



**RECREATION**  
NOVA SCOTIA

## **Conference Program**



Recreation Nova Scotia Conference  
*Pathways to Wellbeing*

**October 22nd-24th**  
**Truro, Nova Scotia**

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# General Information

## Conference Location:

Best Western, Truro - Glengarry

## Address:

150 Willow St.  
Truro, NS B2N 4Z6



## Hotel Reservations Call:

1-800-567-4276

## Website:

[www.bwglengarry.com](http://www.bwglengarry.com)

## Conference Room Guide

**BW Truro - Glengarry**  
Best Western  
150 Willow Street, Truro  
Nova Scotia, Canada B2N 4Z6

Phone: (902) 893-4311 • Fax: (902) 893-1759  
For Reservations Call: 1-800-567-4276

| ROOMS           | sq. ft. | Room Size | Colleg | Class | Table | Space | U   | Theatre | Banquet | SR  |
|-----------------|---------|-----------|--------|-------|-------|-------|-----|---------|---------|-----|
|                 |         |           |        |       |       |       |     |         |         |     |
| Executive Suite | 8000    | 136x69    | 12FT   | N/A   | N/A   | N/A   | 800 | 40      | 175     | 140 |
| Salon A         | 1000    | 34x30     | 12FT   | 30    | 30    | 30    | 75  | 60      |         |     |
| Salon B         | 1000    | 34x30     | 12FT   | 30    | 30    | 30    | 75  | 60      |         |     |
| Salon C         | 2000    | 34x60     | 12FT   | 60    | 60    | 60    | 175 | 140     |         |     |
| Salon D         | 2000    | 34x60     | 12FT   | 60    | 60    | 60    | 175 | 140     |         |     |
| Salon E         | 1000    | 34x30     | 12FT   | 30    | 30    | 30    | 75  | 60      |         |     |
| Salon F         | 1000    | 34x30     | 12FT   | 30    | 30    | 30    | 75  | 60      |         |     |
| MacLeod A       | 810     | 30x27     | 10FT   | 25    | 25    | 25    | 60  | 60      |         |     |
| MacLeod B       | 810     | 30x27     | 10FT   | 25    | 25    | 25    | 60  | 60      |         |     |
| MacLeod C       | 810     | 30x27     | 10FT   | 25    | 25    | 25    | 60  | 60      |         |     |
| MacLeod D       | 1224    | 24x41     | 10FT   | 40    | 40    | 40    | 120 | N/A     |         |     |
| MacLeod E       | 400     | 24x17     | 10FT   | N/A   | 10    | N/A   | N/A | N/A     |         |     |
| MacLeod F       | 400     | 24x17     | 10FT   | N/A   | 10    | N/A   | N/A | N/A     |         |     |
| MacLeod G       | 400     | 24x17     | 10FT   | N/A   | 10    | N/A   | N/A | N/A     |         |     |
| Boardroom       | 456     | 24x18     | 10FT   | N/A   | 15    | N/A   | N/A | 15      |         |     |

**Truro Trade and Convention Center**  
Visit our website at [www.bwglengarry.com](http://www.bwglengarry.com)



# RNS Conference Committee

## Conference Chairs:

- Shannon Jarvis
- Joel Dawe

-----More to come-----



# Shared Strategy for Advancing Recreation in Nova Scotia

The agenda for the 2019 RNS Conference is a direct reflection of the National Framework for Recreation in Canada and the Shared Strategy for Advancing Recreation in Nova Scotia.

## The Five Goals of the Shared Strategy Include:



**Goal 1: Active Living**  
Foster active living through physical recreation.



**Goal 4: Supportive Environments**  
Ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities.



**Goal 2: Inclusion and Access**  
Increase inclusion and access to recreation for populations that face constraints to participation.



**Goal 5: Recreation Capacity**  
Ensure the continued growth and sustainability of the recreation field.



**Goal 3: Connecting People and Nature**  
Help people connect to nature through recreation.

The purpose of the Shared Strategy for Advancing Recreation in Nova Scotia is to clarify a shared vision and set of priorities that reflects the aspirations and the broader potential of the recreation sector in the province. It is also intended to strengthen alignment of plans and policies and facilitate even richer opportunities for collaboration and resource sharing. It is meant to foster innovation, and the development of complementary initiatives. It is also intended to provide a blueprint for how governments, NGO's, community organizations and others might contribute to the recreation system. At the core of this strategy is a way to advance the impacts of recreation in Nova Scotia.

# Keynote Speakers

## **Opening Keynote: Patrick Manifold**

Patrick Manifold is an inspiring author, keynote speaker, multi-entrepreneur, former award-winning professional athlete, and coach to thousands around the globe.

Patrick's passions have taken him all over the world, and in the last ten years alone he has lived in seven countries on three different continents. Along the way, Patrick has had the privilege to share his message of positivity and possibility with tens of thousands of people from all walks of life through his books and speeches.



Patrick Manifold is one of those rare speakers that has the powerful ability to truly inspire audiences from all walks of life with his stories of courage, and possibility. He has given speeches to diverse audiences all over the world, from business groups to large companies, and sports teams to universities. His message is simple, yet always inspiring; if he can overcome the supposedly insurmountable odds and achieve his dreams; so can you.

# Keynote Speakers

## **Plenary: Savvy Simon**

Savvy is an educator, entrepreneur, activist, mentor and entertainer.

Savvy leads her followers to reach their greatest potential. Former native dancer at the Vancouver Olympics opening ceremonies has truly showed her that when you stay on a good path, work hard and surround yourself around positive people - life becomes truly magical. Her love for life and bountiful energy captivates her audience and leaves them energized and motivated.

She was the only First Nation to speak on stage in front of 12,000 at WE DAY Halifax. Awarded as Top 40 Female Change Makers in Canada. A rising star who's a part of the International Indigenous Speakers Bureau among many accomplished speakers across the world.



## **Closing Keynote: David Scott**

Dr. David Scott is an associate professor of sport psychology in the Faculty of Kinesiology at the University of New Brunswick in Fredericton, New Brunswick.

He completed a B.A.(Hons.) and a P.G.C. E. (teaching degree) at the University of Ulster, Belfast, Northern Ireland, and an MA in Sport Psychology, an MA in Psychology, and a Ph.D. in Sport and Exercise Psychology from the University of Victoria, in Victoria, British Columbia, Canada.

