Framework for Recreation in Canada

Supplement

For Municipal Parks, Recreation, and
related government departments

Canadian Parks and Recreation Association

May 2023

Executive Summary (Summary of Changes in the Supplement)

To be added

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1.0   Introduction

The *Framework for Recreation in Canada: Pathways to Wellbeing 2015* (the Framework) was developed and endorsed by the federal, provincial, and territorial governments to provide guidance and galvanize the parks and recreation sector. It was designed to position parks and recreation as an important means to address and contribute to solving societal challenges by uniting the sector through a collective commitment to a shared vision, values, goals, and priorities. The goals and priorities provide the basis for organizations to develop action plans that, when implemented, can contribute to the wellbeing of individuals, communities, and the built and natural environments.

Significant change has occurred in Canada and around the world since its release. To address these changes, this Supplement was developed - the purpose of which is **not to replace the 2015 Framework,** but rather to focus on specific actions (the Considerations for Action) until a new Framework is produced. The Framework remains the overarching strategy for the parks and recreation sector and practitioners, volunteers, partners, provincial/territorial governments, and the private sector are encouraged to reference it as needed. **However, over the next two years, we encourage you to focus on and implement the actions described in the Supplement that make sense for you**. The Actions described in the Supplement confirm the essential role that parks and recreation plays in contributing to the wellbeing and vibrancy of communities.

The Supplement is comprised of five sections:
1. Key Documents that have been released since 2015.
2. Current Context section that provides an overview of both the broad issues facing Canada and the specific ones facing the parks and recreation sector.
3. Considerations for Action, for each of the five goals of the current Framework (the "what").
4. Embrace It. Own It. Share It. Use It. Apply It. This section provides "the how" - practical ideas to help parks and recreation practitioners enact the Considerations for Action.
5. Glossary. The glossary features terms from the original Framework with edits and additions in the Supplement. These terms have been highlighted the first time they are used in the document.

Although the Framework is referenced and used by practitioners, decision-makers, policy makers/analysts, and sector partners, its impact could be expanded if more were aware of it, perceived value in it, and used it. To that end, a communications strategy will be employed to spread the word more broadly about the Framework and Supplement. An evaluation plan has been created to understand the uptake of the Supplement.

The Canadian Parks and Recreation Association (CPRA) will continue to act as the steward of the Framework, in partnership with a Framework Leadership Team (FLT) which includes representatives from organizations in the parks, physical activity, sport, and recreation sectors across Canada. Together, they will provide guidance, leadership, and insight related to the implementation of the Framework, the Supplement, and measurement of progress towards realizing the five Goals.

2.0   Developments since 2015

Since the Framework was released in 2015, the world has changed (understatement). In this section we will, briefly, outline those changes as they relate to the current overall context that affects us societally and individually, and narrow in on the topic at hand, being the changes that the recreation, physical activity, and sport (RPAS) sector has experienced. It is these changes, combined, that have influenced the priorities, now referred to as **Considerations for Action**, in this Supplement.

2.1 Key Documents

Since the release of the Framework, several significant policies, documents, and resources have been released. This is not a definitive list. We acknowledge that many other resources have been created at a national, provincial/territorial, and local level. Those listed here represent national and international documents that align with and influence the parks and recreation sector and that have informed the Supplement content. We hope they will provide a useful reference for you in your daily work and to help you implement the Supplement's Considerations for Action.

2015
- Canada's Physical Literacy Consensus Statement
- Position Statement on Active Outdoor Play. And the advent of Outdoor Play Canada
- Summary of the final report of the Truth and Reconciliation Commission of Canada
- Tactical Urbanism
- Outdoor PLAYbook

2016
- 17 Sustainable Development Goals of the 2030 Agenda for Sustainable Development (January 1, 2016 - adopted by world leaders in Sept. 2015 at UN summit)
- Canadian 24-Hour Movement Guidelines for Children and Youth
- The Nature Playbook

2017
- Parks for All
- The Kazan Action Plan. A Foundation of the Global Framework for Leveraging Sport for Development and Peace[1]

2018
- A Common Vision for increasing physical activity and reducing sedentary living: Let's Get Moving
- Global Action Plan on Physical Activity 2018-2030
- Historic Federal Announcement for Women and Sport 2018 Federal Budget includes $30M for women and sport, and a goal of gender equality by 2035. Several initiatives, organizations and resources have been developed since this announcement including CPRA's Gender Equity and Recreational Sport Toolkit and the establishment of *The Government of Canada's Working Group on Gender Equity in Sport* and the call for gender equity in sport by 2035
- Physical Activity report card for children and youth - Boost their brain

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[1] Kazan Action Plan - As a tool for aligning international and national policy in the fields of physical education, physical activity and sport with the United Nations 2030 Agenda, the Kazan Action Plan addresses the needs and objectives identified in the UN Action Plan on Sport for Development.

2019
- [Accessible Canada Act](#) to make Canada barrier free by 2040
- [Indigenous Sport for Life. Long-Term Participant Development Pathway](#)
- [Long-Term Development in Sport and Physical Activity 3.0](#) (Sport for Life)
- [The Red Deer Declaration for the Prevention of Harassment, Abuse and Discrimination in Sport](#)

2020
- [A Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults with a Disability](#) (CDPP)
- [Canadian 24-hour Movement Guidelines for Adults](#) (18-64 years and 65 years or older)
- [Climate Action Statement](#) (CPRA)

2021
- [A Vision to TRANSFORM Canada's Public Health System](#) - The Chief Public Health Officer of Canada's Report on the State of Public Health in Canada 2021
- [National Active Transportation Strategy](#)
- [ParticipACTION 2021 Adult Report Card](#); ([2019 Report Card](#))
- [ReImagine RREC](#) (Renew, Retool, Engage and Contribute) (CPRA)
- [Toward a Quality of Life Strategy for Canada](#) (Department of Finance Canada)
- [United Nations Declaration on the Rights of Indigenous Peoples Act](#)

2022
- [Canadian Physical Activity Report Card for Children and Adolescents with Disabilities](#)
- [Children and Youth Report Card](#)
- [Geneva Charter for Well-being](#)
- [Mobilizing Public Health Action on Climate Change in Canada](#). The Chief Public Health Officer of Canada's Report on the State of Public Health in Canada 2022
- [Sport for Life for EVERY NEW TO CANADA PARTICIPANT 2.0](#)

2023
- [Best Practice in Delivering the 30x30 Target. Protected Areas and Other Effective Area-Based Conservation Measures](#)
- [Canadian Institute for Social Prescribing](#)[2]
- [Canadian Parks, Recreation and Sport Infrastructure Database](#)[3]
- [Canadian Sport Policy (CSP) renewal process/papers](#); [What we Heard Report](#). It should be noted that the CSP is currently in the renewal phase and is slated for release some time in 2023.
- Social, Health, Environmental and Economic Value of Sport, Physical Activity and Recreation Report. (to be released later in 2023)

Due in 2024
- The Aboriginal Sport Strategy

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[2] The Canadian Institute for Social Prescribing is a new national hub to link people and share practices that connect people to community-based supports and services that can help improve their health and wellbeing.

[3] Canadian Parks, Recreation and Sport Infrastructure Database - The database centrally collates information about parks, recreation, and sport facilities across Canada, including location, size, amenities and age.

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2.2 Current Context

Although Canada (and the world) was dealing with several issues prior to COVID-19, the pandemic has had a significant impact on the parks and recreation sector. The following section provides a short overview of the current context in which we are operating and points to the important role that parks and recreation play in addressing the issues. The issues have been presented in alphabetical order and not based on importance or level of priority.

