

Recreation and Sport Systems

RS103: Value Northern Recreation, Arts, Culture and Sport

RS103 - Value Northern Recreation, Arts, Culture and Sport was designed and prepared for Recreation North by Wendy Lahey with input from Caroline Sparks. Development was funded by the Arctic Inspiration Prize. Revisions for Program delivery were made by Caroline Sparks.

Description:

This learning event encourages an appreciation for the diversity of Northern recreation, arts, culture and sport. Valuing traditional games, dance, art, music, heritage, sport, and on-the-land activities will help you support unique and meaningful recreation experiences.

Learning Objectives:

- Explore the history and impact of the Arctic Winter Games and North American Indigenous Games.
- Describe the uniqueness of Northern recreation, cultural, arts and sport activities and events.
- Discuss the role of community recreation leaders in relation to these activities and events.

Required Learning Activities:

- RLA: Exploring AWG and NAIG
- RLA: Shine a spotlight

Week 1:

The Arctic Winter Games and the North American Indigenous Games offer a unique sport, recreation, arts and cultural experience to participants, coaches, officials, spectators, and host communities across the North. In small communities, recreation leaders may be the point of contact for locals who want to try out for the territorial team, or they may actively participate as an athlete, coach, official, mission staff, or member of the cultural contingent.

Recreation leaders who are aware of these Games, are better able to promote participation in trials on the team.

Key teaching points:

- The first Arctic Winter Games was held in Yellowknife in 1970 and the 50th anniversary of the Games will be celebrated in Whitehorse in 2020.
- The Games provide opportunities for developing athletes to compete in friendly competition while sharing cultural values from northern regions around the world. The success of the Games is directly related to a program that combines athletic competition, cultural exchange and social interaction.
- The focus of the Arctic Winter Games is still the same today as it was in 1970, to involve as many participants as possible either in the Games themselves or in the team selection trials.
- The Hodgson trophy for fair play and team spirit is awarded at the end of every games. The Hodgson Trophy is on display at Sport Yukon Hall of Fame in Whitehorse, Yukon.
- The North American Indigenous Games is a multi-sport event involving Indigenous North American athletes and has been staged intermittently since 1990. The first Games were held in Edmonton, Alberta.
- NAIG hosts more than 5,000 participants in 16 sport categories. The 2020 NAIG will be held July 12-19 on the ancestral and unceded territory of the Mi'kmaq People in Halifax, Nova Scotia.
- The Truth and Reconciliation Commission of Canada's Call to Action #88 calls on all levels of government to take action to ensure long-term Indigenous athlete development and growth through continued support of the North American Indigenous Games.
- The Toronto 2017 NAIG introduced #Team88 to support reconciliation initiatives across Canada.

Reflective questions to encourage learning:

- What are the impacts of the Arctic Winter Games on your community, your territory, and in Canada?
- What are the impacts of the North American Indigenous Games on your community, your territory, and in Canada?
- These Games are both a sport and cultural experience. Why is this combination important?
- What is your role as a recreation leader in regards to these Games?

Week 2:

There are a number of cultural, arts, recreation or sport activities and events that are considered uniquely Northern. An appreciation of the diversity and uniqueness of these Northern activities and events helps recreation leaders connect to local culture, values and ways of living.

Encourage learners to reflect on:

- How to describe, explain or characterize Northern recreation, sports, art and culture.
- Why we consider many of these activities and events uniquely Northern. What values, attitudes, knowledge or skills are shared?
- The ways in which these activities and events foster health and wellbeing, as well as strengthen connections to culture, to the Land, and to community.

Key teaching points:

- Festivals are ways in which Northerners teach and celebrate local and Indigenous culture. Festivals are often linked to the seasons (e.g. return of the sun in Inuvik). Festivals, because they are special events, can take a lot of planning and resources.
- On-the-land activities and events are characteristic of traditional ways of Indigenous cultures. Being on-the-land is also valued by residents who have chosen to make the North their home. Northern communities are finding ways to reinforce on-the-land lifestyles through traditional and modern-day activities and events.
- Music, drumming and dancing express culture and traditions, are artistic, and are welcoming and inclusive.
- Traditional games includes a variety of Arctic Sports and Dene Games. These are based upon cultural traditions and are part of the Arctic Winter Games. In Yukon and NWT, the Aboriginal Sport Circle is the sport governing body for Arctic Sports and Dene Games.

