

State of Recreation Report

City of Regina

January 2019

Final





State of Recreation Report

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SECTION 1

Introduction

SECTION 1

Introduction

Recreation is an important, valued, and essential public service in Regina. This is apparent through the City's investment in the array of programs and infrastructure available to residents and visitors. It is also evidenced by the active engagement of public, non-profit, and private sector stakeholders throughout the City. While there are many benefits accrued from public recreation service provision in the Regina region, there may be opportunity to enhance, improve, and expand these benefits. A Recreation Master Plan is a tool used by decision-makers, administrators, stakeholders, and volunteers to sustain existing services efficiently and effectively (where appropriate) and identify new and exciting services and delivery systems to further accrue an even greater benefit.

The process implemented in developing the 2017 Recreation Master Plan will be employed to update the City's Recreation Facilities Plan (2010). The Master Plan will demonstrate alignment with Design Regina, the City's Official Community Plan and other important initiatives like the National Recreation Framework: Pathways to Wellbeing. Ultimately it will guide public recreation service delivery and investment for the next 20 years. The Master Plan will aim to define service standards in an effort to deal with a growing and changing community and its interests as well as aging infrastructure. The Master Plan will provide prioritized recommendations for City operated facilities. The recommendations will also guide how the City will work with partners in the community to achieve City goals and aspirations while leveraging public investment. **This document, "The State of Recreation in Regina" presents the research undertaken upon which the Master Plan itself is developed.** The Recreation Master Plan is presented under a separate cover.



Recreation: A Renewed Definition

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

—A Framework for Recreation in Canada 2015: Pathways to Wellbeing



Research Overview

This State of Recreation Report presents all the data gathered during the research process which will, in turn, inform the development of the Recreation Master Plan. Before strategic direction can be set, information must be gathered and analyzed to understand the current state of City supported recreation in Regina. Each component of this research report is described in the following chart.

The Benefits of Recreation	<ul style="list-style-type: none"> • Outlines eight key benefits of recreation • To describe the value of recreation
Community Profile	<ul style="list-style-type: none"> • Overview of Regina and its demographics • To set the context for the research and plan
Background Review	<ul style="list-style-type: none"> • Review of previous planning efforts • To ensure Master Plan alignment
Facility Inventory	<ul style="list-style-type: none"> • A list of Regina's recreation current spaces • To identify the spaces residents currently use for recreation participation
Facility Utilization	<ul style="list-style-type: none"> • Presents utilization data from City operated recreation spaces • To measure the extent to which current spaces are utilized
Program Review	<ul style="list-style-type: none"> • A review of program types in Regina • To identify the types of programs that are directly delivered
Partnership Review	<ul style="list-style-type: none"> • Review of current partnerships • To identify and analyze current partnerships
Trends	<ul style="list-style-type: none"> • Presentation of participation and infrastructure trends • To be aware of potential needs
Leading Practices	<ul style="list-style-type: none"> • Presentation of leading practices in recreation service delivery • To learn from other municipalities in the province and beyond
Consultation	<ul style="list-style-type: none"> • Presents findings from the household survey, group survey, youth survey, and stakeholder interviews • To understand the needs of local residents and service providers
Summary and Considerations	<ul style="list-style-type: none"> • Summary of research and presentation of preliminary considerations • Identifies areas of focus for the Recreation Master Plan





SECTION 2

The Benefits of Recreation

SECTION 2

The Benefits of Recreation

KEY FINDINGS FROM THIS SECTION

- Recreation is essential to personal health and wellbeing.
- Recreation builds strong families and healthy communities.
- Green spaces are essential to environmental and ecological wellbeing.

The benefits associated with the provision of recreation opportunities are extensive. These benefits are increasingly recognized by government and by the public. The following research substantiates these benefits presented by the National Benefits HUB (benefits.ca).

The National Benefits HUB¹ is a research database providing access to numerous resources that identify the positive impacts of recreation, sport, fitness, arts/culture, heritage, parks and green spaces on a community. Identified below are the eight key benefit categories from the National Benefits HUB, with corresponding evidence identifying the positive impacts upon a Regina and its residents.



¹ benefitshub.ca

Recreation is essential to personal health and wellbeing

- Increased leisure time and physical activity improves life expectancy.¹
- Physical activity contributes to improved mental health and reduced rates of depression.²
- Participation in physical activity can reduce workplace related stress.³
- The provision of green spaces has been linked with a number of health and wellbeing benefits including; increased physical activity, reduced risk of obesity, minimized utilization of the healthcare system, and stress reduction.⁴

Recreation provides the key to balanced human development

- Regular physical activity is likely to provide children with the optimum physiological condition for maximizing learning.⁵
- Low income students who are involved in arts activities have higher academic achievement and are more likely to go to college.⁶
- The arts and other forms of creativity can have profound individual social outcomes and generate a deeper sense of place and local community.⁷
- Individuals that participate in physical activity in a social setting have improved psychological and social health, and often also benefit from increased self-awareness and personal growth.⁸

1 Moore SC, et al. (2012) Leisure Time Physical Activity of Moderate to Vigorous Intensity and Mortality: A Large Pooled Cohort Analysis. *PLoS Medicine* 9 (11): e1001335. doi:10.1371/journal.pmed.1001335

2 Gallegos-Carillo, Katia et al. (2012). Physical Activity and Reduced Risk of Depression: Results of a Longitudinal Study of Mexican Adults. *Health Psychology*. In press. doi: 10.1037/a0029276

3 Burton, James P. , Hoobler, Jenny M. and Scheuer, Melinda L. (2012) Supervisor Workplace Stress and Abusive Supervision: The Buffering Effect of Exercise. *Journal of Business and Psychology*.

4 Heinze, John. (2011). Benefits of Green Space – Recent Research. Chantilly, Virginia: Environmental Health Research Foundation.

5 Marten, Karen. (2010). *Brain boost: Sport and physical activity enhance children's learning*. Crawley, Western Australia: University of Western Australia.

6 Catteral, James S. (2012). *The Arts and Achievement in At-Risk Youth: Findings from Four Longitudinal Studies*. Washington, District of Columbia: National Endowment for the Arts

7 Mulligan, M. et al. (2006). *Creating Community: Celebrations, Arts and Wellbeing Within and Across Local Communities*. Melbourne, Australia: Globalism Institute, RMIT University

8 Eime, Rochelle M et al. (2013). A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport. *International Journal of Behavioral Nutrition and Physical Activity*. 10(35).

Recreation provides a foundation for quality of life

- The arts are seen as an important contributor to quality of life in communities.⁹
- High quality public spaces can enhance the sense of community in new neighbourhoods.¹⁰
- Community sport facilities have positive benefits related to increased accessibility, exposure, participation, perceptions of success, and improved sport experiences.¹¹

Recreation reduces self-destructive and anti-social behavior

- Youth participation in recreational activities such as camps increases leadership and social capacities.¹²
- Participation in recreation and leisure related activities by low income and other at risk children and youth populations can result in decreased behavioural/emotional problems, decreased use of emergency services, and enhanced physical and psycho-social health of families.¹³
- Teen athletes are less likely to use illicit drugs, smoke, or to be suicidal.¹⁴

Recreation builds strong families and healthy communities

- People with an active interest in the arts contribute more to society than those with little or no such interest.¹⁵
- Evidence indicates that adults who attend art museums, art galleries, or live arts performances are far more likely than non-attendees to vote, volunteer, or take part in community events.¹⁶
- Structured sport and recreational activities can help foster a stronger sense of community among children and youth.¹⁷

Recreation reduces health care, social service and police/justice costs

- Physical inactivity has a number of direct and indirect financial impacts on all levels of government.¹⁸
- Parks and recreation programming during non-school hours can reduce costs associated with juvenile delinquency and obesity.¹⁹
- Increased fitness leads to lowered risk factors for substance abuse among youth populations.²⁰

9 Environics Research Group. (2010). *The Arts and the Quality of Life. The attitudes of Ontarians*. Toronto, Ontario: Ontario Arts Council.

10 Francis, Jacinta et al. (2012). *Creating sense of community: The role of public space*. *Journal of Environmental Psychology*. 32(4): 401- 409. <http://dx.doi.org/10.1016/j.jenvp.2012.07.002>

11 Henderson, K., Scanlin, M., Whitaker, L., et al. (2005) *Intentionality and Youth Development Through Camp Experiences*. Canadian Congress on Leisure Research. 11th, Nanaimo, British Columbia.

12 Henderson, K., Scanlin, M., Whitaker, L., et al. (2005) *Intentionality and Youth Development Through Camp Experiences*. Canadian Congress on Leisure Research. 11th, Nanaimo, British Columbia.

13 Totten, M. (2007). *Access to Recreation for Low-Income Families in Ontario: The Health, Social and Economic Benefits of Increasing Access to Recreation for Low-Income Families; Research Summary Report*. Toronto, Ontario: Ministry of Health Promotion.

14 Poway High School Library. (2001). *Teens and sports: The perfect combination? Better Nutrition*, 63(9), 16.

15 LeRoux, Kelly. (2012). *Interest in Arts Predicts Social Responsibility*. Chicago: University of Illinois at Chicago. Press Release.

16 National Endowment for the Arts. (2009). *Art-Goers in Their Communities: Patterns of Civic and Social Engagement*. Nea Research Note #98. Washington, D.C.: Author.

17 Hutchinson, Susan L. (2011). *Physical Activity, Recreation, Leisure, and Sport: Essential Pieces of the Mental Health and Well-being Puzzle*.

18 Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD). (2004) *Physical Activity: Health benefits and costs to health care system*. Ottawa, Ontario: Author.

19 Witt, Peter A and Cladwell, Linda L. (2010). *The Scientific Evidence Relating to the Impact of Recreation on Youth Development, in The Rationale for Recreation Services for Youth: An Evidenced Based Approach*. Ashburn, Virginia: National Recreation and Parks Association.

20 Collingwood, Thomas R. et al. (2000). *Physical Training as a Substance Abuse Prevention Intervention for Youth*. *Journal of Drug Education*. 30 (4): 435-451.

Recreation is a significant economic generator

- Recent Canadian research indicated that cultural activities have the potential to be significant drivers of economic outputs and employment.²¹
- Evidence suggests that creative activity shapes the competitive character of a city by enhancing both its innovative capacity and the quality of place so crucial to attracting and retaining skilled workers.²²

Green spaces are essential to environmental and ecological wellbeing

- Sustainable public green spaces provide crucial areas for residents of all demographics to be physically and socially active.²³
- Increasing green spaces in urban centres has a number of positive environmental outcomes which can increase sustainability and lower long term infrastructure costs.²⁴
- When children and youth have positive experiences with parks and green spaces, they are more likely to have stronger attitudes towards conservation and preservation of the environment as adults.²⁵



21 Momer, Bernard. (2011) *Our City, Ourselves: A Cultural Landscape Assessment of Kelowna, British Columbia*. Kelowna, British Columbia: City of Kelowna Recreation and Cultural Services.

22 Gertler, M. (2004). *Creative cities: What are they for, how do they work, and how do we build them?* Ottawa, Ontario: Canadian Policy Research Network.

23 Cohen, D. et al. (2007). *Contribution of Public Parks to Physical Activity*. *American Journal of Public Health*, 97(3), 509.

24 Groth, P. (2008). *Quantifying the Greenhouse Gas Benefits of Urban Parks*. San Francisco, California: The Trust for Public Land.

25 Place, G. (2004). *Youth Recreation Leads to Adult Conservation*. Chicago, Illinois: Chicago State University.





SECTION 3

Community Profile

SECTION 3

Community Profile

KEY FINDINGS FROM THIS SECTION

- The city's population continues to grow. The 2016 census identifies a population of 215,106 residents which is an 11.4% increase from 2011.
- By 2031, it is possible that the City of Regina could be serving over 300,000 residents.
- The City is a regional hub serving a CMA population of 236,481.
- 8,020 new Canadians moved to Regina from 2006 – 2011.
- Nearly 10% of Regina's population identifies as Indigenous (2011).
- The City is split into 5 Recreation Zones and 27/30 Community Associations.
- Community Association populations range from 675 to 28,485.

Having a thorough understanding of the current and expected future demographic make-up of the City is important as planning for recreation services is undertaken. Recreation pursuit preferences are subjective; preference can be based on local context, ethnicity and culture, and many other factors. This section provides an understanding of the make-up of the community which impacts City decisions on recreation provision.

Community Context

Regina is the second largest city in Saskatchewan situated in the south-central part of the province. The city sits in the geographical centre of North America and as such is a geographic hub. Indicative of Saskatchewan, Regina spreads over flat, broad plains that provide an abundance of greenery and recreational space. After becoming a City in 1903, Regina settlers planted thousands of trees to decorate the prairie city, designating areas that would eventually become parks and green spaces. This appreciation of recreational space is a virtue that is consistent through the history of Regina and serves as an element of civic pride. Due to the preserved spaces, Regina has a variety of low cost and free

opportunities for recreation including multiple playgrounds, sport courts, cross country ski trails and multi-use pathway systems winding throughout the community. Considering indoor facilities, Regina operates three major recreation centres and one major cultural centre: Sandra Schmirler Leisure Centre, North West Leisure Centre, Sportplex, and the Neil Balkwell Civic Arts Centre. These facilities, along with arenas and neighbourhood recreation centres, offer residents and visitors the opportunity to live an active lifestyle and engage socially with each other in a supportive environment.

The University of Regina is an integral part of the recreational community with high quality programs, services, and facilities. For grade schools, Regina is home to 45 elementary schools and 9 high schools with approximately 21,000 students in the public system. The Catholic school board operate 25 elementary schools and 4 high schools, with half as many students.

Demographics

The city of Regina has a population of 215,106; an 11.4% increase since 2011 (This is an annual average growth rate of 2.28% which greatly exceeds the provincial rate of 1.26%)¹. An additional 21,375 people live in region; as such the population of the census metropolitan area is 236,481.

The 2011 census recorded an Indigenous population of 18,750 which accounted for 9.9% of the city's residents. Also in the 2011 census, it was reported that 21,180 new Canadians were living in Regina, the majority from Asia and Europe. From 2006 to 2011, 8,020 additional new Canadians were reported to have found their new home in Regina. The residence of new Canadians is more concentrated in the South and East neighbourhoods of Regina. In 2011 the highest concentrations of new Canadians reside in Arcola East, Albert Park Dewdney East and AL Ritchie respectively.

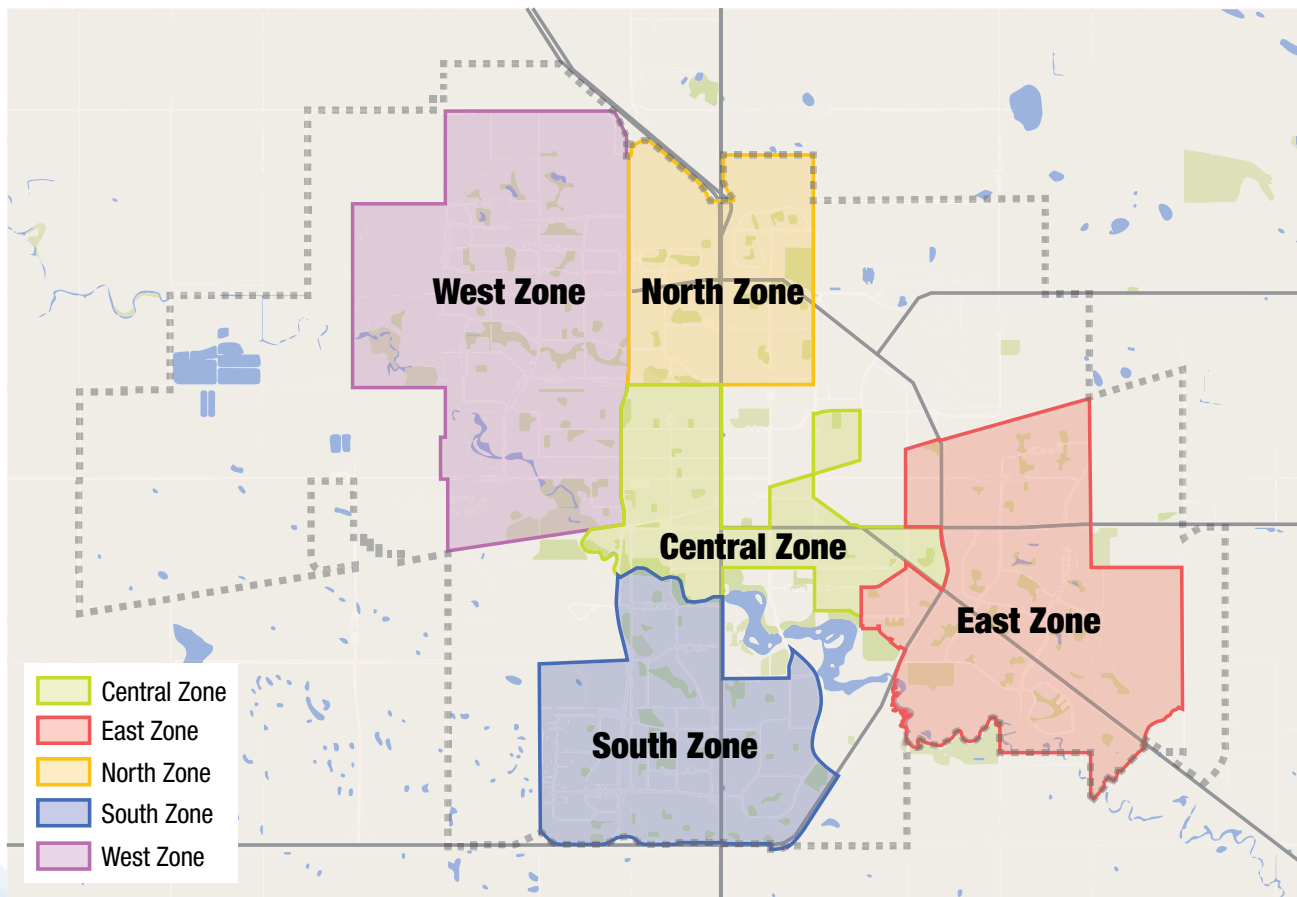
There are several communities surrounding Regina. The most populated regional communities are Emerald Park, White City and Pilot Butte, which are all located east of the city. In addition, the towns of Pense and Grand Coulee are located within 30 kilometres west of Regina. The economy throughout the region is diversified and focused on agriculture, oil and gas and other natural resources.

¹ At the aggregate level, Saskatchewan cities grew 9.9% from 2011 – 2016.

Demographic Statistics

- City of Regina population (2016): 215,106
- Census metropolitan area population (2016): 236,481
- Percentage of Regina's population that identifies as Indigenous (2011): 9.9%
- Number of new Canadians that moved to Regina from 2006 – 2011: 8,020
- Median age (2011): 37.3
- Median family income (2010): \$84,890
- Percentage of population over the age of 65 (2016): 13.8%²
- Percentage of population under the age of 15 (2016): 18.5%³

In order to further manage recreation service provision, Regina is divided into five recreation zones (see the map). By recreation zone, Regina is most populated in the West and East zones, followed by Central, South and North zones.



² Provincially the proportion of the population over the age of 65 is 15.5%. (2016).

³ Provincially the proportion of the population under 15 years of age is 19.6% (2016).

Further to the five recreation zones throughout the City, there are also a number of Community Associations that offer a number of local, neighborhood recreation opportunities to residents. The City supports these Community Associations in a variety of different ways and they are widely considered important stakeholders in the recreation delivery system. The most populated Community Association is Arcola East which has 28,485 residents followed by Dewdney East (18,758), Walsh Acres/Lakeridge/Garden Ridge (13,791), and Alberta Park (13,290).

Recreation Zone/Community Association	Population (2016)
West Zone	58,870
Walsh Acres/Lakeridge/Garden Ridge	13,791
Sherwood/Mccarthy	9,454
Rosemont/Mount Royal	9,047
Twin Lakes	8,369
Prairie View	4,729
Normanview Residents Group	4,417
Normanview West	2,917
Regent Park	2,858
Mcnab	1,763
Dieppe	1,525
North Zone	24,163
Northeast	7,648
Coronation Park	7,444
Argyle Park	3,712
Uplands	5,359
Central Zone	38,528
North Central	9,581
Al Ritchie	8,102
Cathedral	6,669
Heritage	5,386
Centre Square	3,781
Eastview	1,890
Gladmer Park	2,444
Downtown	675
East Zone	49,953
Arcola East	28,485
Dewdney East	18,758
Boothill	2,710
South Zone	43,592
Albert Park (and Harbour Landing)	22,079
Lakeview	7,727
Hillsdale	7,086
Whitmore Park	6,700

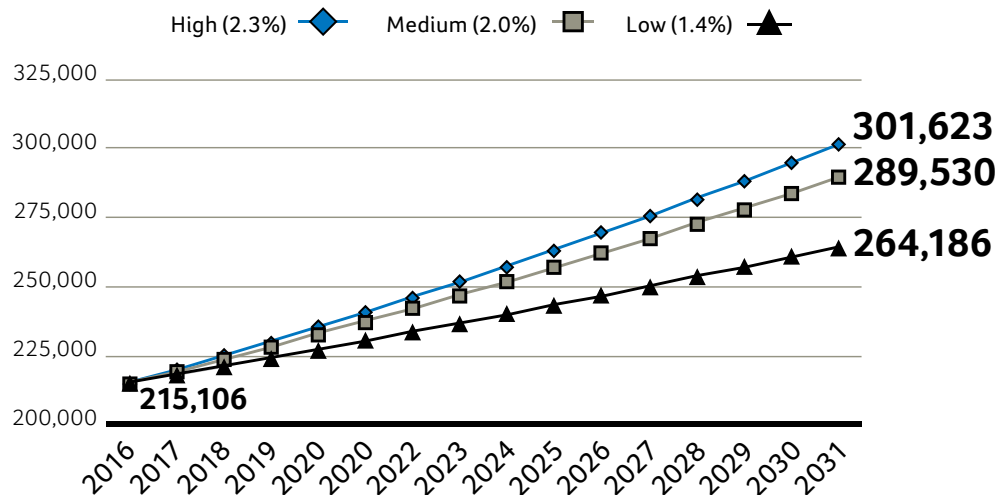
Population Projections

From 2011 to 2016, Regina's population increased by 11.4% which is a higher growth rate compared to the 7.7% increase experienced from 2006 to 2011. Looking back at the last 5, 10 and 15 years, Regina has experienced a 2.3%, 2.0%, and 1.4% average annual growth respectively. Applying these rates as scenarios over the next 15 years Regina's population could grow to a total between 264,186 and 301,623 by 2031. See the accompanying table and graph.

Scenario	Annual Growth	Based On	2016	2021	2026	2031
High	2.3%	2011 – 2016	215,106	240,763	269,480	301,623
Medium	2.0%	2006 – 2016	215,106	237,501	262,229	289,530
Low	1.4%	2001 – 2016	215,106	230,359	246,693	264,186

15 Years Projection Scenarios

City of Regina



Previously formulated projections for the City of Regina and the broader Census Metropolitan Area (CMA) are displayed in the charts below. Based on the projections, by 2031, the Regina area population could surpass 300,000 residents including 250,000 residing in the City.

City of Regina Projections By	2011	2016	2021	2026	2031	2041
Hemson Consulting Ltd. (2013) ^A	198,380	220,060	239,590	258,130	276,080	310,030
Derek Murray Consulting and Associates (2010) ^B	199,250	215,370	227,900	239,280	259,900	—

CMA Projections By	2011	2016	2021	2026	2031	2041
Hemson Consulting Ltd. (2013) ^A	216,290	240,650	262,970	284,120	324,150	343,420
Derek Murray Consulting and Associates (2010) ^B	216,530	234,170	248,280	261,220	284,500	—

A City of Regina Population, Housing and Employment Forecasts and Land Needs Analysis to 2041 (2013). Hemson Consulting Ltd.

B Population, Employment and Economic Analysis of Regina (2010). Derek Murray Consulting and Associates.





SECTION 4

Background Review

SECTION 4

Background Review

KEY FINDINGS FROM THIS SECTION

- The Vision for the City of Regina is: Regina will be Canada's most vibrant, inclusive, attractive, sustainable community, where people live in harmony and thrive in opportunity.
- The City has a number of planning documents already approved and being implemented that build support and justification for recreation services and are relevant when contemplating future recreation services.
- There are also provincial and national planning influences that need to be considered such as the National Framework for Recreation and the Canadian Sport for Life movement.
- The renewed definition of Recreation: Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing (A Framework for Recreation in Canada).

A series of municipal plans and studies have been reviewed to identify references to recreation and justification for provision and investment and its place in other planning contexts. It is instructive to review these plans and studies to consider their recommendations and conclusions and the potential influence they will have on future services. This section also reviews pertinent provincial and national level plans and frameworks that illustrate the broader goals of the recreation sector and again, will influence future service provision.

Municipal Planning

Design Regina: Official Community Plan

Purpose

- To manage the city's growth to 300,000 people and set the stage for its longer-term development. It provides the City with direction on where and when new development will happen, how municipal services will accommodate this growth, and other factors affecting Regina citizens' quality of life, including parks and recreation.

Key Elements

- Vision: Regina will be Canada's most vibrant, inclusive, attractive, sustainable community, where people live in harmony and thrive in opportunity.
- Community Priorities: Develop complete neighbourhoods; Embrace built heritage and invest in arts, culture, sport and recreation; Create better, more active ways of getting around; Promote conservation, stewardship and environmental sustainability; and Achieve long-term financial viability.
- Activity Centres: Areas for active and passive recreation use that accommodate institutions and social facilities, indoor and outdoor recreation facilities and other active uses connected, where feasible, by active transportation links.

Points in the Document that are Pertinent for Recreation Planning

- Goal: Maintain, enhance and extend an interconnected and accessible open space system.
- Goal: Ensure access to a variety of recreation programs and services in all neighbourhoods.
 - » Multifunctional parks and open spaces
 - » Variety of recreation programs and service (direct and/or indirect delivery)
 - » Minimize barriers
 - » Consider the needs of vulnerable populations
 - » Design spaces for year-round use whenever possible

- D7 Parks, Recreation and Open Space
 - » Develop complete neighbourhoods
 - » Embrace built heritage and invest in arts, culture, sport and recreation
 - » Create better, more active ways of getting around
 - » Promote conservation, stewardship and environmental sustainability; and
 - » Achieve long-term financial viability.

Building the Foundation: Strategic Plan 2014 – 2018

Purpose

- The plan lays out the critical first steps so that the City will be well-positioned to deliver on the Official Community Plan in the future.

Key Elements

- Mission: The City of Regina contributes to its citizens' quality of life by providing services and infrastructure at a level and of a quality that is sustainable.
- Values: Performance driven and accountable; Responsive and respectful; Innovative and creative; focused on excellence.
- Directions: Manage growth; Improve financial viability; Engage and develop staff; Engage citizens.

Points in the Document that are Pertinent for Recreation Planning

- Objectives:
 - » A full-life cycle Asset Management approach is being used to support infrastructure renewal decisions.
 - » Decisions about programs and assets reflect future service needs
 - » Reconcile service expectations against the fiscal realities of the City.
 - » The City is responsive to customers' needs by meeting established Customer Service Standards.

Recreation Facility Plan 2010 – 2020

Purpose

- To ensure that investments in sport, culture and recreation infrastructure occur in a manner that enhances the quality of life of Regina citizens by meeting the highest priority needs of present and future populations, is aligned with the Official Community Plan (the Regina Development Bylaw No. 7877) and other corporate and community initiatives, and is fiscally responsible.

Key Elements

- Guiding Principles: Outcomes-based and targeted; Fiscally responsible and financially sustainable; Affordable; Complementary; Aligned; Clustered; Integrated; Flexible, multi-use, multi-season, multi-generational and environmentally sustainable design.
- Hierarchy and Distribution of Facilities: City wide level; Zone level; Neighbourhood level.

Points in the Document that are Pertinent for Recreation Planning

- Strategic Directions:
 - » Provide a centrally located city-wide indoor facility to serve both leisure and competitive aquatic needs with complementary fitness amenities.
 - » Provide smaller community destination facilities in the north, east and south areas with a connection to other indoor and outdoor recreation facilities.
 - » Provide a city-wide outdoor facility in Wascana Park with a variety of aquatic and non-aquatic play amenities.
 - » Provide outdoor pools in the north, central and south areas, as well as spray pad facilities throughout the city at community destination and neighbourhood hub facilities where possible.
 - » Provide city-wide facilities that serve visual and performing arts at the recreation level (beginner to intermediate).
 - » Support advanced/professional theatre and galleries, where there is a direct benefit back to the community, through financial support and consulting services.

- » Ensure an adequate inventory of ice time is available in city-wide destination indoor arenas, through a combination of city-owned/operated as well as community-owned/operated facilities, to enable a base level of participation in ice activities.
- » Provide outdoor skating experiences in a well distributed manner throughout the city in conjunction with community destination facilities and neighbourhood hub facilities.
- » Provide a city-wide indoor skateboard facility with outdoor skateboard facilities and elements strategically located throughout the city.
- » Provide neighbourhood centres in high needs neighbourhoods or those with geographic barriers to accessing community destination facilities.
- » Enhance neighbourhood centre facilities as neighbourhood hub facilities, in a manner that is complementary to schools which also serve as hub facilities, through the development of amenities in the surrounding space.
- » Maintain existing centres that are targeted at senior age segments, with long term plans to ensure all facilities accommodate the needs of this growing segment of the population.
- » Provide high quality sport and outdoor recreation facilities at the citywide, community destination and neighbourhood hub levels through direct delivery and partnerships:
 - Municipal Leadership: playgrounds, pathways, spray pads, athletic fields, ball diamonds, outdoor tennis, dog parks.
 - Community Leadership: indoor tennis, racquet sports, skiing, floral conservatory.
- » Enable and support community leadership and involvement in the development, redevelopment and operation of sport, culture and recreation facilities.

The Open Space Management Strategy

Purpose

- To provide a comprehensive strategy for effectively planning, managing and sustaining Regina's open space system.

Key Elements

- The guiding principles are meant to be top of mind in the decision making process. A few of the guiding principles are noted below.
 - » Recreational open space is an essential element in promoting community wellness and healthy living.
 - » A diverse range of recreational open space opportunities should be accessible to all residents of Regina regardless of their age, gender, economic circumstances, cultural background, or ability level.
 - » Open space should be distributed as equitably as possible to provide recreation opportunities for citizens in all areas of the city.
 - » All areas of the city shall have access to a consistent quality of parks and recreation opportunities and facilities.
 - » All forms of open space should be managed in an environmentally sensitive manner.
 - » Open space components should be integrated into a comprehensive system linking parks, pathways and leisure facilities where desirable and possible.

Points in the Document that are Pertinent for Recreation Planning

- Policy Recommendations:
 - » To maximize the benefits of recreational open space, the City of Regina shall as a goal strive toward developing an integrated open space system.
 - » The City of Regina shall plan and develop park facilities that are flexible in design, incorporate multiple use opportunities that are capable of accommodating changing demographics and new recreational and sporting trends.
 - » The City of Regina shall adopt universal design and geographic accessibility as the guiding principles in all future development of play spaces.

Cultural Plan

Purpose

- To strategize around the Arts, inter-culturalism, and other cultural assets in meeting the City's vision to be Canada's most vibrant, inclusive, sustainable, attractive community where people live in harmony and thrive in opportunity.

Key Elements

- Goals: Embrace cultural diversity; Strengthen the artistic and cultural community; Commemorate and celebrate the City's cultural heritage.

Points in the Document that are Pertinent for Recreation Planning

- Objectives and Actions:
 - » Establish formal processes based on mutual respect and open communication to sustain engagement with First Nations and Métis communities in defining and responding to cultural needs and aspirations.
 - » Increase awareness of the City's cultural and recreation programs to Newcomer populations.
 - » Ensure City programs include Newcomers' perspectives and cultural needs from development to delivery.
 - » Develop accommodations through policy and procedures for diverse community's cultural practices in City-owned buildings and facilities.
 - » Work with Community Associations to explore opportunities with the City, and other partners, for programs and events at the neighbourhood level to profile and celebrate the city's diversity.

- » Create opportunities for mentorship and partnership programs between established cultural organizations and emerging ones to enhance vibrancy in City Square.
- » Support opportunities, both with City-owned facilities and those in community, for an incubator or shared space that brings together different cultural organizations and enterprises to spark innovation, cooperation, and new economic activity.
- » Conduct an analysis of City-owned facilities, like Neighbourhood Centres and the Neil Balkwill Civic Arts Centre, to identify enhancements to better support cultural programming.
- » Develop cross-media strategies for City-owned cultural assets; the Neil Balkwill Civic Arts Centre, Civic Art Collection, City Square.
- » Ensure the inclusion of live/work spaces in new neighbourhoods.

Outdoor Pools Facility Plan

Purpose

- To develop a long-term facility and operation plan for the City's five outdoor pools.

