



Recreation and Parks Association of the Yukon

2015-16 Year-End Report

June 2016

Prepared by:

C. Sparks Consulting

Whitehorse, Yukon

Message from the Executive Director

RPAY's 2015-16 annual report describes the ways in which our organization encourages and supports 'active, healthy lifestyles through recreation and parks'. With a focus on community building and leadership development, our valued and dedicated team of staff and core contractors delivered a broad range of programs, services and activities throughout Yukon.

On behalf of RPAY, I would like to extend a very special thank you to Currie Dixon, Minister of Community Services for initiating operational funding for our organization. Previously, RPAY applied annually to the Yukon Recreation Advisory Committee. The shift to operational funding demonstrates Yukon Government's commitment to, and Minister Dixon's belief in, the potential of recreation and parks to positively impact the health and well-being of Yukon people and communities.

Once again, we extend our heartfelt appreciation to Yukon Government (YG) Sport and Recreation Branch. RPAY is able to deliver active living programs and develop recreation leadership throughout Yukon because of their support. Financial contributions from the Public Health Agency of Canada, YG Health and Social Services, and Yukon Education enhance our collective capacity to implement the goals of RPAY's Strategic Plan and the Yukon Active Living Strategy.

RPAY's approach is rooted in the principles of community development. We believe all sectors must work together to create environments that will engage Yukoners in active, healthy living. Our efforts focus on strengthening connections with and between communities, and on building community leadership and capacity to sustain meaningful recreation and parks opportunities. The Tri-Territorial Recreation Training (TRT) initiative is a good example of this approach.

In January 2016, the TRT Team was awarded \$600,000 from the Arctic Inspiration Prize for a project that will strengthen core competencies in local recreation leaders through the development and piloting of sustainable and relevant training. This award will help us further the priorities of the National Framework for Recreation in Canada and enhance our potential to positively impact individual, community and environmental wellbeing and the quality of life across the North.

I would like to acknowledge Caroline Sparks who recently completed her Master of Arts in Community Development at the University of Victoria. Caroline will lead the TRT Project Team and was instrumental in developing and securing funding for the TRT project.

Lastly, I look forward to working with the RPAY Board of Directors when we renew our Strategic Plan in 2018. I extend my gratitude to RPAY staff, contractors and Board Members. With their dedication and special skills, RPAY is able to support communities to be active and healthy and have fun!



Anne Morgan, Executive Director



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Who is RPAY?

The Recreation and Parks Association of the Yukon (RPAY) registered as a non-profit society on April 19th, 1993. In its early years, RPAY hosted spring and fall conferences and delivered aquatics training for rural communities in partnership with Yukon Government (YG) Sport and Recreation Branch.

In response to increasing concerns over poor health, active living emerged as a federal, provincial and territorial priority in the 1990s. In 2001, Yukon Government adopted the Yukon Active Living Strategy and created an Active Living Coordinator position housed at RPAY. This prompted a shift in RPAY's priorities to encompass active recreation delivered in individual, school, workplace and community settings. Programming, such as Active Yukon Schools and Rural Healthy Eating Active Living (RHEAL) Leaders, were initiated and continue today.

In 2010, increasing childhood obesity and decreasing levels of physical activity prompted governments to prioritize after school programming. The Renewed Yukon Active Living Strategy (YALS), approved by Cabinet in 2012, emphasizes the key role of the after school time period (ASTP) in the development of healthy children and youth. With this new priority, RPAY added the position of Active Living for School-Aged Kids and Youth (ALSAKY) Coordinator to increase the focus on children and youth.

After more than twenty years, the Recreation and Parks Association of the Yukon remains dedicated to empowering Yukon people and communities to adopt active, healthy lifestyles. RPAY works collaboratively with organizations and communities creating environments which encourage recreation and parks opportunities for all Yukoners. The organization's extensive programs and services are supported by its territorial, Northern and national multi-sectoral partnerships with groups, communities and governments.

A membership-based, voluntary organization, RPAY believes recreation and parks are an essential service fostering positive personal, social and environmental outcomes. RPAY values lifelong participation in recreation; accessible recreation; the outdoor and informal spaces which make active lifestyles easy; and the way people and groups work together to make community recreation happen.



Vision:

RPAY envisions a Yukon where recreation and parks are essential and integral to the quality of life and well-being of Yukon residents and communities; where all citizens have opportunities to engage in recreation experiences which contribute to physical, emotional and social well-being; and where recreation connects people to their communities and environments.

Mission:

RPAY empowers communities to support Yukoners to lead an active, healthy lifestyle through recreation and parks.

Priorities:

- Strengthen leadership for community recreation.
- Support opportunities which make it easy for rural Yukoners and others facing barriers to participate in recreation.
- Promote and support accessible, affordable and inclusive recreation.
- Encourage active recreation for life.
- Promote and support winter active for life.
- Promote healthy eating as it supports an active lifestyle.
- Work with others to create environments which support an active, healthy lifestyle.
- Accept projects which contribute to the sustainability of the organization.

Who does RPAY work with?

The Recreation and Parks Association of the Yukon believes that working together is important. Enhancing the lives of Yukoners through recreation and parks would not be possible without the many individuals, groups, organizations, communities, and governments who support our vision and help implement our activities.

THANK YOU to all our partners and stakeholders, to those listed below, and to the other organizations and groups with whom we liaise and network but are too numerous to list.



Active Healthy Kids Canada
Arctic Inspiration Prize
Arctic Institute of Community Based Research
BC Coastal Health
BC Recreation & Parks Association (BCRPA)
BC-Yukon Branch of the Lifesaving Society
Campus for Communities of the Future
Canada Games Centre
Canadian Parks & Recreation Association
Canadian Playground Safety Institute
Canadian Recreation Facilities Association
Canadian Trails Federation
Canadian Fitness Professionals
Child Development Centre
City of Dawson Recreation Department
City of Whitehorse
Challenge
Community Recreation Coordinators and local Authorities for Recreation
Cross Country Yukon
Dawson City XC Ski Club
ElderActive Recreation Association
Health Canada / PHAC
Learning Disabilities Association of the Yukon
Municipalities and unincorporated communities throughout Yukon

NWT Recreation and Parks Association
ParticipACTION
Physical Health Education Canada
Play Systems North
Recreation & Parks Association of Nunavut
Recreation Directors
Schools throughout Yukon
SportRisk
Sport Yukon
St. Elias Ski Club
Swim Yukon
U Kon Echelon
Vancouver Board of Parks & Recreation (Aquatics)
Wellness Branch
Whitehorse Cross Country Ski Club
Y2C2 (Yukon Youth Conservation Corps)
YG Health & Social Services
YG Health Promotion Unit
YG Highways & Public Works - Transportation
YG Sport and Recreation Branch
Yukon Cycling Association
Yukon Education
Yukon First Nations (e.g. VGFN, TH)
Yukon Health Coaching
Yukon Parks
Yukon Schools Athletic Association

What we do

As a nonprofit organization, RPAY is governed by a volunteer board and guided by its constitution and strategic plan. Program delivery and operations rely on grants and contributions. Supported by several contractors, the Executive Director, Active Living Coordinator and Special Projects Coordinator carry out RPAY's daily operations.

This report describes RPAY's core activities, programs and services. Listed alphabetically, these include details about funding sources, partners, target groups and results achieved during the 2015-16 year. Additional background information, reports or resources are hyper-linked for the reader to access. Some sections provide information gathered about the program or activity through evaluation.

The next page provides a snapshot of RPAY's programming in the 2015-16 year. This map is updated biannually and can also be viewed at www.rpay.ca/about-us. Superimposed upon the Yukon, the map illustrates the territorial reach of RPAY's activities.

Responsibility for certain programs or activities is usually assigned to one staff or contractor as shown below. However, leadership development, capacity building, networking and collaboration are a shared responsibility. The Executive Director provides oversight, maintaining responsibility for the organization's operations and fiscal management.

For the 2016-17 year, responsibilities will be shared by staff and contractors.