Reflective questions to encourage learning:

- What characteristics make activities and events uniquely 'Northern'?
- What values, attitudes, knowledge or skills are shared through Northern cultural, arts, recreation or sport activities and events?

- In what ways do Northern activities and events strengthen connections to culture, the Land, and community?
- In what ways do Northern activities and events promote health and wellbeing?
- What is the role of recreation leaders related to supporting these Northern events and activities?

Required Learning Activity: Exploring AWG and NAIG

Complete by: Wednesday before the first conference call

1. Watch the videos and discover the history and legacy of the AWG and NAIG using the links included in slides 6-12.
2. Browse the Internet to learn a bit more.
3. Prepare one question and one statement about the **Arctic Winter Games**.
4. Prepare one question and one statement about the **North American Indigenous Games**.
5. Share your two questions and two statements in the forum.

You might want to start a question with:

- One thing I would like to know more about is...
- I am wondering why/how/when...
- What will happen if/when...?

And you might start a statement with:

- One thing that surprised/impressed me...
- One new thing I learned...
- What I found most interesting was that...

Required Learning Activity: Shine a spotlight

Complete by: Sunday after the second conference call

1. Work through slides 15-19; these introduce you to some uniquely Northern activities and events.
2. Choose a cultural, arts, recreation or sport activity/event unique to your community or region (not already introduced in RS103).

3. Describe this activity or event. Include a website address if possible.
4. Explain why this activity or event is uniquely Northern. What characteristics make it 'Northern'? For example, does it convey local values, attitudes, knowledge or skills? Does it strengthen connections to culture, the Land, and community? In what ways does it promote health and wellbeing?
5. Post your description and explanation in any way you prefer (words, images, a short video, or an audio clip) in the Activity #5 forum.
6. Take some time to read others' posts and comment on them.

Resources:

Arctic Winter Games:

- Sport Yukon - sportyukon.com/events-page/arctic-winter-games/
- Sport North - www.sportnorth.com
- Sport and Recreation Division - www.gov.nu.ca/sports-and-recreation

North American Indigenous Games:

- Yukon Aboriginal Sport Circle www.yasc.ca
- Aboriginal Sport Circle of the Northwest Territories www.ascnwt.ca
- Sport Nunavut www.cley.gov.nu.ca/en/SportsClub
- <https://www.theglobeandmail.com/news/the-roots-of-the-indigenous-games-naig-2017-sports-toronto-north-american/article35692633/>

Activities:

- Facts and Stats (AWG & NAIG)

Videos:

Games

- What are the Arctic Winter Games? - www.youtube.com/watch?v=TtliL5xOr8s
- AWG International Committee's Video - www.youtu.be/xwhiXbAyyRM
- Highlights from the 2012 Games - www.youtu.be/QXcUqvik9H0
- Rick Mercer at the Games - www.youtu.be/HZT1SSR3xt4
- Highlights from the 2014 Games - www.youtu.be/h0WY2yxlfZ8

- NAIG Past, Present and Future – www.youtu.be/9IB5-EBTzVc
- 2017 Games kick off – www.youtu.be/8B0NwwbA-Fk
- Women's lacrosse debuts in 2017 – www.youtu.be/LvQ7h-G_PDo
- Clips from the 2002 Games – www.youtu.be/ymZDBtp5n28

Festivals

- Alianait Arts Festival – www.youtu.be/uULA8Bmc618
- Yukon Sourdough Rendezvous Festival - www.youtu.be/724j0B-0mIU
- Adäka Cultural Festival - www.youtu.be/704rznRQNgM
- Toonik Tyme Festival – www.youtu.be/adW5bQ08WvQ
- Iqalukpik Jamboree - <https://www.youtube.com/watch?v=W9Nd2A6vBeU>
- Great Northern Arts Festival - <https://www.gnaf.org/>

