

**TOWN OF LOCKEPORT
POLICY STATEMENT**

Policy #GG- 033

**AFFORDABLE ACCESS
TO RECREATION**

**Effective Date:
September 10, 2018**

**Revision Date:
February 15, 2024**

1. Definitions

- 1.1 Recreation - The experience that results from freely-chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community well being. Recreation experiences include participation in physical activity and sport, and in artistic, cultural, social and intellectual activities. Spiritual wellbeing may be enhanced through connecting with nature, helping others through volunteering, engaging in artistic expression and other forms of recreational experiences. Recreational activities can be structured and unstructured. Many are done with other people while others are done alone.**
- 1.2 Recreation program - Organized activities of a recreation, sport, art, or cultural nature that may be self-directed or instructional, providing skill development in a particular leisure pursuit.**
- 1.3 User Fees - A sum of money paid by the individual who chooses to access a service or facility. The individual pays directly for something they want and receive what they have paid for.**

2. Policy Vision Statement

The Town of Lockeport recognizes the many benefits of participating in recreation opportunities and promotes the full participation of all Lockeport residents in recreation programs regardless of financial circumstances. Programs and services will be planned, delivered and evaluated to ensure they are affordable, inclusive and responsive to need and interests.

Everyone is engaged in meaningful, accessible recreation experiences that foster:

Individual Wellbeing : Individuals will have optimal mental and physical wellbeing and be engaged and contributing members of their families and communities;

Community Wellbeing : Communities are healthy, inclusive, welcoming, resilient and sustainable;

Wellbeing of Places and Spaces: Natural and built environments are appreciated, nurtured and sustained, eg. stewardship of beaches and other natural spaces.

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3. Rationale

- 3.1 Recreation is a fundamental human need in all ages and stages of life. People participate in recreational activities for fun, enjoyment, fitness, health, social interaction, creative expression, a desire to connect with nature, relaxation and to enhance their quality of life. Investments in the development of people through recreation are essential to creating healthy individuals and communities.**
- 3.2 Canadian statistics indicate that as of 2016, Nova Scotia had the highest percentage of children living in poverty in the entire country. A quarter of children under the age of six in Nova Scotia live in low-income households and this number has not improved in over ten years. The same census indicated that in the Town of Lockeport, over 40% of citizens over the age of fifteen earned less than \$20,000 per year.**
- 3.3 Low income residents, individuals and families, experience barriers to participation that include lack of awareness or information about local opportunities for recreation, physical activity and sport. Additional barriers include: literacy, mental health restrictions, registration fees, transportation, cost of equipment; clothing, eg. uniforms.**
- 3.4 Documented research from the health, crime prevention, sport/recreation and social services sectors indicates that recreation participation enables the following:**
- Develop skills and competencies;**
 - Be exposed to program leaders and positive adult role models;**
 - Achieve better physical and mental health;**
 - Develop psychosocial skills;**
 - Improve self-esteem, academic performance, peer and family relationships;**
 - Acquire pro-social values and develop life skills such as leadership, decision-making and problem solving;**
 - Form healthy habits that can be maintained throughout their lives;**
 - Participate, volunteer and take pride in their community; and**
 - Have fun and be with friends.**

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3.5 Research has shown that an investment in a preventative health model that includes recreation has significant economic returns. It is better to be proactive than have to be reactive.

3.6 Goal #2 of the *Shared Strategy for Advancing Recreation in Nova Scotia* is to “Increase inclusion and access to recreation for populations that face constraints to participation”. The aim of Nova Scotia Priority 2.1 is “Constraints to participation in recreation experiences for all children and youth are eliminated.”

4. Scope

This policy details the means used to ensure that the recreation and parks programs, services, and facilities delivered by the Town of Lockeport Recreation Department are affordable for participants.

5. Policy Objectives

5.1 Increase the number of FREE community recreation opportunities thus reducing financial barriers to participation.

5.2 Increase inclusion and access to recreation for populations that face constraints to participation, ie. implement targeted outreach.

5.3 Increase participation of families and individuals in recreation programs by promoting the benefits of recreation for physical and mental health, social inclusion, and constructive use of leisure time.

6. Policy Actions

6.1 Provide reduced rates for families.

6.2 Provide access to funding support for recreation sport, and cultural opportunities for children and youth ages 4 to 18 in Shelburne County through the Kids Fair Play FUND.

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- 6.3 Facilitate access to funding support from N.S. Kidsport.**
- 6.4 Facilitate access to funding support from Canadian Tire Jumpstart through the co-branded Kids' Fair Play FUNd and Canadian Tire Jumpstart to provide funding support for children and youth in Shelburne County for registration, equipment, and transportation.**
- 6.5 Provide reduced fee or no fee programs.**
- 6.6 Provide low cost programs through Community Use at LRHS.**
- 6.7 Promote use of Municipal Facilities: Roods Head Park; Volunteers Athletic Fields; Lockeport Recreation Centre; Seacaps Park including Seaside Play Park; Helen Ghent Tennis Courts; Lillian Benham Library; Little School Museum; Crescent Beach Centre; trails and beaches.**
- 6.8 Facilitate access to recreation equipment (loan or rental).**
- 6.9 Recruit and encourage parents to volunteer to be involved in the organization and delivery of their children's recreation activities thus keeping the registration fees low.**
- 6.10 Coordinate a sport, recreation, and cultural equipment exchange program.**
- 6.11 Encourage partnerships with community recreation providers that encourage and ensure "Recreation for All" in cooperation with agencies that support low-income families in Shelburne County, eg. share skilled, trained leadership and other resources.**
- 6.12 Promote and encourage free outdoor unstructured play, as this is available to all at no cost.**

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- 6.13 Include questions on community surveys and program evaluations about affordability and access.**
 - 6.14 Compile a list of low or no cost recreation opportunities available to Town of Lockeport residents and share the list to promote the opportunities and benefits to target populations.**
 - 6.15 Offer multigenerational programming to increase or share the ability to play.**
 - 6.16 Explore providing more FREE opportunities for all targeting promotion of fundamental movement skills and physical literacy.**
 - 6.17 Provide Leisure Education professional development and training for Recreation Staff, paid and volunteer.**
 - 6.18 Recreation Staff will develop and deliver Leisure Education program that will raise the awareness of the value of recreation and leisure for individuals of all ages and families as well as the opportunities that are or could be available to them.**


7. Accountability

The Community Coordinator is responsible for reviewing and reporting annually on the progress of the implementation of the Policy.

Town Clerk/Treasurer's Annotation For Official Policy Book

Date of Passage of Current Policy: September 10, 2018

I certify that this Policy was adopted by Council as indicated above.


Town Clerk/Treasurer

September 12, 2018
Date

February 15, 2024
Revision Date: