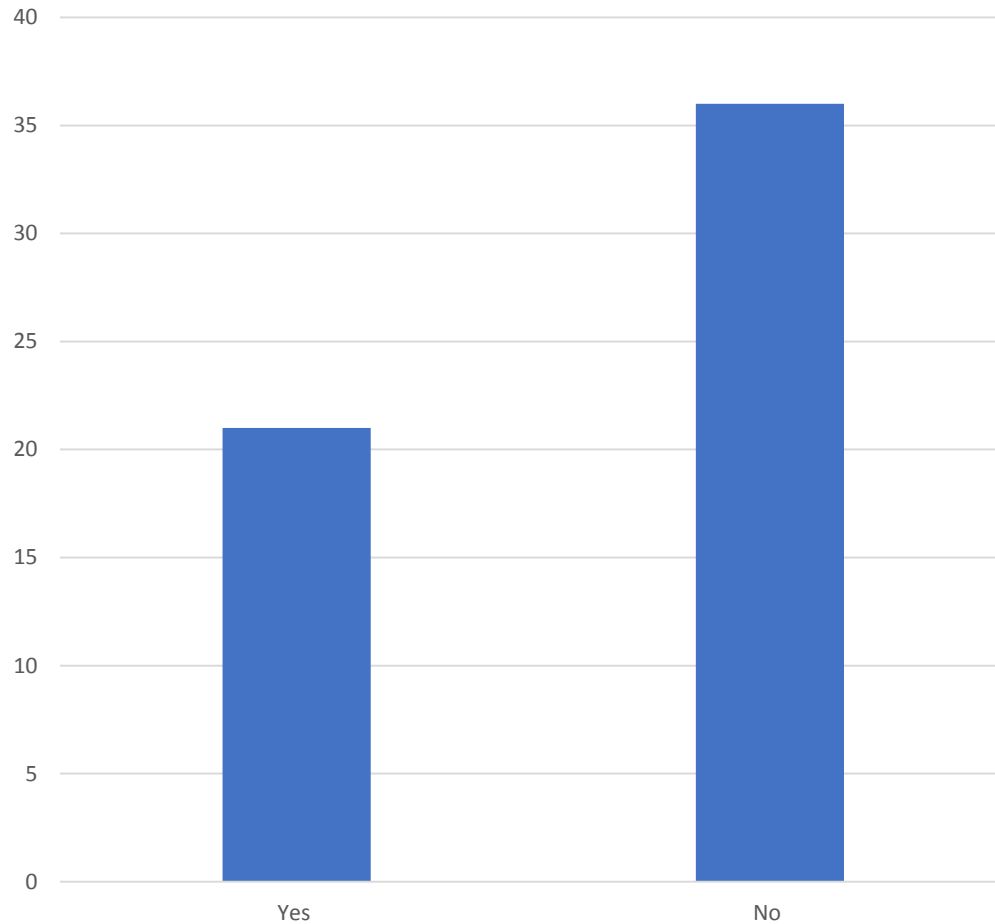
VOLUNTEERING

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

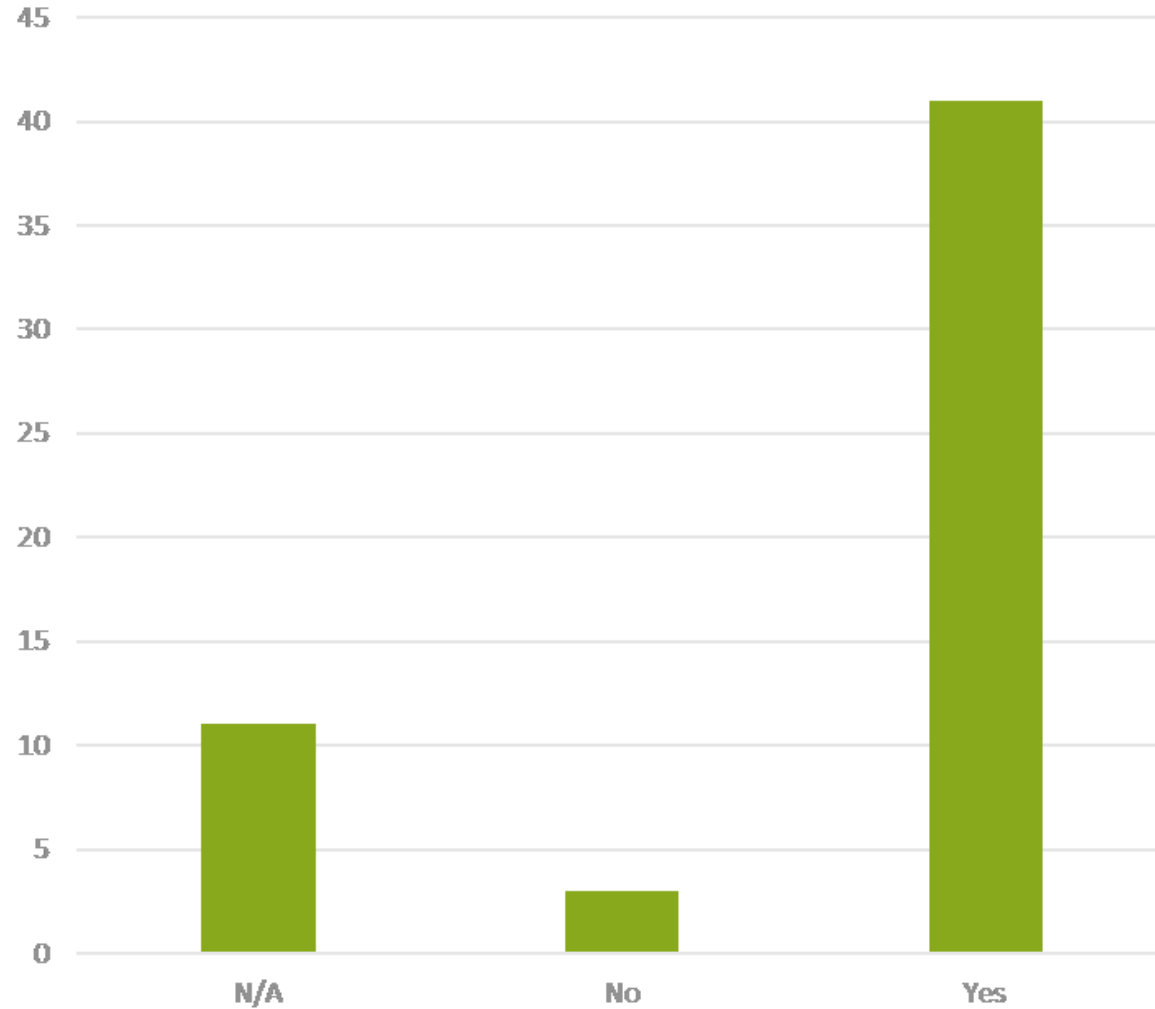
- Moderate to vigorous aerobic physical activities for at least 150 minutes per week
- Muscle strengthening activities using major muscles 2/week
- Physical activity that challenge balance
- Focus on light physical activities throughout the week

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.



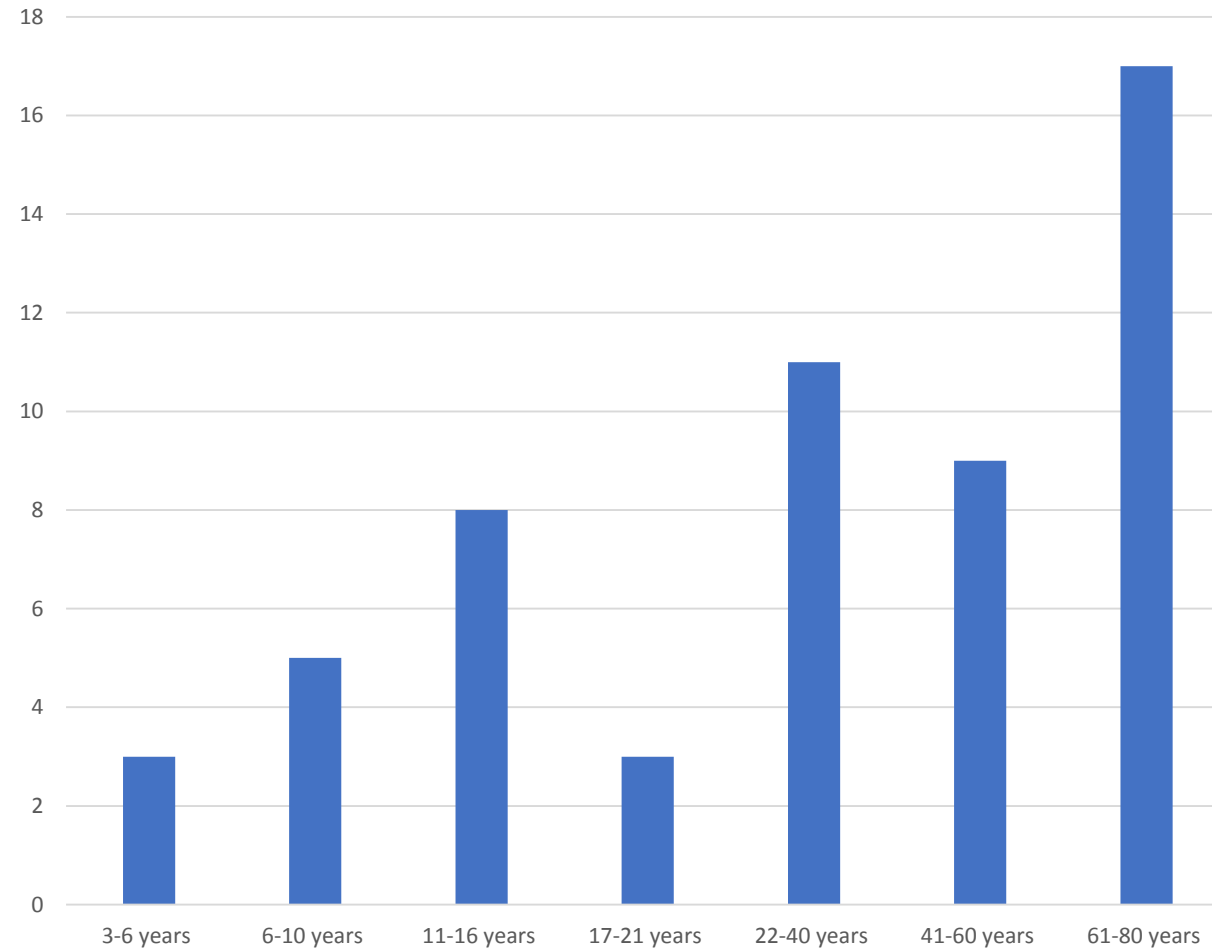
ALTERNATE USE

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.

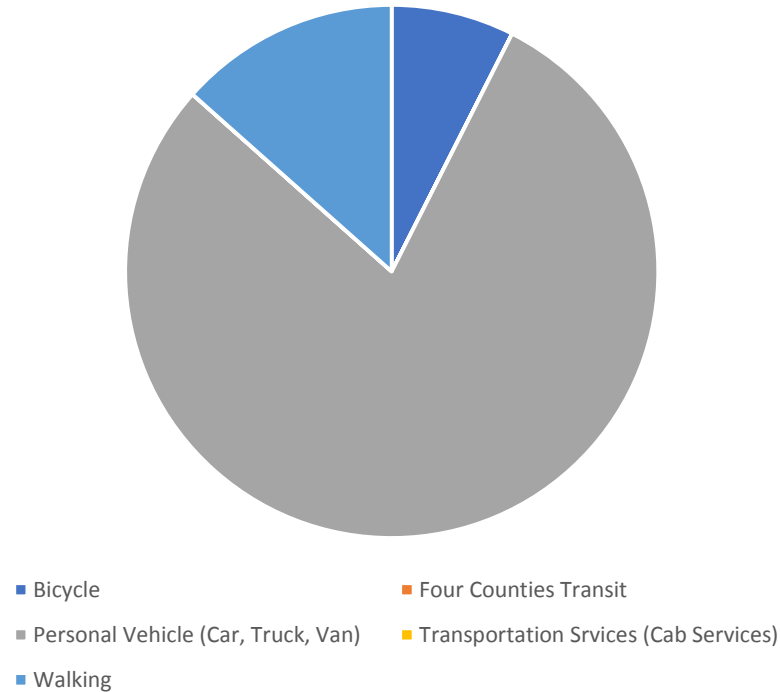


AGE OF INDIVIDUAL

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

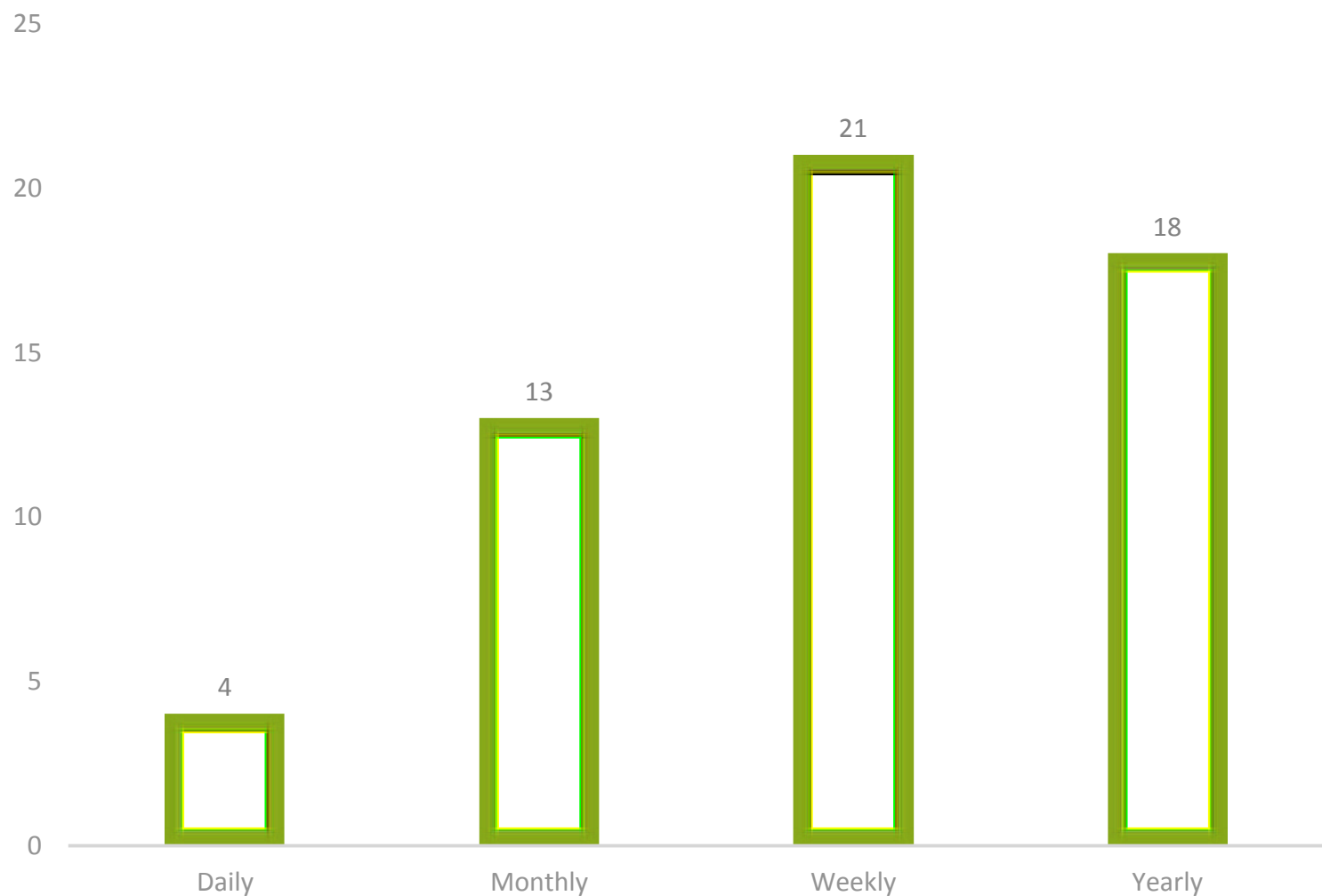
If an individual lives in town, there is a higher chance of participation in programming as the program is more accessible by walking or using active transportation.