Anne Morgan, Executive Director

- Operations & fiscal management
- Territorial/national liaison and relations
- Networking, partnerships, collaboration
- Leadership development & capacity
- TRT Project Team

Adrienne Marsh, Active Living Coordinator

- Active living promotion; social media
- RHEAL Leaders and Kids in the Kitchen
- Fitness leadership development
- Healthy Living Menu of Workshops
- Represent RPAY at events
- In-house financial support

Penny Sheardown, Special Projects Coordinator

- Active Yukon Schools promotion
- Aquatics coordination
- Leadership & training events coordination
- Social media, newsletters and website
- Administrative support

Caroline Sparks, Planning and Evaluation

- Connection to territorial/national priorities
- Planning, monitoring, evaluation and reporting
- Leadership development & capacity building
- Annual Recreation Gathering
- TRT Project coordination and implementation

Jan Downing, Winter Active for Life Programmer

- WAFL Equipment Lending Library
- WAFL and Nordic walking leadership development and support

Mia Lee, ALSAKY² Leadership Development

- Active Yukon Schools leadership development
- After School Time Period (ASTP) leadership
- Promote Yukon Recreation Leaders Guide

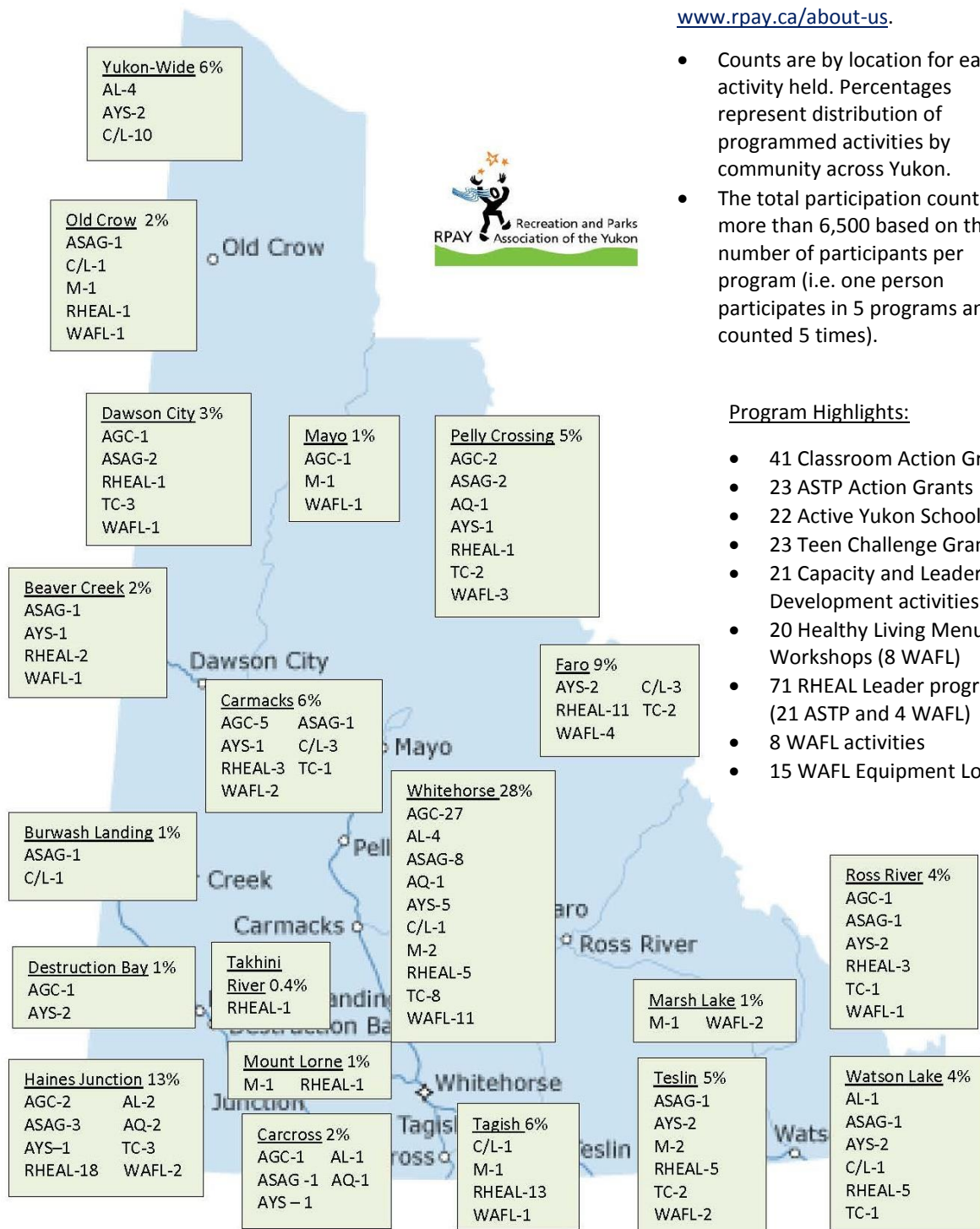
Jenyfer Neumann, ALSAKY Program Support

- Action Grants Administration
- Cycle Smart

² Active Living for School Aged Kids and Youth

What we do... our 2015-16 Yukon program map

This map shows the reach of RPAY's programming in the 2015-16 year. It is available in an interactive format at www.rpay.ca/about-us.



- Counts are by location for each activity held. Percentages represent distribution of programmed activities by community across Yukon.
- The total participation count is more than 6,500 based on the number of participants per program (i.e. one person participates in 5 programs and is counted 5 times).

Program Highlights:

- 41 Classroom Action Grants
- 23 ASTP Action Grants
- 22 Active Yukon Schools
- 23 Teen Challenge Grants
- 21 Capacity and Leadership Development activities
- 20 Healthy Living Menu Workshops (8 WAFL)
- 71 RHEAL Leader programs (21 ASTP and 4 WAFL)
- 8 WAFL activities
- 15 WAFL Equipment Loans

LEGEND:

AGC = Action Grant Classroom	AL = Active Living (special event)
ASAG = ASTP Action Grant	AQ = Aquatics
AYS = Active Yukon Schools	M = Healthy Living Menu Workshop
RHEAL = RHEAL Leaders	WAFL = Winter Active for Life
C/L = Capacity/Leadership Building	
TC = Teen Challenge	

Active Living Promotion

Funding:

Yukon Active Living Strategy
Yukon Northern Wellness Project

Partners:

Yukon Government Sport and Recreation Branch

Summary:

Marketing an active, healthy lifestyle is an essential component of RPAY's operations and supports implementation of the Yukon Active Living Strategy. Activities foster positive attitudes towards an active, healthy lifestyle through social and traditional media, the distribution of promotional items, presentations, on-line healthy living challenges, and special events.

Target Population:

All Yukoners

For More Information

On the Right Path Evaluation - <http://bit.ly/29aUX9f>

Activities

RPAY uses a variety of strategies to promote an active lifestyle. Active Yukon "swag" such as gardening gloves, buffs, pens, water bottles, games, toys and stickers are popular with community groups. Promotional items were donated to the Watson Lake Ski Club Auction, Dry Grad in Whitehorse, etc. Annually during National Family Week, RPAY hosts a free family swim. For the Christmas season, a festive tree called *Dashing through the Snow* was created and donated to the Festival of Trees. A centerfold in the Yukon News promoted healthy holiday habits. Health Fairs at Porter Creek Secondary School, in Carcross, and for children and parents entering Kindergarten are opportunities to promote an active and healthy lifestyle.

Technology and social media are increasingly used to promote recreation, parks, trails, physical activity, etc. Launched in August 2015, www.rpay.ca promotes programs and incorporates an online resource library. RPAY's active Facebook page ([facebook.com/goRPAY](https://www.facebook.com/goRPAY)) has 822 "likes" while Twitter (twitter.com/RPAY1) has 306 "followers". RPAY created a Google map of rural Yukon's community walking routes; the map can be accessed at (<http://bit.ly/1WRGTDt>). The On the Right Path website has been evaluated and recommendations were made regarding ongoing promotion of trails and walking. Staff have created a communication strategy that guides the style and frequency of the organization's interaction with Yukoners and stakeholders.

