

# Conference Sessions

## Thursday, September 27

### ***Program Sessions “A”***

***10:45 am – 12:00 pm***

#### **A1 - Proof of Partnership: Inclusion at the Community Level**

*Presenters: Chris Bourne, Archie Allison, and John Rapp*

This panel discussion will explore two unique programs that are using partnerships and intelligent planning to make recreation services inclusive.

- ❑ Ottawa - Dovercourt Recreation Association's (DRA) accessibility and inclusion policy is quite simple, they just say “Yes!”. Great things happen as clients, parents and staff work to include the individual without question. With help from the City of Ottawa, service clubs, and community health organizations, DRA has made almost all of its program and services inclusive.
- ❑ Scarborough - The Variety Village Diversity in Action program promotes access, awareness and adapted activities for over 7,000 participants annually. This exciting program is designed to be inclusive. It provides children and adults with sessions that promote fitness and increase their awareness of healthy living options.

#### **A2 - Shifts in Volunteerism and Civic Engagement**

*Presenter: Alison Caird*

The voluntary sector in Canada has experienced a significant shift in demographics and participation over the past 15 years. These changes will have an impact on how Canadian communities deliver services and build social capital. This session will provide an overview of the voluntary sector in Canada, identify the changes affecting the sector, and look at what we need to do to adapt.

#### **A3 - Time, Trees and Thinking**

*Presenter: David Roach*

Canada’s parks and recreation professionals risk being caught in a time-trap that may have dramatic consequences for Canadians and their communities. Today’s high speed world demands instant responses to the needs of customers, councils and citizens. Delivering for stakeholders makes us good servants. Tomorrow’s world will demand long term planning based on deep reflection and creative thinking. Planning for the future makes us good stewards. Is there a new way to do both? This session will look at how we can be both servants and stewards by thinking in new ways and gaining confidence in our abilities.

## **A4 - Planning For Integrated Infrastructure**

*Presenters: Marie-France Delage and Denis Auger  
French with simultaneous translation*

An infrastructure master plan is based on a comprehensive inventory of recreation facilities and equipment in a given area. A master plan needs to address the needs of users, take an inclusive, community-based approach to sports and cultural activities, and account for the resources and level of practice in the community. Creating such a plan involves stakeholders from governments, academic institutions, associations and members of the private sector. This session will look at tools and approaches that can maximize funding for infrastructure and identify indicators that can help us understand the state of our infrastructure today and its potential for tomorrow.

## **A5 - Everybody gets to play™**

*Presenter: Tera Winter*

**Everybody gets to play™** is a national initiative lead by CPRA. It addresses barriers to accessible recreation for children and youth living in low-income families. These children face many barriers that prevent them from participating in quality recreation programs. This initiative gives practitioners tools, resources and practical training to take action and mobilize community leaders. In this session you will find out how **Everybody gets to play™** is being implemented across Canada, hear community success stories and learn how CPRA is expanding the scope of the initiative to address the recreation needs of other marginalized groups.

## **A6 - The True Sport Movement**

*Presenters: Daniel Bourdeau and Doug MacQuarrie*

True Sport is a national movement committed to the belief that sport and recreation make a powerful, positive contribution to the development of people and communities. More Canadians are now adding their voices to a national chorus advocating an ethical and values-based sport and recreation experience. They believe in recreation that promotes fairness, excellence, inclusion and fun. This interactive session will engage participants in the True Sport Movement. Participants will receive a True Sport Community Kit as well as materials to assist them in implementing values-based sport and recreation initiatives in their communities.

## **A7 - Ottawa's Active Living Club for Senior Adults**

*Presenter: Margaret (Peggy) Macleod*

Operated by the City of Ottawa, the Active Living Club gives senior adults (55+) the opportunity to participate in a wide range of safe, supervised outdoor activities. This session will cover the history of the Club and how it has evolved into a core program for the region. It will also look at how the program has become a resource for community planners developing outdoor resources and trails.