He teaches and does research in the area of sport and exercise psychology. Maclean's magazine has named him as one of the most popular professors at UNB and the Globe and Mail recently named him as one of the outstanding professors teaching in Canada.



# At-A-Glance: Conference Sessions

Day 1: Tuesday, October 22, 2019

| Time        | Morning   | Room          | Time      | Afternoon   | Room                      |
|-------------|---|---------------|-----------|---|---------------------------|
| 8:00-9:00   | <b>BREAKFAST</b>  | Ballroom C&D  | 1:00-1:45 | <b>Session 3</b>  |                           |
| 9:00-10:00  | <b>Opening Keynote - Patrick Manifold</b>   | Ballroom C&D  |           | <b>Active Living:</b> Panel - Involving Girls in Non-traditional Physical Activity                | Ballroom E                |
| 10:00-10:30 | <b>SNACK/WELLNESS BREAK: Chair Yoga</b>   |               |           | <b>Inclusion &amp; Access:</b> Digital Accessibility  | Ballroom B                |
| 10:30-11:15 | <b>Session 1</b>  |               |           | <b>Connecting People &amp; Nature:</b> Flying Squirrel Adventures: Facilitating Nature Connection | Ballroom A                |
|             | <b>Active Living:</b> How does Physical Literacy fit into LTAD                            | Ballroom A    |           | <b>Supportive Environments:</b> Sharing the Value of Workplace Wellness                           | MacLeod ABC               |
|             | <b>Inclusion &amp; Access:</b> Influencing the Shift - Inclusive Sport & Recreation       | Ballroom G    |           | <b>Recreation Capacity:</b> Re-SPORT - "We have questions"  | MacDonald B&C             |
|             | <b>Connecting People &amp; Nature:</b> Leave No Trace                                     | Ballroom B    |           |   |                           |
|             | <b>Supportive Environments:</b> Getting to Great Summer Camps by Supporting Leaders       | MacDonald B&C | 1:45-2:30 | <b>Session 4</b>  |                           |
|             | <b>Recreation Capacity:</b> Volunteer Awareness & Participation Using Volunteer NS        | MacLeod ABC   |           | <b>Active Living:</b> Dalhousies Recreation Orientation - An Introduction to Recreation           | Ballroom A                |
| 11:15-12:00 | <b>Session 2</b>  |               |           | <b>Inclusion &amp; Access:</b> Supporting Girls' Resilience through Adventure Education           | Ballroom B                |
|             | <b>Active Living:</b> HIGH FIVE for Older Adults - A New Quality Framework                | Ballroom B    |           | <b>Connecting People &amp; Nature:</b> Creating Cultural Innovation by Connecting People & Nature | Ballroom E                |
|             | <b>Inclusion &amp; Access:</b> Creating Autism Inclusive Programs in Community Recreation | Ballroom G    |           | <b>Supportive Environments:</b> Mi'kmaw Recreation - Holistic Approaches to Engaging FN Youth     | Ballroom G                |
|             | <b>Inclusion &amp; Access:</b> Para Recreation & Sport                                    | MacDonald B&C |           | <b>Recreation Capacity:</b> Help! I need a Lifeguard!   | MacDonald B&C             |
|             | <b>Connecting People &amp; Nature:</b> Orienteering = Finding Yourself                    | MacLeod ABC   | 2:30-3:00 | <b>SNACK/WELLNESS BREAK: Jingle Dance</b>   |                           |
|             | <b>Supportive Environments:</b> Community Use of School Agreements                        | Ballroom E    |           |   |                           |
|             | <b>Recreation Capacity:</b> Open Award Centres: Growing the Recreation Sector Together    | Ballroom A    | 3:00-3:45 | <b>Session 5</b>  |                           |
| 12:00-1:00  | <b>LUNCH</b>  |               |           | <b>Active Living:</b> Jays Care Foundation - Girls at Bat   | Ballroom E                |
|             |   |               |           | <b>Inclusion &amp; Access:</b> Building Capacity with Newcomers for Recreation Leadership         | Ballroom B                |
|             |   |               |           | <b>Connecting People &amp; Nature:</b> Connecting Community with Nature using Transit             | Ballroom G                |
|             |   |               |           | <b>Supportive Environments:</b> Sport Hub   | MacDonald B&C             |
|             |   |               |           | <b>Recreation Capacity:</b> Capacity Building for Evidence-based Mobility Planning (DalTrak)      | MacLeod ABC               |
|             |   |               | 4:30-5:45 | <b>Grant Potter Memorial Hockey Game</b>  | Colchester Legion Stadium |
|             |   |               | 8:00-0:00 | <b>Regional Games / Adapted Equipment</b>   |                           |
|             |   |               | 0:00-0:00 | <b>Lounge and Trivia Night</b>  |                           |