As use of social media increases, newspapers are used less frequently. However, word of mouth and radio continue to be popular means of communication. Over the past year, RPAY gave interviews on CBC Radio about the Arctic Inspiration Prize, the Senate Report on Obesity in Canada, and childhood obesity. Community visits continue to be essential in raising awareness of the importance of a healthy lifestyle and the benefits of recreation and parks.



Action Grants: Classroom and After School

Funding:

Yukon Active Living Strategy

Partners:

Yukon Government Sport and Recreation Branch

Summary:

The Action Grant program encourages increased moderate to vigorous levels of physical activity among children and youth. Classroom Action Grants help school-aged children get active at school, at recess, and in classrooms. After-School Time Period (ASTP) Action Grants help schools, communities, First Nations and non-profit groups get children and youth active after-school from 3:00 to 6:00 PM.

Applications are accepted and granted annually in September. Action Grant funding targets children and youth who do not meet Canada's Guidelines for Physical Activity, and aims to increase the amount and quality of physical activity. Activities that take place outdoors in winter, align with local culture, and/or target groups where socio-economic status tends to be lower are prioritized.

Target Population:

Children and youth attending school both during school and in after-school settings.

For More Information

www.rpay.ca/action-grants

Activities

41 Classroom Action Grants encouraged physical activity during school hours in 9 communities. Grants totaling \$13,760 were awarded to 18 schools and 1 daycare: Christ the King Elementary School, Ecole Emilie Tremblay, Eliza Van Bibber School, Ghùch Tlà Community School, Golden Horn Elementary School, Grey Mountain Primary School, Hidden Valley School, Holy Family Elementary School, J.V Clark School, Jack Hulland Elementary School, Kluane Lake School, Ross River School, Selkirk Elementary School, St. Elias Community School, Takhini Elementary School, Tantalus School, Teen Parent Centre, Tr'inke Zho Daycare, and Whitehorse Elementary School.

23 After School Action Grants valued at \$53,420 supported 12 communities. Programs were delivered by 20 groups, schools, recreation departments and First Nation governments: Beaver Creek Community Club, Big Brothers Big Sisters of Yukon, Boys and Girls Club of Yukon, Carcross Tagish First Nation, Carmacks Recreation Department, Champagne and Aishihik First Nations, Chief Zzeh Gittlit School, Elijah Smith Elementary School, Eliza Van Bibber School, Golden Horn Elementary School, Haines Junction Minor Hockey Association, Johnson Elementary School, Kluane First Nation, Kwanlin Dun First Nation, Ross River School, Selkirk Elementary School, Selkirk First Nation, Skookum Jim Friendship Centre, Tr'inke Zho Daycare, Tr'ondek Hwech'in Youth Centre, and Village of Teslin.

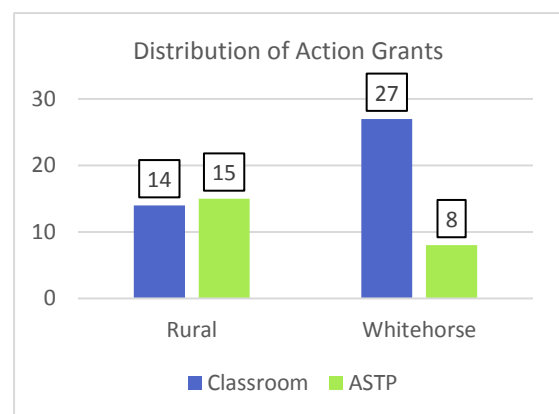


Figure 1

Although, as shown in Figure 1 on the previous page, slightly more grants were awarded in Whitehorse than rural Yukon, 53% of the funding was distributed to rural communities.

94% of recipients submitted an Action Grant report. Although 35% of these had completed their Action Grant activity, 54% noted their activity was continuing, and another 11% had not yet started. From the reports, it was learned that recipients found out about the Action Grant program from other staff (51%), by email (35%), from RPAY’s website (29%), or from a School Principal (27%). According to recipients, Action Grants are easy or really easy to apply for (100%), to report on (95%), and to use for what was originally planned (86%).

Almost 1,900 children and youth from daycare to high school ages benefitted from the Action Grant program. Of these, females represented approximately 49% and First Nations 39%. As shown in Figure 2, Action Grants reached a significant number of school-aged children in the classroom (51%), after school (24%), during morning or lunch recess (15%), on weekends or evenings (6%) and before school (4%). Children and youth in ASTP activities averaged 34 minutes per session of moderate to vigorous physical activity as compared to 40 minutes per session reported in 2014-15 and 49 minutes reported in 2013-14. It is difficult to assess the amount to which Classroom Action Grants affect an increase in physical activity levels as grants are used for a variety of purposes from equipment purchases to paying for specialists. Figure 3 shows how Action Grants were primarily used.

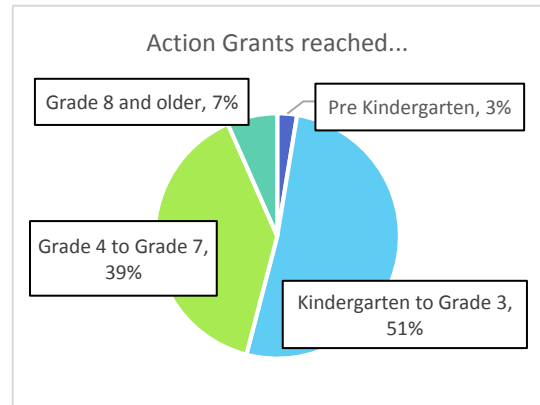


Figure 2

Recipients were asked whether or not the Action Grant program influenced an increase in opportunities for Yukon children and youth to be physically active. 79% felt Action Grants have a significant influence while 17% felt the influence was moderate. Comments from recipients highlight the value of the Action Grant program.

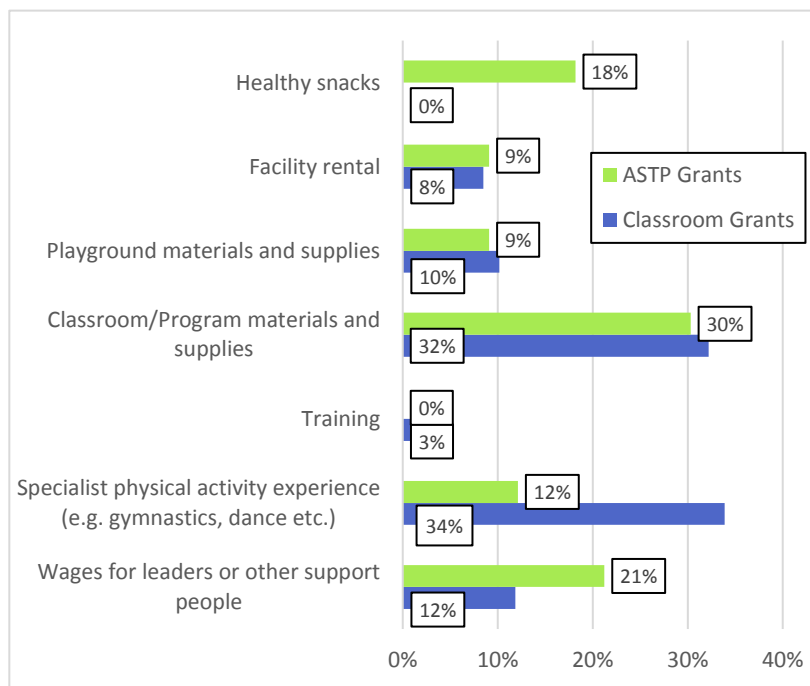


Figure 3

The action grants make a huge difference for teachers. We have very little budget for activities so your grants allow us to organize fun activities for the students.

It would be nice if RPAY had a list of certified instructors for such activities as Zumba, aerobics, dance, yoga, Pilates, etc.

The grant and the process were incredibly user-friendly and definitely reached a demographic that wouldn't have had access to the activity otherwise.

I find the students are able to focus more when they have chances to move around and physically interact with their environment.

Thank you for allowing us to provide this specialized programming to our students, many of whom would not otherwise be able to afford the fees to do gymnastics as an extra-curricular activity.