Climate Change

The parks and recreation sector has an important role to play in contributing to a healthy planet. Our facilities must consider their carbon footprint in their operations and hosting of events and tournaments, carbon emissions from travel to / from facilities, energy use, and catering (including food waste). Program delivery will also be impacted by climate change in different ways including damage to playing surfaces, trails, and parks because of extreme temperatures, drought, and flooding; building damage because of violent storms; warmer winters and lack of snow threatening winter activities; extreme heat forcing changes to outdoor programs, to list a few.

Economy

Canadians have experienced economic challenges based on inflation and the recession. These economic challenges may be impacting their ability to buy food, find affordable housing, and provide other basic needs for themselves and their families. These challenges may directly impact their ability to pay for program fees, transportation, equipment, shoes, and other items related to participation in recreation, particularly if they view this as non-essential spending.

Diversity, Equity, Inclusion and Belonging

The Recreation, Physical Activity, and Sport (RPAS) sector has, for 40 years, been engaged in addressing issues related to equity, diversity, and inclusion. Through the advent of organizations such as Canadian Women and Sport (CWS; formerly known as the Canadian Association for the Advancement of Women in Sport (CAAWS), the Active Living Alliance for Canadians with a Disability (ALACD), and Active Aging Canada (formerly the Active Living Coalition for Older Adults), and the development of resources that address issues of equity such as *Everybody Gets to Play* (through Parks and Recreation Ontario) and *All Newcomers to Canada: Creating inclusion of newcomers in sport and physical activity* (Sport for Life), equity-deserving groups have arguably been the primary focus of efforts to increase participation in RPAS. However, the pandemic shone an undeniable spotlight on the fact that our efforts have fallen short of truly achieving fully inclusive participation. There has been an effort to put in place initiatives that make parks and recreation more equitable with an emerging understanding of intersectionality (how a combination of social identities – e.g., race, gender, age, ability – can lead to further discrimination). Of note:

- A report from the Centre for Sport Policy Studies, *The Implications of COVID -19 for Community Sport and Sport for Development* emphasizes that socio-economic status is the strongest determinant of health and the strongest determinant of participation in recreational sport and physical activity. It is critical, therefore, for the parks and recreation sector and its allied partners to work together to address program funding and policies that address socio-economic status, which often also relate to other equity-deserving groups.
- Anti-black racism and racism against people of colour and Indigenous people remains a significant issue in Canada. Parks and recreation professionals have an opportunity to address racism through programs and policies as well as in workforce recruitment and retention strategies. These strategies should include education of recreation professionals about the cause and effects of racism in the sector and their role in preventing and combatting it. The sector must respect the expertise of people with lived/living experience.

- Additional information and evidence should also be sought on migration patterns of people already living in Canada. As a result of the pandemic, Canadians moved out of large cities and into smaller towns and some moved to different provinces. The migration of people will introduce both challenges and opportunities to recreation delivery, particularly in smaller towns and rural areas.

Homelessness

Over the past several years, the number of people who are unstably or under-housed or are experiencing homelessness has risen and has become a focus of all levels of governments as well as community-based organizations. Parks are under pressure from the public to remain open and be clean and safe. Yet for people experiencing homelessness, parks may be the most accessible and safe space for them. Parks and recreation departments, particularly, are balancing how to compassionately deal with encampments and supporting those unstably housed with maintaining parks as places for people to enjoy. Parks and recreation departments have an important role to play in supporting vulnerable populations. This responsibility extends to the critical role that recreation facilities play during times of emergency such as being available as warming/cooling centres.

Immigration

Canada has experienced and continues to welcome people from other countries to live and work here. In some cases, people come to Canada in times of peace, but recently in times of crisis (e.g., from Syria and the Ukraine). Parks and recreation has an enormous opportunity to impact the lives of new Canadians/newcomers/refugees as a way to help them settle in Canada, learn the language, get jobs, make friends, and reduce the stress of their circumstances.

Infrastructure

Recreation infrastructure remains an important issue in the parks and recreation sector. The issues include having enough facilities, that are in good repair/not deteriorating; facilities that can accommodate people in the event of another pandemic or other emergency; facilities that are psychologically safe and welcoming to people of all ages, genders, cultures, and abilities; and facilities that meet climate change commitments. Within the infrastructure discussion is the importance of parks, trails, and other outdoor spaces, as previously mentioned. According to the US National Parks and Recreation Association (NRPA)[4], "Because of the pandemic, public parks have become more important to people and more essential to our health and well-being than perhaps at any time before this pernicious disease threatened our health and freedoms. This pandemic … has shown us how important parks are to every walk of life. Parks are not just 'nice to have,' they are 'must have.' They are critical infrastructure and vital to the public."

Mental, Physical, and Social Health

Engaging in recreation (and sport and physical activity) is a well-known contributor to positive physical, mental, and social health. Among its many benefits, RPAS is positively associated with having a strong immune response, thereby decreasing the risk of contracting communicable diseases. As we look toward a future that will involve another pandemic, having a more active population may help to combat the infection rate and spread of future diseases. Physical activity also plays a significant role in decreasing the risk of non-communicable diseases such as cardiovascular diseases, Type II diabetes, and osteoporosis. At a time when our health care systems are in crisis, recreation – in all its forms – provide health-enhancing benefits that stave off acute and chronic illness.

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[4] *How Parks and Recreation will Change Forever*. National Recreation and Parks Association (July 23, 2020). Retrieved: https://www.nrpa.org/parks-recreation-magazine/2020/august/how-parks-and-recreation-will-change-forever/

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Specifically, there is increased attention on the growing mental health crisis in Canada, and world-wide. This includes concern for a rise in substance abuse and the resulting issues it creates. There are several reasons for this including climate anxiety, the public health restrictions imposed during the pandemic that led to social isolation, and economic hardship, to name a few. During the pandemic many Canadians sought solace by participating in recreational pursuits and rediscovering nature. It is incumbent upon us to create the opportunities, environments and circumstances that support Canadians to continue the pursuits that contribute to positive mental health. Related to this is the issue, even more pronounced during the pandemic, of social isolation and loneliness and their negative impact on physical and mental health.

In light of the events of the past few years, the parks and recreation sector must be much more intentional about promoting its value in improving physical and mental health, and social connectedness. It can't be overstated, the degree to which there is overlap in the risk factors and the solutions to achieve overall health and quality of life.

Nature, Trails, Parks
As described in the issue above, the pandemic sparked a growth in the number of people who moved outdoors to be active and a subsequent renewed interest in local parks and trails. Largely because of indoor facilities being closed and community sport and recreation programs being cancelled, Canadians cycled, kayaked, cross-country skied, hiked and walked, often with a new family dog. They played golf, tennis, and pickle ball which are, mainly, played outdoors and can be played with physical distancing in mind. Though we have moved back indoors as traditional community sports have resumed, many Canadians are still wary of indoor pursuits and may prefer outdoor and unstructured activities. The parks and recreation sector can capitalize and harness the enthusiasm of Canadians to be outdoors while, at the same time, addressing the unintended consequences of increased outdoor use. The increase in numbers of people using trails and parks impacts conservational needs and values making citizen education about how to respect nature an important role for parks and recreation staff.

Placemaking
A concept and practice gaining traction in Canada, and worldwide, is that of Placemaking. Placemaking is the process of shaping public space to strengthen connections between people and places. Of course, placemaking can happen in any size or type of community; neighbourhoods have become an area of focus as places to become more active and socially connected. An exciting characteristic of placemaking is that anyone can be a neighbourhood "placemaker" to initiate a change. Individuals or groups of citizens have the power to make change at a neighbourhood scale, including changes to their own property or using public space. It behooves the parks and recreation sector to expand beyond its role as the provider of facilities and programs to the supporter of public action in building healthy communities.