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

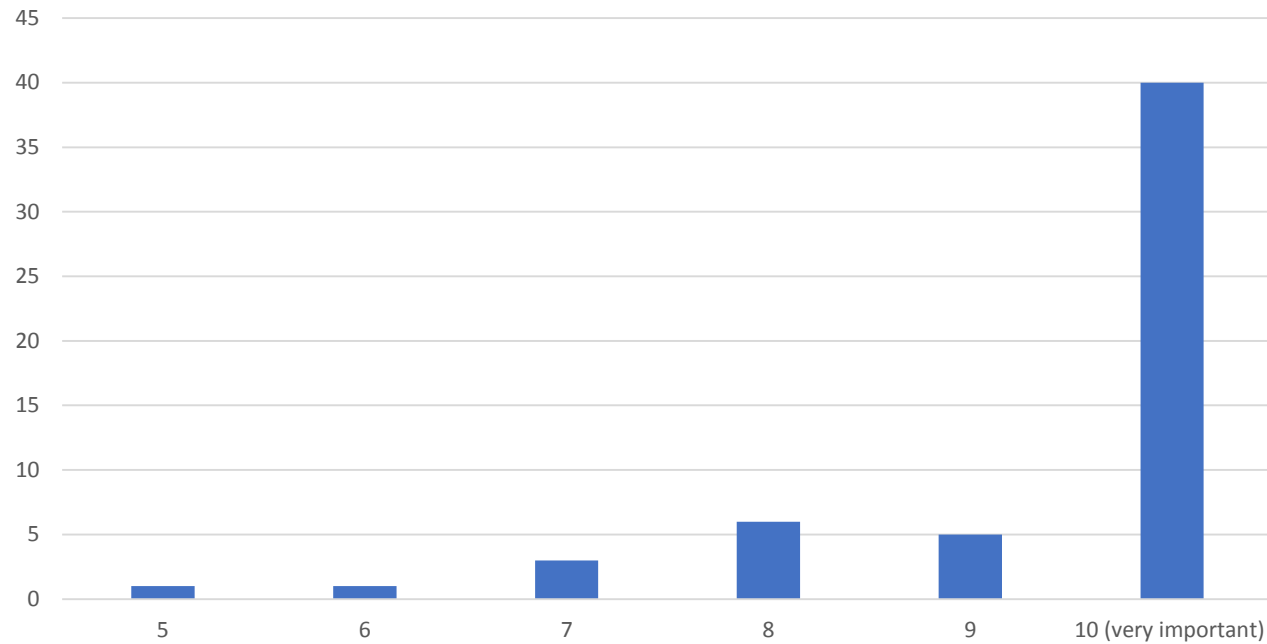
23.2 % visit Monthly

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.



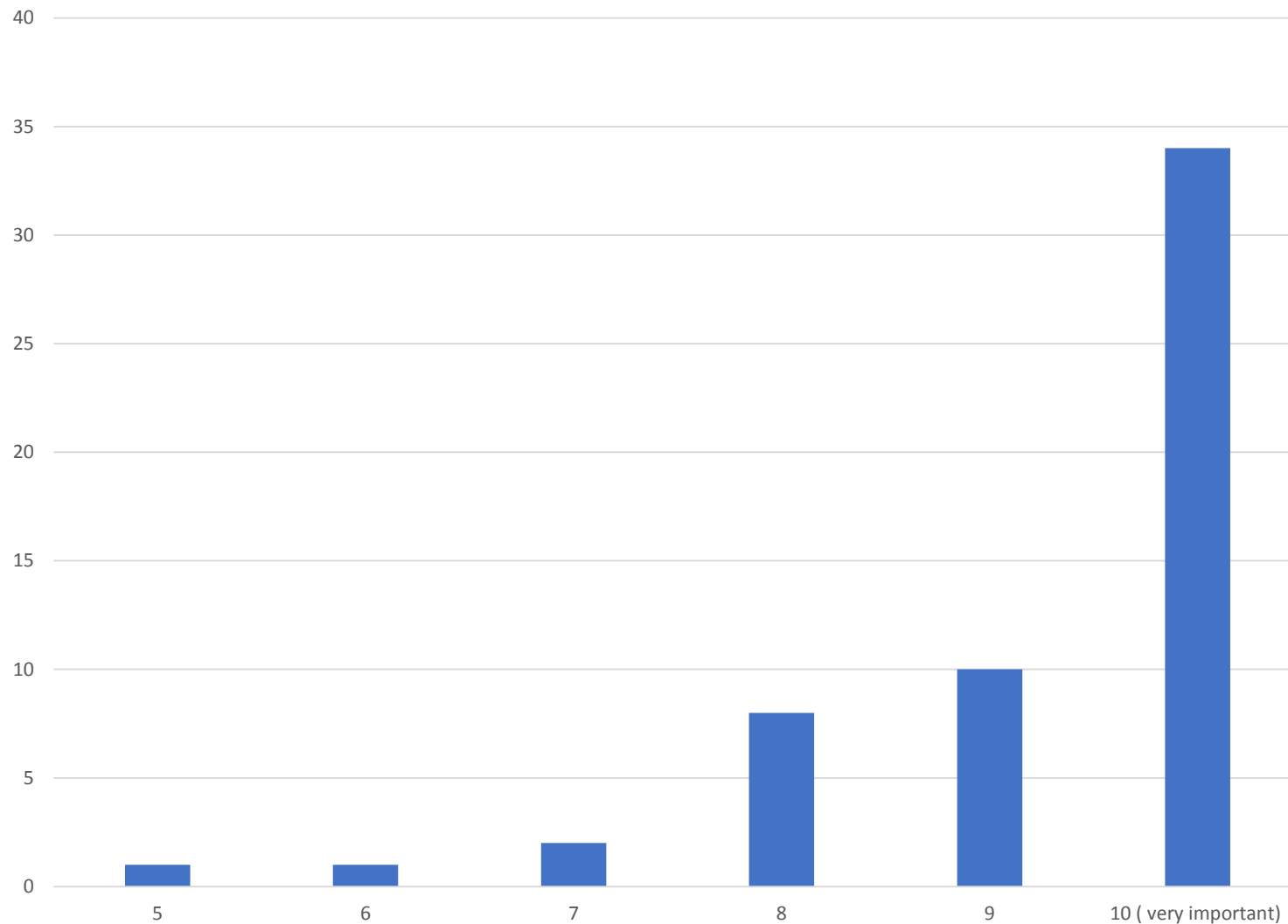
Definition:

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)

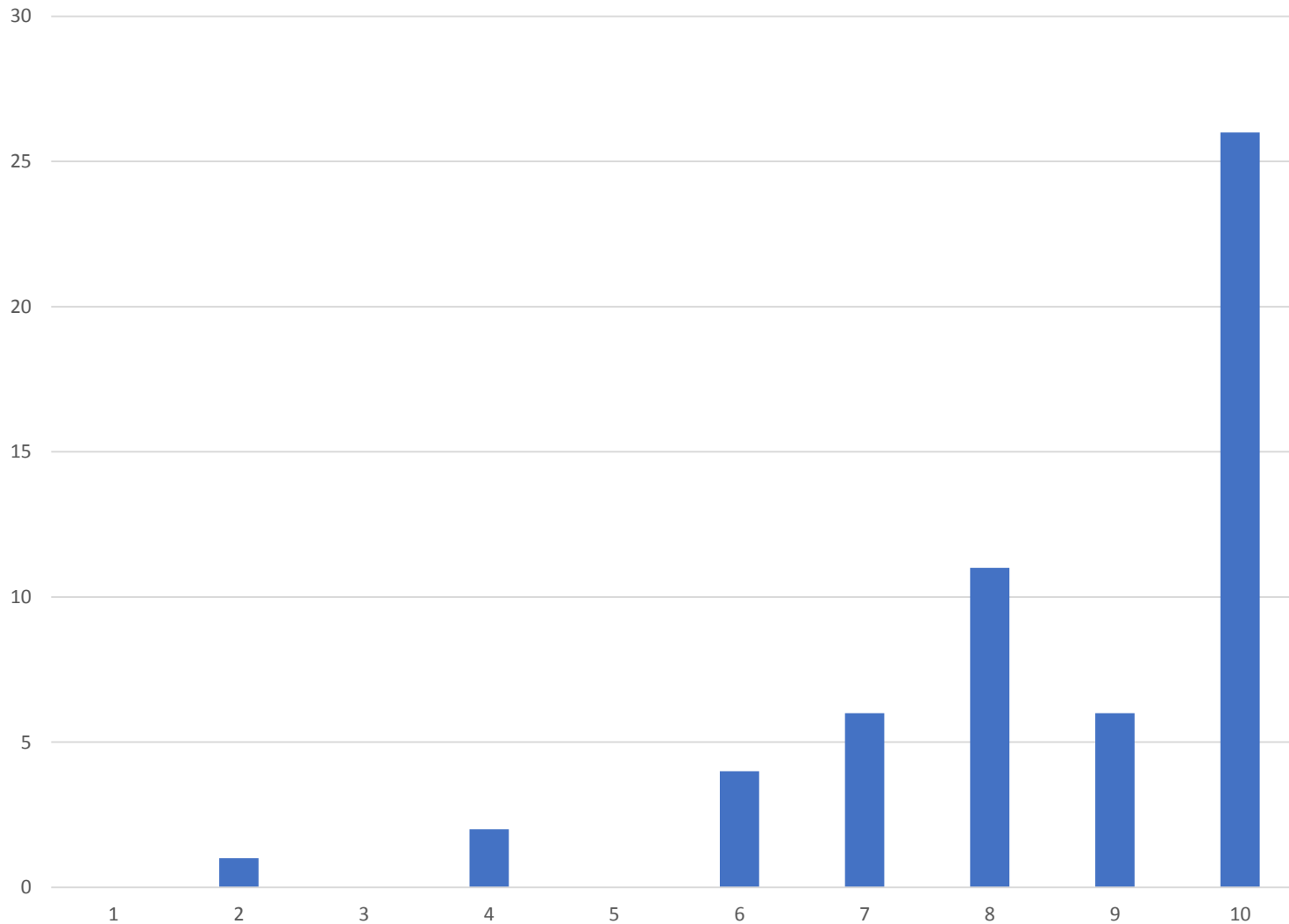
As per the Canadian Food Guide all factors are important when improving one's health. Programs designed to help influence healthy eating will improve the community's participation.

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.

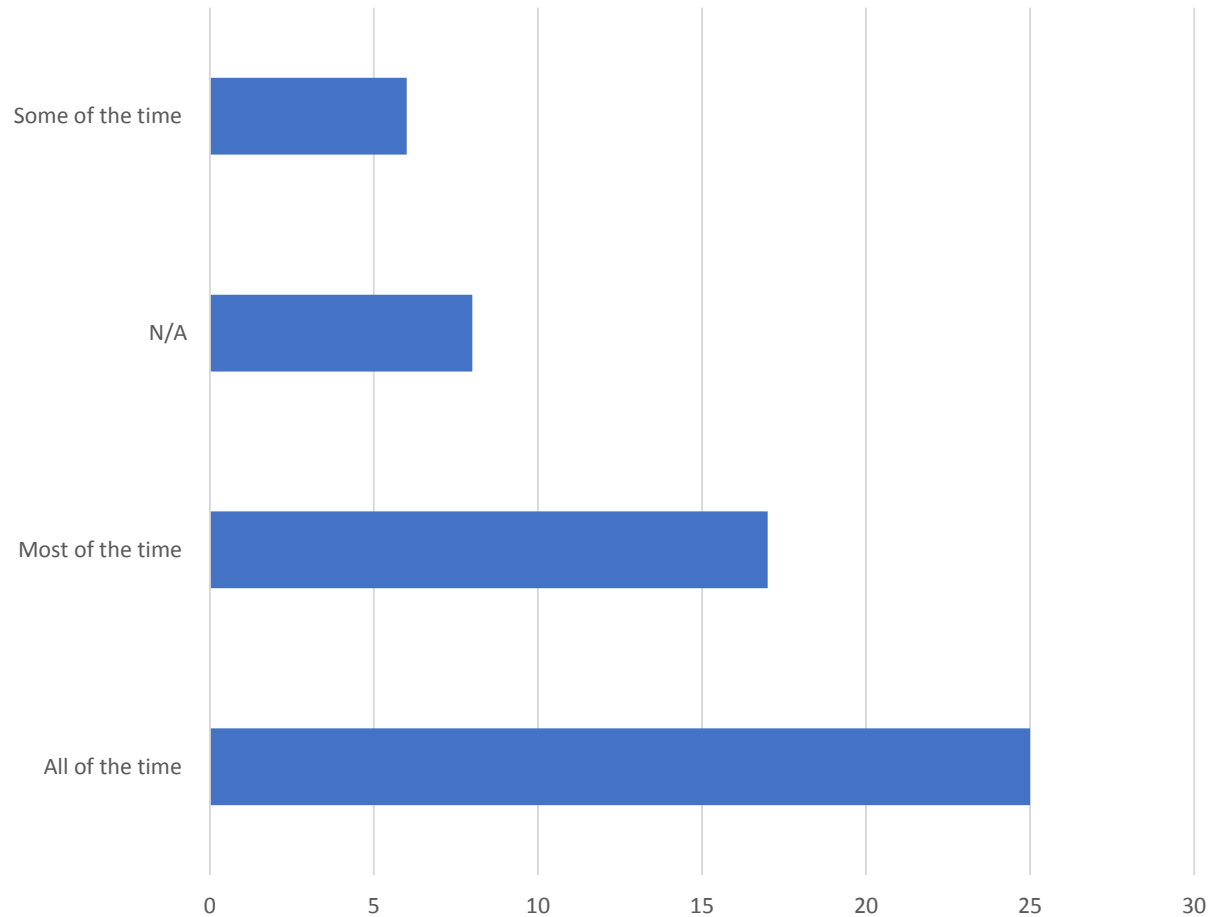


physical, emotional, and economic well-being of Ontarians. (sport and recreation , 2018)

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?