# At-A-Glance: Conference Sessions

Day 2: Wednesday, October 23, 2019

| Time        | Morning  | Room          | Time      | Afternoon   | Room          |
|-------------|--|---------------|-----------|---|---------------|
| 8:00-9:00   | <b>BREAKFAST</b>   | Ballroom C&D  | 1:00-1:45 | <b>Session 8</b>  |               |
| 9:00-10:00  | <b>Plenary - Savvy Simon</b>   | Ballroom C&D  |           | <b>Active Living:</b> N.S. 55+ Games - Our Demographic is Growing Fast; Let's Keep It Active!         | MacDonald B&C |
| 10:00-10:30 | <b>SNACK/WELLNESS BREAK</b>  |               |           | <b>Inclusion &amp; Access:</b> Creating Inclusive Physical Literacy Environments                      | Ballroom B    |
| 10:30-11:15 | <b>Session 6</b>   |               |           | <b>Connecting People &amp; Nature:</b> Advancing Recreation in Nova Scotia Through Public Lake Access | MacLeod ABC   |
|             | <b>Active Living:</b> Walk With A Doc Colchester County                                    | Ballroom B    |           | <b>Supportive Environments:</b> Mindshift   | Ballroom G    |
|             | <b>Active Living:</b> "Play, Trust, Learn" An Introduction To Adventure Education          | Ballroom A    |           | <b>Recreation Capacity:</b> How Municipalities are Supporting Non-Profits (Learn 2 Lead)              | Ballroom E    |
|             | <b>Inclusion &amp; Access:</b> Panel - Accessibility Funding Programs                      | MacLeod ABC   |           |   |               |
|             | <b>Connecting People &amp; Nature:</b> Hiking and its Role in Recreation Programming       | Ballroom G    | 1:45-2:30 | <b>Session 9</b>  |               |
|             | <b>Supportive Environments:</b> Supportive Environments for Health, Wellness & Recreation  | Ballroom E    |           | <b>Active Living:</b> Syrian Canadian Sport Players   | Ballroom G    |
|             | <b>Recreation Capacity:</b> Shared Strategy / Sharing Tour - Update                        | MacDonald B&C |           | <b>Inclusion &amp; Access:</b> Case study on Accessibility  | Ballroom B    |
| 11:15-12:00 | <b>Session 7</b>   |               |           | <b>Inclusion &amp; Access:</b> Inclusion & Access: A Framework for Positive Change                    | Ballroom E    |
|             | <b>Active Living:</b> Reasons to Practice What We Preach - Multisport for Children         | Ballroom B    |           | <b>Connecting People &amp; Nature:</b> A Shared Strategy for Trails in NS                             | MacLeod ABC   |
|             | <b>Inclusion &amp; Access:</b> Inclusion for Mental Health as a General Inclusion Approach | Ballroom A    |           | <b>Supportive Environments:</b> Creating Supportive Environments for and with Youth                   | Ballroom A    |
|             | <b>Connecting People &amp; Nature:</b> Playground and Trail Liability Constraints          | Ballroom G    |           | <b>Recreation Capacity:</b> Quality Physical Literacy Experience (QPLE)                               | MacDonald B&C |
|             | <b>Supportive Environments:</b> Blue Community USA   | Ballroom E    | 2:30-3:00 | <b>SNACK/WELLNESS BREAK</b>   |               |
|             | <b>Recreation Capacity:</b> Extending Our Reach - Community Leaders Program                | MacLeod ABC   | 3:00-3:45 | <b>Session 10</b>   |               |
| 12:00-1:00  | <b>LUNCH</b>   |               |           | <b>Active Living:</b> Active Living - Influenced by Community Design                                  | Ballroom B    |
|             |  |               |           | <b>Inclusion &amp; Access:</b> Mental Health Community Reintegration, Successes and Challenges        | Ballroom E    |
|             |  |               |           | <b>Connecting People &amp; Nature:</b> Panel - Connecting Nova Scotians to Nature                     | Ballroom A    |
|             |  |               |           | <b>Supportive Environments:</b> Years of Transition - University Students Recreation Participation    | MacDonald B&C |
|             |  |               |           | <b>Recreation Capacity:</b> "These Same Four Walls": Recreation Experiences of Pregnant Women         | Ballroom G    |
|             |  |               |           | <b>Recreation Capacity:</b> Nova Scotia Mentorship Program  | MacLeod ABC   |

# At-A-Glance: Conference Sessions

Day 3: Thursday, October 24, 2019

| Time       | Morning                        | Room         |
|------------|--------------------------------|--------------|
| 8:00-9:30  | <b>BREAKFAST &amp; RNS AGM</b> | Ballroom C&D |
| 9:30-10:00 | <b>WELLNESS BREAK</b>          | Ballroom C&D |

| 10:00-10:45 | Session 11  |             |
|-------------|---|-------------|
|             | <b>Active Living:</b> Keep Well Antigonish  | Ballroom G  |
|             | <b>Inclusion &amp; Access:</b> IWK - Building Inclusive and Supportive Environments | Ballroom E  |
|             | <b>Connecting People &amp; Nature:</b> The Why and How of Risky Play in Communities | Ballroom A  |
|             | <b>Supportive Environments:</b> Trail Towns and Local Trails                        | MacLeod ABC |
|             | <b>Recreation Capacity:</b> Physical Literacy Pathways - HRM's Journey              | Ballroom B  |

| 10:45-11:30 | Session 12  |               |
|-------------|---|---------------|
|             | <b>Active Living:</b> 100 Adventures in Solitude  | Ballroom A    |
|             | <b>Inclusion &amp; Access:</b> Design of Community Recreation Systems to Better Support Persons Living in Poverty | Ballroom G    |
|             | <b>Connecting People &amp; Nature:</b> Get Outside Already!   | MacDonald B&C |
|             | <b>Supportive Environments:</b> Connecting with Your Community Through Active Transportation                      | Ballroom B    |
|             | <b>Recreation Capacity:</b> Creating Safe Spaces for Recreation Front Line Leaders                                | MacLeod ABC   |

|            |                                     |     |
|------------|-------------------------------------|-----|
| 11:30-1:00 | <b>Closing Keynote:</b> David Scott | TBD |
|------------|-------------------------------------|-----|

# RNS Conference - Day 1

Tuesday, October 22, 2019

**Breakfast:** 8:00 am - 9:00 am    **Room:** Ballroom C&D

**Opening Keynote:** Patrick Manifold    **Time:** 9:00 am - 10:00 am    **Room:** Ballroom C&D

**Snack/Wellness Break:** Chair Yoga    **Time:** 10:00 am - 10:30 am    **Room:** TBD

## Conference Session 1

**Date:** Tuesday, Oct. 22    **Time:** 10:30 am - 11:15 am

**Title of Session:** How does Physical Literacy fit into LTAD?

**Presenter:** Michel Johnson    **Room:** Ballroom A

### **Session Summary:**

An interactive workshop exploring the relationship between physical literacy, fundamental movement skills, and long-term athlete/participant development. An opportunity to share thoughts and practices on creating an engaging and active environment for youth.

**Title of Session:** Influencing the Shift - Inclusive Sport and Recreation

**Presenter:** Vanessa Robertson    **Room:** Ballroom G

### **Session Summary:**

This session provides an overview of the work of the Northern Inclusion and Access to Sport and Recreation Committee. They have hired a one-year pilot Inclusion Consultant to advance the recommendations from their community data collection project and work plan. This session aims at highlighting the work completed to date and where we are going in the future.