Safe Sport
The issue of safe sport is, like most of the issues presented, not new. However, decades of inattention and, in some cases, neglect, have brought it to the forefront and to a crisis point. Though much of the focus is on how the sport community, particularly the National Sport Organizations who are funded at a federal level, will address the issue, it is incumbent upon the parks and recreation sector to acknowledge and define their role and act to influence community sport at the local level.

Surveillance and Monitoring

The parks and recreation sector must engage in a robust surveillance and monitoring system to understand and identify trends and inform progress. Though the 2015 Framework did not have an evaluation strategy associated with it, data does exist from the Canadian Fitness and Lifestyle Research Institute (CFLRI) that can help to assess some progress on the 2015 Framework. CFLRI has also created indicators to measure the contribution of recreation, physical activity, and sport against the United Nations' Sustainable Development Goals. An evaluation plan has been created to measure the uptake of this Supplement and will be implemented based on available funding. It is strongly recommended that FRC 2.0 also be created with an accompanying evaluation strategy to determine our collective progress. However, parks and recreation organizations at all levels are encouraged to evaluate programs and monitor progress toward outcomes to determine the impact we are having.

System/Sector Complexity

The parks and recreation sector plays a variety of roles in communities beyond the delivery of recreation programs and services. Often placed within departments with quite disparate mandates, parks and recreation delivers vital services in the community. Facilities are used as emergency shelters, food distribution centres, and vaccinations clinics and staff are redeployed to manage a variety of other tasks and services. One could argue that recreation really is an essential service that contributes to the health, safety, and wellbeing of its residents. The pressure on parks and recreation staff to serve different needs in the community contributes to staff stress and an inability to manage a work-life balance. Witness to this is the increasing number of recreation departments that are being changed to Community Services Departments.

Technology

Technology has become an issue of great interest both in terms of how it can be utilized in a positive way and how we must consider the challenges related to "digital poverty". Hybrid models – in person and digital modes of program delivery – allow for engaging more people who seek different recreation experiences. People working from home may also benefit from being able to take a quick break to enjoy an online program. During the pandemic, efforts were made to connect more and more people to necessary digital services. However, many of these have been rescinded in the aftermath.

Truth and Reconciliation

The Truth and Reconciliation Commission with the purpose of advancing reconciliation in Canada, identified 94 Calls to Action. Actions that can be supported by the Parks and recreation sector primarily include those under Education, Health, and Sport. It is important that the parks and recreation sector know about the ways in which it can support Indigenous Peoples to engage in recreation including ensuring there are opportunities for long-term Indigenous athlete development, as well as policies and programs that address barriers to participation and support traditional sports and games and opportunities to connect with the land. Municipal parks and recreation staff can work with Indigenous community members to train coaches and officials and offer anti-racism training to all staff.

Unstructured Play

A related trend is focused on balancing the need for community sport and recreational pursuits with high performance, highly competitive opportunities. For many parents, the financial and time pressures associated with pursing more competitive and elite levels of sport is becoming more prohibitive. Financial pressures that families are currently facing may also impact the recreation sector as they struggle to afford groceries and other basic amenities. Further, there may be some hesitancy on the part of parents to involve their children in more organized competitive sport given the recent

revelations regarding abuse in sport. Providing opportunities for unstructured (and risky) play may be a way for parks and recreation to continue to support a healthy citizenry and build vibrant communities.

Workforce Shortages
The parks and recreation sector, like many other sectors, is facing a critical shortage of workers. The result is a reduced capacity to offer programs and services for a variety of reasons including a lack of access to trained practitioners and instructors and a lack of facility and trail operators, particularly in rural and northern communities. One of the most critical shortages is in aquatics which impacts swimming programs for leisure and fitness as well as lifeguard and instructor training impacting safety around the water for Canadians of all ages. Applying several workforce strategies will be an important focus for the parks and recreation sector over the next several years.

Work Changes: The 4-day work week and Remote and Hybrid Work
The way we work has changed in a number of ways including the adoption of the four-day work week, the continuation, for some, of work-from-home arrangements, and the shift, for others, to a hybrid work model. In these three scenarios, that also mark a change in how we spend our leisure time, Canadians may be seeking, and can benefit from recreational opportunities that take place in facilities, in the community at large through placemaking efforts, and/or through the use of technology (e.g., virtual yoga classes), and in outdoor spaces at more varying times during the day. Further, returning to work after adapting to a work-at-home model has had an impact on work-life balance and mental well-being on community residents some have found the transition back to an office setting to be a challenge.

3.0　The Framework Supplement Content

3.1 Infographic

<mark>To be created</mark>

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3.2 Goals and Considerations for Action

The following section focuses on a small number of Considerations for Action under each of the five original Goals of the Framework. Though the Goals remain the same, the descriptions have been condensed or changed if updates were warranted. Consult the Framework for Recreation in Canada 2015 for more detail and references. The ordering does not indicate levels of importance or priority. This will be determined by the organizations, communities, and individuals using the Framework for Recreation in Canada 2015 and this Supplement to guide the development of their own action plans. Similarly, users of the Supplement will determine which Considerations for Action apply to their jurisdiction as it may be different from community to community across Canada.

Goal 1   Active Living

Foster active living through physical recreation.

Evidence supports the positive relationship between regular physical activity and physical, mental, and social health across the lifespan. Many factors influence physical activity including knowledge and awareness of the benefits and the opportunities to be active, support from family and friends, and the creation and maintenance of policies and supportive environments for physically active recreation in the everyday settings where people live, work, play and learn.

The Canadian 24-hour Movement Guidelines: An Integration of Physical Activity, Sedentary Behaviour and Sleep provide recommendations about what a 24-hour day should look like to improve health. According to the Guidelines, "Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits". Guidelines exists for all ages, from the early years to older adulthood.

Considerations for Action

1.1   Utilize the 24-hour Movement Guidelines (all ages) to help community members increase physical activity and reduce sedentary living.

1.2   Focus on non-competitive and unstructured play for people of all ages, in both indoor and outdoor spaces.

1.3   Provide and promote programming that reflects and accommodates people's different employment circumstances (i.e., hybrid or work from home).

1.4   Create and promote active transportation opportunities.

Goal 2   Inclusion and Access

Increase inclusion and access to recreation for populations that face constraints to participation.

More than any other service, recreation can reach all citizens, and bring people together in a welcoming environment. It is important to address the barriers and constraints to participation faced by some people, and to celebrate the rich diversity of Canada's population.

At its most basic, diversity refers to all differences between and among people. Acknowledging and valuing diversity is vital to the prevention of prejudice and discrimination. The parks and recreation sector must consider all the characteristics and circumstances of people in our communities including ability, age, culture, race, sex, gender expression, sexual orientation, education, religious beliefs, socioeconomic status, and health concerns that affect wellbeing.

The theory of intersectionality, which was conceived in 1989, has emerged as an important framework in the recreation sector. It reminds us that people are not just one characteristic or another, but rather have overlapping identities and experiences that can lead to further discrimination or disadvantage. It is important for the recreation sector to understand how people with intersecting identities might be excluded from recreation, physical activity and sport, and strive to ensure that recreation is truly inclusive so that all feel welcome with a sense of belonging.

Considerations for Action

2.1 Develop and implement strategies, policies, and programs that ensure all community members across the life-span have equitable access to parks and recreation opportunities and services. It is critical to consider race, culture, gender identity, income, ability, and all people.