Key Elements

- Three of the five outdoor pools were built in the 1940's while the remaining two were built in the 1960's.
- Annual operating costs are \$935,000 and approximately \$200,000 in revenue (75 – 80% subsidization).

Points in the Document that are Pertinent for Recreation Planning

- Five options for moving forward were presented (status quo, remedial, rebuild, enhanced, and closure).
- Direction expected to be provided in the Recreation Master Plan.

Neighbourhood Support Model

Purpose

- To establish a framework to support a consistent, coordinated approach to building and sustaining effective, successful neighbourhood organizations in their work to build and grow healthy, vibrant and engaged neighbourhoods.

Key Elements

- Goals:
 - » Intentional, consistent practice of community development values, activities and tools to build active, creative engaged neighbourhoods.
 - » Citizen-driven community action and change.
 - » Development of leaders at the neighbourhood level.
 - » Increased organizational capacity of Community Associations to respond to neighbourhood needs and opportunities.
 - » Enhanced sport and recreation programming through improved city-wide coordination and collaboration of sport delivery groups.
 - » Increased tangible collaboration across sectors including schools, businesses, community based organizations and health.

Points in the Document that are Pertinent for Recreation Planning

- Recommendations:
 - » Neighbourhood level volunteer education and training in community development.
 - » Delivery of skill and knowledge based training.
 - » Ongoing mentorship, coaching and support.
 - » Development of new Community Associations in new subdivisions and neighbourhoods.
 - » Support for the amalgamation of Community Associations where there is expressed need or desire to increase capacity and effectiveness.

Transportation Master Plan

Purpose

- The Transportation Master Plan provides direction for how to balance investment in transportation infrastructure and provide all citizens with improved transportation choices.

Key Elements

- Transportation Directions:
 - » Offer a range of sustainable transportation choices for all.
 - » Integrate transportation and land use planning.
 - » Elevate the role of public transit.
 - » Promote active transportation for healthier communities.
 - » Optimize road network capacity.
 - » Invest in an affordable and durable system.
 - » Support a prosperous Regina and region.

Points in the Document that are Pertinent for Recreation Planning

- Direction #4: Promote active transportation for healthier communities.
 - » Goal #1: Active modes of transportation will be prioritized in City policies and processes.
 - » Goal #2: Active modes will be promoted as an integral part of how Regina residents get to work and school.
 - » Goal #3: A comprehensive city-wide bikeway network will connect people to destinations and activities.

Provincial Planning

Saskatchewan Ministry of Parks, Culture, and Sport Plan for 2015 – 2016

The Government of Saskatchewan, Ministry of Parks, Culture, and Sport developed a plan which includes mandate and mission statements as well as goals and strategies related to recreation service throughout the province

Saskatchewan's Vision

- To be the best place in Canada to live, to work, to start a business, to get an education, to raise a family and to build a life.

Mission Statement

- Contribute to Saskatchewan's high quality of life, instill pride and enhance economic growth through management of the Saskatchewan Provincial Parks system, the provision of arts, culture, sport and tourism opportunities and through stewardship of provincial heritage resources.

Select Goals and Strategies

- Ministry goal: Improve Saskatchewan's quality of life by increasing participation in arts, sport, recreation, and culture and heritage activities.
- Strategy: Increase participation in sport, culture and recreation activities, especially by children and youth.
- Key actions: Address barriers to participation; target investment in training and leadership opportunities.

Saskatchewan Parks and Recreation Association 2014 – 2019 Strategic Plan

The Saskatchewan Parks and Recreation Association (SPRA) strategic plan outlines the Association's vision, mission, and values as well as its long term and intermediate outcomes as presented below. The City of Regina is a member of the SPRA.

Sector Vision

- We envision a Saskatchewan in which all citizens have equitable access to recreation experiences that: Contribute to mental and physical health and wellbeing; result in well rounded, well-adjusted contributing members of their community; and provide connection and attachment to their community(ies) and environment.

Mission

- SPRA provides leadership, facilitation, programs and services to enhance the impact of recreation for the quality of life in Saskatchewan.

Long-term Outcomes

1. SPRA is a strong and effective organization driven by the needs of its members, providers and the public.
2. The recreation sector is served by informed and highly competent volunteers and professionals.
3. The delivery network is effective and meets the needs of Saskatchewan people.
4. Recreation is necessary to the wellbeing of communities, environments and individuals.

SPRA's Recreation Sector Public Relations Strategy

SPRA supports its members by increasing awareness and supporting advocacy efforts. Its Recreation Sector Public Relations Strategy is driven by four aims.

1. Establish and strengthen the recreation sector as a valued contributor and bridge builder in social and economic development;
2. Secure a position of influence to public agendas and allocation of public resources;
3. Build and reinforce pride for practitioners and volunteers in the sector; and,
4. Increase recognition and strengthen public support for recreation services and infrastructure.

Inter-Municipal Collaboration in Recreation

The Inter-Municipal Collaboration in Recreation is a guide for municipalities in Saskatchewan looking to engage in partnerships with each other. The guide, developed by the SPRA and the Saskatchewan Urban Municipalities Association, suggests a series of steps required to lead and facilitate a partnership agreement. Examples of partnerships are provided such as regionalized facilities, staffing, and exchanging services. Being able to identify mutual benefit is an important early step in the collaboration process. The guide leads potential partners through a philosophical understanding of the partnership before presenting tools and templates to gather data and outline responsibilities.

National Planning and Initiatives

A Framework for Recreation in Canada 2015: Pathways to Wellbeing

A Framework for Recreation in Canada provides a vision, five goals, and foundational values and principles for the delivery of recreation in Canada. While it is understood that recreation is a broad term and that local interests, priorities and needs differ from region to region and in each individual community, aligning the recreation sector can help build a stronger case for investment in recreation. The Framework outlines both a renewed definition and vision for recreation in Canada and includes priority action items for all stakeholders involved in recreation provision including, but not limited to, municipalities, province and federal governments, non-profit groups, post-secondary institutions, and the private sector.

Definition of Recreation

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

Vision

- 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

Goals

The Framework is organized into five overarching goal areas

1. Active living
2. Inclusion and access
3. Connecting people and nature
4. Supportive environments
5. Recreation capacity

Canadian Sport for Life

Canadian Sport for Life (CS4L) is a movement that promotes quality sport and physical activity. It is led by Sport for Life Society, a federal not-for-profit society that was incorporated in September 2014 and comprises experts from sport, health, recreation, and academia who are employed as independent contractors, yet work cooperatively to promote the movement's goals. The movement introduces two important concepts that influence how recreation and sport activity should be planned, promoted, organized, and delivered. As it relates to the provision of recreation, it is important to consider these two concepts as they define a broader social good.

Long-Term Athlete Development

- This model is a seven-stage training, competition, and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood.

Physical Literacy

- This is defined as the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.

Calls to Action

The movement also calls upon municipalities to help the cause through:

- Physical literacy program development;
- Aligning municipal planning and sport strategy development with CS4L principles;
- Supporting and working with Sport Councils;
- Planning and providing facilities in alignment with CS4L principles; and
- Aligning access and allocation processes and protocols with CS4L principles.

Truth and Reconciliation

Reconciliation Canada is an Indigenous-led organization that envisions a vibrant Canada where all peoples achieve their full potential and shared prosperity through meaningful relationships, values-based dialogue, leadership and action. Several "calls to action" were outlined in the Truth and Reconciliation report commissioned by Reconciliation Canada in 2016. Two of these are pertinent to the public delivery of recreation services.

Sports and Reconciliation

- Call to Action 87. We call upon all levels of government, in collaboration with Aboriginal peoples, sports halls of fame, and other relevant organizations, to provide public education that tells the national story of Aboriginal athletes in history.
- Call to Action 88. We call upon all levels of government to take action to ensure long-term Aboriginal athlete development and growth, and continued support for the North American Indigenous Games, including funding to host the games and for provincial and territorial team preparation and travel.





SECTION 5

Facility Inventory

SECTION 5

Facility Inventory

KEY FINDINGS FROM THIS SECTION

- Regina's recreation spaces are aging as they have an average age of 37 years.
- The replacement value of the City's recreation facilities is over \$199 million; modernized replacement value is likely beyond \$377 million.
- The City invests over \$8 million annually to operate recreation facilities.
- The average age of the five outdoor swimming pools is 64 years. Of the five pools, useful life expectancy ranges from 1 – 5 years.

The City of Regina operates a variety of recreation facilities and support spaces, both indoor and outdoor. Before planning new facilities, it is important to know the context of the City's existing facilities.

Overview of City Facilities

The average age of the facilities listed below is 37 years. Collectively they have an estimated replacement value exceeding \$199M if the facilities were rebuilt to their current form. Modernized replacement values, as seen in the next column, represents the cost (\$377.5M+) to rebuild Regina's current inventory of facilities to modern standards.

The City has a variety of recreation spaces in addition to the assets outlined in this section such as:

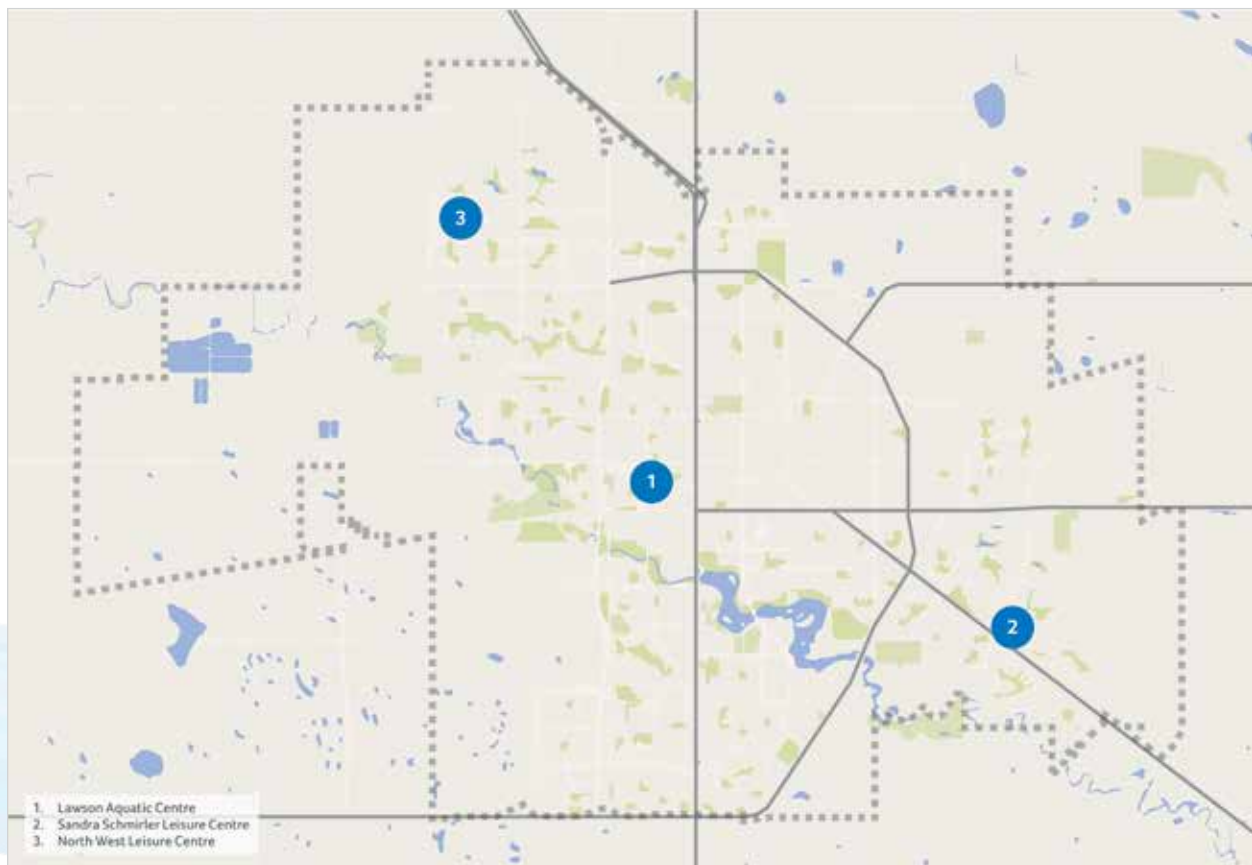
- 60 outdoor rinks at 40 locations
 - » Including the Speed Skating Oval & Victoria Park
- 15 picnic sites
- 40 tennis courts at 17 locations
 - » 25 of the 40 courts have pickleball lines
- 163 ball diamonds
- 60 dedicated sports fields
 - *Note that 48 other passive park spaces throughout the City are also booked as field in some instances.
- 3 skateboard parks
 - » Plus 1 skateboard pod (temporary structures)
- 1 outdoor fitness equipment location
 - » 13 pieces of equipment
- 29 outdoor basketball courts
- 2 dedicated off-leash dog parks
 - » Plus 5 seasonal off-leash dog areas
- Regent Par 3 Golf Course
- Variety of park spaces and natural areas for spontaneous use, including Wascana Park

Facility Type	Number of Facilities	Average Age (in 2017)	Replacement Value (As Is)	Modern Replacement Value	Annual Expenses
Aquatic Centres	3	34	\$45,210,592	\$100M+	\$2,580,782
Ice Arenas	8	43	\$56,348,704	\$120M+	\$2,246,506
Fieldhouses	1	30	\$22,964,690	\$30M+	\$728,631
Arts Centres	1	35	\$4,408,155	\$15M+	\$217,300
Community Centres	12	34	\$47,042,402	\$60M+	\$1,902,011
Spray Pads	15	22	\$3,042,342	\$7.5M+	\$60,820.66
Outdoor Pools	5	64	\$11,048,611	\$35M+	\$881,247
Support Spaces	19	33	\$9,004,433	\$10M+	\$221,281
Total	64	37	\$199,069,929	\$377.5M+	\$8,838,579

Aquatic Centres

The City operates three indoor aquatic centres. The Lawson Aquatic Centre is the only 50m competition pool in the region and it was built in 1975. The YMCA operates two aquatic centres; a 25 metre pool at the Downtown location and 20 and 10 metre pools at the Northwest YMCA. The University of Regina also operates a 25 metre pool.

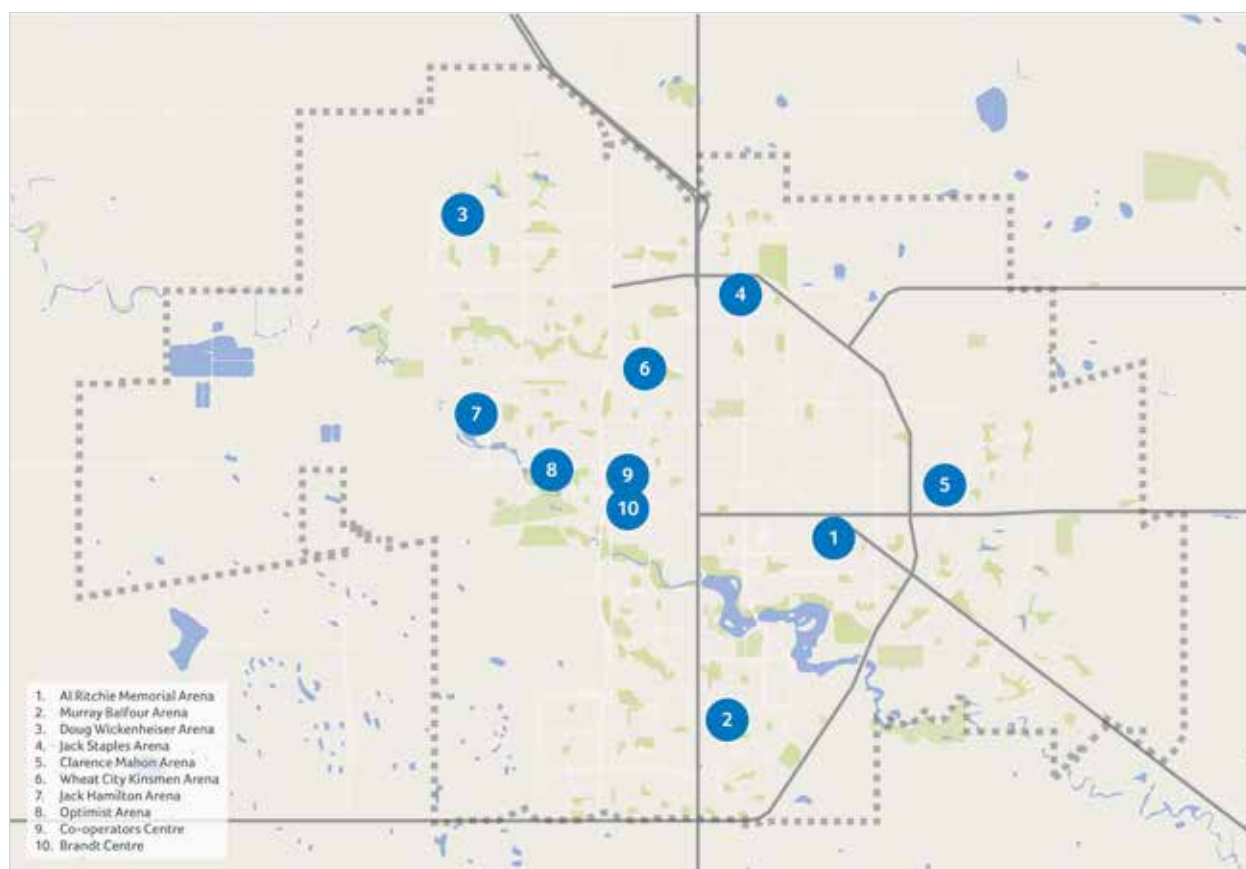
Aquatic Centres	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Lawson Aquatic Centre	1975	42	\$18,875,167	\$1,050,233
Sandra Schmirler Leisure Centre	1990	27	\$16,277,187	\$728,952
North West Leisure Centre	1983	34	\$10,058,238	\$801,597
Average	1983	34	\$15,070,197	\$860,261
Total	—	—	\$45,210,592	\$2,580,782



Ice Arenas

The City operates eight standalone arenas, six of which were constructed in the 1970's. The Co-operators Centre, operated by the Regina Exhibition Association Ltd., is the newest ice arena facility in the city and has six regulation sized ice sheets. The Brandt Centre also hosts some community use.

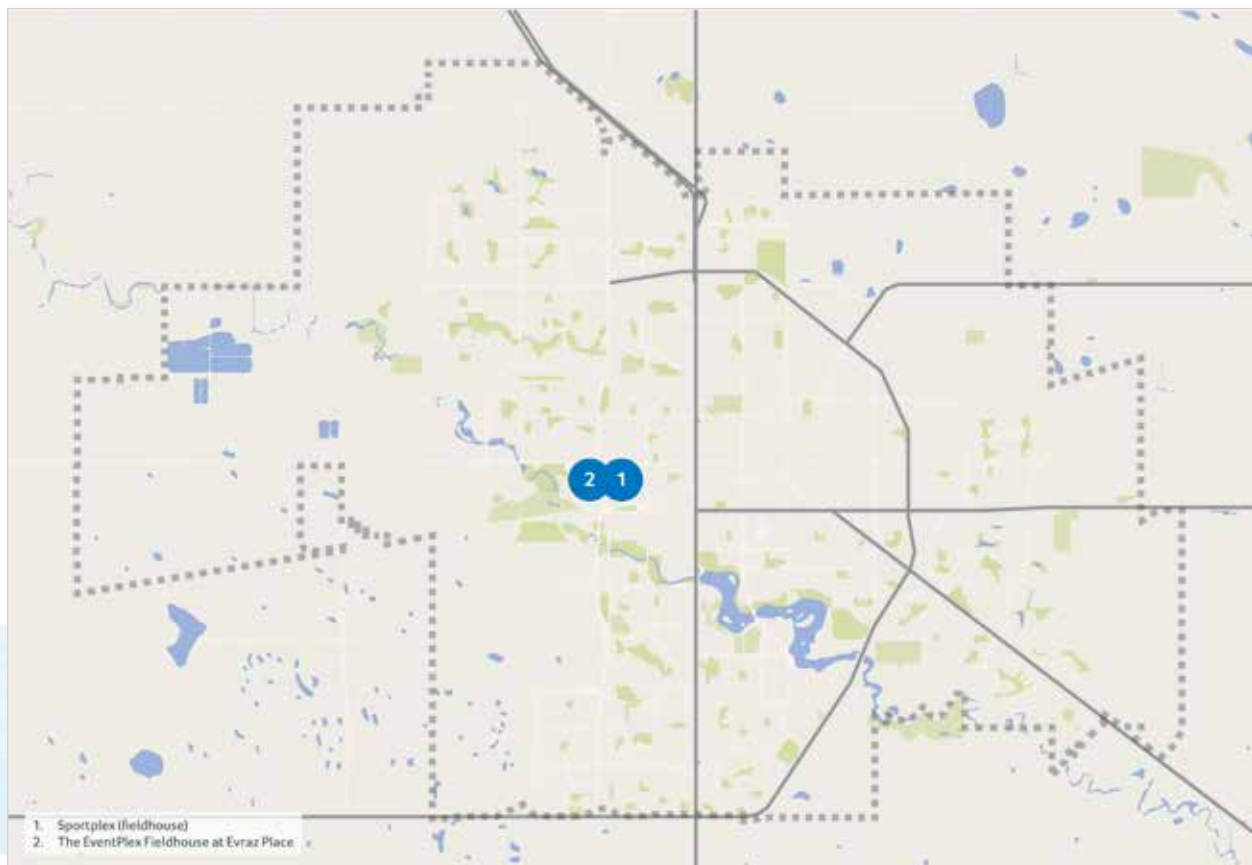
Ice Arenas	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Al Ritchie Memorial Arena	1966	51	\$8,222,993	\$390,592.25
Murray Balfour Arena	1976	41	\$5,577,679	\$321,506.20
Doug Wickenheiser Arena	1989	28	\$9,360,261	\$284,821.18
Jack Staples Arena	1971	46	\$5,565,668	\$280,301.80
Clarence Mahon Arena	1976	41	\$5,386,788	\$274,288.10
Wheat CityKinsmen Arena	1970	47	\$5,290,006	\$267,259.66
Jack Hamilton Arena	1975	42	\$5,212,052	\$234,264.94
Optimist Arena	1970	47	\$5,472,290	\$193,471.84
Average	1974	43	\$6,260,967	\$280,813.25
Total	—	—	\$56,348,704	\$2,246,505.97



Fieldhouses

The Fieldhouse is a component at the Sportplex and contains a 200 metre indoor track, court space, and fitness equipment.

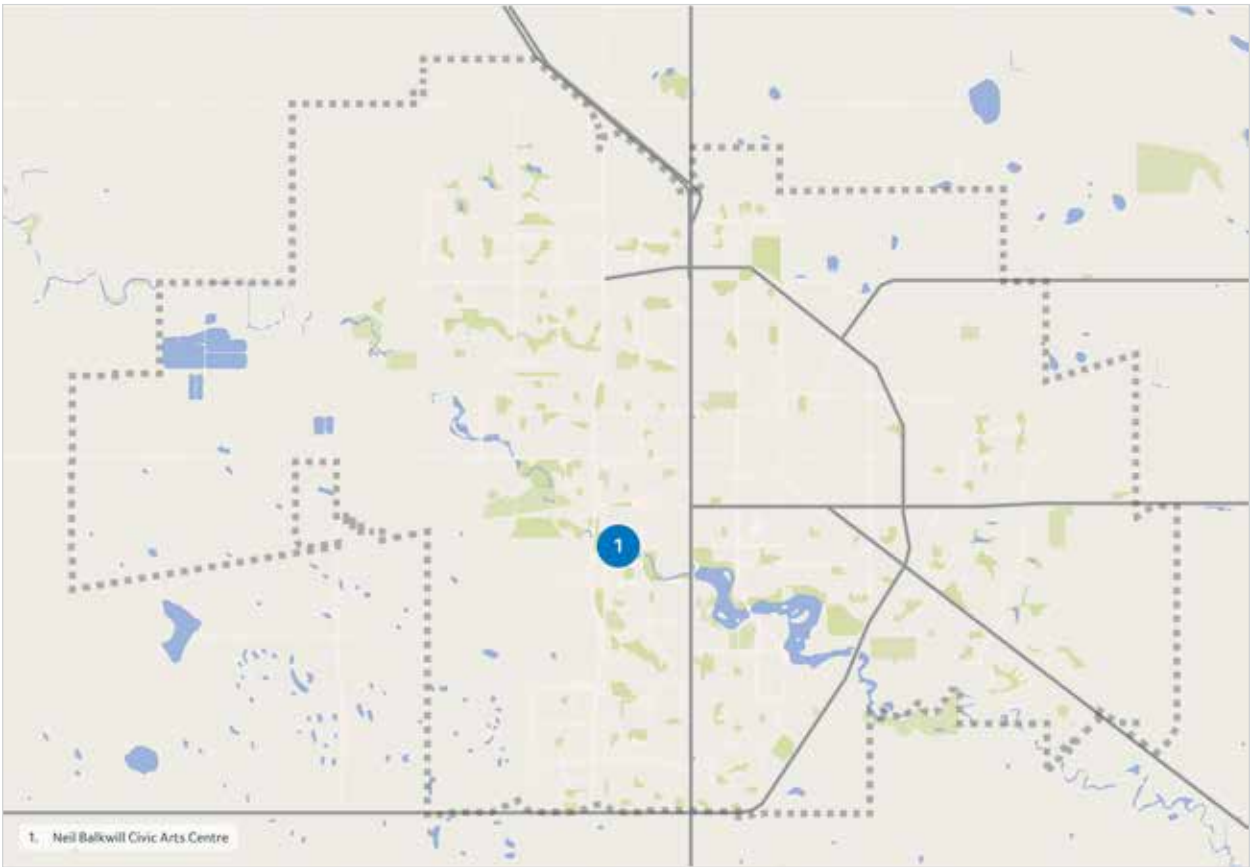
Fieldhouses	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Fieldhouse at the Sportplex	1987	30	\$22,964,690	\$728,631



Arts Centres

The Neil Balkwill Civic Arts Centre provides a variety of fine arts and craft programs as well as workshops and exhibition spaces. The facility is home to the Art Gallery of Regina.

Arts Centres	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Neil Balkwill Civic Arts Centre	1982	35	\$4,408,155	\$217,300



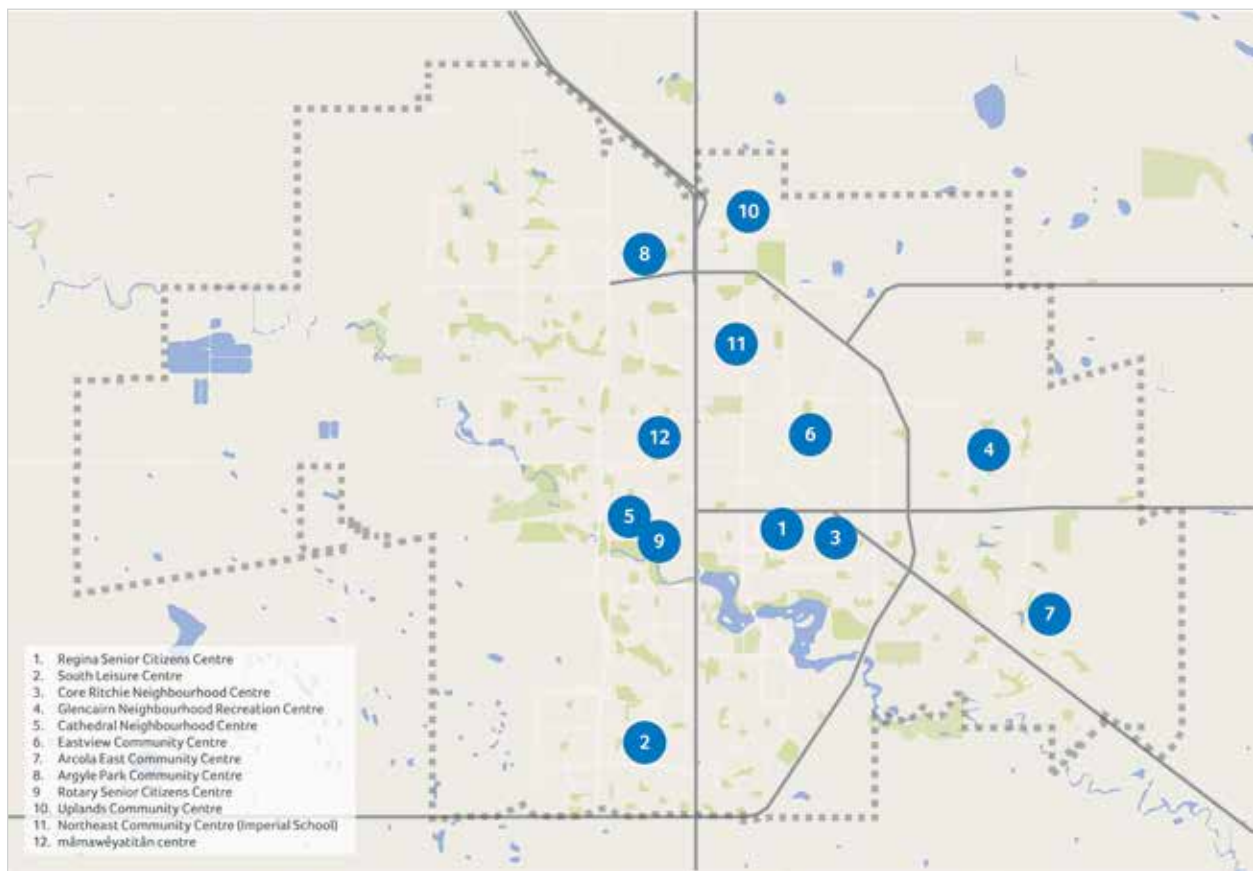
Community Centres

The city owns a variety of community centres, some of which are operated in partnership with Community Associations. The estimated replacement value of these facilities is estimated at over \$60M.

Community Centres	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Regina Senior Citizens Centre	1981	36	\$6,657,021	\$261,739
South Leisure Centre	1986	31	\$6,114,893	\$221,469
Core Ritchie Neighbourhood Centre	1986	31	\$3,764,085	\$261,184
mâdawêyatitân centre	2017	0	\$8,800,000	\$641,312
Glencairn Neighbourhood Recreation Centre	1978	39	\$4,161,414	\$118,692
Cathedral Neighbourhood Centre	1984	33	\$3,233,734	\$193,221
Eastview Community Centre	1993	24	\$2,023,323	\$66,818
Arcola East Community Centre	2000	17	\$4,996,842	\$58,013
Argyle Park Community Centre	1989	28	\$1,942,377	\$28,748
Rotary Senior Citizens Centre	1979	38	\$602,707	N/A*
Uplands Community Centre	1989	28	\$1,871,174	\$26,455
Northeast Community Centre (Imperial School)	1950	67	\$2,874,832	\$24,360
Average	1983	34	\$3,920,200	\$172,910
Total	—	—	\$47,042,402	\$1,902,011

* Part of Regina Seniors Citizen Centre.

Community Centres (Continued)

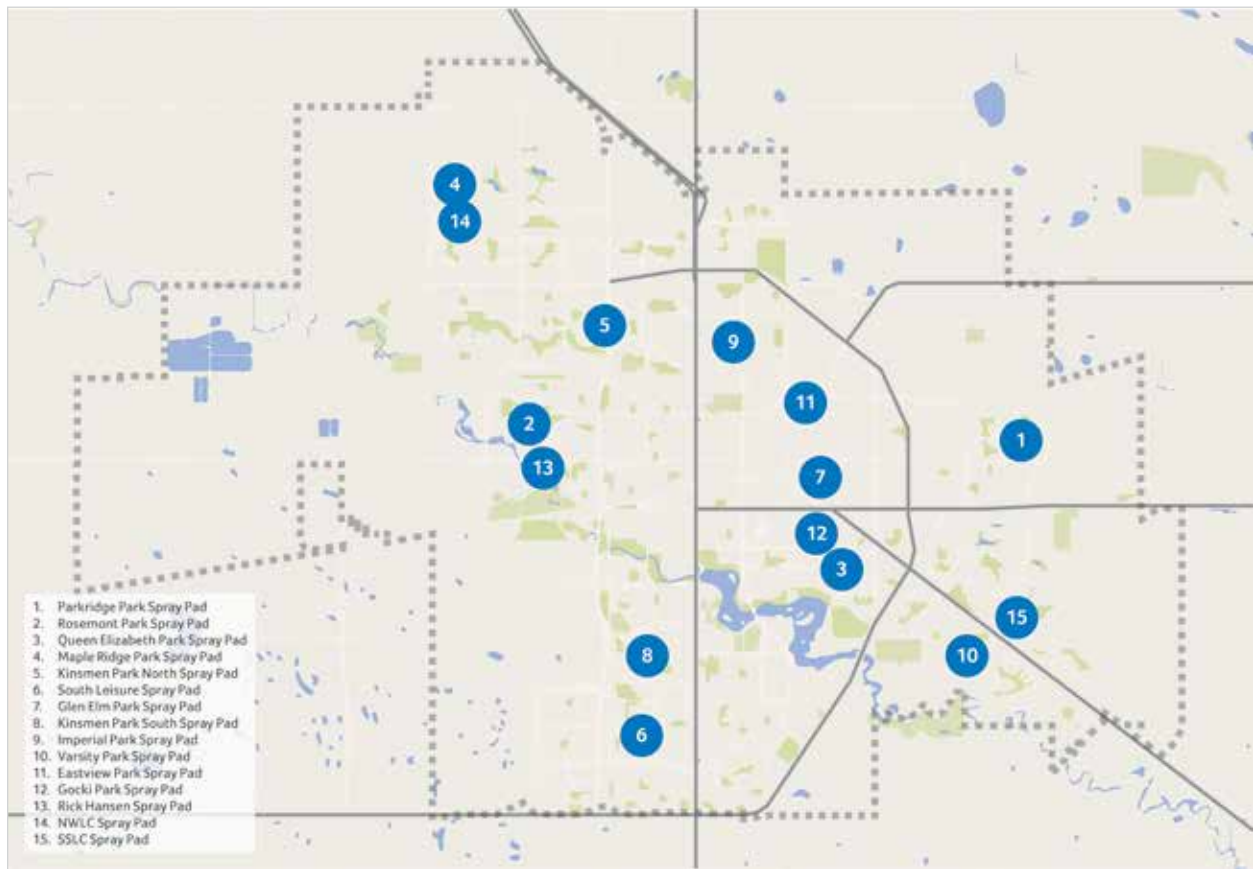


Spray Pads

There are 15 spray parks in the City's inventory, including four that were redeveloped in 2017.