## **A8 - Putting People in Parks: Programming and Community Engagement for Public Open Spaces**

*Presenter: Andy Wickens*

The most successful parks are vibrant, active and inviting for users. The City of Mississauga has successfully used an “Outdoor Community Centre” to raise the profile of parks, trails and open spaces and engage the communities who use them. By moving recreation programming and special events into its parks, it promotes active lifestyles and provides a venue for community development. This session will deal with where we think park management is headed and provide recreation and parks administrators and practitioners with lots of fresh ideas.

## **A9 - On the Verge of Something Big!**

*Presenters: Joanne McQuiggan and Shelly Arnold  
English with simultaneous translation*

Drawing on recent research from The Search Institute and the International Youth Foundation, this session will help participants connect the dots between positive youth development and the Developmental Asset Framework. As positive youth development moves from being primarily a field of practice toward having increased credibility in academic institutions, the energy in Canada is building. Participants in this presentation will be challenged to become Asset Builders in their own communities and to share their experiences and learning. Emphasis will be placed on sample activities, so come prepared to participate!

## **Thursday, September 27**

***Program Sessions “B”  
2:00 pm – 3:15 pm***

## **B1 - City of Toronto Volunteer Management Plan for 40,000+ Volunteers**

*Presenters: Lucy Stern and Susan Lewis  
English with simultaneous translation*

In Toronto, “Volunteers are Gold”! The Toronto Volunteer Management Plan is focused on attracting and retaining volunteers to support a wide variety of parks, forestry and recreation programs and services. The Plan achieves its goals, objectives and vision with training strategies that include volunteer orientation and a manual, and through recognition programs. The Plan was developed in consultation with staff, stakeholders and volunteers. This session will explore how to provide meaningful opportunities and challenges that will engage a variety of volunteers (families, youth, the homeless, people with disabilities and members of diverse cultures, as well as agencies and educational institutions).

## **B2 - Where and How to Draw the Line**

*Presenter: Annmarie Nicholson*

The helping relationship gives us the chance to reach out to people, but also to overextend our reach. It is not always clear where the helping relationship begins and ends. This workshop will help participants set clear limits and boundaries that reflect personal, professional and organizational limits. Participants will learn how to establish and enforce boundaries that are both consistent and compassionate.

## **B3 - Play It Right: Promoting Inclusion and Diversity with Children and Youth**

*Presenter: Frédéric Hareau*

*French with simultaneous translation*

Based on the Equitas experience and projects in Montreal, Moncton, Fredericton, Toronto, Winnipeg and Vancouver, this workshop will explore:

- ❑ the significance of educating children and youth about multiculturalism,
- ❑ human rights and peaceful resolution of conflicts in non-formal environments,
- ❑ strategies for children and youth to increase awareness of discriminatory attitudes and behavior, and
- ❑ using games, to reinforce values such as respect, inclusion, cooperation, and conflict prevention.

## **B4 - Canadian Sport for Life**

*Presenter: Richard Way*

The Canadian model of Long-Term Athlete Development (LTAD) is based on the developmental age of participants, not on their chronological age. LTAD consists of seven stages of development, beginning with *Active Start* and progressing to the *Training to Win* and *Active for Life* stages. This presentation will outline the key principles and stages of the LTAD model, examine the reasons for adopting it, and identify how it may affect the sport delivery system at all levels.

## **B5 - Integrated Play Structures**

*Presenter: Joanne Moran*

As the City of Ottawa grows, the demographics of our neighbourhoods continue to change and the play needs of our growing children also change. The City currently has two different types of play structures: one for children 18 months to 5 years, and another for children 5 to 12 years. This presentation will look at how Ottawa has developed an integrated play structure designed for both younger and older children with a wide range of abilities.

## **B6 - Investing in Natural Capital: The Value of Parks in your Portfolio**

### *Panel Discussion*

This session will appeal to rural and urban leaders who care about community pride, growth and sustainability. Hear how parks, open spaces and quality public places are integral to healthy businesses, industry and citizens. Presentations by the panel will include the following.

- ❑ *Raymond Carrière*, president of Communities in Bloom will present case studies with real-life examples of community engagement. He will also discuss the use of practical tools to increase economic benefits and civic pride.
- ❑ A prominent Alberta parks planner will describe land acquisition strategies for parks and present examples of common mistakes and how to avoid them.
- ❑ *John Lohuis* of Mississauga, Ontario will discuss why park staff should advocate “placemaking” in community plans and present success stories from across North America.
- ❑ *Brenda Librecz* will discuss parks and open spaces from an economic development point of view and present the case for a renewed investment in parks using the example of the Toronto Parks and Recreation “Our Common Grounds” Strategic Plan.

