

Photo Credit: Cheryl Jagers



**Regional District of Central Kootenay –  
Town of Creston and Electoral Areas A, B & C**

# **State of Parks and Recreation Report**

January 2020



RC + P E R C  
strategies

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# Acknowledgement

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RC Strategies+PERC acknowledges that this *Regional District of Central Kootenay –Town of Creston and Electoral Areas A, B, & C State of Parks and Recreation Report* has been created for an area located within the traditional territory of the Ktunaxa Nation and the Yaqan Nukiy people. This document has been compiled with great respect towards the Yaqan Nukiy people and in consideration of the ninety-four calls to action as outlined by the Truth and Reconciliation Commission of Canada.

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## Section 1

# Introduction

*Photo Credit: Andrew Bibby*

Parks and recreation provide multiple pathways to wellbeing for individuals and communities. The Regional District of Central Kootenay is developing a new Parks and Recreation Master Plan for the Town of Creston and Electoral Areas A, B and C. This Master Plan will provide the guiding direction for the provision of parks, recreation, culture and trail services for the next ten to fifteen years. Under a separate cover, the Master Plan will be informed by research presented within this document.

This State of Parks and Recreation report begins with an overview of the regional and community context, presenting notable demographic and socio-economic indicators/trends. Next, the benefits of recreation are discussed. This report utilizes the Canadian Parks and Recreation Association's renewed definition for recreation, which conceives of recreation holistically and as inclusive of spiritual, creative and cultural pursuits. That is, culture is presented as an important dimension of recreation, rather than as a separate topic. Trends, issues and leading practices within community recreation are then presented, followed by a comprehensive review of pertinent Regional District plan and strategy documents. This document also provides a snapshot of existing recreation service delivery within the study area, an inventory of recreational assets and infrastructure/program utilization estimates as of late-2018.

### **A 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  
2015: Pathways to Wellbeing



The Regional District views community consultation as critical to the development of the Master Plan. An extensive program of resident and stakeholder consultation and engagement was initiated in spring 2018 to gather a wide range of perspectives on current parks and recreation services and opportunities in the study area and to identify current preferences and future needs. The results of these engagement efforts are summarized towards the end of this report, presenting findings gathered from a resident survey, community group surveys, an online questionnaire and stakeholder interviews. These results provide a snapshot of perspectives on current parks and recreation services and opportunities within the study area.

This document and findings presented will guide the development of the Parks and Recreation Master Plan. The Master Plan will provide recommendations and guidance across the following areas:

- Service delivery: the structure and methods by which the Regional District delivers parks and recreation services
- Infrastructure: future capital priorities for new and/or enhanced facilities and spaces
- Programming: potential focus areas and approaches for best meeting resident needs

The Master Plan will provide a point of reference to inform future decision making, guide priorities and identify resources needed to both sustain and grow parks and recreation opportunities within the Town of Creston and Electoral Areas A, B and C. A number of tools will be included in the Master Plan to ensure that decisions regarding parks and recreation are made in an informed, transparent and beneficial manner that aligns with demonstrated needs and key findings presented within this report.

*Photo Credit: Daniel Seguin*



## Section 2

# Regional and Community Context

*Photo Credit: Andrew Bibby*

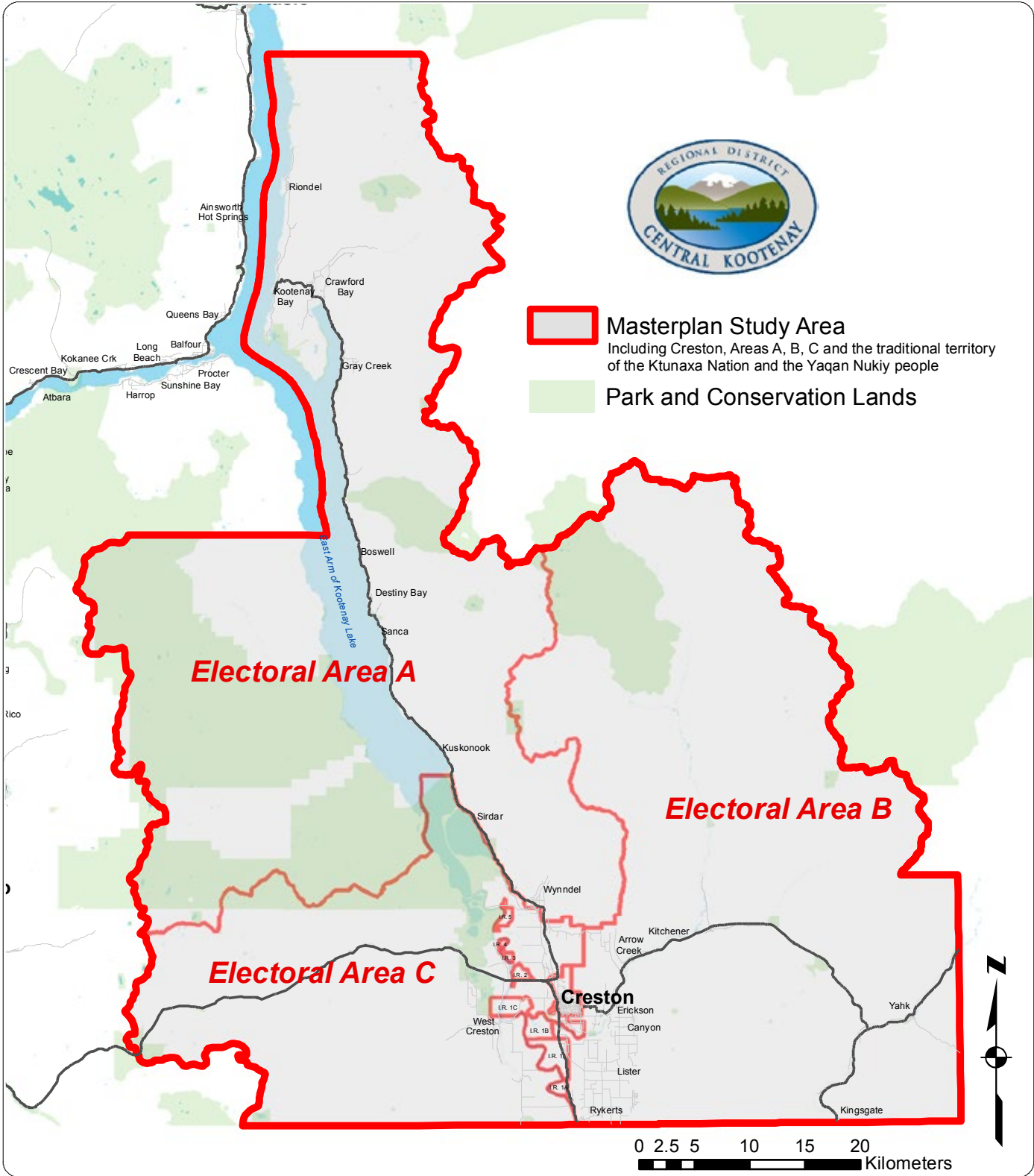
## Regional Description

Located in the southeast corner of British Columbia, the Regional District of Central Kootenay (RDCK) encompasses an area of just over 22,000 km<sup>2</sup>. Approximately 60,000 (59,517) residents called the District home in 2016.<sup>1</sup> Situated between the Rocky Mountains and the Okanagan Valley, the picturesque RDCK stretches from the border of the United States to just south of the Trans-Canada Highway. There are nine municipalities within the RDCK: the cities of Castlegar and Nelson, the town of Creston, as well as the villages of Salmo, Nakusp, New Denver, Silverton, Slocan and Kaslo. The RDCK is divided into eleven Electoral Areas (A to K), each represented on the RDCK Board of Directors. The District's main administration office is located in Nelson and staff, services and community facilities can be found throughout the region. This State of Recreation report focuses its research and analyses on Electoral Areas A, B, C and the Town of Creston.



*Photo Credit: Daniel Seguin*

<sup>1</sup> <http://www.bcstats.gov.bc.ca/StatisticsBySubject/Census/2016Census/PopulationHousing/MunicipalitiesByRegionalDistrict.aspx>



Incorporated in 1965, the Regional District of Central Kootenay is located within the traditional territory of the Ktunaxa Nation and the Yaqan Nukiy people. The name Yaqan Nukiy translated into English means “where the rocks stand” referring to a sacred place in the Creston Valley.

The traditional Territory of the Ktunaxa Nation spans 70,000 square kilometres and includes portions of southeastern British Columbia and historically included parts of Alberta, Montana, Washington and Idaho.

Indigenous activity in the area spans time immemorial with the Kootenay River providing a spiritual outlet as well serving as a resource for hunting, fishing and transportation.<sup>2</sup>

European settlers began to appear in the region in the late nineteenth century, with settlers and industrial activity attracted by the development of a prosperous mining industry. With an abundance of silver and gold deposits, the Canadian Pacific Railway developed a railway network to transport minerals and other resources throughout the region. The region experienced an influx of Russian Doukhobors in the 1900s, who were fleeing persecution from their homeland for their religious beliefs. The Doukhobors, adhering to a communal lifestyle, established many of the region’s early settlements with a focus on agricultural production.

## Yaqan Nukiy (Lower Kootenay Band)

Located on approximately 6,000 acres of land in the Creston Valley along the banks of the Kootenay River. The main community is home to approximately half of the Band’s 200+ citizens and is located four kilometers south of Creston and just north of the Canada-USA border on Simon Road.

The community includes 52 houses, an Administration Complex with gymnasium, Yaqan Nukiy School, an arena, ball diamond, playground and cemetery. The community hosts an annual Yaqan Nukiy Traditional Pow Wow on the May long weekend in conjunction with the Creston Blossom Festival.

The Vision Statement for Yaqan Nukiy is:

*A stable, independent, self-governing authority, providing principled leadership to a dynamic community of caring, healthy citizens, from a secure resource base.*

(Source: [www.lowerkootenay.com](http://www.lowerkootenay.com))

The District is also home to excellent schools and post-secondary institutions. There are three school boards operating within the RDCK (No. 8 Kootenay Lake, No. 10 Arrow Lakes and No. 20 Kootenay-Columbia), overseeing thirty-eight schools and distance learning centres. Selkirk College, British Columbia’s first community college, services the region with its main campus in Nelson, with more than 2,200 full-time and 9,000 continuing education students enrolled. The College has satellite campuses offering continuing education programs in Nelson, Kaslo and Nakusp. Additionally the College of the Rockies (based in Cranbrook) operates a satellite campus in Creston which significantly contributes to the educational opportunities afforded residents.

Having a mild climate, the study area has excellent year-round access to rivers, mountains and lakes; there are many opportunities for recreation, agriculture and agri-tourism, and the arts. There are many community focussed annual events that are hosted in the area including the Valley Bird Festival, Art Walk, Blossom Festival, and the Lower Kootenay Band annual powwow. The renowned beauty and natural amenity value of the RDCK attracts a wide-range of visitors and provides residents with an exceptional quality of life. There are twenty-four Regional Parks, including three Regional Trails, eighteen Provincial Parks and numerous conservation areas located within the District. These amenities provide opportunities for outdoor recreation including camping, climbing, hiking, kayaking and other activities. The Selkirk Mountains span the region, with Mount Sir Standford being the highest peak at more than 3,500 metres. The Columbia and Kootenay Rivers flow through the region, forming the Upper and Lower Arrow Lakes, Kootenay Lake and Slocan Lake. The region’s mountains and waterbodies are vital elements of the recreational landscape. Recreational opportunities and active lifestyle options are abundant within the RDCK and Electoral Areas A, B, C and the Town of Creston.

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<sup>2</sup> <http://lowerkootenay.com/our-community/our-history>

## Town of Creston

The Town of Creston is the third most populous urban centre within the RDCK with a population of 5,226 residents in 2016. It is located along BC Highway 3 (Crowsnest) and provides residents and visitors with a unique blend of rural and urban activities/lifestyles. Produce stands are often found along the community's Main Street business area, contrasted by boutique shops and commercial offices.

The Town of Creston serves as a major service hub for the surrounding Electoral Areas, particularly when it comes to recreation and cultural activities. The Town operates several parks that provide a range of activities and amenities, including baseball diamonds, a spray parks, picnic areas, playgrounds, an outdoor podium and community piano, a Japanese garden, art murals, museums and walking trails. The community recreational centrepiece within Creston is the Creston & District Community Complex, a fully-featured multiplex that includes a fitness centre, hockey arena with bleachers, a curling arena, aquatic centre, outdoor soccer fields and banquet halls with commercial-grade kitchens. The community park in the vicinity of the Community Complex is currently undergoing a \$4 M revitalization that will add a skatepark, pickleball courts, basketball courts, playground, horseshoe pitches, civic area and an improved indoor-outdoor interface.

## Electoral Area A

Electoral Area A, also known as Wynndel/East Shore Kootenay Lake, is located northwest of the Town of Creston and provides access for locals and visitors to the shores of Kootenay Lake. Kootenay Lake is one of the largest lakes in British Columbia and is bound by the Selkirk and Purcell Mountain ranges, providing a stunning backdrop for a diverse range of recreational opportunities. Home to 1,930 residents (2016), Area A spans an area of just under 1,700 square kilometers. There are several small communities within Area A, including Boswell, Sirdar, Sanca, Wynndel, Gray Creek, Kootenay Bay, Riindel, Twin Bays, Kuskanook, Pilot Bay and Crawford Bay. Most of these communities are located along BC Highway 3A, running along Kootenay Lake. Recreational options in Area A include hiking, fishing, swimming, other water-related activities, camping and wildlife viewing. There are four Provincial Parks within the Area: West Arm, Pilot Bay, Lockhart Beach/Creek and Drewry Point. Area A also hosts 2 sheet curling rink, 5 community halls, gym and fitness equipment, a soccer pitch, baseball diamonds and local playgrounds.

## Electoral Area B

Electoral Area B is located east of the Town of Creston along BC Highway 3. With a total geographic area of 1,615 square kilometres, Area B was home to 4,657 residents in 2016. Communities within Area B include Canyon, Erickson, Lister, Huscroft, Rykerts, Arrow Creek, Yahk, Goatfell, Kingsgate, Kitchener, Glenlily, Goat River Bottom and the Lower Kootenay Band reservation. Most of Area B's population is clustered along BC Highway 3 and 3A, proximate to the Town of Creston. There are three Provincial Parks in Area B, including Yahk and Ryan on Highway 3, as well as Kianuko, an important conservation area for moose, grizzly bear and fish. There are excellent hiking trails within Area B, including the Mt. Thompson Rim Trail – an especially popular trail due to easy vehicle access. The peak of the trail provides hikers with unparalleled views of Kootenay Lake, extending south into the United States.

## Electoral Area C

Electoral Area C is just west of the Town of Creston along BC Highway 3. With 1,482 residents in 2016, Area C is the least populated of the three Electoral Areas examined within this report, as well as the smallest in terms of geographic size at just over 740 square kilometres. There are four communities within Area B, including Duck Lake, Lakeview, West Creston (Flats) and the South Reclamation Area. There is good access to several lakes within the Area, including Bridal Lake, Duck Lake, Leach Lake and the south shore of Kootenay Lake. Access to several mountains is also excellent, including John Bull and Kootenay. There is one Provincial Park within Area C, Stagleap, a park popular for travellers looking to stop at the summit of BC's highest all-weather highway pass (Kootenay Pass).

## Population Analysis<sup>3</sup>

The Town of Creston and the three surrounding Electoral Areas have experienced variable growth rates over the last 5 years. For example, between 2011 and 2016, the population of Area A decreased by 4.9%, whereas the Town of Creston (1.3%) and Area B (4.3%) experienced moderate growth and Area C significant growth (8%). The Town of Creston has grown steadily since 2001, increasing from a population of 4,795 to 5,351 in 2016. Growth rates appear to have slowed in more recent years, suggesting that steady/slow growth or a stable population base is reasonable to expect.

**Table 1: Population Overview for the Town of Creston and Electoral Areas A, B & C**

Location	Population (2016)	% Change (2011-2016)	% of Total Pop.	Median Age (2016)
Town of Creston	5,226	1.3	39	57.7
Area A	1,930	-4.9	15	58.5
Area B	4,657	4.3	35	52.0
Area C	1,482	8.0	11	54.8
Total	13,295	2.2	100	55.8

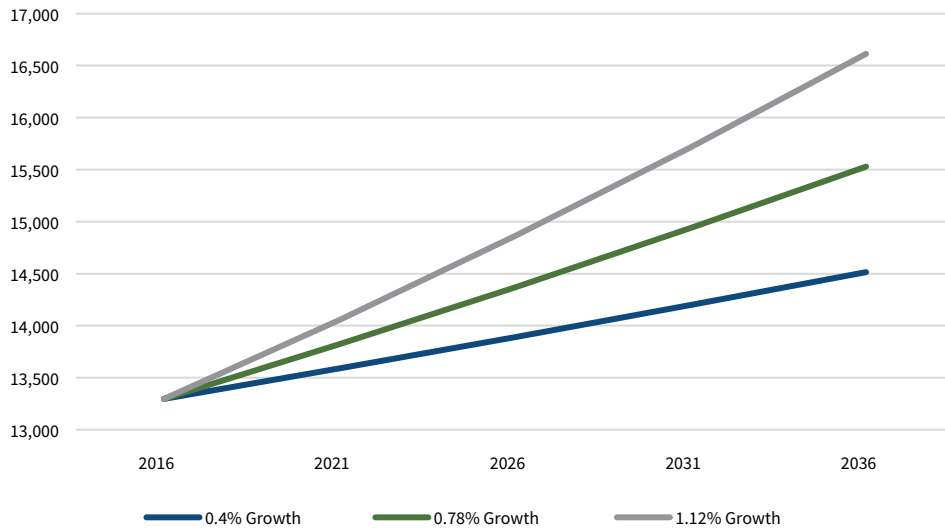
As growth rates of Creston and the Electoral Areas vary significantly between 2011 and 2016, examining growth trends at a broader geographic scale presents a more stable growth picture. On average, the population within the study area grew by approximately 2.2%, or, roughly 0.44% per year. Assuming the 2011-2016 average annual growth rate remains the same, it is projected that the study area population will reach 13,891 by 2026 and 14,515 by 2036. Between 2011 and 2016, British Columbia's population grew on average by 1.12% per year. While much of this growth has been concentrated in major urban centres such as Vancouver, two scenarios have been developed to illustrate what the study area's population may be over this same period if population growth reaches BC average rates, as well as if growth falls somewhere between what has been observed within the study area historically and at the Provincial level. Table 2 and Chart 1 on the following page illustrate these scenarios. The Town of Creston projects 1.0% growth rate and a population of 6,212 by 2031 within its Official Community Plan.

