

Purpose and Background

The purpose of the Parks and Recreation Master Plan Process was to:

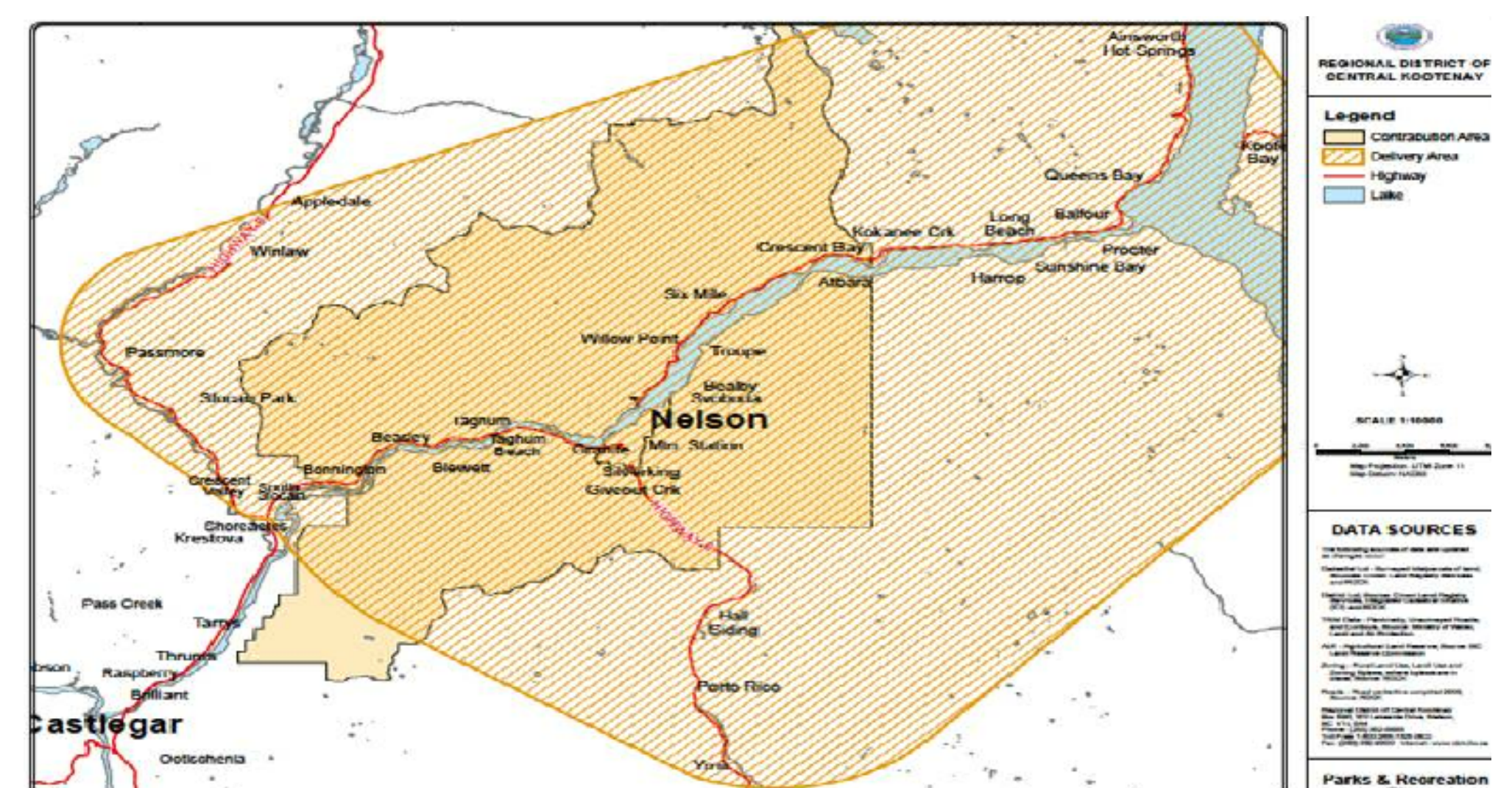
- Support “*the Pursuit of Quality Leisure for a Healthy Community*” and more specifically, to “*set strategic work plan directions for the next five years for recreation facilities, parks, trails, recreation programs, and service delivery*”.
- Prepare a plan that is community-based, inclusive, leverages the area’s tremendous assets (natural and community), realistic, and financially prudent
- Ensure there is a shared vision and all parts of the service delivery system are working together



Master Plan Process

The process to complete the Parks and Recreation Master Plan has been built with community input as its foundation. A community survey, numerous focus groups and meetings with community leaders provided solid data and comment that informed the plan. The Recreation Commission and staff provided much helpful information and advice.

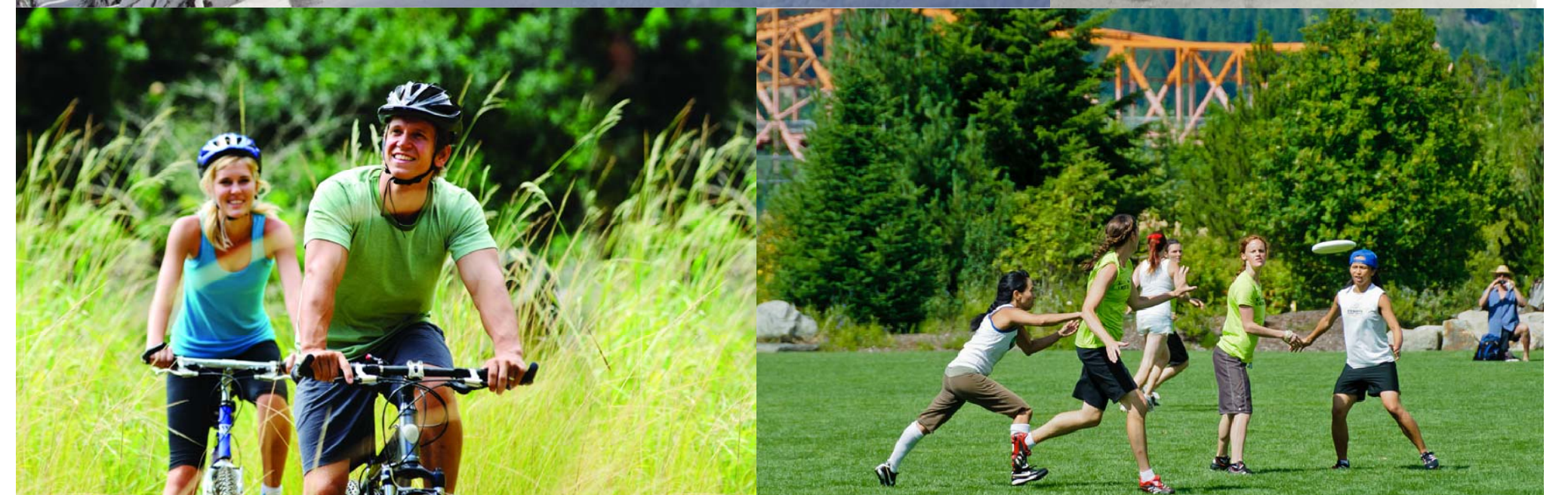
The Consultant team thanks all of those who provided input and advice to this project.



The study area included the City of Nelson and Electoral Area E, F, G, and H. The population of the delivery area is 23,873

Executive Summary

- Residents of Nelson and District are quite active in their leisure lifestyles with a particular interest in outdoor activities
- Regional and citywide parks are heavily used by a cross section of residents who are willing to travel to these amenities
- Services to support activities are provided by a number of governments and community partners
- Trails are heavily used and there is a desire to see these opportunities expanded
- Sports fields are overused partly due to use by community and school groups
- Community recreation complex is relatively new and is well used
- Exception is pool which is 42 years old and requires immediate significant repairs to protect investment
- Remainder of facilities in the recreation campus are functioning below their capacity and require a rethink
- Fees and charges are very reasonable in comparison with other communities in B.C
- Organized sport has a long tradition but participation is lower and requires a new approach