## **B7 - Richmond B.C. - A Community of Excellence for Sport and Wellness**

*Presenter: Kate Sparrow*

**Presented By:**



Richmond B.C. is a Venue City for the long-track speed skating events at the 2010 Olympic Winter Games. The Richmond Oval will add to an already impressive array of sport, recreation and wellness facilities. During the games, Canada will own the podium at the Richmond Oval. Afterwards the facility will become a world-class venue for multi-sports, wellness and events. This session will introduce this leading edge facility and discuss how Richmond is working to ensure the legacy by becoming a “Community of Excellence for Sport and Wellness”.

## **B8 - Peer Training: Our Human Capital Resource**

*Presenter: Diane Banash*

Subject matter experts (SMEs) are often the lifeblood of great learning experiences. Hear how the City of Winnipeg Parks and Open Space Division successfully uses front line staff to deliver training on equipment operation.

The session will include:

- ❑ how to identify, select, train and engage this valuable human capital resource,
- ❑ steps on how to develop a peer training program (what works... what doesn't), and
- ❑ tips on ensuring management team support.

## **B9 - Keeping It Real**

*Presenter: Jacquie Hermans*

It's not easy being a teen. Teens need to feel valued and that they are contributing to something important. They need reassurance they are perfect for who they are. Everyone can make a positive contribution to the next generation. This session will provide you with the tools to be a compassionate role model and coach for teens. Interactive breakout sessions will give participants opportunities to apply the information to their own programs and training. This is a great session for managers, coordinators, supervisors and front line staff.

## **Thursday, September 27**

### ***Program Sessions "C"***

**3:30 pm – 4:45 pm**

### **C1 - Designing Accessible Communities For Everyone: Tools & Strategies**

*Presenter: Heather Crites*

“One in seven adults in Canada lives with a disability.” This and other valuable information comes from Statistics Canada’s *Participation & Activity Limitation Survey (PALS) 2001*. This session will look at how to use the *PALS* survey tool to raise awareness about disabilities and inclusion in your community. It also examines other tools including a variety of accessibility design guidelines, emergency planning information, an accessible housing by-law, and the *2010 Legacies Now —Vancouver Initiative: Measuring Up*. Participants will share experiences and explore practical strategies for advocating inclusive policies and planning, to local governments, agencies, and businesses.

### **C2 - Involving Aboriginals as Volunteers in Sporting Events**

*Presenters: Larena Hoeber, Joe Daniels, and Jason Koochicum*

It is well known that Aboriginal cultures focus on community ties, mutual support, and helping. In spite of this knowledge, and the fact that this population is growing rapidly, Aboriginal peoples are often ignored as potential volunteers for sporting events. This session will present best practices for recruiting, training and retaining Aboriginal volunteers.

### **C3 - CPRA's Business Is Your Business**

*Presenters: Gerald Mirecki and Larry Ketcheson*

*English with simultaneous translation*

CPRA has listened to its members and is conducting business differently. This "hot stove" session will review resolutions and policy initiatives that are in development or that are being voted on at the CPRA Annual General Meeting, scheduled for Friday afternoon. CPRA members are invited to come and debate all national policies and resolutions with the goal of making them better. Members will have an opportunity to engage in CPRA's business and have their voices heard.

## **C4 - Sports Field Master Plan: Developing a Comprehensive Master Plan to Improve Your Facilities and Reduce Field Over-Use**

*Presenter: François Hébert*

In municipal sports, availability of services and economic realities can lead to clashes. M. Hébert proposes a systematic process for “turf management.” The Municipal Sport Fields Master Plan is a technical tool for documenting situations, communicating facts and helping participants to reach a consensus on an action plan. The process is aimed at rehabilitating existing sports fields but can be modified to plan and organize the development of a new network of sport fields. In this session, a case study will be used to demonstrate the sub-processes and show how this tool can be effective in managing municipal sport fields.