Action Grants: Teen Challenge

Funding:

ParticipACTION Canada
Yukon Active Living Strategy

Partners:

ParticipACTION Canada

Summary:

Teen Action Grants promote a physically active lifestyle to Yukon teens between the ages of 13 and 19. Applications for up to \$500 are accepted in fall and winter encouraging inactive teens to be more active.

Target Population:

Yukon youth (between the ages of 13 and 19)

For More Information

<http://teen-challenge.participaction.com>

Activities

23 Teen Challenge Action Grants supported activities in 9 communities. Funds totaling \$10,239 enabled activities delivered by: Boys and Girls Club of Yukon, Champagne Aishihik First Nations, Dakwakada Dance Group, Del Van Gorder School, Eliza Van Bibber School, Faro Arts and Recreation Association, Gentle Steps Family Support Centre, Individual Learning Centre, Polarettes Gymnastics Club, Riverfront School, Robert Service School, Ross River School, Skookum Jim Friendship Centre, Tantalus School, Teen Parent Centre, Vanier Secondary School, Village of Teslin

Teen Challenge funding was distributed in rural Yukon (59%) and Whitehorse (41%) benefitting nearly 270 youth. Activities engaged youth in an average of 44 minutes per session of moderate to vigorous physical activity after school (54%), on weekends or evenings (21%), in class (17%), and at morning or lunch breaks (8%). As shown in Figure 4, funds were used for a variety of purposes.

Of the recipients who submitted a report (91%), 37% completed their activity, 47% were continuing it, and 16% had not started. Recipients learned about Teen Action Grants from RPAY's website (53%), from other staff (37%), by email

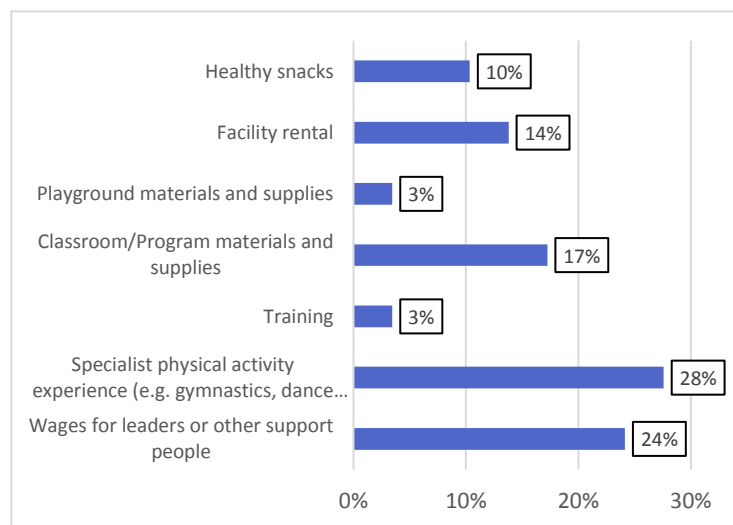


Figure 4

(33%), or from a School Principal (16%). Recipients found Teen Action Grants easy or really easy to apply for (100%), to use for what was originally intended (95%), and to report on (89%). Slightly more than half of the recipients (53%) believe Teen Actions Grants significantly influence opportunities for Yukon youth to be physically active while another 26% feel the influence is moderate.

One youth went out of his way to very sincerely thank the yoga instructor personally saying, "Thank you so much; I have really appreciated this opportunity." Two other youth indicated very clearly they really would like yoga again in the future. Three youth said that yoga was their favorite part of the day.

Active Yukon Schools

Funding:

City of Whitehorse
Yukon Active Living Strategy

Partners:

City of Whitehorse
Sport Yukon
U Kon Echelon
YG Department of Education
Yukon schools and communities
Yukon Youth Conservation Corps (Y2C2)

Summary:

Active Yukon Schools fosters the values and habits of active living over the lifespan. Daily physical activity enhances the academic achievement of students, instills competence and confidence for participating in physical activity over the lifespan, addresses sedentary behaviours that contribute to childhood obesity, improves social and emotional wellbeing, and makes learning fun.

In Yukon Schools, daily physical activity is a priority and children have opportunities to be active every school day. Active Yukon Schools supports teachers to integrate physical activity into classroom and school routines on a regular basis.

Target Population:

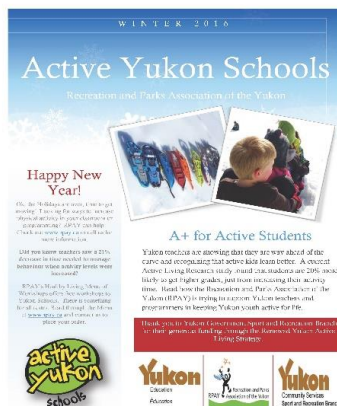
Educators and support staff
School-aged children and youth

For More Information

www.rpay.ca/active-schools
Newsletters: www.rpay.ca/category/newsletter

Activities

In 2015, RPAY and stakeholders redesigned the Active Yukon Schools model and programming. Unfortunately, Action Schools!BC was in transition so its planned re-launch was not possible. Instead, RPAY introduced DANCEPL3Y (www.pl3yinc.com) and offered a redesigned Playground Leadership program. Playground Leadership was delivered for intermediate grades at Takhini Elementary, Del Van Gorder, St. Elias, Eliza Van Bibber, and Johnson Elementary schools. A strong partnership with Sport Yukon's Physical Literacy Project enabled regular visits and outreach to many rural Yukon schools.



RPAY hosted an information booth at the Yukon Teachers' Summer Academy in August to promote the new Active Yukon Schools model and Classroom Action Grants (described earlier). The popular Active Yukon Schools newsletter was produced in winter and again in the spring. All Yukon elementary school teachers, principals and school council members as well as recreation departments and First Nation offices received a copy. Previous versions can be accessed at www.rpay.ca/category/newsletter.

Cycle Smart, supported by the City of Whitehorse and Yukon Youth Conservation Corps, gets more children active through safe biking practices. In 2015, 672 children participated in classroom and on-bike sessions. 45% of these were rural students from Carmacks, Faro, Ross River, Destruction Bay, Teslin, Carcross and Watson Lake, while the other 55% were grades 4 and 5 Whitehorse students.

After School Time Period

Funding:

Yukon Active Living Strategy
YG Health and Social Services

Partners:

Recreation departments
Community organizations
First Nation governments

Summary:

After school time period (ASTP) programming fosters the development of positive values and attitudes for active, healthy lifestyles through community-based activities. RPAY works with communities, non-profit groups and schools to support after-school programs which incorporate physical activity and healthy snacks.

RPAY's efforts aim to increase physical activity levels of Yukon children and youth through training opportunities, development of a leader network, one-on-one mentoring as well as ASTP and Teen Action Grants, and RHEAL Leader programming.

Target Population:

Leaders and groups working with school-aged children and youth during 3:00 to 6:00 pm

For More Information

Yukon ASTP Report - <http://bit.ly/29b6DwQ>

Activities

RPAY's priority around the after school time period is to develop leadership skills and capacity for quality recreation programming that engages children and youth after school. Action Grants and RHEAL Leaders strengthen capacity for ASTP programs with funding for leaders wages/honoraria, materials and supplies, facility rental, etc. Training and one-on-one mentoring builds the skills leaders need to provide quality programs during this timeframe.

More than \$50,000 in Action Grant funding helped rural (\$31,920) and Whitehorse (\$21,500) groups provide opportunities for more than 550 children and youth.

The RHEAL Leader program provided 14 contracts for active and healthy after school opportunities in 8 communities. Almost 350 children and youth participated in activities such as cross country skiing, winter games, youth gym time, learn-to-skate, Kids in the Kitchen, and CATCH Kids Club.

Leadership development for the ASTP was carried out by the ALSAKY Coordinator. Activities included community outreach to Burwash Landing, Carmacks, Haines Junction, Tagish and Watson Lake; one-on-one mentoring with Skookum Jim Friendship Centre; development of a leader network through Facebook and regular conference calls; and an ASTP Leader Training event held in Whitehorse in January 2016. These are described in more detail later in the report.

