



Saskatchewan  
Parks and Recreation  
Association  
*Recreation*  
*An investment for life*

# Facilities Build Community

## Benefits Fact Sheet

Recreation facilities are the heart of Saskatchewan communities and are an essential gathering place for healthy and vibrant communities.<sup>1</sup> 63% of Saskatchewan respondents indicated that they, or a member of their household have used an indoor sport/recreation facility at least once in the past year. Similarly, up to 84% had also used outdoor sport and recreation facilities such as playgrounds, trails and parks within the past year.<sup>2</sup> These numbers solidify the value of facilities in Saskatchewan communities.

Park, recreation and open space facilities are key influences on the quality of life in communities and the basis for business and individual relocation. Their benefit to the community is supported by the following research:

**Increases in the price of residential property are positively affected by the quality of recreation facilities and negatively affected by the distance from them.** Proximity to parks and open spaces improves the visual environment and the quality of life, resulting in higher prices for homes and land.<sup>3</sup>

**There is a strong association between the number of facilities in a community and the activity levels of youth.** Those living in areas with 7 or more facilities were 32% less likely to be overweight and 26% more likely to be highly active than those who lived in areas with no facilities.<sup>4</sup> **Increased participation in sport and recreational activities** were also found among communities with accessible parks, playgrounds and open spaces.<sup>5</sup>



As a public space, parks, recreation facilities and open spaces **facilitate socialization and interaction among community members**, which in turn creates a sense of cohesion. This connectedness strengthens community spirit and positively impacts the social and emotional health among its neighbours.<sup>6</sup>

**Quality recreation facilities can attract events which can increase the economic vitality of a community.** Spinoff from hosting events not only showcases the community, it generates revenue for local businesses and boosts tourism. 92% of the survey respondents visited the Humboldt region specifically because of the Saskatchewan Winter Games. Of the 8% who did not come specifically because of the Games, 11% stayed longer because of the Games.<sup>7</sup>

1. Saskatchewan Parks and Recreation Association. *Investing in healthy people and communities through recreation infrastructure* : December 2006.
2. Community Initiatives Fund. (2010). *Living in Saskatchewan Communities: A Quality of Life Study*. Retrieved from <http://www.tpcs.gov.sk.ca/CIF-Public-Survey-Report>
3. Canadian Parks & Recreation Association. 1997. *The Benefits Catalogue*. Gloucester, ON : Canadian Parks and Recreation Association
4. Stripe, R.E. (2003). *A richer heritage: Historic Preservation in the Twenty- First Century*. Chapel Hill, NC: University of North Carolina Press.
5. Beauvais, C. (2001). *Literature Review on Learning through Recreation* (Discussion Paper No. F|15). Ottawa, Ontario: Canadian Policy Research Networks.
6. Crompton, John L. (2007). *Community Benefits and Repositioning : The Keys to Park and Recreation's Future Viability*. Ashburn, VA: National Parks and Recreation Association.
7. *The Economic Impact of the 2002 Saskatchewan Winter Games; Humboldt and Region February 17 - 23, 2002*. Saskatchewan Games Council

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