## **C5 - Performance Measurement in Recreation Organizations**

*Presenter: Denis Auger*

*French with simultaneous translation*

Recreation organizations increasingly rely on performance measurement to help chart their progress. Performance measurement involves determining what to measure, identifying data collection methods and collecting the data. A good model should be comprehensive and tangible. It should include different types of measures: indicators of past results, predictors of future performance, and measures covering the key areas of the organization. This presentation will help participants understand performance measurement and how it relates to recreation and recreation organizations.

## **C6 - Embracing Sports for All: The Role of Municipal Parks and Recreation**

*Presenters: Jeff Carmichael and Mari Caravaggio*

Vancouver 2010 brings all of us the opportunity to further embrace sport. We know that community sport is the foundation of the sport system in Canada, so why is our community sport delivery system not as effective as it could be? This thought provoking session will introduce some of the many roles that parks and recreation can play to support long-term athlete development in the context of the Canadian sport system. Discussion will cover skill development first, youth leadership through sport leadership, playing our part in preventative health, and developing participant-centered policies that work.

## **C7 - The Tool Kit: Resources, Tools and Strategies for Youth Engagement**

*Presenters: Claudette Levy and Darren Hirtle*

“How can we encourage youth to participate in our programs and make better use of our services?” A simpler way of asking that question is, “How do we engage youth?” This session introduces the Youth Engagement Tool Kit used in the Halifax Regional Municipality. It is a handbook of resources, tools, concepts, suggestions for action, real life stories, strategies for innovation, tips and reminders to help you in your work with young people. If you care about youth, this is a resource for you!

## **C8 - Igniting Your Possibilities: A Youth Friendly Approach to Staff Development**

*Presenters: Laurie Quinlan, Sally Thomson, and Karen Oldham*

Being designated as “Youth Friendly” goes beyond identifying services and programs offered to youth. In London, Ontario, a group of community partners recognized the importance of supporting youth program staff and created a training symposium designed to educate and inspire. This session on the symposium will cover topics including funding application, choosing training themes and logistics for the day. Presenters will highlight the unusual touches that were added to the symposium to make delegates feel valued. Participants will be provided with a video, photos and handouts—tools to help them “hit the ground running” and conduct their own symposia.

## **C9 – Renewing the Jewel: Stanley Park and the Storm of 2006**

*Presenters: Jim Lowden and Susan Mundick*

In late 2006 a major Pacific storm struck Vancouver’s Stanley Park, severely damaging over 40 hectares of forest and knocking down over 10,000 trees. Two responses were immediate and significant. First, an incident team was assembled and within two weeks had the most critical operations within the park reopened. Secondly, there was a dramatic community response raising over three million dollars in donations, which was quickly augmented by six million dollars in funding from three levels of government. This session will look at the behind the scenes organization of the emergency response, fundraising and the park’s restoration.

## **Friday, September 28**

### ***Program Sessions “D”***

***10:30 am – 12:00 pm***

## **D1 - Engaging Girls and Women Throughout their Lives**

*Presenters: Sydney Millar, Shelley Callaghan, and Jennifer Ladouceur*

This interactive panel will look at recent research and programming suggestions to engage girls and women in sport and physical activity throughout their lives. Highlights will include the following:

- ❑ Challenges and successes of the Girls n' Women and Sport Program in Ottawa,
- ❑ Learning from *Team Spirit: Aboriginal Girls in Sport*, a national initiative to increase community sport opportunities for Aboriginal females,
- ❑ Findings of a recent environmental scan and national focus groups examining the need for physical activity and sport by women 55-70, and
- ❑ Practical examples from *On the Move*, a national initiative to increase opportunities for inactive girls and young women.

## **D2 - Volunteer Work and Associations**

*Presenter: Daniel Caron*

*French with simultaneous translation*

Recreation provides governments (provincial, regional and local) with a successful, low-cost way to deliver a social service and give people a chance to exercise their rights. In Québec, we estimate that 500,000 volunteers dedicate more than 80 million hours a year to sports and recreation. The estimated value of their work is more than one billion dollars. Volunteers exercise their citizenship by dedicating their free time to other people's leisure and make a contribution to quality of life that is impossible to replace. This session will discuss recent studies that improve our understanding of the nature, importance and fragility of voluntary commitments.

