

PROGRAMS AND SERVICES GUIDE

SASKATCHEWAN PARKS AND RECREATION ASSOCIATION



Saskatchewan
Parks and Recreation
Association

*Recreation
An investment for life*

www.spra.sk.ca

2018 | PROGRAMS AND SERVICES GUIDE

SPRA is a non-profit member organization dedicated to the leadership and facilitation of programs and services to enhance the impact on recreation for the quality of life in Saskatchewan. SPRA is funded by the Saskatchewan Lotteries and administers the Recreation Section of the Saskatchewan Lotteries Trust Fund.



PHYSICAL ACTIVITY

Fitness Leader Certification Program

SPRA is the provincial certifying organization for Fitness Leaders in Saskatchewan. A full program of Fitness Leadership Certification courses is presented throughout the year, including: Group Exercise, Aquatic Exercise, Exercise for Older Adults, Fitness Yoga and Group Cycle.

SaskFit Conference

SaskFit provides quality professional development, education and training for Fitness Leaders. SaskFit is held annually in November and is the premier Fitness Leadership Conference in the province.

Forever...in motion

SPRA is committed to the delivery of physical activity programs that enhance the quality of life for older adults in the province. We work in partnership with various organizations to provide and promote safe physical activity opportunities for older adults in Saskatchewan through the provincial **Forever...in motion** program. Resources and materials are available for leadership training for older adults.

Physical Activity in the Sector

SPRA is a contributor to physical activity as it relates to the recreation sector in Saskatchewan. We encourage the benefits of physical activity for communities and provide support for the need to have recreation play a greater role in the physical activity movement.



PARKS AND OPEN SPACES

Communities in Bloom (CiB)

Communities in Bloom is a provincial and national program that recognizes community participation in community building projects, environmental awareness and heritage conservation. Participants are evaluated based on community involvement, environmental and heritage initiatives, greenspaces and overall tidiness. Deadline for applications is April 15 annually.

Parks Professional Network

Information on funding sources, training opportunities, news, trends and resources are distributed through the parks network to encourage on-going learning, innovation and currency in the field. This collaborative network strengthens the Saskatchewan parks sector and supports best practices in the field.

Strategic Consultation and Support

Consultative and liaison services are provided to assist the coordination of Saskatchewan's park management systems and those contributing to it. The Association's involvement with steering committees, Board of Director operations and review processes supports those dedicated to promoting the value of parks and green spaces.

Park Development Training

Training for both parks managers and hands-on operators is provided through the Saskatchewan Parks Worker Course and the Spring Education and Training Symposium. Throughout the year, SPRA also supports and coordinates additional educational activities and can assist members in meeting their specific needs with either resources, guidance or appropriate training.



QUALITY RECREATION ENVIRONMENTS

Spring Education and Training Symposium

Held annually in April, this education and training opportunity provides recreation directors, facility managers, park operators and volunteers with practical and applicable knowledge.

HIGH FIVE®

HIGH FIVE® is a quality assurance standard designed to support the safety, diversity and appropriate development of children, ages 6 to 12, through recreation, sport, culture and after-school programs. This initiative provides front-line leaders, coaches, supervisors and managers with training, resources and evaluation tools that promote and support children programs. The primary HIGH FIVE® courses include the Principles of Healthy Child Development (PHCD) and QUEST 2 workshops.

Play Leadership

Offered as supplemental one-day training to the HIGH FIVE® PHCD workshop, Play Leadership provides young recreation and play leaders with the skills and knowledge necessary to coordinate active, creative and safe play opportunities for children.

Facility Management Program

This program is dedicated to serving the needs of community facility management. Available courses include: Arena Operator Level 1 and 2 and Pool Operator Level 1 courses.



COMMUNICATIONS, INFORMATION AND RESEARCH SERVICES

Current, Connected, Informed

The Resource Centre provides access to tools to support recreation, parks, facilities, fitness, grants and funding, coaching, programming, and volunteer and non-profit management, including: Online tools/resources, Books/DVDs/CDs and GPS and Pedometer Kits. Find out more at www.spra.sk.ca/information.

Stay informed with news in the Saskatchewan parks, recreation and fitness sectors through the **Media Monitor**. We search over 100 sources to bring you the latest news and trends in the field.

Through the **Job Board**, located on the SPRA website, members share over 350 job opportunities each year.

Recreation Research

We develop Saskatchewan-based research with initiatives and data collection that supports awareness and evidence-based practice in the field.

Communications

Coordinated and timely information on recreation and parks programs, trends and issues and upcoming events are communicated through SPRA's DIRECTION magazine and the weekly update, Parks & Recreation Connection.

Technology

Members can access information on our website and through social media. Interact with us on Facebook, Twitter, LinkedIn, YouTube, forums and blogs.



SUPPORTING THE PARKS AND RECREATION NETWORK

Annual Funding

SPRA administers the Recreation Section of the Saskatchewan Lotteries Trust Fund, providing core funding from the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation to Provincial Recreation Associations on the Minister's Eligibility List. The Sport, Culture and Recreation Districts are funded by the Saskatchewan Lotteries Community Development Fund.

SPRA Field Consultants

Seven Field Consultants are located throughout the province and act as a reference and resource to communities by: Assisting with needs assessments; providing information on funding, training and educational opportunities; and strengthening the sector through networking and advocacy.

Provincial Recreation Board Development Initiative

In collaboration with the Sport, Culture and Recreation Districts, SPRA offers support to communities looking to develop or re-establish their Recreation Boards. A consultative approach combined with resources, tools and templates are available to assist communities.

After-School Time Period (ASTP)

The ASTP strategy supports the development of quality recreation opportunities during the After-School Time Period - the critical hours between 3:00 p.m. and 6:00 p.m. SPRA offers support to our membership, partners and communities through ongoing research, consultation and development of resources.

Member's Initiative Grant

This grant funds Leadership Development opportunities that build effective leadership skills in all levels of recreation service delivery.



Conference and Annual General Meeting

The SPRA Conference and Annual General Meeting is held in October. The Conference is an opportunity for SPRA members, recreation professionals, students and volunteers to gather together to interact, network, strategize, share successes and learn the latest information and trends in the recreation and parks field.

The Canadian Parks and Recreation Association Professional Development Certification

This professional development opportunity helps participants enhance their understanding on the issues facing the sector and become further equipped with the knowledge, skills and attitudes necessary to design and implement innovative solutions. Certification takes up to two years to complete, with three year recertification cycles supporting continued education.

A Framework for Recreation in Canada 2015: Pathways to Wellbeing

A provincial strategy is in place to support the implementation of the Framework in Saskatchewan, at both the provincial and local levels. With input from the Provincial Engagement Team, a number of tools, resources and best practices are available to support communities and organizations in utilizing the Framework.

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

Supported by:



CULTURAL DIVERSITY AND INCLUSION

Consultative Services

Efforts are dedicated to encourage inclusion and access to recreation for populations that face barriers to participation. Contributions are made to the planning, delivery and evaluation of provincial programs and strategies. These relationships enhance services to underrepresented populations.

Cultural Diversity Inclusion Grant

The Cultural Diversity Inclusion Grant assists SPRA members in developing new recreation programs or events, or enhancing existing recreation opportunities, to target the diverse population within the member's community.

First Nation Member's Recreation Grant

This grant assists First Nation members in developing recreation opportunities in First Nation communities within Saskatchewan.

Métis Recreation Development Grant

This grant assists SPRA members in developing recreation programs that target the Métis population within their communities.



PUBLIC RELATIONS

June is Recreation & Parks Month

Each year, in June, communities across Canada celebrate the return of summer programming, gather their communities together, recognize volunteers and get residents involved in fun outdoor physical activities. Communities can participate in *June is Recreation & Parks Month* by accessing SPRA's *June is Recreation & Parks Month* Tool Kit and community support resources.

Awards Program

The Awards Program pays tribute to individuals and communities who, through their efforts and skills, have made outstanding and extraordinary contributions to the parks and recreation movement in Saskatchewan. The deadline for nominations is May of each year.

Scholarships

SPRA supports students in pursuing a career in the recreation field by awarding scholarships to students enrolled in recreation and leisure programs across Saskatchewan. Recipients are selected on the basis of academic achievement and demonstrated involvement in recreation, parks and leisure activities.



YOUTH ENGAGEMENT

Take the Lead!®

Take the Lead! focuses on leadership skill development and increasing physical activity opportunities for youth. Through the Take the Lead! workshop, Youth Leaders learn and experience life skills that enhance the Youth Leaders' knowledge to provide healthy and safe play opportunities for their peers. Adult volunteers act as Leadership Coaches who mentor and support the Youth Leaders through the planning and implementation of the Take the Lead! program.

Youth Community Education Through Recreation (YCER)

YCER is a strategic approach to engage various sectors and agencies in fostering youth leadership through recreation. SPRA initiatives including HIGH FIVE®, Take the Lead! and Youth Fitness Leadership Certification, act as a continuum for youth to gain experience in leading peers, contributing to their local community and potentially accessing employment.

Respect Education

Respect Education strives to ensure children and youth have a safe environment in which to participate in sport, culture and recreation that is free from abuse, harassment and bullying. Respect Education is offered by the Tri-Global organizations, in partnership with the Canadian Red Cross.

Contact Us

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