Spray Pads	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Parkridge Park Spray Pad	2017	0	\$170,000	\$5,516.65
Rosemont Park Spray Pad	1950	67	\$118,198.63	\$4,911.54
Queen Elizabeth Park Spray Pad	1962	55	\$110,819.84	\$4,687.23
Maple Ridge Park Spray Pad	2017	0	\$230,000.00	\$4,249.03
Kinsmen Park North Spray Pad	1958	59	\$106,902.73	\$3,283.20
South Leisure Spray Pad	1999	18	\$132,757.69	\$3,243.41
Glen Elm Park Spray Pad	1960	57	\$119,826.83	\$3,039.95
Kinsmen Park South Spray Pad	2003	14	\$279,915.00	\$2,985.80
Imperial Park Spray Pad	2010	7	\$153,029.96	\$2,937.92
Varsity Park Spray Pad	1984	33	\$81,628.22	\$2,882.50
Eastview Park Spray Pad	2006	11	\$104,263.27	\$2,799.37
Gocki Park Spray Pad	2017	0	\$230,000	\$2,748.37
Rick Hansen Spray Pad	2017	0	\$180,000	\$2,535.69
NWLC Spray Pad	2016	1	\$650,000.00	\$7,500
SSLC Spray Pad	2016	2	\$375,000	\$7,500
Average	1995	22	\$202,822.81	\$4,054.71
Total	—	—	\$3,042,342.17	\$60,820.66

Spray Pads (Continued)



Outdoor Pools

The City operates five outdoor swimming pools. All of which are over 50 years of age, including three that were constructed in the 1940's.

Outdoor Pools	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Wascana Pool	1947	70	\$2,432,410	\$214,932
Massey Pool	1964	53	\$2,861,810	\$151,526
Regent Pool	1962	55	\$2,717,395	\$175,644
Maple Leaf Pool	1946	71	\$1,484,047	\$176,795
Dewdney Pool	1946	71	\$1,552,949	\$162,350
Average	1953	64	\$2,209,722	\$176,249
Total	—	—	\$11,048,611	\$881,247

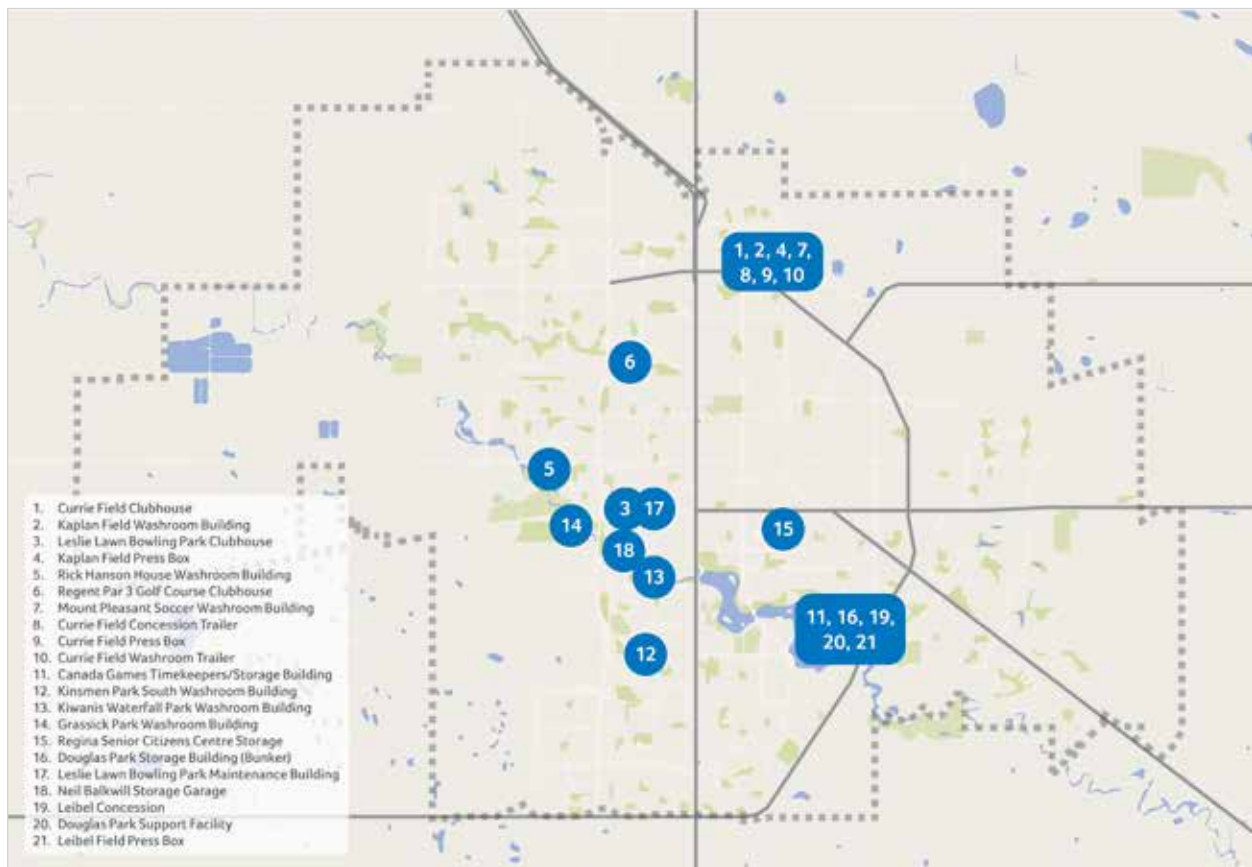


Support Spaces

A variety of support facilities are used to enhance user experience at recreation and park spaces. Annual expenses for these facilities are nearly \$135,000.

Support Spaces	Year Constructed	Age (in 2017)	Replacement Value	Annual Expenses
Currie Field Clubhouse	1968	49	\$812,875	\$49,701.40
Kaplan Field Washroom Building	1978	39	\$732,946	\$18,069.64
Leslie Lawn Bowling Park Clubhouse	1969	48	\$543,622	\$12,012.05
Kaplan Field Press Box	1977	40	\$156,836	\$11,345.61
Rick Hanson House Washroom Building	1989	28	\$407,458	\$11,088.35
Regent Par 3 Golf Course Clubhouse	1965	52	\$343,269	\$9,097.46
Mount Pleasant Soccer Washroom Building	1977	40	\$597,912	\$8,306.09
Currie Field Concession Trailer	1995	22	\$135,297	\$3,964.56
Currie Field Press Box	2004	13	\$81,669	\$2,604.29
Currie Field Washroom Trailer	1995	22	\$213,857	\$2,237.55
Canada Games Timekeepers/Storage Building	1988	29	\$284,084	\$1,765.46
Kinsmen Park South Washroom Building	1960	57	\$109,339	\$1,589.82
Kiwanis Waterfall Park Washroom Building	1968	49	\$187,416	\$1,420.73
Grassick Park Washroom Building	1968	49	\$124,350	\$994.73
Regina Senior Citizens Centre Storage	1999	18	\$88,679	\$183.71
Douglas Park Storage Building (Bunker)	1974	43	\$1,653,243	\$120.00
Leslie Lawn Bowling Park Maintenance Building	1992	25	\$31,581	\$7,956.96
Douglas Park Support Facility	2015	2	\$2,500,000	\$78,822.72
Average	1984	33	\$500,246	\$12,293.40
Total	—	—	\$9,004,433	\$221,281.13

Support Spaces (Continued)



Sports Fields

There are 60¹ sports fields in Regina's inventory categorized by four field classes. It is important to note that there are also passive park spaces (~49) throughout the City that are booked to field use groups for certain types of activities. The City also offers one artificial turf field which is not included in the table presented. In addition to the sports fields, 163 bookable ball diamonds are available for structured use.

Field Class	Number of Fields	Replacement Value	Annual Expenses
1	3	\$1,220,000	\$38,200
2A	16	\$3,360,000	\$151,700
2B	25	\$4,625,000	\$168,300
3	30	\$1,014,000	\$61,300
Total	59	\$10,219,000	\$419,500

Classes

Class 1

Fields that serve the entire city by supporting high level play, at provincial or national levels, of highest development quality and maintenance requirements, fine or artificial turf, with controlled access and a full range of support facilities and services.

Class 2a

Supporting moderate to high level of play within the city, good development quality, with selected support facilities or services, located adjacent to other city or public facilities.

Class 2b

Supporting moderate to high level of play within the city, good development quality, few support services, typically located in a park or shared open space.

Class 3

Supporting locally based play, moderate to basic development quality, usually some turf, with limited support facilities.

Class 4

Supporting neighbourhood or other local play, with basic development, grass or granular surfacing, and no support facilities. Passive park spaces that have been used for field activities.

¹ Numbers do not include Mosaic Stadium, which the community also has access to.

Tennis Courts

There are 55 tennis courts in Regina's inventory. Fourteen (14) of which are made of a synthetic surface and 41 have an asphalt surface.

- Twenty-three (23) sites with 55 courts.
- Of the 23 sites, four have synthetic surface courts.
- In 2015 operating costs were \$23,000 and in 2016 costs were \$32,670.
- Replacement costs are \$110,000 for a double asphalt court site and \$200,000 for a double synthetic court site.

Court Type	Number of Courts	Replacement Value	Annual Expenses
Synthetic Surface	14	\$1,400,000	\$8,300
Asphalt Surface	41	\$2,365,000	\$24,350
Total	55	\$3,765,000	\$32,650





SECTION 6

Facility Utilization

SECTION 6

Facility Utilization

KEY FINDINGS FROM THIS SECTION

- From 2011 to 2015, monthly/yearly leisure pass purchases have dropped by 18%, this trend is especially seen from young adults.
- Prime Ice utilization at City-operated facilities is approximately 60% which suggests that these ice arenas are underutilized.
- The number of total indoor swims has remained relatively stable over the past five years with an average of 572,885 swims from 2011 to 2015.
- There were over 90,000 visits (total) to the City's five outdoor pools in 2017, 32,000 of which were free drop-in visits.
- Excess demand exists for swim lessons (wait lists).

Utilization data was gathered from a variety of recreation facilities and is presented herein. Data is recorded differently for each facility and limitations exist for some spaces, specifically spontaneous spaces that do not require bookings or user fees. Understanding existing utilization levels is important to contemplating sustaining existing service levels and also identify areas where excess demand might exist.

Leisure Passes

The Leisure Pass is a monthly pass that grants access to three of the City's major facilities, North West Leisure Centre, Sandra Schmirler Leisure Centre, and the Sportplex, as well as outdoor pools and skating rinks.

Major Facility Leisure Pass Purchases: 2013 to 2017

The number of bulk admission purchases (10 and 20 packs) has remained stable over the past five years while monthly and yearly pass sales have declined each year. From 2013 to 2017, monthly/yearly pass purchases have dropped by 21%.

Pass Type	2013	2014	2015	2016	2017
Bulk Admission Purchases	5,421	5,618	5,806	5,647	5,183
Monthly/Year Passes	10,778	10,058	9,949	9,502	8,516

Proportion of Bulk Admission Purchases by Age: 2013 to 2017

From 2013 to 2017 bulk admission purchases have remained consistent. In 2017, 59% of bulk admission purchases were made by adults and 28% percent by seniors. Over the past couple of years, the proportion of adult bulk admissions is decreasing while the percentage of senior's is increasing.

Age Category	2013	2014	2015	2016	2017
Adult	66%	67%	65%	63%	59%
Senior	20%	20%	21%	24%	28%
Young Adult	5%	4%	3%	3%	3%
Youth	3%	3%	2%	2%	2%
Child	5%	4%	5%	3%	5%
Family	2%	3%	3%	3%	3%

Proportion of Monthly/Year Pass Purchases by Age: 2013 to 2017

As noted previously, the overall sales of monthly/year passes has been declining over the past five years. Although the number of purchases in most age categories has declined, the most significant decline has been with young adults. The proportion of young adult monthly/year passes was 16% in 2011 before dropping to 11% in 2015, and then down to 7% in 2017. The number of young adult passes sold in 2011 was 1,974 compared to 1,133 sold in 2015. The proportion of passes purchased by seniors has increased, but the actual number of passes purchased has remained stable (1,646 in 2011; 1,692 in 2015).

Age Category	2013	2014	2015	2016	2017
Adult	54%	56%	57%	57%	57%
Senior	16%	17%	17%	19%	22%
Young Adult	15%	13%	11%	9%	7%
Youth	5%	4%	4%	4%	3%
Child	1%	1%	1%	2%	1%
Family	10%	9%	10%	10%	10%

Note: Bulk admissions refers to a pass for a specific number of admissions while the monthly and yearly passes do not reference number of admissions but rather a time period over which admissions are covered. For example a bulk admission may be for 10 or 20 admissions. These admissions could be consumed with a month or over several months.

Ice Arenas

Definition of Prime Ice

The City of Regina defines Prime Ice as 4:00 p.m. to 11:30 p.m. on weekdays and 7:00 a.m. to 11:30 p.m. on weekends.

Day	Definition
Monday – Friday	4:00 p.m. to 11:30 p.m.
Saturday – Sunday	7:00 a.m. to 11:30 p.m.

Prime Ice Utilization: 2016 – 2017 Ice Season

During the 2016-2017 ice season, 67% of available Prime Ice was booked at City operated ice arenas. Al Ritchie received the highest utilization rate (77%) while the Optimist experienced the lowest (52%).

Ice Arena	Prime Hours Booked	Prime Hours Available	Utilization Percentage
Al Ritchie	926	1,206	77%
Clarence Mahon	875	1,206	73%
Doug Wickenheiser	890	1,206	74%
Jack Hamilton	796	1,206	66%
Jack Staples	797	1,206	66%
Murray Balfour	829	1,206	69%
Optimist	632	1,206	52%
Wheat City Kinsmen	691	1,206	57%
Total	6,436	9,648	67%

Prime Ice Utilization: Annual Comparison

Utilization of Prime Ice has averaged 71% at City-operated arenas over the past six seasons.

Ice Season	Utilization Percentage
2016 – 2017	67%
2015 – 2016	71%
2014 – 2015	69%
2013 – 2014	70%
2012 – 2013	76%
2011 – 2012	75%

Utilization Breakdown: 2017 Dry-Pad Season

Lacrosse is the primary user type during the non-ice season as Queen City Minor Box Lacrosse used 307 dry-pad hours during 2017.

User Group/Type	Hours Booked
Queen City Minor Box Lacrosse	307
Sask Caribbean Canadian Association	90
FHQTC First Nations Summer Games 2017	55
Al Ritchie Community Association	8
Sask Lacrosse Association	3

Aquatics

Aquatics Utilization: 2017 Visitation

In 2017 there were 579,911 total swims in the City's pools. Sandra Schmirler Leisure Centre experienced the most visits and the month of February was the busiest on average for the aquatic centres.

Facility	North West Leisure Centre	Sandra Schmirler Leisure Centre	Lawson Aquatic Centre	Total
January	15,588	21,464	21,091	59,794
February	17,779	21,673	25,321	57,405
March	13,512	22,370	22,053	67,632
April	13,512	18,376	21,657	55,455
May	13,749	19,937	22,567	51,051
June	4,605	19,198	18,386	42,798
July	3,423	14,043	15,593	38,940
August	11,488	16,008	2,664	31,888
September	12,526	18,131	3,661	42,831
October	15,687	19,739	19,676	52,049
November	12,477	18,244	21,018	52,683
December	10,326	15,114	17,255	42,618
Total	144,672	224,297	210,942	595,144

Aquatics Utilization: Annual Visitation Comparison

Over the past seven years the average amount of total swims was 577,333. The Sandra Schmirler Leisure Centre now experiences more swims as compared to the Lawson Aquatic Centre; this was not the case in 2011 or 2012.

Facility	2011	2012	2013	2014	2015	2016	2017
North West Leisure Centre	141,767	157,643	128,109	157,152	155,678	150,462	147,011
Sandra Schmirler Leisure Centre	215,941	218,725	232,821	230,328	242,108	233,549	224,297
Lawson Aquatic Centre	219,852	220,751	187,957	158,233*	197,358	210,649	210,942
Total	577,560	597,119	548,887	545,713	595,144	594,660	582,250

* Pool closures due to air quality issues.

Lawson Aquatic Centre

In 2016, the Lawson Aquatic Centre was rented for 7,891 hours was the most in the previous seven years. The pool was also used for City programming, both for registered and drop-in programs, for over 4,000 hours in 2015 and 2016. Rentals include pools and other bookable spaces in the facility.

Rental Activity	2011	2012	2013	2014	2015	2016	2017
City of Regina Registered Program Use	3,828	3,950	3,615	3,519	3,992	4,166	3,560
City of Regina Drop-in Fitness	27	36	125	483	269	88	83
Rentals	5,724	5,659	4,984	5,484	6,934	7,891	6,681

North West Leisure Centre

The number of hours for City of Regina Registered Program Use has remained fairly consistent from 2011 to 2017. The rental hours include pool, gymnasium, and meeting room rentals.

Rental Activity	2011	2012	2013	2014	2015	2016	2017
City of Regina Registered Program Use	4,392	4,521	4,640	4,757	4,438	4,300	4,320
Rentals	3,138	3,492	3,156	3,503	3,613	3,616	3,635

Sandra Schmirler Leisure Centre

Compared to the Lawson Aquatic Centre, the Sandra Schmirler Leisure Centre is booked less for rentals and more for registered program use. Rentals hours include pool and multipurpose room rentals. City program use has increase every year since 2011.

Rental Activity	2011	2012	2013	2014	2015	2016	2017
City of Regina Registered Program Use	6,439	6,722	6,992	7,123	7,356	8,963	9,225
Rentals	1,326	986	738	634	1,040	1,272	1,173

Sportplex Fieldhouse

Number of Hours Booked: Annual Comparison

The numbers in the accompanying chart identify booked hours for the Fieldhouse including the walking track, five badminton courts, and four tennis courts. Overall, the number of booked hours gradually increased from 2011 to 2016. In 2017, the Fieldhouse was booked for 10,098 rental hours.

Rental Activity	2011	2012	2013	2014	2015	2016	2017
City of Regina Drop-In Fitness	3,783	3,558	3,815	4,144	5,316	2,852	2,881
City of Regina Registered Program Use	1,864	1,482	1,893	2,003	2,210	2,993	2,712
Court Reservations (Badminton & Tennis)	9,986	10,369	11,813	11,652	11,712	12,021	10,422
Rentals	5,100	5,171	5,135	5,170	4,727	9,630	10,098
Total	20,733	20,579	22,656	22,969	23,965	27,496	26,112

Head Counts: Annual Comparison

Usage of the Fieldhouse is recorded via head counts. The number of head counts recorded has declined each year from 2013 to 2017. On average, January through March receive the most usage while June through August experience the least.

Month	2013	2014	2015	2016	2017	Average
January	28,288	27,576	26,179	26,986	23,489	26,504
February	23,568	26,120	24,475	24,368	21,431	23,992
March	25,870	29,449	31,007	24,890	25,954	27,434
April	26,997	21,371	19,054	18,051	16,499	20,394
May	17,336	14,912	13,952	13,893	13,481	14,715
June	8,411	8,719	9,024	8,242	7,644	8,408
July	7,323	9,497	8,064	6,927	7,313	7,825
August	9,112	8,753	9,990	9,548	8,934	9,267
September	11,568	11,431	11,473	10,998	10,268	11,148
October	16,975	16,413	15,592	16,626	14,142	15,950
November	22,046	22,308	20,993	19,902	19,026	20,855
December	20,855	20,797	18,615	17,789	16,437	18,899
Total	218,349	217,346	208,418	198,220	184,618	219,351

Utilization Breakdown: 2017 Fieldhouse Hours Booked

Excel Athletika was the group that booked the Fieldhouse the most in 2017 with 1,594 hours followed by Tennis Saskatchewan (1,041) Saskatchewan Team Handball (1,034). Organizations with over 25 hours of Fieldhouse bookings are displayed in the adjacent chart.

User Group	Hours Booked
Excel Athletika	1,594
Tennis Saskatchewan	1,041
Sask Team Handball	1,034
Saskatchewan Triathlon Assoc Corp	201
Mosaic Potash Belle Plaine	172
Regina Y Judo Club	151
Saskatchewan Powerlifting Association	137
Sundown Optimist Tennis Club	112
UofR Track and Field Club	94
Independent Soccer Club Incorp.	91
Jaleta Pacers Running Club	84
Wascana Racing Canoe Club	77
Wascana Rhythmic Gymnastics Club	75
Pile of Bones Tennis	72
Special Olympics Regina	61
Regina Thunder Football Club	60
Sask Fencing Assoc	58
Canada West Track & Field Championships	34
Sask Taekwon-Do Federation	33
Sask Brazilian Jiu Jitsu Fed.	32
Church of Jesus Christ Latter Day Saints	30
Best of the West Cheerleading	29
Synchro Saskatchewan	26

Neighbourhood Centres

Neighbourhood Centre Utilization: 2017 Booked Hours

The Mâdawêyatitân Centre was booked for 17,374 hours and the Albert Scott Community Centre was rented for 9,527 hours.

Facility	Hours Booked
Albert Scott Community Centre	9,527
Cathedral Neighbourhood Centre	6,348
Core Ritchie Neighbourhood Centre	9,299
Glencarin Recreation Centre	6,282
mâdawêyatitân centre	17,374
South Leisure Centre	6,773
Total	55,603

Arts Centres

Arts Centre Utilization: 2017 Booked Hours

The City conducted 3,396 hours of programming at the Neil Balkwill Civic Arts Centre in 2017.

Facility	City of Regina Program Hours
Neil Balkwill Civic Arts Centre	3,396

Sports Fields

User Groups Averaging Over 1,000 Booked Hours Annually

The Regina Soccer Association, Regina Minor Football, Saskatchewan Cricket Association, and the Regina Rec League are the largest sport field user groups. Regina Minor Football has averaged over 8,000 hours over the past five years including 12,744 booked hours in 2017.

User Group	2013	2014	2015	2016	2017	Average
Regina Minor Football	7,059	7,886	6,801	7,046	12,744	8,307
Regina Cricket Association	1,840	1,648	3,014	2,884	4,536	2,784
Regina Soccer Association	2,701	2,734	2,733	2,538	2,288	2,599
Regina Rec League	1,896	1,798	1,284	1,686	1,159	1,565

Hours Booked by Field Classification in 2017

Forty-two percent (42%) of the fields are Class 1, 2A, and 2B fields; these fields accommodated 15% of booked hours in 2017. As shown in the chart, 50% of booked hours were scheduled at Class 3 fields in 2017.

Field Class	Number of Fields	Percentage of Fields	Booked Hours in 2017	Percentage of Booked Hours
1	5	4%	1,763	4%
2A	16	14%	2,649	6%
2B	26	23%	2,367	5%
3	30	27%	22,626	50%
4	35	31%	16,282	36%
Total	112	100%	45,687	100%

Note: Typically, facilities such as ball diamonds and sport fields are booked by sport user groups for an entire season. This is the reason for the high number of hours reported in the tables above. While there may be unused times at these types of facilities, due to the nature of these season long bookings, we do not know for certain the amount of unused time available at these facilities. However, through the consultation process these organizations have shared information on current usage and participation trends related to their sports, which has been used to inform the recommendations in the Recreation Master Plan.

Total Hours Booked: Annual Comparison 2013 – 2017

On average from 2013 to 2017, the sports fields were booked for 26,192 hours.

Field	2013	2014	2015	2016	2017	Average
All Sports Fields	22,861	22,030	24,243	27,402	34,423	26,192

Ball Diamonds

User Groups Averaging Over 1,000 Booked Hours Annually

Twelve user groups have averaged over 1,000 hours of ball diamond bookings over the past five years. Baseball Regina has averaged 16,613 booked hours, followed by Regina Rec League (9,471), Regina Minor Softball (7,715), and North Regina Little League (6,072).

User Group	2013	2014	2015	2016	2017	Average
Baseball Regina	15,407	15,619	17,931	17,755	16,351	16,613
Regina Rec League	8,664	9,505	9,917	9,539	9,732	9,471
Regina Minor Softball	4,099	9,324	9,607	6,468	9,079	7,715
North Regina Little League	6,003	6,639	4,899	6,399	6,421	6,072
Regina Ladies Softball	3,202	3,340	5,752	5,592	5,560	4,689
Kiwanis National Little League	2,685	3,426	3,402	3,855	3,792	3,432
Great Western Rambler Park Slow-Pitch	2,924	2,535	2,149	2,157	2,228	2,399
Regina Optimist Baseball Association	1,265	1,761	2,966	2,228	2,209	2,086
Charity Mixed Modified Softball League	1,581	1,421	1,675	1,209	1,515	1,480
Central Fun Ball League	1,130	1,305	1,714	1,441	1,732	1,464
South Zone Recreation Board	1,538	1,334	1,473	1,504	1,398	1,449
North West Sports Association	919	971	1,220	1,079	1,095	1,057

Note: Typically, facilities such as ball diamonds and sport fields are booked by sport user groups for an entire season. This is the reason for the high number of hours reported in the tables above. While there may be unused times at these types of facilities, due to the nature of these season long bookings, we do not know for certain the amount of unused time available at these facilities. However, through the consultation process these organizations have shared information on current usage and participation trends related to their sports, which has been used to inform the recommendations in the Recreation Master Plan.

Total Hours Booked: Annual Comparison 2013 – 2017

On average from 2013 to 2017, the ball diamonds were booked for 66,872 hours. Booked hours have increased by 25% over these five years.

Diamond	2013	2014	2015	2016	2017	Average
All Diamonds	56,968	67,322	70,493	68,576	71,000	66,872

Outdoor Rinks, Outdoor Pools, Tennis Courts, and Picnic Sites

Outdoor Rinks: 2017/2018 Bookings

Over the past three years, the number of booked hours and outdoor ice rinks have increased.

Year	Booked Hours
2015	3,892
2016	5,147
2017	5,482

Twenty outdoor rinks were booked at least once during the 2015/2016 season. Fairchild Park was booked the most (1,141 hours) followed by McMurchy Park with 501 booked hours. The majority of usage at outdoor rinks is unscheduled, therefore bookings does not reflect overall usage.

Location	Number of Bookings	Number of Hours Booked
Fairchild Park	99	1,141
McMurchy Park	119	501
Lakeview Park	119	389
Dr. AE Perry School	120	382
Marion McVeety School	110	330
University Park	110	330
WF Ready School	110	330
Wilfrid Walker School	110	330
WH Ford School	55	165
Gocki Park	25	68
Rosemont School	11	36
Leslie Park	13	34
Imperial School	11	33
Grassik Park Playground	10	29
Eastview Park	9	23
Glen Elm School	9	23
Stan Oxelgren Park	10	10
Ruth M Buck School	1	5
McNab Park	1	4
Mike Badham Park	3	3

Outdoor Pools

The City operates five outdoor pools. The following table explains utilization at these pools in 2017. Nearly 40,000 single admissions occurred in 2017 in addition to the 33,179 free visits.

Usage Type	Dewdney	Maple Leaf	Massey	Regent	Wascana	Total
Single Admission	0	0	17,313	11,468	10,378	39,159
Members	0	0	3,477	1,287	7,390	12,154
Free Usage	9,168	10,317	6,648	3,786	3,260	33,179
Swim and Aquacise Classes	0	0	2,393	88	0	2,481
User Group Rentals	300	0	2,980	2,432	2,983	8,695
Total	9,468	10,317	32,811	19,061	24,011	95,668

Tennis Courts: 2017 Bookings

The two courts at Lakeview Park combined for 750 booked hours in 2017. The five courts at Douglas Park totaled 475 hours. Lakeview Par 3 was renewed and pickleball lines were added.

Location	Number of Bookings	Number of Hours Booked
Lakeview Tennis Courts (2 Courts)	250	750
Douglas Park (5 Courts)	328	475
AE Wilson Park (4 Courts)	286	357
Optimist Arena (2 Courts)	36	144
Lakewood Park (2 Courts)	10	16
Gocki Park (2 Courts)	5	5

Picnic Sites: 2017 Bookings

The picnic site at Kiwanis Park was booked on 42 occasions for 183 hours in 2017. Rick Hansen Park's picnic site was booked for 137 hours on 26 occasions.

Location	Number of Bookings	Number of Hours Booked
Kiwanis Park	42	183
Rick Hansen Optimist Playground	26	137
Kinsmen Park South	10	51

City Square Plaza/Victoria Park and FW Hill Mall

City Square Plaza and Victoria Park are well used outdoor spaces for programming and special events. The number of bookings and hours booked have varied over the past few years, but attendance has increased to over 550,000 during both 2015 and 2016.

Year	Number of Bookings	Number of Hours Booked	Attendance
2013	459	4,356	299,370
2014	436	2,271	323,780
2015	313	3,371	555,821
2016	299	3,211	553,752
2017	353	2,620	328,484

Regina Downtown Business Improvement District is the biggest user of the space in regard to hours booked.

User Group/Organization	Hours Booked (2015)	Hours Booked (2016)	Hours Booked (2017)
Regina Downtown Business Improvement District	1,279	1,133	834
Regina Farmer's Market	422	388	402
Regina Folk Festival	230	280	303
Sk Highland Gathering and Celtic Festival	115	106	-
Intercultural Dialogue Institute Regina	73	139	171
Street Culture Kids	-	-	325

Utilization Summary

The following statements summarize the findings of the utilization information presented.

Leisure Passes

- From 2013 to 2017, monthly/yearly pass purchases have dropped by 21%.
- Bulk admission sales have remained stable.
- Leisure pass purchases by young adults have been declining over the past five years.

Ice Arenas

- Prime Ice utilization at City-operated facilities is approximately 62% which suggests that these ice arenas are well-used but have capacity to increase usage.

Aquatics

- The number of total swims has remained relatively stable over the past seven years with an average of 577,333 swims from 2011 to 2017.
- The Lawson Aquatic Centre accommodates nearly 6.5 times more aquatic rental hours than the Sandra Schmirler Leisure Centre and double the amount at the North West Leisure Centre.

Sportplex Fieldhouse

- For the Fieldhouse, the number of booked hours has gradually increased over the past five years primarily due to more City of Regina drop in fitness program hours.
- The number of head counts recorded has declined each year from 2013 to 2017.
- Excel Athletika, Saskatchewan Team Handball, and Tennis Saskatchewan are the top three renters of the Fieldhouse.

Recreation Centres

- The māmawēyatitān centre, Albert Scott Community Centre, and Core Ritchie Neighbourhood Centre are rented the most by external groups.

Sports Fields

- The Douglas Park and Grassick Park cricket pitches were each booked more than any other sports fields in 2017.
- Class 1, 2A, and 2B fields account for 26% of the bookable sports field inventory and they accommodated 46% of all bookings in 2015.

Ball Diamonds

- Booked hours at ball diamonds has increased by 25% from 2013 to 2017.
- Baseball Regina, Regina Minor Softball, Regina Rec League, North Regina Little League, and Regina Ladies Softball are the top five user groups in terms of booked hours over the past five years; 12 different user groups have averaged over 1,000 booked diamond hours per year over the past five years.