# Conference Session 2

**Date:** Tuesday, Oct. 22 **Time:** 11:15 am - 12:00 pm

**Title of Session:** HIGH FIVE for Older Adults - A New Quality Framework

**Presenter:** Debbie Bauld

**Room:** Ballroom B

## **Session Summary:**

For the first time in Canadian history, people over the age of 65 outnumber those under the age of 15. This is expected to place additional pressure on Canada's health care system due to age-related and chronic diseases. At the same time, there is widespread acceptance of the positive impact that physical activity and social inclusion can have on overall health. After three years of research, HIGH FIVE has created a new framework to support the positive engagement of older adults in community programs. Please join us to learn about the new framework and how the principles—Mastery, Play, Participation, Friendship, and A Caring Leader—have demonstrated success in recreation settings for older adults and become the Principles of Healthy Aging!

**Title of Session:** Creating Autism Inclusive Programs in Community Recreation

**Presenter:** Yevonne Le Lacheur

**Room:** Ballroom G

## **Session Summary:**

This session will provide an overview of the program planning processes for inclusive community recreation and social setting through an autism lens. The core focus of discussion will centre around program development processes that integrate best practices for providing autism specific supports and strategies.

**Title of Session:** Para Recreation and Sport

**Presenter:** Paul Tingley

**Room:** MacDonald B&C

## **Session Summary:**

An informative talk on the para recreation and sport opportunities in Nova Scotia. Discussing the activities in demand from persons with disabilities. Working in the area where sport and recreation overlap.





# Conference Session 3

**Date:** Tuesday, Oct. 22 **Time:** 1:00 pm - 1:45 pm

**Title of Session:** Panel - Involving Girls in Non-traditional Physical Activity

**Presenter:** Krista Devoe, Janice Cogle, Amanda Thomson, Kevin Bennett **Room:** Ballroom E

**Session Summary:**

XXXXXXXXXXXXXXXXXXXXX DESCRIPTION COMING XXXXXXXXXXXXXXXXXXXXXXXX  
XX  
XX  
XX

**Title of Session:** Lower the Barriers: An Introduction to Digital Accessibility

**Presenter:** Lisa Snider **Room:** Ballroom B

**Session Summary:**

The first point of contact for many people who want to know more about recreation in their community is often a website, and/or information and application documents in PDF or Word format.

Come to this session to learn more about how to start making your recreation websites and documents more inclusive and accessible for everyone, including people with disabilities.

You will learn about the benefits of digital accessibility, the basics of the Nova Scotia Accessibility Act, how some people access digital materials, including a live assistive technology demonstration, and practical tips on how to start lowering barriers by making websites and documents more accessible for people with different disabilities.

The presentation is geared to a beginner and intermediate audience. No technical expertise is required, just have an interest in the subject.

**Title of Session:** Flying Squirrel Adventures: Facilitating Nature Connection

**Presenter:** Judy Lipp **Room:** Ballroom A

**Session Summary:**

In this session, which will (ideally) take place outside, we will share how we facilitate our all-ages nature connection program- Flying Squirrel Adventures. We'll do that by giving participants direct experience of our program in a narrated series of activities. We'll demonstrate the deliberate format and flow we apply and how we appeal to all ages (from 3 to 93+).

Flying Squirrel Adventures (FSA) is a free outdoor nature program for young and old in the heart of the Annapolis Valley.

We facilitate learning about nature IN nature by bringing people together to share, explore and grow. We will help participants connect with nature through games, activities, challenges, discussions, presentations, and more!

## Conference Session 3 - Continued

**Date:** Tuesday, Oct. 22      **Time:** 1:00 pm - 1:45 pm

**Title of Session:** Sharing the Value of Workplace Wellness

**Presenter:** Rebecca Kolstee      **Room:** MacLeod ABC

### **Session Summary:**

The Association of Municipal Administrators Wellness Program, will share some Wellness and Mental Health strategies that employers can adopt to help create healthy supportive environments. We will also share some success stories through the program and challenges.

**Title of Session:** Re-SPORT - "We have questions"

**Presenter:** Stephanie Spencer      **Room:** MacDonald B&C

### **Session Summary:**

This we know is true: if all Nova Scotians have equitable opportunities to develop and realize their potential through sport and recreation, our province and our population would be stronger. Through a collaborative effort called reSPORT, we have set out to tackle this truism like never before, seeking answers to questions like: How do we work together to remove barriers? Are there more effective or efficient models for sport delivery? How do we cultivate the multitude of transformational ideas from within our communities? How can we tackle long-standing challenges in a NEW way? One year in, we still have many questions. But what we've learned may surprise you.

## Conference Session 4

**Date:** Tuesday, Oct. 22      **Time:** 1:45 pm - 2:30 pm

**Title of Session:** Dalhousie's Recreation Orientation: An Introduction to Recreation

**Presenter:** Marisa Buchanan      **Room:** Ballroom A

### **Session Summary:**

Every year, Dalhousie University hosts a Recreation Orientation camp as an introduction for new students to meet their peers, professors, and professionals, and learn more about the field of recreation. This session provides an overview of the Recreation Orientation experience, opportunity to take part in activities.



# Conference Session 4 - Continued

**Date:** Tuesday, Oct. 22      **Time:** 1:45 pm - 2:30 pm

**Title of Session:** Supporting Girls' Resilience through Adventure Education

**Presenter:** Anja Whittington      **Room:** Ballroom B

## **Session Summary:**

This session will share current research on how girls' participation in outdoor recreation/ education supports resilience. Participants will be introduced to the Adolescent Girls' Resilience Scale - a scale designed to measure outcomes of girls' experiences. Tips for conducting program evaluations and analyzing program effectiveness to support resilience will be shared.

**Title of Session:** Creating Cultural Innovation by Connecting People & Nature

**Presenter:** Jan-Sebastian LaPierre      **Room:** Ballroom E

## **Session Summary:**

Throughout the last 5 years, A FOR ADVENTURE has had the privilege of traveling throughout North America engaging with people and partners to get more people connecting to nature. We've gleaned the best of what we've learned and redirected it towards the province we love the most. Sharing tips, stories, and useful strategies, this presentation aims to showcase how connecting people with the natural world can help drive cultural innovation across Nova Scotia and beyond.

**Title of Session:** Mi'kmaw Recreation - Holistic Approaches to Engaging FN Youth

**Presenter:** Gordon Pictou      **Room:** Ballroom G

## **Session Summary:**

This session will investigate the importance of meeting community members physical, emotional, mental and spiritual needs in all the recreation programs that are offered.

The presenters will share information about a number of different programs that have been developed by FN MPAL'S and discuss how these programs engage the whole person and the added benefits of planning to meet all four types of needs.

