



Introduction to Recreation Foundations

RF101 – Part 2



Introduction to Recreation Foundations

- **Recreation Foundations (RF101) introduces the basics of recreation and how it benefits individual, community and environmental wellbeing.**
- **After exploring the foundations of recreation, you will be able to promote recreation as an essential and relevant service in your community.**

Learning Objectives

- Use common recreation terms accurately.
- Explain the importance of the recreation field in Canada.
- Understand how the benefits of recreation relate to individual, community, and environmental wellbeing.
- Describe how recreation can address community/social challenges.
- Understand the concept of leisure education and its value.

About Your Trainer:

Add description



The Benefits of Recreation

What do you see as the benefits of recreation in the North that are, or can be, delivered by community recreation leaders for:

- 1. Yourself?**
- 2. Your Family?**

Benefits of Recreation

<http://benefitshub.ca/>

Recreation activities, parks, and greenspaces are essential to our:

1. physical, intellectual, social, and spiritual wellbeing
2. quality of life
3. environment
4. economic sustainability

Activities and programs are a means to broader end results or positive outcomes such as:

1. strengthened community leadership
2. trusted relationships
3. health and wellbeing

Can you share an example of how recreation and sport have helped your community in any of the areas below?

- reducing violence
- preventing crime
- helping youth avoid self-destructive behaviour
- increase connections between diverse cultures
- reducing isolation and loneliness
- build stronger families
- encouraging involvement in community life
- promoting an understanding of one's heritage and environment
- create a sense of belonging
- attract new businesses
- enhance tourism
- encourage care for the environment
- build community pride
- encourage youth to stay in the community

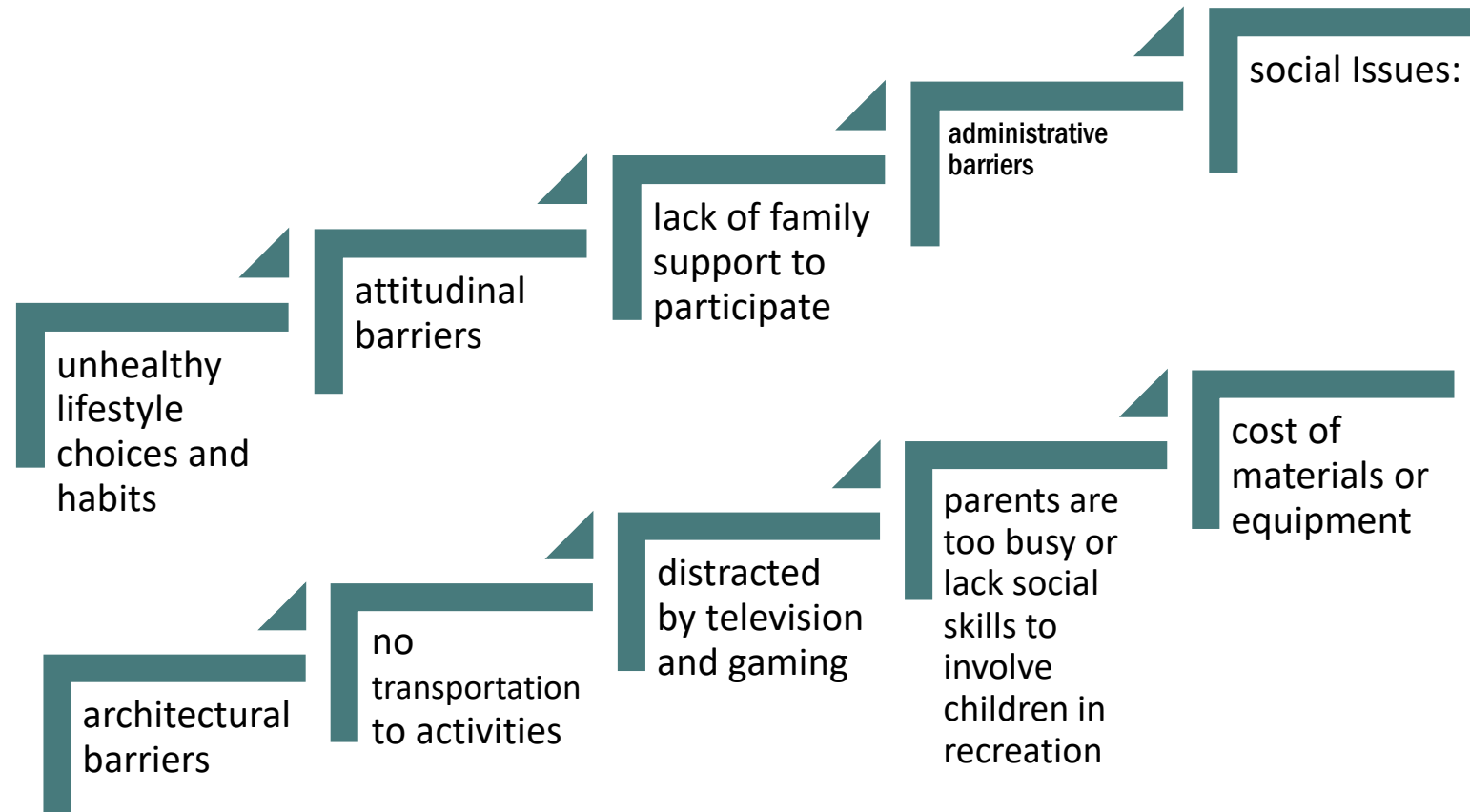
Children, Youth, and Adults Need to Participate in Recreation and Active Living for:

- **healthy bodies**
- **mental health and wellbeing**
- **strong self-esteem and positive self-image**
- **social and life skills**
- **opportunities to explore their personal potential**
- **improved academic success**
- **quality of life and happiness**
- **opportunities to develop leadership potential**

Barriers to Participating in Recreation

What gets in the way of helping people in your community benefit from recreation?