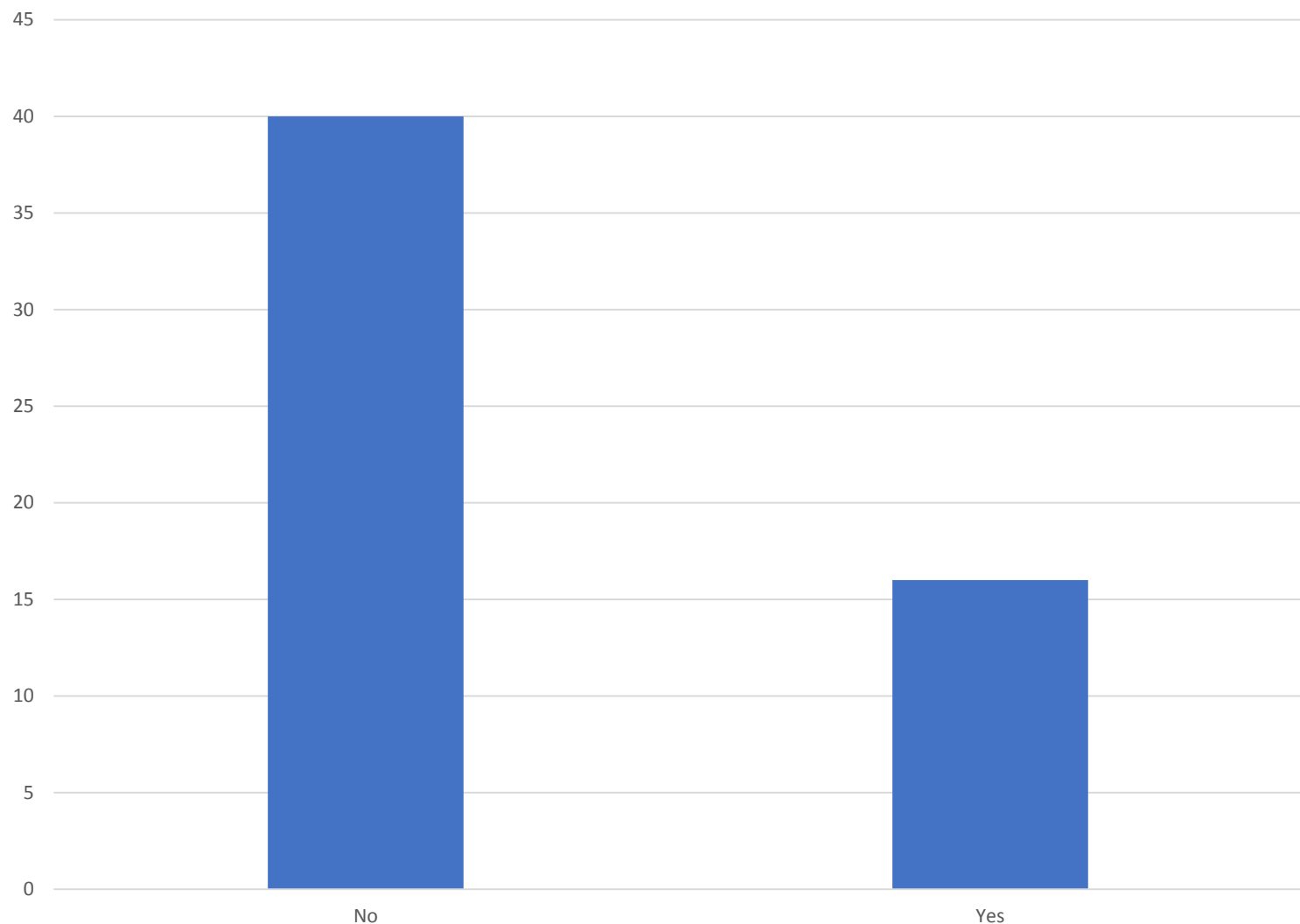
ENVIRONMENT

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

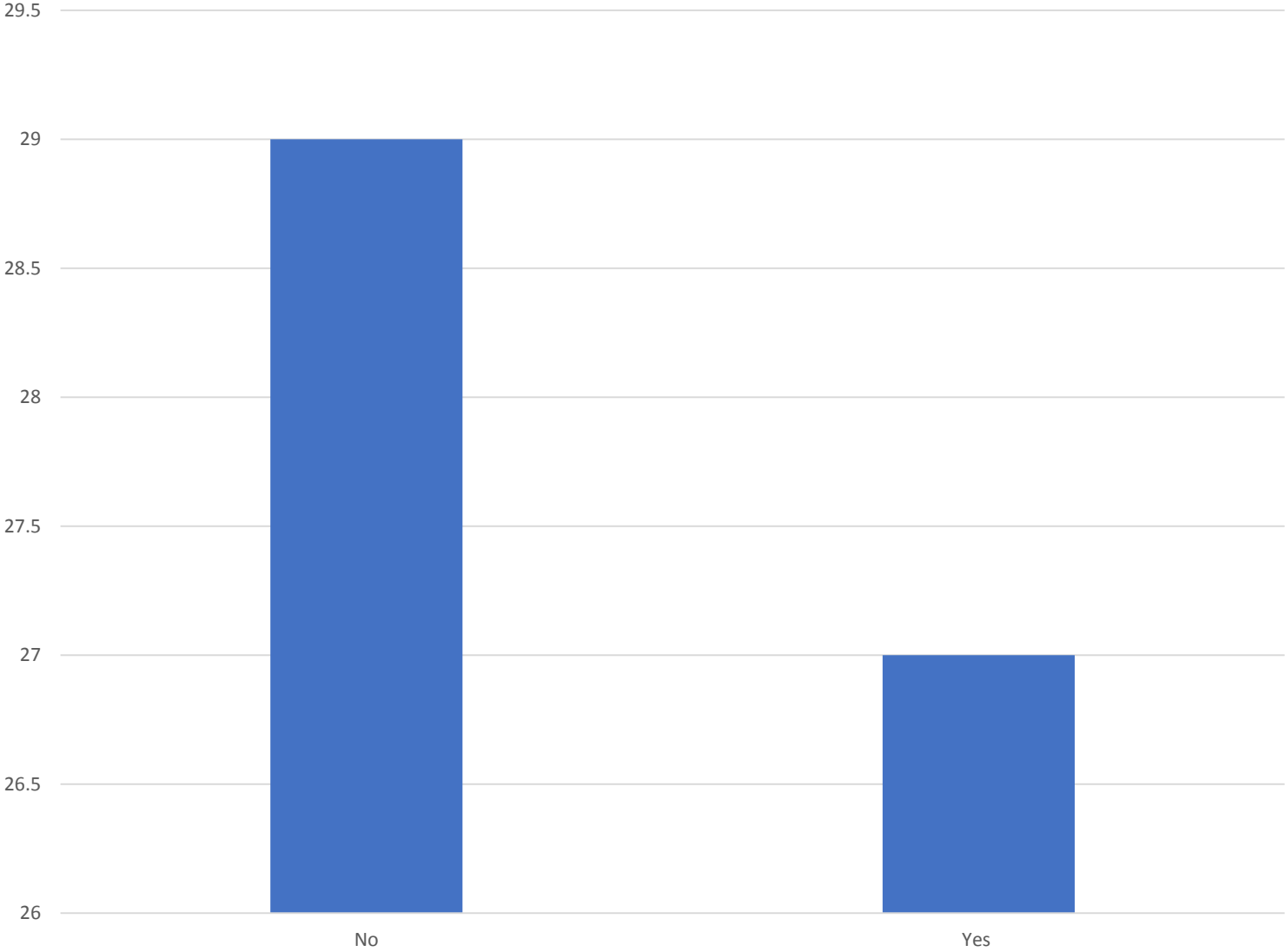
Referring to the Participaction Adult, Children and Youth report card, it shows that adults and children were unable to achieve the recommended level of physical fitness in the year 2021.

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 ?



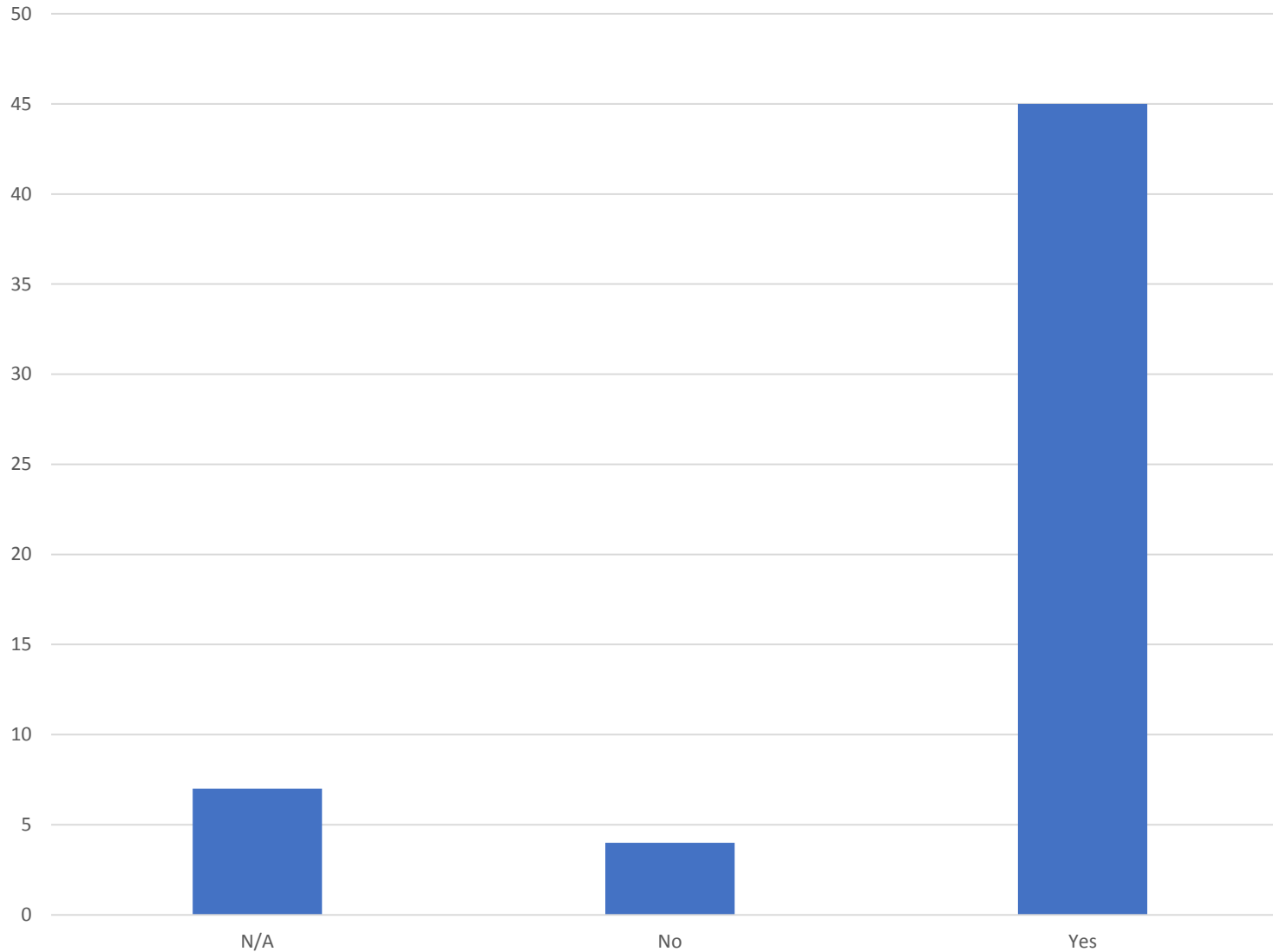
OUTCOME

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.

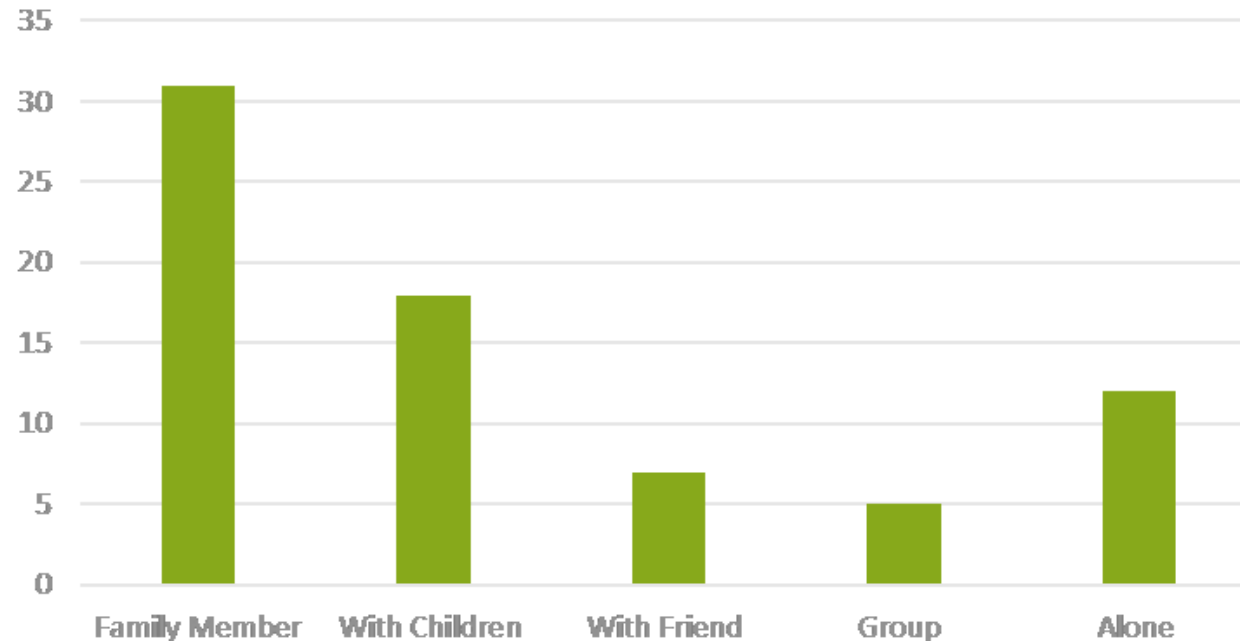
Physical environmental factors can include

- 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 ?