The 2016 ASTP Scan

In the spring of 2016, RPAY undertook a third collection of the Yukon ASTP Scan. The purpose was to determine the current state of ASTP programming in the territory and to assess opportunities for improving it. It was found that 82% of communities provide ASTP programs. These are generally offered for free or for a nominal fee through the local recreation department or a non-profit. Annual ASTP program budgets are generally less than \$15,000 with

staffing, equipment/materials and snacks consuming most of the budget. The need for financial support through Action Grants and the RHEAL Leader program is evident.

In 2016, a majority of respondents felt that current ASTP programs were *not* meeting the needs of children/youth in the community. As shown in Figure 5, the age group identified as most needing to be better served are teens aged 14 to 17. This has shifted from previous years when younger children were identified as being more in need of ASTP programming.

Rural and urban communities differed in several ways and more barriers affect rural communities. Attempts to support rural Yukon should reflect their unique circumstances. Rural programs operate on smaller budgets and are more reliant on micro-grants. As shown in Figure 6, urban and rural respondents identified different training needs. Rural leaders

want training in sport-specific coaching, planning/running programs, program ideas, child development, behaviour management, and risk management. Urban respondents, however, are seeking training in behaviour management, planning/running programs, and interpersonal skills.

Looking at identified success factors, barriers and strategies to improve programming, several major themes recurred: the need for stable and sufficient funding, more training of staff and volunteers, consistent staff and volunteers, engagement of children/youth, and support for programming from parents, families and the broader community.

Particular attention should also be paid towards supporting communities where current ASTP programming is limited or not in place. Support from multiple sectors (e.g. recreation, sport, health, education) is necessary to effectively address the range of challenges and needs expressed.

The full report can be accessed at <http://bit.ly/29b6DwQ>.

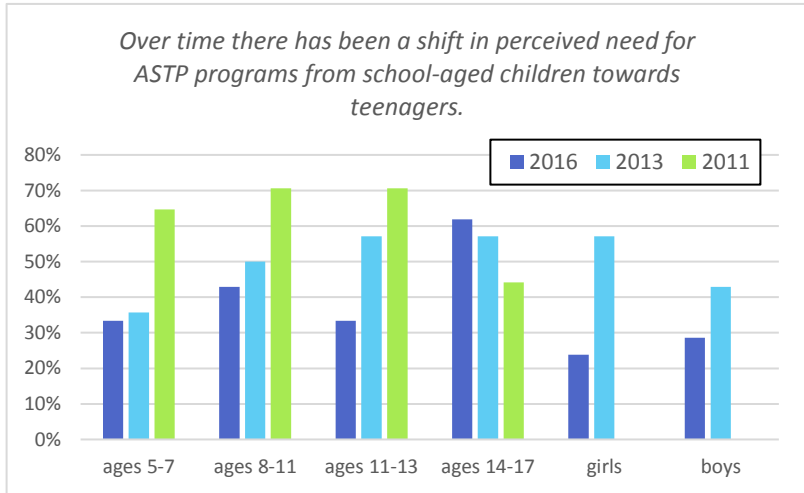


Figure 5

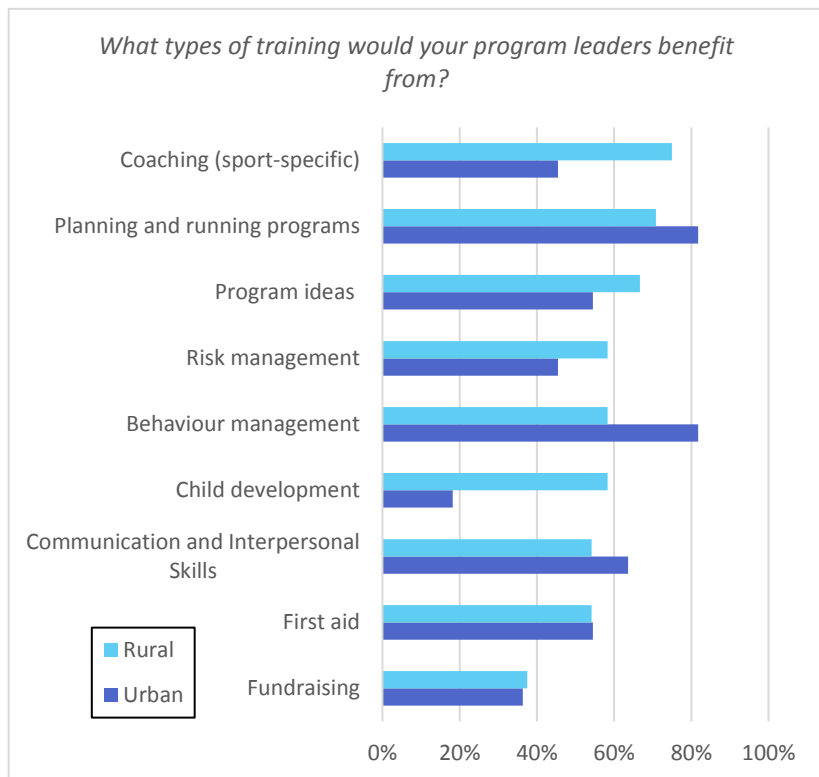


Figure 6

Aquatics

Funding:

YG Sport and Recreation Branch

Partners:

Vancouver Board of Parks & Recreation
YG Environmental Health
YG Sport and Recreation Branch

Summary:

The RPAY Aquatics Program supports pool operations and programming in rural Yukon. The annual Spring Aquatics Workshop fosters knowledge and skills around safe pool operations, lifesaving, and the instruction of Red Cross and Lifesaving Society learn-to-swim programs.

Target Population:

Pool Managers and Operators, Lifeguards,
Lifesavers and Swim Instructors

For More Information

2015 Spring Aquatics Report - <http://bit.ly/298m7Ns>

Activities

At the end of the 2014 season, RPAY conducted an extensive evaluation of its aquatics programming. Following this review, the Board of Directors approved a motion to focus RPAY's aquatics programming on the delivery of Pool Operators Level I and II courses, the Yukon Spring Aquatics Workshop, and leadership training such as life-saving, lifeguarding, instructor development and Junior Lifeguard Club.

The Spring Aquatics Workshop was held in Haines Junction May 11 to 15. The workshop goals were to facilitate an understanding of the rural Yukon community and aquatics context, and to ensure that those with responsibility for aquatics operations and programming possessed the certifications necessary for summer operations. As described in the full report, the workshop provided training for 9 pool managers from Beaver Creek, Carcross, Haines Junction, Mayo, Ross River and Watson Lake. Sessions included PoolSafe BC, Pool Ops Primer, a lifeguard in-service, and roles and responsibilities. Following the workshop, 10 individuals participated in Pool Operators Level 1 and 2, the industry standard for pool supervisors.



In early May, Pool Operations training information was shared with 7 Health Inspectors in partnership with Environmental Health. The two-day exchange was an introduction to the operation and maintenance of rural community pools.

Through the Healthy Living Menu of Workshops, RPAY delivered two Boat Operator Accredited Training (BOAT) courses for Yukon College. The 8-hour course certifies participants in recreational power boating safety. Four participants completed the course in Pelly Crossing and another 4 completed the course in Whitehorse.

Leadership Development & Community Capacity Building

Funding:

Yukon Active Living Strategy
YG Health and Social Services
Yukon Northern Wellness Project

Partners:

YG Health Promotion Unit
YG Sport and Recreation Branch
Tri-Territorial Recreation Training Collaborative

Summary:

Building community capacity for recreation and healthy living requires training for local leaders (e.g. ASTP leaders, RHEAL Leaders, youth leaders, Recreation Board members and volunteers) and professional development for recreation practitioners (e.g. Recreation Directors). Capacity and leadership for community recreation is enhanced through training, resources, workshops, conferences, knowledge sharing, skill development and mentoring.

Target Population:

Recreation practitioners, leaders (fitness, ASTP, RHEAL, youth, etc.), and RPAY staff.