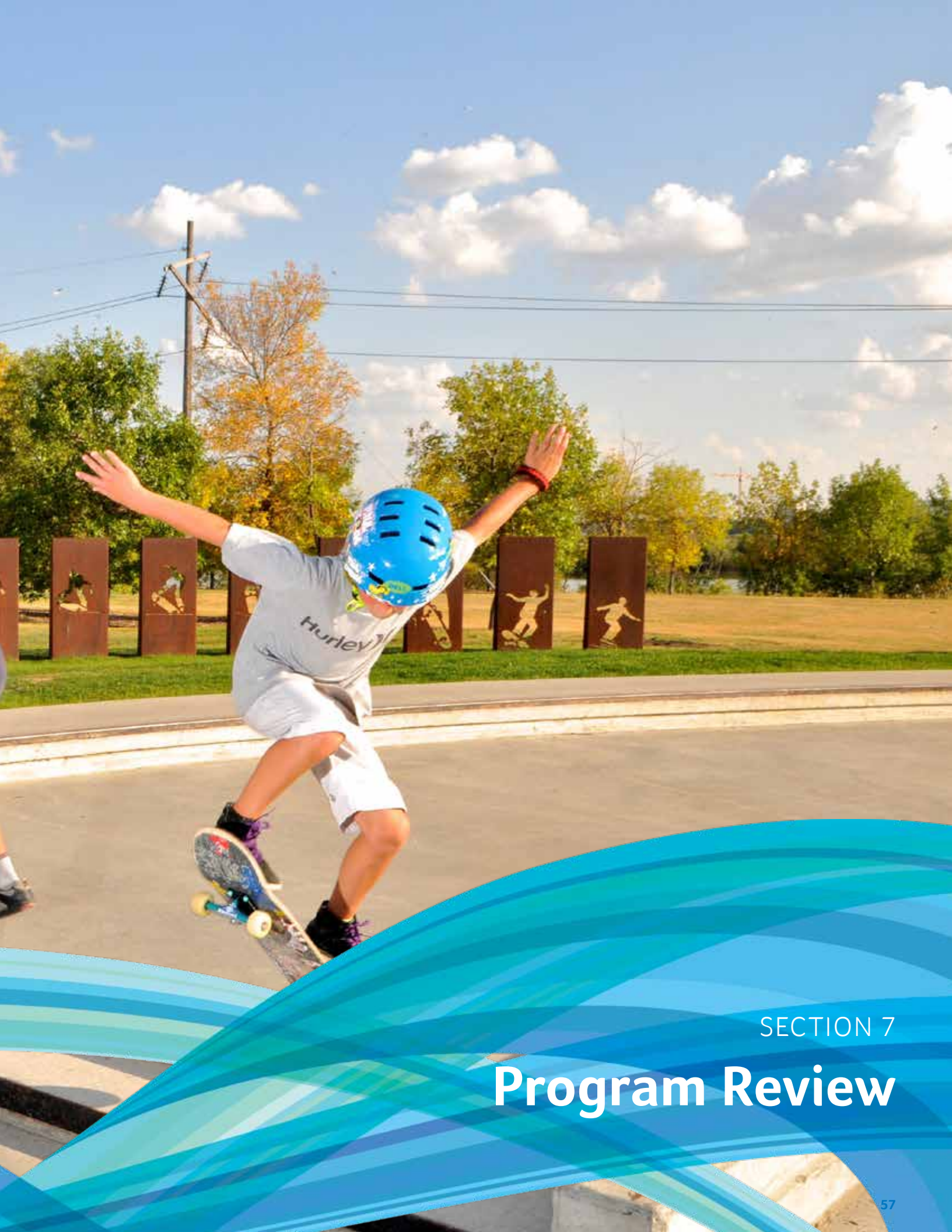
Outdoor Rinks, Outdoor Pools, Tennis Courts, and Picnic Sites

- Of the 60 outdoor rinks, only 9 were booked for over 100 hours of scheduled use in 2017/2018, meaning that outdoor rinks are primarily unscheduled for spontaneous use.
- There were over 95,000 visits (total) to the City's five outdoor pools in 2017, 33,179 of which were free drop-in visits.
- The tennis courts at Lakeview Park and A.E. Wilson Park were the most booked in 2017 with over 750 and 475 booked hours respectively.
- The picnic sites at Kiwanis Park and Rick Hansen Park were the only sites booked on over 10 occasions in 2017.

City Square Plaza/Victoria Park and FW Hill Mall

- Regina Downtown Business Improvement District is the biggest user of the space in regard to hours booked with 834 hours in 2017 and 1,133 hours 2016.
- An attendance of over 550,000 was achieved in 2015 and 2016.





SECTION 7

Program Review

SECTION 7

Program Review

KEY FINDINGS FROM THIS SECTION

- The City directly and indirectly delivers a variety of recreation programs. Unaffiliated recreation opportunities that are provided without any formal City support are also available to residents.
- Introductory and recreational sport, aquatic safety, and arts and culture programs are available for each age category via direct delivery.
- There are no directly delivered nature interpretation/outdoor education programs.

Many recreation opportunities are available to Regina residents, including but not limited to programs that are publicly supported by the City of Regina. Publicly supported opportunities include programs that are directly delivered by City staff and those that are indirectly delivered but entail some type of public support such as subsidized access to facilities and/or grants to agencies offering programs. Programs that are not affiliated with the City are recreation opportunities that are not subsidized by the City in any way. Examples include private fitness centres and organizations that program in their own facilities and spaces.

This section mostly focuses on programs that are directly delivered by the City whereas the subsequent section (Partnership Review) focuses on indirect delivery. However, it is important to note the ever-changing market in recreation program delivery and demand as it may not be necessary to duplicate programs with direct delivery if they are sufficiently provided indirectly or by an unaffiliated organization.

Direct	Indirect	Unaffiliated
<ul style="list-style-type: none"> • Delivered by City staff • Located at City facilities 	<ul style="list-style-type: none"> • Delivered by partner organization • Supported by the City (e.g. subsidized facility rental, grant support, etc.) 	<ul style="list-style-type: none"> • Not delivered by City or partner organization • Not located at City facility or publicly subsidized in any way

Direct Delivery: City of Regina

The City directly delivers a variety of registered and drop-in programs such as:

- Aquatics (e.g. lessons, water fitness, lane swim, leisure swim)
- Skating (e.g. public skate)
- Fitness & sports (e.g. personal/group training, floor hockey, stretching)
- Arts & culture (e.g. 3D printing and design, woodworking, cooking, graphic novels)

The following chart provides an overview of current program offerings by typology and age category using the most recent Leisure Guide published by the City (Summer 2017). As reflected in the chart, introductory and recreational sport, aquatic safety, and arts and culture programs are available for each age category. Aquatic fitness is only available for adults and seniors and more specialized sport training opportunities are only offered for children and youth via specific sport programs. Potential gaps in direct programming could include nature interpretation and outdoor education and physical literacy for youth. It is important to note that the identification of these gaps does not necessarily suggest that additional direct programming is required. Other factors to consider in this regard include the appropriateness of programming (e.g. does the age category warrant programming based on the Canadian Sport for Life framework), demand, facility availability, and duplication of indirect and unaffiliated programming.

Program Type	Preschool	Children	Youth	Adult/ Senior
Introductory Sport/ Recreational Sport	✓	✓	✓	✓
Sport Training		✓	✓	
Introductory Fitness/ Physical Literacy				✓
Fitness Training				✓
Aquatic Safety	✓	✓	✓	✓
Water Fitness				✓
Arts and Culture	✓	✓	✓	✓
Nature Interpretation/ Outdoor Education				

Indirect Delivery: Zone Boards and Community Associations

Programs and opportunities provided by Zone Boards and Community Associations are considered to be delivered indirectly. A number of these programs are promoted in the Leisure Guide; a few examples are as follows.

- Family and Community: community clean up, family nights, flea market, Tae Kwon Do, BBQ
- Preschool: movement program, art camp, healthy start, learn to skate
- Children: music, hockey, storytelling, learn to skate
- Adult: yoga, hula hoop, table tennis
- Older Adult: drop-in games, yoga 55+, pickleball

Affordable Fun Program

The Affordable Fun Program provides Regina residents with financial barriers the opportunity to access City of Regina recreation facilities as well as arts, culture, recreation and leisure programs at discounted rates. Leisure passes can be purchased for 50 per cent off the regular price and residents can participate in registered programs at 80 per cent off the regular price, to a maximum of \$160 discount per family member.





SECTION 8

Partnership Review

SECTION 8

Partnership Review

KEY FINDINGS FROM THIS SECTION

- The City relies on partnerships to deliver recreation opportunities to residents.
- Partnership agreements in place include, but are not limited to, facility lease agreements, operating agreements, and joint-use agreements.
- Some facilities are accessible through operating authority (e.g. RSA controls access to Credit Union EventPlex turf).
- Limited formal process/policy in place to guide the selection and development of partnerships
- Key partners include, but are not limited to: Community Associations, Regina Exhibition Association, Provincial Capital Commission, school boards, community groups, sport organizations, Government of Saskatchewan, SPRA.
- Some groups (e.g. YMCA, curling clubs, skateboard association) have expressed an interest in partnering with the City.

It would not be feasible for the City to directly deliver the same quantity and quality of opportunities and programs that are currently offered via its various partners. The City relies on partnerships to deliver a full spectrum of recreation opportunities to residents.

A primary method in which the City partners with community organizations is via the operation of facilities. Many organizations rely on City facilities to run programs and often the rental fees are not at full cost recovery, meaning that these organizations' access to facilities is often publicly subsidized. Other methods include the sharing of spaces and financial support (e.g. operating grants, core funding, capital contributions).

Some of the City's key partners include Community Associations, Regina Exhibition Association, Provincial Capital Commission, school boards, community groups, and sport organizations. During the consultation portion of the Recreation Master Plan process, it was identified that some groups (e.g. YMCA, curling clubs, skateboard association) have expressed an interest in partnering with the City to expand programming and facility possibilities.

A variety of partnerships agreements are in place. These include, but are not limited to, facility lease agreements, operating agreements, and joint-use agreements. Some facilities are accessible through an operating authority, such as the Credit Union EventPlex artificial turf. Although there are partnership agreements in place, there is limited to no formal process/policy in place to guide the selection and development of partnerships.

To maximize its investment in recreation, the City partners with organizations such as:

- Community Associations: to provide neighbourhood level programming and low cost opportunities
- Schools: to provide community use of gymnasium and outdoor playing surfaces (e.g. ball diamonds)
- Community Groups: to provide more variety and increased quality of programming (especially at City facilities)
- Facility Operators: to provide affordable rental rates to community groups
- Developers: To develop parks and open spaces in new neighbourhoods through servicing agreements

Delivering Recreation Infrastructure and Amenities

Similar to providing programs, there can be different levels of municipal involvement in delivering recreation infrastructure. Some recreation facilities and amenities are owned and operated by the City of Regina, some are supported by the City but partner operated, and some are not supported by the City at all. Determining the City's role for each facility type is not always a clear and easy decision.

Direct	Indirect	Unaffiliated
<ul style="list-style-type: none"> City owned and operated (e.g. Sportplex, Sandra Schmirler Leisure Centre, stand alone arenas, outdoor pools) 	<ul style="list-style-type: none"> City supported/ partner operated (e.g. the Co-operators Centre, Credit Union EventPlex, Arcola East Community Centre, ball parks) 	<ul style="list-style-type: none"> Not supported by the City (e.g. Tartan and Highland Curling Clubs, YMCA facilities, private fitness centres)





SECTION 9

Trends

SECTION 9

Trends

KEY FINDINGS FROM THIS SECTION

- Unstructured/spontaneous recreation activities are among the most popular activities (e.g. walking, bicycling, drop-in sports).
- Recreation is important to residents of Saskatchewan.
- ParticipACTION assigned a D-rating for “overall physical activity” of youth and children in Canada.
- Aging infrastructure is a concern Canada-wide. Compared to other municipal infrastructure types, sport and recreation facilities are in the worst state.
- Partnerships with non-profit, private and public sector organizations are key to providing publicly accessible recreation opportunities.
- Volunteers are vital components of the recreation delivery system and volunteerism is changing.

A review of trends can help identify leading practices in the delivery of recreation services as well as emerging or evolving interests that may be important to consider when planning. Summarized in the following section are selected trends related to participation, the provision of recreation opportunities (service delivery), volunteerism, and infrastructure.

Participation

Physical Activity and Wellness Levels

The **Canadian Health Measures Survey** (Statistics Canada) concludes that the fitness levels of Canadian children and youth, as well as adults, have declined significantly between 1981 and 2009. Among youth aged 15 to 19, the percentage who were at an increased or high risk of health problems more than tripled; for adults aged 20 to 39 this percentage quadrupled.

ParticipACTION is a national non-profit organization that strives to help Canadians sit less and move more. The Report Card on Physical Activity for Children and Youth is a comprehensive assessment of child and youth physical activity, taking data from multiple sources, including the best available peer-reviewed research, to assign grades for indicators such as overall physical activity, active play, sleep, and others. The most recent report card (2016) is a “wake-up call” for children and youth activity levels.

- Only 9% of Canadian kids aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.
- Only 24% of 5- to 17-year-olds meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.
- In recent decades, children’s nightly sleep duration has decreased by about 30 to 60 minutes.
- Every hour kids spend in sedentary activities delays their bedtime by 3 minutes. And the average 5- to 17-year-old Canadian spends 8.5 hours being sedentary each day.



Overall Physical Activity

70% of children aged 3 to 4 meet the recommendation of 180 minutes of daily activity at any intensity. However, as the guidelines change to 60 minutes of moderate- to vigorous-intensity physical activity per day for those aged **5 to 17**, **only 9%** are meeting the guidelines.^{2012-13 CHMS}

- Thirty-three percent (33%) of Canadian children aged 5 to 13, and 45% of youth aged 14 to 17, have trouble falling asleep or staying asleep at least some of the time.
- Approximately one-third (36%) of 14- to 17-year-olds find it difficult to stay awake during the day.
- Thirty-one percent (31%) of school-aged kids and 26% of adolescents in Canada are sleep-deprived.

Recreation and Quality of Life

The Saskatchewan Parks and Recreation Association conducted a Recreation and Quality of Life Survey in 2016. Below are key findings from the survey.

- Approximately half (52.2%) of respondents believe that leisure has become more important to their overall quality of life in the last 2-3 years, as compared to work.
- Over three-quarters (79.7%) of respondents agree that green spaces make a large contribution to communities.
- The use of outdoor recreation environments rises with income.
- Approximately three-quarters (72.8%) of the indoor recreation facilities used most often are publicly operated.
- Approximately two-thirds (64.2%) agree or strongly agree that they can afford to participate in most of the recreational activities they want to be part of.

Physical Activity Preferences

The **2013 Canadian Community Health Survey** reveals data that provides some insight into the recreation and leisure preferences of Canadians. The top 5 most popular adult activities identified were walking, gardening, home exercise, swimming and bicycling. The top 5 most popular youth activities were walking, bicycling, swimming, running/jogging and basketball.¹

Participation levels and preferences for sporting activities continue to garner much attention given the impact on infrastructure development and overall service delivery in most municipalities. The **Canadian Fitness & Lifestyle Research Institutes 2011 – 2012 Sport Monitor Report** identified a number of updated statistics and trends pertaining to sport participation in Canada.²

- The highest proportion of Canadians prefers non-competitive sports or activities. Nearly half (44%) of Canadians preferred non-competitive sports while 40% like both non-competitive and competitive sports. Only 8% of Canadians prefer competitive sports or activities and 8% prefer neither competitive nor non-competitive sports.
- Sport participation is directly related to age. Nearly three-quarters (70%) of Canadians aged 15 – 17 participate in sports, with participation rates decreasing in each subsequent age group. The largest fall-off in sport participation occurs between the age categories of 15 – 17 and 18 – 24 (~20%).

Benefits to the Community

When asked to rate the benefits that Recreation Programs, Outdoor Environments and Indoor Facilities have on their communities, over half of our survey respondents rated the following benefits as important or very important:



1 Statistics Canada:
<http://www.statcan.gc.ca/daily-quotidien/140612/dq140612b-eng.htm>

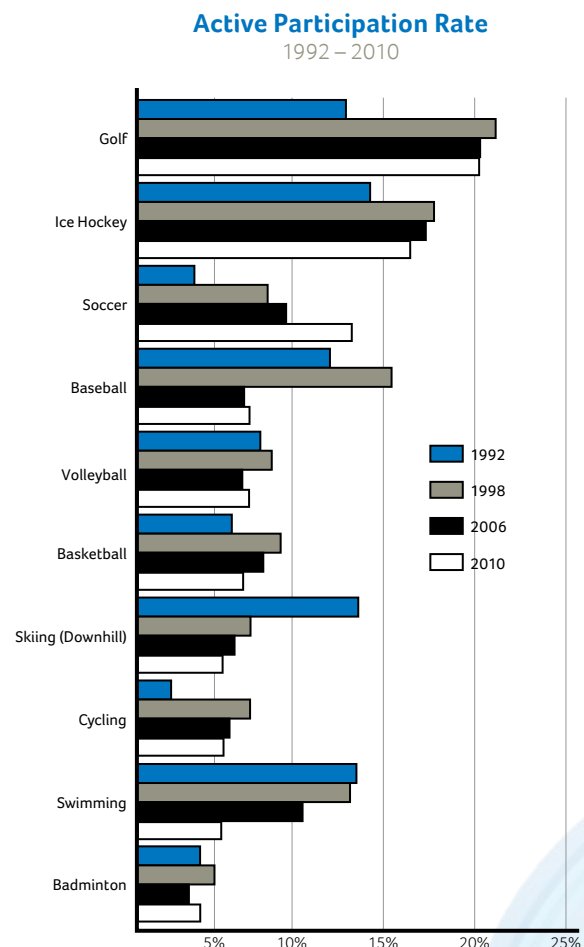
2 Canadian Fitness & Lifestyle Research Institutes 2011 – 2012 Sport Monitor: <http://www.cflri.ca/node/78>

- In contrast to children and youth populations (in which gender participation rates are relatively equal), substantially more adult men (45%) than adult women (24%) participate in organized sport.
- Participation in sport is directly related to household income levels. Households with an annual income of greater than \$100,000 have the highest participation levels, nearly twice as high as households earning between \$20,000 and \$39,999 annually and over three times as high as households earning less than \$20,000 annually.
- The highest proportion of sport participants play in “structured environments.” Just under half (48%) of sport participants indicated that their participation occurs primarily in organized environments, while 20% participate in unstructured or casual environments; 32% do so in both structured and unstructured environments.
- Community sport programs and venues remain important. The vast majority (82%) of Canadians that participate in sport do so within the community. Approximately one-fifth (21%) participate at school while 17% participate in sports at work. A significant proportion (43%) also indicated that they participate in sporting activities at home.

A research paper entitled “**Sport Participation 2010**” published by Canadian Heritage also identified a number of trends pertaining to participation in specific sports. The following graph illustrates national trends in active sport participation from 1992 – 2010. As reflected in the adjacent graph, swimming (as a sport) has experienced the most significant decrease while soccer has had the highest rate of growth while golf and hockey remain the two most played sports in Canada. **Note: Data includes both youth, amateur, and adult sport participants.**³

The Paper further identifies a number of broad participation trends related specifically to sport focused participation utilizing Statistics Canada data from the 2010 Federal Census and the General Social Survey. Broader trends effecting overall sport participation noted by the Paper include:

- National sport participation levels continue to decline. In 2010, 7.2 million or 26% of Canadians age 15 and older participated regularly in sport; this represents a 17% decline over the past 18 years.
- The gender gap in sport participation has increased.
- Sport participation decreases as Canadians age; the most significant drop off occurs after age 19.
- Education and income levels impacts impact sport participation. Canadians with a University education and those making more than \$80,000 annually have the highest rates of sport participation.



³ Government of Canada: http://publications.gc.ca/collections/collection_2013/pc-ch/CH24-1-2012-eng.pdf

- Established immigrants participate in sport less than recent immigrants and Canadian born.
- Students (15 years and older) participate in sport in greater numbers than any labour force group.
- Participation is highly concentrated in a few sports. Participants in golf, ice hockey, and soccer tend to prefer these three sports and have less diversity in their overall sporting pursuits than participants of other sports.
- Women are more likely than men to have a coach. Female sport participants tend to use the services of a coach more often than male sport participants and this difference appears to increase with age.
- The most important benefit of sport participation is relaxation and fun. Relaxation and fun were ranked as being important by 97% of sport participants.
- A lack of time and interest are the main reasons for not participating in sport.

Aboriginal Youth

Growth of the Aboriginal youth in urban Saskatchewan stresses the concern of a demographic with an unfortunately disproportionate level of illness. In a study conducted by Kerpan, S. (2015)⁴, the physical activity beliefs and behaviours of urban Aboriginal youth were investigated. Results revealed 4 themes:

- Group physical activity preference
- Focus on the family
- Traditional physical activity
- Location of residence as a barrier

These findings could be used to improve current programming or develop new programming that builds on the strengths that are present in the community. Offering group physical activity programs while incorporating traditional activities could be an excellent way to make participants feel more comfortable and increase their sense of identity. In addition, involving family promotes cultural values and gives youth more access to safe transportation to and from the program.

Programs of intergenerational and unstructured family based physical activity are a potential way to encourage all ages of Aboriginal peoples to become more active. Unstructured physical activity costs little, and it can often be done at home or close to home, and is a preference that is relevant to the non-Aboriginal Saskatchewan population.

Unstructured Recreation

There is an increasing demand for more flexibility in timing and activity of choice for recreational pursuits. People are seeking individualized informal pursuits that can be done alone or in small groups, at flexible times, often near or at home. This does not eliminate the need for structured activities, but instead suggests that planning for the general population is as important as planning for traditional structured use environments.

The Canadian Fitness and Lifestyle Research Institute conducts a Physical Activity Monitor (PAM) survey that tracks physical activity and sport participation among Canadians. Additionally, the telephone survey tracks changes in physical activity patterns over time, along with factors influencing participation. The 2014 – 15 PAM asked 18 and older Canadians about the type of physical activities they participated in 12 months prior to the survey. This is a breakdown of the 10 most common activities by gender.

Activity	Proportion Participating in the Previous 12 Months	
	Men	Women
Walking for exercise	80%	88%
Gardening or yard work	80%	69%
Bicycling	55%	43%
Social Dancing	33%	45%
Ice Skating	34%	24%
Exercise classes or aerobics	15%	39%
Yoga or tai chi	15%	39%
Golfing	33%	13%
Baseball or softball	23%	12%
Basketball	21%	11%
Ice hockey	21%	4%
Football	18%	4%

4 Kerpan, S., & Humbert, L. (2015). *Playing Together: The Physical Activity Beliefs and Behaviors of Urban Aboriginal Youth*. *Journal Of Physical Activity & Health*, 12(10), 1409-1413

Flexibility and Adaptability

Recreation and parks consumers have a greater choice of activity options than at any time in history. As a result, service providers are being required to ensure that their approach to delivery is fluid and is able to quickly adapt to meet community demand. Many municipalities have also had to make hard decisions on which activities they are able to directly offer or support, versus those which are more appropriate to leave to the private sector to provide.

Ensuring that programming staff and management are current on trends is important in the identification and planning of programming. Regular interaction and data collection (e.g. customer surveys) from members are other methods that service providers use to help identify programs that are popular and in demand. The development of multi-use spaces can also help ensure that municipalities have the flexibility to adapt to changing interests and activity preferences.

Barriers to Participation

Research and available data supports that many Canadians face barriers that impact their ability to reap the numerous physical, social, and mental benefits that are accrued from participation in recreation and leisure pursuits. Understanding these barriers can help service providers identify strategies to mitigate issues and encourage participation.

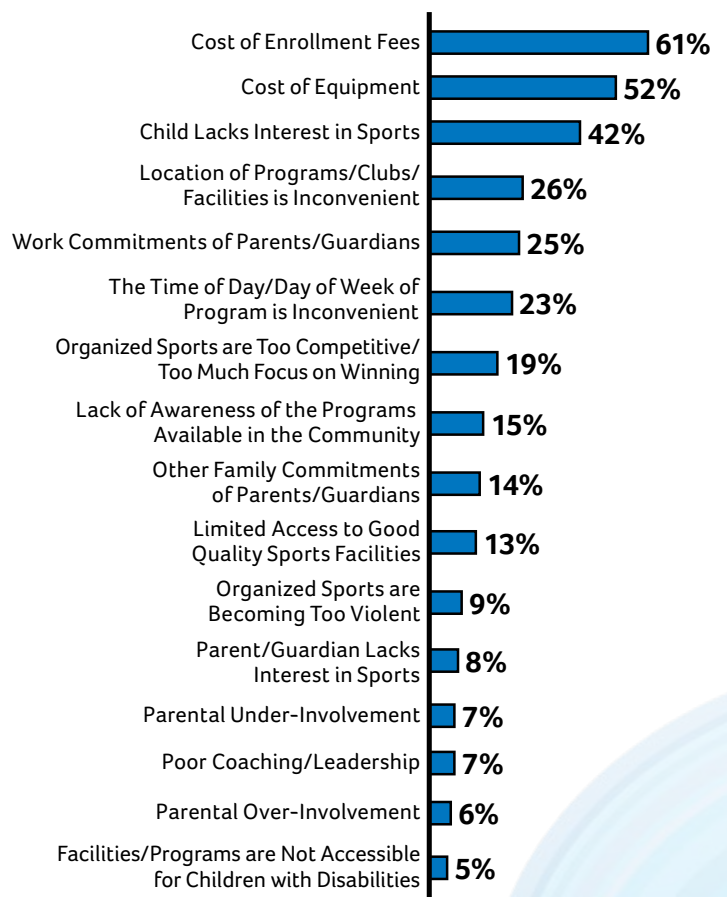
The adjacent graph (adapted from the 2014 CIBC – KidSport Report) reflects barriers to participation in sport for 3 to 17 year olds in Canada. The cost of enrollment, the cost of equipment, and a lack of interest were identified as the top 3 barriers.

Providing Recreation Opportunities

A number of organizations play a key role in providing recreation and parks opportunities for residents. In a typical community, the municipality, the school system, community organizations, and the private sector all play a vital role in providing opportunities. Identified as follows are a number of key considerations and factors that continue to influence the delivery of recreation and related services in many communities and regions.

Partnerships

Partnerships in the provision of recreation and parks opportunities are becoming more prevalent. These partnerships can take a number of forms, and include government, not-for-profit organizations, schools and the private sector. While the provision of recreation and parks services has historically relied on municipal levels



of the government, many municipalities are increasingly looking to form partnerships that can enhance service levels and more efficiently lever public funds.

Examples of partnerships include facility naming and sponsorship arrangements, lease/contract agreements, the contracted operation of spaces, entire facilities, or delivery of programs. According to one study⁵ over three-quarters (76%) of Canadian municipalities work with schools in their communities to encourage the participation of municipal residents in physical activities. Just under half of Canadian municipalities work with local non-profits (46%), health settings (40%), or workplaces (25%) to encourage participation in physical activities amongst their residents. Seventy-six percent (76%) of municipalities with a population of 1,000 to 9,999 to 80% of municipalities over 100,000 in population have formed agreements with school boards for shared use of facilities. In fact since 2000, the proportion of municipalities that have reported working with schools, health settings, and local non-profit organizations has increased by 10% to 20%.

Changing Demographics

The Saskatchewan Parks and Recreation Association partnered with McNair Business Development Inc. to conduct a study in 2014 about the demographic changes in Saskatchewan. The study used statistics from the 2011 Statistics Canada Census. Below are key findings of their report.

Saskatchewan has experienced a demographic shift in its population over the last 10 years and indications show that this trend will continue. Two major trends are:

- Continued growth of the First Nations and Metis youth demographic
- Increased immigration

Saskatchewan is home to 11% of the Aboriginal identity population in Canada. Aboriginal people make up 16% of the total population of Saskatchewan and 10% of the total population of Regina. Aboriginal people have a large youth demographic, as over half (54%) residing in Saskatchewan were under the age of 25; compared with 30% of the non-Aboriginal population. A high youth demographic of

Aboriginal people parallels a more alarming statistic; of all Saskatchewan children in foster care in 2011, 87% were Aboriginal children.

Immigration has been a main driver of the linear growth of the Saskatchewan population that began in the mid-2000s. An example from July 2012 to July 2013 shows the most significant contributors to population growth:

- +5,400 from natural growth
- +9,500 from international migration
- +1,800 from interprovincial migration

A large figure for natural growth can be attributed to second generation baby boomers. However, it is unlikely that the natural growth statistic will remain at that level for the next ten to twenty years. Taking this and immigration trends into consideration, the population is predicted to reach 1.2 million by 2020 and 1.3 million by 2025.

Social Inclusion

The concept of social inclusion is becoming an issue communities are addressing. While always an important issue, its significance has risen as communities have become more diversified through immigration.

Social inclusion is about making sure that all children and adults are able to participate as valued, respected, and contributing members of society. It involves the basic notions of belonging, acceptance, and recognition. For immigrants, social inclusion would be manifested in full and equal participation in all facets of a community including economic, social, cultural, and political realms. It goes beyond including “outsiders” or “newcomers.” In fact social inclusion is about the elimination of the boundaries or barriers between “us” and “them.”⁶ There is a recognition that diversity has worth unto itself and is not something that must be overcome.⁷

While issues of social inclusion are pertinent for all members of a community, they can be particularly relevant for adolescents of immigrant families. Immigrant youth can feel pulled in opposite directions between their own

5 “Municipal Opportunities for Physical Activity” Bulletin 6: Strategic partnerships. 2010, Canadian Fitness & Lifestyle Research Institute.

6 Omidvar, Ratna, Ted Richmand (2003). *Immigrant Settlement and Social Inclusion in Canada*. The Laidlaw Foundation.

7 Harvey, Louise (2002). *Social Inclusion Research in Canada: Children and Youth*. The Canadian Council on Social Development’s “Progress of Canada’s Children”.

cultural values and a desire to “fit in” to their new home. This tension can be exacerbated in those situations in which parents are experiencing stress due to settlement. Children living in families which are struggling are more likely to be excluded from some of the aspects of life essential to their healthy development. Children are less likely to have positive experiences at school, less likely to participate in recreation, and less likely to get along well with friends, if they live in families struggling with parental depression, family dysfunction, or violence.⁸

Financial barriers to participation in recreation, sport, and cultural activities continue to exist for many Saskatchewan residents. Understanding the potential benefits that can result from engaging citizens in a broad range of activities and programs, municipalities have undertaken a number of initiatives aimed at removing financial barriers. Current initiatives being led or supported by many municipalities include the Canadian Parks and Recreation Association’s ‘Everybody Gets to Play’ program, KidSport, and JumpStart.

Community Development

The combined factors of decreasing support from other levels of government, increasing demand for new and exciting recreation infrastructure and programs, and the changing nature of the volunteer has led many municipalities to adopt a community development focus in service delivery. This, in addition to the direct delivery of recreation facilities and programs, includes the facilitation of empowering local non-profit groups to operate facilities and/or offer programs to residents thereby leveraging public resources and providing more value for public investment.

Community development is the process of creating change through a model of greater public participation; the engagement of the entire community from the individual up. The concept of community development has a broader reach than just the delivery of recreation and parks programs and facilities; it is commonly understood to be the broader involvement of the general public in decision making and delivery. Community development in recreation delivery encompasses supporting and guiding volunteer groups to ultimately become self-sufficient while providing facilities and programs.

8 Harvey, Louise (2002). Social Inclusion Research in Canada: Children and Youth. The Canadian Council on Social Development’s “Progress of Canada’s Children”.

Sport Tourism

Sport Tourism is often a driver of partnerships and infrastructure development. Available 2014 Statistics Canada data indicates that the sports tourism industry in Canada is worth \$5.2 billion dollars. In contrast to other segments of the tourism industry, sport tourism in Canada continues to grow and is largely driven by the domestic, overnight market. **Note: The following chart has been adapted from the Canadian Sport Tourism Alliance.**

Sport Tourism	Volume: Person Visits		
	2011	2012	Change
Canada: Same-Day	9,235,000	8,598,000	-6.9%
Canada: Overnight	8,954,000	9,903,000	10.6%
Canada: Total	18,189,000	18,501,000	1.7%
U S A	499,500	501,800	0.5%
Overseas	366,300	371,800	1.5%
Total	19,054,800	19,374,600	1.7%

Many municipalities, including Regina, are reacting to the growth and opportunities associated with sport tourism by dedicating resources to the attraction and retention of events. The emergence of sport councils (or similar entities) is a trend that is continuing in many communities and regions. These organizations often receive public support and are tasked with building sport tourism capacity and working with community sport organizations and volunteers in the attraction and hosting of events. Some municipalities also dedicate internal staff resources to sport tourism through the creation of new positions or re-allocation of roles.

Sport tourism generates non-local spending in a community and region (economic impact), can offset operating costs of facilities (through rentals), and can enhance community profile at the provincial, national, and international level. Sport tourism can also generate opportunities for local athlete development and can lead to varying forms of community legacy such as infrastructure development and endowment funds.