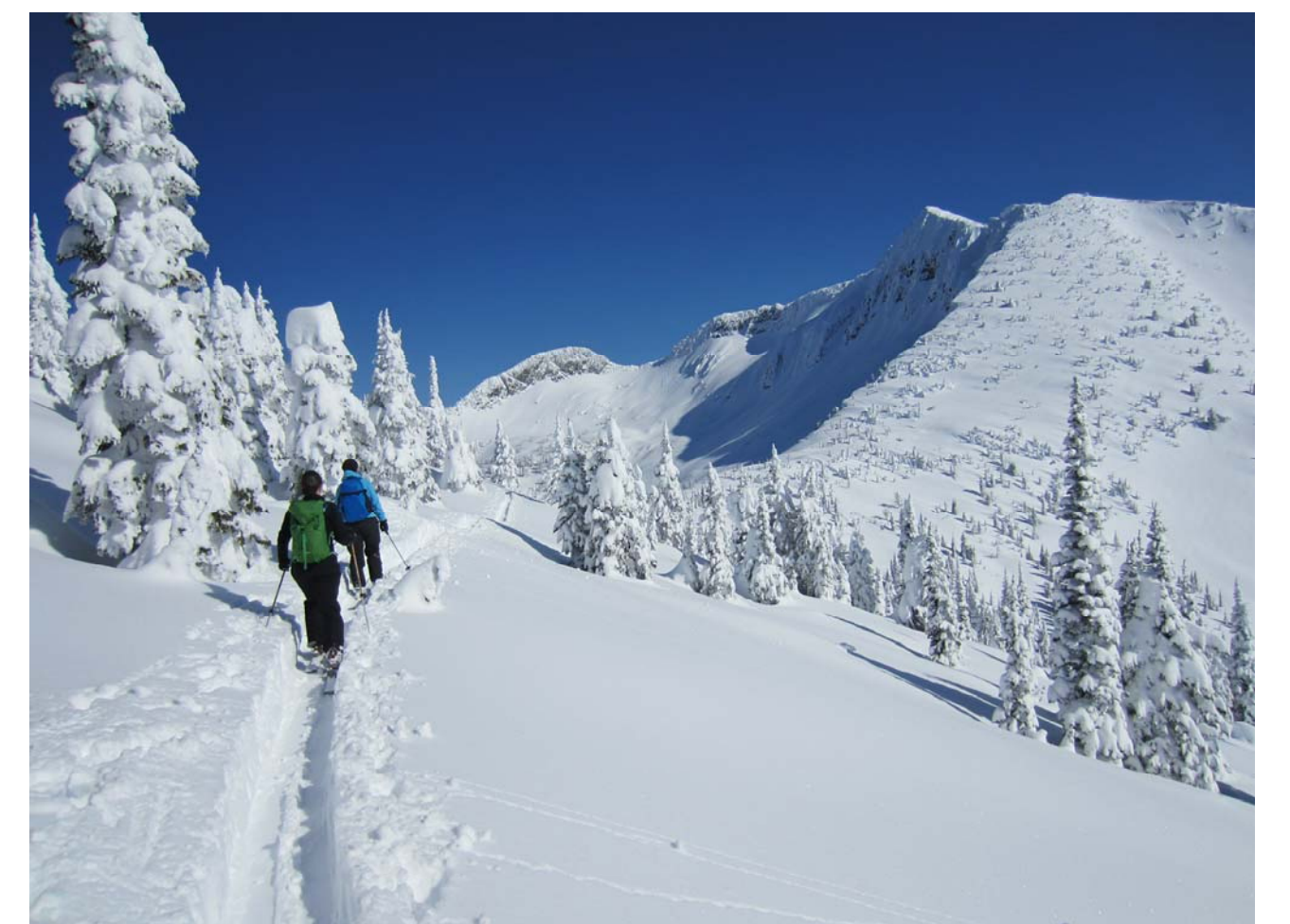
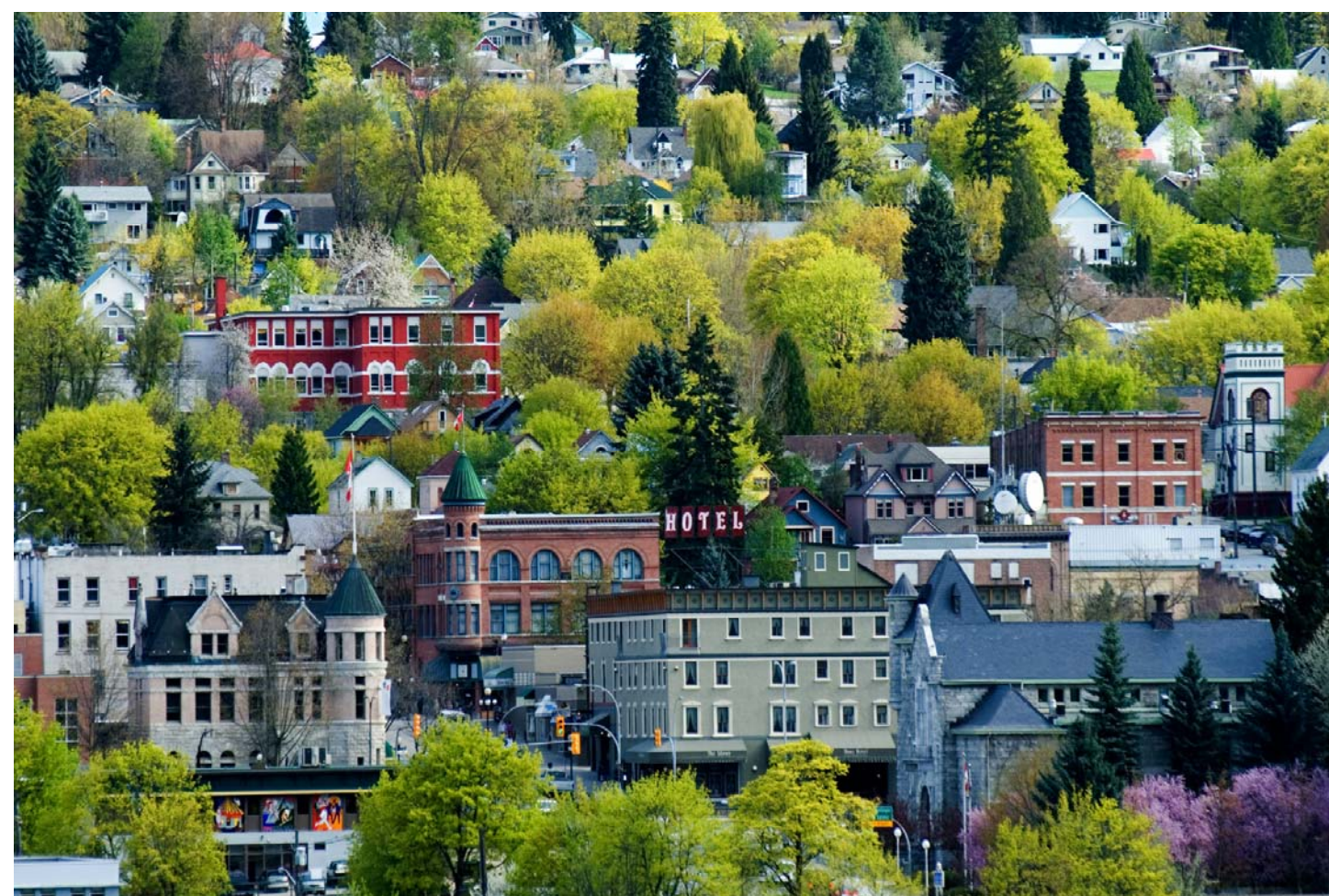
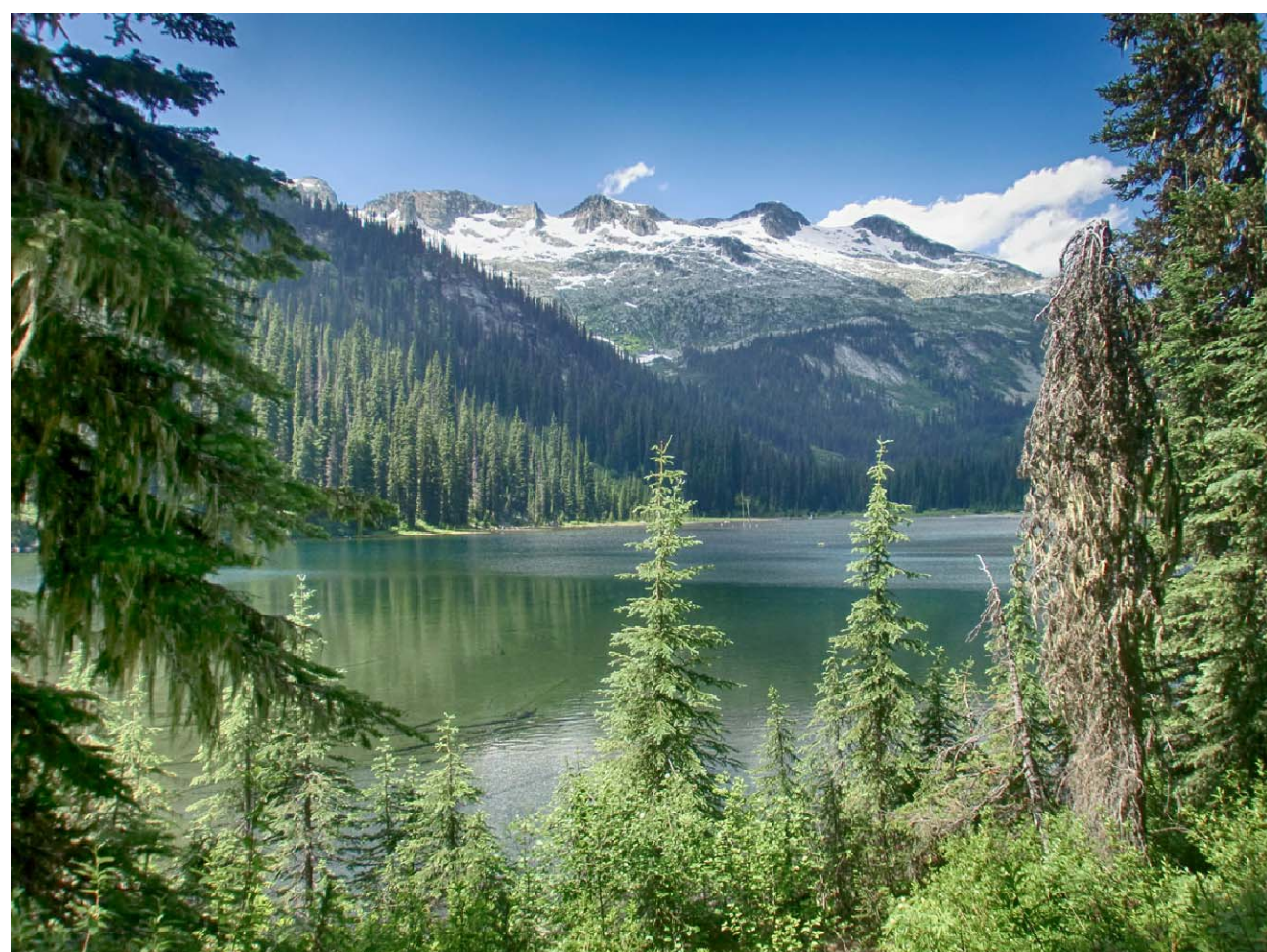


