

Rec Room!

VOLUME 1. edition 3

March 2003

Professional Development Opportunities

Canadian Playground Safety Institute (CPSI)
2003 Spring Course Schedule

The Canadian Parks and Recreation Association has finalized the CPSI program schedule for playground safety training courses for 2003. This program will assist you in providing safe quality play environments for children by teaching you and your staff how to make your play spaces and equipment safer through compliance with the CSA-Z614 standards, which were developed by the Canadian Standards Association. This program is comprised of both a theory course that will help you understand these very technical standards and a practical course to learn how to conduct a hands-on inspection/audit of your play space.

Below is a list of upcoming courses - please register now to reserve your spot and receive your course materials early. For a complete listing of 2003 courses and information on the program including program structure, course descriptions and certification, please visit the CPRA web site at www.cpra.ca.

Theory Course

TBD	Whitehorse, YK
February 17-18	Montreal, PQ (Français)
February 24-25	Nanaimo, BC
February 27-28	Saskatoon, SK
March 6-7	Toronto, ON
March 17-18	Halifax, NS
April 28-29	Sudbury, ON

Practical Course

February 20-21	Winnipeg, MB
March 3-4	Ottawa, ON
March 10-11	Edmonton, AB
March 13-14	Richmond, BC
March 20-21	Fredericton, NB
March 24-25	Toronto, ON
March 27-28	Regina, SK



Canada's National Parks and Recreation Conference and Trade Show

October 1-4, 2003

Montreal, Quebec

Sponsored by the Canadian Parks and Recreation Association in association with the Association québécoise du loisir municipal.

www.cpra.ca

Interim CF Aquatics and Water Safety Policy

The interim CF aquatics and water safety policy specifies the operating guidelines for programs and services in CF pools and waterfronts. The policy is designed to meet specific military requirements and conditions, while incorporating the standards and best practices of accredited aquatic agencies. By providing a more thorough reflection of current aquatics practices, the policy presents a course of action that will best serve the CF member and the military community.



For more information on the interim aquatics policy please consult the CFPSA website at: http://www.cfpsa.com/en/psp/Recreation/policy_e.asp

**Did you know?
26 July is Drowning
Prevention Day**



**2003 Canadian Aquafitness Leaders
Alliance (CALA) Conference
'Exclusively Water'
May 30-June 1
The Etobicoke Olympium**

For more information refer to the
CALA website at:

www.calaine.org

National Youth Model Update

In November a situation report on the status of the National Youth Programs and Services Model was distributed (reference A). The report provided an overview of the conceptual framework of the proposed Youth Model and included several significant upcoming activities.

One of these activities was the electronic distribution of key information and findings generated as part of the Youth Model development process.

Two notable documents were produced by the SMC Group during the development of the Youth Model. The first was authored by Anne Robinson and is titled Canadian Youth Trends. The second is the Interim Report submitted by the SMC Group at around the mid-point of the project. Both documents are attached for your information.

Should you or your staff have any questions or wish further information, please contact the undersigned or Anne-Marie Vaz, DMFS 8 at (613) 992-2328, or Laurie Ogilvie, NRYSM at (613) 995-7802.

Should you wish to receive copies of these reports please feel free to contact Laurie Ogilvie (NRYSM) or Lara Rooke (NRYSC).

Grading Grown-ups – American adults report on their real relationships with kids

A 2001 American study examined the relationship between the ways in which adults believe they should engage in young people's lives versus the ways in which they actually do engage. What follows is an excerpt from the 2001 study 'A Nationwide Study from Lutheran Brotherhood and Search Institute'

Released January 9, 2001, Minneapolis, Minnesota
Report Authors: Peter C. Scales, Peter L. Benson, and Eugene C. Roehlkepartain

Further information can be found on the Search Institute web page at <http://www.search-institute.org/>

American adults agree to a surprising degree on what kids need from them. But most adults don't act on their own beliefs. That's the conclusion of a first-of-its kind national study examining adult involvement in the lives of young people outside their own families. In fact, just one in 20 adults is actively engaged in promoting young people's healthy development.

The study asked adults about 19 positive actions adults can take to help young people thrive, based on Search Institute's framework of 40 [developmental assets](#). The study found at least 70 percent of adults believe that nine of these 19 asset-building actions are "most important" in adult relationships with children and youth outside their own family, including . . .

- encouraging success in school;
- teaching shared values, such as equality, honesty, and responsibility;
- teaching respect for cultural differences;
- giving financial guidance; and
- having meaningful conversations.

Despite this broad consensus, the study also found major gaps between what adults say is important and how they act on all but two of the actions studied. Consider these examples:

- Though 75 percent of adults say that it is most important to have meaningful conversations with children and youth, just 34 percent of adults actually have such conversations.
- Though 77 percent of adults reported that it was most important to teach respect for cultural differences, just 36 percent do so.

Recreation and youth websites

Canadian Fitness and Lifestyle Research Institute

- <http://www.cflri.ca/>

CFLRI enhances the well-being of Canadians through research and information about physically active lifestyles.

Recreation Therapy - <http://www.atra-tr.org/>

The American Therapeutic Recreation Association website provides information and resources on therapeutic recreation and its importance.

Go for Green - <http://www.goforgreen.ca/>

A national non-profit organization that encourages Canadians to pursue healthy, outdoor physical activities, while being good environmental citizens. It identifies and shares community-driven solutions.