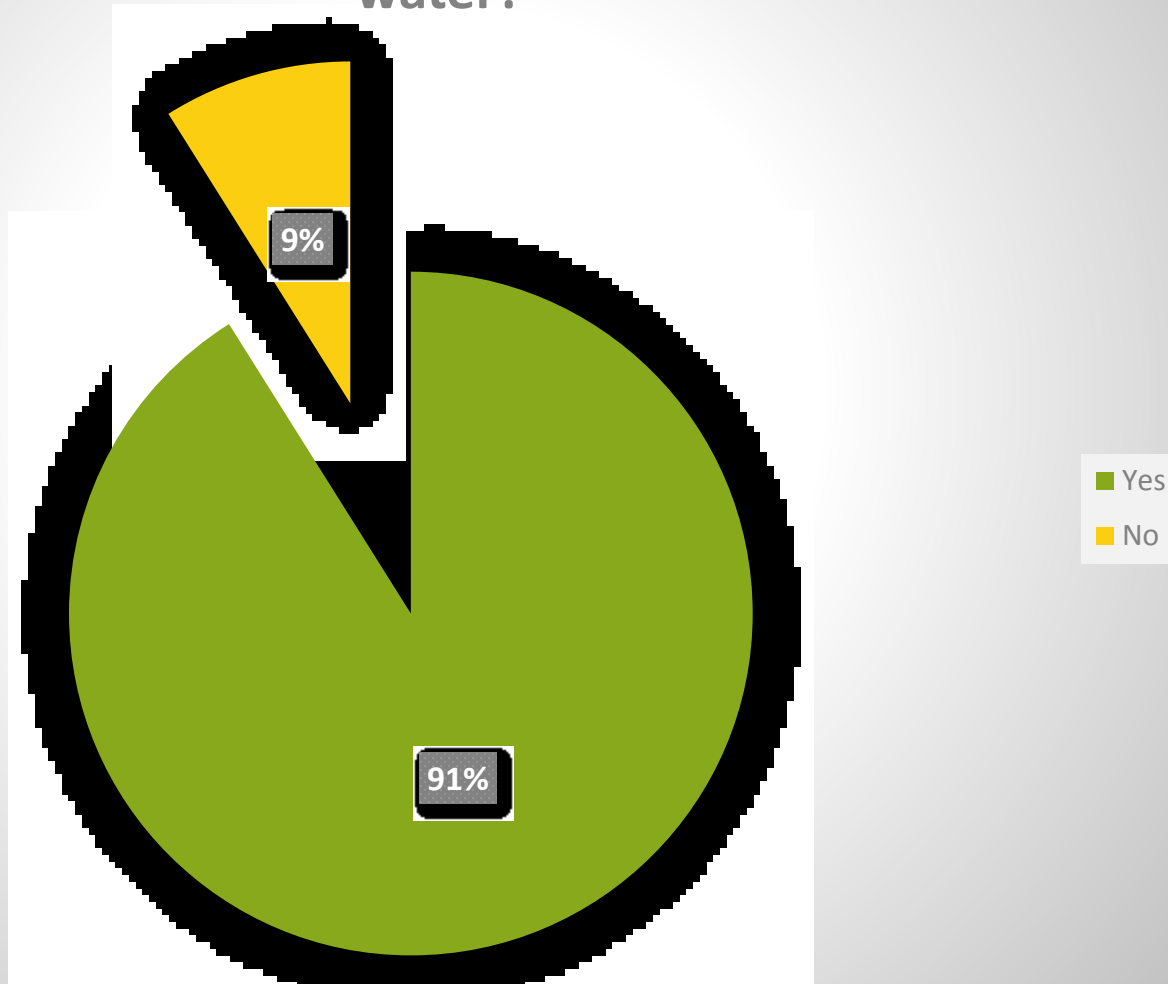


Factors that influence socialization in sport include

- 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?



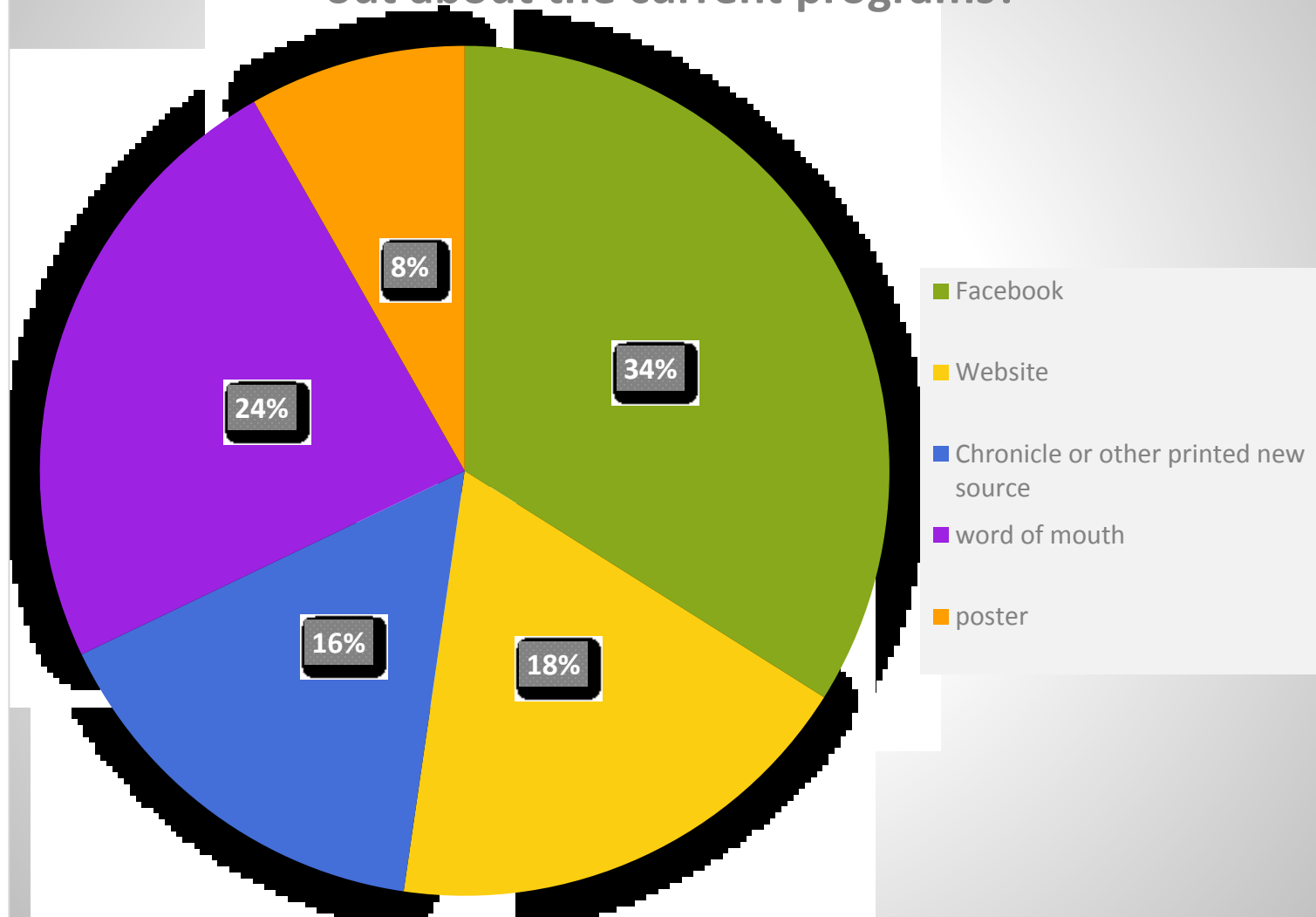
TO DEVELOP PHYSICAL LITERACY

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

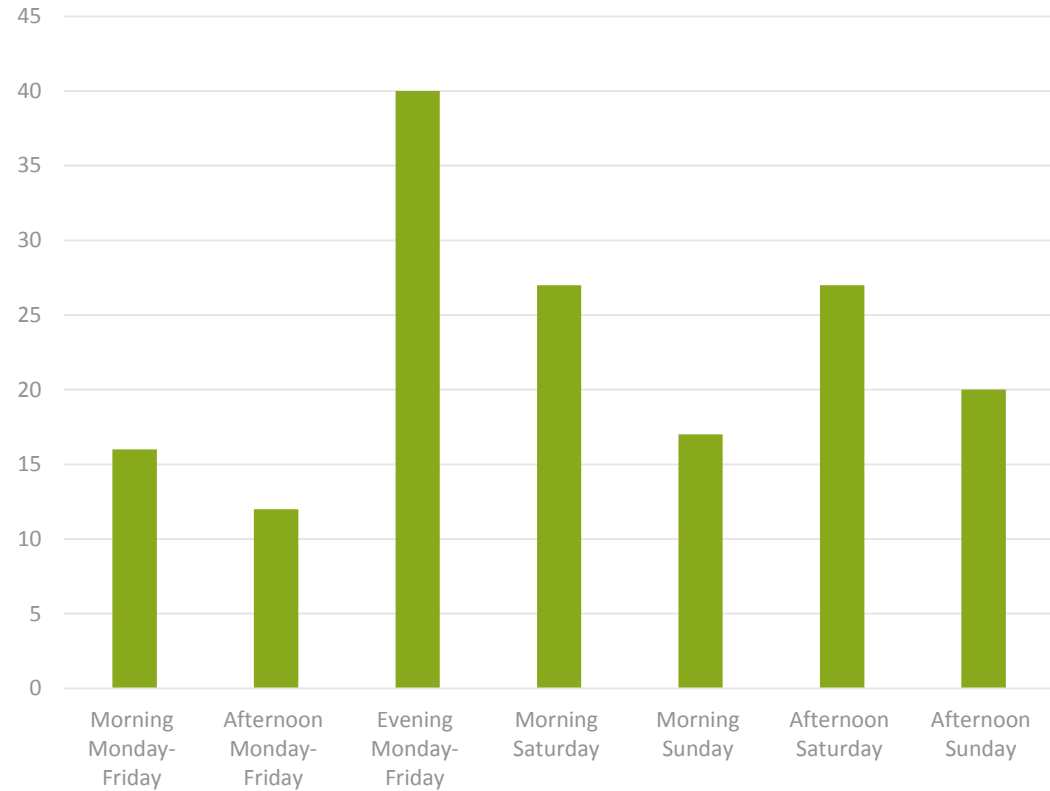
Communication is the means of sending or receiving information. Currently the municipality uses

- 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

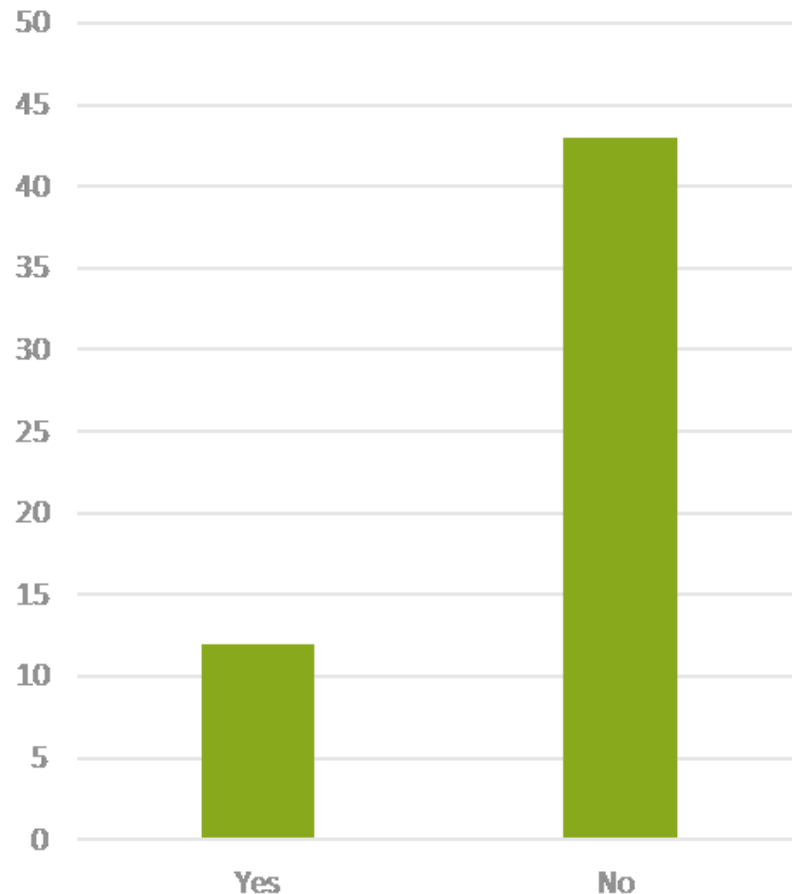
Weekdays after Dinner (7p.m. or later)

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))