Demographics

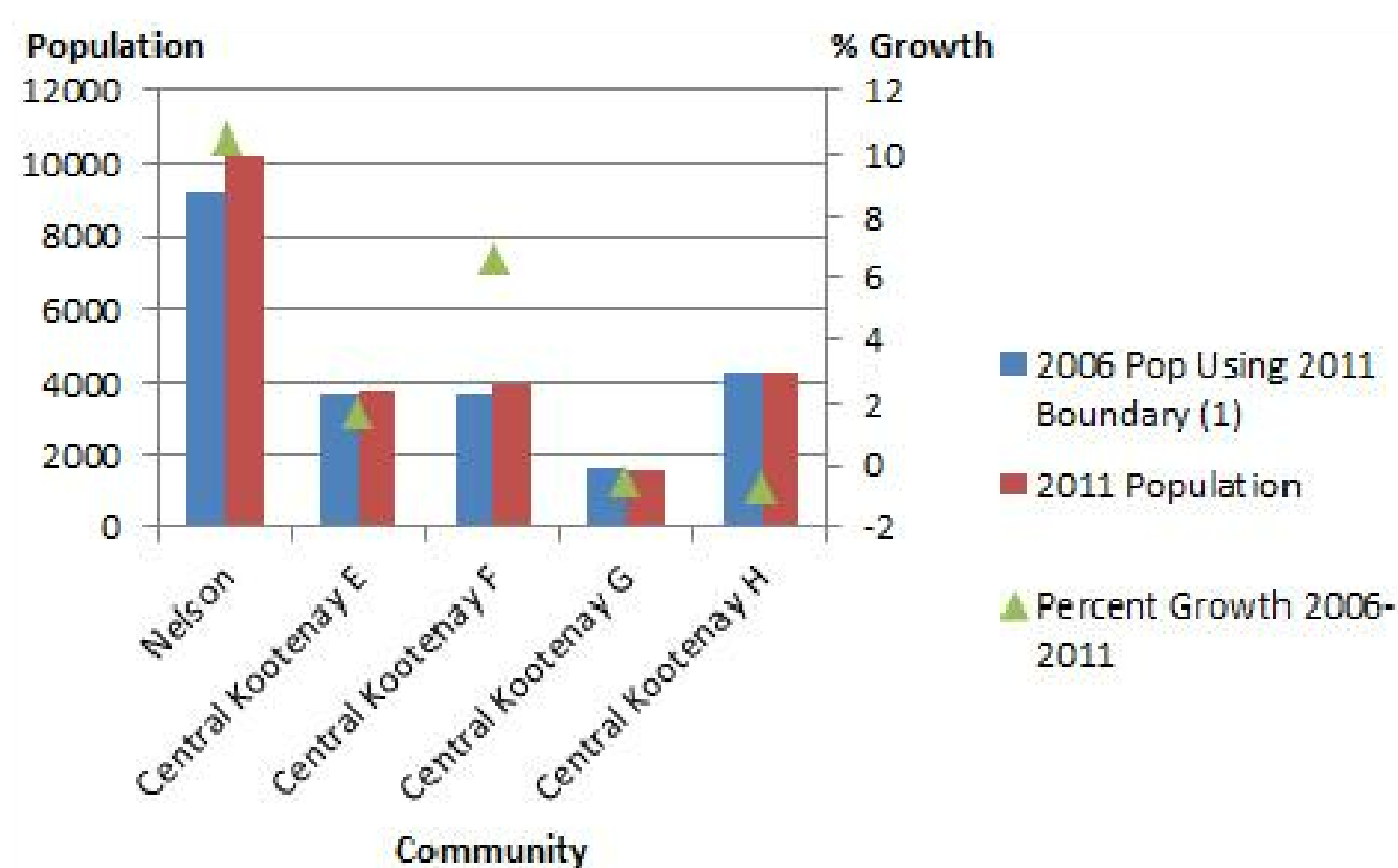
New residents come to Nelson and surrounding areas for the following top 5 reasons**:

1. Lifestyle change
2. To be near family
3. A job opportunity of transfer
4. For the scenery/weather
5. To attend school

97% said the Central Kootenays have lived up to their expectations.

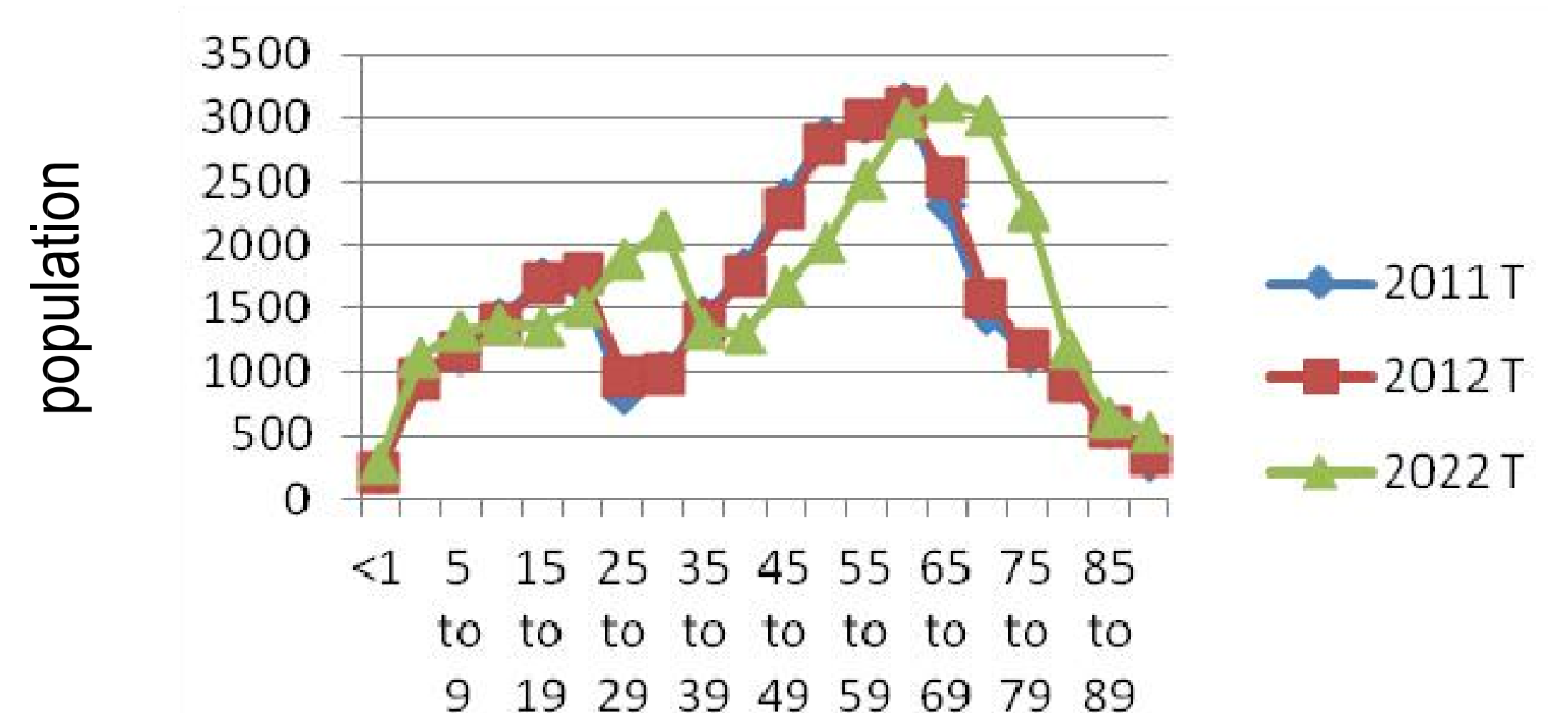


In 2014 Macleans Magazine voted Nelson as one of the top ten places to visit in Canada



BC Statistics projects that the RDCK will grow between 11% and 25% from 2010 to 2035

age distribution for the service area



The median age ranges from 40.9 for the City of Nelson to 47.4 for Area F. The median age for BC is 41.9. As a whole the area population is becoming older.

Trends in Recreation

Customer Trends

- Increasing disparity between the “haves” and “have-nots”
- Perception of being rushed
- Shift in demand from formal to informal activities
- Desire by residents to be more involved
- Dramatic decline in volunteerism

Age-specific Trends

- Patchwork of early-childhood-development programs and supports
- Uniqueness of “tweens”
- Youth physical inactivity epidemic
- Family-centred activities
- Healthier aging population

Service Delivery Trends

- Requirement for integrated solutions
- Connections being made between health and recreation
- Changing preferences in recreation and cultural activities

Outdoor Recreation Trends

- Trail uses as the most popular activity
- Greatest needs are in relation to trails - connectivity, information, managing uses
- Changing types of facilities for youth
- Increasing interests in dog off-leash areas and urban agriculture

Indoor Recreation Trends

- Shift in demand for activities within indoor spaces.
- Expectation for “green” buildings.
- Demanding nature of aquatics on staffing levels
- Shift toward a variety of facility-provision strategies (i.e., collaboration with not-for-profits, the private sector, etc.)
- Aging infrastructure.

Parks and Recreation Workplace Trends

- A focus on delivering benefits
- Difficulty attracting and retaining instructors
- Greater expectations for excellence
- Highly fragmented consumer demand
- Increased accountability to community

Why Invest in Parks and Recreation?

- Recreation and active living are *essential to personal health*, a key determinant of health status.
- Recreation is key to balanced *human development* and helps individuals reach their potential.
- Recreation and parks are essential to *quality of life*.
- Recreation *reduces self-destructive and anti-social behaviour*
- Recreation and parks build *strong families and healthy communities*.
- *Pay now or pay more later!* Recreation reduces health care, social service, and police/justice costs.
- Recreation and parks are significant *economic generators* for communities.
- Parks, open spaces, and natural areas are *essential to ecological survival*.