On-the-land

- Kugluktuk Youth and Elders on the Land: a Documentary – <http://reelyouth.ca/kugluktuk2017.html>
- SHIFT trailer – www.youtu.be/KOGJisY_agE
- Terry Woolf - Tales of an Urban Musher – www.youtu.be/3_ILMsMmRUg
- Slave River Paddlefest - <https://youtu.be/IFzkXLFjuic>
- Winter Camp Program – www.youtu.be/X6wodZeV8MU

Music, drumming, etc.

- Best of Me, Selkirk First Nation Youth – www.youtu.be/2FYErHhmFmc
- Inuit throat-singing sisters – www.youtu.be/DLMlkjnYe0U
- Gjoa Haven Drum Dance Festival – www.youtu.be/RW0Q6d8Mrql
- Bhangra Dance & Fiddle Music – www.youtu.be/HA9Aqae3slQ

Traditional Games

- Strengthening Survival Skills: Arctic Sports and Dene Games, Jordee Reid – www.youtu.be/Ers_GLIIM7g
- Breaking barriers in the ancient sport of Dene Hand Games – www.youtu.be/bMleqKNIUUU
- What are Dene hand games? – www.youtu.be/9sQjYsILKaM

References:

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- Arctic Winter Games International Committee (2018). Retrieved from <http://www.arcticwintergames.org/>
- CBC News: The National. (2017, June 27). *Women's lacross debuts at Indigenous Games* [video file]. Retrieved from https://youtu.be/LvQ7h-G_PDo
- MercerReport (2010, March 24). *RMR: Rick and Arctic Winter Games* [video file]. Retrieved from <https://youtu.be/HZT1SSR3xt4>
- Native Driven Network (2014 November 18). *NAIG. North American Indigenous Games. Past, Present and Future* [video file]. Retrieved from <https://youtu.be/9IB5-EBTzVc>
- North American Indigenous Games 2017 (n.d.-a). Team-88. Retrieved from <http://naig2017.to/en/team-88/>
- North American Indigenous Games Council (2017). Retrieved from <http://www.naigcouncil.com/culture.php>
- Nwe Jinan. (2018, April 14). *N'we Jinan Artists - "BEST OF ME" // Selkirk First Nation* [video file]. Retrieved from <https://youtu.be/2FYErHhmFmc>
- Reel Youth (2017) Kugluktuk: Youth & Elders on the Land [video file], Retrieved from <http://reelyouth.ca/kugluktuk2017.html>

AWG and NAIG Facts and Stats

- The first Arctic Winter Games was held in Yellowknife in 1970 and the 50th anniversary of the Games will be celebrated in Whitehorse in 2020.
- The games in 2002 were the first jointly hosted Arctic Winter Games, by Nuuk, Greenland and Iqaluit, Nunavut.
- The Hodgson trophy for fair play and team spirit is awarded at the end of every games. The Hodgson Trophy is on display at Sport Yukon Hall of Fame in Whitehorse, Yukon.
- The cultural component of the Games adds a unique opportunity for participants and host communities. The Games provide opportunities for developing athletes to compete in friendly competition while sharing cultural values from northern regions around the world.
- The focus of the Arctic Winter Games is still the same today as it was in 1970, to involve as many participants as possible either in the Games themselves or in the team selection trials. The success of the Games is directly related to a program that combines athletic competition, cultural exchange and social interaction.
- The North American Indigenous Games is a multi-sport event involving indigenous North American athletes staged intermittently since 1990. The first Games were held in Edmonton, Alberta.
- NAIG hosts more than 5,000 participants in 16 sport categories.
- In the NAIG logo - The four arrows represent the need to develop the mental, physical, cultural and spiritual aspects essential for well-being and complete development.
- The Truth and Reconciliation Commission of Canada's Call to Action #88 calls on all levels of government to take action to ensure long-term Indigenous athlete development and growth through continued support of the North American Indigenous Games.
- 2017 NAIG introduced #Team88 to promote the positive impacts of sport and wellness within Indigenous communities and to bring a focus to all TRC recommendations recognizing sport as an important pathway to reconciliation. Support reconciliation initiatives across Canada – We are all #Team88.
- The 2020 NAIG will be held July 12-19 on the ancestral and unceded territory of the Mi'kmaq People in Halifax, Nova Scotia.