While sport tourism can be highly beneficial to a community, it is important to consider a number of factors when allocating resources in order to ensure that investment provides positive and long-lasting impacts. This is especially

the case when considering the pursuit of larger scale events and competitions. Best practices that should be followed include:

- Infrastructure investment (enhancement or new development) needs to be sustainable and beneficial to a wide array of residents.
- Volunteer capacity needs to be accurately assessed and deemed appropriate.
- The pursuit of events needs to be strategically aligned with community values and goals.

Volunteerism

Volunteers continue to be vitally important to the planning and delivery of numerous events and programs. Identified as follows are a number of pertinent trends in volunteerism that may impact or have relevancy to the delivery of programming and facility operations. Findings are from the 2010 Canada Survey of Giving, Volunteering and Participating: Saskatchewan data tables.⁹

- Saskatchewan resident volunteer at a higher rate (58.2%) than the national average (47.0%).
- The highest volunteer rate in Saskatchewan is among adults aged 35 to 44 (67.0%) followed by ages 25 to 34 (62.0%) and ages 15 to 24 (58.0%).
- Although seniors (65 years and older) had the lowest volunteer rate (51.3%), they had the second highest median of annual volunteer hours (68 hours on average per year).

The following are nine current trends in volunteerism as identified by Volunteer Canada.¹⁰

- **Much comes from the few.** While 47% of Canadians volunteer, over one-third (34%) of all volunteer hours were contributed by 5% of total volunteers.
- **The new volunteer.** Young people volunteer to gain work related skills (Canadians aged 15 – 24 volunteer more than any other age group). New Canadians also volunteer to develop work experience and to practice language skills. Persons with disabilities may volunteer as a way to more fully participate in community life.
- **Volunteer job design.** Volunteer job design can be the best defense for changing demographics and fluctuations in funding.
- **Mandatory volunteering.** There are mandatory volunteer programs through Workfare, Community Service Order and school mandated community work.
- **Volunteering by contract.** The changing volunteer environment is redefining volunteer commitment as a negotiated and mutually beneficial arrangement rather than a one-way sacrifice of time by the volunteer.
- **Risk management.** Considered part of the process of job design for volunteers, risk management ensures the organization can place the right volunteer in the appropriate activity.
- **Borrowing best practices.** The voluntary sector has responded to the changing environment by adopting corporate and public sector management practices including standards, codes of conduct, accountability and transparency measures around program administration, demand for evaluation, and outcome measurement.
- **Professional volunteer management.** Managers of volunteer resources are working toward establishing an equal footing with other professionals in the voluntary sector.
- **Board governance.** Volunteer boards must respond to the challenge of acting as both supervisors and strategic planners.

9 Data compiled by Statistics Canada. <http://www.statcan.gc.ca/pub/89-649-x/2011001/tbl/tbl29-eng.htm>

10 Alberta Heritage Community Foundation. <http://www.abheritage.ca/volunteer/index.html>

Infrastructure

As discussed, places and spaces for recreation activity to occur are important in facilitating activity and achieving community benefit. Most often, municipalities are looked upon to provide publicly accessible recreation infrastructure for activities to occur at.

Aging Infrastructure

The recently released Canadian Infrastructure Report Card¹¹ included an assessment and analysis of the state of sport and recreation facilities in Canada. The report revealed a number of concerns and issues that will impact the delivery of sport and recreation infrastructure over the next number of years. Key findings from the report included the following.

- The Report Card demonstrates that Canada's infrastructure, including sport and recreation facilities, is at risk of rapid deterioration unless there is immediate investment.
- The average annual reinvestment rate in sport and recreation facilities is currently 1.3% (of capital value) while the recommended target rate of reinvestment is 1.7% – 2.5%.
- Almost 1 in 2 sport and recreation facilities are in 'very poor', 'poor' or 'fair' condition and need repair or replacement.
- In comparison to other municipal infrastructure assessed in the Report Card, sport and recreation facilities were in the worst state and require immediate attention.
- The Report Card indicated that the extrapolated replacement value of sport and recreation facilities in 'poor' or 'very poor' condition is \$9 billion while those in 'fair' condition require \$14 billion.

Multi-Use Spaces

Recreation and parks facilities are being designed to accommodate multiple activities and to encompass a variety of different components. The benefits of designing multi-use spaces include the opportunity to create operational efficiencies, attract a wide spectrum of users, and procure multiple sources of revenue. Providing the opportunity for

all family members to take part in different opportunities simultaneously at the same location additionally increases convenience and satisfaction for residences.

Creating spaces within a facility that are easily adaptable and re-configurable is another growing trend observed in many newer and retrofitted facilities. Many performing arts venues are being designed in such a manner that staging, seating, and wall configurations can be easily changed as required. Similarly, visual arts spaces such as studios and galleries are being designed in a manner that allows them to be used for a multitude of different art creation and display purposes. Gymnasium spaces and field house facilities are being designed with adjustable barriers, walls, bleachers, and other amenities that can be easily set-up or removed depending on the type of activity or event.

Integrating Indoor and Outdoor Environments

A new concept in recreation infrastructure planning is to ensure that the indoor environment interacts seamlessly with the outdoor recreation environment. This can include such ideas as indoor/outdoor walking trails, indoor/outdoor child play areas, and indoor/outdoor aquatics facilities. Although there are a number of operational issues that need to be considered when planning indoor/outdoor environments (e.g. cleaning, controlled access, etc.) the concept of planning an indoor facility to complement the site it is located on (and associated outdoor amenities included) as well as the broader community parks and trail system is prudent and will ensure the optimization of public spending on both indoor and outdoor recreation infrastructure. Integrating indoor and outdoor environments can be as "simple" as ensuring interiors have good opportunities to view the outdoors.

Ensuring Accessibility

Many current recreation and cultural facilities are putting a significant focus on ensuring that user experiences are comfortable including meeting accessibility requirements and incorporating designs that can accommodate various body types. Programming is made as accessible as possible via "layering" to provide the broadest appeal possible to intellectual preferences.

¹¹ http://www.canadainfrastructure.ca/downloads/Canadian_Infrastructure_Report_2016.pdf

Meeting the needs of various user groups is also an important aspect of accessibility. Incorporating mobile technologies, rest spaces, child-friendly spaces, crafts areas, and educational multi-purpose rooms for classes and performances is an emerging trend. Accessibility guidelines set by governments, as well as an increased understanding of the needs of different types of visitors is fueling this trend. Technology is also being embraced as a modern communication tool useful for effectively sharing messages with younger, more technologically savvy audiences.

Revenue Generating Spaces

Facility operators of community facilities are being required to find creative and innovative ways to generate the revenues needed to both sustain current operations and fund future expansion or renovation projects. By generating sustainable revenues outside of regular government contributions, many facilities are able to demonstrate increased financial sustainability and expand service levels.

Lease spaces provide one such opportunity. Many facilities are creating new spaces or redeveloping existing areas of their facility that can be leased to food and beverage providers and other retail businesses. Short term rental spaces are another major source of revenue for many facilities. Lobby areas, programs rooms, and event hosting spaces have the potential to be rented to the corporate sector for meetings, team building activities, holiday parties, and a host of other functions.

Social Amenities

The inclusion of social amenities provides the opportunity for multi-purpose community recreation facilities to maximize the overall experience for users as well as to potentially attract non-traditional patrons to the facility. Examples of social amenities include attractive lobby areas, common spaces, restaurants and cafeterias, spectator viewing areas, meeting facilities, and adjacent outdoor parks or green space. It is also becoming increasingly uncommon for new public facilities, especially in urban areas, to not be equipped with public wireless Internet.

Another significant benefit of equipping facilities with social amenities is the opportunity to increase usage and visitation to the facility during non-peak hours. Including spaces such as public cafeterias and open lobby spaces can result in

local residents visiting the facility during non-event or non-program hours to meet friends or is simply a part of their daily routine. Many municipalities and non-profit organizations have encouraged this non-peak hour use in order to ensure that the broader populace perceives that the facility is accessible and available to all members of the community.

Food Options in Recreational Facilities

In 2010, the Public Health Nutritionist Working Group of Saskatchewan developed a resource guide for creating food policies at worksites and recreation facilities. Saskatchewan is one of the five provinces in Canada that have published guidelines or policy making 'tool kits' to help recreation centres improve their food environment. Albeit a good resource, it is up to the business or facility to use the guide to adopt healthier food policies. In studies, patrons of recreational facilities have indicated interest in healthier food options, but there are mixed results when operators institute policies.

A success story for instituting a health food initiative exists in the City of St. Albert's Recreation Facilities. The City of St. Albert partnered with Alberta Recreation and Parks Association to request vendors to create a plan for healthy food implementation. The plan required the vendors to provide 20% choose most often foods, 80% choose sometime foods and 0% choose least often foods (based on Alberta Nutrition Guidelines for Children and Youth). The success of this initiative was represented by profit stabilization of vendors and businesses that offered the healthy food options. Additionally, the City of St. Albert received positive media support for providing healthy options in recreation facilities and patrons were making better food choices.

Another successful initiative was conducted in Edmonton when a healthy fast food vendor (Moo's) in Kinsmen Sports Centre strategically promoted and marketed their healthy products to generate customer demand. A specialized menu was created, tailoring the items to athletes, coaches and trainers who frequented the facility. The menu consisted of 85% healthy choices based on the Alberta Nutrition Guidelines for Children and Youth. The success was identified by the demand for the healthy menu items which resulted in the ability to expand the business to develop a seasonal kiosk and concession stands at other recreation facilities throughout Edmonton.

Urban Parks Systems

A well-balanced inventory of park spaces and amenities is required to achieve all the potential benefits that parks can provide. The sum of each individual park within a municipality creates an urban parks system, including both constructed parks and protected natural areas as well as the linkages between them.

Benefits of Parks and Outdoor Spaces

Research supports that individuals continue to place a high value on the availability and quality of parks, trails, and outdoor spaces. A 2013 Canadian study commissioned by the TD Friends of the Environment Foundation found that nearly two-thirds of respondents (64%) indicated that local parks were “very important” to them and their family. Additionally, 68% of Canadians are concerned about the loss of green space in their community.¹²

Another 2011 study of over 1,100 parents of 2 to 12 year olds in the United States, Canada, and the United Kingdom found that the more time a family spends together at a playground, the greater their overall sense of family wellbeing. Three-quarters also wished that their family had time to visit a playground more often.¹³

Parks and outdoor spaces also play a key role in helping to combat “nature deficit disorder” amongst children and youth. This phrase, first coined by Richard Louv in his bestselling book “Last Child in the Woods,” suggests that children are becoming estranged from nature and natural play, which results in a number of cognitive, physical, and developmental issues.

While all residents benefit from the availability of quality park spaces, a significant amount of research and attention has been given to the myriad of benefits that result from children and youth being able to play and interact in outdoor settings. Findings include:

- Children who play regularly in natural environments show more advanced motor fitness, including coordination, balance and agility, and they are sick less often.¹⁴
- Exposure to natural environments improves children’s cognitive development by improving their awareness, reasoning, and observational skills.¹⁵
- Children who play in nature have more positive feelings about each other.¹⁶
- Outdoor environments are important to children’s development of independence and autonomy.¹⁷
- Children with views of and contact with nature score higher on tests of concentration and self-discipline. The greener, the better the scores.¹⁸

¹² TD Friends of the Environment Foundation survey. Conducted by Ipsos Reid (2013).

¹³ Harris Interactive (2011). *Playgrounds Increase Sense Of Family Well-Being*. Washington, District of Columbia. Foresters.

¹⁴ Grahn, P., Martensson, F., Lindblad, B., Nilsson, P., & Ekman, A., (1997). *UTE pa DAGIS, Stad & Land nr. 93/1991* Sveriges lantbruksuniversitet, Alnarp.

¹⁵ Pyle, Robert (1993). *The thunder trees: Lessons from an urban wildland*. Boston: Houghton Mifflin.

¹⁶ Moore, Robin (1996). *Compact Nature: The Role of Playing and Learning Gardens on Children’s Lives*, *Journal of Therapeutic Horticulture*, 8, 72-82

¹⁷ Bartlett, Sheridan (1996). *Access to Outdoor Play and Its Implications for Healthy Attachments*. Unpublished article, Putney, VT

¹⁸ Taylor, A.F., Kuo, F.E. & Sullivan, W.C. (2002). *Views of Nature and Self-Discipline: Evidence from Inner City Children*, *Journal of Environmental Psychology*, 22, 49-63

Active Transportation

Active transportation refers to any form of human-powered transportation, such as walking, cycling, using a wheelchair, in-line skating, or skateboarding.¹⁹ In 2011 in Canada, 5.7% of commuters walked to work regularly while 1.3% cycled, accounting for over one million Canadians.²⁰ The City's Transportation Master Plan outlines a number of key intentions for active transportation throughout the City in the future.

A generational trend is that younger professionals are using active modes of transportation more now than ever. A number of factors are contributing to this such as people are becoming more environmentally conscious, financial limitations (active transportation is generally a cheaper mode of transportation), and a trend is occurring in which people are moving back from the suburbs into urban communities in which places of work are closer in proximity to place of residence.

Urban parks encourage active traffic through its boundaries if they are adjacent to a roadway or can provide a shortcut through the community. Pathway systems that connect neighbourhoods across the municipality are becoming increasingly important to accommodate alternative methods of transportation. Multi-use pathway systems are often seen as being a given with park design as they facilitate a wide range of recreational use and serve a transportation function.

Relationships should be constantly analyzed to enhance pathway systems such as the amenities on pathways and user numbers, lighting and its effects on night usage, and the surface material and the types of usage (e.g. bicycling, walking). An analysis of why certain pathways receive high usage can be applied to other corridors that do not attract as much active traffic volume. Gathering utilization data with trail trackers is a practice that municipalities are beginning to undertake on a regular basis.

Preserving Heritage and Culture

Preserving and further developing the historical aspects of an urban parks system embed the importance of these spaces within the community and increase resident interest and utilization. Municipalities can showcase the history of a community via its prominent community builders and significant events from the past by dedicating the name of a park, including interpretative information, and displaying art installations that contribute to a sense of place.

Aspects of culture can be celebrated and persevered in parks. In Chinese gardens, for example, plants are carefully selected for their symbolic association and installed to dictate the arrangement of spaces. The idea that a garden should invite aesthetic appreciation and the enjoyment of nature is important to Chinese park visitors, but may not be limited to a single culture. Festival venues, art displays, amphitheatres, and garden features are examples of culture infrastructure in urban parks that can set a municipality apart by providing identity-defining features and iconic places.

19 Public Health Agency of Canada. <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/at-ta-eng.php>

20 Statistics Canada. 2011. *Commuting to Work*. https://www12.statcan.gc.ca/nhs-enm/2011/as-sa/99-012-x/99-012-x2011003_1-eng.cfm





SECTION 10

Leading Practices

SECTION 10

Leading Practices

KEY FINDINGS FROM THIS SECTION

- Partnership frameworks are used to guide the development and accountability of partnership in a formalized process.
- In most cases, both financial and non-financial supports are provided by municipalities to neighbourhood community associations. Non-financial supports include assistance with strategic planning sessions and templates, with promotions and marketing, volunteer recognition and recruitment, training opportunities, and networking opportunities.
- Regina provides proportionately more indoor ice sheets per capita than comparable cities and less indoor aquatics centres.

A review of leading practices was conducted to provide additional insight into key topics. Partnerships, community associations, volunteer support, and outdoor pools were identified as key topics early on in the research process to be examined further. The approaches to each topic were identified by contacting other similarly sized municipalities in western Canada combined with previous knowledge brought forth by the consulting team.

Partnership Frameworks

Partnership frameworks are used to guide the development of partnerships as well as to keep them accountable. A number of criteria are considered to determine whether a potential partnership is worthwhile and ethical to pursue.

Partnership criteria could include:

- Alignment with municipal planning vision, values, goals, etc.
- Type of organization (non-profit, private company)
- Provides additional/diverse variety of opportunities
- Capital cost savings
- Operating cost savings
- Enhances health and wellness of individuals
- Provides social and wellness benefits to the community

- Safety and risk management
- Access and affordability
- Equity and fairness
- Sustainable approach
- Competency of the organization (clear demonstration of business/feasibility planning)

Community Associations

Community associations are still considered an integral part of the recreation delivery system. Specific ways to support community associations differ slightly as funding can be provided in tiers (such is the case in Regina), flat rate (the same amount of core funding to each community association), per capita (based on population), or other/combined methods (e.g. expressed need, demographics, utilization).

The amount and quality of non-financial support methods does differ between municipalities. Methods to support community associations include:

- Providing a clear base level of support to all community associations
- Capital and operating grants
- Cover facility costs (utilities, insurance)
- Major facility enhancements
- Non-financial supports
 - » Strategic planning sessions and templates
 - » Assistance with promotions and marketing
 - » Assistance with website, newsletters
 - » Contracted instructors list
 - » Presentation and interpretation of census data
 - » Volunteer recognition and recruitment
 - » Training opportunities
 - » Networking opportunities

Supporting Volunteerism

Since most recreation opportunities are provided by volunteers, supporting volunteerism is critical. Communication initiatives are imperative to help link people with opportunities and vice versa as well as for recognizing volunteers. The recognition of volunteers is a nice touch to remind the individuals that their efforts make a difference. Communicating recognition to the general public is also a strategy to spread the word about volunteer opportunities. Investing in volunteerism can take place in many ways as described below.

Methods to support volunteerism include:

- Recognition events
- Recognition communiqués
- Opportunity postings
- Having and updating a database/list of potential volunteers to email opportunities
- Training and development opportunities
- Communicate the benefits of volunteering and explain how it makes a difference in the community
- Benefits for volunteers (e.g. discount to some programs/facilities)

Outdoor Pools

Aging infrastructure is an issue for many municipalities with outdoor pools. Reinvestment often includes the introduction of contemporary leisure components to existing pools as well as the development of water spray parks. There is limited investment in new outdoor pool infrastructure as investment is often made to maintain the existing number of outdoor pools as opposed to sustaining the provision ratio (number of residents per pool). In addition, there is less focus placed on programming pool time with organized swim clubs as weather can be unreliable and user group expectations are rising in regard to facilities and amenities (e.g. water temperature, equipment storage, deck size).

Investment in outdoor aquatics includes:

- Enhanced leisure amenities
- Sustaining existing number of outdoor pools
- Limited investment in new/additional outdoor pools
- Introduction of new/additional water spray parks

Inventory Benchmarking

Looking at five similarly sized cities in western Canada, a benchmarking of major recreation facility types (ice arenas, indoor aquatic facilities, outdoor swimming pools) was conducted to analyze how Regina compares in regard to the number of facilities provided and provision ratio (number of people per facility).

Regina has slightly less ice sheets compared to the average, less indoor aquatic facilities, and slightly more outdoor pools. Since the average population is significantly higher than Regina's please refer to the next chart for provision ratios.

Municipality	Population (2016)	Ice Sheets	Indoor Aquatics Facilities (City)	Indoor 50M Pools	Outdoor Pools
Edmonton	932,546	32	17	5	5
Lethbridge	92,729	6	3	1	2
Red Deer	100,418	6	4	0	1
Saskatoon	233,222	11	4	2	4
Winnipeg	705,224	34	13	5	10
Average	412,828	18	8	3	4
Regina	215,106	15	3	1	5

In regard to the provision ratios, Regina provides more ice sheets than the comparable cities (one sheet per 14,340 residents compared to one sheet per 23,193 residents). Regina's provision ratio of indoor aquatic facilities is higher (more residents per facility) than all the comparable cities while the opposite is true for outdoor pools.

Municipality	Population (2016)	Ice Sheets	Indoor Aquatics Facilities (City)	Indoor 50M Pools	Outdoor Pools
Edmonton	932,546	29,142	54,856	186,509	186,509
Lethbridge	92,729	15,455	30,910	92,729	46,365
Red Deer	100,418	16,736	25,105	—	100,418
Saskatoon	233,222	21,202	58,306	116,611	58,306
Winnipeg	705,224	20,742	54,248	141,045	70,522
Average	412,828	23,193	50,345	158,780	93,825
Regina	215,106	14,340	71,702	215,106	43,021





SECTION 11

Consultation

SECTION 11

Consultation

KEY FINDINGS FROM THIS SECTION

- The most utilized recreation spaces among residents are spontaneous outdoor assets (walking/running trails and pathways, passive parks, City Square Plaza/Victoria Park, playgrounds).
- Lack of quality spaces and not being able to get access to spaces are the top challenges for community groups.
- Among youth, leisure pools and outdoor swimming pools were the top indoor and outdoor needs respectively.

A variety of consultation mechanisms were conducted to engage residents and stakeholder in Regina. A **telephone survey** generated input from the 600 households in the Regina area. Households were randomly called to participate in the survey. Soft quotas were employed to ensure appropriate levels of representation from the recreation zones. Additionally soft quotas were utilized to ensure there was appropriate representation from age segments. The soft quotas were based on population data for Regina. In addition to the telephone survey, an online survey was fielded to enable all Regina residents the opportunity to participate in the survey. The **online survey** also enabled residents from outside the city but within the market area to participate. A further 1,391 full and partial responses were collected online. The findings from the two surveying methodologies are presented separately.

Organized **community groups were also surveyed**. Utilizing contact lists provided by the City of Regina, groups were invited to participate in the survey through an email. The email included a link to the online survey; a hard copy of the group questionnaire was attached to the email as well. In total 558 groups were invited to participate with 185 responses received. See the appendices to see the list of groups from whom a response was provided.

Stakeholder interviews and focus group discussions were convened as well. These meetings included some of the organized groups that were invited to participate in the community group survey. Other key stakeholders were invited into this process as well—organizations such as community partners. Refer to the appendices to see the list of participants.

A **youth survey** was conducted in the schools to understand the needs of youth in the community. The public, Catholic, and private school jurisdictions in Regina were approached by the City to request participation of their students in this Master Planning process. Once approval was granted, individual schools and teachers were able to opt into the process. In total over 600 responses were gathered from students in over 30 schools.

Finally two **public events** were convened to provide a venue for members of the public to discuss the study with members of the project team and to provide some thoughts. The main outcome from these two events was further promotion and encouragement for participation in the online resident survey.

Mechanism	Description	Responses/Participants
Household Survey	A statistically representative survey of City residents. Telephone and online survey results were collected. Subsegment analysis of the telephone survey was incorporated.	600 Responses from telephone survey; 1,391 Responses from online survey
Community Group Survey	Online survey (with hard copy available upon request) for community groups such as sport organizations, schools and service clubs.	185 Responses (including 25 schools; 16 community associations)
Stakeholder Interviews/ Focus Group Discussions	In-person interviews with key stakeholders in the community. Supplementary telephone interview were also conducted.	57 sessions convened with 132 participants representing 116 groups.
Youth Survey	Hard-copy and online survey to gather the opinions and needs of students and youth.	615 responses gathered from 32 schools
Open Houses	Display panels exhibited to promote the engagement opportunities to residents.	Two open houses were conducted in the consultation phase of the research.

Household Survey

A household survey was conducted by RC Strategies+PERC in conjunction with the City of Regina to gather the public's thoughts and preferences regarding recreation. The survey was organized to identify residents' perspective on the current and future state of recreation in the City. The survey was conducted via telephone¹ and a target of 600 responses was achieved resulting in overall findings that are statistically representative of city residents with a margin of error of $\pm 4.0\%$ 19 times out of 20.²

Respondents from the telephone survey were asked a series of personal questions to categorize them into certain subsegments. The telephone survey findings were then examined according to those subsegments, which included residency according to recreation district, household composition, income distribution and others.

Subsegment analysis allowed biases and trends to be identified from the responses of each question. Where appropriate, the significant findings from the subsegment analysis will be presented. The survey results are presented in the order the questions were asked.

A web version of the questionnaire was also available on the City's website to provide the opportunity to all residents (including those in the broader market area) to share their thoughts. Over 1,300 full and partial findings were gathered through this mechanism. Findings from the online survey are presented for selected questions where responses are markedly different.

The graphs displayed herein represent findings from the telephone survey.

¹ Numbers were randomly dialed and included cell phone numbers.

² This means that if the survey was fielded twenty times, on nineteen occasions the findings would be within 4.0%. These findings are considered representative of city residents.

Top of Mind Thoughts

To begin the survey, respondents were asked to indicate the main reasons that the members of their households participate in recreation activities. As illustrated in the accompanying figure, approximately two-thirds (69%) of respondents indicated health reasons. For fun (41%) and to socialize (23%) were the next most commonly cited reasons for participation in household recreation activities. Refer to the graph for other responses.

Subsegment Findings

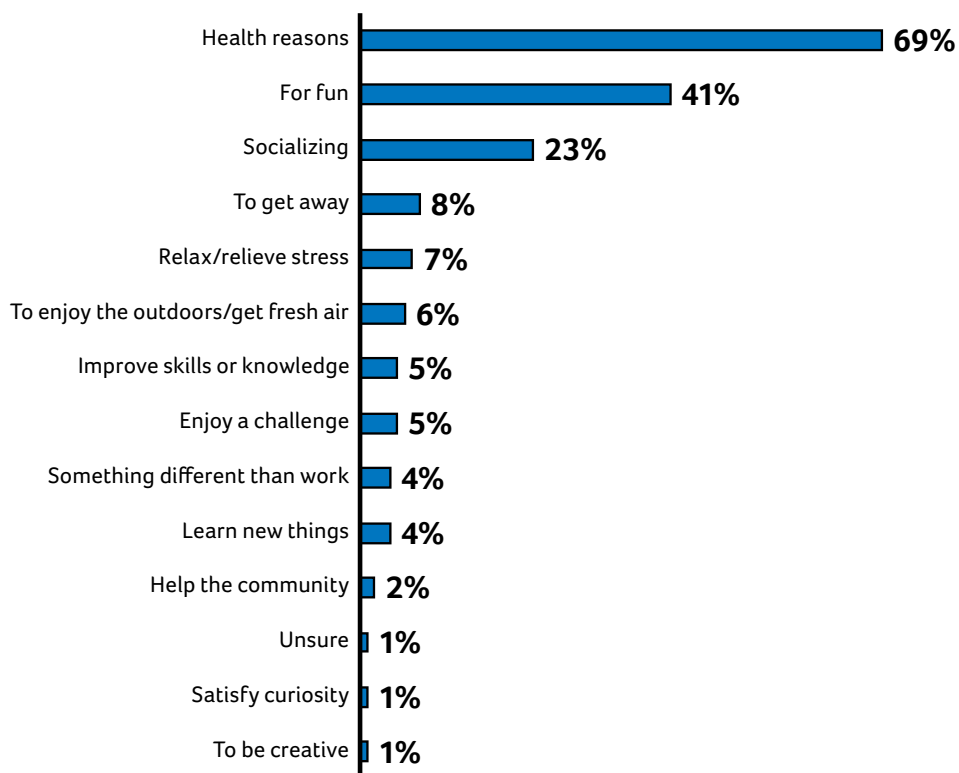
- Respondents with a household income of \$60 – \$105k (72%) and greater than \$105k (80%) were more likely to participate in recreational activities than respondents with a household income of less than \$60k (58%).
- Respondents with children 9 years of age and younger in the home were more likely to participate in recreational activities (52%) for fun than those without children in the home (36%).

Web Survey Results

Respondents were allowed to choose all reasons they participated in recreation activities. Top reasons are listed here:

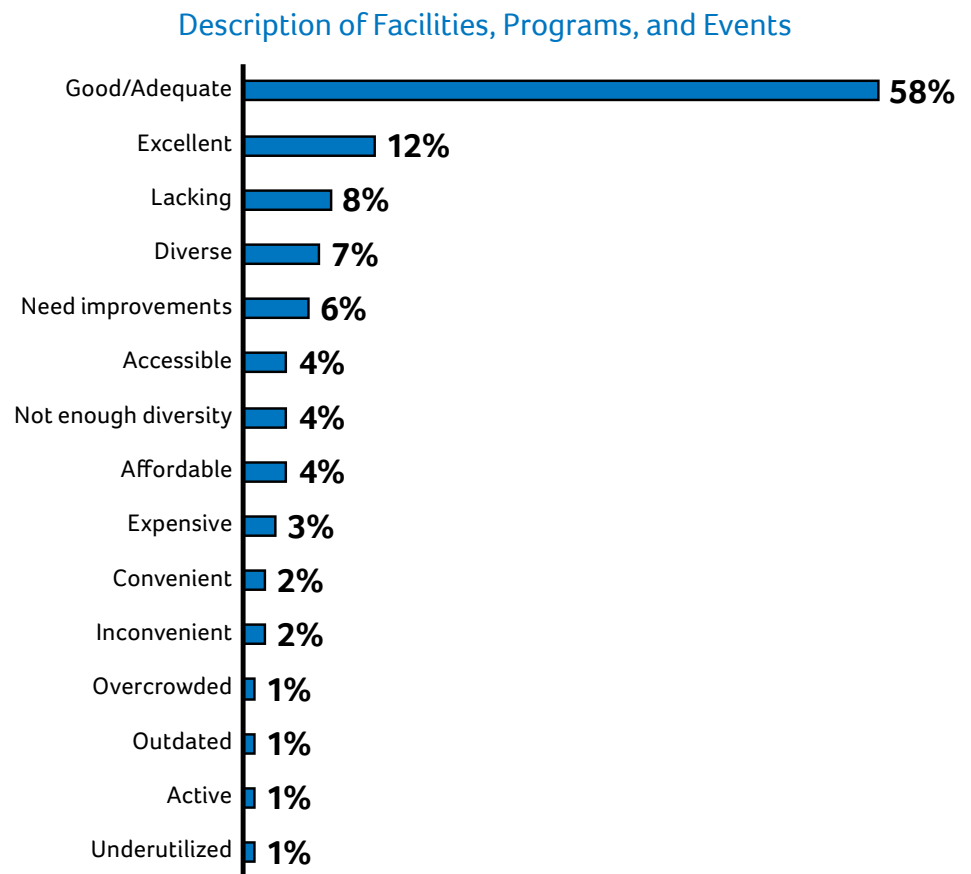
- For fun (81%)
- Health reasons (76%)
- Relax/relieve stress (55%)
- To enjoy the outdoors/get fresh air (54%)

Reasons for Participating in Recreation



Description of Facilities, Programs and Events

Respondents were then asked to describe the City of Regina's recreation facilities, programs and events. A majority of respondents (58%) commented that the City's recreational offerings were good/adequate. The next most cited comments included: Excellent (12%); Lacking (8%); Diverse (7%); and Needs improvement (6%).



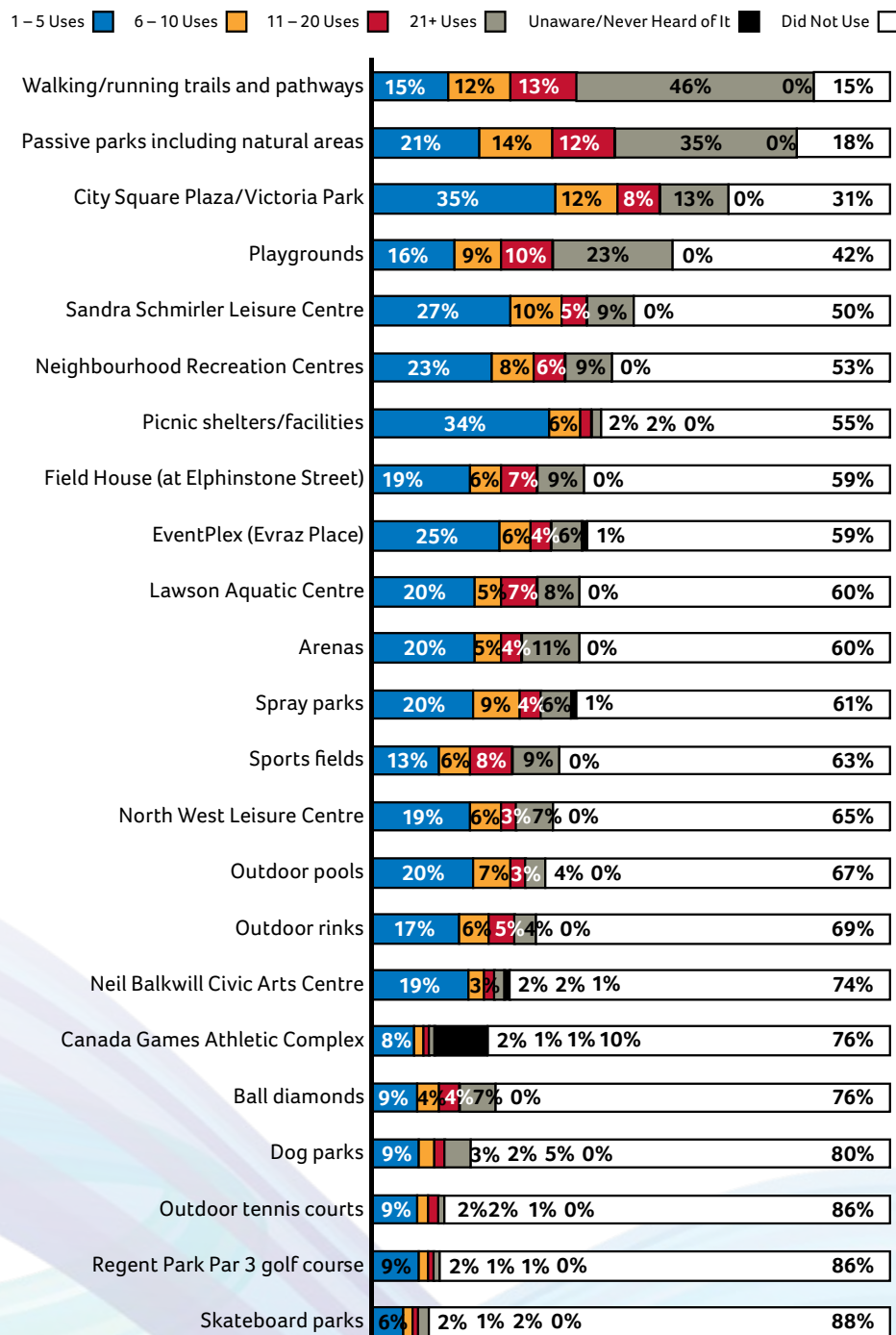
Current Usage/Visitation

Respondents were presented with a list of some recreation facility types owned by the City. For each type they were asked to indicate the number of times a household member has used or visited it as an active participant in the previous year. Walking/running trails and pathways were used by a large majority of households (85%). In fact almost half (46%) used the trails and pathways twenty-one or more times. Similarly, the passive parks including natural areas were used by 82% of households. Other facilities that were used by at least half of households included: and City Square Plaza/Victoria Park (69%); playgrounds (52%); and the Sandra Schmirler Leisure Centre (50%). See the accompanying graph for additional details.