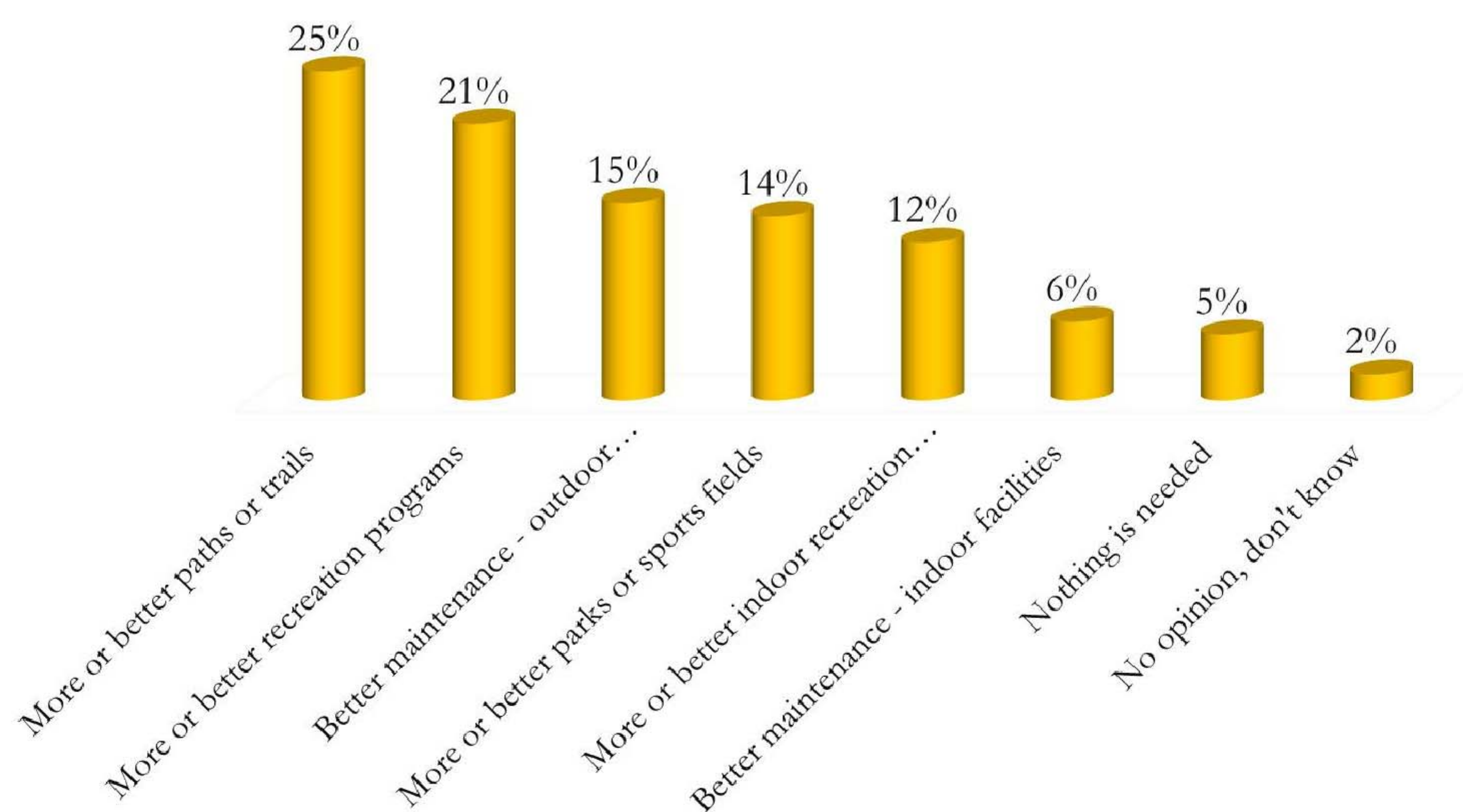
Broad Outcomes

Very high levels of satisfaction were obtained for:

- *Places for downhill skiing*
- *Larger popular parks such as Lakeside Park*
- *Places for cross country skiing and snowshoeing*
- *Amount and type of planting in parks such as flower beds, shrubs, trees*
- *Natural parkland and nature trails*
- *Waterfront and beach parks*

Survey respondents were **least satisfied** with:

- *Places to ride horses*
- *Outdoor skating rinks*
- *Youth outdoor spaces such as bike skills parks and places to skateboard*



Public Priorities

Vision Statement

The parks and recreation delivery area can best be described as a place where--

- All community members are healthy and active
- Recreation is an important means for building a sense of community and pride locally and regionally
- The spectacular outdoors and variety of indoor facilities are part of the community's daily life while also providing an important attraction for visitors
- The key service providers in the community work together to plan and deliver services that meet the recreation needs of all segments of the community (i.e. interests, ages, and barriers)

Mission Statement

The Commission will encourage, support, facilitate, and where necessary, provide safe and supportive recreation opportunities

← **what**

... to benefit the health and vitality of all individuals, families, and communities within the Commission's area of responsibility

← **who**

... by creating a system of high quality and accessible parks, trails, recreation facilities, recreation services, volunteerism, special events,

← **how**

... using a citizen-based decision-making process, a balanced and fiscally responsible planning approach,

... being committed to regional coordination and respecting the mandates of all levels of government and other service providers

Value Statements

We believe that recreation is an important tool in building our communities.

- We recognize recreation as an important contributor to economic development and long-term sustainability and affordability.
- We support progressive, innovative, safe and positive recreational experiences for all members of our diverse communities.
- We remove barriers for the most vulnerable members of the community, balancing accessibility and affordability.
- We are committed to being a community of active and healthy citizens and families.
- We share resources equitably, respecting and cooperating with other service providers.
- We strive for transparent decision-making, good value for money, and proper planning for future decisions
- We provide a happy, safe and cooperative workplace, where staff, volunteers and customers are valued and respected.

Recreation Commission Proposed Goals & Recommendations

1: Strengthen the community throughout the region

Provide indoor and outdoor spaces and opportunities where members of the community can connect. High-quality parks, recreation, and cultural assets foster community pride and identity.

2: Motivate individuals and families to be healthy and active

Play a central role in the physical, social, creative, intellectual, and emotional health of the community. The RDCK accomplishes this by providing, facilitating, or supporting a variety of recreation opportunities and spaces, effectively communicating these opportunities, motivating people to participate, removing barriers to participation, and encouraging families to recreate together.

3: Serve as stewards of the environment

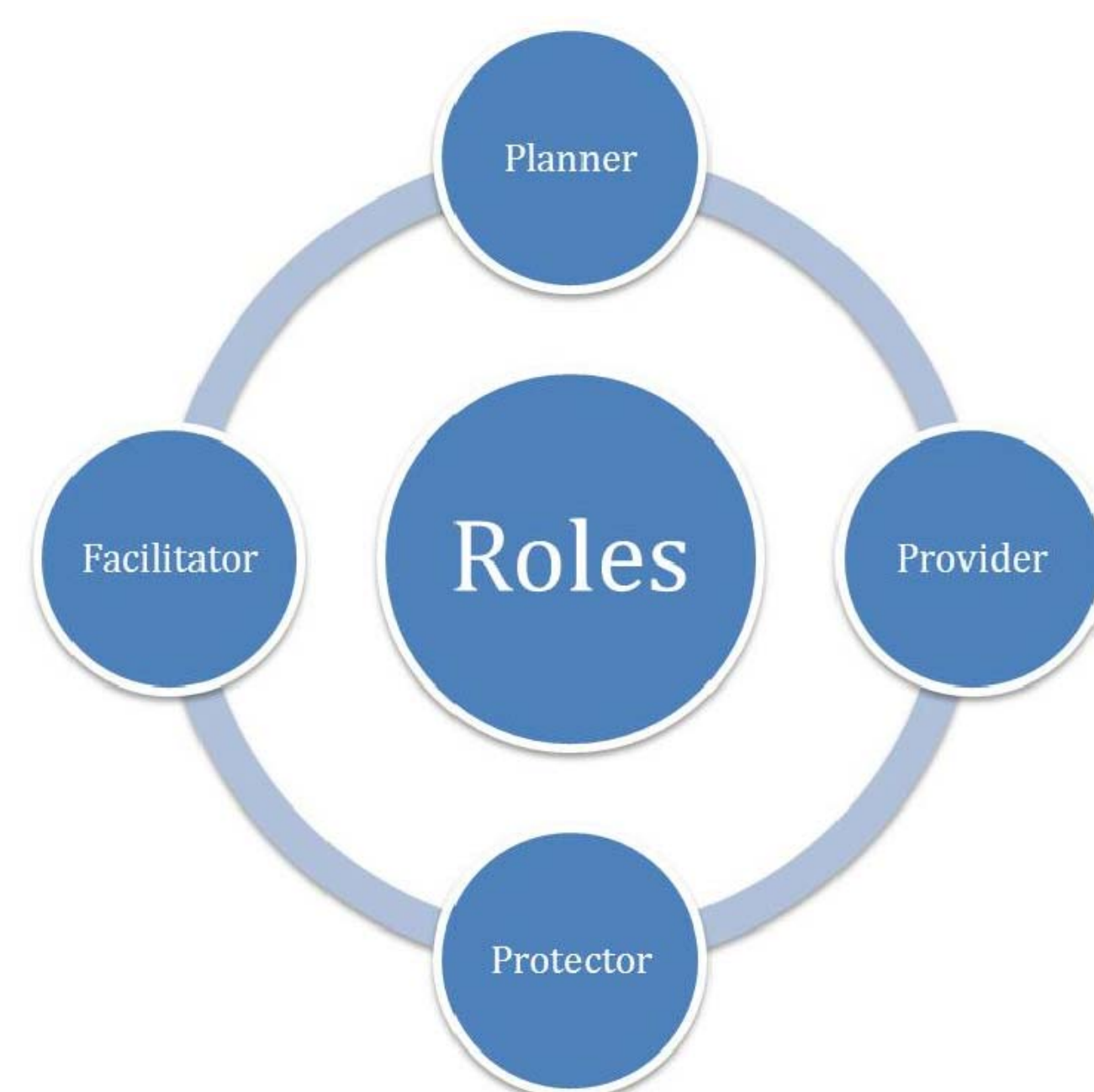
Assume the responsibilities of educator, protector, and manager of significant natural environments, which include the landscapes, wildlife, and ecosystems that residents enjoy and value. Caring for the environment helps to provide local solutions to global issues while supporting outdoor recreation.