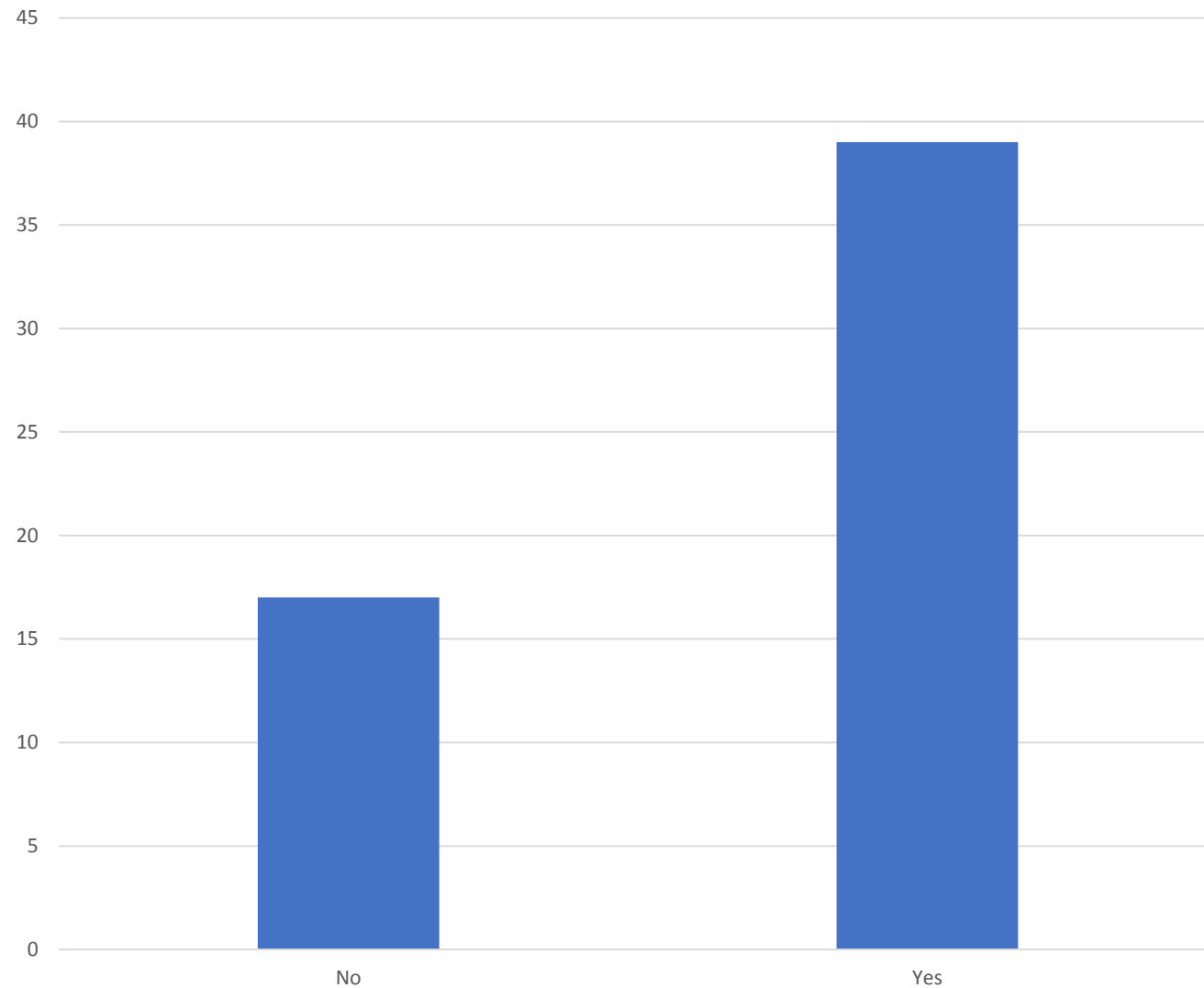
Organized sport provides patrons with social supports and physical activity that is structured with practice and competition.

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.



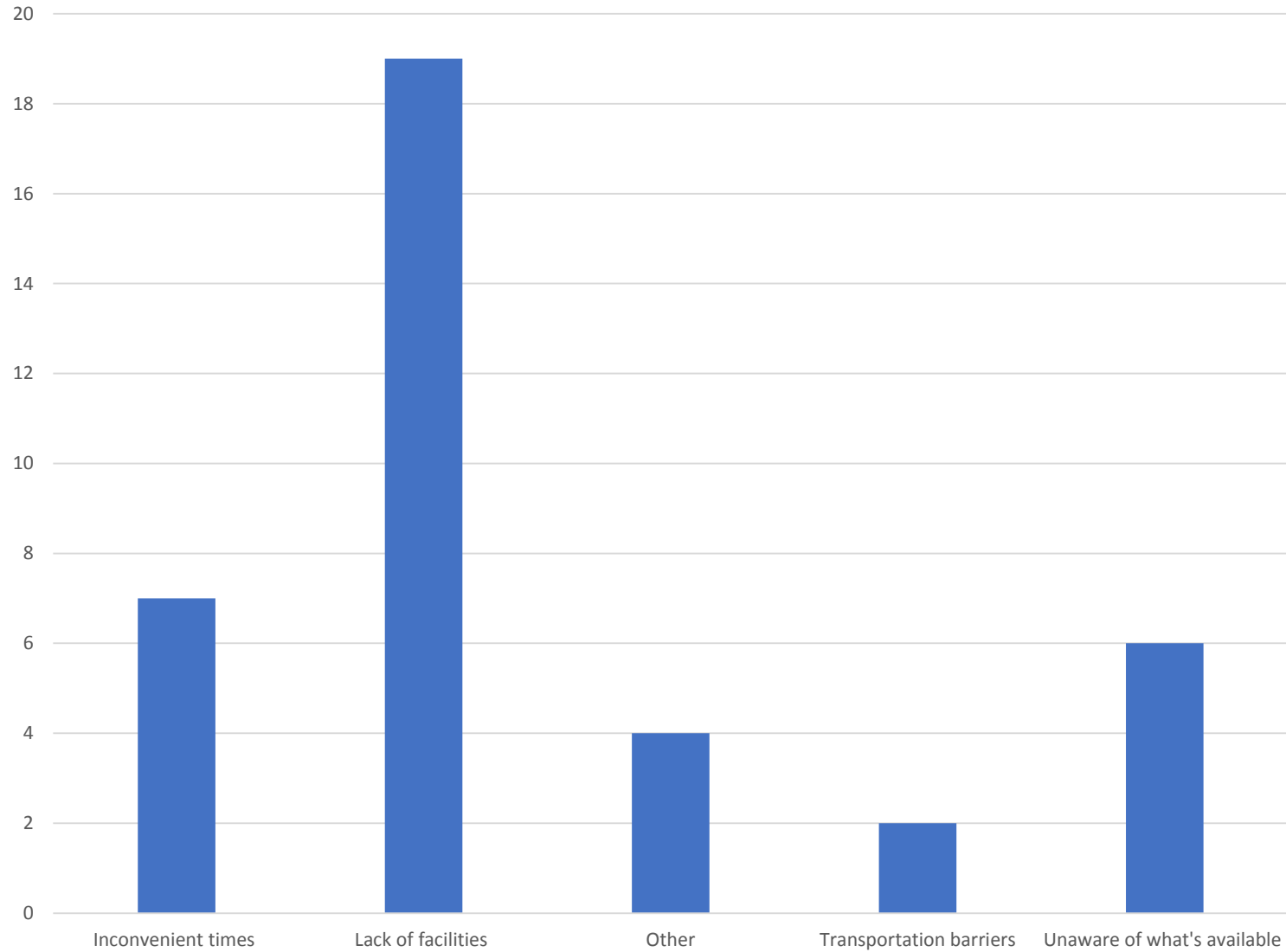
BARRIERS TO RECREATION

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)

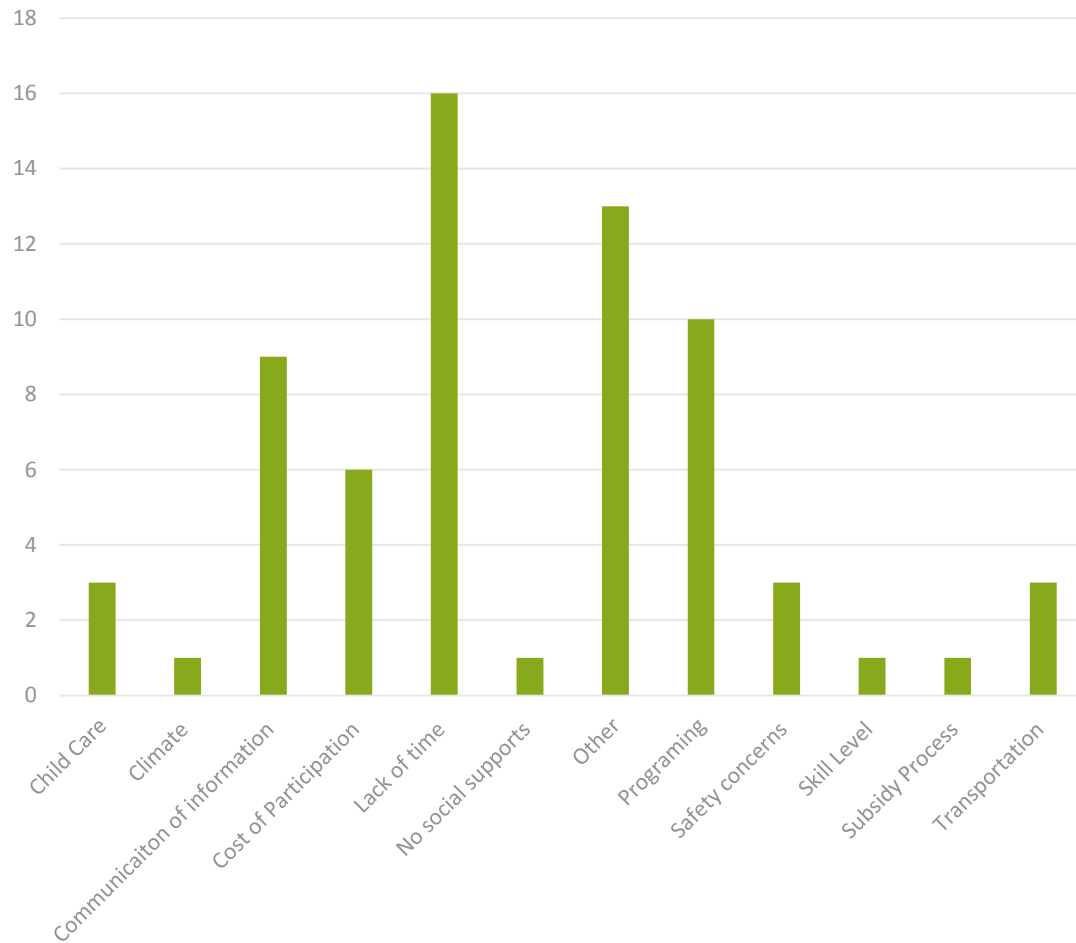
What are barriers preventing you from participating in these activities



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)

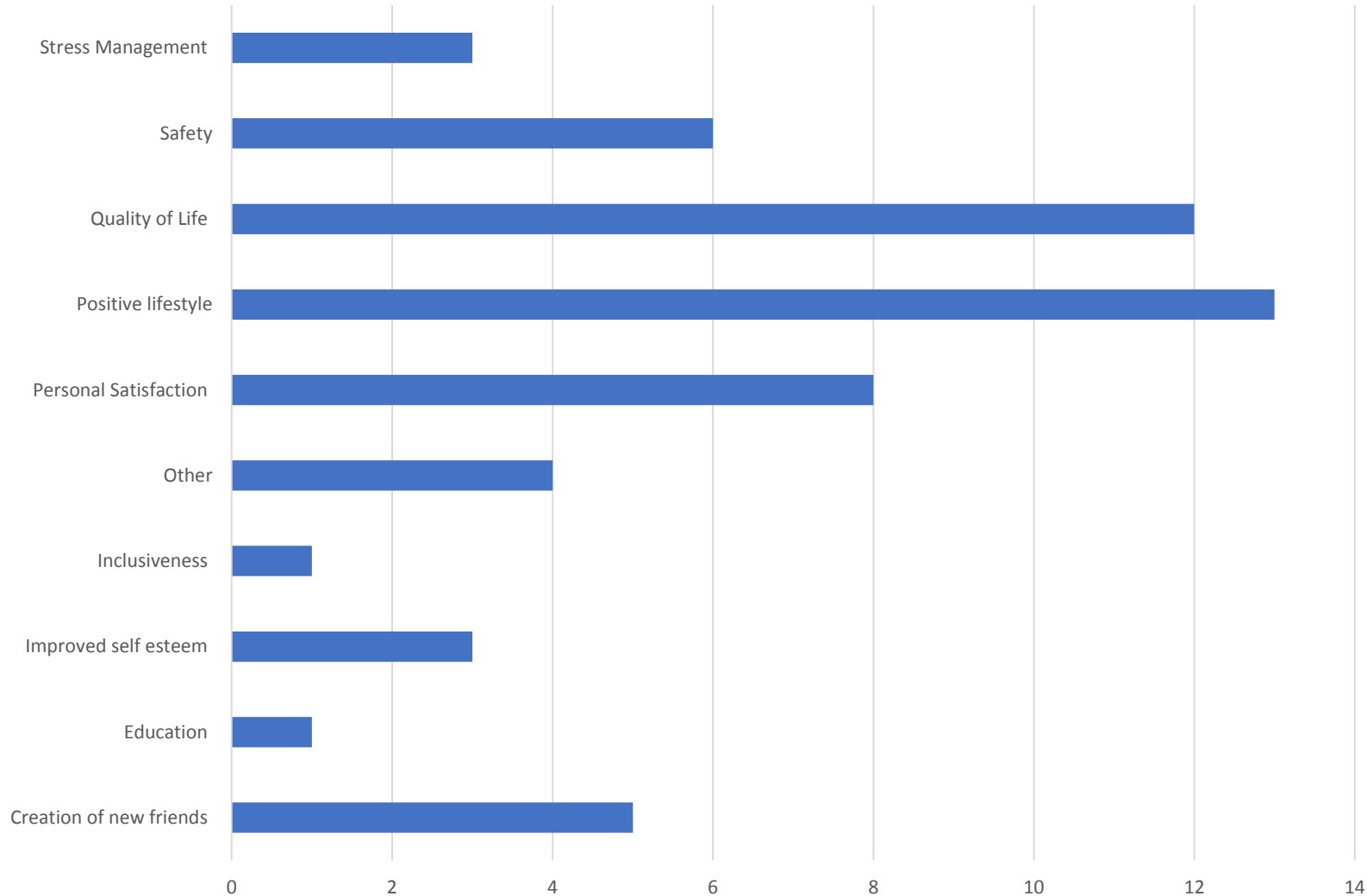


WHAT DOES RECREATION AND LEISURE MEAN TO YOU AND YOUR FAMILY

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 ?