**Title of Session:** Help! I need a Lifeguard!

**Presenter:** Mike Maguire      **Room:** MacDonald B&C

## **Session Summary:**

In Nova Scotia, there are pools, beaches and camp programs everywhere. Many are struggling with staffing qualified lifeguards to meet the demand. This session will explore strategies and best practices in the industry to help meet this challenge.

**Snack & Wellness Break - Jingle Dance: 2:30 pm - 3:00 pm**

## **Conference Session 5**

**Date:** Tuesday, Oct. 22      **Time:** 3:00 pm - 3:45 pm

**Title of Session:** Jays Care Girls at Bat

**Presenter:** Terri Robblee

**Room:** Ballroom E

### **Session Summary:**

Girls at Bat uses baseball as a tool to enhance social and emotional skills to address the issues of low retention rates, high drop out rates and lack of access to opportunities to play in athletes' only environments. Jays care in partnership with Plan International Canada provided girls and young women who would normally sit on the sidelines, or not even go on the field, the courage to try. The initiative works towards achieving the following four goals: Connection, Courage, Leadership and Love of Sport.

**Title of Session:** Building Capacity With Newcomers for Recreation Leadership

**Presenter:** Karen Gallant

**Room:** Ballroom B

### **Session Summary:**

Empowering newcomers to develop leadership skills and create opportunities for others to engage in recreation, support newcomers to become part of, and contribute to, the cultural life of their communities. In this workshop we share learnings from an ongoing community project involving working with newcomers to promote recreation participation. Our project engages newcomers and those that support them in identifying ways to integrate into, adapt, or initiate recreation programming that is created by and for newcomers. The first step in this project is a photo project that captures visually what recreation means for newcomers. Subsequent steps involve newcomer leadership train-the-trainer on ways to support others in accessing, and integrating similar initiatives into existing programs. This interactive session will explore meanings of, barriers to, and benefits of recreation participation for newcomers, drawing on the photos and key learnings from the photo project.



# Conference Session 5 - Continued

**Date:** Tuesday, Oct. 22      **Time:** 3:00 pm - 3:45 pm

**Title of Session:** Connecting Community with Nature using Transit

**Presenter:** Meredith Baldwin      **Room:** Ballroom G

**Session Summary:**

Trips By Transit works towards a world where there are no barriers preventing us from connecting with ourselves, our communities, and the natural world. We organize free weekly adventure trips to local wilderness areas using public transit. Trips by Transit has brought more than two thousand people to the nature in last four years. In this session we will investigating barriers that exists and discuss successful models to engage and connect the community.

**Title of Session:** Sport Hub

**Presenter:** Stephanie Spencer      **Room:** MacDonald B&C

**Session Summary:**

This we know is true: if all Nova Scotians have equitable opportunities to develop and realize their potential through sport and recreation, our province and our population would be stronger. Through a collaborative effort called reSPORT, we have set out to tackle this truism like never before, seeking answers to questions like: How do we work together to remove barriers? Are there more effective or efficient models for sport delivery? How do we cultivate the multitude of transformational ideas from within our communities? How can we tackle long-standing challenges in a NEW way? One year in, we still have many questions. But what we've learned may surprise you.

**Title of Session:** Capacity Building for Evidence-based Mobility Planning (DalTrak)

**Presenter:** Ahsan Habib      **Room:** MacLeod ABC

**Session Summary:**

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**Grant Potter Memorial Hockey Game: 4:30 pm - 5:45 pm**

**Regional Games/Adapted Equipment: 8:00 pm - TBD**

**Lounge and Trivia Night: TBD**

# RNS Conference - Day 2

Wednesday, October 24, 2019

**Breakfast:** 8:00 am - 9:00 am    **Room:** Ballroom C&D

**Plenary:** Savvy Simon    **Time:** 9:00 am - 10:00 am    **Room:** Ballroom C&D

**Snack/Wellness Break:** 10:00 am - 10:30 am    **Room:** TBD

## Conference Session 6

**Date:** Wednesday, Oct. 23    **Time:** 10:30 am - 11:15 am

**Title of Session:** Walk With a Doc Colchester County

**Presenter:** Raj Makkar    **Room:** Ballroom B

### **Session Summary:**

Promoting a healthy and active life style through walking and social engagement. Local physicians and healthcare workers providing access to walking and opportunity to engage with physicians about any general medical questions.

**Title of Session:** “Play, Trust, Learn” An Introduction To Adventure Education

**Presenter:** Paul MacKinnon    **Room:** Ballroom A

### **Session Summary:**

Join the “AIM” (Adventures in Miramichi) Team for an activity-filled session introducing Adventure curriculums, including an overview of adventure principles and strategies, and guidance on how to begin to implement these strategies into daily lesson planning and delivery. Activities include non-traditional games, warm-ups, trust exercises, group problem-solving activities and use of low and high Challenge Course elements. All of the activities presented will be applicable for all levels of PE instruction, ranging from kindergarten to secondary activities, all routed in adventure.



# Conference Session 6 - Continued

**Date:** Wednesday, Oct. 23      **Time:** 10:30 am - 11:15 am

**Title of Session:** Panel Discussion - Accessibility Funding for Youth

**Presenter:** Rachel Bedingfield      **Room:** MacLeod ABC

## **Session Summary:**

Rachel Bedingfield, Chad Haughn, and Adam Dedrick will provide a panel discussion on funding they offer within with their own municipalities to access recreational opportunities for youth.

Rachel Bedingfield is the Director of Parks & Recreation for the Town of Kentville and will speak about their funding called the Spike Program.

Chad Haughn is the Director of Recreation & Parks for the Municipality of Chester and will speak on their funding called Pro Kids.

Adam Dedrick is the Director of Recreation and Parks for the Municipality of the District of Shelburne and will speak about their funding called Kids Fair Play Fund.

**Title of Session:** Hiking and its Role in Recreation Programming

**Presenter:** Janet Barlow      **Room:** Ballroom G

## **Session Summary:**

Hiking is an excellent form of programming to offer at the municipal and first nations community level. It's an easy activity in which most people can participate requiring little gear or specialized knowledge. Trails are one of the most economical forms of recreation infrastructure to build and maintain and their access to users is free. Join Hike NS for case studies and ideas on how to incorporate this growing activity into your programming.