2.2 Learn about and implement actions that create a sense of belonging for all members of the community in both indoor and outdoor spaces and places.

2.3 Create, schedule, and promote programs for the purpose of addressing social isolation.

2.4 Learn about and apply Indigenous ways of learning.

Goal 3   Connecting People and Nature

Help people connect to nature through recreation.

People have an inherent need to connect with the natural world and the parks and recreation sector plays a vital role in meeting that need. Connecting with nature is associated with improved cognitive, mental, and physical health, enhanced creativity, and positive social behaviours. Communities also see economic benefits associated with ecotourism.
During the COVID-19 Pandemic, an unprecedented number of Canadians took to moving outdoors both as a replacement for recreation activities that were no longer available indoors and to de-stress and seek social connection.

The parks and recreation sector plays a variety of roles to connect people and nature. Some of these ways include the provision and stewardship of outdoor places and spaces, the development of enabling policies, programs and services related to natural environments, increasing appreciation of and exposure to nature through participation in the community design process, and contributing to creating walkable, safe, livable communities through the provision of parks, trails, waterways, community gardens and landscaped areas. In considering the natural environment, it is important to learn from Indigenous land-based perspectives.

Considerations for Action

3.1   Provide natural spaces and places in neighborhoods, communities, and regions through the retention and addition of natural areas, forests, parks, trails, and recreational waters (rivers, lakes, canals and beaches).

3.2   Gather and share best practices about planning, creating, maintaining, and monitoring a comprehensive system of parks and protected areas that allows year-round (if appropriate) access to nature.

3.3   Increase the public's understanding of the importance of nature and outdoor spaces to health and wellbeing while respecting parks, trails, and other natural environments.

3.4   Develop operational policies and practices that show leadership in environmental stewardship, minimizing negative impacts on the natural environment, and mitigating the effects of climate change.

Goal 4 Supportive Environments

Ensure the provision of supportive physical and social environments that encourage participation in recreation and help to build strong, caring communities.

Supportive physical and social environments help people adopt healthy, active lifestyles by making "the healthy choices the easier choices". Creating supportive environments includes the implementation of policies and guidelines, innovative programming, social action, education, and funding, all of which are needed to ensure access to safe and effective spaces and places to deliver high-quality recreational experiences. These environments include many settings such as homes, schools, neighbourhoods, community spaces and places, rural places, and the natural and built environments. The parks and recreation sector has a leadership role to play in these settings.
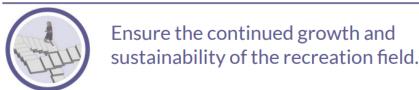
Creating supportive physical environments includes the provision of essential facilities, the effective use of existing spaces and places, and addressing the decline of Canada's recreation and sport infrastructure. It also includes the creation and maintenance of built environments that enable people to actively recreate as part of their daily activity and as a form of transportation.

Social environments are those that consider the role of friends, families, and neighbours in encouraging participation in recreation. It is also the social infrastructure that puts community members in contact with one another to promote great social connectedness.

Considerations for Action

4.1 Provide accessible, inclusive, and welcoming parks and recreation facilities and outdoor spaces in all neighbourhoods, communities, and regions.

4.2 Renew parks and recreation physical and social infrastructure.

4.3 Support placemaking strategies that encourage community members to take a leadership role in activating neighbourhoods to increase physical activity and social connectedness.

4.4 Develop and implement education campaigns that increase knowledge about how parks and recreation contribute to enjoyment and quality of life.

Goal 5   Recreation Capacity

Ensure the continued growth and sustainability of the recreation field.

Leaders in recreation include professional staff and volunteers. Both need the skills, knowledge, and resources required to plan and deliver high-quality recreation services, based on specific community needs and strengths as well as a system that provides nurturing and support.

The recreation field needs to recruit and inspire new leaders (of all ages) who can address emerging trends and have knowledge in a variety of areas, such as cultural diversity, emerging technologies, urban planning, active transportation, and nature conservation. All who work in parks and recreation need to acquire and attain the core competencies for recreation and the capacity to address changes in the physical and social environments that impact recreation.

To be relevant and outcome-driven, leaders in recreation need timely access to emerging technologies as well as current evidence and information. A comprehensive knowledge development strategy including research, knowledge transfer, and monitoring and evaluation would address this need.

Considerations for Action

5.1 Develop strategies that address workforce shortages in the parks and recreation sector.

5.2 Implement career awareness, preparation, and development strategies to attract and educate new parks and recreation leaders.

5.3 Develop, enhance, and implement high-quality and accessible training and competency-based capacity development programs for organizations and individuals (pre-professionals, professionals, and volunteers) working in recreation.

5.4 Work with post-secondary institutions (colleges and universities) to support the recreation sector.

5.5 Develop initiatives that recognize the contribution of volunteers.

4.0 Using the Framework & Supplement – Embrace It, Own It, Share It, Use It, Apply It

Input from the parks and recreation sector has indicated the need for "actionable" tools and ideas to support the implementation of the Framework. Since its initial release, a number of tools were created to support the Framework for Recreation in Canada 2015 and are located on the CPRA Web site (Tools and Resources - Canadian Parks and Recreation Association (cpra.ca).

Of particular mention is the Framework Alignment Tool that was created to allow local governments and organizations to assess their current situation with respect to implementing the goals and priorities of the Framework, while recognizing their own priorities and resources. Either the Basic or Comprehensive Workbook can be used in a half-day workshop, as a self-directed exercise, or as part of a strategic planning process. The Excel files contain indicators for the Priorities in the original 2015 Framework.

The Supplement is meant to focus our collective efforts on the seminal actions that address our current context, in large part because of COVID-19 as well as other pressing national and global issues. Whether you plan to turn your focus to the Considerations for Action outlined in the Supplement or continue to implement the Framework more broadly, consider the following ways to amplify the impact of recreation in Canada.

Embrace It
Adopt the Framework within your organization as the premier policy that guides your programming; parks, trails, and facility use decisions; staff supports; and community-based leadership. Incorporate the goals and priorities in their entirety or focus on those Considerations for Actions outlined in the Supplement.

Own It
The Framework and this Supplement will only see the intended impact with the leadership of those volunteering and working in the parks and recreation sector. The Supplement presents an opportunity to take some new or strengthened steps in the direction provided by the five Goals. Some ways that you can "own" the Framework and Supplement include:
- Attaching the name of the Framework to your master or strategic plan (e.g., The Municipality of XXX's Framework for Recreation)
- Within your plans, reference the goals and priorities that relate back to the Framework or the Supplement
- Implement specific activities that are presented in the Framework and/or Supplement
- Create opportunities to champion the Framework such that those in the sector take responsibility for advancements and are accountable for the related plans created.

Share It
An important way to coordinate our efforts and realize significant change in society through the important role that recreation plays is by sharing it so that more colleagues are aware of it and understand its value. Share the Framework and Supplement:
- With municipal recreation colleagues, as part of the Master/Strategic Planning process and as part of the Plan itself. This will help ensure that all staff and volunteers are familiar with the documents.
- With other municipal collaborators such as planning, economic development, transportation, and public health.
- As part of briefing notes or during presentations to municipal council.
- With other community organizations whose work aligns with recreation including education, sport, and social services.

Use It

Here are some of the ways those working in the parks and recreation sector have used the Framework since 2015.

