



FOR IMMEDIATE RELEASE
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News Release

Recreation in Nova Scotia thrives despite COVID-19

May 19, 2020 – The un-precedented reality of COVID-19 has impacted traditional venues of recreation throughout Nova Scotia. Despite these challenges, the recreation sector in Nova Scotia continues to go above and beyond in delivering its services in creative ways.

Research shows that recreation is fundamental for our well-being. “When something is taken away, we long for it more and realize how important it was to us,” said Recreation Nova Scotia executive director Crystal Watson. “During the state of emergency, we learned very quickly about the importance of recreation in our lives for our overall health – social, psychological, and physical. It’s great that we’re finding new ways to ensure we maintain our health in our current situation”.

Organizations throughout the province have adapted to the various challenges brought on by COVID-19. They continue to support Nova Scotians through recreation activities and programs online.

To promote mental and physical activity amongst youth, Truro Parks and Recreation Culture have launched their “Isolation: What to do?” campaign. The campaign shares a series of activities and crafts children and families can do in their home. The activities are accessible, unique and shared daily on their Facebook page.

In their Daily Dose of Nature initiative, Active Pictou County is showcasing nature experiences to be had from the comfort of your own backyard or in your neighborhood. Each day, a nature photo is shared on social media along with an outdoor activity.

To re-energize its community, the Municipality of the District of Lunenburg started an online recreation program. They conduct online activities that are hosted and promoted by community members. The locally-made program has fostered a sense of security and togetherness during this difficult time.

“Being able to ‘recreationally reconnect’ with a familiar instructor and knowing that this was hosted from their own local recreation department, was reassuring to them.” Said Lunenberg’s active living coordinator Karen Geddes-Selig and recreation program coordinator Tissy Bolivar.

These are just a few highlights of initiatives happening in communities throughout Nova Scotia. Despite restrictions put in place, the recreation community continues to deliver valuable resources, boost spirits and remind people that we will get through this together.

About Recreation Nova Scotia:

Recreation Nova Scotia is a provincial, not-for-profit organization. In partnership with the volunteers and professional recreation community, Recreation Nova Scotia advocates on behalf of all Nova Scotians for recreation and leisure opportunities to promote the values and personal, social, economic, and environmental benefits of recreation and leisure. For more information visit: www.recreationns.ns.ca.

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