**Title of Session:** Supportive Environments for Health, Wellness and Recreation

**Presenter:** Cindy Levesque      **Room:** Ballroom E

## **Session Summary:**

In this session, participants will learn about 3 guiding principles that help to increase settings with conditions that supports wellness and participation in recreational pursuits. Exploring a comprehensive approach, focusing on inclusiveness and equity, and building on the psychological needs of participants will support communities to become healthy and resilient and have better mental fitness. Supporting mental fitness through programs and activities can help community organizations achieve their mission and mandate and enhance community engagement.



## Conference Session 6 - Continued

**Date:** Wednesday, Oct. 23      **Time:** 10:30 am - 11:15 am

**Title of Session:** Shared Strategy/Sharing Tour – Update

**Presenter:** Graham Mounsey & Gabrielle Gallagher      **Room:** MacDonald B&C

### **Session Summary:**

As part of the ongoing relationship between Recreation NS, the recreation sector and Communities, Culture & Heritage, it is a priority to advance the Shared Strategy and take every opportunity to highlight and promote actions and progress each year. The annual recreation conference is a natural time to do this.

With a report due on the Sharing Tour from spring 2019 there will be current and relevant updates to share and discuss together as a sector.

## Conference Session 7

**Date:** Wednesday, Oct. 23, 2019      **Time:** 11:15 am - 12:00 pm

**Title of Session:** Reasons to Practice What We Preach - Multisport for Children

**Presenter:** Angie Kolen      **Room:** Ballroom B

### **Session Summary:**

This session will review the importance of multisport participation for children from a physical growth and development perspective and from a practical viewpoint. Research from the Antigonish Multisport Program will be shared as well as from the university/community programs that promote physical activity: Fit 4 Life and Fit 4 Tots.

**Title of Session:** Inclusion for Mental Health as a General Inclusion Approach

**Presenter:** Emily LeGrand      **Room:** Ballroom A

### **Session Summary:**

As more people took the Recreation for Mental Health Project's training this past winter, an exciting thing became clear. Figuring out how to better include people with mental health challenges in recreation is a similar process to figuring out how to include anyone we don't readily attract into our activities. And because recreation is much broader than we often think, the Guidelines for Welcoming Spaces at the core of the Recreation for Mental Health training is applicable to anyone aspires to reach "beyond the choir" in the non-profit, community, business, spiritual/religious and activist realms. Learn about these Guidelines and discover insights to help you reach new audiences in your work.

# Conference Session 7 - Continued

**Date:** Wednesday, Oct. 23, 2019    **Time:** 11:15 am - 12:00 pm

**Title of Session:** Playground and Trail Liability Constraints

**Presenter:** Garnet McLaughlin    **Room:** Ballroom G

**Session Summary:**

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**Title of Session:** Extending Our Reach: Community Leaders Program

**Presenter:** Erin Thomson    **Room:** MacLeod ABC

**Session Summary:**

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**Lunch:** 12:00 pm - 1:00 pm

# Conference Session 8

**Date:** Wednesday, Oct. 23    **Time:** 1:00 pm - 1:45 pm

**Title of Session:** N.S. 55+ Games: Our Demographic is Growing Fast; Lets Keep It Active!

**Presenter:** Bruce MacArthur    **Room:** MacDonald B&C

**Session Summary:**

The session will present what the NS 55+ Games Society does, who we serve, the present and projected demographics of our cohort, and also a discussion of how we can work together with and encourage organized recreation in N.S. to serve the over 55 + population province-wide in the future. The session will also include our goals, history, growth, our activities both Provincially and Nationally and a look to the future of our organization here in the Province of Nova Scotia.

# Conference Session 8 - Continued

**Date:** Wednesday, Oct. 23

**Time:** 1:00 pm - 1:45 pm

**Title of Session:** Creating Inclusive Physical Literacy Environments

**Presenter:** Cindy Levesque

**Room:** Ballroom B

## **Session Summary:**

In this session, participants will explore the Inclusion Spectrum and brainstorm solutions to overcoming barriers for participation in physical activity using a Universal Accessibility approach. Participants will leave with a variety of tips/tricks, resources, and tools on how to effectively implement quality inclusive physical literacy environments.

**Title of Session:** Advancing Recreation in Nova Scotia Through Public Lake Access

**Presenter:** Marisa Buchanan

**Room:** MacLeod ABC

## **Session Summary:**

Nova Scotia is home to thousands of lakes, yet access to this resource is often limited. This presentation explores the potential of increased public lake access in relation to the Shared Strategy for Advancing Recreation in Nova Scotia.

**Title of Session:** Mindshift

**Presenter:** Terri Peace

**Room:** Ballroom G

## **Session Summary:**

MindShift is a powerful theatrical and multi media performance designed and performed by youth working with the Halifax Regional Adventure Earth Centre that asks all of us to shift our awareness and actions to make sustainability a core value in our lives, workplaces and communities.

The Halifax Adventure Earth Centre MindShift team has provided numerous large keynote presentations over 8 years, including for the national Canadian Environmental Education conference and the provincial Recreation Nova Scotia conference, as well as to more than a thousand HRM staff, council members, the Mayor, Nova Scotia Premier, plus a wide range of smaller conferences.

It has been over 10 years since the last time they presented at the conference. It was voted one of the best presentations.



# Conference Session 8 - Continued

**Date:** Wednesday, Oct. 23      **Time:** 1:00 pm - 1:45 pm

**Title of Session:** Learn 2 Lead - How Municipalities are Supporting Non-Profits

**Presenter:** Vicki Weaver

**Room:** Ballroom E

## **Session Summary:**

Developing volunteer capacity in our local service organizations is a priority for most municipalities, but when you live in a rural area and most training happens in urban centres, how do you make it happen? You bring the training to them! Our three municipal units have partnered to create an innovative training program that is really working! This session will highlight the creation of the program, as well as lessons learned through our first three series.

# Conference Session 9

**Date:** Wednesday, Oct. 23      **Time:** 1:45 pm - 2:30 pm

**Title of Session:** Syrian Canadian Sport Players

**Presenter:** Daniel & Ingrid Robinson

**Room:** Ballroom G

## **Session Summary:**

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**Title of Session:** Case Study on Accessibility

**Presenter:** Max Chauvin

**Room:** Ballroom B

## **Session Summary:**

The Zatzman Sportsplex has recently completed a 28 million dollar renovation of their facility. Join us as staff walk us through their journey to be more accessible and inclusive to everyone in their community. They will share lots of things that worked and a couple of things that didn't.