Subsegment Findings

- Residents with an annual household income greater than \$105k reported using arenas significantly more (55%) than those with an annual income of \$60k – \$105k (39%) and less than \$60k (32%).
- Respondents aged 18 – 40 reported using Neighbourhood Recreation Centres significantly more (53%) than those aged 61 and over (39%).
- Residents with an annual household income greater than \$105k reported using Playgrounds significantly more (70%) than those with an annual income of \$60k – \$105k (56%) and less than \$60k (51%).
- Those with tenure of 6 – 15 years in the community used playgrounds more (70%) than those with over 16 years tenure in the community (54%).
- Residents with an annual household income greater than \$105k (91%) and between \$60k – \$105k (91%) reported using Walking/running trails and pathways significantly more than households with an income of less than \$60k (77%).

Utilization of Recreation Spaces



Barriers to Participation

Households were asked to identify what, if anything prevents them or anyone in their household from participating in recreation programs and activities in Regina. Twenty-seven percent (27%) of respondents reported being busy with other activities as the largest barrier to participation. Additionally, fourteen percent (14%) of respondents reported health issues, illness and injury as their most significant barrier to participation. Distance/access and cost/price were also significant barriers.

Subsegment Findings

- Busy with other activities was a more reported barrier for respondents aged 18 – 40 (32%) and 41 – 60 (31%) than respondents aged 61 and over (13%).
- Cost/price (admission/equipment) was a more significant barrier for those with children in the house (17%) than those without children in the house (8%).

Web Survey Results

- Overcrowded facilities (35%)
- Lack of facilities (33%)
- Cost/price (30%)
- Distance/access (25%)

Barriers to Participation



Amount of Travel Time Acceptable

Respondents were asked what amount of travel time to recreational facilities they deemed to be acceptable before it was a barrier to their attendance. While twenty-one percent (21%) of respondents stated that travel time to a recreation facility is not a barrier to participation, a larger proportion (28%) commented that travel time beyond 15 minutes (one way) would serve as a barrier. Approximately two-thirds (64%) of respondents felt that travel time up to 30 minutes one way was acceptable.

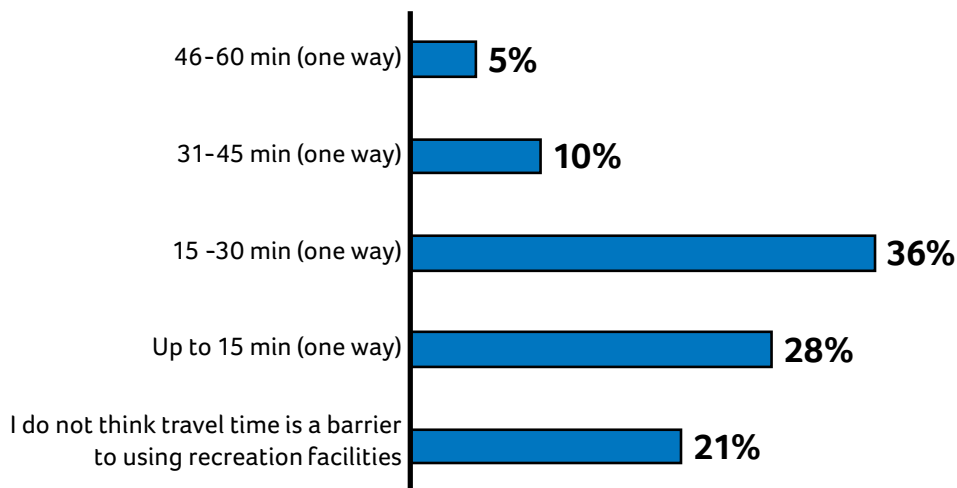
Subsegment Findings

- Respondents residing in the North Zone expressed they are more willing to travel to recreation facilities (36%) significantly more than all other recreation zones.

Web Survey Results

- Fifty-eight percent (58%) of respondents are willing to travel between 15 and 30 minutes one way before considering travel time a barrier.

What amount of travel time is acceptable?



Willingness to Travel

Respondents were then asked if they would be willing to travel farther to use some recreation facilities but not others. This question looked to indicate if preference would take precedent over the length of time it would take to get to a facility. It was found that over two-thirds (68%) of respondents are willing to travel to use some recreation facilities over others.

Subsegment Findings

- Residents with 0 – 5 year's tenure in the community reported being more willing to travel farther for different facilities (85%) than those with over 16 years tenure in the community (70%)

Level of Agreement
Statements

For the statements about recreation in the accompanying chart, respondents were asked to what extent they agree or disagree with the statements. Ninety-seven percent (97%) agree that the community as a whole benefits from the recreation programs and services in Regina. Additionally, seventy-two percent (72%) strongly agreed with that statement. Ninety-one percent (91%) agree that the recreation programs and services in Regina are important to their quality of life.

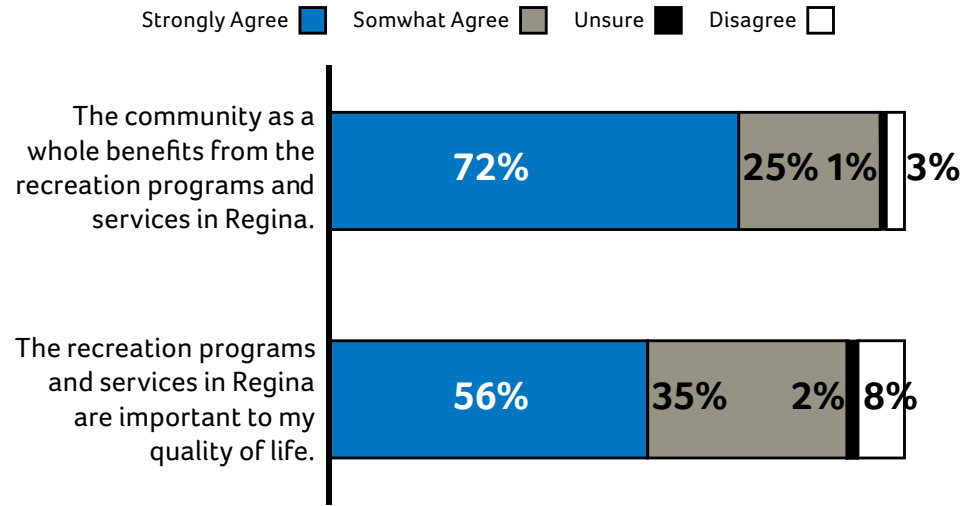
Subsegment Findings

- For the statement regarding recreation as a benefit to quality of life, those with no seniors in the home more strongly agreed (60%) than those with seniors in the home (49%).

Web Survey Results

- The degree to which online respondents agreed with the recreation statements was similar to those who responded to the household survey.
- Web survey participants were more likely to strongly agree that recreation programs and services are important to their quality of life (62% strongly agreed) and that the community benefits of recreation programs and services (81% strongly agreed).

Recreation Statements



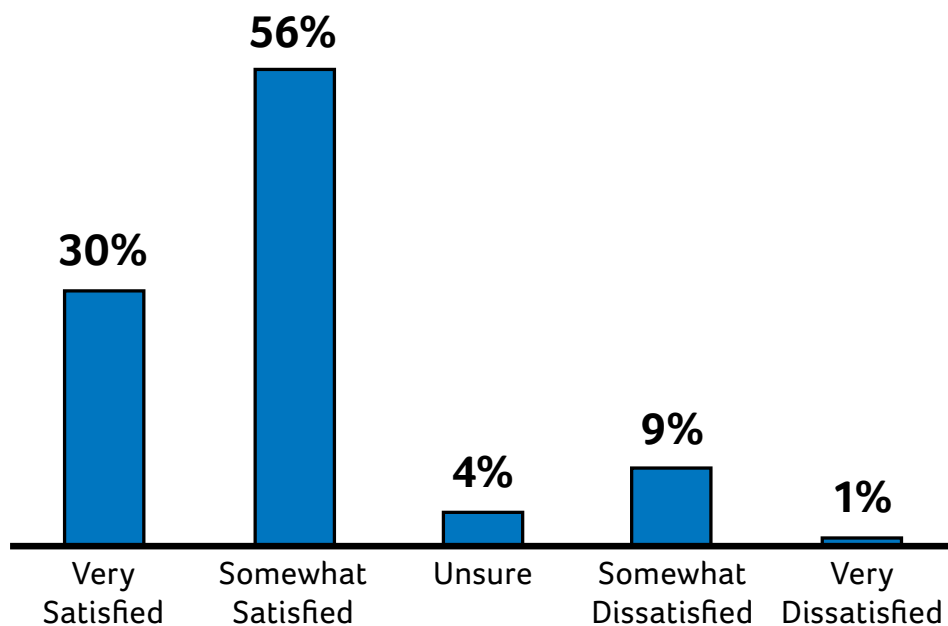
Satisfaction with Recreation Programs and Services

In reference to the existing recreation programs and services, respondents were asked about their level of satisfaction. It was found that eighty-six percent (86%) of households are satisfied with the current recreation programs and services currently offered in Regina (30% very satisfied; 56% somewhat satisfied).

Reasons for Being Satisfied/Dissatisfied

According to the response of the above answer, respondents were then asked to identify why they were satisfied/dissatisfied with the current recreational programs and services. The most reported reasons for satisfaction are a good variety of programs (19%) and excellent programs and services (17%). Those who reported being dissatisfied with current recreational services reported a lack of availability (12%), general programs (8%) and facilities (8%).

Satisfaction with Recreation Programs and Services



Subsegment Findings

- Respondents with an annual household income greater than \$105k, expressed that the City offers a good variety of programs significantly more (25%) than those with an annual income less than \$60k (13%).
- Residents aged 61 and over expressed that the City has excellent programs and services significantly more (23%) than those aged 18 – 40.

Need for New and/or Upgraded Recreation Facilities

When asked to identify if there is a need for new and/or upgraded recreation facilities to be developed in the City of Regina, there was a mixed response. Over half (54%) said “Yes” and forty-one percent (41%) said “No”.

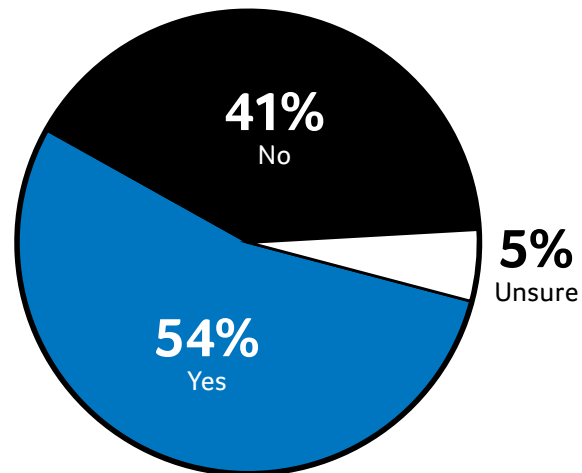
Subsegment Findings

- Residents with longer tenure in the community said no (44%) significantly more times than those with short tenure in the community (26%).
- Respondents aged 18 – 40 expressed a need for new and/or upgraded facilities significantly more (62%) than those aged 61 and over (44%).

Web Survey Results

- A large proportion of respondents (87%) said there is a need for new / upgraded recreation facilities, 9% were unsure, and only 5% said there is no need.

Need for New and/or Upgraded Recreation Facilities



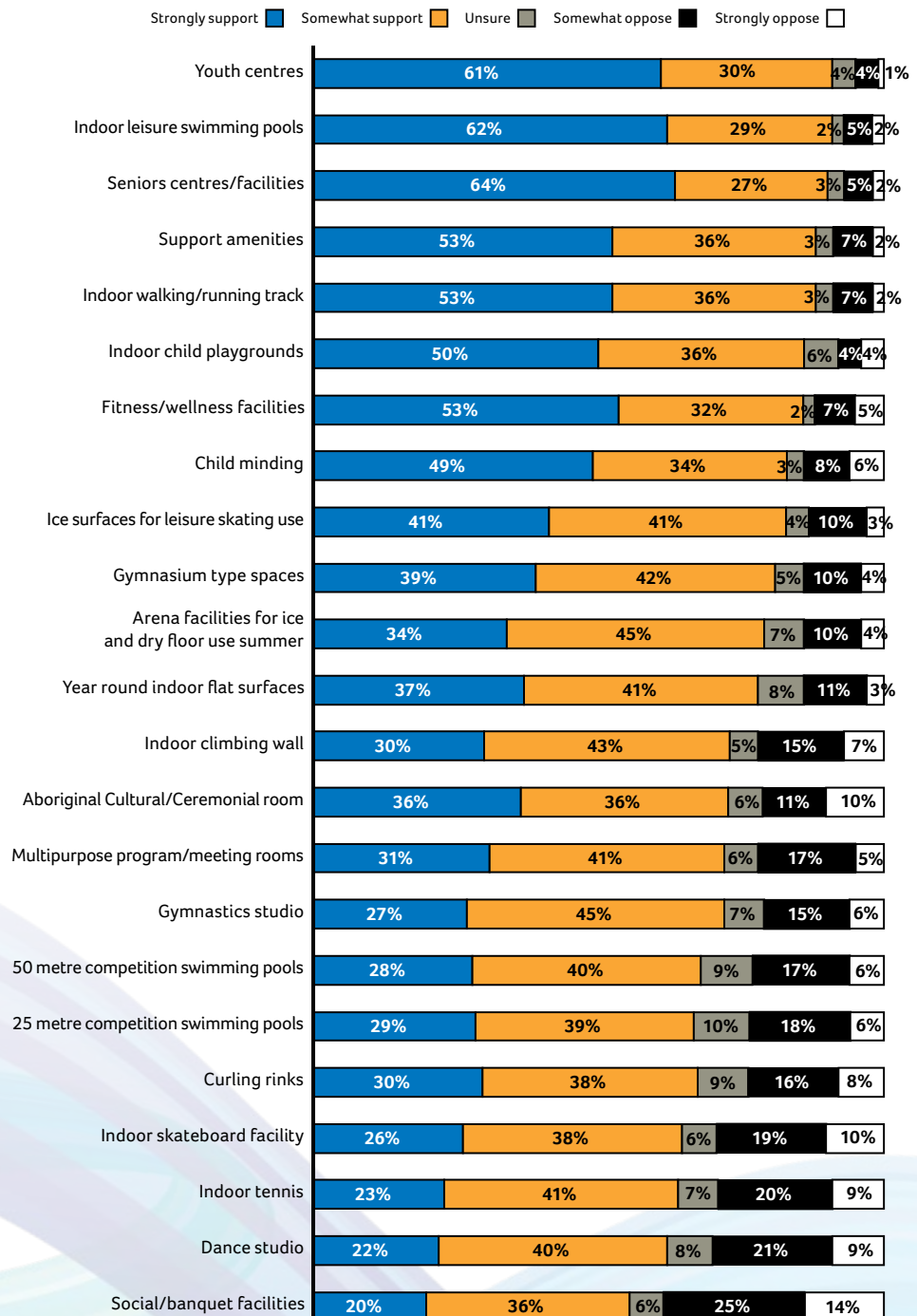
Indoor Priorities

Respondents who think facilities should be developed (and those who were unsure) were then asked to identify their levels of support for various indoor and outdoor facilities. Of the 59% of respondents who answered “yes” or “unsure”, the most support for indoor facilities was provided for: youth centres (91%), indoor leisure swimming pools (91%), and senior’s centres/facilities (91%). By order of most strongly supported indoor components, the top was senior’s centres/facilities (64%). The next most cited were: Indoor leisure swimming pools (62%); Youth centres (61%); Support amenities (53%); Indoor walking/running track (53%); and Fitness/wellness facilities (53%).

Subsegment Findings

- Those with no children in the home listed curling as much more of a priority (37%) than those without children in the home (18%).
- Respondents with an annual household income of less than \$60k strongly supported child minding as a priority significantly more (63%) than those with households incomes \$60k – \$10k (44%) and greater than \$105k (45%).

Support for Indoor Spaces



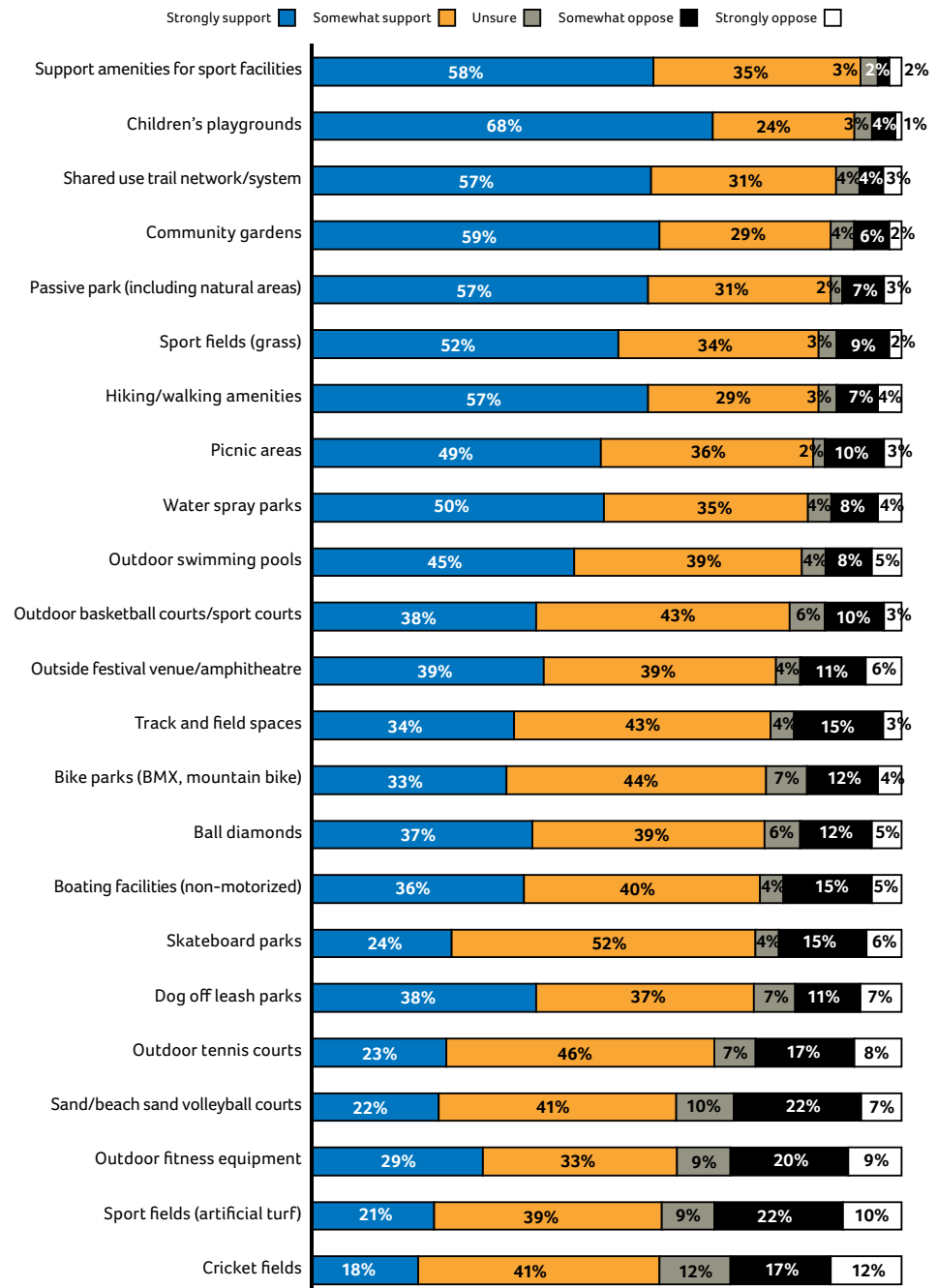
Outdoor Priorities

Considering outdoor facility components those receiving the greatest amount of total support included: support amenities for sport facilities (such as lighting, parking, seating and washrooms) (93%), children's playgrounds (92%) and shared use trail network/systems (88%). By order of most strongly supported outdoor components the top is children's playgrounds (68%). The next highest strongly supported amenities were cited as: Community gardens (59%); Support amenities for sport facilities (58%); Shared use trail network/system (57%); Passive parks (including natural areas) (57%); and Hiking/walking amenities (57%).

Subsegment Findings

- Respondents with no seniors in the household strongly supported shared use trail networks/systems significantly more (62%) than households with seniors (46%).

Support for Outdoor Spaces



Improvements to Programming

Recognizing that there are a number of organizations that offer recreation and parks programs to city residents, respondents identified improvements to existing programs. Accommodating more participants (16%), greater variety (14%) and affordability (13%) were the highest reported answers for improvements to new or existing programs.

Subsegment Findings

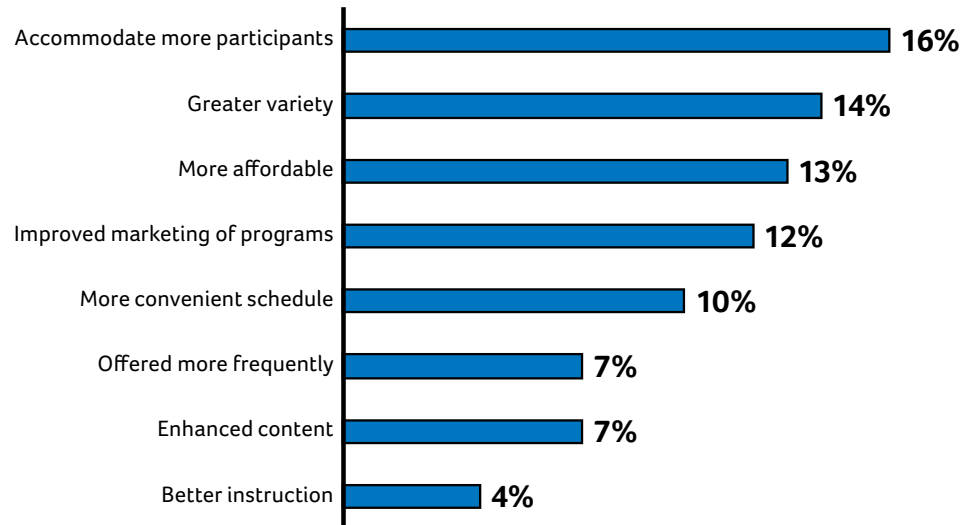
- Accommodating more participants was more important for household with children (24%) compared to those without children (12%).
- A greater variety of programs was more important to households that make less than \$105k (20%) than those that make over \$105k (9%).
- Those who said “Yes” to new/upgraded facilities opted for greater variety of programs (19%) significantly more than those who voted “No” to new/upgraded facilities (9%).

Web Survey Results

The top five reported suggestion to programming for the web survey were distinct from the household survey.

1. More convenient schedule (41%)
2. Greater variety (40%)
3. Accommodate more participants (39%)
4. More affordable (36%)
5. Improved marketing of programs (44%)

Improvements to Programming



Adequacy of Programming

For each of the groups, respondents were asked to identify if the existing recreation programs are adequate for multiple groups. Recreation programs for people with disabilities (20%) and for youth (21%) were expressed as being inadequate by approximately one-fifth of survey respondents.

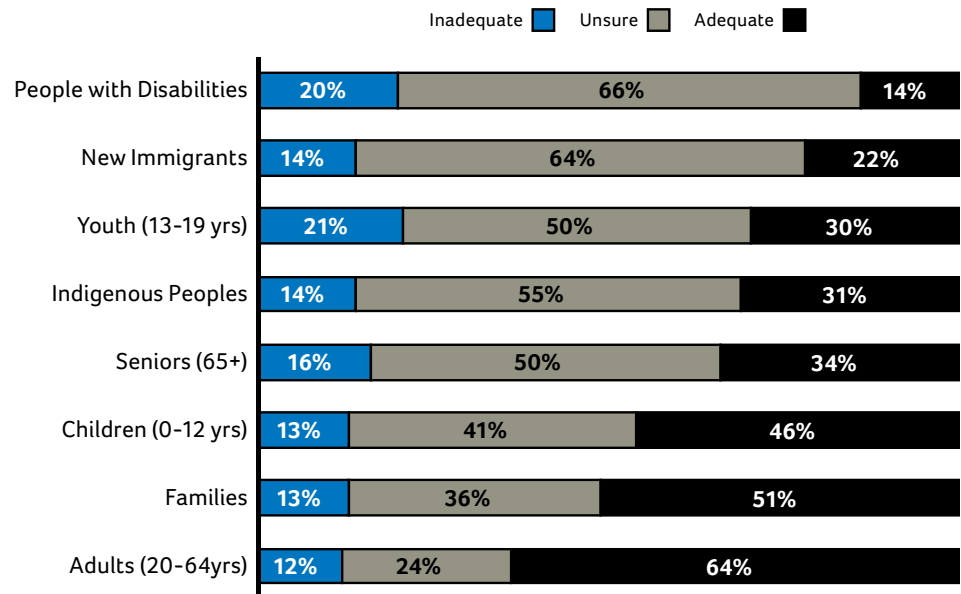
Subsegment Findings

- Respondents with no children in the home expressed inadequacy with recreation program significantly more (23%) than those with children in the home (11%).
- Respondents with over 16 years tenure in the community reported recreation programs being adequate significantly more (38%) than those with 6 – 15 years tenure (22%).

Web Survey Results

- Indigenous peoples: 15% said the programming is adequate while 13% said inadequate.
- Children (0 – 12 yrs): 38% said the programming is adequate while 24% said inadequate.
- Families: 35% said the programming is adequate while 31% said inadequate.
- Adults (20 – 64 yrs): 49% said the programming is adequate while 31% said inadequate.

Adequacy of Existing Programs



Availability of Program Types

Respondents that described the existing recreation programs for any one group as inadequate were then asked to identify what programs/program types should be more available. The most commonly cited programming need for each group are noted below.

Child (0 – 12 years) Program Priorities

- More programs (general) (21 mentions)
- Sports (general) (11 mentions)
- Swimming (10 mentions)
- Fitness (general) (9 mentions)
- Better access to programs (9 mentions)

Youth (13 – 19 years) Program Priorities

- More programs (general) (57 mentions)
- Sports (general) (21 mentions)
- Art (9 mentions)

Adult (20 – 64 years) Program Priorities

- Better access to programs (14 mentions)
- More programs (general) (12 mentions)
- Fitness (general) (11 mentions)
- Art (8 mentions)

Seniors (65+ years) Program Priorities

- More programs (general) (29 mentions)
- Fitness (general) (18 mentions)
- Social programs (18 mentions)
- Better access to programs (10 mentions)

Family Program Priorities

- More programs (general) (32 mentions)
- Swimming (11 mentions)
- Better access to programs (6 mentions)
- Ice rinks/Rink time (5 mentions)
- Sports (general) (5 mentions)

People with Disability Program Priorities

- Better access to facilities (38 mentions)
- More programs (general) (21 mentions)
- Disability accessible programs (17 mentions)

New Canadian Program Priorities

- Language (28 mentions)
- Mentor programs (16 mentions)
- Cultural (12 mentions)

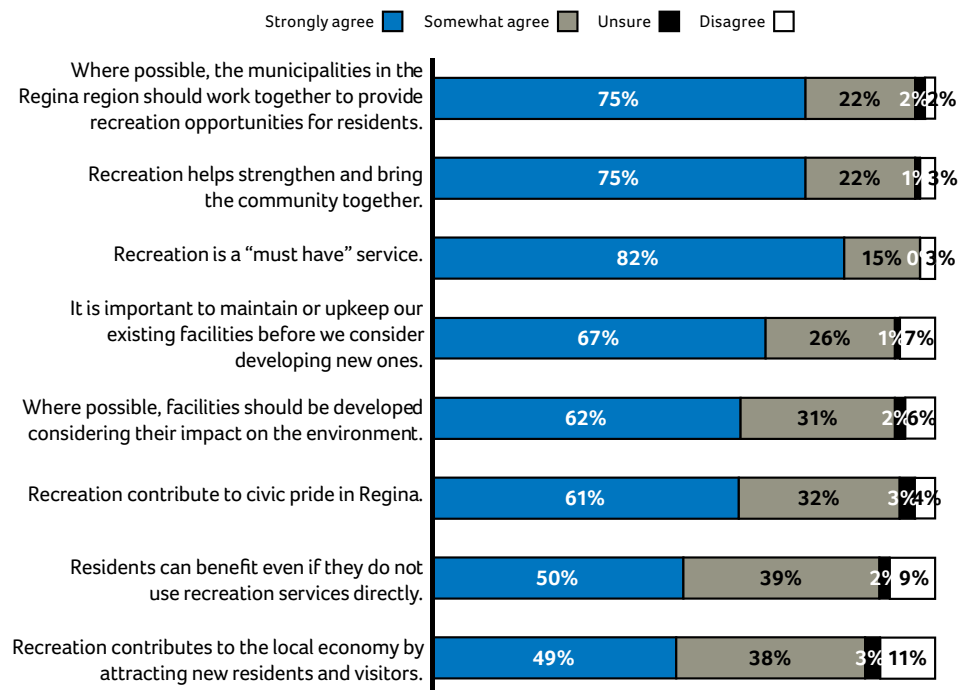
Indigenous Program Priorities

- More programs (general) (24 mentions)
- Cultural (23 mentions)
- Better access to programs (13 mentions)

Development and Delivery of Recreation Programs, Services, and Facilities

For each of the following statements in the accompanying chart, respondents were asked to indicate their level of agreement. Ninety-seven percent (97%) of respondents agree with the first 3 level of agreement statements. The first two statements stress the importance of recreation as a facet to building community and collaboration between communities. Eighty two percent (82%) of respondents strongly agreed that recreation is a must have service, which was the most strongly agreed with statement.

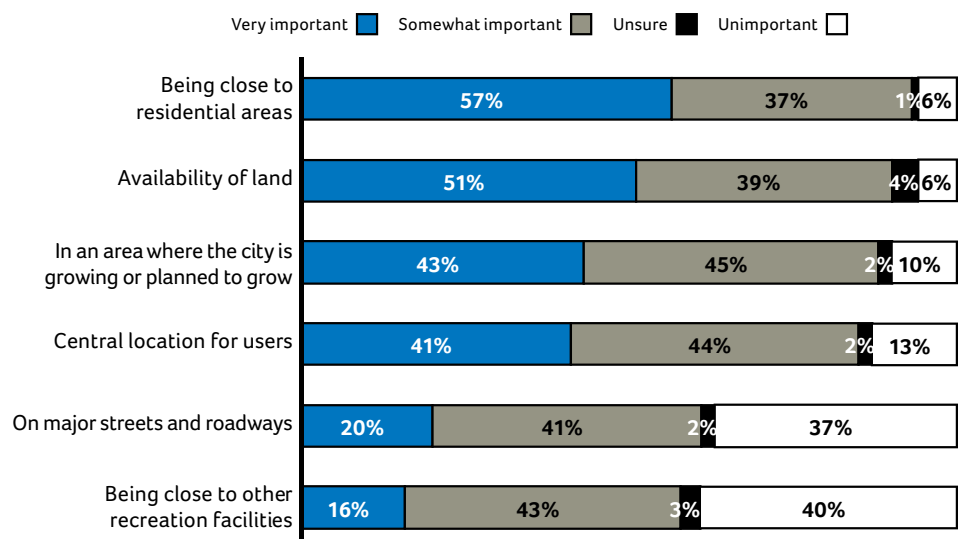
Development and Delivery of Recreation Programs, Services, and Facilities



Site Selection Criteria

Respondents were presented with a series of criteria that could be used when identifying a location for a potential recreation facility. As illustrated in the accompanying figure, the primary criteria is proximity to residential areas (94% of respondents identified it as very important (57%) or somewhat important (37%). Availability of land, and in an area where the city is growing or plans to grow were also indicated as important for determining a potential location.