Planning:

- As a basis for developing strategies/plans
- To determine areas for investment (e.g., infrastructure, grants, training)
- To advance specific Priorities named in the Framework (e.g., physical literacy, active transportation, recreation capacity)
- As a decision-making tool to establish priorities
- As a basis for adaptation to a specific jurisdiction such as a version tailored to a particular province or territory, or neighbourhood
- To inform policy development
- To inform evaluation efforts

Training / Orientation for Volunteers & Staff:

- As a foundational document describing the fundamental responsibilities of recreation professionals
- As a basis for conference sessions
- As a means of building capacity (e.g., Included as part of curriculum delivery, most often at the post-secondary level or in local recreation leadership development programs)

Reference:

- As a citation in briefings and presentations made to decision-makers (most often municipal councils) regarding allocation of resources
- As a reference or background document to support Briefing Notes or funding applications

Organizing Framework:

- As an organizing framework for consultants working in the recreation and parks sector
- To organize research in academic settings
- As a means of organizing staff meeting agendas
- To shape the criteria and evaluate applications for Provincial/Territorial Grants and Contributions Programs

Communication Tool:

- To profile organizational leadership within their sector
- As a tool to approach potential partners in other sectors such as Health and Education and in municipal departments such as Planning, Transportation, Economic Development, and Housing.

Check out these other supports to using the Framework:

- "10 Ways to Use the Framework" at 10WaystoUsetheFramework.pdf (cpra.ca)
- Action Planner. Parks for All. 2017 at Parks for All (cpra.ca) (p.33). This tool encourages broad actions identified by the user's point of view and position in the community.

Apply It

The following section provides practical ideas to implement each of the Considerations for Action. This isn't an exhaustive list of ideas but rather some thought starters for you to consider.

Goal 1: Active Living

Considerations for Action	Practical Ideas
1.1 Utilize the 24-hour Movement Guidelines (all ages) to help community members increase physical activity and reduce sedentary living.	- Post all Guidelines on bulletin boards in recreation facilities and publish in recreation program guides. - Note in program guides how much each program will contribute to meeting the Guidelines. - Promote the benefits of increasing physical activity and reducing sedentary living. - Check out the Resources to support the guidelines.
1.2 Focus on non-competitive and unstructured play for people of all ages, in both indoor and outdoor spaces.	- Offer skills-based programming that focuses on physical literacy. - Offer more times for drop-in activities where people of all ages can try different equipment and play with friends and family members. - Include nature-based playgrounds indoors and outdoors, including in day care areas. - Offer more programs instead of or in addition to team sports such as swimming, dance, inline skating, cycling, skateboarding, hiking. - Increase the number of outdoor opportunities for people of all ages to participate in.
1.3 Provide and promote programming that reflects and accommodates people's different employment circumstances (i.e., hybrid or work from home).	- Conduct a needs assessment to determine the work patterns of community members. - Offer and promote programs for adults during the day based on needs. - Start or continue to offer online programs for people working at home but with limited time to get to a facility. - Start a noon-hour walking/hiking or other program for people working from home to decrease sedentary time during the workday.
1.4 Create and promote active transportation opportunities.	- Advocate for safe (separated) infrastructure for bike lanes. - Provide bike racks at all municipal buildings to promote cycling. - Indicate walking and cycling times between different parts of the community. - Create a community bicycle sharing program with several locations or a Bicycle Lending Program with libraries.

Goal 2: Inclusion and Access

Considerations for Action	Practical Ideas
2.1 Develop and implement strategies, policies, and programs that ensure all community members across the life-span – taking into consideration race, culture, gender identity, income, and ability, etc. – have equitable access to parks and	- Continue and/or enhance virtual programming (much of it) developed during the pandemic which may make it easier for some people to participate. - Develop age-friendly policies, practices, and spaces to address the diversity of the adult and older adult populations based on ability rather than age. - Offer education related to ageism in recreation. - Have meaningful conversations with Indigenous people to understand their experience in recreation based on traditional values and culture.

recreation opportunities and services.	▪ Work with Indigenous communities to provide practical ways that the TRC Calls to Action can be honoured and implemented in each of the five goals of the Framework. ▪ Refer to the *Blueprint for Building Quality Participation in Sport for Children, Youth and Adults with a Disability* to help ensure a quality recreation participation experience for people with disabilities. ▪ Create facility allocation policies that ensure girls/women have equitable access to the best facilities and appropriate times to participate.
2.2 Learn about and implement actions that create a sense of belonging for all members of the community in both indoor and outdoor spaces and places.	▪ Examine how welcoming your facilities are for all and plan for changes to the physical and/or social environment to ensure all feel like they belong. ▪ Post a video tour of your facility on your Web site so people know what to expect and where to go. Don't forget to explain what to bring/wear. ▪ Ensure indoor and outdoor facilities are well-lit including active spaces, change rooms, and hallways. ▪ Provide clear signage in various (and many) locations, so that when people walk in and around the facility, they always know where to go and what are they are in. Be sure signage is in commonly-spoken/understood languages. ▪ Greet all facility users warmly and learn their names and something about them for future interactions. ▪ Offer inter-generational programs and family programs. ▪ Offer activities of interest to newcomers. Offer training to those who would like to volunteer to teach others. ▪ Offer affordable and culturally sensitive childcare. ▪ Ensure all accessibility features are listed on the facility website so people with a disability know, prior to arriving, that they are welcome and can access the facility.
2.3 Create, schedule, and promote programs for the purpose of addressing social isolation.	▪ Work with community organizations, community media, and health care professionals to reach all members of the community to encourage them to participate. ▪ Work with health care professionals to establish social prescribing practices. ▪ Offer programs that include social time, such as partner-based activities, coffee time after the program, walking clubs. ▪ Work with neighbourhoods to lead or support placemaking initiatives.
2.4 Learn about and apply Indigenous ways of learning.	▪ Acknowledge that we need each other and must engage in a co-learning journey. ▪ Develop an advisory council of willing, knowledgeable partners to address recreation needs. ▪ In partnership with Indigenous communities, use "Two-Eyed Seeing": learning to see from one eye with the strengths of Indigenous ways of knowing and from the other eye with the strengths of Western ways of knowing and to use both of these eyes together (Source: https://www.2eyedseeing.ca/about-5)