For More Information

www.rpay.ca – “Get Trained” tab
2015 Rec. Gathering Report - <http://bit.ly/29dPQKT>
Yukon ASTP Report - <http://bit.ly/29aVGHx>
2015 Spring Aquatics Report - <http://bit.ly/298m7Ns>

Leadership Development Activities

Leadership Development aims to build capacity in rural Yukon for recreation with an emphasis on a) community recreation, b) the after school time period, c) fitness programs, and d) aquatics (described in an earlier section). For the past few years, RPAY has delivered three major training events. The Annual Recreation Gathering and the Yukon Moves Leadership Experience are described below. Details on the third, the Spring Aquatics Workshop, can be found in the previous section.

The Annual Recreation Gathering is a professional development and networking opportunity for recreation leaders. In 2015, 18 participants from 12 Yukon communities spent two days together at Marsh Lake at the end of October. Session topics focused on community recreation leadership and risk management. Special guests included Minister Dixon and Zach Bell, a two-time Olympian from Watson Lake.

In January, the Yukon Moves Leadership Experience targeted individuals who encourage an active, healthy lifestyle among children and youth. Almost 30 leaders participated in a series of workshops that included Managing Challenging Behaviours in Children and Youth; Self-Care; Building Community Relationships; Winter Shelter Adventures; Physical Literacy; and a two-day introduction to DANCEPL3Y which uses a fusion of dance, movement and play to get everyone active, creative and interactive. In partnership with YG Health Promotion Unit, RPAY



offered Kids in the Kitchen Facilitator training which prepared 9 participants to deliver cooking programs in their own communities.

RPAY has expanded its efforts to support the training of rural fitness leaders. The Yukon now has a Master Trainer who can deliver Canfitpro Fitness Instructor Specialist training and certify fitness instructors. Fitness leadership development took place in Faro, Old Crow and Whitehorse and involved a 25-hour course and/or practical and written theory exams.

The role of the ALSAKY Leadership Coordinator has evolved over the past year. With greater priority on strengthening rural capacity for after school recreation programming, activities have included community outreach and mentoring, development of a network and the delivery of Yukon Moves. During visits to Burwash Landing, Carmacks, Haines Junction, Tagish and Watson Lake, the ALSAKY Coordinator met with the recreation director, provided training for recreation staff, mentored leaders as requested, and established a network to connect Northern recreation leaders. The latter uses conference calls and social media for communication. Leaders can be added to www.facebook.com/groups/1529538377354319 upon request.

I truly appreciate every conversation, your words of wisdom, registering me for the workshops this winter, arranging for a meeting with the funders, helping me plan summer camp, keeping me in the loop with what was going on in the recreation community, and all of the amazing contacts you were able to share with me. I felt like you were there with me from the very start of my job.

Mentoring recreation leaders is a priority for RPAY. There is frequent staff turn-over in recreation director/programmer positions and sometimes, those filling the positions may not have relevant recreation experience and training. The support RPAY provides to new and rural recreation leaders does not go unrecognized as is evident by this recreation leader's comment.

Professional Development Activities

Professional development activities ensure recreation practitioners, RPAY staff and contractors have the pre-requisite knowledge and current certification to train, teach and mentor others. Professional development activities frequently require travel outside Yukon. Over the past year, staff and/or contractors attended the 2015 International Physical Literacy Conference; the 2015 BCRPA Symposium; the Canfitpro Fitness Master Trainer Course, Tradeshow & Conference; and DANCE PL3Y Instructor Training. Staff also attended a workshop delivered by the Tamarack Institute learning how to build community by engaging citizens through strategies such as art and social media.

Community Capacity Building

Community Capacity Building attempts to create supportive community environments for active living and recreation, and requires a broader context than leadership or professional development. Capacity building efforts require solid partnerships, networks and multi-sectoral collaboration.

Over the past few years, Sport and Recreation Branch and RPAY have developed two resources to build community capacity.

1. The Yukon Community Recreation Planning Toolkit (www.rpay.ca/pdf70) helps rural communities identify local recreation priorities and create a community recreation plan. A 5-step process as well as sample templates and tools make it easy to use and adaptable to the unique context of each rural community.
2. The Yukon Community Recreation Leader's Guide (www.yukonrecreationleadersguide.ca) reprinted in June 2016 is a resource for rural, remote and Northern communities. The Guide includes 13 modules that build on foundational competencies of rural recreation leaders.

Menu of Healthy Living Workshops

Funding:

Yukon Active Living Strategy
Yukon Northern Wellness Project

Partners:

Community workshop “hosts”

Summary:

The Menu of Healthy Living Workshops increases knowledge and skills for active, healthy living and chronic disease prevention through short-term workshops designed for Yukon communities, groups and schools. Building local capacity for active living through workshops that develop local leaders is a priority.

Target Population:

Yukoners

For More Information

www.rpay.ca/rpay-s-healthy-living-menu

Activities

The Healthy Living Menu offers workshops focused on exercise, physical activity, nutrition, active living and gardening. Community organizations cooperate with RPAY to support delivery. Content and format is tailored to meet the unique needs of communities and participants. Workshops that build capacity by training local leaders (e.g. fitness, Nordic walking) are a priority.

In 2015-16, 20 workshops were delivered in 8 Yukon communities. Of these, 5 workshops focused on getting active in winter and another 4 on Nordic walking. Workshop topics included building winter shelters, snowshoeing, gardening, fitness, nutrition, strength training, Nordic walking, Mindfulness Meditation, and Yoga Fit.

The participation count in these workshops totaled 350. Workshop participants were more likely to be female and from rural Yukon.

Comments from facilitators demonstrate the positive impact of the Healthy Living Menu workshops.

Mt. Lorne is a small community; having 8 people participate in a course like this was the biggest measure of success.

The youth engaged well. It was a success to see a couple of Elders supporting the project by bringing their children/grandchildren and staying themselves.



It was great to see the fitness level improve and enthusiasm for walking for fitness go up. They enjoyed walking on trails they've never been on before. They also became very much a group and are going to continue meeting and walking together.

Networking and Collaboration

Funding:

Through staff and core contractor positions

Partners:

Local, territorial and national partners

Summary:

RPAY invests time and effort into building networks and developing partnerships. Staff and contractors engage in activities and foster relationships through dialogue, meetings and participation on committees. Staff and core contractors engage in communication through networks to share knowledge, research and to advocate for recreation as an essential community service.

Target Population:

RPAY works with a variety of local, territorial and national groups and organizations who share a similar vision.

For More Information

Contact Anne Morgan, Executive Director

Activities

Who we work with demonstrates the diversity of RPAY's networks, partners and stakeholders. In order to achieve its goals, RPAY invests in the development of relationships across the territory, nationally, and across sectors. Some of these relationships are described in more detail below.

Within the territory, RPAY works closely with YG Sport and Recreation Branch as a delivery partner on the Yukon Active Living Strategy. RPAY develops and sustains relationships with Yukon communities, First Nations, community groups, and with non-profits such as ElderActive Recreation Association, Cross Country Yukon, Arctic Institute of Community Based Research (AICBR) and BYTE—Bringing Youth Towards Equality. Collaboration with Sport Yukon, and participation on the Yukon Physical Literacy Group, enhances delivery of Active Yukon Schools programming.

As a member of the Canadian Parks and Recreation Association (CPRA), RPAY's President and Executive Director attend bi-annual meetings. Nationally, RPAY also represents Yukon on the Canadian Trails Federation. Staff work closely with ParticipACTION sitting on the Content and Capacity Building Advisory Group, promoting an active lifestyle, distributing the Report Card on Physical Activity for Children and Youth, and administering Teen Challenge Grants in Yukon. The Tri-Territorial Recreation Training initiative, described later in this report, is a collaborative effort of the three territorial recreation and parks association, territorial governments and a social enterprise.

RPAY recognizes the value of inter-sectoral collaboration. Within the territory, RPAY works with a number of Yukon Government Departments and liaises with other social service non-profits through a project led by AICBR. In February, RPAY participated in the North West Health Equity Forum that was co-hosted by the National Collaborating Centre on the Determinants of Health (NCCDH) and the office of Yukon's Chief Medical Officer of Health.