3 Statistics gathered from Statistics Canada (<https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/index.cfm?Lang=E>) and BC Statistics (<http://www.bcstats.gov.bc.ca/StatisticsBySubject/Census/2016Census/PopulationHousing/MunicipalitiesByRegionalDistrict.aspx>), both accessed November 2018.

**Table 2: Growth Scenarios for the Town of Creston and Electoral Areas A, B & C**

Scenario	Annual Growth	Based On	2021	2026	2031	2036
Average	0.44%	2011-2016	13,590	13,891	14,200	14,515
Moderate	0.78%	Average of Both	13,821	14,369	14,938	15,530
High	1.12%	BC 2011-2016	14,056	14,861	15,712	16,612

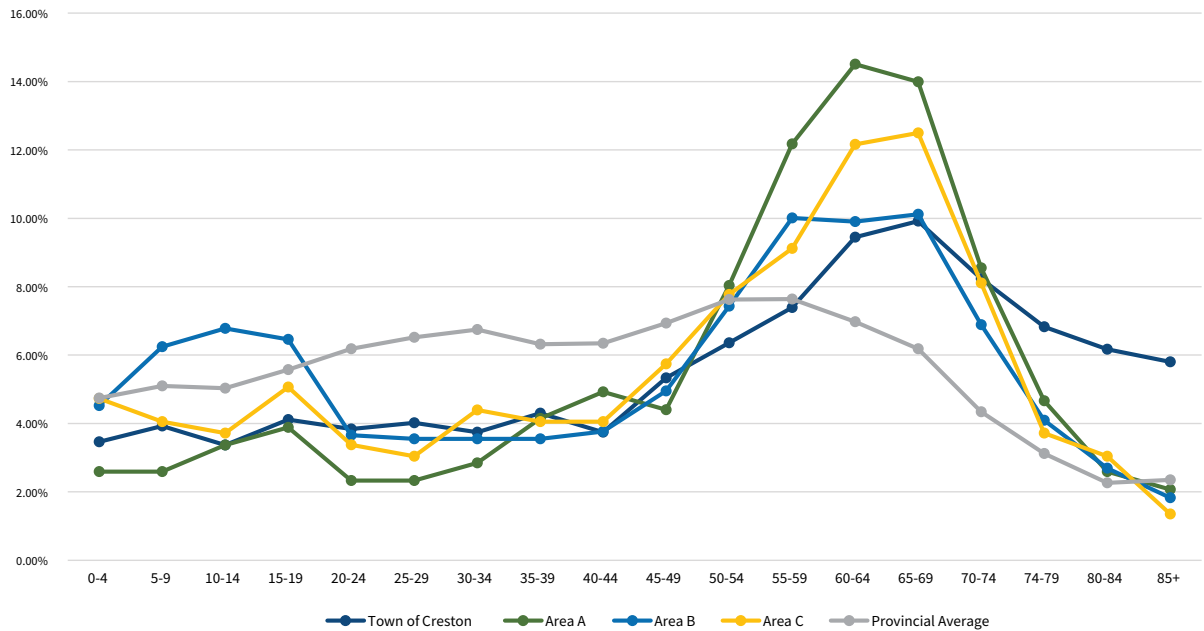
**Chart 1: Projected Growth Rates based on Average, Moderate and High-Growth Scenarios, 2021-2036**



The median age of residents within the study area is 55.8, whereas provincially the median age is 43.0. Residents of the study area are nearly 13 years older on average than the Provincial median. Due to the attractiveness of the Creston area for retirees, this figure is not surprising. However, there are certain challenges that emerge with an older-leaning and aging population in terms of recreation. Ensuring that there are programs and amenities designed to be inclusive of an aging population requires specific attention on the part of the District, the Town of Creston and the three Electoral Areas. Design principles such as universal accessibility are important to consider. In addition, recreational preferences of seniors may differ somewhat from those of the general population. Chart 2 on the following page illustrates the age distribution within the study area.<sup>4</sup>

<sup>4</sup> 2016 population figures.

## Chart 2: Age Distribution within the Town of Creston and Electoral Areas A, B & C, 2016



As is illustrated in Chart 2, residents within the study area tend to skew towards older age cohorts, particularly the 50-54 to 70-74 cohorts. The proportion of the population above the age of 59 is higher within the Electoral Areas than within the Town of Creston. The study area age distribution differs significantly from BC overall in several key demographics, specifically the 20-24 to 30-34 cohorts that are statistically the most likely to start or grow families, as well as the 5-9 to 15-19 cohorts that gradually move through life-phases over time. However, between 2011 and 2016, Creston’s 30-39 age demographic grew by nearly 10%. As Canadians are trending towards having children at later life stages,<sup>5</sup> it is reasonable to expect some growth within the number of younger families within the Town as well as the broader study area. Another exception to note is higher percentage of the 5-9 to 15-19 cohorts within Area B, the study areas second most populated area. As these distributions may impact recreation needs and provision of infrastructure moving forward, the District may wish to explore programming development targeting youth and teens within Area B moving forward. It should be noted that this “bulge” of older adults will continue to age (moving right on the graph). Without any migration to the area of older adults (including retirees) it would be expected that the average age would decline sizeably.

Significant efforts will need to be made to ensure that the region’s aging population has access to inclusive programs and accessible infrastructure required to age-in-place in a healthy manner. Nationally, Statistics Canada projects that individuals age 65+ will represent between 23 – 25% of the population by 2036, more than doubling in size from 2009 and surpassing the percentage of the population under age 14 for the first time in Canadian history.<sup>6</sup> In 2016, individuals age 65+ accounted for 31.4% of the study area population, exceeding Statistics Canada projections by nearly 6% and 20 years earlier than anticipated. Assuming a steady population growth rate of 0.4% per year, ignoring in/outmigration and deaths, and based on natural cohort progressions (i.e. those age 60-64 in 2016 will be 65+ in 2021), the proportion of the study area population will reach 41.4% (5,630) by 2021 and 49.4% (6,860) by 2026. The region is also quite attractive to retirees and it may be reasonably expected that those age 55+ moving to the area will drive population growth. These demographic trends create both significant challenges and unique opportunities to

5 Statistics Canada (2018). <https://www150.statcan.gc.ca/n1/pub/11-630-x/11-630-x2014002-eng.htm>

6 Statistics Canada. (2015). Retrieved from: <https://www150.statcan.gc.ca/n1/pub/91-520-x/2010001/aftertoc-aprestdm1-eng.htm>



develop new recreational opportunities, programs and infrastructure to support a growing and aging population.

## Highlighted Statistics<sup>7</sup>

- The regional population has been, and is expected to be, stable with no significant growth or decline.
- There is a significant proportion of seniors within the study area and fewer young adults.
- Just over 6% of the population identifies as Aboriginal, consistent with provincial statistics.
- Since 2011 95 immigrants have arrived within the study area.
- The median household income within the study area is \$50,612. This is nearly \$20,000 lower than the BC median household income. There is also income variability between the areas:
  - » Town of Creston: \$46,643
  - » Area A: \$49,536
  - » Area B: \$54,565
  - » Area C: \$55,936
- Unemployment is at 8.0% within the study area, compared to 6.7% provincially. Combined with lower median household incomes, assisting families to overcome financial barriers to recreation should be a major focus of the District.
- Most (79%) households within the study area own their homes, compared to 68% provincially.
- Active transportation is used by nearly 10% of residents as their primary mode of transit.



Photo Credit: Andrew Bibby

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<sup>7</sup> Also sourced from Statistics Canada and BC Statistics

## Section 3

# The Benefits of Parks and Recreation

*Photo Credit: Andrew Bibby*

The benefits of recreation,<sup>8</sup> culture and leisure pursuits are substantiated within a growing volume of academic research and other literature. Research demonstrates numerous benefits that communities may realize by investing in recreation and culture: Improved health outcomes for those of all ages, longer life expectancies, improved mental health, deeper community social connections, as well as broader economic and environmental impacts. These benefits are increasingly being recognized by all levels of government within Canada. This section highlights some key benefits of recreation, culture and leisure, focusing on eight key messages presented on the **National Benefits Hub**.<sup>9</sup> As the Town of Creston and the Electoral Areas have a significant proportion of seniors in the community, specific attention has been focused on the potential benefits that recreation and culture may have on aging populations as related to quality of life, longevity, health and prolonging living independently within one's community.

### National Benefits HUB

The National Benefits HUB is a research database which provides access to numerous resources that identify the positive impacts of recreation, sport, fitness, arts/culture, heritage, parks and green spaces on a community. Identified in this section are the eight key messages from the National Benefits HUB, with corresponding evidence related to how recreation and culture can positively impact a community and its residents.

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8 For the purposes of this document, recreation broadly encapsulates general recreation sports, heritage and arts and culture pursuits.

9 Benefits Hub. (n.d.). Main page. Retrieved from: <http://benefitshub.ca/>

## National Benefits Hub

The National Benefits Hub is a research database providing access to numerous studies that substantiate the positive impacts that recreation, sports, fitness, arts/culture, heritage, parks and green spaces often have on communities. The Hub organizes findings into eight key messages (see illustration below), with corresponding evidence provided to support how recreation and culture can positively impact a community and its residents.



### **Parks and recreation are essential to personal health and wellbeing:**

- Moderate to vigorous amounts of leisure time and physical activity increases life expectancy.<sup>10</sup>
- Physical activity contributes to improved mental health and reduces rates of depression.<sup>11,12</sup> Research is also exploring connections between physical activity and lower risk of dementia.<sup>13</sup>
- The provision of green spaces has been linked with several health and wellbeing benefits including increased physical activity, reduced risk of obesity and reduced stress.<sup>14,15</sup>
- Exercise programs designed for seniors to improve balance and conditioning have been demonstrated to reduce risk of significant falls by nearly 40% within certain sub-groups.<sup>16</sup>
- Seniors age 75+ that regularly exercise and have a healthy participation in leisurely and social activities live several years longer than those that do not.<sup>17</sup>

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10 Moore, S.C., 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

11 Gallegos-Carillo, K., 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

12 Barton, J., & Rogerson, M. (2017). The importance of greenspace for mental health. *British Journal of Psychology International*, 14 (4), 79-81. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5663018/pdf/BJPI-14-79a.pdf>

13 Tolppanen, A.M., et al. (2015). Leisure-time physical activity from mid- to late life, body mass index, and risk of dementia. *Alzheimer's & Dementia*. 11(4): 434-443.e6. doi:10.1016/j.jalz.2014.01.008

14 Heinze, J. (2011). Benefits of Green Space – Recent Research. Environmental Health Research Foundation. Retrieved from: <http://www.ehrf.info/wp-content/uploads/2011/09/BenefitsofGreenSpace.pdf>

15 Burton, J.P., Hoobler, J.M., & Scheuer, M.L. (2012). Supervisor workplace stress and abusive supervision: The buffering effect of exercise. *Journal of Business and Psychology*, 27 (3), 271-279. doi: <http://dx.doi.org/10.1007/s10869-011-9255-0>

16 Sherrington, C., et al. (2016). Exercise to prevent falls in older adults: an updated systematic review and meta-analysis. *British Journal of Sports Medicine*, 51, 1750-1758. doi: 10.1136/bjsports-2016-096547.

17 Rizzuto, D., Orsini, N., Qiu, C., & Wang, H.X. (2012). Lifestyle, social factors, and survival after age 75: population based study. *British Medical Journal*, 345. doi: <https://doi.org/10.1136/bmj.e5568>

### **Parks and recreation provide a foundation for quality of life:**

- The arts are an important contributor to quality of life in communities, providing residents with opportunities to connect with one another, express themselves and be community-engaged.<sup>18</sup>
- High quality public spaces can enhance the sense of community in new neighbourhoods.<sup>19</sup>
- Community sport facilities have positive benefits related to increased accessibility, exposure, participation, perceptions of success and improved sport experiences for youth.<sup>20</sup>
- A 2016 survey of UK seniors suggests that arts and culture are important contributors to self-reported rates of happiness, that participating in such activities encourages seniors to get out of their residences and are important for meeting other people.<sup>21</sup>

### **Parks and recreation are key to balanced human development:**

- Regular physical activity is likely to provide children with the optimum physiological condition for maximizing learning.<sup>22</sup>
- Low income students who are involved in arts activities have higher academic achievement and are more likely to go to college.<sup>23</sup>
- Individuals that participate in physical activities in a social setting have improved psychological and social health, as well as benefit from increased self-awareness and personal growth.<sup>24</sup>

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- 24 Eime, R.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), 1-21. doi: <https://doi.org/10.1186/1479-5868-10-98>

### **Parks and recreation reduce self-destructive and anti-social behavior:**

- Youth participation in recreational activities increase leadership and social capacities.<sup>18</sup>
- Teens that are physically active are less likely to smoke and are more likely to quit smoking.<sup>25</sup>
- Sports participation often improves pro-social behavior and reduces crime/anti-social behaviour among young men, including lower levels of drug and alcohol use, school suspensions and juvenile crime.<sup>26</sup>

### **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. Proximity to parks is a crucial factor affecting use-rates.<sup>27</sup>
- Increasing green spaces in urban centres has several positive environmental outcomes, including lower emissions and reducing long-term infrastructure expenditures due to users shifting towards more active forms of transportation (i.e. green transportation networks).<sup>28</sup>
- 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.<sup>29</sup>

### **Parks and recreation build 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.<sup>30</sup> 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.<sup>31</sup>
- Structured sport and recreational activities can help foster a stronger sense of community among children and youth.<sup>32</sup>

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### **Parks and recreation reduce health care, social service and police/justice costs:**

- Quantifying health-care related cost savings resulting from increased physical activity is difficult. However, research suggests that increasing physical activity levels among those age 54-69 can lower health expenditures over time, perhaps by as much as 3.5% per year among this group.<sup>33</sup>
- Health care is one of BC's largest annual budgetary expenditures. A report by the BC Recreation and Parks Association estimates that reducing physical inactivity rates by just 10% could reduce health care expenditures by \$150 million per year.<sup>34</sup>
- Research has demonstrated that walking in forested environments helps to lower blood pressure and stress, providing both therapeutic and health-specific benefits (e.g. reduced risk of heart disease) for individuals and community members.<sup>35</sup>

### **Parks and recreation are significant economic generators:**

- Open spaces such as parks and recreation areas can increase nearby property values, increasing municipal tax revenues. Homes in neighbourhoods that are designed to be walkable and friendly to pedestrians also tend to have higher average property values and attract new residents.<sup>36</sup>
- Investments in recreation infrastructure and cultural amenities in rural areas can increase tourism. Such investments increase the attractiveness and accessibility of rural areas.<sup>37</sup>
- Quebec's Route Verte (Green Route) is a 5,000 km cycling network that connects all regions of the Province. Users of the route contributed over \$95 million dollars to local economies and small businesses along the route. It is estimated that 'cyclotourists' accounted for nearly 60% of spending, supporting over 2,800 jobs.<sup>38</sup>
- Successful investments in arts and culture infrastructure and initiatives can create economic spinoffs in the form of new events, or businesses. Such investments can also help to facilitate urban development/regeneration, making areas more attractive to highly skilled workers in creative-oriented industries.<sup>39</sup>

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37 Briedenhann, J., & Wickens, E. (2004). Tourism routes as a tool for the economic development of rural areas – vibrant hope or impossible dream? *Tourism Management*, 25(1), 71-79. doi: 10.1016/S0261-5177(03)00063-3.

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## Section 4

# Trends and Issues

*Photo Credit: Andrew Bibby*

Recreation preferences and user expectations are constantly changing. It is not realistic for local governments to offer every new trendy program or facility type that comes around, but it is important to be aware of trends that are becoming more mainstream and to keep an open mind when planning. Recent reports on physical activity levels show that Canadians are not as active as they should be. These statistics can help justify the importance of providing public recreation infrastructure, programs and other opportunities.

This section provides an overview of key trends, indicators and leading practices that broadly impact parks and recreation services and the provision of these opportunities within communities across Canada. This information complements local research and engagement findings gathered from RDCK residents by providing additional context that may warrant consideration. While the relevance of these trends and issues to the situation in the Town of Creston and Electoral Areas A, B and C may vary, understanding broader trends within parks and recreation provision is insightful.

Trends and issues examined below and in the following pages are organized into three thematic areas:

1. Participation Trends
2. Service Delivery Trends
3. Infrastructure Trends



## Participation Trends

### Physical Activity and Wellness Levels

Canadians generally struggle to meet recommended targets for physical activity to achieve positive wellness outcomes. The **BC Physical Activity Strategy (2015)**<sup>40</sup> identifies several participation indicators that reveal both encouraging and troubling physical activity trends within the province. Some key findings outlined in the Study include:

- British Columbia is the most active province in Canada. Nearly 65% of British Columbians, age 12 and over, are active in their leisure time. However, about 1.5 million British Columbians are classified as inactive. Many of those who report being active also do not do enough activity to achieve meaningful health benefits from such activities.
- Physical activity levels among children and youth are concerning. While 88% of students in Grades 3 and 4 report they get some physical activity at school, only 44% report doing at least 30 minutes of moderate or vigorous physical activity per day.