4: Contribute to a diverse and sustainable economy

Contribute to the regional economy by supporting local businesses, providing employment, purchasing goods and services, encouraging volunteerism, and contributing to the quality of life of community members. This, in turn, retains residents, attracts new community members, and attracts investment and visitors to the region.

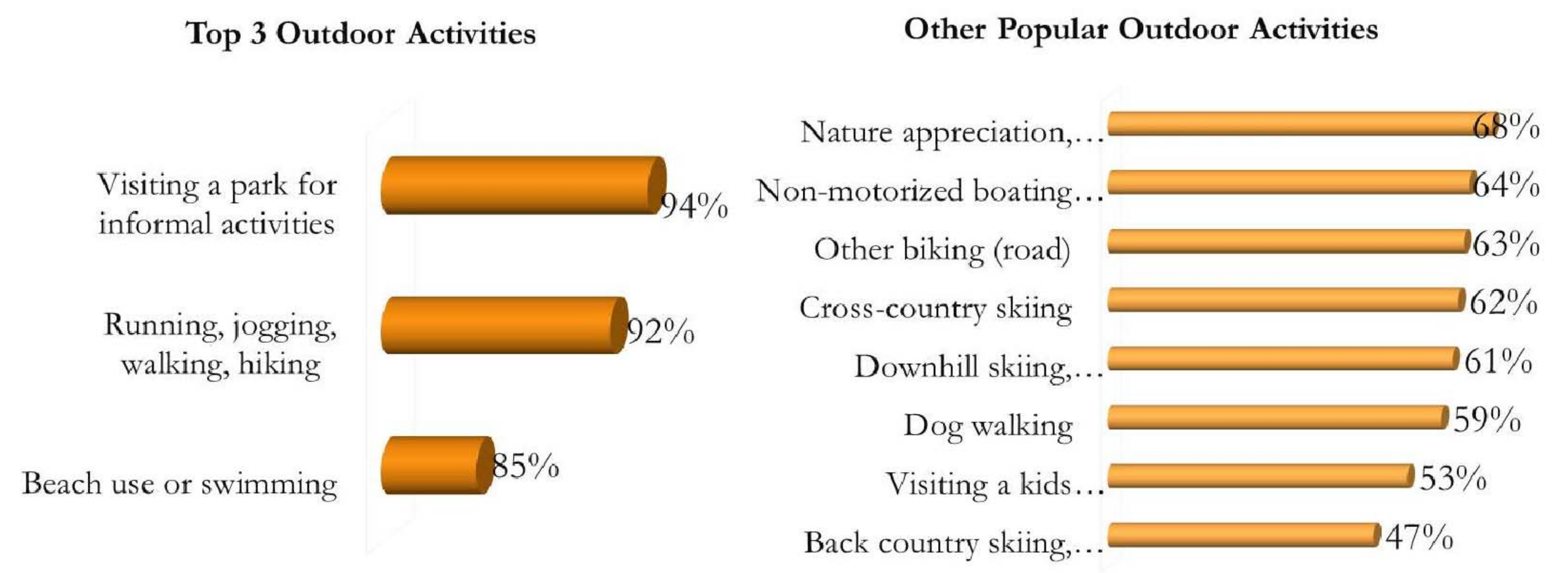
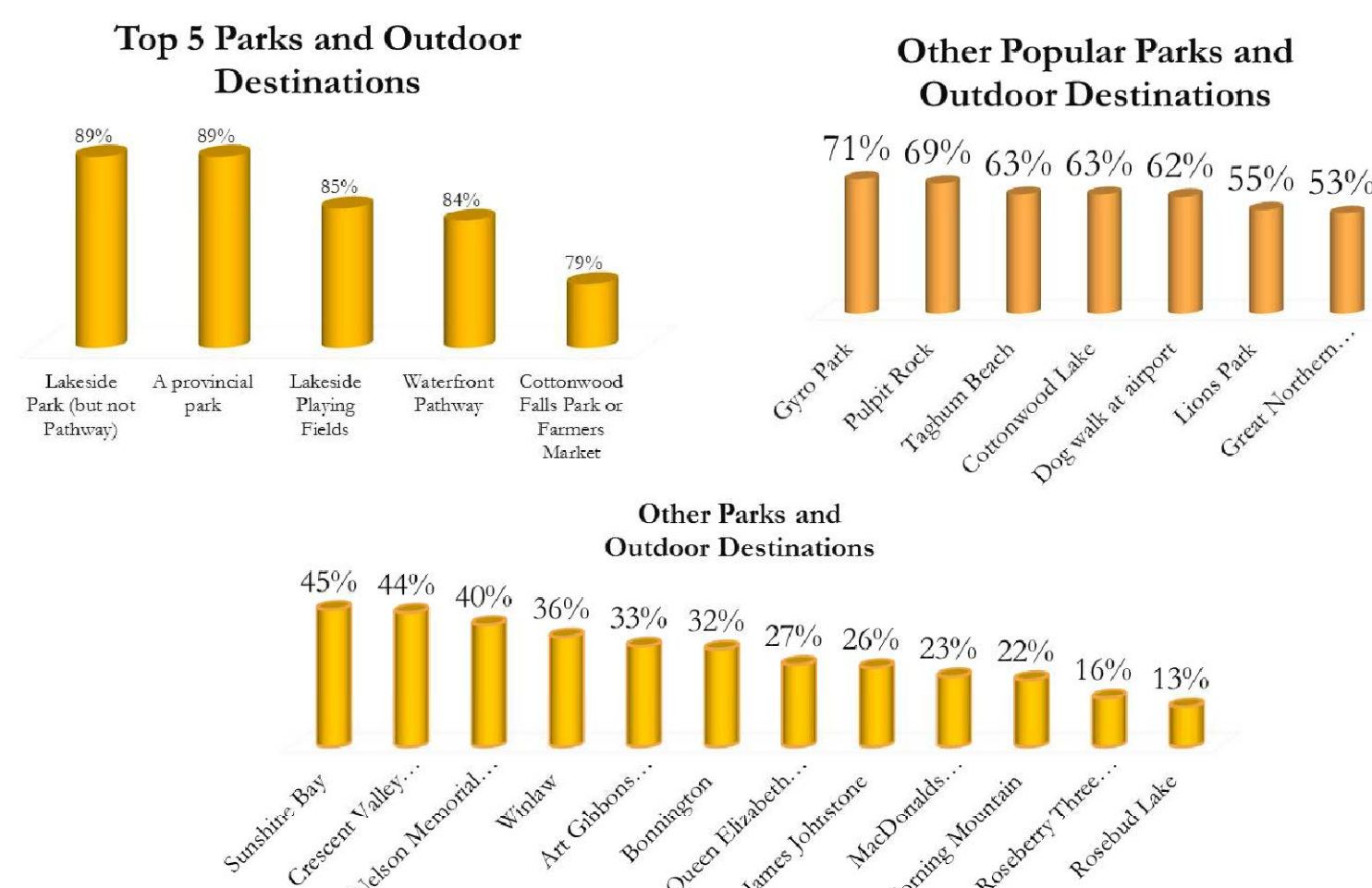
Recreation Commission Recommendations

1. Assume the roles of planner, provider, facilitator, and protector.
2. Work within a community-development philosophy, train staff in community engagement, and include performance measures that recognize the facilitator role.
3. Explore a funding/decision-making model built on fairness and equity that provides support to all parks and recreation amenities that are accessed by those living in the service delivery area of this Master Plan.