Parks, Trails and Walking

Funding:

Canadian Trails Federation
Sport and Recreation Branch – Inclusion
Yukon Northern Wellness Project

Partners:

Canadian Trails Federation
ElderActive Recreation Association (ERA)
Whitehorse Cross Country Ski Club

Summary:

Parks and Trails promote an active lifestyle. RPAY participates on the Canadian Trails Federation (CTF) in order to bring information shared at a national level to Yukon groups and communities.

As walking is the most popular way to enjoy local parks and trails, RPAY promotes walking as part of an active, healthy lifestyle. The On the Right Path (OTRP) website has promoted walking and allows participants to track their progress virtually. Nordic walking has grown in popularity through the training of local leaders and the expansion to Nordic snowshoeing.

Target Population:

Yukoners, groups and communities engaged in the promotion of walking and non-motorized trail use.

For More Information

www.rpay.ca/parks-trails-active
www.rpay.ca/walking-be-active
On the Right Path Program Evaluation
<http://bit.ly/29aUX9f>

Activities

RPAY's Executive Director represents Yukon on the Canadian Trails Federation and participates in annual meetings and monthly conference calls related to the National Trails Project.

Walking is a great way to be active on a daily basis. Yukon boasts great hiking and wilderness trails, but tends to overlook the easier, shorter walking routes that exist in many communities and neighbourhoods. To promote walking as part of a healthy lifestyle, RPAY created the Yukon Community Walking Routes map. Funded by the Arctic Institute of Community Based Research, the map (<http://bit.ly/1WRGTDt>) describes routes located in rural communities.

RPAY launched its Nordic walking program in 2012-13. The program includes resources and training for Nordic walking leaders, an inventory of walking poles for loan or purchase, and support to certified individuals who lead Nordic walking groups. On behalf of ElderActive Recreation Association, RPAY coordinated two, six-week Nordic walking groups, *Quick Feet and Something to Eat*. Two Healthy Living Menu Workshops teaching how to Nordic walk were delivered at Mount Lorne and Yukon College. Two other workshops trained 21 new Nordic walking leaders.

Walking was also promoted through On the Right Path (www.ontherightpath.ca), a website and fun, motivational, walking challenge where participants could virtually walk the historic Overland Trail from Whitehorse to Dawson City, a total of 526 kilometres. As a result of concerns expressed by users around difficulties accessing the website, an evaluation of On the Right Path was completed which can be accessed at <http://bit.ly/29aUX9f>.



On the Right Path Evaluation

A recent review of On the Right Path's (OTRP) administration report showed 262 valid users out of more than 4,000 registered as users. Analysis of these users shows that 207 logged and accumulated total distances ranging from less than one kilometre (5 users) to more than 800 kilometres (2 users). Collectively, users logged 28,648 km with each user averaging 138 km. Most users accumulated less than 200 kilometres and did not complete the full length of the Overland Trail.

Access to OTRP website through email log-in made it possible to distribute an online survey to valid users. By the end of March, 88 responses (from 260 contacted) had been received; 81 of these were from Yukon. Among Yukon respondents, 11 (14%) reported current use of OTRP while 20 (27%) reported never using the site and another 39 (53%) reported using it less than once per month. When it was used, the majority of users report minimal difficulty accessing the website. Among respondents, there was limited agreement regarding the extent to which OTRP encourages increased walking and motivates increased physical activity.

The evaluation points to the fact that, in its current state, the On the Right Path website does not significantly encourage walking and a more active lifestyle. The full evaluation report explores alternate options for the promotion of walking and the support of a healthy lifestyle through regular walking behaviours. However, any decision requires careful review of the resources and capacity available, as well as the need for this type of support. Across Canada, a variety of challenges, mobile apps, websites, step counters, trackers, etc. are available to promote and encourage walking.



RHEAL Leader Program

Funding:

Yukon Active Living Strategy
 YG Health and Social Services
 Yukon Northern Wellness Project

Partners:

Rural communities, First Nations, RHEAL leaders
 YG Health Promotion Unit

Summary:

Through the Rural Healthy Eating Active Living (RHEAL) Leader program, local leaders offer opportunities for rural Yukoners to participate in active living and healthy eating activities. Local leaders implement programs lasting two-months or longer that complement existing programs and encourage community participation in recreation.

A RHEAL Leader identifies interest, designs a program that includes 30 minutes or more of physical activity per session; applies to RPAY in September and/or January; delivers the program; and reports back to RPAY. RHEAL Leaders receive an honorarium, funding for materials and/or supplies, access to training, and an invitation to participate in the annual recreation gathering.

Target Population:

Rural Yukoners and First Nations with an emphasis on children and youth, and on programs which encourage physical activity during the winter and after-school.

For More Information

Yukon's RHEAL Leader Program Evaluation
<http://bit.ly/298seBa>

Activities

RHEAL Leaders provide opportunities for community members to participate in recreation and fitness, offer programming during the after school time period, and encourage programs that take place outdoors during the winter.

In September 2015, Kids in the Kitchen was added under the RHEAL Leader program. Kids in the Kitchen is a fun, hands-on cooking and nutrition education program that aims to get kids and their families excited about cooking. Originally developed by YG's Health Promotion Unit, the goal of Kids in the Kitchen is to improve the health of Yukoners by offering community groups an easy-to-follow process for running a children's cooking club. Leaders participate in a full day of training and are then eligible to apply for a RHEAL Leader contract that will cover the cost of their time, materials and cooking supplies.



RHEAL Leaders have a significant impact across Yukon as programming was available in 14 communities (as shown in the list on the following page). The participation count was 1,480 and participants averaged 58 minutes of moderate to vigorous physical activity per session. The average cost per participant per program was \$103.75, or \$8.63 per participant per session.

Perspectives from the Participants

In 2014-15, RPAY conducted an evaluation of the RHEAL Leader program from the perspective of program participants. The intent was to explore the personal and social benefits experienced by participants and to identify opportunities for sustainability. From surveys distributed across Yukon, 170 responses were received.

Respondents' comments were positive and highlighted the program's strengths including its impact on rural communities. Many respondents expressed a desire for additional programming more frequently throughout the year. RHEAL Leader programs impact entire families as there are often opportunities for both adults and children to participate.

It is important to recognize that the RHEAL Leader program provides more than just physical activity or fitness, skill building, or personal development. In rural communities, the RHEAL Leader program brings together individuals who may otherwise feel a sense of separation from their community, or even isolation. Many participants surveyed mentioned that the RHEAL Leader programs helped them feel less secluded, depressed and lonely, especially through the long winter months.

From the evaluation, key themes emerged demonstrating individual and community benefits. RHEAL Leader programs:

- Encourage an active lifestyle; develop healthy lifestyle skills and habits (e.g. nutrition).
- Improve physical fitness levels, skills and knowledge.
- Reduce stress.
- Bolster the confidence needed to make healthier decisions.
- Bring families and friends together; provide opportunities to make new friends.
- Reduce social isolation, particularly in the winter.
- Are accessible and convenient. Barriers related to cost and equipment are minimized.