Recreation Therapy Directory - <http://www.recreationtherapy.com/rt.htm>

This directory contains information, resources, links and news related to therapeutic recreation.

US Army Morale, Welfare and Recreation - <http://www.armymwr.com/>

Check out what our colleagues south of the border are doing to provide programs and services for the military community.

The Journal of Leisurability – <http://www.lin.ca/leisurability.htm>

The Journal of Leisurability is a quarterly journal which publishes articles concerned with leisure, disability, community, advocacy and integration.

Did you Know?

- Girls are less active than boys. Women are increasingly less active than men.
- There is growing evidence that physical activity programs have a positive impact on youth at risk, particularly children and youth living in poverty, new immigrants and young girls
- Girls who are active in sports are 90% less likely to use drugs and 80% less likely to have an unwanted pregnancy.
- Girls become less active as they grow up. Between the ages of 5 and 12, 56% of girls are not active enough. In the teen years, the number is 70%.
- 62% of girls are not considered active enough for optimal health benefits.

What Adults Believe Versus What They Do

A Summary of Positive Actions Examined in *Grading Grown-Ups: American Adults Report on Their Real Relationships with Kids*

The vast majority of American adults believe it is important to be positively engaged in helping young people grow up healthy. Indeed, at least 70 percent of adults across a wide spectrum of society say that the first nine actions in the chart below (including one that fell within the margin of error at 68%) are “most important” for adults to do with young people.

However, few adults actually engage in these positive behaviors with young people. Indeed, for only two of the actions—which we call “social norms”—do a majority of adults both believe the action is important and actually engage in the positive action. For most of the positive actions, there is a major gap between beliefs and actions.

The following chart shows the percentages of adults who said that each action is “most important” and the percentages of adults who report that other adults around them engage in the action (a proxy measure of adults’ own engagement). The top nine actions reflect actions about which there is a broad consensus about their importance, suggesting that they are “social values.” The remaining 10 actions have less support and can be considered “personal values.” Keep in mind, however, that at least half of adults believe that all but one of these actions is “most important” (including those actions that fall within the 4 percent margin of error of 50 percent).

19 Positive Ways that Adults Can Contribute to the Healthy Development of Children and Teenagers	Action Is “Most Important”	Practice the Action*
Social Norms**		
Encourage success in school —Encourage kids to take school seriously and do well in school.	90%	69%
Expect parents to set boundaries —Expect parents to enforce clear and consistent rules and boundaries.	68%	67%
Social Values***		
Teach shared values —Teach kids the same core values as other adults do, such as equality, honesty, and responsibility.	80%	45%

Teach respect for cultural differences —Teach kids to respect the values and beliefs of different races and cultures, even when those values and beliefs conflict with their own.	77%	36%
Guide decision making —Help kids think through the possible good and bad consequences of their decisions.	76%	41%
Give financial guidance —Offer young people guidance on responsibly saving, sharing, and spending money.	75%	36%
Have meaningful conversations —Have conversations with kids that help adults and young people “really get to know one another.”	75%	34%
Discuss personal values —Openly discuss their own values with kids.	73%	37%
Expect respect for adults —Expect kids to respect adults and elders as authority figures.	84%	42%
Personal Preferences****		
Report positive behavior —Tell parent(s) if they see a child or teenager doing something right.	65%	22%
Ensure well-being of neighborhood kids —Feel responsible to help ensure the well being of the young people in their neighborhood.	63%	35%
Report misbehavior —Tell parent(s) if they see the child or teenager doing something wrong.	62%	33%
Discuss religious beliefs —Openly discuss their own religious or spiritual beliefs with kids.	60%	35%
Pass down traditions —Actively teach young people to preserve, protect, and pass down the traditions and values of their ethnic and/or religious culture.	56%	38%
Know names —Know the names of many kids in the neighborhood.	50%	34%
Seek opinions —Seek kids’ opinions when making decisions that affect them.	48%	25%
Provide service opportunities —Give kids lots of opportunities to make their communities better places.	48%	13%
Model giving and serving —Volunteer time or donate money to show young people the importance of helping others.	47%	16%
Give advice —Give advice to young people who are not members of the family.	13%	17%

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Granting Organizations

Recognizing the increasing importance of seeking outside sources of funding we will be highlighting two or three organizations in each edition of the Rec Room which have a history of granting funds to sport, recreation and youth initiatives.

The Birks Family Foundation

Suite 534

606 rue Cathcart

Montreal, Quebec H3B 1K9

Funding information including application procedure, types of support and funding restrictions are available on the Birks Family Foundation website at <http://www.birksfamilyfoundation.ca/>.

Jackman Foundation

PO Box 166, TD Tower

66 Wellington Street West

Toronto, Ontario M5K 1H6

Contact: Laura W. Mayne, Secretary-Treasurer

Phone: 146-366-8567

Fax: 416-367-2339

Email: fjackman@invictainvestments.com

Website: None

Funding Interests: Arts and Culture; community services; family services; sports and recreation.

Funding restrictions: None


Application procedure: Applications should include an outline of the project, the amount being requested, the total cost of the project, financial statements and charitable registration number.

Application deadline: Funding decisions are made throughout the year.

Average grant range: \$500-\$1000





 Our thanks to the National Football League who generously donated footballs to the National Recreation and Youth Program.