Site Selection Criteria



Subsegment Findings

- Respondents from the Central Zone reported proximity to residential areas (67%) as very important significantly more than those from the North Zone (43%).

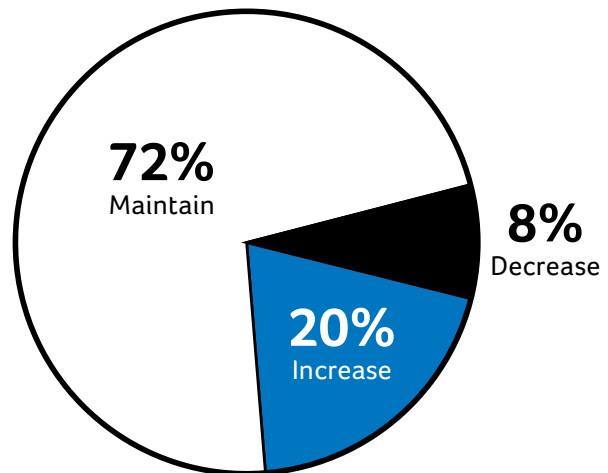
Tax Support and User Fees

The City of Regina recreation programs and facilities are paid for by a combination of tax support (including property taxes) and fees paid by users. When asked to share their opinion regarding tax support and user fees, seventy-two percent (72%) and sixty-nine percent (69%) of households indicated to maintain the current level of tax support and user fees respectively. For tax support, 20% are in support of an increase; 8% are in support of a decrease. For user fees, 16% promoted increase while 15% chose decrease.

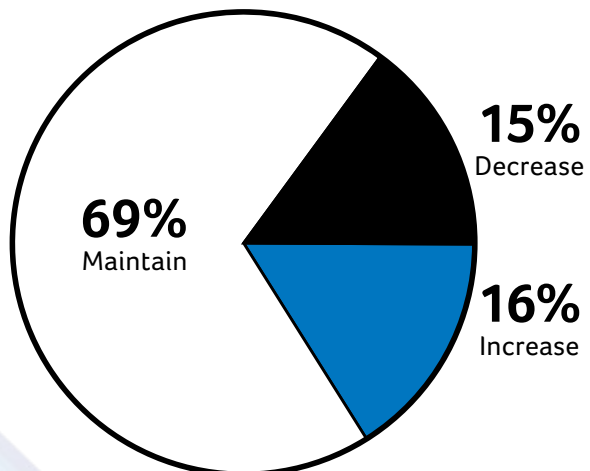
Web Survey Results

- Over one-third (41%) said they would be willing to increase their level of tax support to fund a new facility.
- Approximately one-quarter (22%) of respondents indicated that they would support an increase in user fees.

Increase, Maintain, or Decrease Level of Tax Support



Increase, Maintain, or Decrease Level of Tax Support



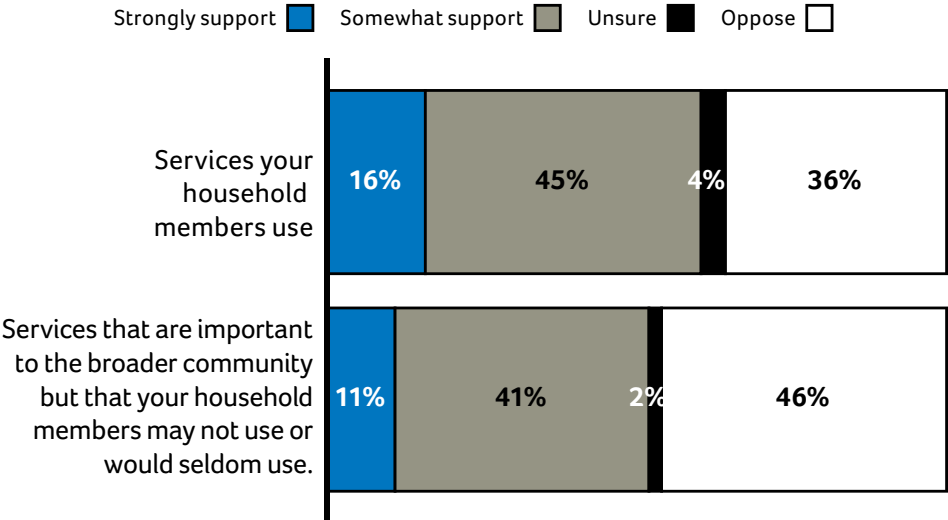
Property Tax Statements

Considering recreation programs and facilities, residents were asked if they support or oppose an increase in property taxes. Specifically, respondents were asked to what degree they would support an increase in property taxes for recreation services that their household members would, or would not use. The majority of respondents support (16% strongly support; 45% somewhat support) increasing property taxes for services that household members use. However, some respondents still reported they would support (11% strongly support; 41% somewhat support) an increase in property taxes for services that are important to the community that your household might not use.

Web Survey Results

- Almost three-quarters (72%) said they would support (32% strongly support) and 40% somewhat support) a property tax increase for services their household would use. Over half (57%) said they would support (18% strongly and 39% somewhat) an increase in property taxes for services that are important to the broader community but that their households may not use.

Property Tax Statements



Information Source for Recreation Services and Opportunities

Respondents were asked to identify their main sources of information regarding recreation and parks services and opportunities in the City of Regina. One-third of (33%) of respondents selected the Leisure guide as the top method for information. Internet/online was the second most reported source of information (21%). Brochures, pamphlets, newsletters and the City of Regina website were identified as the next best methods, respectively.

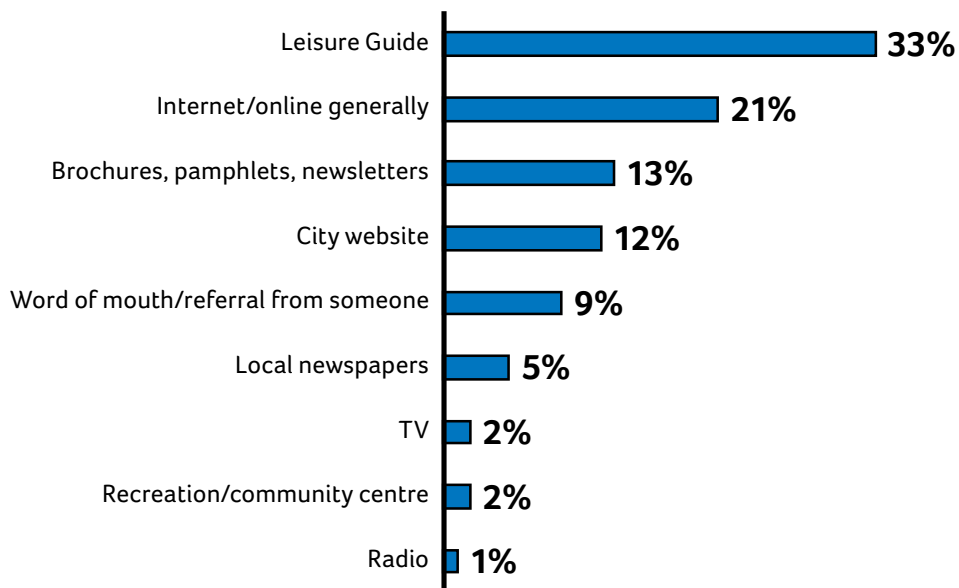
Subsegment Findings

- Respondents who have over 6 years of tenure in the community (36%) prefer the leisure guide significantly more than those with less than 6 years tenure in the community (13%)
- Residents who own their own home (36%) prefer the leisure guide significantly more than those who rent (19%)
- For the respondent who chose Internet/online generally as their main source of information, 29% were aged 18-40 and 22% were aged 41-60, both of which are significantly more than those aged 61 and over (7%)

Web Survey Results

- Leisure Guide (76%)
- City website (57%)
- Internet/online generally (52%)
- Word of mouth/referral from someone (51%)

Preferred Sources of Information



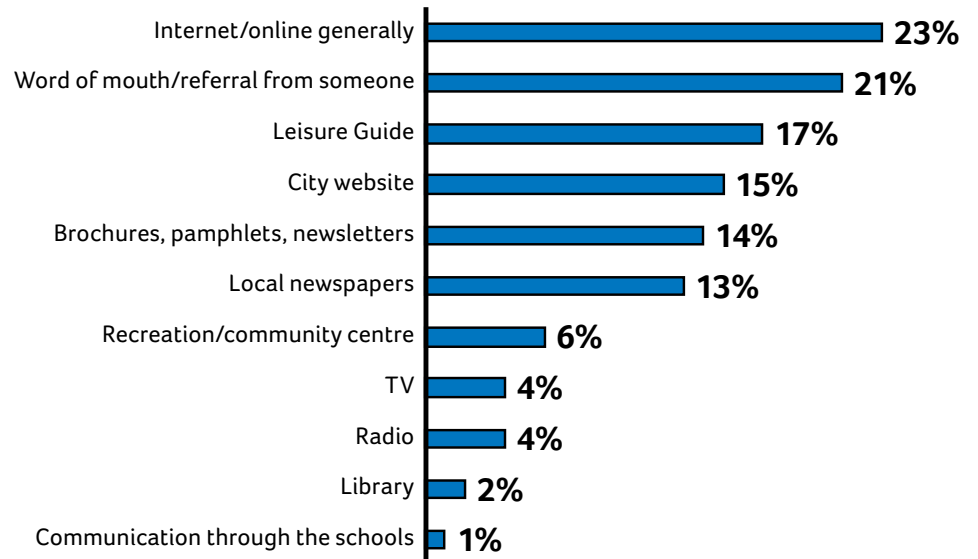
Sources of Information

Households were then asked to identify their other sources of information for information about recreation and parks opportunities. The internet/online was the strongest reported alternative source of information about recreation and parks services in Regina (23%).

Subsegment Findings

- The internet or online generally was more popular for those with children in the home (34%) than those without children (18%)
- Residents with seniors in the home reported using the newspaper for information (20%) significantly more than residents without seniors in the home (9%)

Other Sources of Information



Respondent Profile

Population demographic information ensures the integrity of the survey responses. It is essential that the responses and figures are representative of Regina as a whole. The following demographic information of respondents illustrates the demographic components of Regina to maintain that there are no discrepancies.

Household Composition	Phone	Online	Actual Regina
0 – 9 years	14%	24%	13%
10 – 19 years	11%	14%	11%
20 – 29 years	13%	12%	15%
30 – 39 years	14%	22%	15%
40 – 59 years	26%	23%	26%
60 – 69 years	13%	5%	10%
70+ years	9%	1%	9%

Respondents by Recreation Zone	Phone	Online	Actual Regina
Central	18%	17%	18%
East	24%	24%	23%
North	12%	8%	11%
South	20%	25%	20%
West	27%	23%	23%

How long have you lived in Regina?	Phone	Online
Less than 1 year	2%	2%
1 – 5 years	10%	11%
6 – 10 years	8%	13%
11 – 15 years	8%	10%
16 – 20 years	9%	10%
More than 20 years	63%	55%

Do you expect to reside in Regina for the next 5 years?	Phone	Online
Yes	94%	90%
No	4%	2%
Unsure	2%	8%

Do you own or rent your home?	Phone	Online
Own	84%	87%
Rent	15%	13%
Don't know/refused	1%	0%

Have members of your household immigrated or resettled in Canada within the past 3 years?	Phone	Online
Yes	4%	3%
No	96%	97%
Unsure	0%	1%

Do you or members of your household consider yourself/themselves Indigenous?	Phone	Online
Yes	11%	7%
No	88%	92%
Unsure	1%	2%

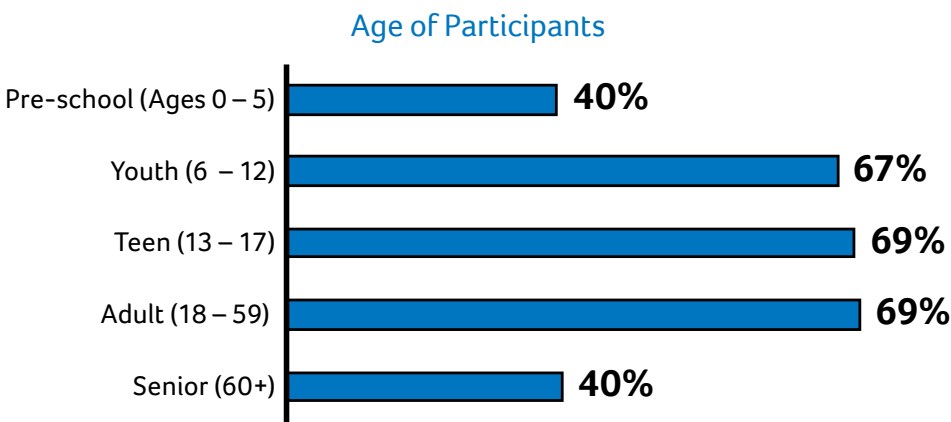
Which of the following categories best describes the total annual income, before taxes, of all members of your household in 2015?	Phone	Online
Less than \$30,000	7%	3%
\$30,000 to just under \$45,000	6%	4%
\$45,000 to just under \$60,000	12%	6%
\$60,000 to just under \$75,000	9%	8%
\$75,000 to just under \$90,000	10%	9%
\$90,000 to just under \$105,000	7%	10%
\$105,000 to just under \$120,000	7%	10%
\$120,000 to just under \$135,000	4%	7%
\$135,000 to just under \$150,000	4%	7%
\$150,000 and over	16%	23%
Don't know/refused	19%	15%

Stakeholder Group Survey

Community and cultural organizations in Regina were emailed an invitation to participate in a survey intended to collect information about the organizations that deliver recreation in Regina. The survey addressed the recreation needs and issues of the community organizations. The invitations included a link to an online version of the questionnaire: a hardcopy version of the questionnaire was also available. One hundred eighty-five (185) groups responded to the survey (558 were invited to participate). The results capture their individual perspective therefore they are not statistically representative of all organizations in Regina.

Community Organization Information

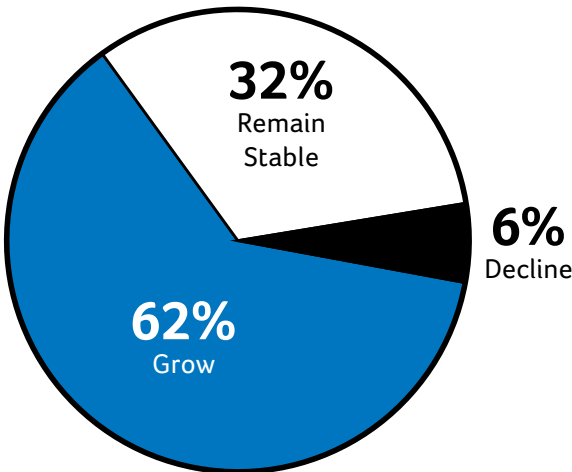
Of the organizations that submitted a response to the survey, 69% have adult participants, 69% have teen participants and 67% have youth participants.



Expectations for Growth

Approximately two-thirds (62%) of groups expect their participant numbers to grow over the next couple of years. Thirty-two percent (32%) expect to remain stable and six percent (6%) expect to decline.

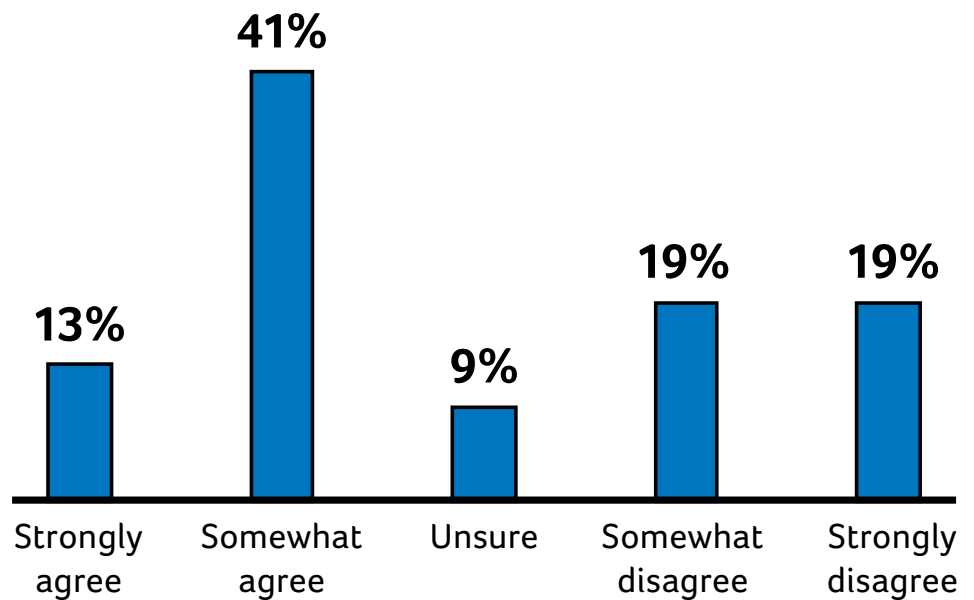
Expectation for Participant Numbers



Facilities and Spaces

Respondents were asked the extent to which they agree that “the current recreation facilities and spaces in Regina meet the needs of our organization.” Over half of respondents agreed with that statement (13% strongly agree; 41% somewhat agree).

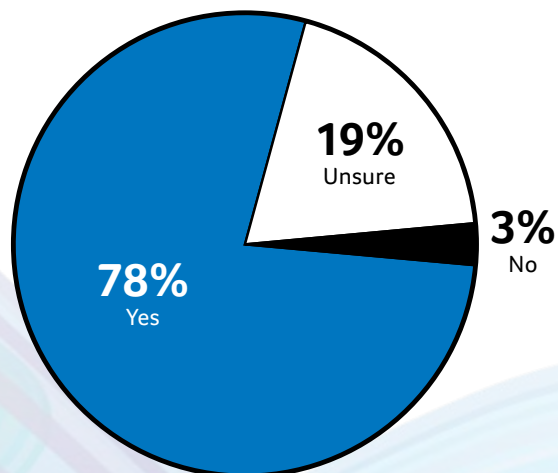
“The current recreation facilities and spaces in Regina meet the needs of our organization.”



New and Improved Recreation Spaces

Groups were then asked if there is a need for new and/or upgraded facilities or spaces (indoor and/or outdoor) to be developed in Regina. Over three-quarters (78%) of the groups responded “yes” (78%) and 19% were unsure.

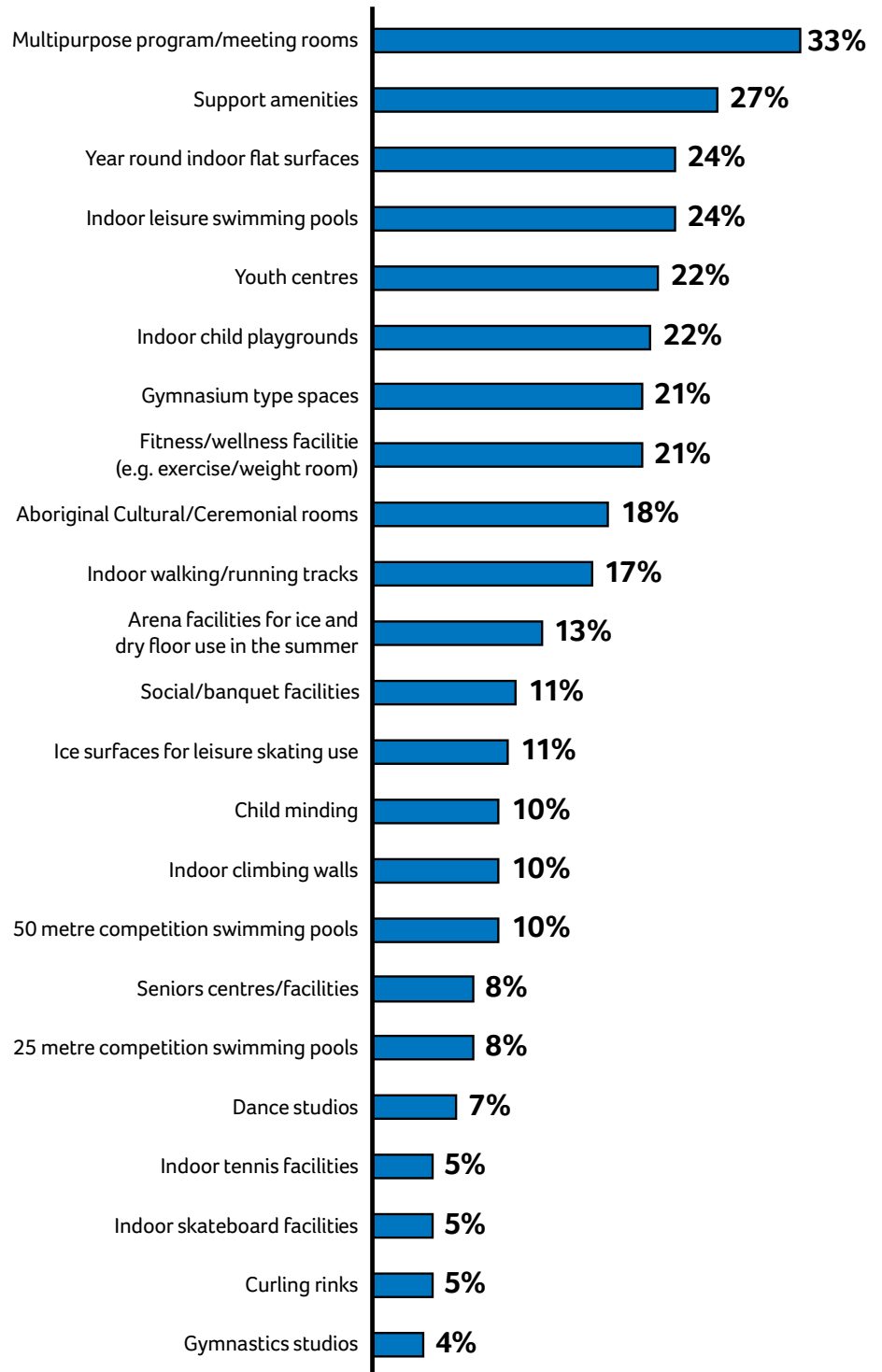
Need for New/Enhanced Recreation Facilities



Indoor Priorities

Respondents were asked to select up to five indoor recreation and leisure facilities or spaces that should be more readily available or enhanced in Regina to satisfy their organization's needs. The top 3 priorities were multipurpose program/meeting rooms (33%), support amenities (27%), and indoor leisure swimming pools (24%).

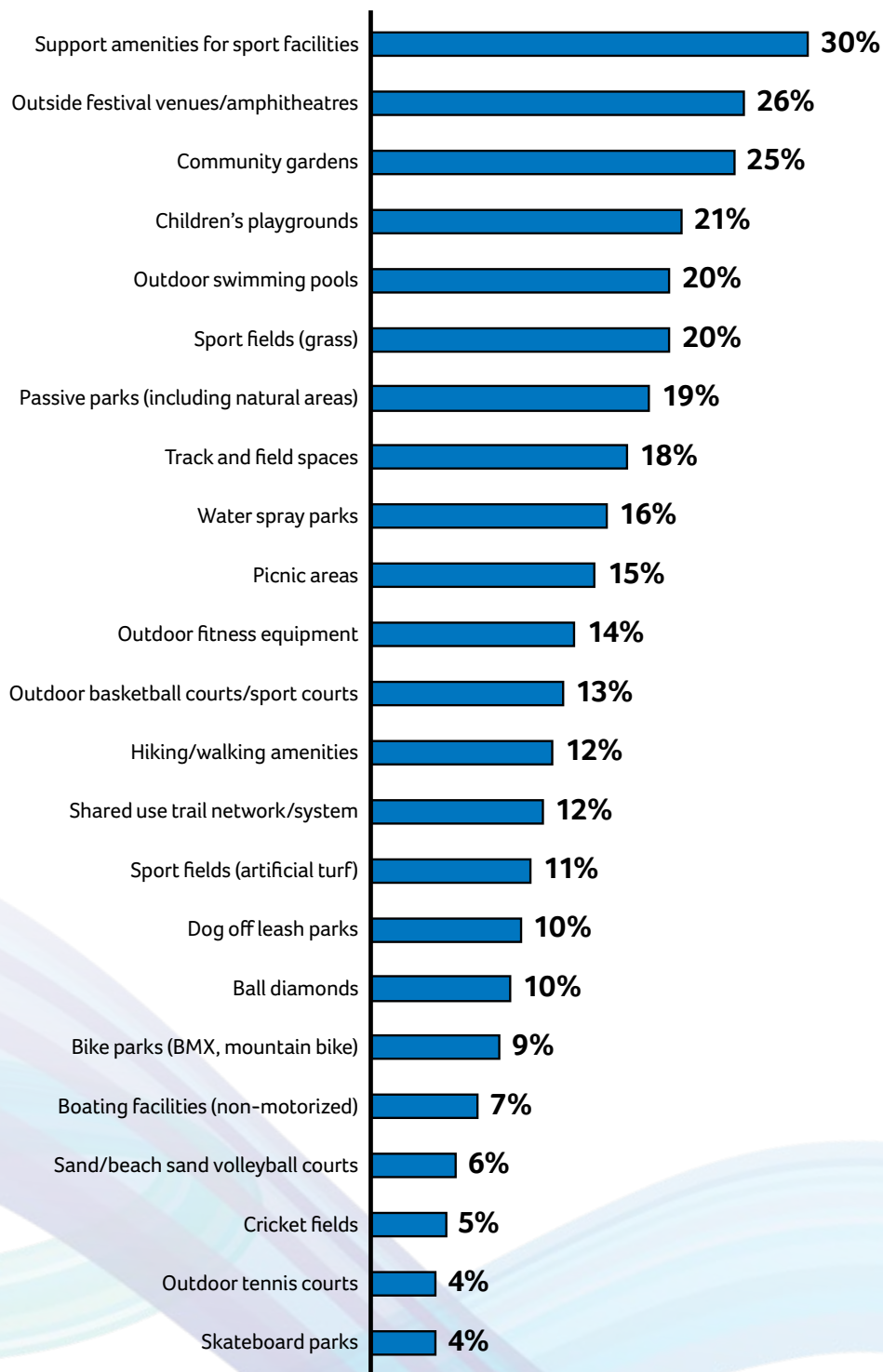
Indoor Priorities



Outdoor Priorities

The same question was then asked for outdoor spaces. Support amenities for sport facilities (such as lighting, parking, seating, washrooms) was the most common response (33%) followed by outside festival venues/amphitheatres (26%) and community gardens (25%).

Outdoor Priorities



Challenges

Groups were asked to write in their main challenges as they deliver programs. In total, 159 respondents identified their challenges. The top challenges are a lack of quality or suitable spaces (44 mentions), difficulties in accessing certain recreation spaces (38), and a lack of recreation spaces (28). Challenges that were mentioned by at least four groups are displayed in the accompanying chart.

Challenge	Mentions
Lack of quality/suitable recreation spaces	44
Can't get access to recreation spaces	38
Lack of facilities and recreation spaces	28
Rental fees are too high	24
Lack of funding	17
Transportation is a barrier	15
Lack of volunteers	14
Difficult to promote opportunities	11
Unreliable bookings at City facilities	7
Lack of parking	6
Lack of storage space	4
Facility accessibility is an issue	4
Communication with City staff can be improved	4
Lack of meeting spaces	4

Support Needs

Considering the challenges the groups identified, the groups were then asked what the single most important action is that the City of Regina could provide to help their organization meet its programming needs. Out of the 153 comments, over one-third (53 mentions) of responses mentioned the need for new recreation facilities and spaces. Fourteen (14) comments described that the scheduling and allocation process for facility rental times should be revisited and ten (10) comments expressed the need to enhance current facilities and spaces. Recurring comment themes with three or more mentions are displayed in the chart.

Support	Mentions
Development of new recreation spaces	53
Allocation of recreation spaces	14
Enhance existing recreation spaces	10
Ensure rental rates are reasonable	9
Assistance with promotions	9
Funding support	9
Maintenance of spaces	8
Help small groups get access to spaces	6
Ensure accessibility of facilities and programs	6
Better communication between City and groups	5
Maximize partnerships	5
Increase transportation options to recreation facilities	5
Offer more programs	4
Access to storage space	3

General Comments

Finally, respondents were encouraged to provide any other comments they had relating to recreation services and opportunities in Regina. Seventy-five comments were provided covering a wide range of topics. A few of the groups appreciated the opportunity to provide feedback and are grateful to the City for its services and efforts. It was suggested that more dialogue could occur between the City and groups and that the City should play a large role in **supporting volunteer groups** that provide recreation opportunities to its residents. **Partnerships with social groups** were also encouraged as recreation is important in ensuring the social health and wellbeing of the community.

Many of the respondents reiterated their **wishes for new and enhanced facilities**. Some want multiple component recreation facilities while others called for geographic balance of spaces throughout the city. A focus on tournament hosting was brought forth, including the proper planning of facilities and amenities to support such events. It was mentioned that organizations could grow and take on more participants if it weren't for a lack of infrastructure. More pride could be placed into facilities and it was noted that other communities in the province have higher quality facilities than in Regina.

In terms of programming, a couple of the groups said that there is a need to help facilitate **opportunities for low income** children and families. Perhaps more focus on low cost and free activities. Similarly, it was mentioned that it is tough for non-profit organizations to keep program fees at a minimum if rental fees keep increasing.

Another comment suggested that there should be **healthier food options** in recreation facilities. A couple groups asked the City to justify why some activities are publicly supported while others are not. One group recognized that there are many needs in the City and they are not sure what the best approach is to paying for these needs.

Youth Survey

A survey was conducted to gather the perspective of youth in Regina. In total, 615 responses were submitted from children and youth, 95% of whom reside in the City of Regina. The majority (82%) of respondents are between the ages of 11 and 14. Thirty-two (32) schools were represented including 168 responses (30%) from Regina Christian School.

School	Percent
Regina Christian School	30%
St. Francis Community School	12%
Walker Elementary School	8%
Henry Braun Elementary School	7%
Ecole Wilfred Walker	7%
Marion McVeety Elementary School	5%
Regina Huda School	5%
Dr. A.E. Perry Elementary School	4%
Argyle Elementary School	4%
St. Jerome Elementary School	4%
Schools with less than 20 responses ^A	16%

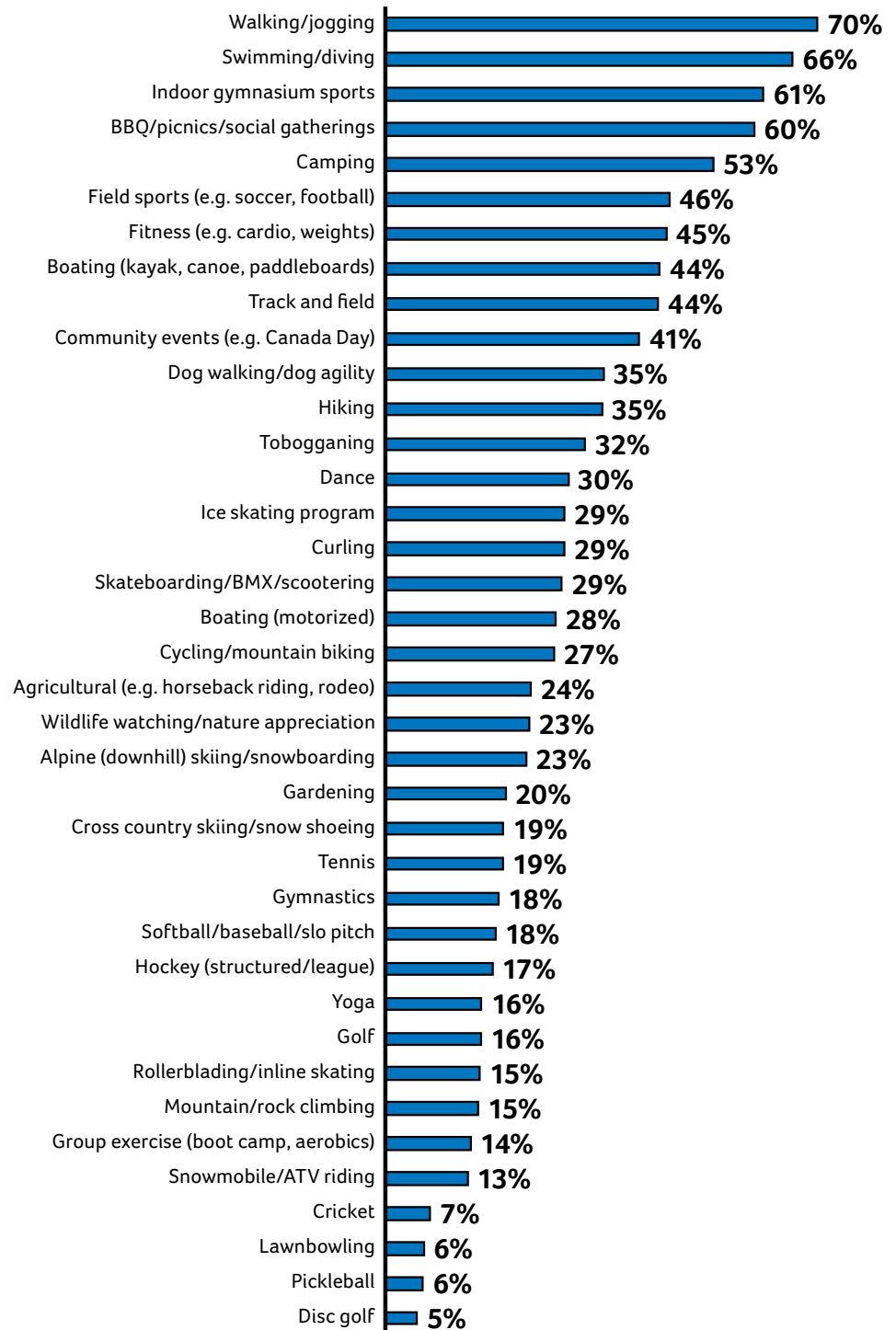
Age	Percent
9	<1%
10	3%
11	16%
12	23%
13	32%
14	12%
15	2%
16	4%
17	3%
18	3%
19+	2%

^A Seven Stones Community School; Judge Bryant Elementary School; Rainbow Youth Centre Road to Employment; Thom Collegiate; Albert Community School; Scott Collegiate; Ecole Elsie Mironuck Community School; Douglas Park Elementary School; Ecole Centennial Community School; Ethel Milliken Elementary School; George Lee Elementary School; Archbishop M.C. O'Neill Catholic High School; W.H. Ford School; Arcola Community; Balfour Collegiate; Ecole Connaught Community School; Cornwall Alternative School; Ruth Pawson School; St. Matthew School; St. Timothy School; St. Angela Merici School; St. Catherine Community School.