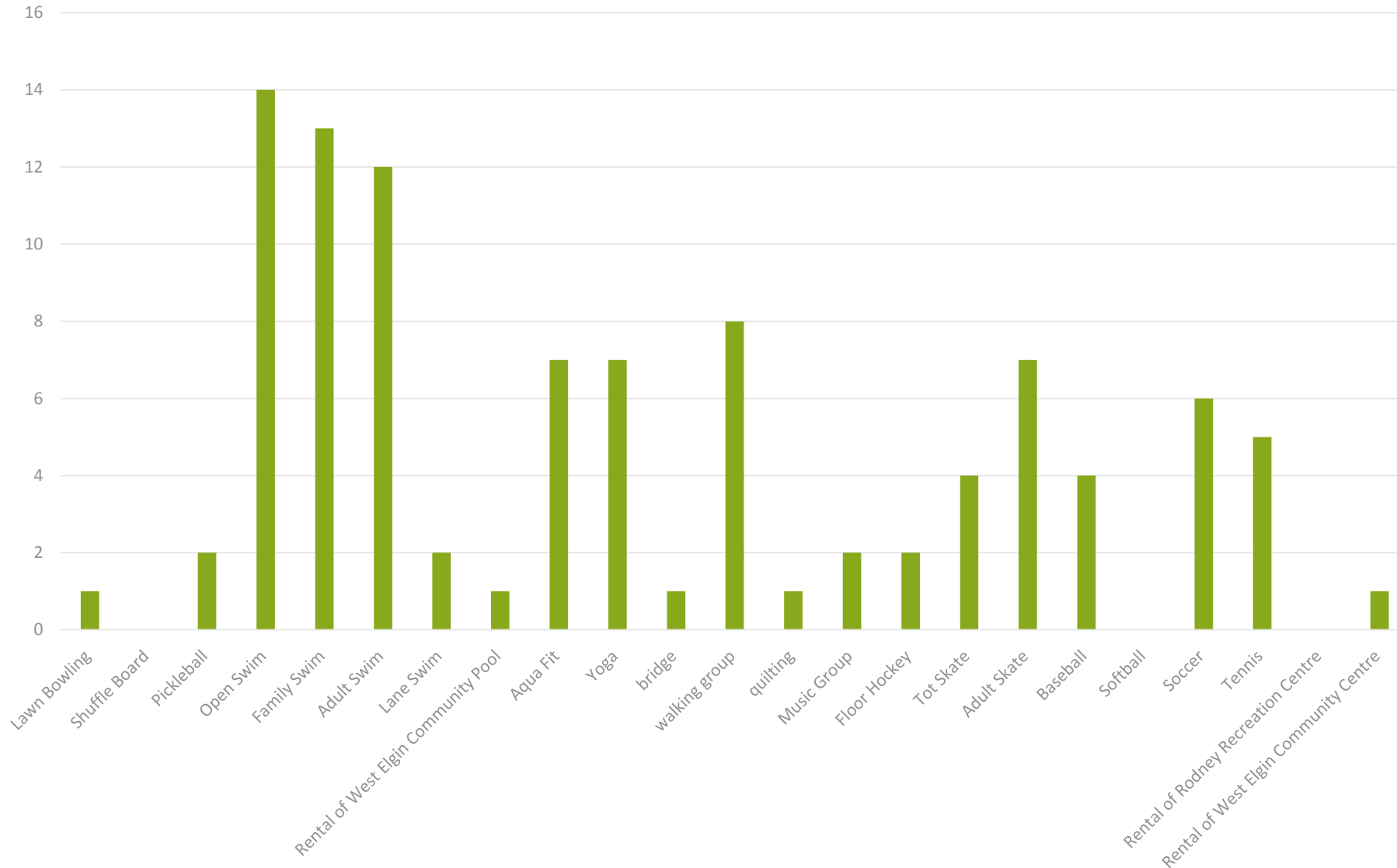


IMPORTANCE OF RECREATION AND LEISURE PROGRAMMING.

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 ?

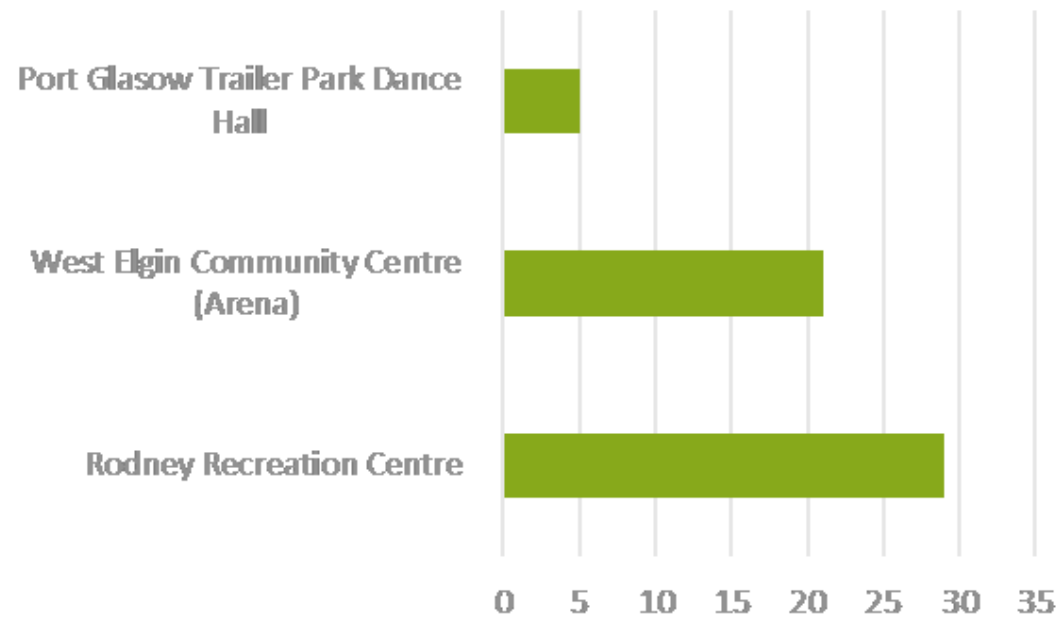


Community events such as

- 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.

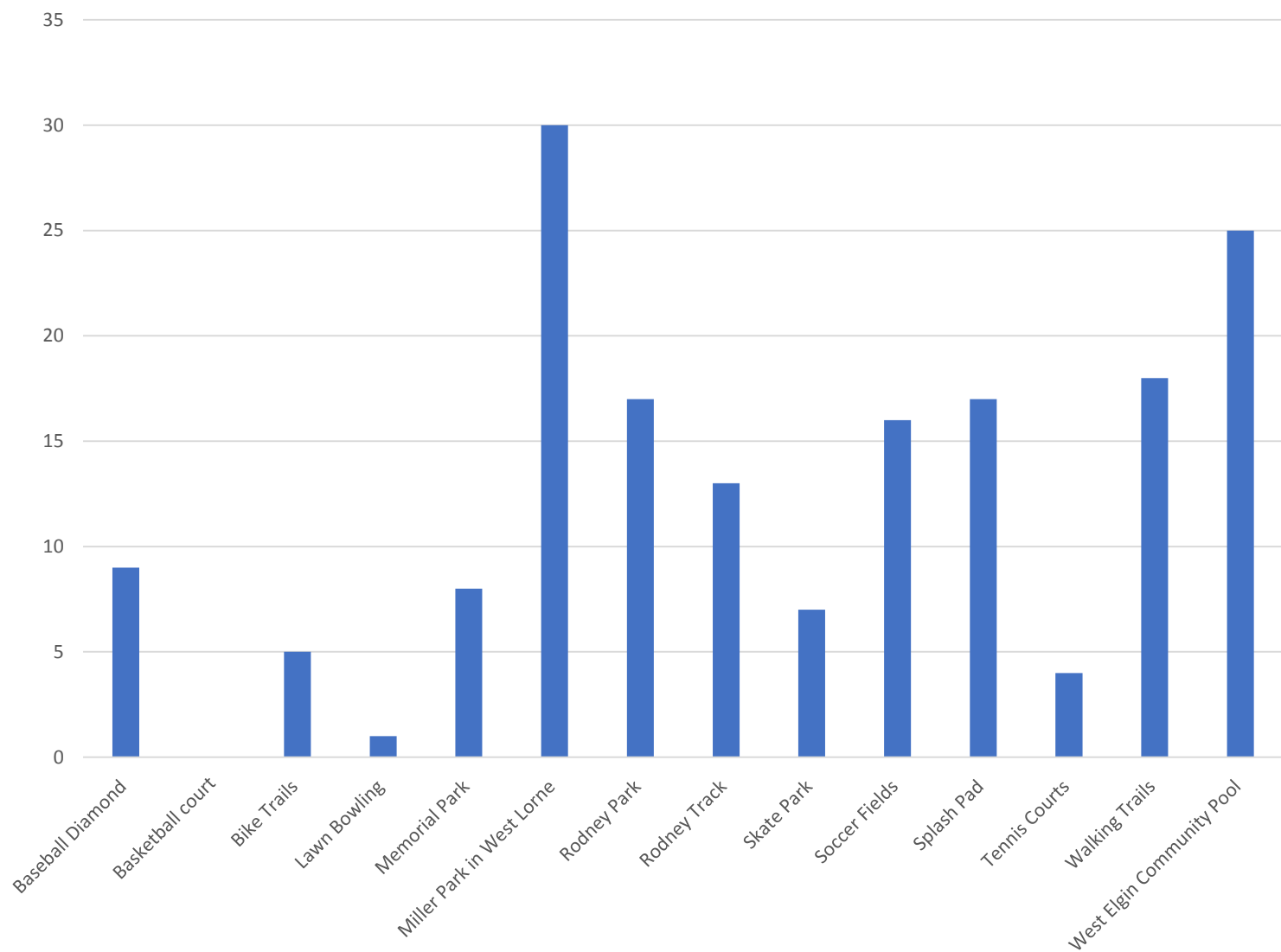
Have you participated in any indoor activities in the following centres?



INDOOR FACILITY USAGE

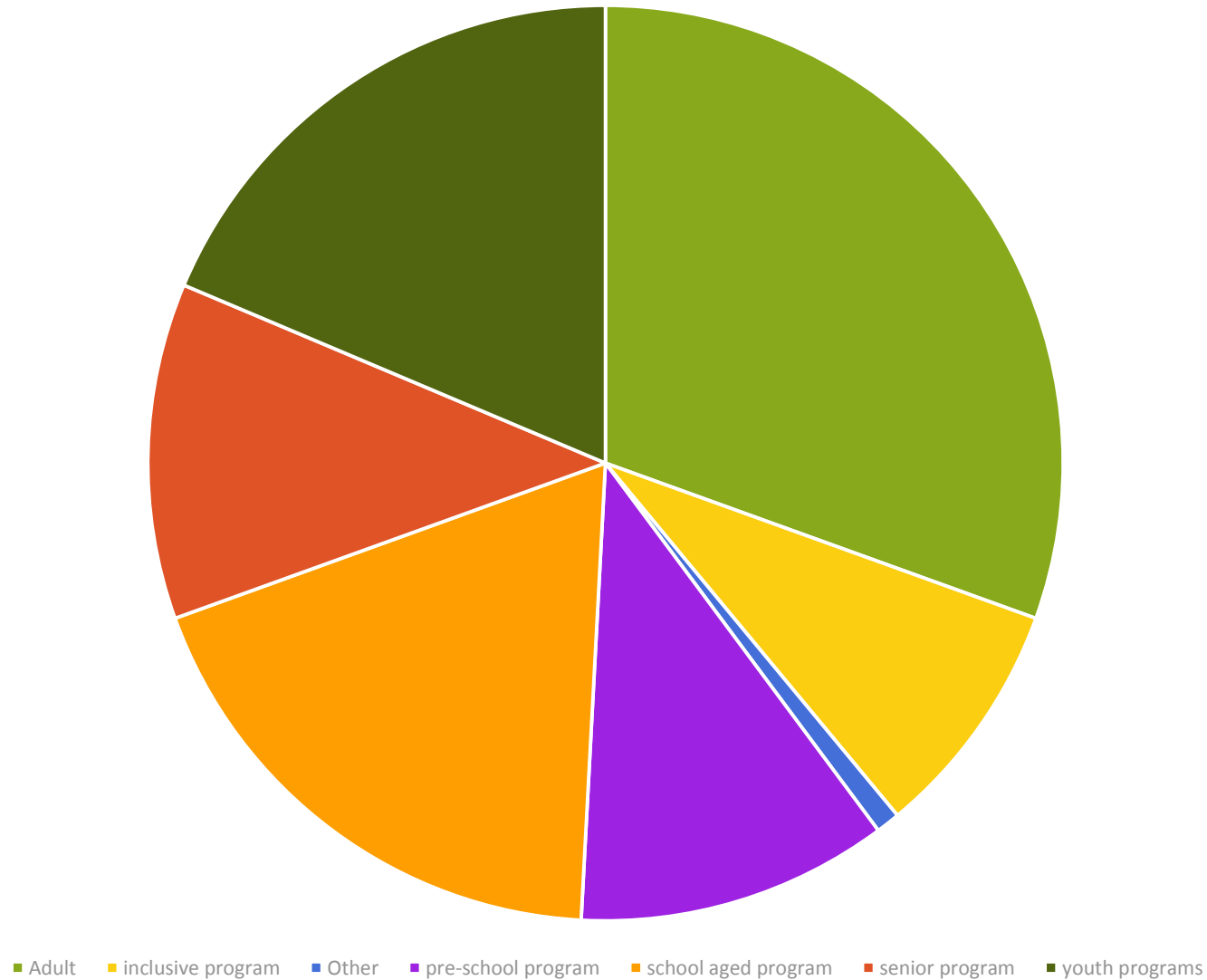
Due to covid-19, there has been a reduction for indoor programming due to provincial orders. As the provincial orders lift, outdoor programming is safer than indoor programming and more inclusive.

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 ?