Statistics Canada's **Canadian Health Measures Survey** tracks physical activity and health indicators of Canadians. Recent data suggests that there has been little change since 2011 in overall percentages of kids and adults that are meeting recommendations for moderate-to-vigorous physical activity per day. Only 7% of kids and 15% of adults were meeting these recommendations in 2011.<sup>41</sup>

**ParticipACTION** is a national non-profit organization that strives to help Canadians sit less and move more. Their annual **Report Card on Physical Activity for Children and Youth** provides a comprehensive assessment of child and youth physical activity, examining data from multiple sources and assigns grades to indicators such as physical activity, active play, sleep and others. The 2018 report card<sup>42</sup> states broadly that “Canadian kids aren’t active enough” and assigned an overall physical activity grade of D+.

2018 ParticipACTION Report Card Highlights:

- Only 35% of 5-17 year-olds meet physical activity recommendations within the Canadian 24-Hour Movement Guidelines for Children and Youth developed by the Government of Canada.
- More than half (51%) of 5-17 year-olds and 76% of 3-4 year-olds spend more time using screens than is recommended, contributing to increased rates of sedentary behaviors.
- Despite increases in screen time, 62% of 3-4 year-olds do meet physical activity recommendations within the 24-Hour Movement Guidelines.

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40 British Columbia Department of Health. (2015). Active People, Active Places: British Columbia Physical Activity Strategy. Retrieved from: <https://www.health.gov.bc.ca/library/.../active-people-active-places-web-2015.pdf>

41 Statistics Canada. (2017). Ten years of measuring physical activity – What have we learned? StatCan Blog. Retrieved from: [https://www.statcan.gc.ca/eng/blog/cs/physical\\_activity](https://www.statcan.gc.ca/eng/blog/cs/physical_activity)

42 ParticipACTION. (2018). The 2018 ParticipACTION Report Card on Physical Activity for Children & Youth. Retrieved from <https://www.participaction.com/en-ca/resources/report-card>

Older Canadians, too, are becoming less and less physically active over time. A 2018 **Statistics Canada** report examines how older Canadians spend their time, revealing a slow decline in overall activity levels among seniors. Participation rates of senior women in active pursuits declined from 77% in 1986 to 69% in 2015. Over the same period the average time spent by senior men and women on physical activity declined by 35 and 40 minutes per day, respectively. Forty-four percent (44%) of men age 65 and older participate in physical activities, along with 39% of women.<sup>43</sup>

## Physical Activity Preferences

While Canadians are becoming less physically active, new preferences are emerging for what types of recreation and leisure activities Canadians prefer to participate in. The 2013 **Canadian Community Health Survey**<sup>44</sup> revealed that the top 5 most popular adult activities are walking, gardening, home exercise, swimming and bicycling. Among youth, the top 5 most popular activities are walking, bicycling, swimming, running/jogging and basketball. While this data was collected several years ago, it remains one of the most comprehensive surveys of Canadian physical activity preferences conducted to date.

Participation levels and preferences for sporting activities is garnering much attention in recent years given the impact such preferences have on municipal infrastructure development and overall service delivery. The **Canadian Fitness & Lifestyle Research Institute's** 2011-2012 Sport Monitor<sup>45</sup> report identifies several statistics and trends pertaining to sport participation in Canada:

- **British Columbians are more likely to participate in sport than other provinces.** Approximately one-third (36%) of BC residents participate in sport, slightly higher than the national average of 34% and highest among the western provinces.
- **Most Canadians prefer non-competitive sports or activities.** Nearly half (44%) of Canadians surveyed preferred non-competitive sports, while 40% like both competitive and non-competitive sports. Only 8% of Canadians prefer only competitive sports or activities and an additional 8% prefer neither.
- **Sport participation is directly related to age.** Nearly three-quarters of Canadians age 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 15-17 to 18-24 (~20%).
- **More adult men than women participate in organized sport.** Forty-five percent (45%) of adult men indicate participating in sports, compared to 24% of women. Among children and youth populations, participation rates are relatively equal.
- **Participation in sport is directly related to household income levels.** Households with annual incomes greater than \$100,000 have the highest participation rates, nearly twice as high compared to households earning between \$20,000 to \$39,000 and over three times as high than households earning less than \$20,000 per year.

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43 Arriagada, P. (2018). A day in the life: How do older Canadians spend their time? Statistics Canada, Insights on Canadian Society. Retrieved from: <https://www150.statcan.gc.ca/n1/pub/75-006-x/2018001/article/54947-eng.htm>

44 Statistics Canada. (2014). Canadian Community Health Survey, 2013. Retrieved from <https://www150.statcan.gc.ca/n1/daily-quotidien/140612/dq140612b-eng.htm>

45 Canadian Fitness and Lifestyle Research Institute. (2013). Bulletin 01-13. Retrieved from [http://www.cflri.ca/pub\\_page/320](http://www.cflri.ca/pub_page/320)

- **The highest proportion of sport participants play in ‘structured environments’.** Just under half of participants surveyed (48%) indicated that their participation occurred within organized environments, while 20% participate in unstructured or casual environments. Thirty-two percent (32%) participate in both structured and unstructured environments.
- **Community sport programs and venues remain important.** Most Canadians participating in sport (82%) do so within their communities. Approximately one-fifth (21%) participate at school and 17% participate in sports at work. A significant proportion (43%) also indicated participating in sporting activities at home.

The **Canadian Youth Sport Report (2014)**<sup>46</sup> provides additional insight into sport participation trends among children and youth in Canada. As reflected in the table below, soccer participation is second only to swimming (largely driven by lessons) and is the most popular team sport for the 3-6, 7-12 and 13-17 age cohorts. Other notable findings from the Youth Sport Report include:

- 84% of Canadian youth in the 3-17 age range participate in sports of some kind and 60% do it on an ongoing, organized basis.
- Youth sports in Canada represents a \$5.7 billion market, with families spending nearly \$1,000 per year per child on sports.
- Fifty-five percent (55%) of new Canadian youth age 3-17 participate in organized sports, but are less likely to be involved in organized team sports (24% vs. 30% on average). Top team sports for new Canadian youth were soccer, basketball, hockey and volleyball.

### Top 10 Sports and Activities Among Canadian Youth, 3-17

Activity	Participants
Swimming	1,120,000
Soccer	767,000
Dance	625,500
Hockey	531,000
Skating	436,000
Basketball	354,000
Gymnastics	336,000
Track and Field / Running	330,000
Ballet	277,300
Karate	230,000

From the Canadian Youth Report, 2014

46 Solutions Research Group. (2014). Massive competition in Pursuit of the \$5.7 Billion Canadian Youth Sports Market. Retrieved from: <http://www.srgnet.com/2014/06/10/massive-competition-in-pursuit-of-the-5-7-billion-canadian-youth-sports-market/>

While “traditional” activities such as bingo, bridge and shuffleboard remain popular among older Canadians, demands and preferences are evolving over time. Younger cohorts of older adults (i.e. ‘baby boomers’) have different preferences than previous generations and are participating in moderately vigorous forms of physical activity, including:

- Pickleball
- Trekking
- Hiking
- Water Aerobics
- Dancing
- Yoga

Participants and providers alike are focusing on providing more opportunities for multi-generational activities and programming. This trend is driven by participant demand (e.g. more opportunities to engage in programming with younger family members and friends), as well as increased recognition of the social/community benefits that multi-generational interaction can provide. For example, Statistics Canada estimates that for every 60 minutes an adult parent is active, children are active for an additional 15 minutes more per day on average.<sup>47</sup>

The **Canadian Fitness and Lifestyle Research Institute** conducts a Physical Activity Monitor (PAM)<sup>48</sup> survey tracking physical activity and sport participation among Canadians. Conducted via telephone, PAM also tracks changes in physical activity preferences over time and factors that influence participation. The 2014-15 PAM asked Canadians age 18 and older about types of physical activities they participated in 12 months prior to the survey. Below is a breakdown of the 10 most common activities.

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/aerobics classes	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

From the 2014-15 PAM Report

47 Statistics Canada. (2017). Physical activity of Children and youth – Infographic. Retrieved from: <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2017034-eng.htm>

48 Canadian Fitness and Lifestyle Research Institute (2016). Bulletin 07: Popular physical activities among Canadian adults. Retrieved from: <https://www.cflri.ca/document/bulletin-07-popular-physical-activities-among-canadian-adults>

## Spontaneous and Unstructured Recreation

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

Spontaneous recreation is broadly characterized as physical activities in which the activities, nature of participation and timing of participation are freely chosen and do not require registration for programs or leagues. Examples of spontaneous recreation activities include walking, running, children playing, skateboarding, shinny hockey and other pick-up sports games and countless other activities.

Recreation consumers have a greater choice of activity options than ever before. As a result, service providers are now required to ensure that they are approaching service delivery fluidly and in such a way so to be able to quickly adapt to meet community needs. Many municipalities have also had to make hard decisions on activities they are able to directly offer or support, versus those that are more appropriate to leave to the private sector to provide.

Ensuring that programming staff and management are current on local trends is important for the identification and planning of future programming. Regular interaction with participants and strong data collection approaches (e.g. customer surveys) are important methods for service providers to utilize to help identify programs that are popular and in-demand. Developing multi-use spaces can help ensure that municipalities have the flexibility needed to adapt programming to meet changing interests and activity preferences.

*Photo Credit: Andrew Bibby*



## Barriers to Participation

Many Canadians face barriers that impact their ability to reap the numerous social, physical and mental benefits that accrue from participating in leisure pursuits. Understanding these barriers can help service providers develop strategies to mitigate issues and encourage participation.

The following graph, adapted from the **2014 CIBC KidSport Report**, illustrates common barriers to participating in sport for 3 – 17 year-olds in Canada. Enrollment costs, equipment costs and a lack of interest in participating are the top three barriers identified.<sup>49</sup>

### Barriers to Participation



49 CIBC & KidSport. (2014). CIBC KidSport Report: Helping Our Kids Get Off the Sidelines. Retrieved from: [www.kidsportcanada.ca/site/assets/files/.../cibc\\_kidsport\\_report\\_july\\_2014\\_final.pdf](http://www.kidsportcanada.ca/site/assets/files/.../cibc_kidsport_report_july_2014_final.pdf)

A **Heritage Canada** study published in 2009 identified barriers faced by youth organizations in providing opportunities in areas such as arts, heritage and culture. Lack of funding was identified as a main challenge when it comes to participation. Resource scarcity creates barriers in the forms of time, money, transportation, human resources and facilities. Promoting opportunities for young people in these areas is a common challenge. Other barriers identified were communication, program evaluation, challenging paradigms about the role of youth and program inflexibility.<sup>50</sup>

To help communities address barriers to youth participation in sport, recreation and culture, the **Canadian Parks and Recreation Association** has developed the **Everyone Gets to Play Toolkit**. The Toolkit provides a framework and template to assist communities develop support programs that can help reduce financial barriers to participation.<sup>51</sup>

Finally, and particularly important within the context of the study area, Canada and British Columbia's senior populations continue to grow each year. Therefore, demand for senior-specific/focused recreation services will increase significantly in the years to come. Comprehensively understanding senior behavior and recreational preferences is essential for effectively delivering recreational services and preventing sedentary behavior among seniors.

While a lack of resources may contribute to inactivity in the senior population, social and other psychological factors are also significant contributors. The most common barriers reported by seniors as barriers to participating in recreation and physical activity programs include the following.

- Physical accessibility challenges, including a lack of transportation to recreation facilities/areas.
- Safety concerns, such as risk of injury.
- Lack of available/accessible information on current programs and services for older adults, especially those with cognitive or language limitations.
- Lack of physical/emotional support from friends or family.
- Sense of social isolation.
- Lack of general motivation.
- Cost.
- Migration factors.

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50 Heritage Canada. (2009). Youth Participation in Arts, Heritage, Culture and Community. Retrieved from: [publications.gc.ca/collections/collection\\_2010/pc-ch/CH36-4-12-2009-eng.pdf](https://publications.gc.ca/collections/collection_2010/pc-ch/CH36-4-12-2009-eng.pdf)

51 Canadian Parks and Recreation Association. (n.d.). Everybody Gets to Play Community Mobilization Toolkit. Retrieved from: <https://www.cpra.ca/toolkits>

## Service Delivery Trends & Leading Practices

### Recreation and Leisure Opportunities for Older Adults

A major trend within recreation and leisure service delivery is greater focus on providing programs and services for aging populations. By 2031, nearly one in four people in British Columbia will be over the age of 65.<sup>52</sup> Based on current demographic trends, it is possible that over 50% of population of the Town of Creston and Electoral Areas A, B and C will be over 65 by this date.

The **World Health Organization (WHO)'s Global Strategy on Diet, Physical Activity and Health** outlines many benefits that can be realized by providing quality and appropriate physical activity opportunities for older adults, including:<sup>53</sup>

- Lower rates of all causes of mortality, heart disease, high blood pressure, stroke, type 2 diabetes, colon cancer and breast cancer.
- Higher levels of cardiorespiratory and muscular fitness, healthier body masses and compositions.
- More favorable biomarker profiles for preventing cardiovascular disease, type 2 diabetes and enhanced bone health.
- Higher levels of functional health, reduced risk of falls, better cognitive function and reduced risk of moderate/severe functional limitations.

The WHO outlines six specific guideline recommendations for improving older adult physical activity levels/health outcomes:

1. Older adults should do at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic physical activity throughout the week, or a combination of both.
2. Aerobic activity should be performed in bouts of at least 10 minutes in duration.
3. For greater health benefits, older adults should increase their moderate or vigorous intensity aerobic physical activity to 300 or 150 minutes per week, respectively.
4. Older adults with poor mobility should be physically active 3 or more days per week to enhance balance and prevent falls.
5. Muscle-strengthening activities of major muscle groups should be done on 2 or more days per week.
6. Older adults that cannot meet recommended amounts of physical activity due to health conditions should be as physically active as their abilities and conditions permit.

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52 Government of British Columbia, Ministry of Healthy Living and Sport. (2009). Seniors in British Columbia: A Healthy Living Framework. Retrieved from: [https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/pdf/seniors\\_framework\\_web.pdf](https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/pdf/seniors_framework_web.pdf)

53 WHO. (2018). WHO launches ACTIVE: a toolkit for countries to increase physical activity and reduce noncommunicable diseases. Retrieved from: <http://www.who.int/ncds/prevention/physical-activity/active-toolkit/en/>



## Increasing Participation

To maximize benefits of community recreation infrastructure and programs, community members need to participate. The “built it and they come” approach may work for some assets, but not all. It is important that municipalities improve awareness and promote opportunities of infrastructure and programs to under-served markets. Canadian municipalities have explored several strategies to encourage participation in recreation, including:

- **Free Drop In:** Providing free drop-in opportunities such as public skates or swim times can increase participation, often delivered through sponsorships by local businesses to generate revenue.
- **Impromptu Conversion of Public Space:** Setting up temporary or permanent equipment for activities in public spaces such as alleys, parks, plazas and road closures can attract new users. Equipment examples include table tennis, basketball hoops, chessboards, pianos, skateboard parks, concert and gallery spaces.
- **Social Media:** Social media is well-utilized by most municipalities. Techniques to improve participation include partnerships (i.e. retweeting promotional material from partner organizations), utilizing all platforms together (i.e. synchronizing use of Facebook, Twitter and Instagram from a single dashboard), pre-scheduling automatic posts (i.e. weekly opportunities are automatically posted the morning of) and using municipal social media handles as much as possible on all materials.
- **Prescriptions:** Some municipalities have partnered with local health organizations to “prescribe” recreation facilities and programs to patients to encourage greater participation.
- **Try It Days:** Municipalities are hosting annual events where residents, particularly children and youth, can participate in a variety of sports and programs at no cost. The goals of such events are to increase sport participation, introduce families to new sports, increase the profile of sports organizations and to foster new relationships amongst sport and recreation stakeholders.
- **Youth Nights:** Hosting youth drop-in nights on Friday and Saturday evenings can successfully attract youth and teens to facilities. For example, a youth centre in Swift Current, Saskatchewan regularly hosts youth nights on weekends that attract upwards of 250 youth to the alcohol and drug-free environment.

## Partnerships

Partnerships between the public, private, not for profit sectors and schools to deliver recreation and culture infrastructure are becoming more common and increasingly important in communities. These partnerships can take many forms and involve many partners. Municipalities are increasingly looking to form such partnerships to enhance service levels and more effectively leverage limited public funds.

Examples of partnerships include facility naming and sponsorship rights, lease/contract agreements with private service providers, facility operation contracts for spaces or entire facilities and program delivery.

According to one study, over three-quarters (76%) of Canadian municipalities work with schools in their communities to encourage municipal residents to participate in physical activities. Just less than half of Canadian municipalities work with local non-profits (46%), health providers (40%) or workplaces (25%) to encourage physical activity participation. Seventy-six percent (76%) of municipalities with populations between 1,000 and 9,999 and 80% of municipalities with populations over 100,000 have shared-use agreements in place with school boards for facilities. Since 2000, the proportion of municipalities reporting that they work with schools, health providers and local non-profits has increased by 10-20%.<sup>54</sup>

Partnership frameworks are often utilized to guide the development of partnerships and ensure they are accountable and transparent. Criteria to consider when exploring potential partnerships include:

- Alignment with municipal plan visions, values and goals.
- Type of organization (i.e. non-profit, private business, etc.)
- Competency of organization (i.e. ability to budget, business plan sophistication, etc.)
- Whether new/additional opportunities are provided
- Capital and operating cost savings
- Whether health and wellness of individuals is enhanced
- Safety and risk management/liability
- Access and affordability
- Equity and fairness
- Sustainability

Municipalities and community organizations generally recognize that governments cannot carry the whole responsibility of managing and supporting recreation and culture infrastructure and programs. Greater engagement with the private sector in partnerships is a major trend within the field, and includes strategies such as utilizing municipal instruments (e.g. development charges, planning incentives), public-private partnerships and sponsorships.

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<sup>54</sup> Canadian Fitness & Lifestyle Research Institute. (2010). Bulletin 06: Strategic Partnerships. Retrieved from: <https://www.cflri.ca/document/bulletin-06-strategic-partnerships>

## Physical Literacy

Service providers are becoming more aware of physical literacy thinking and best practices, as well as integrating physical literacy principles into recreation programming and services. Physical literacy means focusing on physical skill development, particularly among children and youth, to ensure fundamental movement skills that can be used throughout life are developed. It means that individuals have the motivation, competence, knowledge and understanding to value physical activity for life.

## Social Inclusion

The concept of social inclusion is increasingly being addressed on a community scale. Social inclusion is about making sure that all children and adults can participate within the community as valued, respected and contributing members of society. It involves basic notions of belonging, acceptance and recognition. Social inclusion goes beyond including “outsiders” or “newcomers”. It is about eliminating boundaries or barriers between “us” and “them”. For immigrants, social inclusion manifests itself in full and equal participation in all community dimensions including economic, social, cultural and political realms.<sup>55</sup>

While always an important issue, social inclusion has become more important in Canadian communities as they become more diverse through immigration. Diversity is recognized as having worth onto itself and is not something to be overcome. Recreation, leisure and culture continue to be important vehicles for social inclusion and provide mechanisms for residents of different backgrounds to come together.<sup>56</sup>

There are 5 main dimensions of social inclusion that municipalities should consider:

1. Valued Recognition: confirm recognition and respect on individuals and groups.
2. Human Development: nurture talents, skills, capacities and choices of children/adults to live lives they value and to make contributions both they and others find worthwhile.
3. Involvement and Engagement: provide necessary supports to make/be involved in decisions affecting one’s self, family and community.
4. Proximity: share physical and social spaces to provide opportunities for interactions and to reduce social distances between people.
5. Material Wellbeing: ensure material resources are available to allow children and parents to participate fully in community life.

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55 Omidvar, R., & Richmond, T. (2003). Immigrant Settlement and Social Inclusion in Canada. Retrieved from: <http://citiesofmigration.ca/elibrary/immigrant-settlement-and-social-inclusion-in-canada/>

56 Donnelly, P., & Coakley, J. (2002). The Role of Recreation in Promoting Social Inclusion. Retrieved from: [http://laidlawfdn.org/wp-content/uploads/2014/08/wpsosi\\_2002\\_december\\_the-role-of-recreation.pdf](http://laidlawfdn.org/wp-content/uploads/2014/08/wpsosi_2002_december_the-role-of-recreation.pdf)

## Evolution of Volunteerism

Volunteers are integral to the delivery of recreation and leisure opportunities. It is important to recognize trends that drive overall levels of volunteer participation and motivations. Statistics Canada data illustrates that overall levels of volunteerism have fluctuated over time but have remained generally stable.<sup>57</sup> However, a deeper analysis of volunteer data reveals several significant changes in how and how much Canadians are volunteering.

Variable	2013	2010	2007	2004
Total Population (15+)	29,188,000	28,206,000	27,000,000	26,021,000
Number of Volunteers	12,716,000	13,249,000	12,444,000	11,773,000
Volunteer Rate (%)	44	47	46	45
Avg. Annual Hours Volunteered	154	156	166	168

- **Volunteers are committing less time.** Between 2004 and 2013, the average number of hours volunteered per year decreased by 14 hours.
- **Volunteers are well-educated.** Among volunteers age 25-64, 39% held undergraduate degrees.
- **Much comes from the few.** Over one-third of all volunteer hours are contributed by ~5%.
- **Younger people have high overall rates of volunteerism.** Volunteerism rates are highest among 15 to 19 year-olds, possibly a result of older teens/young adults having 'mandatory' volunteering as part of their school curriculums.
- **Older adults contribute the most hours on average.** While older adults (55+) have lower overall rates of volunteerism, they contribute more hours on average (231) than any other cohort.
- **Younger adults are volunteering fewer hours.** Between 2004 and 2013, volunteer hours contributed by those age 20-24 continually declined.

**Volunteer Canada**<sup>58</sup> also works to track trends within volunteering impacting recruitment, retention and development of volunteers. They have identified several trends specific to British Columbia:

- British Columbians volunteer at a higher rate than the national average. Nearly half (49.8%) of BC residents age 15 and over volunteered in 2010, compared to 47% nationally.
- Residents age 44 and below and above age 55 volunteer at a higher proportion in BC than national averages. However, volunteerism in BC is lower within the age 45-54 segment.
- Education and income levels influence volunteer behavior in BC. Residents with a university degree had the highest rates of volunteerism, as well as increased with higher household income levels.
- The presence of school-aged children increases volunteerism rates within BC households. Nearly 60% of households with school-aged children volunteer compared to just 41% in households without children.

57 Statistics Canada. (2016). Volunteering and charitable giving in Canada. Retrieved from: <https://www150.statcan.gc.ca/n1/pub/89-652-x/89-652-x2015001-eng.htm>

58 Volunteer Canada. (2018). Main page. Retrieved from: <https://volunteer.ca/>

Volunteer Canada has also identified broader trends affecting volunteerism within Canada:

- **The “new volunteer”.** Young people are increasingly volunteering to gain work-related skills. New Canadians also volunteer to develop work experience and language skills. Those with disabilities volunteer to more fully participate in community life.
- **Volunteer job designs.** Designing volunteer jobs to match changing demographics and funding fluctuations can improve volunteer experiences and volunteer retention.
- **Mandatory volunteering.** Many schools are now mandating volunteering through curriculums, creating new demands on and opportunities for volunteer organizations.
- **Volunteering by contract.** The changing environment of volunteering has redefined commitment as being something negotiated and as a mutually beneficial arrangement, rather than a one-way sacrifice of time by the volunteer.
- **Risk management.** Risk management, through job design, requires organizations to place the right volunteers in the right places to minimize risk of dangerous incidents.
- **Best practices.** The volunteer sector has increasingly adopted corporate and public sector management practices such as standards, codes of conduct, transparency measures, evaluation and outcome measurement.
- **Professional management.** Volunteer resource managers are working towards equal footing in terms of recognition with other professionals within the sector.
- **Board governance.** Volunteer boards must respond to new challenges of having to act as both supervisors and strategic planners.

## Data Utilization

The Internet and digital technologies are both disruptions and opportunities within the field of recreation. Digital networks and technologies have had a cross-cutting impact on how people connect with each other, access, consume, display, distribute and preserve information. How audiences are communicated to/with has changed dramatically, requiring new skills to participate in a digital world daily. Municipalities must keep up with innovations, as well as to find ways to integrate digital opportunities and experiences into recreation and cultural opportunities.

Digital technologies and evolving preferences have changed how people engage with culture and creative content. Smartphones are nearly ubiquitous and users expect experiences to engage them both physically and digitally. Regularly changing and updating digital content is expected in an open format. Content is also being used and reimaged in such a way as to challenge authorship and copyright. Keeping up with these changing preferences requires municipalities to consider how content and information is delivered to users in terms of recreation and culture programming, facilities and events.

## Emerging Opportunities and Focus Areas

Municipalities are focusing efforts and plans on capitalizing on emergent opportunity areas, particularly festivals and sports tourism. Festivals are increasingly important within municipal recreation planning efforts. **Festivals** of all sizes are becoming more prominent within many communities, in many cases supplanting ‘bricks and mortar’ cultural infrastructure such as performance spaces. Events such as street fairs to annual signature events such as holiday parades attract residents and tourists and serve as economic drivers. Festivals are nimble and scalable: they can take place in non-traditional spaces and can adapt and evolve programming as necessary. Many festivals are free to attend and utilize existing public spaces and cultural assets, sparking interactions among a diverse range of community members and improving images of urban areas, particularly those in need of a boost.

**Sports and outdoor recreation tourism** has become a priority for many municipalities as well. To a large degree, sporting events (e.g. tournaments) are being utilized to leverage capital funding for new facility investment and demonstrate the value of investing in recreation (e.g. economic impacts, community appeal). This trend is particularly evident in rural or remotely located communities in Canada. For example, event hosting has been used as a mechanism within northern communities to increase their tourism profile and procure funding from multiple levels of government, creating legacy type facilities for future use.

The sports tourism industry in Canada creates \$6.8 billion dollars in economic activity per year.<sup>59</sup> In contrast to other segments of the tourism industry, sports tourism has grown steadily over time and is largely driven by the domestic, overnight market rather than by national or international visitors. For example, BC Games estimates that the economic impact of hosting the BC Summer or Winter Games ranges from \$1.6 to \$2 million dollars.<sup>60</sup> The City of Red Deer, Alberta hosted the 2019 Canada Winter Games, with an expected regional economic impact of more than \$130 million.<sup>61</sup> The sport tourism sector is also becoming more organized, structured and competitive. Municipalities are more actively seeking to attract high profile sporting events for both the infrastructural legacy that they may create, as well as for economic spillovers that often result from such events (upgraded or new facilities and infrastructure etc).

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59 Canadian Sport Tourism Alliance. (n.d.). About CSTA. Retrieved from <https://canadiansporttourism.com/about-csta/about-csta.html>

60 BC Games. (2018). Economic Impact. Retrieved from: <https://www.bcgames.org/Games/Stats-and-Facts/Economic-Impact>

61 City of Red Deer. (2018). 2019 Canada Winter Games. Retrieved from: <http://www.reddeer.ca/city-government/budget-and-annual-financial-reports/2018-budget-and-annual-financial-report/2018-capital-budget/2019-canada-winter-games/>

## Community Engagement

Municipalities are utilizing new and exciting techniques for engaging with community members, to identify preferences and desired outcomes and to support planning outcomes.

**Creative placemaking**<sup>62</sup> is a popular approach for bringing together the public, private, non-profit and community service sectors to shape the physical and social character of neighborhoods. Arts and cultural activities are utilized to give voice to local artists and create authentic experiences for community members, gather resident feedback and encourage engagement. Creative placemaking is particularly attractive for engagement in that it:

- Leverages the creative potential of residents and artists that is already in place.
- Supports community diversity and provides new opportunities for engagement and interaction.
- Contributes to a mix of uses and users that make places more diverse and active.
- Fosters new and existing connections among people and across cultures.

Municipalities are also utilizing **cultural mapping** to identify various cultural resources and important points within the community, as identified by community members themselves. Cultural mapping is an active process of mapping assets and places that are important to community members in order to enhance, preserve, protect or better celebrate these spaces. Workshops, engagement sessions and online map-making tools are utilized to allow residents to indicate where these places are geographically within the community.<sup>63</sup> Cultural maps have the potential to inform decision making across municipal divisions regarding investments in infrastructure, facilities and where such investments are geographically made within communities.

Regardless of whether cultural maps are used primarily by residents or municipal staff, there are four overarching best practices to adhere to within the cultural mapping process. Good cultural maps should:

- Be a source of current information about cultural/important assets in the community.
- Be compatible and integrate within existing municipal geospatial databases and resources.
- Be compatible with mobile devices and other data sets.
- Include user-focused features that make cultural maps more meaningful for the user.

Cultural maps can be catalysts to build partnerships with local organizations, community associations, non-profits, the private sector and educational institutions. Gathering information from a wide-range of users provides an opportunity to strengthen community ties and provide new information on what types of tangible/intangible cultural infrastructure is important to various groups. Cultural maps also give voice to less-visible or marginalized groups within the community and provides an opportunity to gather data and insights transparently/inclusively.

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62 Project for Public Spaces. (2015). Creative Communities and Arts-Based Placemaking. Retrieved from:

63 UNESCO Bangkok. (2017). Cultural Mapping. Retrieved from: <https://bangkok.unesco.org/content/cultural-mapping>

## Infrastructure Trends & Leading Practices

### Best Practices in Facility Allocation

Many municipalities struggle with how to allocate facility time to different user groups. Balancing ‘historical rights’ to facility time with the needs of new or emerging groups requires a tactful approach. Municipalities are reviewing and adapting facility allocation policies and practices to ensure that provision of facility time aligns with desired community outcomes and values and provides the greatest benefit to the greatest range of residents.

**Sport for Life** has developed a series of best practices and principles to be followed in allocating facility time to various user groups. These practices and principles are based on “standards of play” principles in terms of the time and space required by user groups:

- Allocation policies should be transparent and reviewed with all user groups.
- Allocation should not be done based on tradition, but rather on actual time requirements.
- Seasonal allocation meetings should be held with common user groups to review time requests and to achieve consensus on sharing available spaces and time.
- Groups should be encouraged to be flexible in reallocating spaces to other groups when no longer needed, either temporarily or for longer periods.
- User fees and subsidies should be based on community taxpayer support and fee/subsidy rationale should be shared with user groups and sport organizations.

*Photo Credit: Andrew Bibby*





## Aging Infrastructure

A 2009 report by the **British Columbia Recreation and Parks Association** identified that much of the province's recreation infrastructure is aging and in need of renewal:<sup>64</sup>

- Sixty-eight percent (68%) of BC's indoor recreation facilities are 25 years or older and 42% of facilities are 35 years or older.
- Recreation infrastructure development is not keeping pace with current or projected population growth. An estimated \$1.2 billion is needed to build new indoor facilities to accommodate population growth projections.
- An estimated \$4 billion is needed to rehabilitate existing indoor recreation facilities in BC based on lifecycle stage assumptions.

A more recent report, the **2016 Canadian Infrastructure Report Card**,<sup>65</sup> provides a similar assessment and analysis of the state of sport and recreation facilities in Canada. Key findings include:

- Canada's infrastructure, including sport and recreation facilities, is at risk of rapid deterioration unless there are immediate investments made.
- The annual average reinvestment rate in sport and recreation facilities is currently 1.3% of capital value. It is recommended that municipalities reinvest 1.7% to 2.5% of capital value into facilities per year.
- Almost 1 in 2 sport and recreation facilities are in 'very poor', 'poor', or 'fair' condition and need repair or outright replacement.
- Compared to other municipal infrastructure, sport and recreation facilities were in the worst conditions and required the most immediate attention.
- The extrapolated replacement value of sport and recreation facilities in 'very poor' or 'poor' condition in Canada is \$9 billion. Those facilities in 'fair' condition require \$14 billion in investment.

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64 British Columbia Recreation and Parks Association. (2009). A Time for Renewal: Recreation Facilities in BC. Retrieved from: [https://www.bcrpa.bc.ca/media.60629/full\\_report\\_final.pdf](https://www.bcrpa.bc.ca/media.60629/full_report_final.pdf)

65 Canadian Infrastructure Report Card. (2016). 2016 Canadian Infrastructure Report Card: Informing the Future. Retrieved from: [http://canadianinfrastructure.ca/downloads/Canadian\\_Infrastructure\\_Report\\_2016.pdf](http://canadianinfrastructure.ca/downloads/Canadian_Infrastructure_Report_2016.pdf)

## Multi-Use Spaces and Social Amenities

Municipalities are now designing **recreation and cultural facilities to accommodate multiple activities** and users, as well as have multiple components. The benefits of designing facilities to be multi-use include increased operational efficiencies, attracting a wider-range of users and procuring multiple sources of revenue. Providing opportunities for all ages of family members to take part in different opportunities simultaneously at the same location increases convenience and satisfaction.<sup>66</sup>

Creating spaces within facilities that are easily adapted and reconfigured is another growing trend observed in newer or retrofitted facilities. Many performing arts venues are being designed in such a way as to enable reconfiguration of staging, seating and wall placement on demand. Visual arts spaces such as studios and galleries are being designed to allow them to be used for multiple art creation and display purposes. Gymnasiums 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 activity.

**Including social amenities** such as lobby areas, common spaces, restaurants and cafeterias, spectator viewing areas, meeting rooms and adjacent outdoor parks/green spaces can also maximize the overall user experience. Such amenities also have the potential to attract non-traditional patrons to the facility. It is becoming increasingly common for new public facilities to offer patrons public wireless internet access. Providing social amenity spaces can also increase facility usage and visitation during off-peak hours and during non-event/program times. Many municipalities and non-profit organizations have encouraged off-peak hour facility use to ensure that the broader populace perceives that the facility is accessible, available to all members of the community and a justified investment of public funds.

## Revenue Generating Spaces

Municipalities operating community facilities must find creative and innovative ways to generate revenue needed to sustain current operations and fund future expansion or renovation projects. Generating sustainable revenue outside of user fees or regular government contributions enable facilities to maintain and even expand service levels.

**Leasing out spaces within facilities** to other groups or businesses is one such opportunity to generate new revenue. Many facilities are creating new spaces or redeveloping existing areas of facilities to lease out to food and beverage providers, as well as other retail businesses. Short-term rental spaces are also major sources of revenue for some facilities. Lobby areas, program rooms and event housing spaces can be rented to the private sector for meetings, team building activities, holiday parties and a host of other functions.

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<sup>66</sup> Perkins+Will Architects. (n.d.). Multi-Use Recreation: Buildings inspired from their communities and integral to their place. Retrieved from: <https://perkinswill.com/type/multi-use-recreation>

## High Quality Outdoor Environments

Research suggests that individuals place a high value on the availability and quality of parks, trails and outdoor spaces. A report commissioned by the **TD Friends of the Environment Foundation** found that nearly 95% of Canadians agree that access to community green spaces is important to their quality of life. However, nearly three-quarters felt that local green spaces could be improved. At the same time, 59% of Canadians feel that their children spend less time outdoors than when they were their age.<sup>67</sup>

Two-thirds of respondents (64%) value local parks as ‘very important’ to them and their family. Additionally, 68% of Canadians are concerned about the loss of green space in their community. A 2011 study of over 1,100 parents of children age 2 to 12 in the US, Canada and UK found that the more time families spend together at playgrounds, the greater their overall sense of wellbeing. Three-quarters of respondents also wished that they had more time to visit playgrounds as a family.<sup>68</sup>

High quality outdoor spaces are critical for overcoming our growing ‘nature deficit disorder’, a term coined by Richard Louv in his 2006 book *Last Child in the Woods*.<sup>69</sup> Louv suggests that children are increasingly becoming estranged from nature and play, resulting in several cognitive, physical and developmental issues. More recent research out of Finland suggests that seniors and older adults, too, place high importance on the overall quality and walkability of outdoor spaces. Areas that are more walkable, that is, that have high quality walking infrastructure, a mix of land-uses/services and provide an enjoyable experience better encourage seniors and older adults to be physically active.<sup>70</sup>

A relatively new approach being employed by municipalities in recreation and leisure infrastructure planning is to **ensure that indoor environments and facilities interact seamlessly** with adjacent outdoor spaces. This requires municipalities to take a holistic approach to providing public event spaces, indoor/outdoor walking trails, indoor/outdoor play areas and indoor/outdoor public art. By more seamlessly integrating indoor and outdoor spaces, municipalities can improve community walkability and accessibility of infrastructure.

There are several operational considerations that must be accounted for when planning indoor/outdoor environments, such as cleaning, maintenance and controlled access. Good practice for planning a new indoor facility is to complement the site it is located on (and outdoor amenities included) and the broader network of community parks and trails. Planning in such a way is prudent and ensures that public spending on indoor and outdoor recreation and culture infrastructure is optimized. A very simple way to integrate indoor/outdoor environments is to simply ensure that patrons have good opportunities to view the outdoors from inside.

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67 TD Bank. (2017). TD GreenSights Report. Retrieved from: [https://www.td.com/document/PDF/corporateresponsibility/TD\\_CAN\\_17006\\_TD\\_GreenSpaces.pdf](https://www.td.com/document/PDF/corporateresponsibility/TD_CAN_17006_TD_GreenSpaces.pdf)

68 KaBOOM!. (2011). Playgrounds Increase Sense of Family Well-Being. Retrieved from: [https://kaboom.org/about\\_kaboom/press/releases/playgrounds\\_increase\\_sense\\_family\\_well\\_being](https://kaboom.org/about_kaboom/press/releases/playgrounds_increase_sense_family_well_being)

69 Children & Nature Network. (2018). Nature-Deficit Disorder. Retrieved from: <https://www.childrenandnature.org/about/nature-deficit-disorder/>

70 Portegijs, E., et al. (2017). Physical Limitations, Walkability, Perceived Environmental Facilitators and Physical Activity of Older Adults in Finland. *International Journal of Environmental Research and Public Health*, 14 (3), 1-14. doi: <https://doi.org/10.3390/ijerph14030333>

At the same time, municipalities must also try to meet **increasing expectations from residents for the functionality and aesthetics of parks** and central gathering places in the community (e.g. downtown). Renewed societal value on aesthetics, convenient access and perception of safety has largely driven this trend. The following chart identifies some leading practices observed in how communities plan and design park spaces.

Leading Practice	Description	Examples
Include support amenities	Park spaces should have enough support amenities to enhance visitor experiences, encourage use and support a range of activities	Washrooms, change stations, public WiFi and abundant seating areas
Maximize safety and accessibility	Park space design should prioritize accessibility for those with physical and cognitive disabilities to reduce barriers to visitation	Provide access to the site via safe trails and paths, create bright open spaces that feel safe and provide sufficient wayfinding signage. Trail surfaces should accommodate those with mobility challenges.
Design for all ages, interests and abilities	Ensure that park or other public spaces have a broad appeal. Include amenities that appeal to a diverse array of individuals	“Hub” type spaces that provide a mix of amenities that are both active and passive, multi-generational and facilitate both social gatherings and individual relaxation/solitude
Incorporate new and innovative play features	Include playground equipment and installations that provide a mix of old and new features, helping to appeal to a wider range of ages and interests	Natural playgrounds, adult playgrounds and integrating playgrounds into other on-site spaces
Utilize “functional” landscape planting	Park designs that shift away from traditional, non-native plantings to native or ‘productive’ plantings that promote local horticulture and food production, etc.	“Nibble” or “make a salad” concept plantings (pick vegetables in a park space for use in salads), interpretive signage explaining native plantings and integrating vegetation into functional park space amenities
Integrate public art	Including public art installations and features into community park spaces to increase character and appeal, promote community connectedness and local artists	Murals, graffiti walls and art integrated directly into playground features (e.g. painting slides and posts)

## Active Transportation

Active transportation refers to any form of human-powered transportation, such as walking, cycling, using a wheelchair, inline skating or skateboarding.<sup>71</sup> As of 2016, 7% of Canadians commuted to work via active forms of transportation such as walking or riding a bicycle.<sup>72</sup> Research demonstrates there is a relationship between the design and form of the built environment and the health of residents. Municipalities are now experimenting with how to plan, design and build communities in such a way as to encourage active transportation and the benefits realized by residents, such as lower body-mass indexes, better quality of life measures and reduced individual green house gas emissions.<sup>73</sup>

Pathway systems connecting neighbourhoods across the municipality are important for accommodating alternative methods of transportation. Hub spaces such as parks encourage active pedestrian traffic through their boundaries if they are adjacent to roadways or provide shortcuts through the community. Multi-use pathway systems are the standard for park designs, as they facilitate a wide range of recreational uses and serve an important transportation function. Relationships between pathway systems and other infrastructure should be examined closely. Amenities on pathways affect usage, including lighting for night usage, paving surface material and types of uses supported (e.g. walking or cycling). Analyses of why certain pathways are utilized more than others can provide insights into how other corridors can be approved. Municipalities often use trail trackers or pedestrian counts to gather data needed to determine utilization rates.

Younger professionals are using active transportation more than ever. Many factors contribute to this trend, including people becoming more environmentally conscious, financial limitations and people moving to core areas closer to workplaces from suburban locations. For seniors, functional active transportation networks can provide a key means for navigating around the community, particularly if a senior can no longer drive or lives in a community without a public transit system. Municipalities should consider how active transportation can be supported through the development of new infrastructure.

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71 Government of Canada. (2014). Active transportation. Retrieved from: <https://www.canada.ca/en/public-health/services/being-active/active-transportation.html>

72 Statistics Canada. (2017). Journey to work, 2016 Census of Population. <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2017038-eng.htm>

73 Canadian Institute of Planners. (2012). Active Transportation, Health and Community Design: What is the Canadian evidence saying? Retrieved from: <https://www.cip-icu.ca/Files/Healthy-Communities/FACTSHEETS-ActiveTransportation-FINALenglish.aspx>

## Section 5

# Plan Background Review

*Photo Credit: Andrew Bibby*

## Summary

It is important to understand the strategic planning and policy context guiding the provision of parks and recreation infrastructure, programs and services in the Regional District of Central Kootenay (RDCK). The RDCK operates under the strategic guidance of broad corporate planning policies and plans. Community plans have been developed for each of the sub-regions within the District, including for the Town of Creston and Electoral Areas A, B and C.

This section presents a review of District, provincial and federal plans, policies, frameworks and studies that are pertinent to the provision of services in the Town of Creston and Electoral Areas A, B and C. Documents reviewed highlight the importance of providing these public services and provide some direction and recommendations for future provision. From a District/municipal context, the documents referenced illustrate the importance of parks and recreation services in advancing community development in the region.

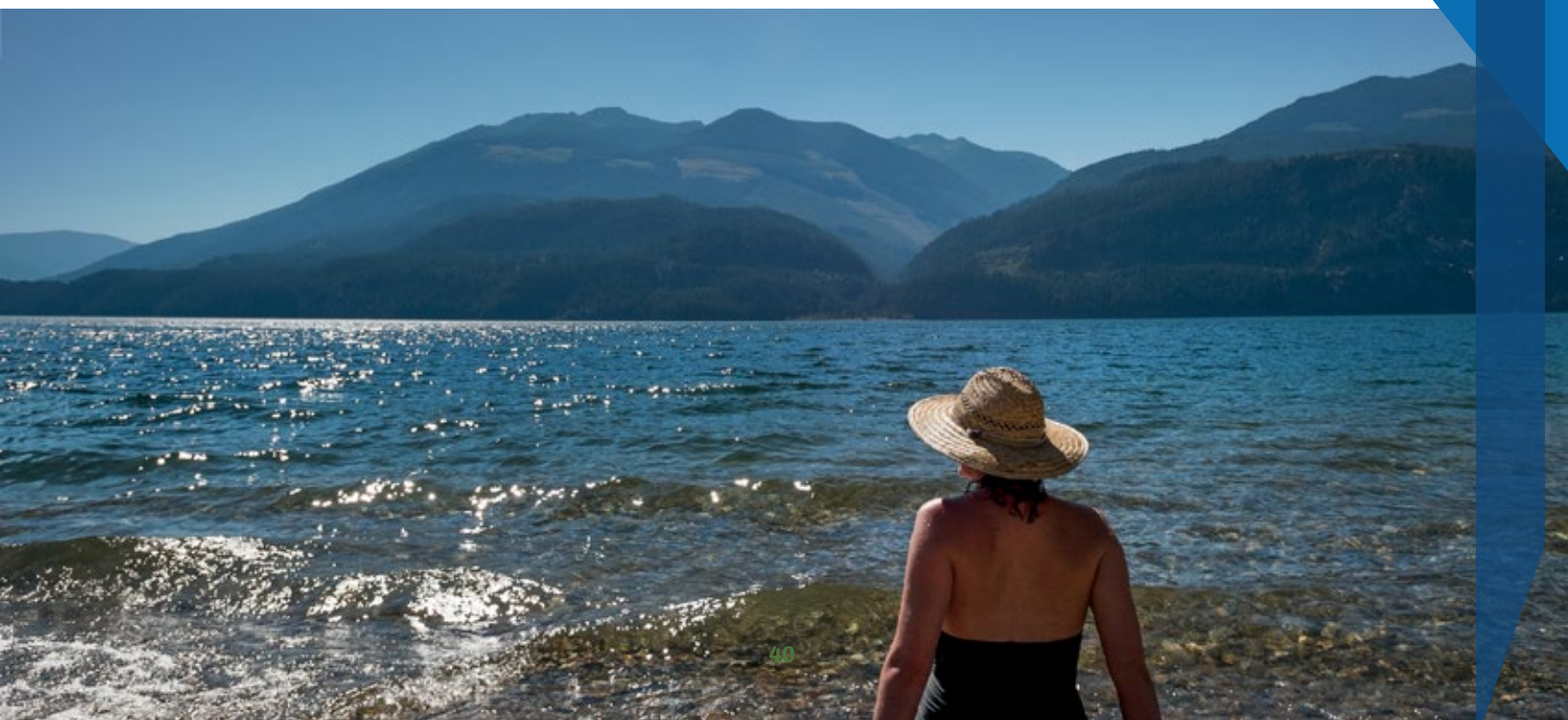
*Photo Credit: Cheryl Jagers*



**Highlights:**

- Local and regional plans within the study area support the development of parks and recreation opportunities that:
  - » Increase regional/rural access to parks and recreation facilities.
  - » Establish a regional, integrated trails network connecting all communities.
  - » Enhance walkability, support aging-in-place and facilitate active transportation.
  - » Promote the attractiveness of the area to tourists/visitors and a high quality of life for residents.
  - » Encourage collaboration and partnerships between the District, community/volunteer groups and school boards.
- Highlights of projects and initiatives identified in local and regional plans include:
  - » Town of Creston: develop a multi-modal transportation, complete detailed design work for Market Park, consider creating pop-up parks on municipally-owned property and construct a trail network through the Glaser Drive right-of-way.
  - » Area A: explore acquiring Martell Beach for new parks and provide opportunities for public access to the shore of Kootenay Lake.
  - » Area B: create and extend a connected network of trails and public corridors to access community parks, recreation areas and public open spaces.
  - » Area C: designate crown land adjacent to Goat River, Arrow Creek, Urmston, Alice Siding, Corn Creek and Teetzel Creek and other sources of domestic water supply as Environmental Reserve (ER).
- Provincial and national level plans and strategies provide visions for the role of parks and recreation in personal and community development. Animated and active amenities, services, and programs should be inclusive and engaging for all.

*Photo Credit: Daniel Seguin*



## Local & Regional

### Regional District of the Central Kootenay (RDCK) Bylaw 2044: Parks Plan (2009)

Within the RDCK, **Bylaw 2044** (Parks Plan)<sup>74</sup> guides the provision of parks throughout the region. The Bylaw outlines the RDCK's role in providing day-use outdoor recreation opportunities at sites that are used by residents of two or more areas or electoral areas. The Bylaw establishes policies for the function of regional parks and classifies them into three categories: multi-purpose parks, waterfront access parks and regional trails. The Bylaw suggests that major projects related to regional park development should be evaluated using a feasibility analysis prior to public investment.

RDCK's goals for regional parks is, "To establish a comprehensive and geographically balanced regional parks system that serves the residents of the Regional District with a diversity of regional recreational opportunities that are not being provided by any other agency" (p.5). The Bylaw outlines the following objectives for regional parks within the RDCK:

- Provide a policy framework and program strategy for a regional parks system to guide the Regional Board when making decisions to acquire, develop and manage regional parks.
- Provide a diversity of recreation opportunities in the Regional District that meet family recreation needs and recreation requirements for those of all ages.
- Facilitate accessibility for residents by providing one or more regional parks or trails in each sub-region of the Regional District.
- Provide regional parks and trails relatively close to settled areas to maintain accessibility, encourage utilization and minimize travel time and costs.
- Complement the roles and responsibilities of other park and recreation agencies.
- Utilize high-capability recreation sites for regional parks.
- Provide high-quality water-based recreational experiences in regional parks.

### Regional District of Central Kootenay Creston and District Community Complex and Recreation #3 Master Plan (2006)

The 2006 Master Plan was developed using similar engagement and research tactics as those implemented during this process. The Plan was done for the then defined Recreation Area #3 and focused on the provision of and planning for indoor recreation facility opportunities. The Plan outlined a number of recommendations related to service delivery (partnerships, financial performance and programming) and also outlined a vision for facility expansion at the Community Complex; expansion that eventually happened and is now enjoyed by residents and visitors alike.

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<sup>74</sup> Regional District of the Central Kootenay (RDCK). (2009). Bylaw No. 2044. Retrieved from: <https://rdck.ca/assets/Government/Bylaws/Parks/Bylaw%202044W%20Regional%20Parks%20Consolidated.pdf>



## Town of Creston Official Community Plan (2017)<sup>75</sup>

The Town of Creston's Official Community Plan (Town of Creston: Freshly Picked Future OCP) was adopted in 2017. The OCP is a comprehensive land-use framework to guide the community's growth well into the future, outlining how land use, infrastructure, services, green spaces and development can help the Town achieve its vision:

### Town of Creston Vision

"Creston is made up of walkable and connected neighbourhoods, including a **pedestrian-friendly** Downtown Core that acts as a social and economic hub. The community features quality and diverse housing options that are affordable, accessible and that allow for multi-generational living and **aging in place**. A **comprehensive trail system** runs through the community and connects important institutions and **parks**. The community trail system also connects to a **regional [trail] system** that extends throughout the Creston Valley. The economic industries of forestry, agriculture and local retail are expanded on by value-added industries, agri-tourism and **outdoor recreation**. The preservation of the natural environment, the **celebration of the social and cultural realms** and the form of the built environment all allow for a sense of place that emphasizes the area's history, landscape, beauty and sense of forward thinking."

As highlighted within the Town's vision statement, there are many areas of overlap between the OCP and recreation. Emphasis on creating pedestrian-friendly, walkable environments within the downtown core will encourage greater rates of active transportation and more lively streetscapes. Such infrastructure, combined with other land use policies in areas such as housing, will support the Town's senior population to successfully age in place. The Town also recognizes the importance of having a comprehensive and regional-scale trail system to connect institutions, parks and other opportunities. Outdoor recreation and social/cultural celebrations are also emphasized within the vision, suggesting the Town recognizes the importance of creating a vibrant, active community with strong sense of place.

What follows are highlights from Creston's OCP that are pertinent to the future of recreation, leisure and culture amenities, services and programs in the community. As a major population and service hub for the three Electoral Areas, these highlights also pertain to these areas as well.

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<sup>75</sup> <https://www.creston.ca/DocumentCenter/View/1500/2017-Official-Community-Plan>

## Community Context, Amenities & Public Spaces

As part of its OCP consultation process, the Town asked residents to indicate their preferred modes of transportation. Residents ranked pedestrian, bikes, scooters and strollers at the top and private vehicles at the bottom, suggesting strong support for active transportation infrastructure development. Residents indicated that the Town's trail system is important for walkability and since 2009 the Town has prioritized developing new trails to connect residents to commercial, residential and recreation nodes. The Town supports many community events each year, including the Blossom Festival, Winter Festival and the Creston Valley Fall Fair.

Recreation is an important component to active lifestyles within Creston. The Creston & District Community Complex is a fully-featured facility with an ice arena, curling rink, lap and leisure pool, fitness centre, soccer field, baseball diamonds, outdoor volleyball courts, sports court, pickle ball courts, skate park, playground and extensive recreational programs. There are abundant outdoor recreation opportunities in the area, including hunting, fishing, hiking and skiing. Creston has many informal and unmaintained trails. Nearly one and a half kilometres (1.3 km) of paved trails were recently constructed connecting assets such as the Farmer's Market, Dog Park, Green Gym and Public Library. These improved trails complement an existing 15 km sidewalk network. Park spaces comprise approximately 1% of all land uses within Creston and include Millennium Park (Japanese gardens, outdoor amphitheatre). The Town has recently developed an off-leash park and two outdoor exercise areas. The Town is currently developing a conceptual plan to develop a brownfield space between the Armitage Centre (in the north) and Pealow's Independent Grocer (in the south). This future Market Park is to be the permanent home for the Farmers' Market and a key hub for community gatherings.

*Photo Credit: Andrew Bibby*



## Recreation Specific OCP Land Use Policy/Strategic Considerations

- Future development should support principles of walkable communities.
- Collaboration with School District No. 8 and the RDCK should be maintained for use of school sites and facilities for recreational use by the entire community.
- Prepare a multi-modal transportation plan.
- Apply universal design guidelines into all public buildings and community spaces.
- Develop appropriately sized and linked trails, paths and greenways in accordance with the Greenways & Trails Master Plan.
- Encourage the preservation of natural open space in the community to provide active and passive recreation and leisure uses.
- Develop and enhance sites and facilities for sports including, but not limited to: climbing, tennis, slo-pitch and soccer.
- Provide a diversity of multi-use park types that offer a mix of open and treed spaces, trails, community gardens and varied recreational amenities suitable for a range of ages and abilities.
- Explore developing additional off leash dog parks.
- Consider providing bear-proof waste receptacles in municipal parks and at trailheads.
- Consider creating pop-up parks on municipally-owned property, undeveloped rights-of-ways and isolated parking areas.
- Secure funding for detailed design and construction of the future Market Park, which should be a multi-use greenspace to serve as the hub and heart of the Downtown Area in Creston.
- Construct a trail network through the Glaser Drive right-of-way, establishing connectivity between North Creston and the Mall, providing a walking alternative to Northwest Boulevard.
- Finalize upgrades to the Bike Park and construct the new Pump Track.
- Enhance the number and diversity of play structures in local parks.
- Purchase and/or support the installation of public art in the Downtown Core.
- Enhance the aesthetics of Rotary Park, located on the corner of 10th Avenue and Canyon Street.
- Provide a downtown restroom space as a much needed public amenity.
- Develop a tourism plan/strategy that promotes tourism and recreational activities in the area.
- Develop a Downtown Core strategy to prioritize the pedestrian, provide public gathering spaces, enhance greening and provide public amenities.
- Work with neighbouring local governments to develop a robust Wayfinding Strategy.

## Town of Creston Corporate Strategic Plan 2018 - 2019 (2018)<sup>76</sup>

The Town of Creston's 2018-2019 Corporate Strategic Plan outlines the Town's annual strategic and advocacy priorities. Implementing the Town's Official Community Plan is the top strategic priority for this period, including developing a Multi-Modal Transportation Master Plan (2019) and implementing the Trails Master Plan to enhance trails, greenways and parks connectivity (2018/19). Initiating detailed engineering design for the Market Park is also a priority, depending on budget. The Glaser Drive trail, sidewalk restorations and enhancements and downtown beautification are also strategic priorities. Advocacy priorities include supporting the planning, funding and development of a regional trails system, partnering with local First Nations and supporting livability initiatives that enhance Creston's sense of place and quality of life provided to residents and visitors.



*Photo Credit: Andrew Bibby*

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<sup>76</sup> <https://www.creston.ca/DocumentCenter/View/1871>

## Cultivating Creston: Integrated Community Sustainability Plan (ICSP) & Age-Friendly Action Plan Update (2014)

The Town of Creston's Integrated Community Sustainability Plan (ICSP) and Age-Friendly Action Plan articulate the community's shared vision for a successful and sustainable future and are considered the community's highest-level policy documents. Actions, project leads and partners and progress made to date are outlined in a 2014 update.<sup>77</sup> The chart below outlines relevant Action Areas.

Action Area	Action Name	Description	Lead	Partner	Progress (2014)
Economy	Festivals & events coordinator	Explore the feasibility of hiring a festival and events coordinator	RDCK Rec. Dept.	Chamber of Commerce	None
Food & Agriculture	Food events	Create three food celebrations/festivals to run per year	Food Action Coalition, Young Agrarians	Rotary Club	Tour de Food event organized by Young Agrarians
Food & Agriculture	Community gardens	Explore demand and land for community gardens through Community Plan update	Town of Creston	Food Action Coalition Interior Health Authority	Completed and reflected in Community Plan
Age-Friendly	Recreation affordability for seniors	Develop a 'leisure access/affordability program' to support low-income seniors	RDCK Rec. Dept.	None	Leisure Access Program in place
Age-Friendly	Sidewalks	Build more sidewalks to improve community walkability	Town of Creston	None	1.9 km of paved trails added to Creston Trail Network as of 2014
Age-Friendly	Universal access to Rec Centre	Ensure universal accessibility to the rec/community centre	RDCK Rec. Dept.	None	Facility was determined to be accessible as of 2014
Age-Friendly	Accessibility standards	Embed universal accessibility standards into design guidelines	Town of Creston	RDCK	In progress as of 2014 through Downtown Core Design guidelines
Arts, Culture & Heritage	Arts, Culture & Heritage facilitated meetings	Organize and host meetings to gather stakeholder input on how to advance ICSP through ACH orgs	Museum and Creston Valley Arts Council	None	None
Recreation, Leisure & Learning	Trail enhancements and wayfinding	Enhance local trails and related signage throughout the Valley	Town of Creston	RDCK, Chamber of Commerce, CV Trails Society	Trail committee was established as of 2014, progress unknown
Recreation, Leisure & Learning	Improve water access and wayfinding	Improve water access opportunities and location, as well as information and signage on amenities	RDCK	Creston Valley Trails Society	CV Trails Society re-established as of 2014, progress unknown

<sup>77</sup> Town of Creston. (2014). Cultivating Creston ICSP & Age-Friendly Action Plan – Update 2014. Retrieved from <http://www.creston.ca/DocumentCenter/View/349/Cultivating-Creston-and-Age-Friendly-Action-Plan-Round-2---2014>

Action Area	Action Name	Description	Lead	Partner	Progress (2014)
Recreation, Leisure & Learning	Rec. Centre enhancement opportunities	Explore needs/ opportunities to enhance year-round Rec. Centre use and become the community's gathering space	RDCK	Town of Creston	Enhancement project is underway as of 2018
Recreation, Leisure & Learning	Rec. Centre fees	Explore lower cost fees for users, including unbundling activities such as walking from general admission	RDCK	None	Leisure Access Program in place, progress unknown
Recreation, Leisure & Learning	Regional Park at Goat River/ Hwy 21	Purchase land and develop a regional park at Goat River, linked to expanded greenways and trail plan	RDCK	Town of Creston	Under review as of 2014, current progress unknown

*Photo Credit: Andrew Bibby*



## Electoral Area A Official Community Plan (2013)

Services and public functions in Electoral Area A of the RDCK are governed via its **Official Community Plan (Bylaw 2315)**.<sup>78</sup> The Plan is a comprehensive document providing both the community's vision for future development and the rules and regulations to ensure development conforms to such a vision. Land uses, community services, parks, recreation, culture and heritage, infrastructure, the natural environment and so forth are touched upon within the Plan. Recreation programming activities in Electoral Area A are led by Recreation Commission 9, a local commission established by the RDCK Board to support and provide financial assistance to groups providing programs on behalf of the Commission.<sup>79</sup> Recreational trails and opportunities are managed in partnership with the RDCK, the Commission and local interest groups. Electoral Area A's Official Community Plan outlines several objectives and policies to guide development as it relates to the provision of recreation, culture and heritage, outlined below.

### **Highlighted Objectives:**

- Ensure recreation activities are compatible with the rural character of Electoral Area A.
- Explore acquiring Burden's Cut, Martell Beach and former Wynndel School site for new parks.<sup>80</sup>
- Provide local recreational opportunities for tourists that do not over-tax existing facilities, services, resources or generate undue cost to local taxpayers.
- Develop a comprehensive trail system consistent with other trails in the RDCK.
- Protect and enhance buildings/sites of historical and archaeological value.
- Provide opportunities for public access to the shore of Kootenay Lake.
- Protect and enhance Provincial Parks as major attractions to Electoral Area A.
- Recognize that Forest Recreation Sites (FSRs) are important attractions for locals and tourists.
- Establish a recreation system based on the following categories:
  - » Community parks or greenbelts should provide watershed protection, access to lake/creek shorelines and have low-impact environmental uses (e.g. walking, cycling).
  - » Community parks should be centrally located where feasible and close to other facilities.
  - » Recreational facilities should be co-located with schools.
- Recognize Harrison Memorial Church, Wedgewood Manor, Murray Cabin, Pilot Bay Smelter, Pilot Bay Lighthouse, Gray Creek Hall, Sidar Store and the Glass House as important heritage sites and locations.
- Consider development impacts adjacent to archaeological sites.
- Support partnerships with the Province and voluntary efforts to maintain parks/public spaces.

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78 RDCK. (2013). Electoral Area 'A' Comprehensive Land Use Bylaw No. 2315, 2013. Retrieved from: [https://rdck.ca/assets/Government/Bylaws/Land-Use-Planning/2315\\_A\\_CLUB-2.pdf](https://rdck.ca/assets/Government/Bylaws/Land-Use-Planning/2315_A_CLUB-2.pdf)

79 RDCK. (2018). Recreation Commission 9 (Area A). Retrieved from: <https://rdck.ca/EN/main/government/committees-commissions/recreation-commission-9-area-a.html>

80 Burden's Cut in part of the Ktunaxa Nation Incremental Treaty Agreement (Creston) 2014. Wynndel School is now Wynndel Community Centre and Wynndel Community Park Project. The Community Centre acquired the school in 2015.

## Electoral Area B Official Community Plan (2013)

Electoral Area B's **Official Community Plan (Bylaw 2316)**<sup>81</sup> covers the same topic areas as contained within Electoral A's Plan, as well as recognizes the important role that the Town of Creston plays as an economic and service hub for the Electoral Area. There are several policies to note within Electoral Area B's OCP that are to be supported by the Regional Board:

- Support the location and development of indoor recreation amenities and community halls in the rural area as development requires and community needs change.
- Support the enhancement and creation of greater opportunities for children, youth and adult recreational, educational and leisure activity.
- Support multi-purpose use of school facilities and other buildings that serve multiple interest groups or multiple community needs.

### **Highlighted Objectives & Policies**

- Protect, enhance or adaptively use building/sites of cultural, historical or archaeological value.
- Provide recreation facilities toward community needs first.
- Recognize the Town of Creston as a cultural and social centre for Electoral Area B.
- Support the existing network of public recreation sites and trails, as well as create and extend a connected network of trails and public corridors to access community parks, recreation areas, public open spaces and amenities (where feasible).
- Designate Crown lands adjacent to the Goat River, Camprun Creek, Arrow Creek, Teetzel Creek and associated tributaries as environmentally sensitive community watersheds.
- Recognize the role of Community Associations throughout Electoral Area B in providing important community services, such as administering halls, parks, campgrounds and recreation sites.



*Photo Credit: Andrew Bibby*

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81 [https://rdck.ca/assets/Government/Bylaws/Land~Use-Planning/2316\\_B CLUB-1.pdf](https://rdck.ca/assets/Government/Bylaws/Land~Use-Planning/2316_B CLUB-1.pdf)



## Electoral Area C Official Community Plan (2013)

Electoral Area C's **Official Community Plan (Bylaw 2317)**<sup>82</sup> is the final comprehensive land-use plan for the three Electoral Areas and contains the same topic areas as presented within the other two Electoral Area OCP's. Specific objectives and policies to note within Electoral Area C's OCP include:

### *Highlighted Objectives & Policies*

- Encourage coordinated planning and service delivery among the RDCK, Town of Creston and the Lower Kootenay Band to minimize costs and provide services effectively and efficiently.
- Investigate options for enhanced service delivery through regional partnerships where services or activities cannot be sustainably supported within the rural areas.
- Work with groups to identify, protect, enhance or adaptively use building and sites of cultural, historical, archaeological or ecological significance.
- Encourage the development of a range of tourist accommodation types, including campgrounds, lodges, resorts and bed and breakfast establishments to diversify tourism opportunities.
- Support commercial recreation, resort commercial, agri-tourism and eco-tourism opportunities such as trail rides, campgrounds and/or wilderness tours provided they do not have a detrimental impact on important habitat or riparian areas or adjacent land uses.
- Support the existing network of public recreation sites and trails, as well as create and extend a connected network of trails and public corridors to access community parks, recreation areas, public open spaces and amenities (where feasible).
- Recognize the importance and significance of the Creston Valley Wildlife Management Area.
- Recognize the importance and significance of the Creston Valley Dike system for recreational purposes and flood control, and support ongoing maintenance and public access to the Dike system for these purposes.
- Designate Crown land adjacent to Goat River, Arrow Creek, Urmston, Alice Siding, Corn Creek and Teetzel Creek and other sources of domestic water supply as Environmental Reserve (ER).

## Other documents and initiatives

It is important to note that the RDCK and each of the areas within the study scope have other relevant plans and studies that have been considered in the process and/or that may be relevant moving forward. These include, but are not limited to various Creston Valley - Kootenay Lake Economic Snapshots and Reports and the Creston Valley Happiness Report Card.

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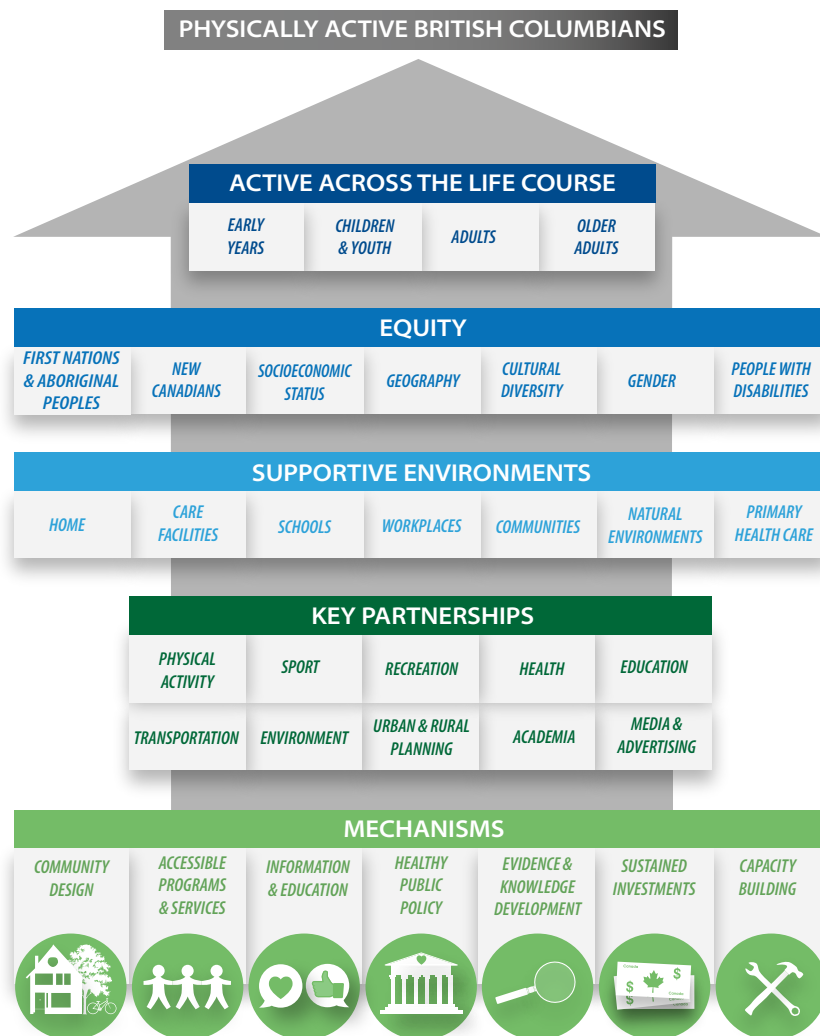
82 [https://rdck.ca/assets/Government/Bylaws/Land~Use-Planning/2316\\_B CLUB-1.pdf](https://rdck.ca/assets/Government/Bylaws/Land~Use-Planning/2316_B CLUB-1.pdf)

## Provincial

### Active People, Active Places: BC Physical Activity Strategy (2015)

The Government of British Columbia developed the **BC Physical Activity Strategy**<sup>83</sup> to guide and stimulate coordinated policies, practices and programs in physical activity to improve the health and well-being of all British Columbians. The Strategy aims to foster active people and active places in the communities in which people live, learn, work and play.

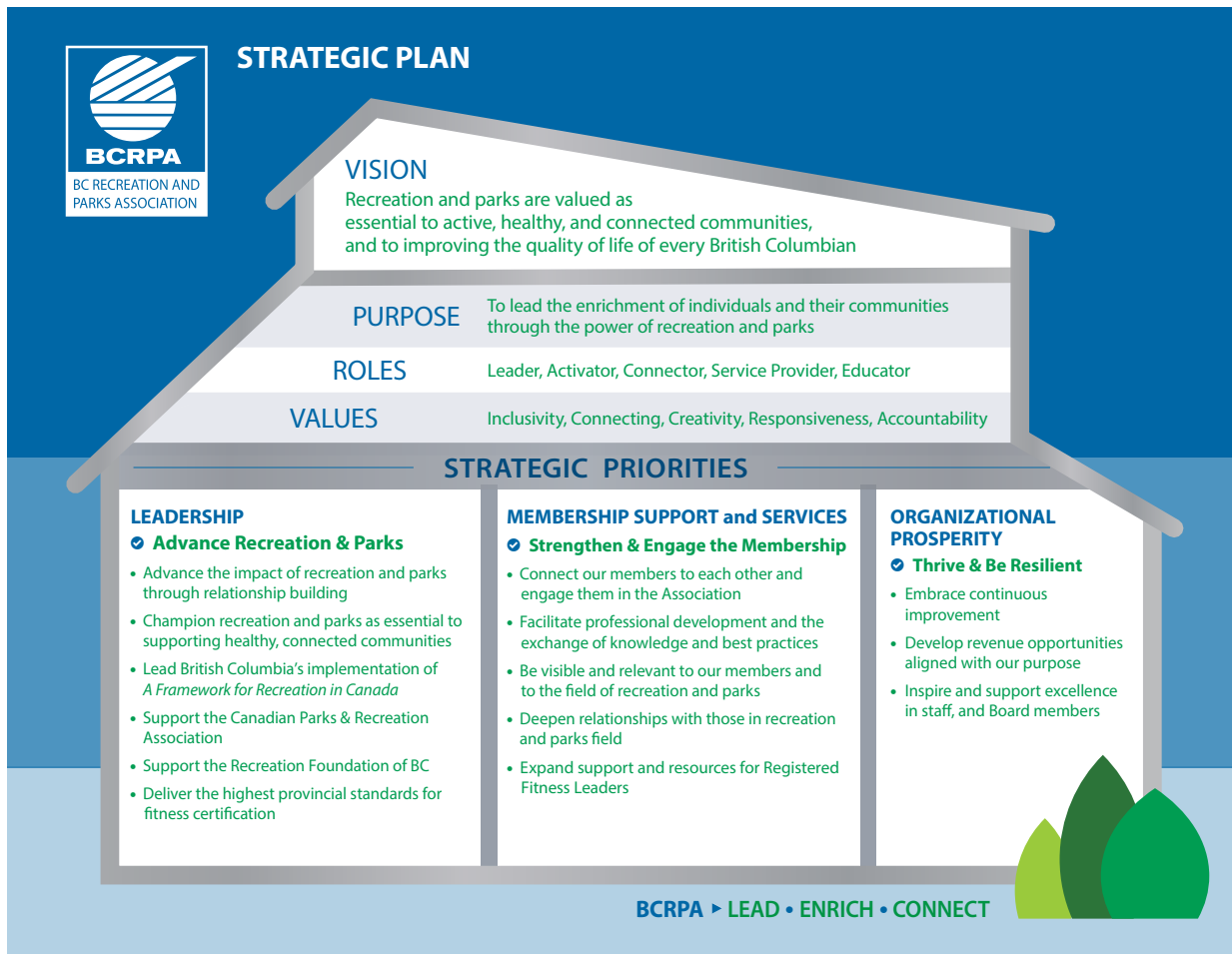
The Strategy includes two parts: a long-term Framework and a 3-year Action Plan. The graphic below provides an overview of the framework and highlights some areas where municipalities may be able to advance some of the Framework outcomes.



83 Government of British Columbia. (2015). Active People, Active Places: BC Physical Activity Strategy. Retrieved from: <http://www.health.gov.bc.ca/library/publications/year/2015/active-people-active-places-web-2015.pdf>

## BC Parks & Recreation Association (BCRPA) Strategic Plan (2017)

The British Columbia Parks and Recreation Association (BCPRA) is a non-profit organization dedicated to enhancing the quality of life of BC residents. The Association and its extensive member network, including municipalities, support the development of healthy individuals, communities, sustainable environments and vibrant economies. In 2017, BCRPA developed a one-page strategic plan to convey its vision, purpose, roles, values and strategic priorities.



## Provincial Agricultural Land Commission

The Provincial Agricultural Land Commission (ALC) is an independent administrative tribunal dedicated to preserving agricultural land and encouraging farming in British Columbia. Acting as an agent of the provincial government, the ALC supports coordinated and collaborative planning with local governments to ensure agricultural lands are protected.

The ALC needs to be involved in any planning that affects agricultural land uses - not just community plans and land use bylaws but also recreation plans. The Agricultural Land Reserve General Regulation requires a Transportation, Utility and Recreation Trail Use application for the:

- 6(c) construction of any of the following:
  - (ii) a new or existing recreational trail
- (d) the new use of an existing right of way for a recreational trail

A trail may refer to a footpath; pathway; multi-use recreational corridor; or other types of transportation corridors (does not include passenger vehicle roadways). A trail is not considered passive recreation or a park as per the ALR Use Regulation and therefore all trails require an ALC application. This also includes the conversion of an existing transportation corridor (e.g. former railway or road) for trail use.



Provincial  
Agricultural  
Land Commission

## Creston Valley Wildlife Management Area

British Columbia's Creston Valley Wildlife Act delegated a management authority to manage the Creston Valley Wildlife Management Area which is a 7,000 hectare area of Crown land along the Kootenay River system. The area averages 20 km long by 3.4 km wide and contains Duck Lake and seventeen marshes plus a major river and adjoining mountain slopes.

The mandate of the management authority is to manage the area for conservation and natural species diversity through active habitat and wildlife management, research, and education. Accompanying this mandate are efforts and initiatives around education and research. As well there is a recreation component as the flat top of the dykes offer great and unique opportunities for walking, biking, and skiing while enjoying the wildlife viewing and nature immersion.



# National

## Framework for Recreation in Canada (2015)

A **Framework for Recreation in Canada**<sup>84</sup> is a guiding document developed by the Canadian Parks and Recreation Association and the Interprovincial Sport and Recreation Council. Informed by input from various stakeholders across Canada, the Framework was developed to support recreation providers in Canada and was endorsed by Provincial and Territorial governments in 2015. The Framework provides a philosophic foundation for the recreation sector and affirms recreation as an essential public service.

The Framework establishes a vision for the delivery of recreation in Canada and five goals to help guide recreation providers. While recreation is a broad term and that local interests, priorities and needs differ in each community, the Framework provides an excellent starting point for recreation planning, as well as provides a foundation for national-level alignment within the recreation sector. Such alignment can bolster community cases for provincial and federal investments in recreation.

The Framework also articulates a **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 well-being.

**Framework Vision:** we envision a Canada in which everyone is engaged in meaningful, accessible recreation experiences that foster individual wellbeing, community wellbeing and the wellbeing of our natural and built environments.

### Five Framework Goals:



#### Goal 1: Active Living

Foster active living through physical recreation.



#### Goal 2: Inclusion and Access

Increase inclusion and access to recreation for populations that face constraints to participation.



#### Goal 3: Connecting People and Nature

Help people connect to nature through recreation.



#### Goal 4: Supportive Environments

Ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities.



#### Goal 5: Recreation Capacity

Ensure the continued growth and sustainability of the recreation field.

84 Canadian Parks and Recreation Association. (2015). Framework for Recreation in Canada. Retrieved from: <https://www.cpra.ca/about-the-framework>

## Canadian Sport for Life (CS4L)

**Canadian Sport for Life (CS4L)** is a national leader in physical literacy advocacy. CS4L is a non-profit society comprised of experts in sport, health, recreation and academia working cooperatively to improve physical literacy awareness and integration into programs and services. CS4L focuses its efforts on improving how recreation and sport activity should be planned, promoted, organized and delivered.<sup>85</sup>

CS4L's **Long-Term Athlete Development Framework (LTADF)** concept is a seven-stage training, competition and recovery framework to guide individuals in sport and physical activity programs through infancy to adulthood. This Framework represents a paradigm shift in how Canadians should lead and deliver sport and physical activity, focusing on physical literacy as a foundation for life-long physical activity and excellence.<sup>86</sup>

CS4L calls on municipalities to further physical literacy through the provision of indoor recreation services and facilities. It is important to consider how such services and facilities support the development of physical literacy of users in order to optimize the benefits and value of public investments. Municipalities can advance physical literacy through 5 initiative areas.

1. Physical literacy program development
2. Municipal planning and sport strategy development
3. Sport councils
4. Facility planning
5. Facility access and allocation



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85 Canadian Sport for Life. (n.d.). Main page. Retrieved from: [www.http://sportforlife.ca/](http://sportforlife.ca/)

86 Canadian Sport for Life. (n.d.). Long-Term Athlete Development 2.1. Retrieved from: <http://sportforlife.ca/portfolio-view/long-term-athlete-development-2-1/>

## Let's Get Moving: A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada (2018)

**Let's Get Moving: A Common Vision**<sup>87</sup> is a recently developed national policy document intended to lead Canadians towards increased physical activity and less sedentary lifestyles. Led by the Public Health Agency of Canada, input for the Vision was gathered from diverse stakeholders including the public, professionals, non-profit and private sectors, academia, researchers and all orders of government across Canada. Let's Get Moving organizes suggested actions and strategic imperatives into six focus areas.

1. Cultural Norms
2. Spaces and Places
3. Public Engagement
4. Partnerships
5. Leadership and Learning
6. Progress

Many ideas are also presented within the Common Vision document for how municipalities can work to increase physical activity levels in Canada, ranging from the design of public spaces, developing new partnerships and better managing data and programs.

- Work with community planners to create accessible and inclusive spaces and places.
- Work in partnership with Indigenous leaders to advance the Calls to Action from the Truth and Reconciliation Commission's Final Report (2015).
- Use Geographic Information System (GIS) tools to reveal trends and detect weaknesses in walkability, access to recreation facilities and green spaces in communities.
- Monitor parks, fields and playgrounds to determine how to best activate these places and spaces.
- Use evidence-based checklists and self-assessment tools to identify physical activity opportunities and barriers within neighbourhoods.
- Audit accessibility and improve access to recreation facilities where appropriate.
- Help organizations that have volunteer capacity issues, or face high turnover rates, to find meaningful support solutions to ensure quality programming is offered consistently and reliably.

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87 Government of Canada. Public Health Agency of Canada. (2018). Let's Get Moving: A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada. Retrieved from <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/healthy-living/lets-get-moving/pub-eng.pdf>

## Final Report of the Truth and Reconciliation Commission of Canada (2015)

The Truth and Reconciliation Commission (TRC) was formed to shed light on Canada's Indigenous Residential Schools system by documenting the accounts of survivors of the system. Aimed at learning the truth about what happened in the schools and advancing reconciliation and renewed relationships between First Nations, Inuit, Métis peoples and Canadians more broadly, the TRC was tasked at achieving the following seven goals:<sup>88</sup>

1. Acknowledge Indigenous Residential School (IRS) experiences, impacts and consequences.
2. Provide a holistic, culturally appropriate and safe setting for former students, families and communities as they come forward to the Commission.
3. Witness, support, promote and facilitate truth and reconciliation events both nationally and at the community level.
4. Promote awareness and public education of Canadians about the IRS system and its impacts.
5. Identify sources and create as complete a historical record as possible of the IRS system and its legacy, made publicly available for future study and use.
6. Produce and submit to the Parties of the Agreement a report, including recommendations to the Government of Canada concerning the IRS system and experiences.
7. Support commemoration of former IRS students and their families in accordance with the Commemoration Policy Directive.



*Photo Credit: Andrew Bibby*

88 Truth and Reconciliation Commission of Canada. (2015). TRC Findings. Retrieved from: <http://www.trc.ca/websites/trcinstitution/index.php?p=890>



The Commission identifies ninety-four Calls to Action within the final report, touching on a broad array of topic area. Calls to Action related to the delivery of recreation, culture and related services are outlined below.

- We call upon the Federal government, in consultation with Aboriginal peoples, to establish measurable goals to identify and close gaps in health outcomes between Aboriginal and non-Aboriginal communities and to publish annual progress reports to assess long-term trends. Such efforts would focus on indicators such as: infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence and the availability of appropriate health services (Call to Action #19).
- We call upon the Federal government to amend the Physical Activity and Sport Act to support reconciliation by ensuring that policies to promote physical activity are inclusive of Aboriginal people and are a fundamental element of health and well-being, reduce barriers to sports participation, increase the pursuit of excellence in sport and build capacity in the Canadian sport system (Call to Action #89).
- We call upon the Federal government to ensure that national sports policies, programs and initiatives are inclusive of Aboriginal peoples, including but not limited to establishing.
  - » In collaboration with provincial and territorial governments, stable funding for and access to, community sports programs that reflect the diverse cultures and traditional sporting activities of Aboriginal peoples.
  - » An elite athlete development program for Aboriginal athletes.
  - » Programs for coaches, trainers and sports officials that are culturally relevant for Aboriginal peoples.
  - » Anti-racism awareness and training programs (Call to Action #90).
- We call upon the officials and host countries of international sporting events such as the Olympics, Pan Am and Commonwealth games to ensure that Indigenous people's territorial protocols are respected, and local Indigenous communities are engaged in all aspects of planning and participating in such events (Call to Action #91).

There are several calls to action identified that pertain to recreation and sport. The removal of harmful imagery and words and the telling of stories related to indigenous athletes are two ways that many municipalities are fostering reconciliation and decolonization.

## Parks for All: An Action Plan for Canada's Parks Community (2018)

Developed by the Canadian Parks and Recreation Association (CPRA) and the Canadian Parks Council (CPC), **Parks for All** establishes a vision for parks in Canada and four strategic directions to help municipalities realize this vision within their own communities.<sup>89</sup>

**Vision:** Connected Canadian park lands and waters that support healthy nature and healthy people in harmony for generations to come, backed by an active, diverse parks community that cultivates shared goals, mutual respect and collective actions.

### Four Strategic Directions:

1. Collaborate
  - » Nurture partnerships between Indigenous organizations and the broader parks community in Canada
  - » Collaborate with new and diverse sectors
  - » Strategize beyond park boundaries
2. Connect
  - » Raise public awareness of Canadian parks
  - » Facilitate new experiences that connect visitors with nature
  - » Share stories and successes to inspire further engagement
3. Conserve
  - » Expand Canada's parks system
  - » Enhance parks planning and management
  - » Enhance ecosystem service benefits from parks
4. Lead
  - » Set ambitious examples that can pave the way for others, in Canada and internationally
  - » Build the capabilities of current and future leaders
  - » Develop and maintain systems, tools and resources to support leaders

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<sup>89</sup> Canadian Parks and Recreation Association. (2018). Parks for All: An Action Plan for Canada's Parks. Retrieved from: [https://www.cpra.ca/s/Parks\\_for\\_all\\_Eng\\_jan31\\_2018\\_fnl\\_web-2.pdf](https://www.cpra.ca/s/Parks_for_all_Eng_jan31_2018_fnl_web-2.pdf)

## International

### United Nations Declaration on the Rights of Indigenous Peoples<sup>90</sup>

Adopted by the General Assembly of the United Nations in 2007, the Declaration establishes a universal framework of minimum standards for the survival, dignity and well-being of the indigenous peoples of the world as it elaborates on existing human rights standards and fundamental freedoms as they apply to the specific situation of indigenous peoples.

The Declaration addresses both individual and collective rights, cultural rights and identity, rights to education, health, employment, language and others. The text says indigenous peoples have the right to fully enjoy as a collective or as individuals, all human rights and fundamental freedoms as recognized in the Charter of the United Nations, the Universal Declaration of Human Rights and the rest of international human rights law. Indigenous peoples and individuals are free and equal to all other peoples and individuals and have the right to be free from any kind of discrimination, in the exercise of their rights, in particular that based on their indigenous origin or identity. Indigenous peoples have the right to self-determination. By that right they can freely determine their political status and pursue their economic, social and cultural development. They have the right to maintain and strengthen their distinct political, legal, economic, social and cultural institutions, while retaining their rights to participate fully, if they choose to, in the political, economic, social and cultural life of the state.

Some highlights of the Declaration

- The Declaration confirms the right of indigenous peoples to self-determination and recognizes subsistence rights and rights to lands, territories and resources.
- Essentially, the Declaration outlaws discrimination against indigenous peoples, promotes their full and effective participation in all matters that concern them, as well as their right to remain distinct and to pursue their own visions of economic and social development.

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90 [www.un.org](http://www.un.org)

## Section 6

# Service Delivery, Inventory and Utilization

*Photo Credit: Andrew Bibby*

## Summary

The Regional District of Central Kootenay (RDCK) is a leading provider of recreational opportunities and plays a major role in supporting programs, activities and events offered by community groups and non-profits operating in the region. The RDCK provides community groups with space, funding and other resources to ensure residents have access to high-quality programs and opportunities. An overview of these organizations and the role they play in providing recreational opportunities is provided. Then current recreational infrastructure available within the study area is reviewed. Where available, utilization data and an overview of programs and major events in the area has also been presented. This section concludes with an overview of some broader service delivery trends and influences that may be of interest to decision makers.

### **Highlights:**

- Recreation opportunities are provided within the Town of Creston and the three Electoral Areas by a myriad of organizations, operating facilities and delivering programs, led by the RDCK. Collaboration and partnerships are critical to service and program delivery and success.
- RDCK recreation revenue comes primarily from rental income, user fees and grants from higher levels of government, generating approximately \$900,000 per year.
- The RDCK provides grants to community groups and has service delivery agreements in place with several organizations, including the Creston Curling Club and The Creston Valley Thunder Cats Junior Hockey Club, as well as the Kootenay Community Centre Society, with business agreements in place with a physiotherapy studio and local concession operator at the Creston & District Community Complex.
- An expansion to the Creston & District Community Complex was completed in 2013, adding significant capacity to the facility. The Complex has some utilization capacity, with utilization rates ranging from 60-90% depending on the time of year and amenity.
  - » The Community Complex's aquatic facility accommodates more than 72,000 visitors per year.
- The District also works with local groups to organize several annual events, popular with both residents and tourists to the area.
- There is an area-wide (Town of Creston and Electoral Areas A, B and C) indoor recreation service provided through the Creston Valley Services Committee; currently there is no significant area-wide parks or trails service.

## Service Delivery Roles

### Regional District of Central Kootenay (RDCK)

The RDCK delivers programs and operates recreation infrastructure throughout the Region. The RDCK coordinates the regional-scale planning and provision of recreation, parks and trail amenities through its land-use plans/bylaws and development of Master Plans for sub-region areas. Beyond directly operating recreation facilities, the RDCK provides space and financial support to several Recreation Commissions that provide localized support to recreation groups, community associations and other organizations that provide recreational opportunities or operate amenities such as parks or community halls. The RDCK administers several grants supporting organizations in the study area, including Columbia Basin Trust Community Initiatives, Community Works Grants (Government of Canada/British Columbia), Area A Recreation No. 9 Grants, Area A Economic Development Grants, RDCK Community Development Grants, RDCK Area Discretionary Grants and grants to community hall associations.