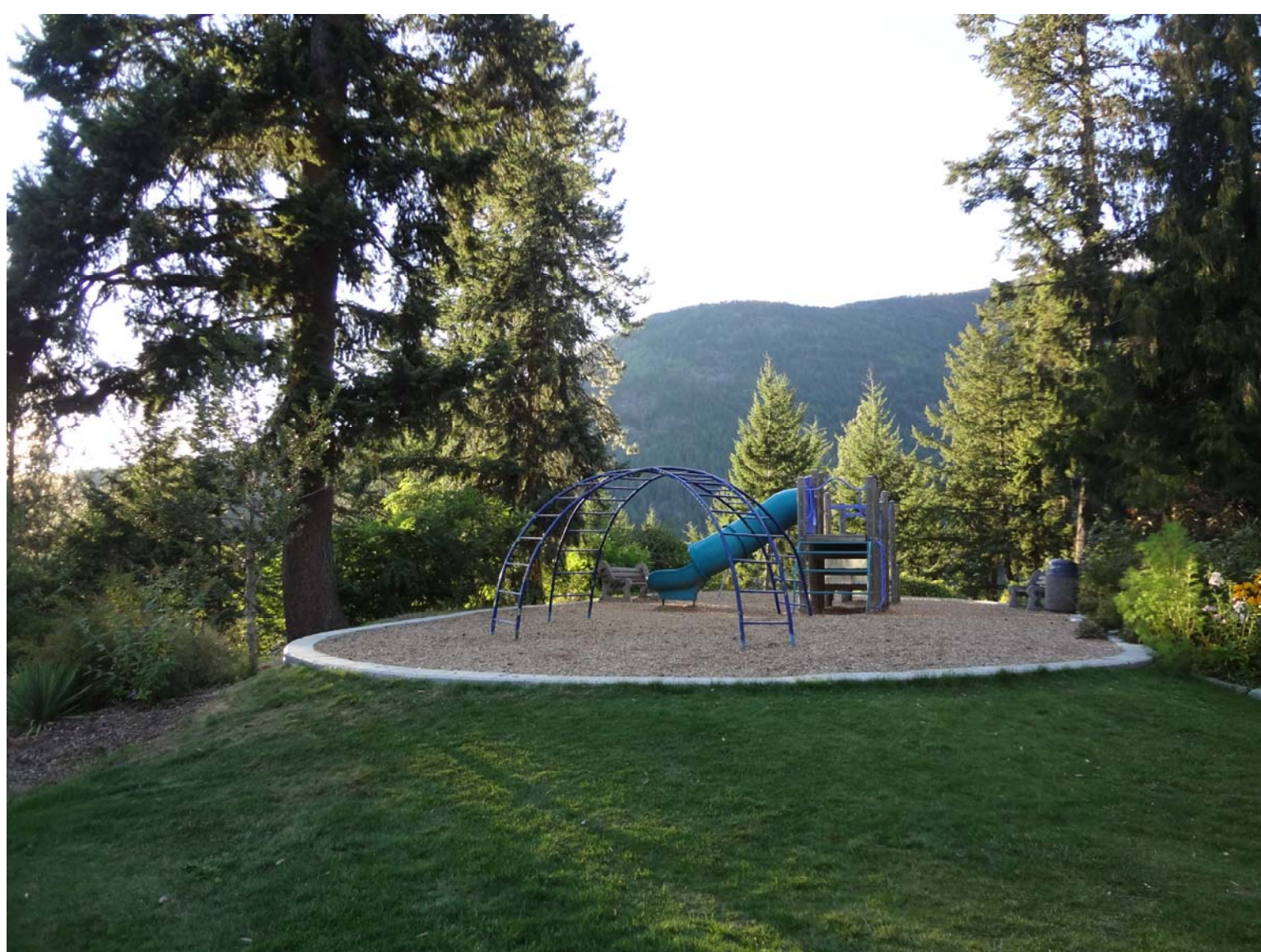


Parks Recommendations

Parks and Open Spaces



4. Define regional parks as those that serve people from the region, with funding sources to match. Identify neighbourhood and community parks as those that serve local areas, with funding by municipal or local rural areas.
5. Work with other organizations on improving efficiency related to parks and trails, including planning, design, maintenance, programming, and booking.
6. Provide better information and communication to the public on parks, trails and sports and outdoor recreation programs by consolidating the information from the various organizations and providing it to the public through one portal or one inter-related set of portals.
7. Prepare a RDCK Regional Parks Master Plan with a vision, objectives and recommendations to achieve an effective, coordinated parks system.
8. Until such time as a Regional Parks Master Plan is prepared, the following are recommendations related to parks:
 - Increase the amount of public green space along the waterfront in Nelson.
 - In park design processes, involve the community and consider safety (Crime Prevention through Environmental Design, or CPTED), universal design, xeriscape, parking, alternative transportation, low maintenance design, and other items of interest to staff and the community.
 - Cottonwood Falls Park – work on addressing social issues.
 - Rosemont Park – increase parking, work with the biking group on the design of structures, and add signs related to liability.
 - Lions Park – consider adding a loop path.
 - Lakeside Park – prepare a park master plan that makes maximum use of the site, and addresses aging facilities and changing needs.
 - Taghum Park – work on land tenure and management of park use, considering a park host.
 - Cottonwood Lake Park – work on management of park use, considering a park host.
 - Morning Mountain - support groups in their efforts to develop this site for sliding family sports in winter and mountain biking in summer.
 - City transfer station –prepare a park master plan for the future of this site in collaboration with the City.
 - Pulpit Rock – consider potential locations for parking, and consider or encourage a shuttle service.



revised to April 16 2014

*ALL DATA FROM NELSON AND DISTRICT PARKS AND RECREATION MASTER PLAN JAN 2014, DRAFT

bruce carscadden
ARCHITECT

GARY YOUNG ASSOCIATES

URBAN
systems

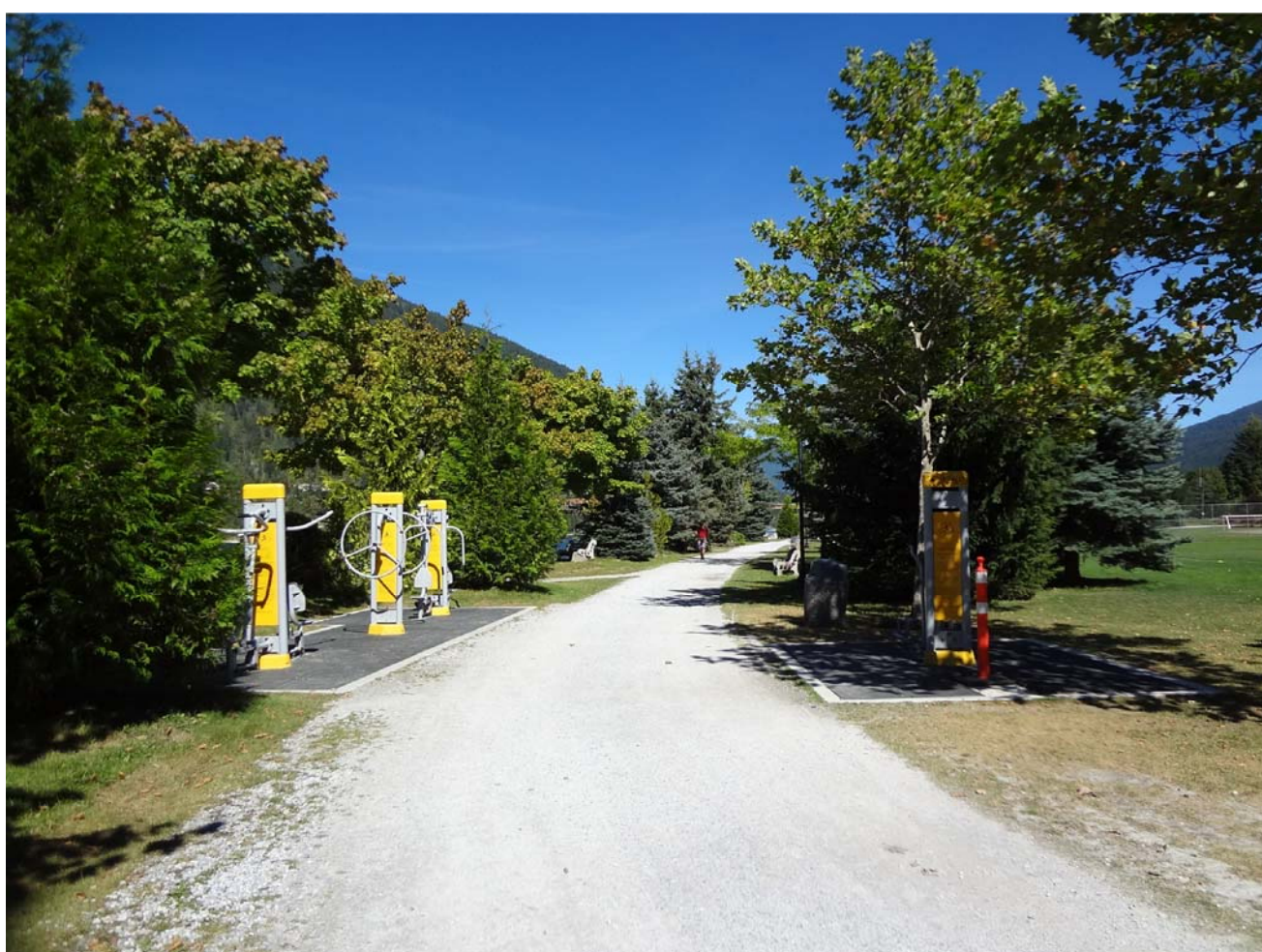
Trails & Fields Recommendations

Trails

9. Prepare a Regional Trails Master Plan with a vision, objectives and recommendations to achieve an effective, coordinated trail system.
10. Until such time as a Regional Trails Master Plan is prepared, the following are recommendations related to trails:
 - Plan and implement trails through Nelson connecting major parks and other destinations, e.g., to and along the waterfront, connect Cottonwood Falls Park with a trail to the waterfront and Lakeside Park, mark the TCT route, and provide loop trails.
 - Provide trails that are universally accessible where possible, especially within Nelson and close to staging areas in parks.
 - Plan and implement connections from trails within Nelson to surrounding trail networks.
 - Install more directional, regulatory and interpretive signage.
 - Work with private landowners to establish condoned routes and methods for addressing trespass and liability.
 - Encourage the City and MOTI to include bicycle lanes in the road network.
 - Improve communication and coordination among all trail managers (RDCK, BC Parks, Ministry of Forests, Lands and Natural Resource Operations, City, private landowners willing to accommodate trails on their land) and users and undertake the following tasks as a group:
 - a. Designate uses for each trail.
 - b. Prepare a code of conduct and distribute the information widely, e.g., on signs, maps, brochures, website.
 - c. Prepare maps that include all sanctioned trails, along with their permitted uses and trail rating, and distribute these widely, on signs, maps, brochures, website, etc.
 - d. Develop systems for coordinating volunteer stewardship, e.g., adopt-a-trail program.
 - e. For private businesses that use trails, establish a code of conduct, and potentially a permitting system, addressing training and liability.

Sports Fields

11. Establish a task force composed of the RDCK, City, School Districts #8 and #93, community service clubs, and the Sports Council to develop a strategy for improving sports fields and for administering sports in the community. The role of the task force will include, but not be limited to, the following tasks:
 - Classify the level of each field, and match maintenance and field allocation to these levels, e.g., practices can occur on lower-level fields than games.
 - Review the membership and the roles and responsibilities of the Sports Council.
 - Develop a new agreement intended to maximize the use of community assets (including school sports fields) to increase recreation participation rates among the community and school students. This will include identifying selected sports fields to be upgraded.
 - Determine responsibilities for and levels of maintenance of sports fields.
 - Establish a field dedicated primarily to rugby, considering the Selkirk College field as an option.
 - Establish one primary portal for communication of sports-related opportunities, registration, and other related information and services.
 - Review fees and charges considering the new administrative structure, costs, participants, levels of fields, and rates in other jurisdictions.
12. When parks are being planned and redeveloped, work with the community to identify the facilities desired, including consideration of the amenities expressed in the survey and focus groups.



Indoor Facility Recommendations

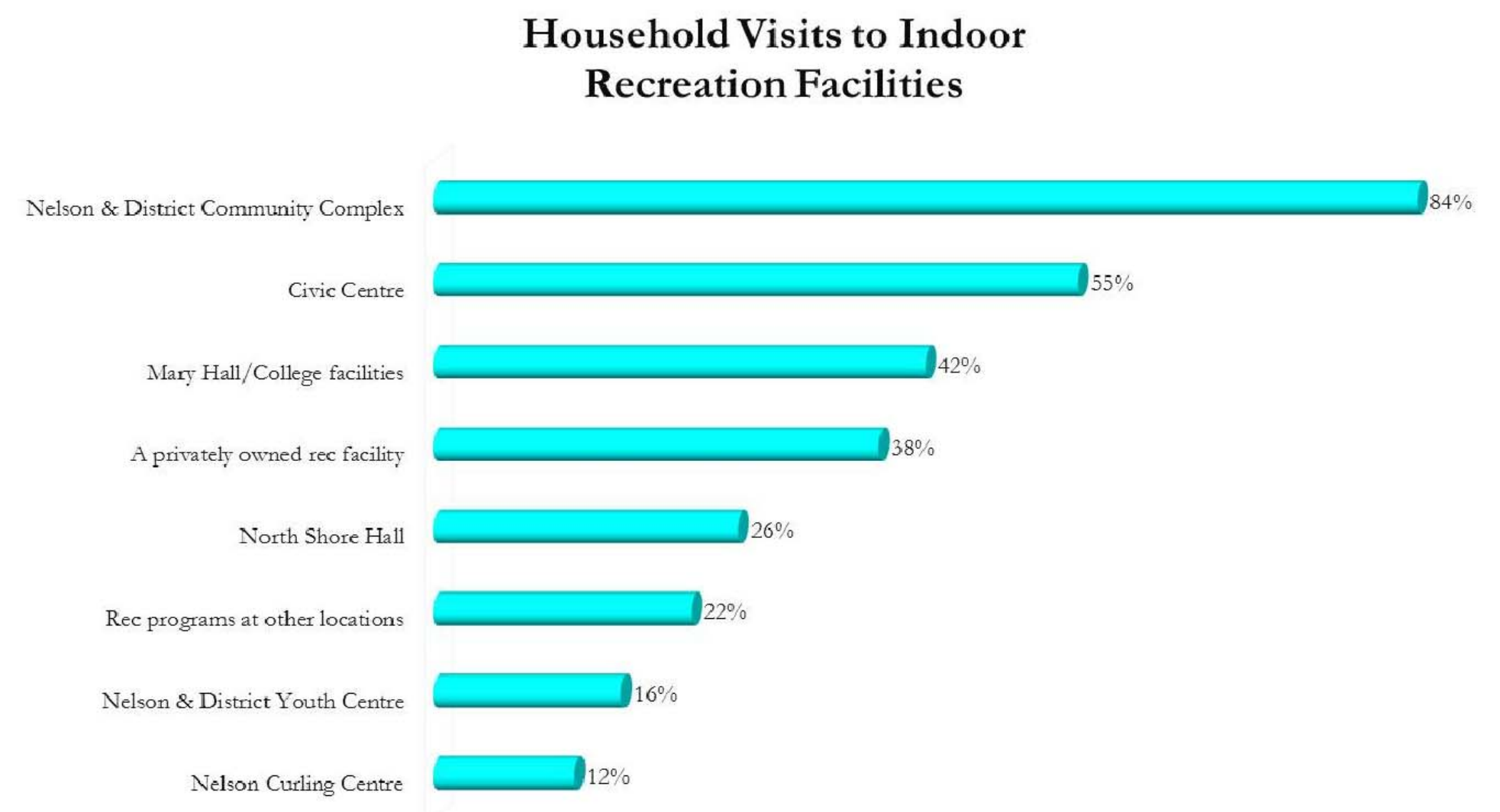
NDCC Recreation Campus Survey Results

High levels of satisfaction were obtained for:

- Ice arena at Nelson & District Community Complex
- Public fitness facilities with exercise equipment, weights room, indoor pool

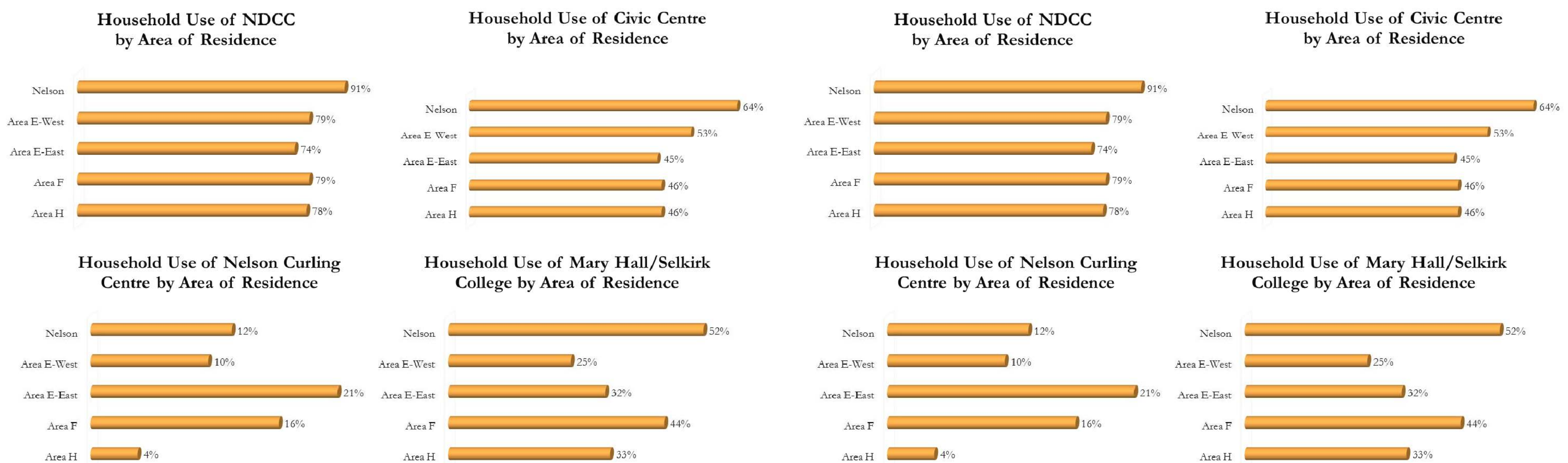
Survey respondents were **least satisfied*** with:

- Spaces for seniors activities
- Spaces for childminding, family programs and preschool programs



NDCC Recreation Campus

13. Prepare a plan as follows for the Community Recreation Campus, including building and site improvements for review and comment by the public, user groups and consideration by the Nelson and District Recreation Commission, the City of Nelson and the RDCK:
 - Consider in the plan the following building additions, improvements, and repurposes as identified in the Master Plan and public input process: new gym and multipurpose room, additional fitness studio, dedicated childcare room, and increased administration office space. As well add a concrete floor to the current curling rink, consider a smaller curling rink facility (4 sheets) in the campus, and maximize the uses of the NDCC arena concourse
 - Include the following outside site improvements in the plan: improved vehicular circulation (giving priority to NDCC patrons), create linkages / way finding among buildings for the patrons, add outdoor seating and gathering areas, and give the site a park character with green space and trees
14. Respond to the end of lifespan conditions and required program driven alterations for the swimming pool with needed refurbishments as soon as possible:
 - Overhaul pool filtration / HVAC equipment
 - Add additional natural light
 - Create greater accessibility in pool facility and change rooms
 - Repair pool basin and add deck enhancements
15. Revise the entrance / front office area in the NDCC to facilitate scanned access to the facility by members holding bar-coded cards
16. Make better use of the NDCC arena dry floor for programming and special events throughout the summer and transfer summer ice programs to the Civic Centre arena
17. In cooperation with the School District (see chapter 6 regarding joint use), secure the use of school gyms in the evenings to support community sport and fitness programs.
18. Develop other types of ice programs in the curling rink outside of curling hours (e.g., child and youth curling, broomball).
19. Provide more support to the various community halls e.g. administrative tools, marketing support, program-planning assistance, and major maintenance.
20. Consider engaging a building management service to oversee the long- term building and equipment maintenance programs for the RDCK parks and recreation division.