## **D3 - Change: Love It, Hate It, We All Have to Live With It**

*Presenter: Deborah Gardner*

*English with simultaneous translation*

We live in a world that changes at a rapid pace. We deal with change both at work and at home - and they affect each other. Understanding how change affects people differently is key to understanding your role in proactively and positively managing and participating in change. This session will introduce a workbook that provides participants with tools to assist in the development of a win-win relationship with change. Lessons learned through the successful real-life restructuring of Volunteer Toronto will also be shared and discussed.

## **D4 - Advocating for Parks and Recreation in Canada**

*Presenter: Kate Sparrow*

Advocacy is CPRA's top priority. The Association's efforts are critical to the future of our sector and the communities we represent. The CPRA Advocacy Committee has developed a strategic plan and campaign to position issues with all levels of government. We are working with our Provincial and Territorial Partners, as well as many national allies, on a collaborative campaign. It is an exciting opportunity for leaders in parks, recreation, sport and culture to get involved in influencing government spending priorities and policies. This session will consist of an interactive discussion where participants can help shape the approach and the messages.

## **D5 - Changing Demographics, Attitude Shifts and Parks**

*Presenter: Jim Lowden*

We have been nodding to the boomer demographics for over a decade. Beyond numbers, what does this mean to parks and recreation providers? Apart from sheer volume, we are looking at clients with widely differing expectations, reinforced by immigration, personal health, wealth or lack thereof and the pressure to squeeze more into space and time. It is a more demanding, more self-focused user group which is less tolerant of the same old/ same old public delivery systems.

## **D6 - Knowledge Management in the Recreation Sector**

*Presenter: Agnes Croxford*

This session will focus on the increasing importance of sharing knowledge, anticipating trends and leveraging resources nationally. Using real life examples of issues and trends currently facing communities, Lifestyle Information Network (LIN) staff will demonstrate how the National Recreation Database, LIN's new Programming Success Stories Database, listservs, blogs and RSS feeds can all help with research, networking and policy development. New ideas will be presented on how to use these excellent web tools to do your job better, faster, and more effectively.

## **D7 - Barrier-Free Design for Sports**

*Presenter: Ian McKay*

The number of disabled athletes is growing in both recreational and competitive sports. Most disabled codes provide only minimum standards for disabled persons. They do not necessarily address the needs of disabled athletes. Recreational facility designers must go well beyond the minimum standards to design facilities that serve disabled athletes well. This presentation will focus on the design issues for competitive and community based athletes and the communities that welcome them.

## **D8 - Friday Night Drop In = Youth Success**

*Presenters: Heather Wicksted and Wendy Mailhiot*

Village Square Leisure Centre, a City of Calgary facility, runs a successful youth drop-in that sees an average of 300 youth each Friday night. Dynamic staff and volunteers, leisure education, skateboarding, youth council and wake-a-thons all help to make the centre a safe and vibrant place for youth, families and the community. This session will focus on the learning associated with this successful implementation of a youth development framework, the spin-off partnerships, and the subsequent opportunities for youth.

## **D9 - *Jeunes en Forme*: Developing Community Capacities and Offering Opportunités for Physical Activity and Sport to All Children**

*Presenters: Christine Faubert, Milena M. Parent, Jean Harvey, and Grant Toole*

*Presented in French Only*

*Jeunes en Forme* (JEF) is a partnership project in the Vanier community in Ottawa. JEF supports sustainable, community-based measures to promote active living among children from four to twelve years of age, mostly from underprivileged environments. This presentation will introduce JEF's guidelines and main components, look at the project's governance structure and the operating procedures of the local action committee, and discuss initiatives, lessons and research results from the first two years of operation.