It is not easy for everyone to participate



Leisure is Being Impacted by:

- demographic changes
- challenges to health
- economic inequities
- new and emerging technology
- lack of funding for facilities
- threats to natural environment

Trend is Toward a Different Kind of Leisure

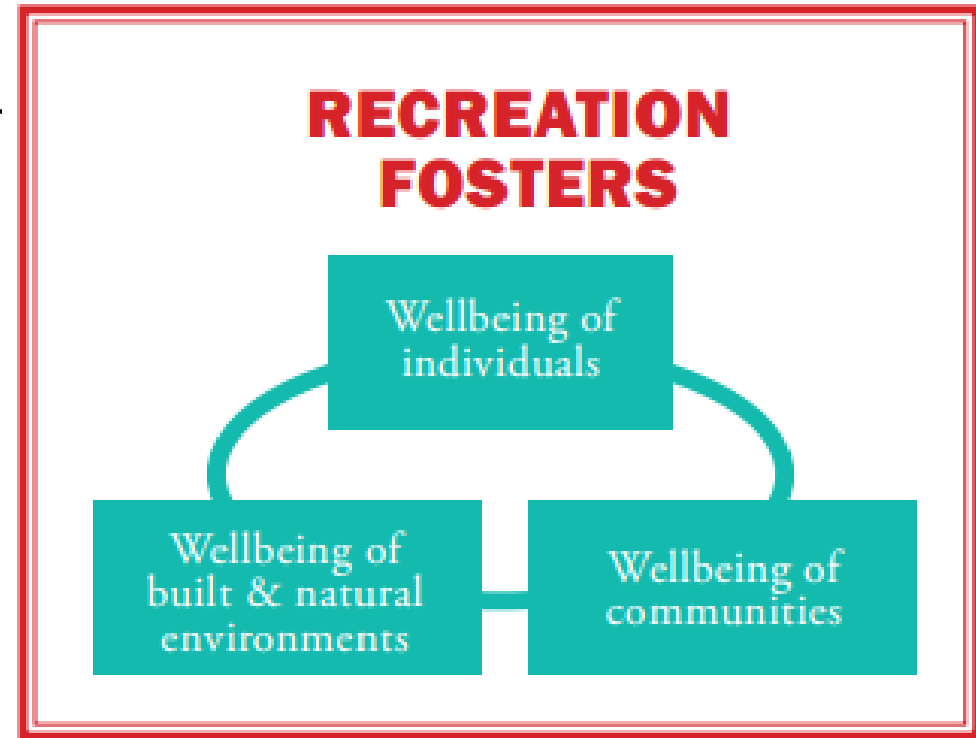
- informal, casual, and self-scheduled
- individual or small, flexible groups
- self-directed
- addresses wellbeing
- expectations for quality
- experiential learning by doing
- home and outdoor focus
- environmentally friendly
- short term volunteering
- family activities
- partnering with education, health, social services, tourism etc

Addressing the Challenges:

A Renewed National Vision for Recreation

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*



Core Values

(Framework for Recreation in Canada)

- **Public Good**
- **Inclusion and Equity**
- **Sustainability**
- **Lifelong Participation**

A Framework for Recreation in Canada 2015

Vision

Everyone engaged in meaningful, accessible recreation experiences, that foster:

| | | |
|----------------------|---|---------------------|
| Individual Wellbeing | Wellbeing of Natural & Built Environments | Community Wellbeing |
|----------------------|---|---------------------|

Values

| | | | |
|-------------|--------------------|----------------|------------------------|
| Public Good | Inclusion & Equity | Sustainability | Lifelong Participation |
|-------------|--------------------|----------------|------------------------|

Principles of Operation

| | | | | |
|----------------|---------------------|----------------|--------------|------------|
| Outcome-Driven | Quality & Relevance | Evidence-Based | Partnerships | Innovation |
|----------------|---------------------|----------------|--------------|------------|

Goals



5 Goals (of the Framework for Recreation)

1. Foster **active living** through physical recreation.
2. Increase **inclusion and access** to recreation for populations that face constraints to participation.
3. Help people **connect to nature** through recreation.
4. Ensure the provision of **supportive physical and social environments** that encourage participation in recreation and build strong, caring communities.
5. Grow and sustain the **capacity of the recreation field**.

Are These Priorities Important for People in Your Community?

1. Foster **active living** through physical recreation.
2. Increase **inclusion and access** to recreation for populations that face constraints to participation.
3. Help people **connect to nature** through recreation.
4. Ensure the provision of **supportive physical and social environments** that encourage participation in recreation and build strong, caring communities.
5. Grow and sustain the **capacity of the recreation field**.

Questions?

Trainer's Contact Information:



With support from:

