



## Indoor Recreation

- Multi-use spaces create opportunities for whole family
- Walking track or route within facility or open workout equipment with view of kid activity area
- Co-programming opportunities for care-givers/kids
- Control of environment and climate
- Spiritual area
- Breast feeding area away from washroom
- Safe spaces
- Meeting spaces
- Creating welcoming environment
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# Outdoor Recreation

- Well-mapped/marked/advertised spaces in which to participate
- Cell-free, distraction-free, tech free
- Ample space and calm
- Free access
- Travelling rec and sport trailer
- Can be low cost and always in your backyard in rural locations
- Relaxed programming (more recreational than competitive)
- Family activities
- Lighting for safety
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