## **Friday, September 28**

### ***Program Sessions “E”***

***2:15 pm – 3:45 pm***

#### **E1 - Integration and Inclusion Supports for Individuals with Disabilities in Municipal Recreation**

*Moderator: Diane Cyr*

*English with simultaneous translation*

This panel discussion will focus on the City of Ottawa special needs service delivery model. It supports the integration and inclusion of children and youth with special needs at municipal facilities and programs. Used primarily for summer camps, the model is versatile and can easily be used year round with children, youth, adults, and seniors. The panel will include staff from Special Needs Services who will describe the model and its development, staff from recreation facilities who work with it on a daily basis, and parents whose children have benefited from it.

#### **E2 - Community Partnerships 101: How to Successfully Partner with the Community**

*Presenters: Darryl Condon and Vincent Santacroce*

Community volunteers are playing a larger role in the governance of community recreation facilities. This brings significant benefits to both the community and the partnering municipality. This session will explore the issues, challenges and opportunities for municipal recreation departments that are developing community partnerships. Topics will include increased volunteerism, community development, creative programming, financial leveraging, and capitalizing on the energy and resources of community groups. The presenters helped develop a successful partnership between a municipal recreation organization and a grass roots non-profit community services society, to operate the Parkgate Community Centre in North Vancouver.

#### **E3 - Playing Defense: Employee Retention and Engagement**

*Presenter: Tim Rutledge*

Learn the steps managers need to take to identify their key employees and create engaging employment experiences for them. In a job market where there are more candidates than openings, talented employees have lots of job choices and headhunters are trying to pry them loose. Participants will have the opportunity to use the Manager Engagement Model to explore the elements of employee engagement, identify their key employees, and learn how to use engaging behaviour to build “firewalls” around them.

## **E4 - Pond to Podium: A Nation-Wide Skating Movement**

*Presenter: Ted Barton*

This session will provide an overview of four key activities of the Pond to Podium Foundation:

- ❑ raising the profile of ice skating sports in Canada - figure skating, speed skating, ringette, hockey and recreational skating,
- ❑ creating a municipal sponsorship program supporting the refit or renewal of municipal ice surfaces across Canada,
- ❑ developing a talent assessment tool for children coming out of learn-to-skate programs in order to better inform parents which ice sport may be the best fit, and
- ❑ creating a school skating program where skates and an outdoor rink are supplied.

## **E5 - Active Kids Toolkit: Realization of an Active Start**

*Presenter: Cindy Dickie*

The Active Kids Toolkit is a comprehensive resource and training resource to help families and caregivers provide daily, quality physical activity opportunities for young children up to five years of age. This session introduces the tools, developed through research and an analysis of best practices, to help develop physical literacy in children and support active play. Active play improves coordination and motor skills, teaches leadership, encourages imagination and builds confidence. Come on... let's get our kids active!

## **E6 - Life Cycle Renewal Forecasting for Effective Asset Management**

*Presenter: Pierre Jolicoeur*

Municipal recreation infrastructure is aging and has not received adequate capital funding for renewal. The result is a substantive deferred replacement load. This session will describe approaches to condition auditing, how condition indices are calculated for buildings and parks, and the policy implications of life cycle renewal. This session will focus on the City of Ottawa's asset management system—a leading edge application for planning, prioritizing and tracking asset replacement.

## **E7 - Youth Engagement and Leadership Through the Arts**

*Presenters: Sandra Mirabelli and Monique Lachapelle*

This session will present two youth programs that illustrate the value and role of arts and culture in engaging youth and developing leadership. The Hintonburg Youth Video project was initiated to engage and connect with youth at risk. Using the medium of video and the delivery vehicle of the Internet, youth were empowered to express their perspectives on a variety of social and/or creative issues. In collaboration with professional artists, The Arts Leadership Training Program provides youth the chance to acquire core recreation-based leadership skills by creating and staging performances and works of art.

## **E8 - The Canadian Capital Region Trail System**

*Presenters: Serge Poitras and François Daigneault  
French with simultaneous translation*

The Canadian Capital Region Trail System is a “trendy” original initiative. The setup and design of the trail system promotes accessibility and provides a quality recreational experience that highlights the region’s green spaces and landmarks. The system connects natural and social environments over a distance of 180 km. This session will look at the 2006 trail system development plan, which incorporates a thorough review of the original plan from 1994.