# Conference Session 9 - Continued

**Date:** Wednesday, Oct. 23

**Time:** 1:45 pm - 2:30 pm

**Title of Session:** Inclusion and Access: A Framework for Positive Change

**Presenter:** Rachel Bedingfield

**Room:** Ballroom E

## **Session Summary:**

Inclusivity requires a comprehensive approach where all partners involved agree to their roles and responsibilities in creating welcoming, inclusive, and accessible environments. This means working well beyond the legal requirements for accessibility for the province of Nova Scotia. The standard of inclusivity and sense of welcomeness that we strive for, beyond what is legally required, is a decision that should be explored as a community, as organizations, and as a sector, in order to ensure consistency in service, and responsible and purposeful spending. This Framework, and the tools and resources we have compiled to support its implementation, aims to support your work in your organization and communities. Only when we start to work together will change happen so that all persons in our province are able to access - and benefit from - the power of recreation.

**Title of Session:** A Shared Strategy for Trails in Nova Scotia

**Presenter:** Beth Pattillo

**Room:** MacLeod ABC

## **Session Summary:**

The newly launched Shared Strategy for Trails in Nova Scotia reflects a shared vision and commitment to action by trail stakeholders and various levels of government. It focuses action on the main issues and concerns that the trails community as a whole agrees need to be addressed. It provides the framework, principles, priorities and guidance necessary for the trails community to develop and maintain a quality system of trails that contributes in a meaningful way to the quality of life of all Nova Scotians.

**Title of Session:** Creating Supportive Environments for and with Youth

**Presenter:** Laura Swaine

**Room:** Ballroom A

## **Session Summary:**

This engaging and interactive session will help you build capacity and understanding of youth engagement approaches and frameworks and how it can benefit retention and involvement in recreation, sport and physical activity.



## Conference Session 9 - Continued

**Date:** Wednesday, Oct. 23      **Time:** 1:45 pm - 2:30 pm

**Title of Session:** Quality Physical Literacy Experience (QPLE)

**Presenter:** Tom Fahie

**Room:** MacDonald B&C

### **Session Summary:**

Physical Literacy is the common thread through all sport and recreational activities from a very young age to the sunset years. All activity programming should be driven by the tenets of PL when planning activity sessions. Sport for Life has developed a PL course which was piloted by Recreation Nova Scotia last year in 9 workshops. This session will outline the course and present a summary of the pilot.

**Snack/Wellness Break:** 2:30 pm - 3:00 pm      **Room:** TBD

## Conference Session 10

**Date:** Wednesday, Oct. 23      **Time:** 3:00 pm - 3:45 pm

**Title of Session:** Active Living - Influenced by Community Design

**Presenter:** Cindy Levesque

**Room:** Ballroom B

### **Session Summary:**

People's choices are influenced and impacted by the built environment they live, work, learn and play in, which in turn affects their health. The built environment is the sum of the human-made surroundings and natural environments in a community; including buildings and spaces (homes, schools, workplaces, neighbourhoods, parks, trails, industrial/commercial areas, etc), the products they contain, and the infrastructure (transportation, energy and agricultural systems) that links and supports them.

A growing body of literature has linked the built environment to many public health concerns including; physical inactivity, obesity, cardiovascular disease, diabetes, asthma and other respiratory diseases, mental health, injuries and social/health inequities. However; the literature also shows that designing healthier built environments can have positive preventive impacts on health by making the healthy, active choice the safe and easy choice!

A growing body of literature has linked the built environment to many public health concerns including; physical inactivity, obesity, cardiovascular disease, diabetes, asthma and other respiratory diseases, mental health, injuries and social/health inequities. However; the literature also shows that designing healthier built environments can have positive preventive impacts on health by making the healthy, active choice the safe and easy choice!

# Conference Session 10

**Date:** Wednesday, Oct. 23

**Time:** 3:00 pm - 3:45 pm

**Title of Session:** Mental Health Community Reintegration: Successes and Challenges

**Presenter:** Heather Baker

**Room:** Ballroom E

## **Session Summary:**

The session will focus on the successes and challenges of working with individuals living with long-term mental illness in effectively reintegrating into their natural communities. Recreation Therapists focus on supporting these individuals by utilizing the APIE process allowing for appropriate identification and access of community recreation resources. Through the description of this process and with the help of case examples, key learning experiences will be shared. Presenters hope to inspire a discussion that may further improve access to community based resources for marginalized populations.

**Title of Session:** Connecting Nova Scotians to Nature - NSON

**Presenter:** NSON

**Room:** Ballroom A

## **Session Summary:**

This session will host a panel - representatives from the Nova Scotia Outdoor Network. Speaking to great work happening across NS to better connect Nova Scotians to Nature. (NSON is a project of Rec NS)

**Title of Session:** Years of Transition - University Students Recreation Participation

**Presenter:** John Hudec

**Room:** MacDonald B&C

## **Session Summary:**

Strong efforts developing fundamental movement and sport skills in children and youth are underway. One point of transition lacks consideration when proponents promote active recreation and sport for life. This presentation reviews participation motives, barriers, facilitators and equity providing opportunity for college and university students to transition to compete or be fit for life.



# Conference Session 10 - Continued

**Date:** Wednesday, Oct. 23

**Time:** 3:00 pm - 3:45 pm

**Title of Session:** “These Same Four Walls”: Recreation Experiences of Pregnant Women

**Presenter:** Annie Laura Shannon-Dwyer

**Room:** Ballroom G

## **Session Summary:**

We need to do better to improve the quality of care women on bed rest receive. This study has the potential to spark change in the way the healthcare system values recreation in Women and Newborn’s health. This project was conducted using an explorative case study design with data gathered through participant journaling and hour-long one-on-one interviews. This study engaged participants in critically assessing their recreation opportunities and engagement on hospitalized bed rest. Research question: How do patients in perinatal care engage in meaningful leisure activities? What is the potential for Recreation Therapy as a mean of improving patient experiences? I saw this study as an opportunity to hear the voiced experiences from pregnant women on hospitalized bed rest with the potential to educate and instill the value of recreation in Women’s health.