revised to April 16 2014

*ALL DATA FROM NELSON AND DISTRICT PARKS AND RECREATION MASTER PLAN JAN 2014, DRAFT

Program Recommendations

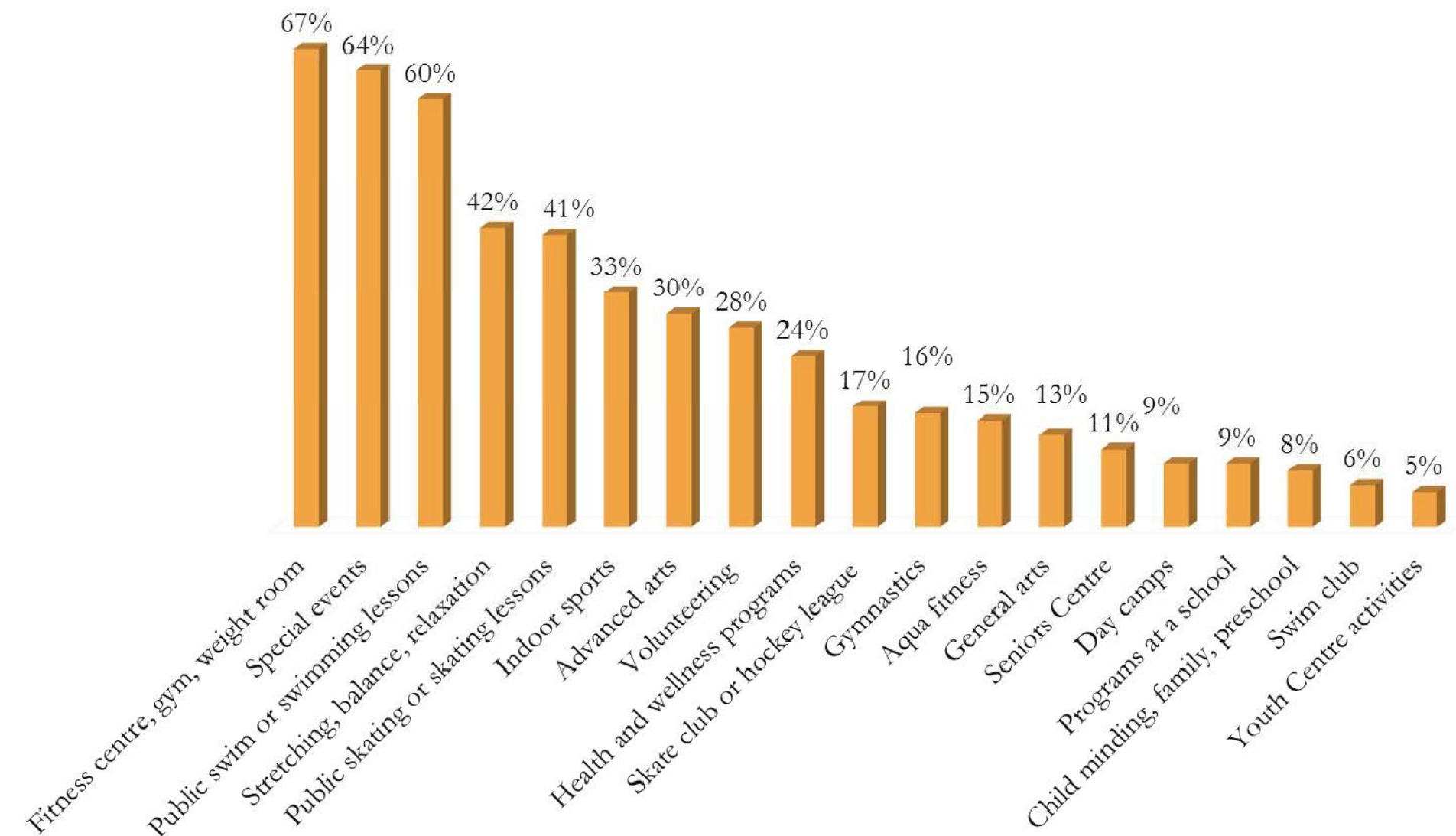
What are people doing?

High levels of satisfaction were obtained for:

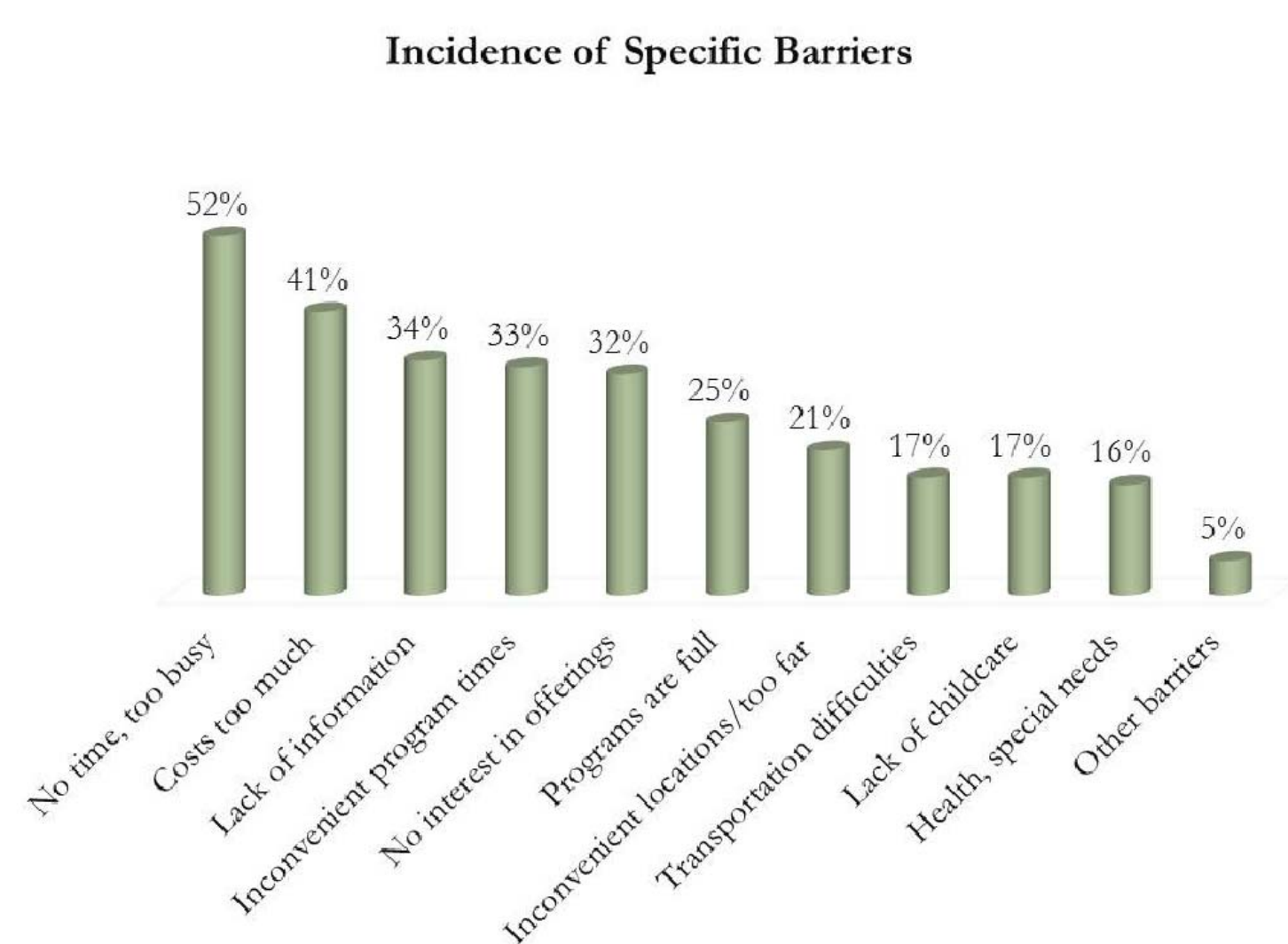
- Public swimming, lessons or programs
- Fitness programs such as pilates, step class, boot camp, low impact aerobics

Survey respondents were **least satisfied*** with:

- Recreation programs and activities for youth 13 to 18
- General recreation programs such as socials, bus trips, photography, etc..



What are the barriers to participation?



11%...indicated no difficulties

20%...mentioned one barrier

69%...two or more barriers

Program Recommendations

21. Identify outdoor recreation programs that align with the Commission's role and promote or provide where gaps exist
22. Create additional child-minding options to enable parents to work out in the afternoon, evenings and on weekends.
23. Design programs that specifically target tweens (children between 8 and 12 years of age), secure programming space where tweens go to school, and design marketing tools to reach those who are home schooled.
24. Work with NDYC staff to explore opportunities to support and expand their work and to bridge between NDYC activities and Commission programs.
25. Identify community and neighbourhood spaces close to home for recreation programming for older adults and seniors.
26. Collaborate with existing seniors' organizations to either offer or promote general programs and health and wellness programs with a social component in non-Commission facilities
27. Conduct a detailed review of current program offerings to resolve programming concerns and barriers to participation.
28. Review the cost/benefit of providing programs at the NDCC on holiday weekends, statutory holidays, and school breaks.
29. Work with people who have special needs and the community service organizations who have trusted relationships with this group to create new and modified programs and equipment.
30. Create a joint task force to include the City of Nelson, the RDCK, and School Districts #8 and #93 to develop a new Joint Use Agreement for better utilization of indoor and outdoor school facilities, NDCC-governed indoor facilities, and City and RDCK parks in concert with the improvement of sport fields (see recommendation 11).
31. Revitalize the role and mandate of the Nelson Sport Council to include facilitation of indoor and outdoor facility allocation meetings for sport, and to advise on planning and programming related to sports.
32. Explore the merit of a pass to provide access to all regional district drop-in activities.

Leisure Access/Financial Assistance

33. Work with referral agencies to fine-tune the current program and determine why so few people know about it.

Marketing and Communication

34. Develop a Marketing and Communication Plan