2015-16 RHEAL Leader Programs:

Beaver Creek: Tot Time, Youth Gym

Carmacks: Evening Sports and Games Program, Cross Country Skiing Program

Dawson City: Shin Hahjak Summer Youth Camp, Community'n School Cross Country Ski Program

Faro: Aerobic/Fitness Classes, Archery, Carving, Circuit Training, Faro Youth Hockey/Learn to Skate Program, Kids in the Kitchen After School, Senior Exercise

Haines Junction: Beginner and Intermediate Yoga, Restorative Yoga, Seniors Yoga, Yoga for Children, Yoga with Marguerite, Fitness Classes (Pilates, Tone & Stretch, Get Up & Go), Haines Junction Minor Hockey After School Snack Program, Monday Yoga with Marguerite, Nordic Walking

Mount Lorne: Women's Mini-Retreats

Old Crow: Group Fitness Classes

Pelly Crossing: After School Community Cross-Country Ski Program

Ross River: Sing and Drum Circle

Tagish: Biking, CATCH Kids Club, Nordic Walking, Osteofit Beginner and Advanced, Stay/Get Fit Everyone, Tagish Winter Sports Program

Takhini River Subdivision: Kids in the Kitchen

Teslin: BF Health Challenge, Adult Fitness, Just Do It Teslin, Kids in the Kitchen, Teen Fitness Development Program

Watson Lake: HIIT Fitness Class, Kids in the Kitchen, More Than a Baker, Sivanada Yoga, Trail Walking Club

Whitehorse: Weekday Warriors at Elijah Smith and Whitehorse Elementary schools,

Whitehorse (Hidden Valley): Kids in the Kitchen, Therapeutic Riding Program

Whitehorse (KDFN): Kwanlin Koyotes Ski Club

Tri-Territorial Recreation Training Initiative

Funding:

Arctic Inspiration Prize
Governments of Yukon, NWT and Nunavut

Partners:

Recreation and Parks Association of the Yukon (RPAY)
NWT Recreation and Parks Association (NWTRPA)
Recreation and Parks Association of Nunavut (RPAN)
Campus for Communities for the Future

Summary:

The Tri-Territorial Recreation Training (TRT) initiative will empower people and communities to collectively enhance individual, community, and environmental wellbeing by strengthening the capacity of recreation leaders in Northern, rural, and remote communities through the delivery of a sustainable training program. This will be accomplished by designing, developing and piloting a recreation leadership development program that will provide relevant training and learning for Northern recreation leaders.

Target Population:

Local recreation leaders: staff and volunteers who serve as recreation coordinators, board and committee members, elected officials, coaches, after school leaders etc.

For More Information

TRT Project Update (May 2016) - <http://bit.ly/29lgRuX>

For a number of years, RPAY has advocated for recreation training relevant to leaders in Northern, rural and remote communities. Today, this is a priority of the National Recreation Framework which was endorsed by the sector and governments in 2015. With NWTRPA and RPAN, RPAY initiated the development of the TRT Project to foster Northern leadership for recreation. The TRT project is a collaborative effort, governed by a Memorandum of Understanding and further supported by the three territorial governments and a social enterprise, Campus for Communities of the Future.

In January, the TRT project was awarded \$600,000 from the Arctic Inspiration Prize. The funds will be used to develop and pilot meaningful and sustainable training for Northern recreation staff and volunteer leaders. RPAY is responsible for financial management of the project.

Project coordination and development of the training has been assigned to two contractors, Caroline Sparks and Brenda Herchmer. Caroline is responsible for overall coordination and communications, for encouraging collaboration and engagement across the North, and for supporting development of the training program. Brenda is taking the lead on program and curriculum design and testing. Through her business, Campus for Communities, Brenda will provide a significant in-kind contribution to the program through the provision of the learning platform.

Program development will build on the 13 competencies for recreation leaders that were the foundation of the Yukon Community Recreation Leaders Guide. A Program Advisory Group, representative of the communities across the three territories, will ensure a Northern and remote perspective on the design, implementation and sustainability of the proposed TRT certification program.

Questions regarding the TRT Project can be directed to Caroline Sparks.

Winter Active for Life

Funding:

Cross Country Yukon
Yukon Active Living Strategy
Yukon Northern Wellness Project

Partners:

Cross Country Yukon
Whitehorse Cross Country Ski Club

Summary:

Winter Active for Life (WAFL) promotes, introduces and encourages Yukoners of all ages to activities that require minimal infrastructure, take place outdoors in winter, and can be done over the lifespan (e.g. walking, snowshoeing and cross country skiing).

The WAFL Coordinator encourages outdoor, winter, program development in rural and First Nation communities. To reduce barriers to participation related to access to equipment, the WAFL Lending Library provides loans of cross country ski equipment and snowshoes.

Target Population:

Yukoners of all ages with an emphasis on rural Yukoners, seniors and special populations

For More Information

www.rpay.ca/winter-active-for-life

Activities

Winter active for life or WAFL emerged as a priority from a study conducted for RPAY in 2009. Programming began with cross country skiing, but has since expanded to include snowshoeing, Nordic walking on snowshoes, and outdoor winter play through workshops such as the Winter Shelter Adventure.

In late July, RPAY and Cross Country Yukon (CCY) reviewed, revised and signed a Memorandum of Understanding (MOU). The MOU describes the responsibilities of each organization for developing skiing in rural communities and for managing the WAFL Equipment Lending Library. The goal of the MOU is to enhance rural participation in cross country skiing in an effort to encourage Yukoners to be active in the winter for life.

The Lending Library loaned 246 pairs of boots, 226 sets of skis, 97 sets of poles and 210 pairs of snowshoes to groups in Beaver Creek, Carmacks, Faro, Haines Junction, Marsh Lake, Mayo, Pelly Crossing, Ross River, Tagish, Teslin and Whitehorse. As a result of these loans, more than 650 Yukoners were active outdoors over the winter. Of these, 79% were children, 12% were youth, 36% were First Nation, and 43% were female.



Depending on interest and need, RPAY's WAFL Programmer or the CCY Community Coordinator supports WAFL program development. For example, high school students from Pelly Crossing were introduced to the trails at the Whitehorse Cross Country Ski Club; a "learn to snowshoe" session was offered to Yukon College's Health Care Assistant program; direction was provided to Teslin for equipment sizing, waxing, dressing and skiing; visits to Carmacks and Pelly Crossing helped these communities set up their WAFL programs; and Winter Shelter Adventures workshops took place in Pelly Crossing, Marsh Lake and Old Crow. Four communities, Kwanlin Dun First Nation, Carmacks, Dawson City and Haines Junction accessed the RHEAL Leader program. As a result, 215 children and youth were able to participate.

Concluding Remarks

Once again, this report attempts to illustrate the broad reach and diversity of RPAY's programs and services that, implemented over a year, impact the health and well-being of Yukoners and Yukon communities. Capturing the excellent work of RPAY's staff and contractors in an annual report is no easy task. A list of more than 300 activities and the data associated with each were compiled. Anecdotes and stories were reviewed. Reports on the after school time period, the RHEAL Leader program, and On the Right Path contributed valuable information.

RPAY's recent efforts to streamline programs, clarify program policies, and develop tools to support consistent decision-making are to be commended. With changes to some of the key programs, activities or relationships, the results are evident. Feedback from partners, stakeholders, community groups and Yukoners demonstrates that RPAY's work is recognized as contributing to quality of life in the Yukon.

Leading up to renewal of RPAY's 2014-18 Strategic Plan, it is worthwhile to reflect on RPAY's accomplishments and envision the opportunities that lie ahead. The addition of Yukon Northern Wellness Project funding and longer-term funding agreements will further improve the organization's stability. Financial stability makes it easier to continue doing what has worked well in the past.

Looking ahead to a future of rapid social and community change requires anticipating how to best strengthen and sustain positive impacts. Commitment, creativity and innovation as well as curiosity, inquiry and evaluation will help RPAY plan for the opportunities and challenges that lie ahead.

Recommendations:

An annual report does more than simply present the results of a year's work. It helps us learn from the past and move into the future with confidence. Based on insights from 2015-16, the following recommendations are made.

1. Prioritize programming that instills a desire to lead and an understanding of community-based leadership through recreation in older children (e.g. Playground Leadership) and in youth (e.g. high school REM weeks). Consider youth leadership to be a core value or principle that guides programming decisions.
2. Prioritize evaluation that will help the organization apply what is learned to operational and programming decisions.
 - a. Complete the RHEAL Leader Program evaluation to better understand how to strengthen and sustain the positive benefits participants expressed.
 - b. Design and initiate an evaluation of the Action Grants program to assess the extent to which these influence or contribute to the intended results and benefits.
3. Continue to identify and implement documentation that address potential areas of risk for the organization. Conduct a legal or expert review of programming (e.g. waivers) and operational (e.g. contracts) documentation over the 2016-17 year.
4. Engage the Board of Directors in discussions pertaining to territorial and national priorities around recreation, active living, parks and trails during the 2016-17 year. Introduce Canada's National Recreation Framework to explore the broader context prior to undertaking strategic planning in 2017-18.
5. Encourage the Board to identify strategies that strengthen their support and engagement with the organization.

For More Information

Please contact, for more information on this report or on RPAY's programs or services:

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