## **Saturday, September 29**

### ***Program Sessions “F”***

**8:30 am – 10:00 am**

## **F1 - Putting Municipal Leisure on the Agenda to Improve Awareness**

*Presenter: Marc-André Lavigne  
French with simultaneous translation*

Recreation has shown its ability to contribute to the development of individuals and communities. However, it remains difficult to promote its benefits to local elected representatives. This presentation will use the results of a Quebec survey of 310 mayors, city councilors and recreation leaders to explore ways to put public leisure on the agenda. It will look at recreation issues that caught the attention of the leaders in the survey and, more importantly, how we can make elected representatives more aware of recreation issues.

## **F2 - Activate Your Community: The Development of ALACD Community Networks**

*Presenters: Chris Bourne and Dawn Stegan*

Active Living Alliance for Canadians with a Disability (ALACD) works with community-based partner networks in each province and territory to promote, support and enable Canadians with disabilities to lead active, healthy lives. This session will cover the roles of different stakeholders, the benefits of involvement, projects the networks have undertaken, successes and challenges, and the nuts and bolts of implementing ALACD’s Community Development initiative.

## **F3 - Taking Reasonable Measures to Protect: Assessing our Volunteer Screening Practices**

*Presenter: Ruth MacKenzie*

Organizations have a moral and legal requirement to do everything reasonable to protect those in their care. Volunteer Canada has recently published “Reviewing your Screening Practices,” as an

addition to its "Safe Enough?" series on screening. This workshop will introduce this new self-administered checklist for groups and organizations engaged in screening performance reviews. Participants will review the 10 Safe Steps to Screening, discover ways to assess their current screening practices, and identify ways to improve their existing screening systems or develop new policies and practices.

#### **F4 - Excuse Me for Being Human, But It's the Pre-requisite to Being a Good Leader**

*Presenter: Rosita Hall*

There are so many leadership theories, processes and tools for up-and-coming leaders it's hard to know where to begin. Vince Lombardi, one of the most respected NFL coaches of all time, said, "the secret to success is HEARTPOWER—capture the heart and you've captured the person." During this entertaining and informative session, you will learn how to begin the journey to self-awareness, how to develop heart-to-heart relationships, how to balance IQ and EQ, how to shed masks and show up authentically in order to achieve greater results, and how and why to lead with a servant's heart.

#### **F5 - Fundraising Fundamentals**

*Presenter: Kerry Munro*

This session offers an in-depth look at how to start and structure a fundraising campaign to build or renovate a recreational facility. This session is meant to motivate you to go back to your community and get started on your dream. We look at first steps including developing a mission statement, resources, and how to structure your campaign. Using best practises from various campaigns we discuss what pitfalls to avoid, motivating volunteers, and achieving your financial goals while involving your community.

#### **F6 - Building a Healthy Community through Fitness Programming**

*Presenter: Donna Hutchinson*

*English with simultaneous translation*

Are we building stronger healthier communities through fitness programming or are we losing the battle? Obesity, diabetes and other diseases of disuse are still on the rise. As fitness programmers we need to understand how to build stronger communities by incorporating innovative and out-of-the-box programming. This workshop will explore a radical programming approach that will bring new members to your facility and increase member retention. Forget what you know about programming and be prepared to have a wider impact in your community.

## **F7 - Intentional Youth Development - Tools for Excellence**

*Presenter: Yvette Munro*

Parks and recreation programs are great ways to deliver services to adolescent youth and to help them develop skills to negotiate the path to adulthood. Great staff members can play a pivotal role. But if we don't plan our programs to support positive youth development, our ability to support youth can disappear with departing staff. This session will help you find out if your agency or department is ready to support IYD, assess how your programs include IYD, and determine how your administration supports IYD.

## **F8 - Creating Great Cities: Trails & Parks, Walking & Cycling**

*Presenter: Gil Penalosa*

Trails and parks improve our environment and advance the economic development of our cities. Walking and cycling improve our personal and public health, enhance recreation for all, and expand our transportation options. The session will discuss how these activities and places increase the quality of life of all and are critical elements to create great cities. In an ever more globalized world, quality of life is becoming the most important element of economic competitiveness as every city tries to attract and retain the best minds. Best practices from Europe, Latin America, Canada and the U.S. will be presented.