**Title of Session:** Nova Scotia Mentorship Program

**Presenter:** Kirsti Mason

**Room:** MacLeod ABC

## **Session Summary:**

Kirsti Mason, Community Coaching Lead at Canadian Sport Centre Atlantic will provide a brief overview of the Nova Scotia Mentorship Program. The Nova Scotia Mentorship Program is a new initiative with a goal of pairing experienced Nova Scotia community coaches with upcoming, committed coaches that are looking to grow in their roles. This program increases the opportunities for coaches to work with those in other sports and see what other contexts look like which aids in increasing the success rates of upcoming coaches. Following the presentation, a panel of participants in the mentorship program will highlight the benefits of this experience.



# RNS Conference - Day 3

Thursday, October 24, 2019

**Breakfast & RNS AGM: 8:00 am - 9:30 am    Room: Ballroom C&D**

**Wellness Break: 9:30 am - 10:00 am    Room: Ballroom C&D**

## Conference Session 11

**Date:** Thursday, Oct. 24    **Time:** 10:00 am - 10:45 am

**Title of Session:** Keep Well Antigonish

**Presenter:** Ann Bigelow

**Room:** Ballroom G

### **Session Summary:**

The session will describe the Keep Well Antigonish Exercise and Wellness Program for Seniors, which was started in 2018. The program is an initiative from diverse sectors of the Antigonish community that came together to promote our seniors' physical health and increase their social connectedness that benefits their mental health. The program involves weekly two-hour sessions that are free to seniors. One hour is exercise geared to seniors (general fitness or chair-yoga) and one hour is wellness programming that varies weekly (e.g., talk by a nutritionist, mindfulness activities). Participants are also informed about other programs in the community for seniors and events/activities of interest to seniors. Informal social time with healthy snacks occurs each week. The target population is older adults (average age: mid-70s; age range to date: 55-97), who will become at-risk or vulnerable for care unless they maintain or strengthen their fitness level. Our program takes place at the People's Place Library, which is in the center of the town of Antigonish, accessible, has parking, and is on the public Community Transit bus route that serves town and county residents. The program runs in three 12-week sessions: Fall (September-December), Winter (January-March), Spring (April-June). We have about 50 people in each session, with substantial numbers on wait lists. Approximately half of the registrants are from Antigonish town and half are from Antigonish county. The goal is to keep older people healthy and fit longer.







# Conference Session 12 - Continued

**Date:** Thursday, Oct. 23      **Time:** 10:45 am - 11:30 am

**Title of Session:** Connecting with Your Community Through Active Transportation

**Presenter:** Stephanie Johnstone-Laurette      **Room:** Ballroom B

## **Session Summary:**

Are you curious about how to increase support for walk-to-school initiatives in your community? Want to encourage relationships between schools, municipalities, and the seniors community? Join us for a session that explores some of the Ecology Action Centre's active transportation programs and pilots that look to:

- offer social connectedness through an inter-generational walking activity for children and seniors
- provide community cohesion while encouraging walking & biking for children and youth
- encourage more youth engagement in community-based active transportation initiatives

**Title of Session:** Creating Safe Spaces for Recreation Front Line Leaders

**Presenter:** Mike Hudson      **Room:** MacLeod ABC

## **Session Summary:**

Over the past few months there has been much media attention given to issues of harassment, discrimination and abuse in Sport. The province of Nova Scotia is committed to creating policy and supporting practice to support safe spaces in the sport and recreational setting. This session will look at current best practice and policy and explore how this can positively impact the recreation sector.

**Closing Keynote:** David Scott      **Time:** 11:30 am - 1:00 pm      **Room:** TBD

-----End of Sessions-----



# Regional Games

**Date:** Tuesday, Oct. 22    **Time:** 8:00 pm -TBD    **Room:** TBD

The 2019 Recreation Nova Scotia Conference Presents:

## **The Regional Chase**

This years theme is

# **SUPERHEROES**

Points awarded for best superhero costume, team spirit & event wins.

\*This year we're also giving points for participation in wellness events, socials, and more! These points go towards a regions overall score.\*

**Come ready to play!**

**Gather your all-star squadron for The Regional Chase**



**Date:** Tuesday, Oct. 22nd

**When:** 8:00 PM

**Where:** Best Western Glengarry

# Grant Potter Memorial Hockey Game

**Date:** Tuesday, Oct. 22 **Time:** 4:30 pm - 5:45 pm

**Location:** Colchester Legion Stadium, 14 Lorne Street, Truro

**Contact:** Joel Dawe **Email:** [jdawe@truro.ca](mailto:jdawe@truro.ca) **Cell:** 902-956-1442

## **Background:**

The annual Grant Potter Memorial Hockey Game (GPM) is a tradition of the RNS conference. The GPM is about being social, having fun, staying active, as well as honouring and celebrating the life and memory of Grant Potter.

Grant Potter was born in Annapolis Royal and was a graduate of Annapolis West Education Centre, Acadia University and New Brunswick Bible Institute. He worked as the Recreation Director for the Town of Annapolis Royal for many years. He absolutely loved sports of every kind; especially hockey and softball and was an avid Boston Bruins fan. He enjoyed all forms of nature and recreation; he loved to go beachcombing with his children and producing Parker Mountain Gold maple syrup. He constructed a floor hockey area upstairs in his barn and an outdoor rink for his children and many others from the neighbourhood. Survived by his loving wife of 17 years, Gina and his beloved daughters Vashti and Kyla and son Brett, whom he adored (excerpts taken from his obituary). Grant died in a motor vehicle accident on Sept 16, 2010.



## **Additional Activities**

This year, in addition to the hockey game will be adding two other options for participation during the hockey game, to allow those who don't play hockey to still have the chance to do activities with colleagues.

### **The additional options include:**

1. Stick Curling – this will take place at the local curling club, and participants will have the chance to participate in an adaptive curling game, highlighting how simple adaptations can be made to allow all to individuals to participate in sport and recreation.
2. Atlatl – a native Mi'kmaq activity, this is a for throwing darts and spears. The atlatl consists of a small piece of wood that serves as a launcher for a three-foot-long wooden dart, which has a notched end that lines up with the atlatl. The Mi'kmaq used this tool for hunting, that participants will get the chance to try their hand at (no animals will be harmed) This event will be hosted by the Mi'kmawey Debert Cultural Centre.



# Thanks to our Sponsors



-----More to come-----

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