FAQs... Arctic Winter Games & North American Indigenous Games

How does the bidding process for these Games work?

For the most recent information about bidding for NAIG, go to:
<http://www.aboriginalsportcircle.ca/en/news/news-2.html>

For the 2020 AWG bid package, check out this link:
https://arcticwintergames.org/AWG_International_Staging_Manual/6.1%20%20-%20Bidding%20to%20Host%20an%20AWG.pdf

For information about Wood Buffalo hosting the 2022 Arctic Winter Games, go to:
<https://www.mymcmurray.com/2019/02/08/we-did-it-wood-buffalo-to-host-the-2022-arctic-winter-games/>

How can we get mentors or role models to come and talk to our youth about participating in the Games?

Begin with the territorial contacts listed on slide 12.

You may want to check out Gen7, a program that encourages Aboriginal youth to live an active and healthy lifestyle through sport, physical activity, and other means. GEN7 also helps Aboriginal youth to become leaders in their community.
<http://www.motivatecanada.ca/en/about-gen7/what-is-gen7>

Where can I find medal counts and records from past Arctic Winter Games?

Check out historical records from AWG that date back to 1970 at:
https://www.arcticwintergames.org/AWG_REPORTS.htm

For Arctic Sport and Dene Games records, go to:
https://www.arcticwintergames.org/Records/Records_2018.pdf

Who invited the prime minister to open the first ever Arctic Winter Games?

The PM was probably invited as the federal government would have funded most, if not all, of the Games. Here's an interesting link for more history on the Games:
<http://www.thecanadianencyclopedia.ca/en/article/arctic-winter-games>

Has evaluation of the Games been done? Where can I find more about their impacts?

This link will take you to social and economic impact studies of past AWG:

https://www.arcticwintergames.org/Social_Economic.html

The 2014 NAIG Evaluation can be found at:

<http://www.naigcouncil.com/docs/NAIG%20Social%20Impact%20Study%202014.pdf>

A psychosocial study of athletes' participation in the 2020 NAIG will be conducted.

Have the North American Indigenous Games been held in every province and territory?

No, but NAIG has been held in British Columbia, Alberta, Saskatchewan, Manitoba, and Ontario as well as in Minnesota and Colorado. The 2020 NAIG will be held in Nova Scotia.

How does each country contribute their own cultural activities to AWG?

Games have technical packages for sport; AWG has a Cultural Technical Package.

Here is an example of the technical package from the 2018 AWG:

<https://arcticwintergames.org/2018%20Technical%20Packages/Cultural%20Program%20-%202018%20AWG%20Technical%20Package%20Final%20Feb%201%202017.pdf>

Have the Games lead to a drop in suicide rates?

It's not possible to say that the Games directly cause suicide rates to drop. However, participation in sport and physical activity, and the social support that comes with participating, are considered protective factors for mental health as this article indicates: <https://www150.statcan.gc.ca/n1/pub/82-003-x/2017001/article/14697-eng.htm>

Where can I find information about volunteering for NAIG or trying out as an athlete?

Begin with the territorial contacts listed on slide 12.

Yukon Aboriginal Sport Circle posts NAIG opportunities here:

<http://www.yasc.ca/NAIG2020.aspx>.

Provinces, like Manitoba, have their 2020 NAIG trial dates posted (e.g.

<http://nationtalk.ca/story/masrc-naig-2020-tryout-dates-and-age-divisions>).