Goal 3: Connecting People and Nature

Considerations for Action	Practical Ideas
3.1 Provide natural spaces and places in neighborhoods, communities, and regions through the retention and addition of natural areas, forests, parks, trails, and recreational waters (rivers, lakes, canals and beaches).	▪ Work with other departments and service areas (e.g., planning, public works, heritage) to enhance and maintain parkland. ▪ Work with developers to create green roofs and other green features to improve air quality, reduce heat islands, and reduce noise pollution. ▪ Consider how parks are connected in communities, from small parkettes to larger urban areas, working across jurisdictions to promote effective land use planning. ▪ Plan for shaded areas in outdoor recreation settings. ▪ Resource: https://naturecanada.ca ▪ Resource: Parks for All ▪ Resource: Park People ▪ Resource: National urban parks policy
3.2 Gather and share best practices about planning, creating, maintaining, and monitoring a comprehensive system of parks and protected areas that allows year-round (if appropriate) access to nature.	▪ Develop a collaborative or advisory group (municipality, NGOs, grass roots groups) that meets regularly to share best practices. ▪ Develop a winter parks activity guide to help people access outdoor spaces safely in winter. ▪ Maximize accessibility to spaces with a year-round maintenance plan. Work with other municipal departments to ensure this includes snow removal to facilities from public transit locations and parking lots. ▪ Develop accessibility standards for outdoor spaces that remove barriers to participation (e.g., trail loops with hard, even surfaces; sensory parks/gardens, etc.).
3.3 Increase the public's understanding of the importance of nature and outdoor spaces to health and wellbeing while respecting parks, trails, and other natural environments.	▪ Develop public awareness messages, education initiatives, and programs about nature and outdoor spaces. ▪ Provide signage and information in natural areas as well as on regularly travelled areas with trees and other natural elements to further educate the public. Provide signs in different languages. ▪ Develop specific low- or no-cost programs that connect people to nature (e.g., cemetery tours, nature/park walks, clean up days, community gardens/farms, etc.). ▪ Develop opportunities for self-guided interactions with nature. ▪ Train volunteers as nature interpreters in parks and on trails. Deliver information in a variety of languages.
3.4 Develop operational policies and practices that show leadership in environmental stewardship, minimizing negative impacts on the natural environment, and mitigating the effects of climate change.	▪ Learn from Indigenous land-based perspectives. Resource: https://en.ccunesco.ca/idealab/indigenous-land-based-education ▪ Advocate for or incorporate urban canopies to reduce the effects of heat islands. ▪ Use methods such as integrated pest management to help control the proliferation of disease-bearing insects and noxious plants. ▪ Create pollinator parks, urban gardens, and hedgerows (a strip of densely planted trees or shrubs). ▪ Organize regular clean up days at local beaches, parks, or school grounds. ▪ Minimize the negative effect on the environment in recreation facilities and other community buildings (e.g., Leadership in Energy and Environmental Design (LEED) Certification, permeable surfaces, low-impact development standards).

	▪ Encourage community members and facility visitors to take active or public transportation. Ensure bike racks are available at facilities, parks, and trails. ▪ Reuse and recycle at facilities as much as possible. ▪ Implement practices/policies/guidelines to help citizens minimize the negative impact on the natural environment (e.g., trash carry out policy; use of water bottle filling stations, etc.).

Goal 4: Supportive Environments

Considerations for Action	Practical Ideas
4.1 Provide accessible, inclusive, and welcoming parks and recreation facilities and outdoor spaces in all neighbourhoods, communities, and regions.	▪ Identify and work with other organizations who are involved in community-building initiatives (e.g., Age-Friendly Communities, Healthy Cities/Communities, Community Food Centres, Community Safety and Wellbeing). ▪ Consult community members to find out how to make spaces and places accessible and inclusive. ▪ Incorporate safety into facilities including drug and smoke-free environments. ▪ Increase the use of existing spaces such as schools, religious venues, vacant lots, and alley ways. ▪ Create "quiet space" in parks and recreation spaces.
4.2 Renew parks and recreation physical and social infrastructure.	▪ Learn about and consider adopting the 3-30-300 Rule for promoting health and wellbeing: 3 trees from every home, 30% tree canopy cover in every neighbourhood, 300 metres from the nearest public park or green space. ▪ Create spaces in neighbourhoods and larger spaces that puts community members in contact with one another to promote greater social connectedness. Add benches, tables and chairs, picnic benches, large games (e.g., cornhole) to public spaces.
4.3 Support placemaking strategies that encourage community members to take a leadership role in activating neighbourhoods to increase physical activity and social connectedness.	▪ Work with Indigenous and municipal leaders and social services to define and expand the role of parks and recreation as a solution to help people experiencing homelessness. Develop a policy that describes the role of parks and recreation in dealing with encampments in parks and public spaces. ▪ Connect with healthcare professionals to ensure parks and recreation is a critical component of social prescribing efforts and supports. ▪ Support community artists to create mural art in alley ways, on the side of buildings, anywhere that needs beautifying. ▪ Create adult playgrounds that feature swings, playground equipment, lawn games, food and entertainment. ▪ Check this out: https://placemakingcommunity.ca/
4.4 Develop and implement education campaigns that increase knowledge about how parks and recreation contribute to enjoyment and quality of life.	▪ Feature the benefits of parks and recreation in all brochures, program guides and other literature distributed. ▪ Work with libraries, health professionals, public health, and other organizations who work with the public to disseminate creative promotional materials and information about programs. ▪ Create materials in a variety of languages. Describe the features of parks and recreation facilities that support people with different needs and abilities.

Goal 5: Recreation Capacity

Considerations for Action	Practical Ideas
5.1 Develop strategies that address workforce shortages in the parks and recreation sector.	• Recruit and support professionals and volunteers from populations and groups that face constraints to participation. • Work with municipal decision-makers on the issue of fair compensation for employees delivering parks and recreation services. • Work with municipal decision-makers to address the issue of hybrid and four-day work weeks.
5.2 Implement career awareness, preparation, and development strategies to attract and educate new parks and recreation leaders.	• Offer volunteer training and mentorship to youth. • Work with secondary schools to promote recreation as a career. • Create tools that outline post-secondary opportunities for recreation education and information about parks and recreation as a life-long career. Provide training to youth participating in programs (e.g., lifeguard certification), or working in part-time positions such as camp councillors and grounds staff. • Participate in post-secondary education fairs with local post-secondary institutions to provide practical knowledge about the sector. • Participate in local job fairs.
5.3 Develop, enhance, and implement high-quality and accessible training and competency-based capacity development programs for organizations and individuals (pre-professionals, professionals, and volunteers) working in recreation.	• Offer training and education to rural and remote communities that is affordable and can be done on a part-time basis. • Provide incentives to volunteers and staff to participate in training programs.
5.4 Work with post-secondary institutions (colleges and universities) to support the recreation sector.	• Influence new and utilize existing curriculum support materials. • Create or participate in job/career fairs at secondary and post-secondary institutions. • Engage students in placements within the parks and recreation sector. • Work with post-secondary institutions on relevant research projects.
5.5 Develop initiatives that recognize the contribution of volunteers.	• Recognize the contribution of volunteers, including creating policies from employers that make it easier to volunteer.

5.0   GLOSSARY

This section includes most of the terms from the 2015 Framework and some additional terms as updates to the Supplement.

Active transportation refers to any form of human-powered transportation, such as walking, cycling, using a wheelchair, in-line skating or skateboarding. Source: Public Health Agency Canada (Accessed September 2014)

Age-Friendly Communities. In an age-friendly community, the policies, services and structures related to the physical and social environment are designed to help older people "age actively". In 2014, over 400 cities and communities in Canada were involved in this global movement. Sources: 1) www.phac-aspc.gc.ca/seniors-aines/afc-caa-eng.php and 2) https://planh.ca/resources/links/age-friendly-communities-canada-hub (Accessed May 17, 2023)

Ageism refers to two concepts: a socially constructed way of thinking about older persons based on negative attitudes and stereotypes about aging and a tendency to structure society based on an assumption that everyone is young, thereby failing to respond appropriately to the real needs of older persons. Source: Ontario Human Rights Commission Factsheet (Retrieved May 16, 2023).

Canadian 24-Hour Movement Guidelines   The Guidelines and supporting scientific evidence for the integration of physical activity, sedentary behaviour, and sleep for all ages were developed in 2016 (5-17 years), 2017 (0-4 years), and 2020 (18 years and over). Source: Canadian Society for Exercise Physiology. https://csepguidelines.ca/ (Retrieved May 16, 2023)

A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving. From the Public Health Agency of Canada, this 2018 national policy document focuses on physical activity and its relationship to sport, recreation, health, and other relevant policy areas. The Common Vision is a collective way forward that will guide the country towards ways of increasing physical activity and reducing sedentary living. Five interdependent principles (Physical Literacy, Life Course, Population Approach, Evidence-based and Emergent-focused and Motivations) as well as a comprehensive set of six Areas of Focus for collaborative action (Cultural Norms, Spaces and Places, Public Engagement, Partnerships, Leadership and Learning and Progress) form the basis of the recommended direction. Source: A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving. (Retrieved on May 16, 2023)

Community/communities: a group of individuals who share common interests or characteristics, such as demography, geographic location, culture, etc., and who are perceived or who perceive themselves as distinct in some respect from the larger society within which it exists. Source: Adapted from Dictionary.com

Community Food Centres provide places where people come together to garden and grow, cook, share and advocate for good food. Source: Community Food Centres. (Accessed May 17, 2023)

Digital Poverty - As outlined by the **Digital Poverty Alliance**, digital poverty is "the inability to interact with the online world fully, when where and how an individual needs to". Three of the biggest factors contributing to digital poverty and enabling the digital divide are:

- Financial poverty causing digital poverty (exacerbated by the current cost of living crisis)
- Access, which can be the result of geography
- Skills, including lack of education.

Source: NCFE (formerly known as Northern Council for Further Education). (Accessed on May 16, 2023)

Environmental Stewardship is the responsible use and protection of the environment. Examples of responsible use include limiting the harvest of natural resources. Examples of protection include conservation the creation of national and provincial parks. Source: The Canadian Encyclopedia (Accessed May 16, 2023)

Equity, Diversity, Inclusion, Belonging.

Equity, unlike the notion of equality, is not about sameness of treatment. Equity denotes fairness and justice in process and in results. Equitable outcomes often require differential treatment and resource redistribution so as to achieve a level playing field among all individuals and communities. This requires recognizing and addressing barriers to provide opportunity for all individuals and communities to thrive

Diversity describes the presence of difference within any collection of people. Diversity addresses differences in social group membership related to, for example, race, Indigenous identity, class, gender identity or expression, sexuality, ability, ethnicity, and religion.

Inclusion refers to the notion of belonging, feeling welcome, having a sense of citizenship, and the capacity to engage and succeed in each institution, program, or setting. Inclusion calls for recognizing, reducing, and removing barriers to participation and belonging, sometimes entailing the change or reimagination of such institutions, programs, or settings.

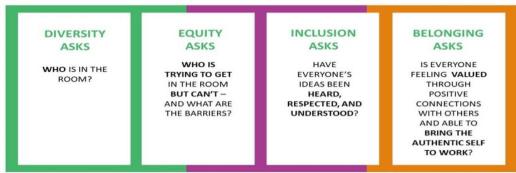Source: McGill University. (Accessed May 17, 2023)

Belonging. A sense of belonging is described as a subjective feeling of deep connection with social groups, physical places, and individual and collective experiences. It is a fundamental human need that predicts numerous mental, physical, social, economic, and behavioural outcomes.

Source: Belonging: A review of conceptual issues, an integrative framework, and directions for future research. Kelly-Ann Allen, et al, 2021. (Accessed May 17, 2023)

The following diagram provides an example of how these elements relate to one another. Source: https://executivesupportmagazine.com/advocating-for-diversity-equity-inclusion-and-belonging/. (Accessed May 16, 2023)

DIVERSITY, EQUITY, INCLUSION, AND BELONGING

Asking the right questions

DIVERSITY ASKS	EQUITY ASKS	INCLUSION ASKS	BELONGING ASKS
WHO IS IN THE ROOM?	**WHO IS TRYING TO GET IN THE ROOM BUT CAN'T** – AND WHAT ARE THE BARRIERS?	HAVE EVERYONE'S IDEAS BEEN **HEARD, RESPECTED, AND UNDERSTOOD?**	IS EVERYONE FEELING **VALUED** THROUGH POSITIVE CONNECTIONS WITH OTHERS AND ABLE TO **BRING THE AUTHENTIC SELF TO WORK?**

Health is defined by the World Health Organization (WHO) as "a state of complete physical, social and mental wellbeing, and not merely the absence of disease or infirmity". The Ottawa Charter for Health Promotion goes on to say, "Health is a resource for everyday life, not the object of living. It is a positive concept emphasizing social and personal resources as well as physical capabilities." Source: WHO: Constitution 1948 and WHO: Ottawa Charter Health Promotion, 1986 (Accessed May 17, 2023)

Healthy Cities/Communities create and improve the physical and social environments and community resources, which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential. Several cities and communities in Canada have adopted Healthy City strategies. Source: WHO: What is a healthy city? (Accessed May 17, 2023)

Indigenous Peoples are the descendants of those who inhabited a country or a geographical region at the time when people of different cultures or ethnic origins arrived. The new arrivals later became dominant through conquest, occupation, settlement, or other means. In Canada, this includes the Inuit, First Nations (Indians), and Métis people, without regard to their separate origins and identities. Adapted from a variety of sources, including https://www.un.org/esa/socdev/unpfii/documents/5session_factsheet1.pdf (Accessed May 17, 2023)

Intersectionality is a framework that describes how overlapping social identities relate to social structures of racism and oppression. Intersectionality merges many identity markers, including race, class, gender, sexual orientation, age, ethnicity, religion, disability, and more, to create a more truthful and complex identity. For example, a queer black woman may experience the world based on her sexuality, gender, and race — a unique experience based on how those identities intersect in her life. Source: The University of British Columbia. https://vpfo.ubc.ca/2021/03/intersectionality-what-is-it-and-why-it-matters/ (Accessed May 16, 2023)

Knowledge development in recreation is the creation, synthesis, exchange, and application of knowledge to strengthen recreation and improve wellbeing. It includes research of all types, monitoring and evaluation, the sharing of knowledge (sometimes called knowledge transfer) and program development.

Natural playgrounds are play environments that blend natural materials and vegetation (e.g., logs, sand, boulders, hills, trees, and stumps) with varied landforms to provide unique, creative play areas for children. They are designed with the intent of helping children connect with nature. Source: adapted from various sources

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. Source: Sport for Life (collaboration of organizations). https://sportforlife.ca/wp-content/uploads/2016/06/Consensus-Handout.pdf

Play is freely chosen and self-directed mental or physical activity that is undertaken for enjoyment and that is separate in some way from "real" life. Source: Adapted from 1) The Value of Play I: The Definition of Play Gives Insights, by Peter Gray, published on Nov 8, 2008 in Freedom to Play. (Accessed 2014) and 2) Discover Leisure Education (Accessed March 2014)

Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.

The recreation field and system includes stakeholders and providers from the not-for-profit, private and public sectors; including volunteers, paid staff, community groups, educators, researchers, organizations and governments that work collectively to enhance individual and community wellbeing through recreation.

Placemaking uses recreation, arts, and culture as tools to animate public and private spaces, and to rejuvenate structures and streetscapes. It brings diverse people together to celebrate, inspire and be inspired. The approach leverages a place's existing creative potential and connects arts and culture to larger community revitalization or development initiatives. Creative placemaking advances a shared community vision that honors community distinctiveness through interdisciplinary and cross–sector activities that engage an array of people who call the place home. Source: Adapted from Canadian Urban Institute's "Rapid Placemaking to Bring Back Main Steet" Toolkit (Accessed May 16, 2023)

Public recreation is the provision of recreation services by governments and non-governmental groups and organizations for the benefit of individuals and communities.

Recreation and sport infrastructure includes the construction, maintenance, repair, operation, and the supervision of facilities and outdoor areas. Indoor spaces and places include arenas, community centres and halls, indoor pools, cultural centres, senior and youth centres. Outdoor spaces and places include parks, playing fields, play-structures, trails, forested areas, outdoor pools, splash pads, pavilions, gardens, waterfronts, marinas, outdoor courts (e.g., tennis, basketball), outdoor rinks and golf courses.

Recreation education is the process of acquiring the knowledge, skills, and attitudes required for positive experiences in recreation. Recreation education helps individuals and communities understand opportunities, potentials, and challenges in recreation; understand the impact of recreation on wellbeing; and gain knowledge, skills, and appreciation enabling full participation in recreation experiences. Source: Adapted from Leisure education and physical literacy by Brenda Robertson, NRA 2011 National Summit, Accessed March 2014 at lin.ca/sites/default/files/attachments/Robertson%20summit%20talk.pdf

Risky Play is defined as thrilling and exciting play where your child is uncertain of the outcome and can include the possibility of physical injury. Risky play promotes physical activity, social health and risk-management skills. Types of risky play include:
- Play at height, speed, near dangerous elements, such as water or fire.
- Play with potentially dangerous tools.
- Rough-and-tumble play (e.g., play fighting).
- Play where there's the potential for disappearing or getting lost.

Risk changes over time as your child moves through developmental milestones and gains more experience with the world. What is risky at one age becomes no risk or minimal risk when your child is older. Risky play can look different for different children, depending on their abilities and interests: getting "lost" for a toddler could be a hidey hole in some bushes, where an older child could wander the neighbourhood with friends. Source: Parachute Canada. https://parachute.ca/en/injury-topic/playgrounds-and-play-spaces/unstructured-outdoor-play-and-risky-play/ Accessed May 16, 2023.

Social environment includes the formal and informal groups and networks to which people belong, the neighborhoods in which we live, the organization of the places where we work, worship, learn and play, and the policies we create to order our lives. The degree of social cohesion that exists in communities results from everyday interactions between people. It is embodied in such structures as civic, cultural and religious groups, family membership and informal community networks, and in norms of voluntarism, altruism and trust. The stronger these networks and bonds, the more likely it is that members of a community will co-operate for mutual benefit. Source: Adapted from 1) Yen IH, Syme S. The social environment and health: A discussion of the epidemiologic literature. Annual Review of Public Health 1999; 20: 287-308, (Accessed March 2014) and 2) WHO Glossary Health Promotion, 1998 (Accessed May 17, 2023)

Social capital: The features of social organization such as social networks, norms and social trust that facilitate coordination and cooperation for mutual benefit. Source: Putnam, R. Social Capital: Measurement and Consequences. Isuma, Canadian Journal of Policy Research 2001;2(1):41–51, and Putnam, R. Bowling Alone: America's Declining Social Capital. Journal of Democracy, 1995; 6(1):65-78.

Social cohesion is the situation that occurs when people willingly work and cooperate despite the existing differences in their demeanor, culture, and beliefs. To be socially cohesive is to have a sense of belongingness and build good relationships with community members. It opens gateways of opportunities to society members and fosters positive social mobility towards each other's well-being. Source: Why is Social Cohesion Important? (Accessed May 17, 2023)

Social connectedness is a sense of belonging to a group, family, or community. It's about the relationships people have with each other and their engagement with the broader community. Social connection is an integral component of health and well-being. A socially connected community is a place where everyone feels like they belong. It's where people know their neighbours and everyone has the proper support to get involved, build relationships, and contribute to the creation of strong social networks. It's a place where spaces exist for people to gather with friends and neighbours. It's also a place where all planning and strategic initiatives take social connectedness into account. Source: Social Connectedness | PlanH. (Accessed May 17, 2023)

Social, Health, Environmental and Economic Value of Sport, Physical Activity and Recreation Report: The purpose of the report is to supply the sector (government and non-government) with **detailed information about the social, health and economic value** of recreation, physical activity, and sport collected through a **credible, detailed, objective, and replicable** process. It provides the essential evidence and data to identify the value of the social, health, and economic impact of recreation, physical activiy and sport **return-on-investment**. Source: Canadian Fitness and Lifestyle Research Institute (CFLRI) and Canadian Parks and Recreation Association (CPRA); to be released in 2023.

Social prescribing is a holistic approach to healthcare that brings together the social and medical models of health and wellness. It provides a formal pathway for health providers to address the diverse determinants of health, using the familiar and trusted process of writing a prescription. Social prescribing bridges the gap between clinical and social care by referring patients to local, non-clinical services that are chosen according to the client's interests, goals, and gifts. It allows doctors, nurse practitioners, and interprofessional health providers to formally refer patients through to community-based programs. It empowers clients to improve their health by developing new skills, participating in meaningful activities, and becoming more connected to their communities. What does a social prescription look like? It could be participating in an exercise group, receiving a Good Food Box to support food security, taking an art or dance class, joining a bereavement network, getting one's hands dirty in a community garden, exploring a local hiking trail with a group of peers, volunteering to visit older adults in the communities and much more. Health equity is a cornerstone of effective social prescribing. It is not enough to simply refer a client to a recreational program or encourage them to visit an art gallery. Successfully implementing a social prescribing program means removing the barriers clients experience to doing these things. These barriers may be economic, geographical, interpersonal, or psychological. Social prescribing is about listening deeply, providing necessary supports, and empowering people to be co-creators in improving their own health and wellbeing. Source: Alliance for Healthier Communities. (Accessed May 17, 2023)

Spaces and Places. Spaces are areas or expanses deliberately designed for specific processes or purposes, such as an urban park or a community garden. Spaces integrate people with nature and with each other, increase socialization within and between neighbourhoods and invite increased physical activity. Places are portions of those spaces, such as a specific building, structure, or location, e.g., splash pad or skate park within a larger park. Source: Adapted from various sources.

Supportive environments. Creating supportive environments is one of the five action areas of the Ottawa Charter because of the undeniable links between people's health and their environment. This approach to health promotion calls upon us "to take care of each other, our communities and our natural environment." Source: Creating supportive environments - HSC PDHPE. (Accessed May 17, 2023)

Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. The 17 SDGs are integrated—they recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability. Countries have committed to prioritize progress for those who're furthest behind. The SDGs are designed to end poverty, hunger, AIDS, and discrimination against women and girls. Source: United Nations. The SDGs in Action. (Accessed May 16, 2023)

Unstructured Play — play that isn't organized or directed by adults or older peers and that generally doesn't have a defined purpose or outcome — is a fundamental necessity for children to thrive physically, emotionally, mentally and socially. This type of play, like backyard swinging and games of tag, helps build healthy bodies, increase energy and reduce tension and anxiety. Risky, challenging play like manhunts or jumping from manageable heights helps children learn to make decisions, calibrate risks and manage emotions. Interactive play with siblings, parents or other household members teaches empathy, reciprocity, sharing, problem-solving, perspective-taking, cooperation and more as well as fostering feelings of connection and acceptance. And creative play helps children make sense of life around them as they create art or music, build forts, tell stories, and try on different identities. Source: American Psychological Association. "The Serious Business of Play". (Accessed May 16, 2023)

Wellbeing. The presence of the highest possible quality of life in its full breadth of expression, focused on but not necessarily exclusive to: good living standards, robust health, a sustainable environment, vital communities, an educated populace, balanced time use, high levels of democratic participation, and access to and participation in recreation and culture. Source: Adapted from Canadian Index of Wellbeing. (Accessed May 17, 2023)

The Framework vision incorporates:
- Individual wellbeing: Individuals with optimal mental and physical wellbeing, who are engaged and contributing members of their families and communities
- Community wellbeing: Communities that are healthy, inclusive, welcoming, resilient and sustainable
- The wellbeing of places and spaces: Natural and built environments that are appreciated, nurtured and sustained.