

DID YOU KNOW?



NATIONAL RECREATION FRAMEWORK



What is the Framework?

- *Framework for Recreation in Canada 2015: Pathways to Wellbeing* provides a new vision for recreation and suggests some common ways of thinking about the renewal of recreation, based on clear goals and underlying values and principles.
- The Framework invites leaders, practitioners and stakeholders in a variety of sectors to collaborate in pursuit of common priorities, while respecting the uniqueness of individuals and communities across Canada.
- The development of a National Recreation Framework (NRF) is a co-led initiative by the Canadian Parks and Recreation Association (CPRA) and provincial and territorial governments.
- The Framework for Recreation in Canada is endorsed by the Provincial and Territorial Ministers, Federation of Canadian Municipalities and is supported by the Government of Canada.

Recreation

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

We envision a Canada in which everyone is engaged in meaningful, accessible recreation experiences that foster:

- Individual wellbeing
- Community wellbeing
- The wellbeing of our natural and built environments



Saskatchewan
Parks and Recreation
Association

Goals of the Framework

Goal 1: Active Living

Foster active living through physical recreation.

- Participation throughout the lifecourse
- Physical literacy
- Play
- Reduce sedentary behaviours

Goal 2: Inclusion and Access

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

- Equitable participation for all

Goal 3: Connecting People and Nature

Help people connect to nature through recreation.

- Natural spaces and places
- Comprehensive system of parks
- Public awareness and education
- Minimize negative impacts

Goal 4: Supportive Environments

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

- Provide essential spaces and places
- Use existing structures and spaces for multiple purposes
- Renew infrastructure
- Active transportation
- Partnerships in social environment
- Recreation education
- Assessment tools
- Align community initiatives

Goal 5: Recreation Capacity

Ensure the continued growth and sustainability of the recreation field.

- Collaborative system
- Career development
- Advanced education
- Capacity development
- Community leadership
- Volunteers
- Knowledge development

What Can you Do?

Embrace the Framework – Share it, Use It, Own It

- For more details on the Framework, helpful tools, ideas and resources to support your use of the Framework, visit the Framework for Recreation in Canada Portal at: lin.ca/national-recreation-framework.
- Share this document widely and to talk about the Framework with colleagues, partners, policy-makers, community leaders and others who are interested and involved in recreation.
- Encourage stakeholders to use the Framework to guide decision-making, planning, resource allocation and the development of strategies, policies, programs and performance metrics.

For more information, contact SPRA at:

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Supported by:



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