Recreation Participation

Respondents were asked to select all the activities they participated in over the last 12 months. The five activities participated in by over half of the respondents were walking/jogging (70%), swimming/diving (66%), indoor gymnasiums sports (61%), BBQ/picnics/social gatherings (60%), and camping (53%).

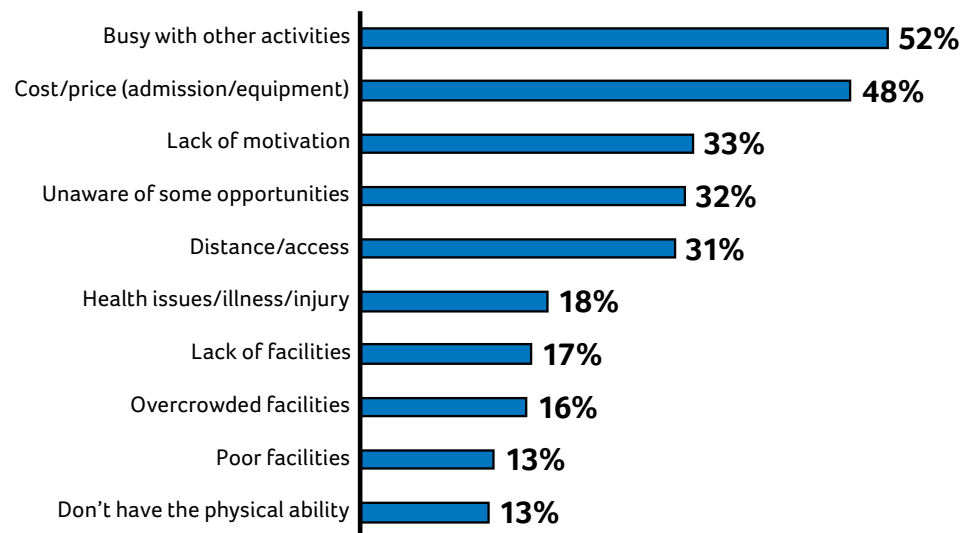
Recreation Participation



Barriers to Participation

Busy with other activities (52%) and cost/price/equipment (48%) were the top barriers to participation in recreation programs or activities. Approximately one-third of respondents believe that lack of motivation (33%), being unaware of some opportunities (32%), and distance/access (31%) are barriers to participation.

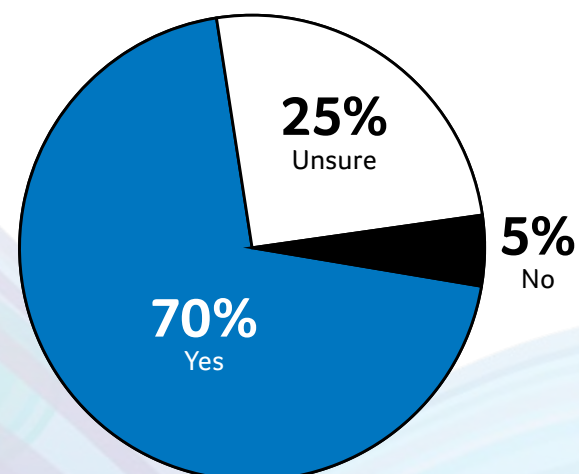
Barriers to Participation



New and Improved Recreation Spaces

Seventy percent (70%) of respondents believe that new facilities need to be built or some existing facilities need to be improved in Regina and one-quarter are unsure (25%).

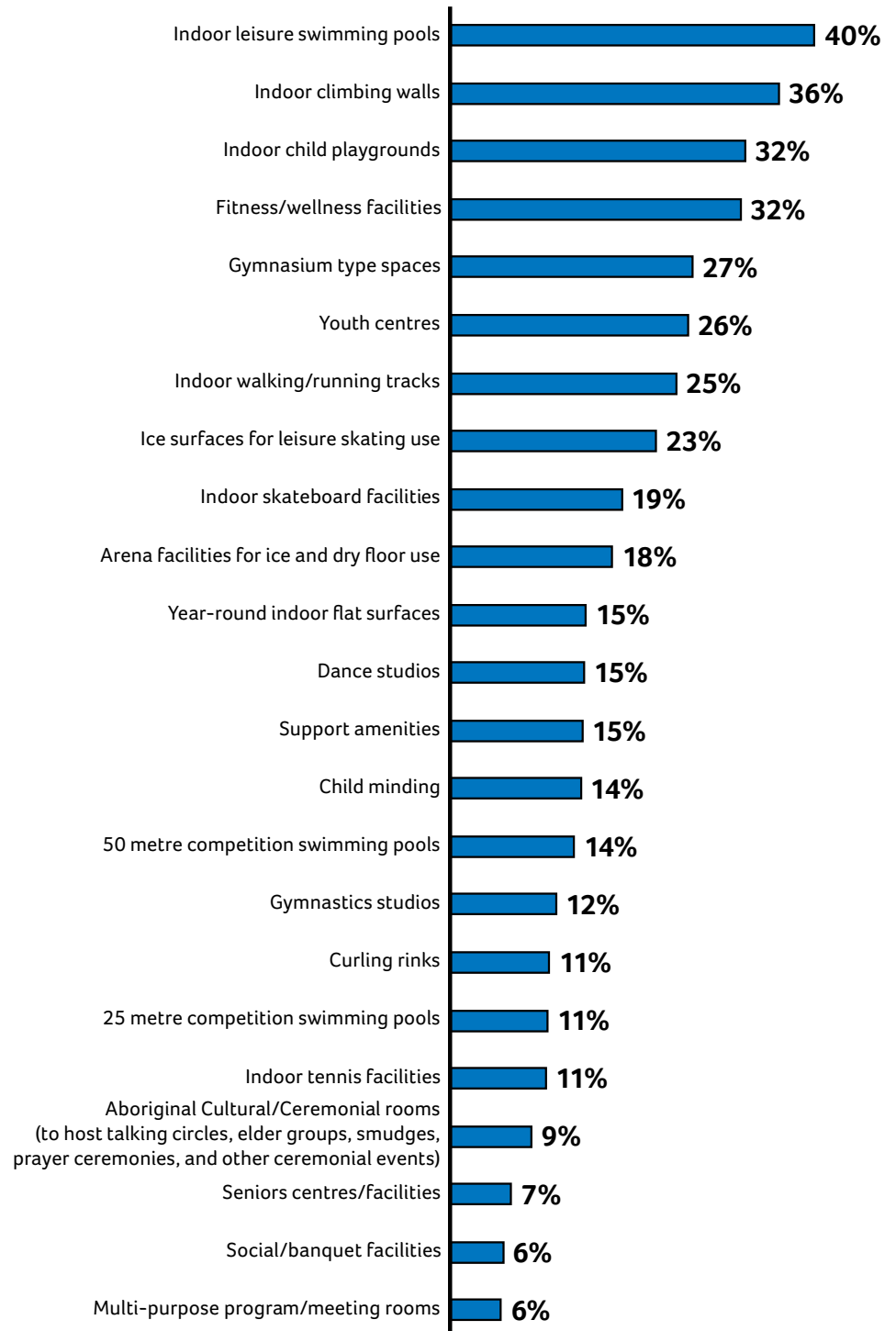
In Regina, do you think new facilities need to be built or some existing facilities need to be improved?



Indoor Priorities

The respondents who responded “yes” or “unsure” to the previous question were asked to indicate their top five indoor and outdoor priorities for recreation facilities that should be built or improved in Regina. The top indoor priorities were indoor leisure swimming pools (40%), indoor climbing walls (36%), indoor child playgrounds (32%), and fitness/wellness facilities (32%).

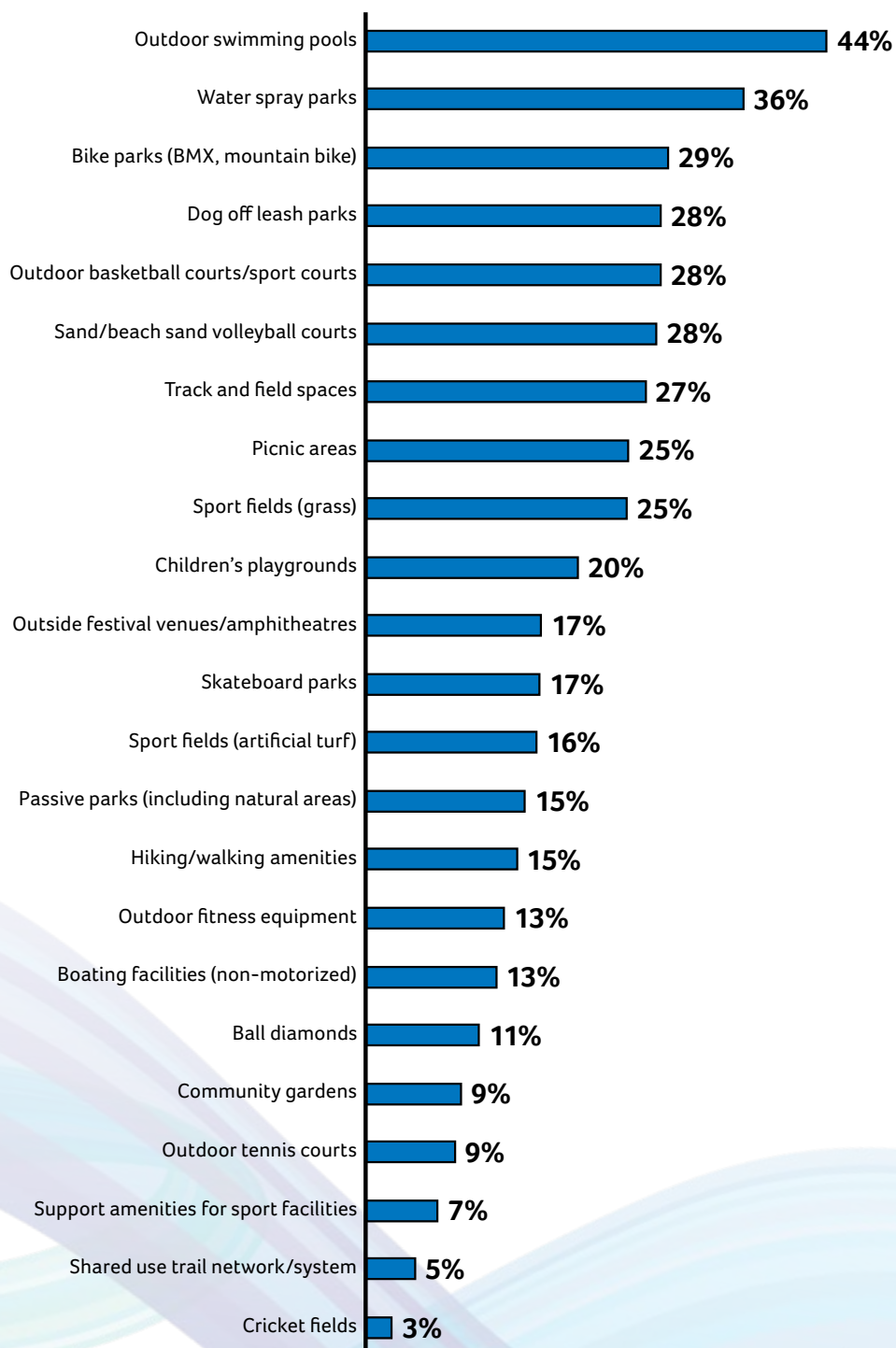
Indoor Priorities



Outdoor Priorities

For outdoor recreation spaces, outdoor swimming pools (44%) and water spray parks (36%) were indicated by over one-third of respondents. Twenty-nine percent (29%) of respondents would like to see bike parks. Please refer to the graph for the complete list.

Outdoor Priorities



Programs

Respondents were asked to list any recreation programs that they do not participate in now but would like to. Fifty (50) respondents mentioned basketball as a program they would like to participate in while forty (40) mentioned soccer. Swimming (29), volleyball (26), dance (23), and gymnastics (23) rounded off the top five wanted program types. Program types with five or more mentions are listed in the adjacent charts.

Program Type	Mentions
Basketball	50
Soccer	40
Swimming	29
Volleyball	26
Dance	23
Gymnastics	23
Football	20
Hockey	19
Skating	19
Baseball	17
Tennis	15
Agricultural	13
Badminton	13
Rock climbing	11
Softball	11
Skateboarding	10
Art	8
Curling	8
Music	8
Lacrosse	7
Martial arts	7
Track and field	7
Fitness	6
Yoga	6
Flag Football	5

General Comments

Finally, respondents were invited to provide any other comments they had regarding the future of recreation services in Regina. A majority of the comments provided reiterate their desire for a **new recreation space or program** as noted previously in the survey. Other comments included the need to **maintain current facilities better**, including **washroom cleanliness**. A need for more **affordable programs** and **community events** was mentioned. It was also suggested that there should be more **spaces for youth to hang out**, facilities should be **accessible for all** and have interesting designs, and **outdoor art displays** would be nice as well.

Stakeholder Interviews

Discussion sessions and meetings were held with local stakeholders to get a well-rounded perspective on recreation in Regina. These sessions offered a chance for stakeholders to provide input into the Master Plan process by presenting their assessments of recreation in Regina including what is working well, what challenges are being dealt with, as well as suggestions for improvements and supports to enhance recreation provision.

A broad range of community groups, organizations, and partners were invited to participate in the discussion sessions and meetings. Participants included those that provide direct recreation programming to Regina residents such as community associations, minor sports associations, adult recreation leagues, seniors' groups, and partner organizations. Advocacy groups, cultural organizations, and other public groups were invited to provide input for the Master Plan.

In total, 57 sessions were convened (one-on-one and small groups) with 132 participants representing 116 organizations. A complete list of participating stakeholders can be found in the Appendix. Themes that emanated from the discussions are presented below.

While many of those interviewed commented on the age of Regina's recreation infrastructure, it was **the condition and maintenance of those facilities** that was a point of focus. It is recognized that older facilities inherently are not in as good a condition as newer ones. However the condition of some facilities was considered in need of improvement. Specific facility types that were highlighted during the discussions included: outdoor rinks, outdoor pools, ball diamonds, and rectangular fields. The number of these facilities was regarded as generally sufficient; the condition of them generally however was not uniform and required attention. Curling clubs and track and field venues were cited. Playgrounds and spray pads received varying reviews with some saying conditions were fine. Some maintenance issues have resulted due to multiple uses of a space—this is particularly true with outdoor fields. Spontaneous, unstructured use can create wear on a field that is not consistent with a sports' use. Setting maintenance standards or communicating existing standards to user groups would help create an expectation for maintenance. In turn it would help users understand the importance of their fees in the maintenance of facilities. Some people felt that the City puts a lower emphasis on maintenance of its facilities than it should and rather expends its attention on newer spaces.

Through conversation with stakeholders several **infrastructure gaps** were identified. These included the following:

- Indoor aquatics, particularly a program, deep tank. While there were some comments about the need for more leisure aquatic spaces, it was the rectangular tank for aquatic groups that was considered the most pressing need.
- Outdoor turf fields. These fields enable more use during a set period of time—they also extend the season.
- Skateboard parks. The city had an indoor park but it was removed with the development of the new stadium. There is one privately run indoor skateboard park however another is needed. This type of venue provides space for youth with a wide variety of backgrounds. Skateboarding has been established for such a long tenure that it attracts adults as well. In particular the north central part of Regina was seen as an appropriate location. A bowl was also suggested.
- Performing arts venues. While Community Centre facilities are available for performing arts, they are not considered conducive for performances.
- Bike paths throughout Regina. This facilitates connectivity across the city and to recreation facilities.
- Spray parks. They offer great spontaneous use opportunities and require no lifeguards.
- Additional green passive space to accommodate spontaneous unstructured use. As the warehouse district grows green space is increasingly being desired by both residents and the business community.
- Group support space such as meeting space and storage
- Fenced dog off leash areas
- Large multiplex hubs—these become community gathering spaces as they draw many people in for many different activities including social gathering.

More generally, a need was expressed for recreation facilities in economically disadvantaged areas of Regina. People in these areas are typically more challenged in accessing recreational space. As such many felt it incumbent upon the City to ensure these neighbourhoods had recreational space in the neighbourhood or near enough so that transportation would not be a barrier.

When it comes to **planning for recreation spaces** there were numerous suggestions. It was felt that including user groups in the planning of space would help strengthen the relationship between the City and the groups. It would also demonstrate the challenges associated with facility development. Multiplex space can help activities promote themselves to non-participants and provide spectator opportunities. Dry land training space is a suitable companion to dedicated space. In fact looking for complementary amenities would help maximize the use of spaces (for example a climbing wall in a skatepark facility would serve a broad group with similar interests.) Facilities should be planned as well considering their abilities to attract and host events. In some instances small adjustments or amenity groupings would enable the hosting of a tournament or event.

Recreation **service provision responsibilities extend beyond the City** of Regina. In fact there are many other providers in the community. The University of Regina provides spaces and programs as does the YMCA. It is also important to understand the plans of such organizations. For example, the University of Regina is considering the development of a new arena to expand the Centre for Kinesiology Health and Sport. There are many private providers as well that offer fitness opportunities. It is important to acknowledge the broad spectrum of recreation providers in the community. In some instances the City does not have to provide a service if the marketplace has sufficient providers.

There are a number of **barriers that impact the ability of some residents to access recreational opportunities**. These include transportation barriers. These could be addressed by enhancing the trail system, by recognizing that people want to access opportunities using non motorized means, and by considering facility provision in light of established public transportation networks. It also suggests that transportation and recreation planning can and should occur simultaneously. Cost was identified as a barrier. While there are programs in place to help address affordability, some felt the City has an obligation to provide recreation to the most economically disadvantaged. Culture and language is a barrier as well. Some of this is obvious such as with promotions in an unfamiliar language. Other times it is more subtle with a lack of cultural understanding or even a lack of a strong welcome.

Neighbourhood level recreation opportunities was considered important. Providing recreation opportunities close to people's homes is seen as important. For one it helps mitigate any transportation barriers that may exist. For another it helps strengthen a community as people are recreating in the areas in which they live. Neighbourhood needs include parks and pathways, tree canopies, and playgrounds amongst other things. The need for outdoor rink space and community program spaces was seen as important. In fact it was suggested that each neighbourhood have an identified list of amenities. The role of the community association was championed as well. Efforts to support and strengthen these valuable community building, recreation delivering, volunteer driven organizations are needed.

As the city becomes more diverse and customers present a broad array of needs and challenges, it is important for the City to **ensure staff are continually and appropriately trained**. This would include knowing how to deal with patrons with special needs. It would help staff work with those from many different cultures including the Indigenous community. And it would help staff effectively and sensitively deal with issues of gender that are becoming more commonplace.

Continued and enhanced promotion of the benefits of recreation, the opportunities to recreate, and healthy lifestyles is needed. The Leisure Guide was recognized as a valuable resource but a greater and more effective presence online would be beneficial. Effective communication should also consider the audience. As such if a particular group or segment is the desired audience for a message than consideration is needed to the most effective messaging and channel. Specific promotional efforts are needed for both newcomers to the community as well as those in the Indigenous community. The offering of healthy food choices in City facilities would not only provide healthy choices but it would also communicate the importance of a healthy lifestyle.

Meeting attendees opined about **recreational programming**. They commented that programming needed to be affordable to "knock down" financial barriers. Programming needs to be accessible considering all barriers from physical accessibility to scheduling and so on. Some also suggested that the City's role in programming is to provide introductory level programming and those that focus on physical literacy. The Long-Term Athlete Development (LTAD) model should be utilized with a focus on Active Start and FUNdamental stages. It was further discussed that there are many in the community

who can provide more advanced programming therefore the City should stick with the introductory levels. In terms of direct programming ideas for the City suggestions included: youth and the arts; youth leadership; career programming; activities that reflect the interests of newcomers; healthy lifestyles.

An **improvement to some City processes** was suggested. Some challenges were identified with the booking of facilities. Challenges with communication between the City and user groups as well as within the City itself presented difficulties for user groups to book facilities. The process to the users groups did not always appear to be efficient nor effective. A lack of confidence was expressed by some meeting attendees in the processes to access facilities. Group representatives spoke of the impacts on regular programming and tournament hosting. In addition some occasions were described during which space was unoccupied yet it was unavailable for booking. Improved processes, communications, and transparency was sought. Related was the notion that the allocation of space favoured some groups over others. A level of confusion was apparent. Enhanced communication between the City and its user groups would help ameliorate these issues.

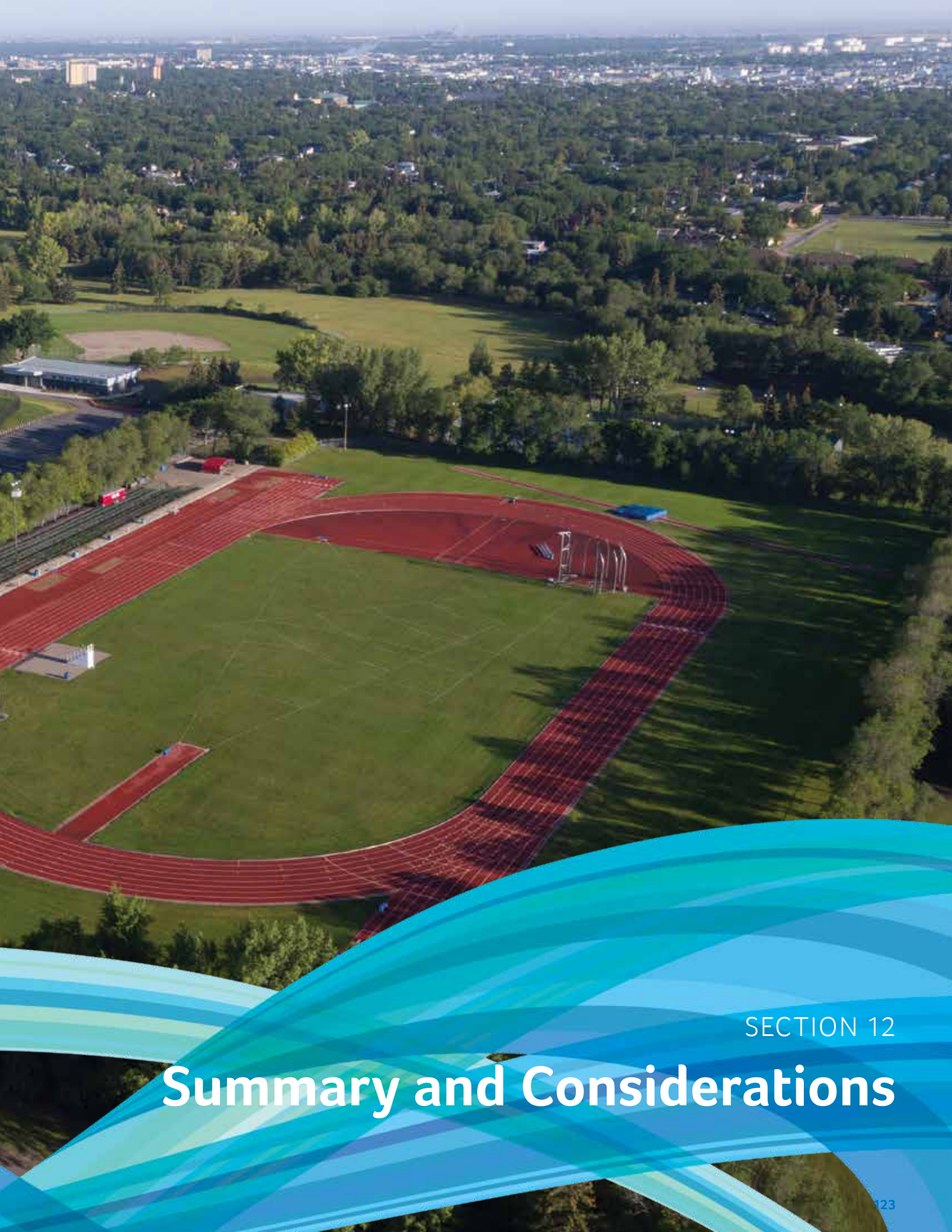
Communication improvements between the City and other volunteer organizations were suggested. While the City values the work of these organizations in delivering services to its residents, it is not always apparent. There is a level of misunderstanding about how the City makes some of its decisions including funding. These comments are not to suggest that there is a distrust of the City however greater and more open communication would help strengthen the relationship groups have with the City and would bolster existing partnerships.

Some meeting attendees felt that the City of Regina was well positioned to **assume a leadership role**, to be a true champion and advocate for recreation that could be emulated by others in the province. Linking the National Recreation Framework to programming was one way to do this. As well the City could influence the Saskatchewan Urban Municipalities Association to take a stance to support the enhancement of recreation and wellness in a community.

Greater support to community and volunteer groups would be welcome. Volunteer groups are a significant player in the delivery of recreation in Regina. While these groups generally function quite well even with a lack of resources in some instances, some felt it important that the City provide greater supports than it currently does. From assisting groups in securing suitable program and support spaces to recognizing and championing volunteer groups, the City has the ability to help volunteer organizations be sustainable. In fact some groups are better positioned to serve segments of the city than even the City is able to do. As such support for these groups can significantly leverage the resources of the City in providing recreational and community building programs to segments of the community. Other specific supports include: promoting activities through City communication channels; providing templates for communication tools; sharing information on demographics; assist with strategic and business planning; and providing training on grant writing, board development, and best practices.







SECTION 12

Summary and Considerations

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Summary and Considerations

The intention of the State of Recreation research report is to outline information about trends, existing facilities and spaces, resident and stakeholder preferences and other data to set the planning context for a City of Regina Recreation Master. In general, the following statements summarize overall research findings.

- Recreation is important and key to success of the City; there is a need to articulate the benefits and strategic alignment further.
- Recreation opportunities in the City are a product of the public, non-profit and private sectors; Partnerships between the City and other groups will be key moving forward.
- Volunteers are integral to many aspects of recreation in the City; there may be ways to bolster volunteerism.
- Residents experience barriers to participation; more benefit could be achieved through current investment and efforts related to recreation services and facilities.
- Recreation facilities (indoor and outdoor) are aging and decisions will need to be made about sustaining, repurposing, or decommissioning service levels.
- Demands for new or enhanced facilities and spaces are emerging but the City cannot afford to meet all demands.

Aside from these high level, overarching findings, the following summary statements have been taken from each section of the report. It is important to note that these statements, as well as other more detailed information throughout this report, will feed into the actual Recreation Master Plan in the initial development of the Plan and as it is being implemented.

Benefits of Recreation

- Recreation is essential to personal health and wellbeing.
- Recreation builds strong families and healthy communities.
- Green spaces are essential to environmental and ecological wellbeing.

Community Profile

- The city's population continues to grow. The 2016 census identifies a population of 215,106 residents which is an 11.4% increase from 2011.
- By 2031, it is possible that the City of Regina could be serving over 300,000 residents.
- The City is a regional hub serving a CMA population of 236,481.
- 8,020 new Canadians moved to Regina from 2006 – 2011.
- Nearly 10% of Regina's population identifies as Indigenous (2011).
- The City is split into 5 Recreation Zones and 27/30 Community Associations.
- Community Association populations range from 675 to 28,485.

Background Review

- The Vision for the City of Regina is: Regina will be Canada's most vibrant, inclusive, attractive, sustainable community, where people live in harmony and thrive in opportunity.
- The City has a number of planning documents already approved and being implemented that build support and justification for recreation services and are relevant when contemplating future recreation services.
- There are also provincial and national planning influences that need to be considered such as the National Framework for Recreation and the Canadian Sport for Life movement.
- The renewed definition of Recreation: Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing (A Framework for Recreation in Canada).

Facility Inventory

- Regina's recreation spaces are aging as they have an average age of 37 years.
- The replacement value of the City's recreation facilities is over \$199 million; modernized replacement value is likely beyond \$377 million.
- The City invests over \$8 million annually to operate recreation facilities.
- The average age of the five outdoor swimming pools is 64 years. Of the five pools, useful life expectancy ranges from 1 – 5 years.

Facility Utilization

- From 2013 to 2017, monthly/yearly leisure pass purchases have dropped by 21%, this trend is especially seen from young adults.
- Prime Ice utilization at City-operated facilities is approximately 67% which suggests that these ice arenas are underutilized.
- The number of total indoor swims has remained relatively stable over the past seven years with an average of 577,333 swims from 2011 to 2017.
- There were over 95,000 visits (total) to the City's five outdoor pools in 2017, 33,179 of which were free drop-in visits.
- Excess demand exists for swim lessons (wait lists).

Program Review

- The City directly and indirectly delivers a variety of recreation programs. Unaffiliated recreation opportunities that are provided without any formal City support are also available to residents.
- Introductory and recreational sport, aquatic safety, and arts and culture programs are available for each age category via direct delivery.
- There are no directly delivered nature interpretation/ outdoor education programs.

Partnership Review

- The City relies on partnerships to deliver recreation opportunities to residents.
- Partnership agreements in place include, but are not limited to, facility lease agreements, operating agreements, and joint-use agreements.
- Some facilities are accessible through operating authority (e.g. RSA controls access to Credit Union EventPlex turf) .
- Limited formal process/policy in place to guide the selection and development of partnerships
- Key partners include, but are not limited to: Community Associations, Regina Exhibition Association, Provincial Capital Commission, school boards, community groups, sport organizations, Government of Saskatchewan, SPRA.
- Some groups (e.g. YMCA, curling clubs, skateboard association) have expressed an interest in partnering with the City.

Trends

- Unstructured/spontaneous recreation activities are among the most popular activities (e.g. walking, bicycling, drop-in sports).
- Recreation is important to residents of Saskatchewan.
- ParticipACTION assigned a D-rating for "overall physical activity" of youth and children in Canada.
- Aging infrastructure is a concern Canada-wide. Compared to other municipal infrastructure types, sport and recreation facilities are in the worst state.
- Partnerships with non-profit, private and public sector organizations are key to providing publicly accessible recreation opportunities.
- Volunteers are vital components of the recreation delivery system and volunteerism is changing.

Leading Practices

- Partnership frameworks are used to guide the development and accountability of partnership in a formalized process.
- In most cases, both financial and non-financial supports are provided by municipalities to neighbourhood community associations. Non-financial supports include assistance with strategic planning sessions and templates, with promotions and marketing, volunteer recognition and recruitment, training opportunities, and networking opportunities.
- Regina provides proportionately more indoor ice sheets per capita than comparable cities and less indoor aquatics centres.

Consultation

- The most utilized recreation spaces among residents are spontaneous outdoor assets (walking/running trails and pathways, passive parks, City Square Plaza/Victoria Park, playgrounds).
- Lack of quality spaces and not being able to get access to spaces are the top challenges for community groups.
- Among youth, leisure pools and outdoor swimming pools were the top indoor and outdoor needs respectively.







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