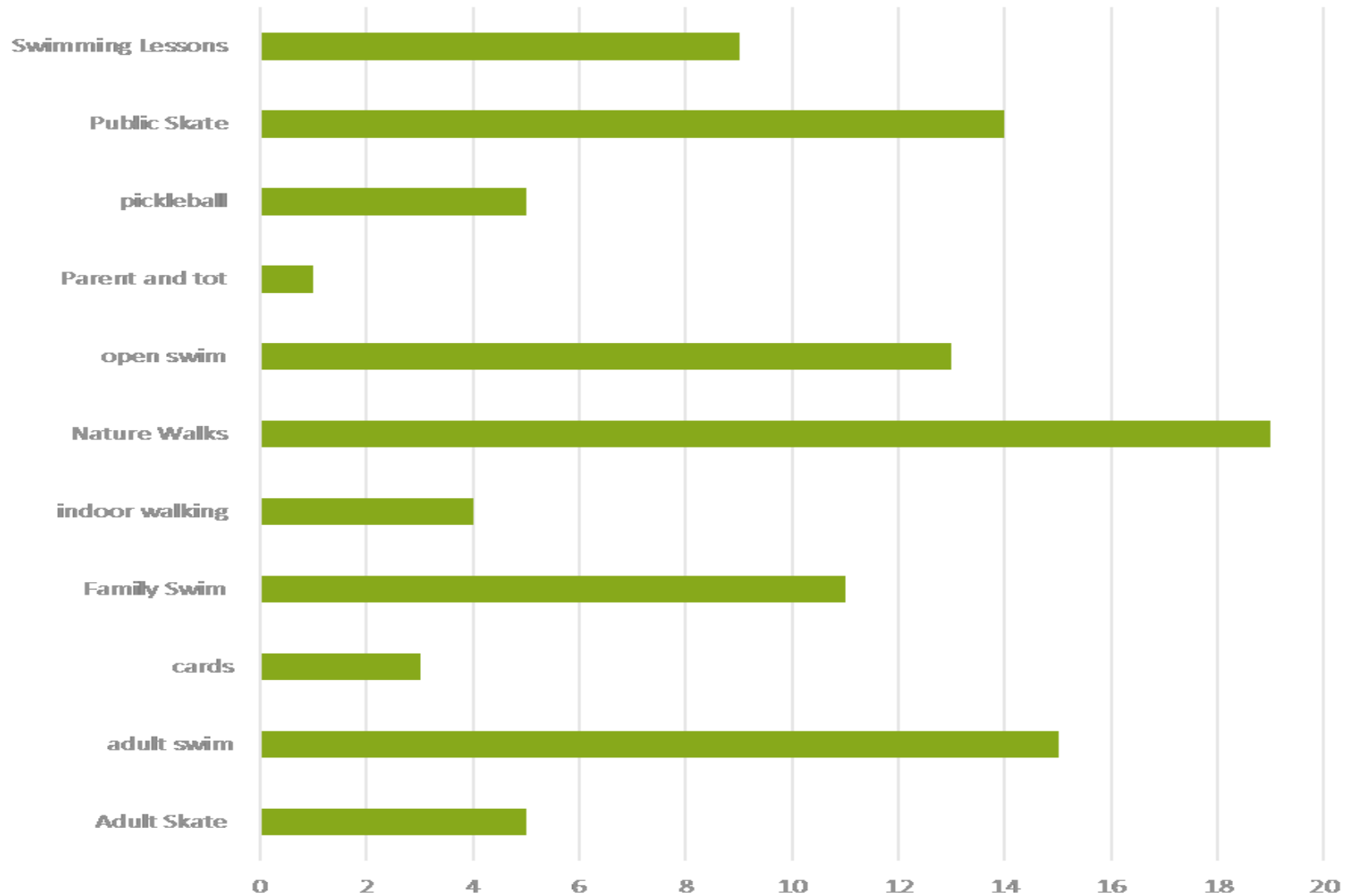


PROGRAM TYPE

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.



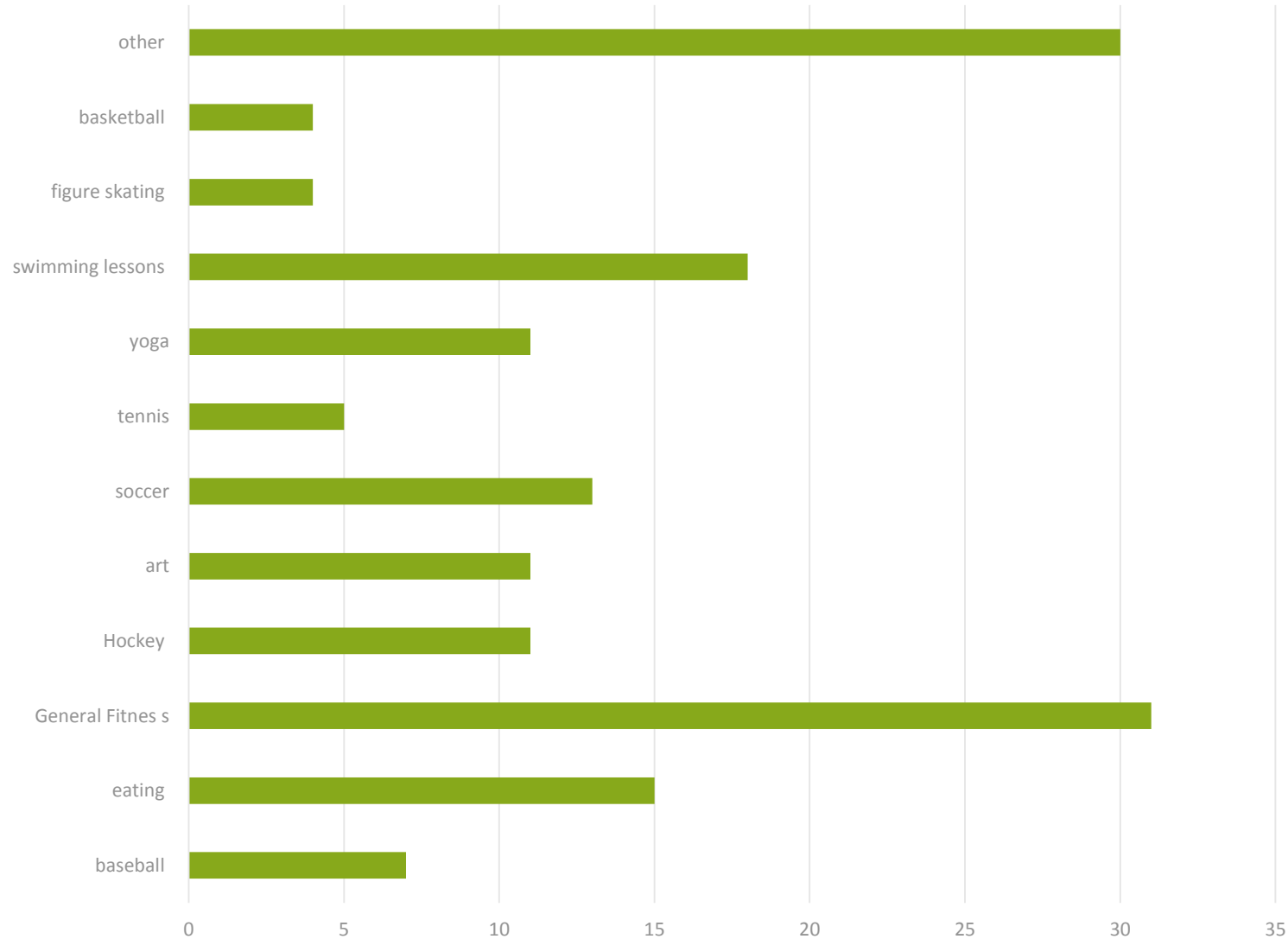
Outdoor programs include

- 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.

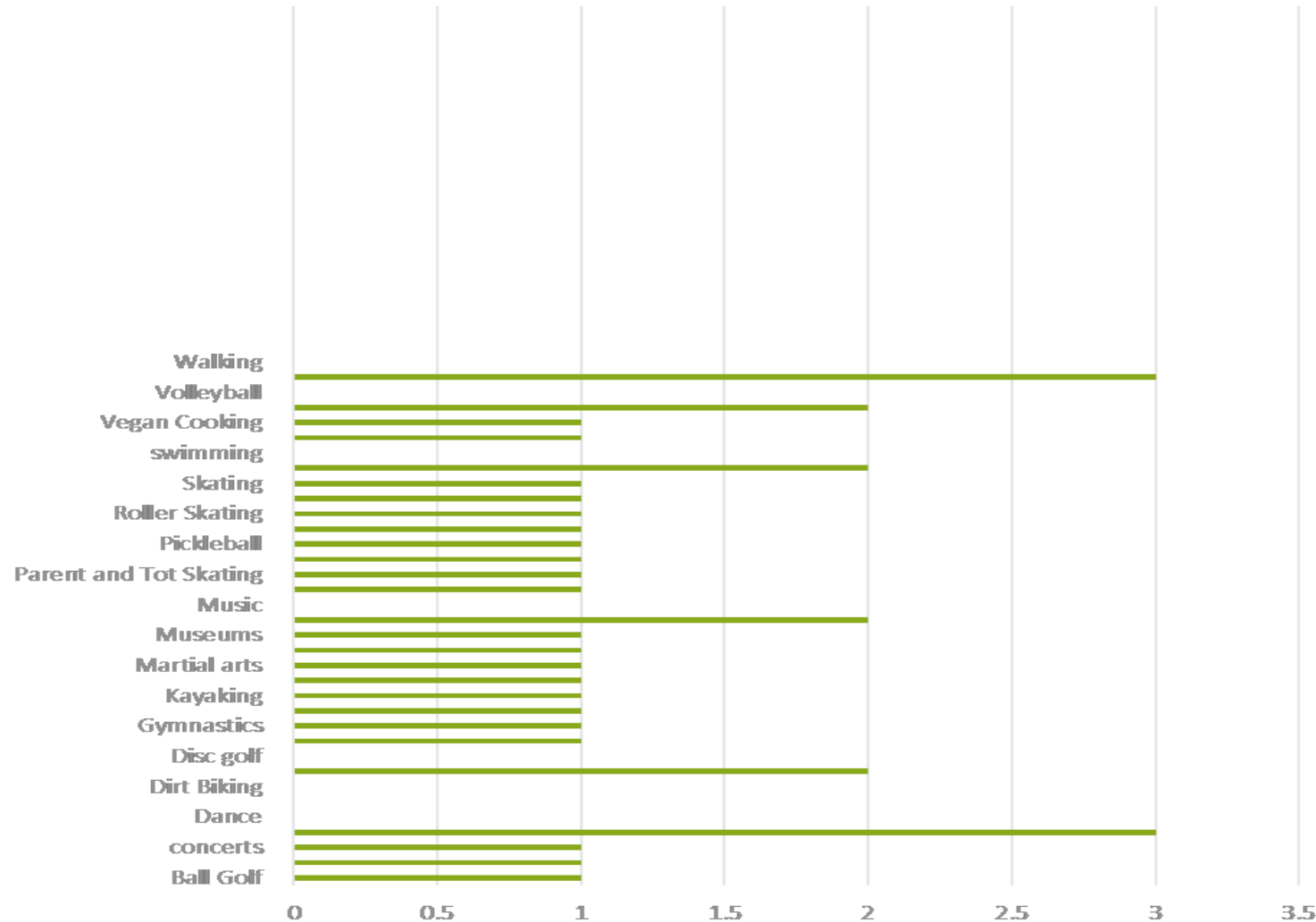


The other activities that patrons access outside of the municipality are on the following slide.

