

DID YOU KNOW?



RECREATION PROFESSIONALS

Who are Recreation Professionals?

From the **arena operator** to the **fitness leader** to the **recreation director** and the **lifeguards** at the pool - Recreation Professionals are the people behind the scenes making recreation happen every day, for all of us, in our communities!

What Can a Recreation Professional Do For You?

- Develop safe and quality recreation programs for your community.
- Effectively operate and maintain quality recreation facilities including parks, arenas and pools.
- Research and acquire grants and funding to run programs in your communities.
- Have the skills and knowledge to build collaborative solutions for community issues.
- Assess the needs and wellbeing of your community so they can provide valuable insight into community planning, services and programming.
- Are quality of life experts - making communities enjoyable, engaging and sustainable.

TESTIMONIALS

"With a trained recreation director, we were able to access more grants and have a long term strategy in place. We've seen an increase in programs becoming larger in planning, more cost effective and accountable."

"The recreation director has been able to motivate our volunteers and coordinate their efforts to better meet the community's goals. Activity levels have improved, facility operations are more efficient and safety levels have been increased."

(Source: Saskatchewan Parks and Recreation Association. (2009). Municipal Recreation Director Assistance Program Survey.)



Saskatchewan
Parks and Recreation
Association

BENEFITS OF COMMUNITY RECREATION AND PARKS

Key to balanced human development

Participation in recreation promotes the acquisition of motor skills, social skills, creativity and the development of cognitive function, which are important to successful integration into society.

Essential to quality of life

Recreation contributes to improving the conditions that support mental wellbeing by improving self-esteem and self-image, life satisfaction levels and enhancing perceived quality of life - for individuals, families and communities.

Reduces self-destructive and anti-social behaviour

Involvement in recreational activities serves as an antidote for smoking, substance abuse, suicide and depression. Recreation also provides accessible role models and leads to the adoption of positive life choices.

Economic generators in your community

Quality recreation facilities and parks can attract events which can increase the economic vitality of a community. Recreation and parks also attract tourism and business opportunities while creating employment opportunities for local residents.

Builds strong families and healthy communities

Recreation programs promote leadership, character, health and career development of youth while emphasizing social, cultural and educational growth. Childhood recreation activity is associated with adult volunteering and community work.

Reduces health care, social service and police and justice costs

Recreation, as part of a healthy, active lifestyle, can reduce the incidence and severity of illness and disease, resulting in lower healthcare costs. Opportunities for children to participate in recreation also help ease the pressure on families, reducing the costs of social service intervention and foster care. Recreation programs have been shown to serve as a crime prevention strategy, thereby reducing police, justice and incarceration costs.

HOW CAN SPRA HELP?

■ Advice

SPRA Field Consultants are available to provide support to your recreation or parks organization.

Visit www.spra.sk.ca/sprastaff to find the Field Consultant nearest to you.

■ Training and Education Opportunities

SPRA offers a number of events each year specifically geared towards Fitness Leaders, parks, recreation and facility staff and volunteers including the SPRA Annual Conference; the SaskFit Conference and the Spring Education and Training Symposium.

Visit www.spra.sk.ca/cecs for more information.

■ Scholarship Opportunities

SPRA supports individuals pursuing careers in the recreation field by awarding annual scholarships to students enrolled in recreation and leisure programs across Saskatchewan.

Visit www.spra.sk.ca/scholarships for more information.

■ SPRA Resource Centre

We offer free access to these and many more great resources:

- Hiring a Recreation Professional: A Toolkit for Saskatchewan Communities
- Measuring the Economic Impact of Parks and Recreation Services
- Leisure Program Planning and Delivery

Visit www.spra.sk.ca/information to see what we have to offer!

Supported by:



For more information, contact the Saskatchewan Parks and Recreation Association

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