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



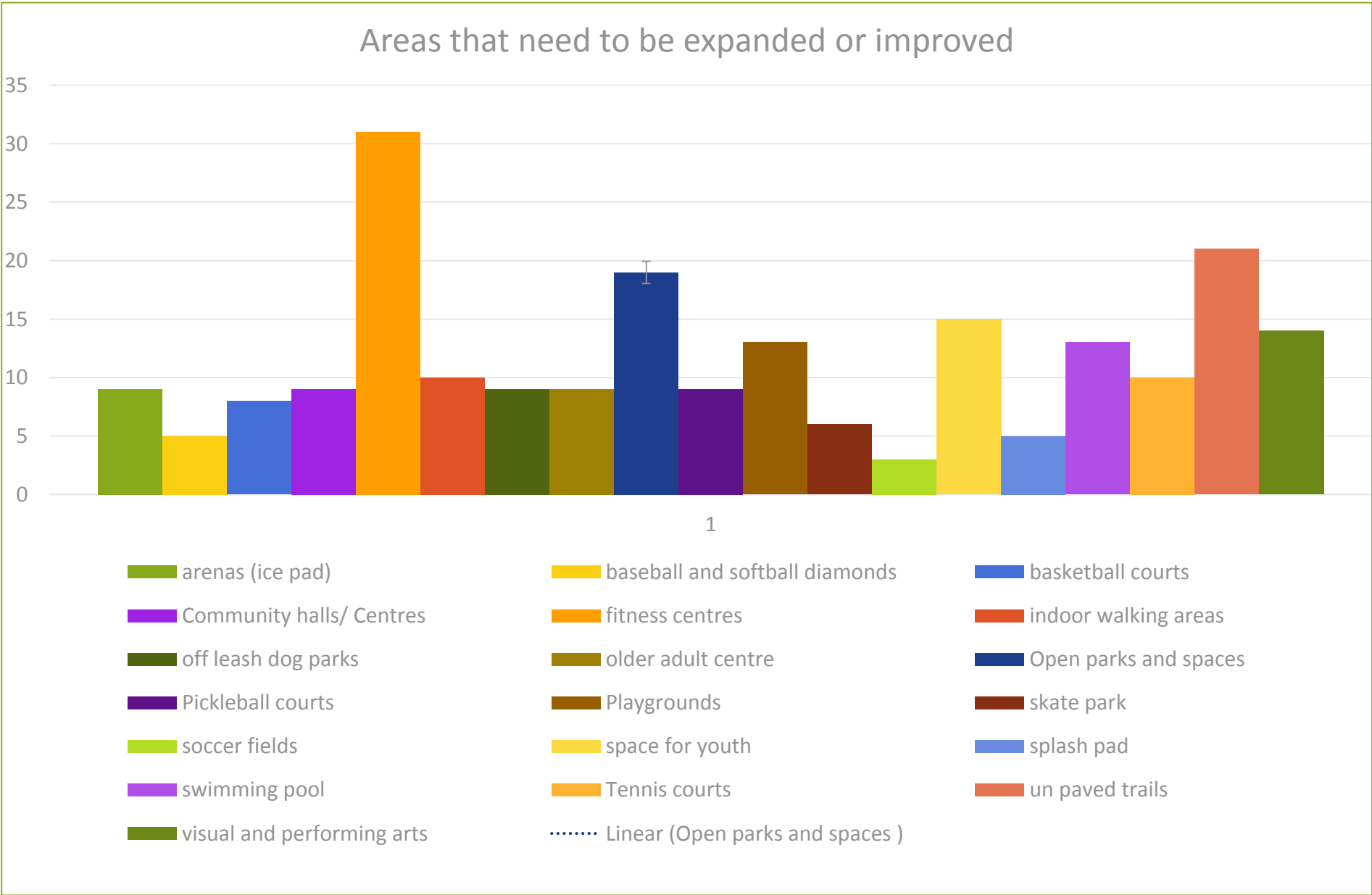
POTENTIAL PROGRAM TO OFFER

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

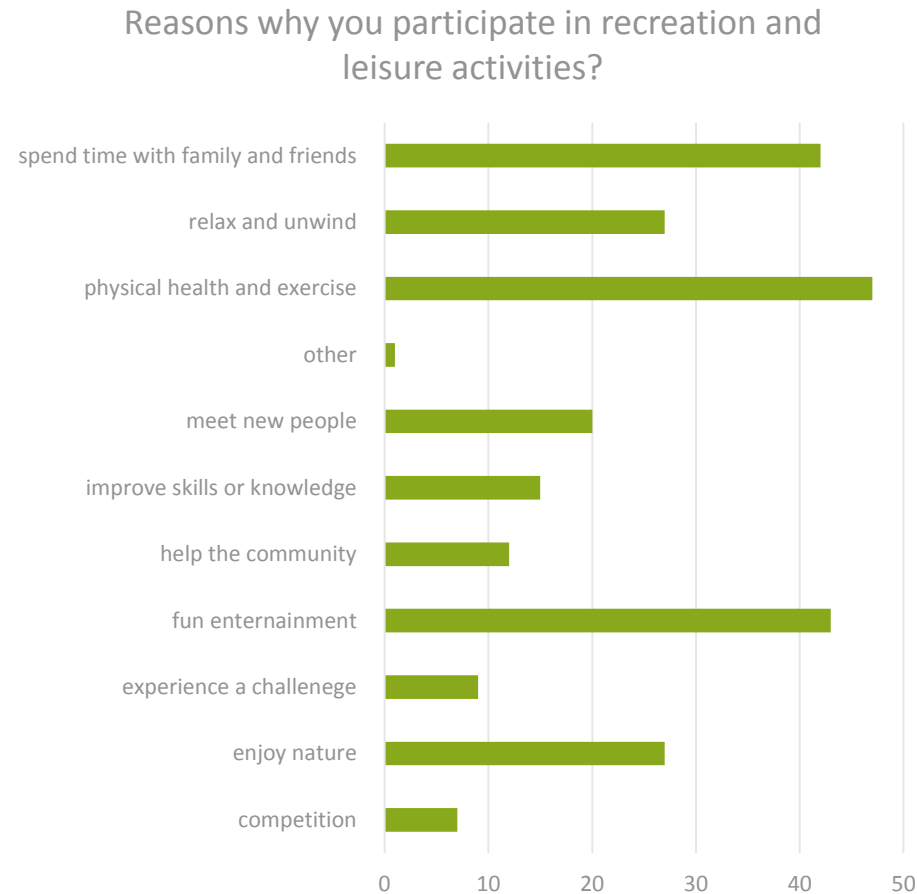
- Economic well being
- Reduce cost related to pollution
- Increased tourism
- Lower public health care costs



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



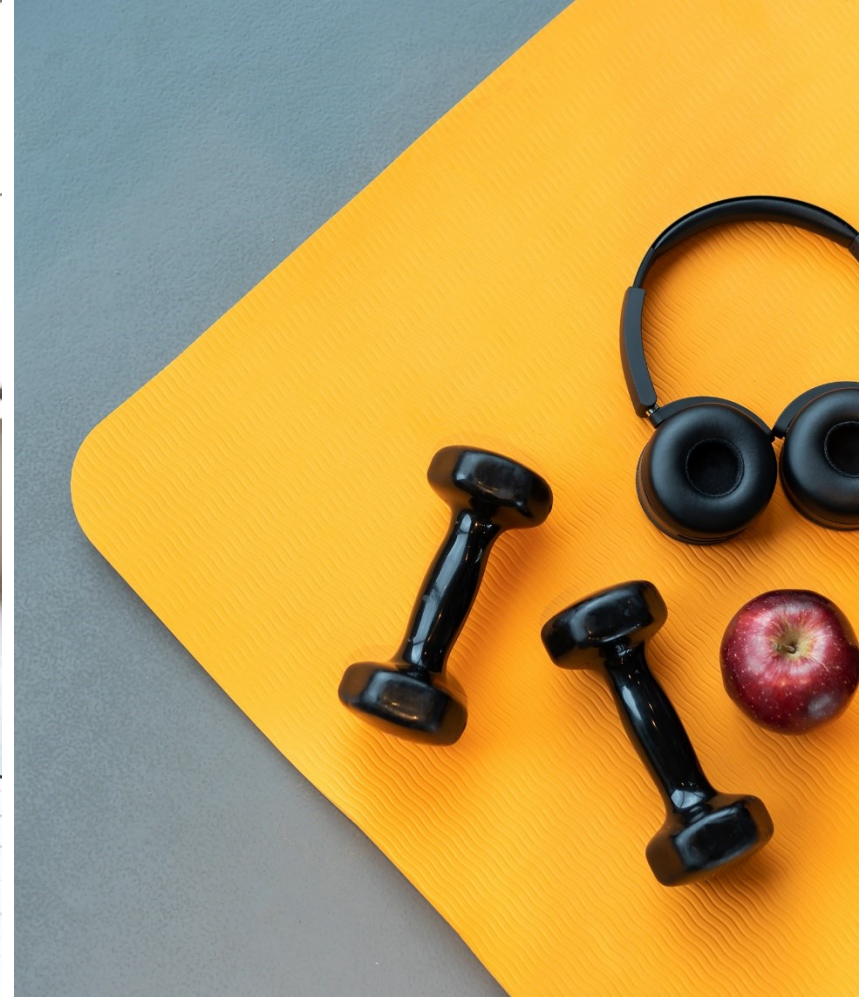
- Swimming is the best overall exercise for arthritis. A huge need for this to be promoted.

Important points

- WHY

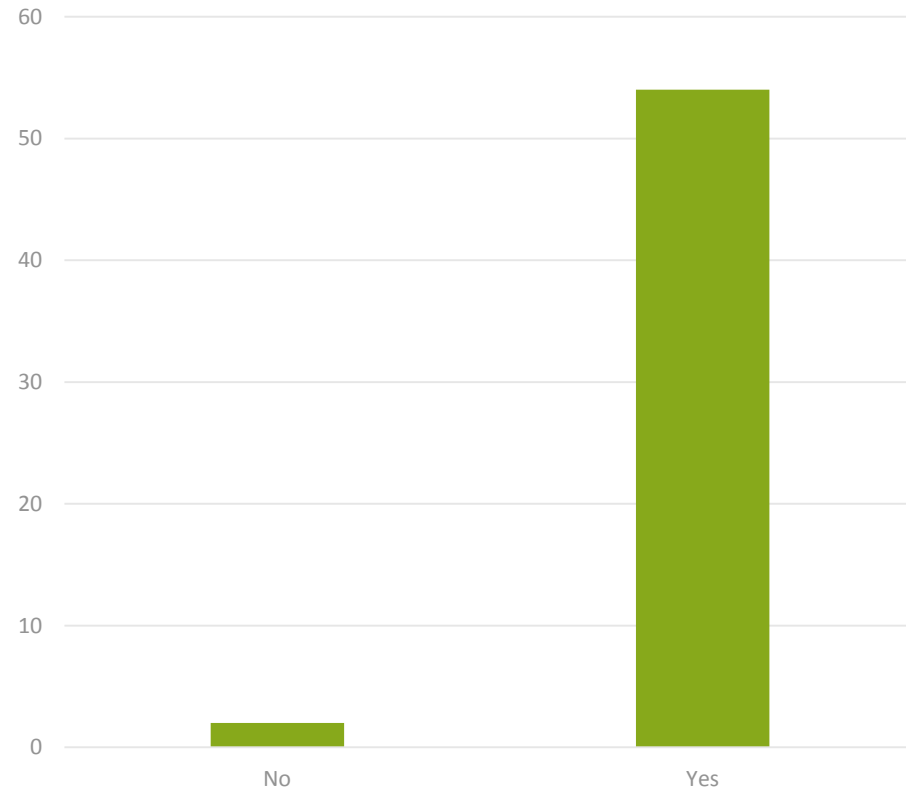
Additional programs should be implemented focusing on:

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

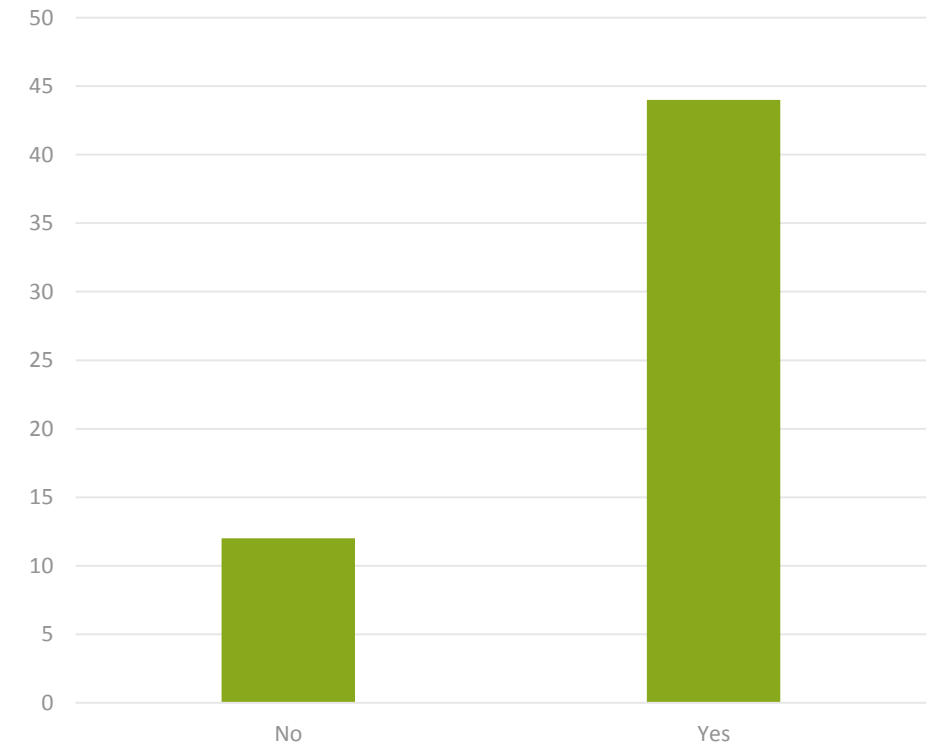


COVID-19 AND RECREATION

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



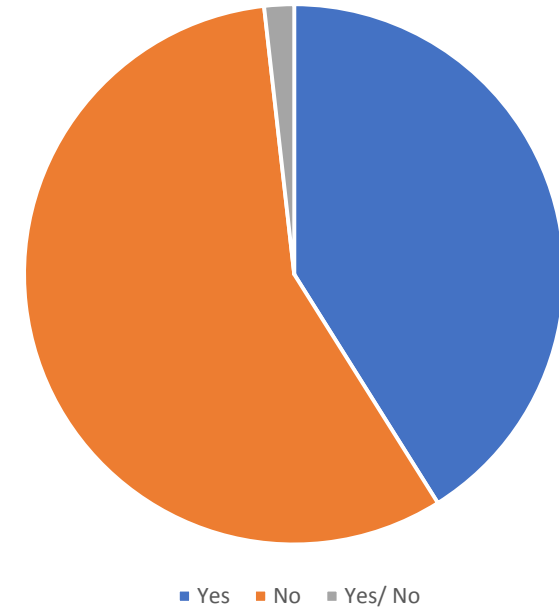
The covid-19 pandemic has changed how most people view recreation and leisure activities. Indoor activities are not enjoyed by all as there is a higher risk of contracting Covid-19. Additional considerations should be made to make sure participates feel safe indoors and outdoors.

- **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

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2022-2023 West Elgin Recreation Committee Workplan

Action	Detailed Steps	Partners in Action	Proposed Timeline	Recommendation to Council
#1				
#2				
#3				
#4				
#5				
#6				

Implementation by each action

Action	Partners	Time Frame	Budget	Q1	Q2	Q3	Q4



Staff Report

Report To: Recreation Committee

From: Emily Jocius, Operations & Community Services Coordinator

Date: 2022-02-16

Subject: Sports Literacy Program

Recommendation:

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

That the West Elgin Recreation Committee support the new sports literacy program.

Purpose:

The purpose of this report is to provide the West Elgin Recreation Committee with information on the design and implementation of a new program "Sports Literacy"

Background:

Reading is a critical part of any healthy childhood development. A resource that is overlooked in creating healthy habits is the local library. In partnership with the Libraries in Rodney, West Lorne, and Dutton sports literacy program can be developed.

Physical Literacy is part of childhood development. Physical Literacy encompasses the motivation, confidence, physical competence, knowledge and understand to value and take responsibility for engagement in physical activities for life. The program would focus on the physical competences of Running, Jumping, throwing, kicking, and balancing to start. The program can be developed to increase the number of physical competences that are explored.

As we would like to promote healthy development at any age. The sports literacy program will promote not only reading and physical competences it will promote social inclusion, self-esteem, new skills, and knowledge and build healthy habits for life.

The program will run once a month at all three locations. Each month a new skill will be in the spotlight at both the sports center and library. The Elgin County Libraries in Rodney, West Lorne and Dutton have agreed to assist in the development of activities and services related to the Library to correlate with the skill development portion of the activity.

Advertisements and website design will be completed by the Municipality of West Elgin. Program implementation will be up to both recreation committees, staff, and library staff.

All persons interested in the program would be required to sign up as there is limited space indoors due to current covid-19 restrictions. Additional program hours will be considered based on the number of persons registered at the time of program implementation.

All of the physical competency pieces would be completed outdoors at the local park. Parents and or guardians would be required to stay and participate in the programming.

All programming will be low cost to help ensure participation. The aim is to have the first program date run over the elementary school break.

Financial Implications:

Low-cost programming will be implemented, and additional grants or funding opportunities will be explored by all parties to assist in reducing the cost for all parties.

Policies/Legislation:

Report Approval Details

Document Title:	Sports Literacy Program - 2022-16-Operations Community Services.docx
Attachments:	
Final Approval Date:	Feb 10, 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: 2022-02-16

Subject: Canada day planning 2022 festival

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 Recreation Committee with ideas for the upcoming 2022 Canada Day Festival.

Background:

Each year the Municipality of West Elgin put together a celebration for community members to celebrate and take pride in being Canadian. Last year's festival was held virtually and in person due to the continual covid-19 restrictions. Looking ahead at this year's festivities Canada Day falls on a Friday and we will be celebrating 155 years.

As covid-19 will still influence the celebration. The restrictions will be implemented closer to the date of the event as regulations and mandates are continually changing. The safety of all community members, volunteers, and staff in attendance at the event will be a top priority at this event.

Potential events throughout the day could include, live music concerts, opening ceremony, sports tournament, free swimming, fireworks, arts display, and crafts, history walk. As the ideas are finalized staff will create an itemized budget.

Financial Implications:

Report Approval Details

Document Title:	Canada Day 2022 Event - 2022-13-Operations Community Services.docx
Attachments:	
Final Approval Date:	Feb 11, 2022

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

Jana Nethercott