<b>RDCK Recreation Expense Budgets 2018 – 2022, Creston &amp; Area and Electoral Areas A, B &amp; C</b>					
<b>Area</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>	<b>2022</b>
Cemetery	\$99,148	\$99,999	\$100,859	\$101,728	\$102,605
Museum and Archives	\$115,055	\$115,067	\$115,080	\$115,093	\$115,106
Library	\$563,063	\$506,951	\$510,879	\$514,846	\$474,669
Regional Parks	\$36,654	\$36,820	\$36,988	\$37,178	\$37,330
Regional Parks (Area A)	\$144,347	\$169,540	\$149,735	\$149,933	\$150,132
Crawford Bay Beach & Hall (Area A)	\$22,332	\$22,332	\$22,332	\$22,332	\$22,332
Rec. Facility (Area A – Riondel)	\$113,517	\$110,969	\$111,859	\$112,758	\$113,665
Rec. Facility (Creston & District)	\$8,075,395	\$4,783,653	\$4,840,006	\$4,897,095	\$4,954,929
Recreation Commission No. 9	\$50,733	\$35,858	\$36,553	\$37,262	\$37,985
<b>TOTAL EXPENDITURES</b>	<b>\$9,220,244</b>	<b>\$5,881,189</b>	<b>\$5,924,291</b>	<b>\$5,988,225</b>	<b>\$6,008,743</b>

2017/2018 RDCK Grants to Community Groups		
Grant Holder	2017	2018
Canyon Community Centre	\$20,000	\$20,400
Wynndel Community Centre	\$20,000	\$20,400
Lister Deer Lodge	\$20,000	\$20,400
Yahk-Kingsgate Recreation Centre	\$22,500	\$22,950
Friends of Kitchener Hall	\$20,000	\$20,400
West Creston Hall	\$20,000	\$20,400
<b>TOTAL EXPENDITURES</b>	<b>\$122,500</b>	<b>\$124,950</b>

RDCK recreation-related revenues come primarily from rental income, user fees and grants from other levels of government. Excluding requisitioned funds, the Creston & District Community Complex operated by the RDCK generates over \$900,000 in income per year, the majority of which comes from user fees (approximately 60%) and rental income from other businesses or organizations operating out of the centre (approximately 30%). Major expenses include grants to other user groups/organizations, salaries and benefits, reserve funds, facility utilities, insurance, advertising and maintenance.

There is one RDCK Committee that provides recreation services for the entire study area: the Creston Valley Service Committee. It oversees recreation in the Town of Creston and Areas A, B and C but does not include a parks or trails component. Recreation Commission 9<sup>91</sup> operates local recreational programs within Electoral Area A between Riondel and Cow Creek. The Commission is mandated to carry out recreational programming and provide financial assistance to groups providing such programs on behalf of the RDCK. The Commission receives approximately \$35,000 per year from the RDCK to provide eligible non-profits, societies and clubs serving Electoral Area A with recreational program funding. There are also other Commissions in the study area - both deal with parks, one in Area A and one in the Town of Creston and Areas B and C.

91 <https://rdck.ca/EN/main/government/committees-commissions/recreation-commission-9-area-a.html>

## Town of Creston

The Town of Creston maintains several parks, trails and recreational amenities within its boundary. The Town maintains parks, greenways, public works and cemeteries through its Municipal Services Department and Public Works. Per \$100,000 of assessed property value, approximately \$28 is allocated towards parks and trails within the town. The Town receives financial support from the RDCK for delivering recreation programs and for developing/maintaining infrastructure. For example, the RDCK received funding from the Columbia Basin Trust to update the Creston Skatepark and Park. As the major population centre within the study area, Creston is a critical hub for the provision of recreation opportunities and the Town plays an important role in developing and maintaining amenities. The Town is also home to the Creston Valley Public Library (recently renovated) and the Creston Museum & Archives, both of which receive support from the Town and the RDCK.

## Service Delivery Agreements

The RDCK has several parks and recreation agreements with groups and organizations. These agreements are a key component of how recreation programs and infrastructure are delivered within the study area, utilizing a partnership/collaborative model. The RDCK currently has agreements in place with seniors' groups (Rotacrest Hall) and with the Curling Club and the Junior Hockey Club at the Creston & District Community Complex. The District also has business-related agreements in place with organizations such as PhysioWorks and a food concession/vending agreement with the Wee Grill at the Complex. Sponsorship and advertising agreements include an ATM agreement within the Complex, a sponsorship and branding agreement for the Complex's ice resurfacing machine and an occupation agreement for an electronic display sign on Highway 3. The RDCK is also negotiating future shared/joint-use agreements with local school boards to optimize booking and programming of gymnasium space and outdoor school grounds for public recreational programs.

*Photo Credit: Andrew Bibby*



# Inventory & Utilization

## Town of Creston

The **Creston & District Community Complex**, operated by the RDCK, is the primary hub for recreation, culture and other programs/events within the study area. The Complex contains the following components and amenities, with utilization details provided where available.

Indoor Community Complex Amenities		
Component	Description	Utilization
Aquatics	Competition 25 metre, 5 lane lap pool with diving board; aquatic climbing wall; leisure pool with lazy river; hot tub, zero entry ramp and spray features	<ul style="list-style-type: none"> <li>• Has averaged more than 72,000 visits per year for the past 5 years. Daily programs, variable hours and day of the week impacts overall utilization.               <ul style="list-style-type: none"> <li>» Some evenings have extended hours and discounted swim is hosted on Fridays, increasing accessibility and number of patrons.</li> </ul> </li> <li>• Approximately 160 swim classes are offered per year at a 60% capacity rate and an additional 10 aqua fit classes are offered per week, with 15-20 attending</li> </ul>
Skating Arena	190x85 ft. skating surface with bleacher seating for 800, with heaters. Referee room, six dressing rooms, concession area and warm seating area for patrons, dedicated Jr. B change room	<ul style="list-style-type: none"> <li>• 90% utilization during-prime time hours               <ul style="list-style-type: none"> <li>» Greater capacity during less desirable hours, e.g. 10 PM onwards and early morning, 30% utilization estimated at this time.</li> </ul> </li> <li>• Arena is booked for nearly 3,500 hours per season.               <ul style="list-style-type: none"> <li>» Utilization is slightly lower during summer/early fall months.</li> <li>» Weekly daytime bookings are primarily programs delivered by RDCK staff or Junior hockey practices. Off-season uses include hosting special events (e.g. graduations, school powwow, home and garden show), floor hockey and basketball</li> </ul> </li> </ul>
Curling Rink	Six curling ice sheets, lounge facility and league play	<ul style="list-style-type: none"> <li>• Creston Curling Club leases and operates the rink for six months per year and the lounge year-round.               <ul style="list-style-type: none"> <li>» 220 Club members with highly active user base, with anywhere between 24-56 curlers utilizing ice for league, drop in, or tournament play. Three annual bonspiels are held with between 72-192 curlers.</li> </ul> </li> <li>• There is excess ice capacity to host extra curlers/events. Lounge is well-utilized and private events are occasionally held in this space</li> </ul>



### Indoor Community Complex Amenities

Component	Description	Utilization
Fitness Centre & Fitness Studio	Indoor track, cardio and strength equipment, free weights, personal trainers and strength/circuit training for all fitness levels; studio space for group fitness classes and spinning, yoga, dance, etc.	<ul style="list-style-type: none"> <li>Approximately 700 fitness classes are offered per year in these spaces, with an average of 10 participants per class. An additional 6,700+ drop-in participants.</li> <li>Estimated 60% capacity use.</li> </ul>
Banquet Space	Commercial kitchen (walk-in cooler/freezer, full-service, four ovens, burner and grill, dishes); Creston Room (400 capacity), Rotacrest Hall (295 capacity, full kitchen)	<ul style="list-style-type: none"> <li>Creston room booked 2,220 hours per year (82 bookings), 50-60% capacity, regularly hosts Indoor Farmers Market in the winter.</li> <li>Rotacrest used extensively by two community groups (TAPS and New Horizons).</li> <li>New Horizons offers significant seniors programming. 75% utilization.</li> </ul>
Meeting Rooms	Erickson (100 theatre style, 48 classroom), Sunshine (25 theatre, 12 classroom), Kootenay (60 theatre, 30 classroom), Creston for conferences (450 theatre style)	<ul style="list-style-type: none"> <li>Sunshine: 1,370 hours of use, 262 bookings and used for child minding service and birthdays.                             <ul style="list-style-type: none"> <li>» 40% capacity due to primary use as child minding space.</li> </ul> </li> <li>Erickson: 3,000 hours of use, 360 bookings, 75% capacity.</li> <li>Kootenay: 1,600 hours of use, 116 bookings, 50% capacity.</li> <li>Conference: 737 hours, 62 bookings, 30% utilization, has video conferencing.</li> <li>The meeting rooms also host CDCC programming</li> </ul>

Photo Credit: Daniel Seguin



Outdoor Community Complex Amenities		
Component	Description	Utilization
Baseball Diamonds	Two fields, east and west	<ul style="list-style-type: none"> <li>• East field utilized approx. 300 hours per year               <ul style="list-style-type: none"> <li>» 88 bookings by adult slow pitches/minor baseball during the week in spring/summer. Slow-pitch leagues are offering fall leagues</li> </ul> </li> <li>• West field is smaller, 129 hours per year               <ul style="list-style-type: none"> <li>» 43 bookings – suitable for minor ball use April – June</li> </ul> </li> <li>• Overall usage is generally low</li> <li>• Men's Rec Baseball (Fastball) in the Summer months</li> </ul>
Soccer Fields	Alex Nilsson Soccer Field, regulation sized pitch	<ul style="list-style-type: none"> <li>• Booked for 914 hours per season, appx. 60% capacity               <ul style="list-style-type: none"> <li>» Usage primarily in the spring/summer, continues into October</li> <li>» Minor soccer, high school and adult groups use in-season, as well as unstructured use year-round</li> <li>» Also used for CDCC programming</li> </ul> </li> </ul>
Playground	Older playground was approximately 20 years old, will be replaced through facility upgrade process	<ul style="list-style-type: none"> <li>• Playground space was well-utilized for programming</li> <li>• Playground has now been removed and a replacement is expected in summer/fall 2019</li> </ul>
Misc.	Beach volleyball court, horseshoe pits	Not Available

The Community Complex underwent extensive renovations and expansion between 2007 and 2013. The curling rink and arena were completely rebuilt over this period. Office spaces were renewed and the aquatic centre, gym, lobby, food services and leasable space were also developed. Rotacrest Hall, adjacent to the Complex, underwent a major renovation in 2015 that extended its lifespan. Following the 2007 – 2013 renewal period, focus shifted towards renewing outdoor amenities in the vicinity of the complex. As of 2018, funding has been secured to replace an outdated children's playground, enhance a civic/picnic area, build a multipurpose sport court and pickleball courts, upgrade the horseshoe pits, beach volleyball court and parking areas. A plan has also been developed to replace an aged skatepark. This work is well underway and is expected to be completed in 2019.

*Photo Credit: Andrew Bibby*



The Town of Creston operates several other parks and outdoor recreation amenities within its boundaries:

- **Creston Recreational Bike Park:** a popular summer destination for bikers to test their skills on hills and jumps of various sizes and levels.
- **Burns Park:** a quiet, residential park featuring picnic tables, a playground, washrooms and mature shade trees.
- **Centennial Park & Spray Park:** is the largest park operated by the Town, featuring a baseball diamond, benches, change rooms, a spray park constructed in 2008, two covered picnic areas, a playground, washrooms and mature shade trees. One covered picnic area and the baseball field are able to be reserved.
- **Millennium Park:** a joint-effort between the Creston Valley Rotary, Creston residents and the Town, the park opened in 2004 and features a unique Japanese-inspired garden landscape, fountains, restrooms, RV parking, benches and a covered bandstand. The Park is popular for summer-time RV visitors as it is linked to Downtown Creston via a walking trail. The bandstand is available for reservations.
- **Schikurski Park:** a large park with a stream, mature trees, benches, picnic tables, washrooms and a paved walking path.
- **Spirit Square:** located in the heart of Downtown Creston and provides a key area for celebrations and festivals. Features benches, flowering plants, murals and high-quality urban design elements such as lighting and bollards.
- **Rotary Mini-Park:** the smallest park maintained by the town, located near Town Hall. Features benches and waste receptacles.
- **Walk Through Park:** is a small linear green space adjacent to Spirit Square.
- **Creston Dog Park:** a fully-enclosed dog park featuring shaded benches, water fountains for pets and their owners, as well as pet refuse bag stations and receptacles.
- **Tennis Courts:** there are two tennis courts located at Prince Charles Secondary School that are jointly maintained by the Town and the Creston Valley Tennis Club. The Club assesses the condition of the two courts as poor and would like to add lighting, which would require school board approval.
- **Creston Education Centre:** the Town and the District have recently purchased the former Creston Education Centre to the expand community access to gymnasium space. A small soccer field and two small baseball diamonds are also available to rent at the Creston Education Centre

The Town of Creston also maintains a 1.5 km trail network within Town boundaries. The trail network provides an active transportation network connecting Downtown Creston with parks, schools, the library and a grocery store. The Town also maintains 14 outdoor gym stations along the trail. These stations are free to use and provide residents with access to equipment that supports active lifestyles for those of all ages and physical abilities.

Recreational fields are located at the Community Complex, Kinsmen Park and on the Prince Charles Secondary School grounds.

The **Creston Public Library** provides a wide-range of services to District residents, including computer access, programming for youth, seniors and young children, as well as access to the library's catalog of materials, with approximately 6,000 visits per month. The Library also provides free meeting spaces to local groups, as well as a conference room for up to 48.

The **Creston Museum & Archives** is a popular destination for visitors travelling to/through the area, it also provides residents with access to community history, collections and archival documents. The Museum employs two staff and facilitates volunteer placements to support skills development. The Museum offers a steady stream of programming to school and daycare groups, providing immersive programming and hands-on learning experiences. The Museum grounds are popular for birthday parties, wedding photos and picnics, with a shaded patio and gazebo with picnic tables. The Carr Building is a classroom/meeting space at the museum that features a small-scale kitchen and can seat up to 48. The Museum has a 'suggested donations' guide for collecting fees for use of the Museum grounds and Carr Building, ranging from around \$25 dollars for half-day use up to \$150 per month for ongoing use of the Carr space.

## Electoral Areas A, B & C

Several rural halls and other amenities are located within in Electoral Areas A, B & C, including the following.

- **Rionel Regional Park** (baseball diamond, soccer field, multi-purpose regional park).
- **Canyon Community Centre** (200+ capacity hall, large kitchen, banquet-style meeting room, washroom facilities, ball field, horse arena, covered picnic area with outdoor kitchen and campground).
- **Wynndel Community Centre** (upper large hall for 250, lower hall, commercial kitchen, art space).
- **Lister Deer Park Lodge** (hall space for 30-50, kitchen, tennis and basketball court).
- **Yahk-Kingsgate Community Centre** (main hall, outdoor kitchen, ball diamond, bocce court, horseshoe pits, multi-use court space).
- **Kitchener Hall**
- **West Creston Hall** (main hall for 125, full service kitchen, children's playground, picnic tables, outdoor washrooms, horseshoe pits, a few camping spots, on-site resident caretaker).
- **Monks Playground**
- **Yahk Provincial Park** (26 campsites, firepit rings, picnic tables, flush toilets).

Other recreation facilities and amenities in the Electoral Areas are noted as follows. The list is not exhaustive but rather identifies a list of assets in the area that illustrates the broad and deep number of opportunities. Other facilities and amenities include: Blazed Creek Rest Area; Arrosmith Recreation Site; Boundary Lake Recreation Site; Echo Basin Cabin Recreation Site; Midgeley Cabin Recreation Site; Bliss Park; Creston Golf Club; Kidd Creek Rest Area; Mawson Lake Shooting Range; Ryan Provincial Park; Kianuko Provincial Park; Canyon Park; Goat River Canyon Recreation Area; Leadville Lake Recreation Area; Riondel Community Centre; Riondel Campground; Riondel Golf Course; Kootenay Bay Boat Launch; Boswell Memorial Hall; Kuskanook Harbour; Twin Bays Rest Area; Kootenay Bay Rest Area; Crawford Bay Hall; Crawford Bay Park; Gray Creek Hall; Boswell Harbour and Boat Launch; Mackie Park; Riondel Curling Club; Crawford Bay Beach; Kokanee Springs Golf Course; Drewry Point Provincial Park; Kootenay Lake Park; Lockhard Creek Provincial Park; Pilot Bay Provincial Park; Bernard Beachers; Pebble Beach; Wooden Shoe Recreation Site; Arkansas Lake Recreation Site; Shaw Creek Beach; Next Creek Beach; Tye Creek Beach; Sherman Lake; Oliver (Johny Connors) Lake; Pilot Point Recreation Reserve; Plaid Lake Recreation Site; Riondel Golf Course; Twin Bays Beach Area; and Crawford Bay Regional Park.

## Programs & Events

Residents of the Town of Creston and Electoral Areas A, B & C have access to a wide-range of recreation, sport and cultural programs. The RDCK delivers several of these programs directly. The District offers more than 450 programs annually, ranging from swim lessons to fitness classes and specialty programs, excluding drop-in programs such as public skate events, or special events. Events are offered for various age groups, with an estimated breakdown of 15-35-50 in terms of preschool, children and youth and adult/senior programs, with some overlap. Popular programs offered by the RDCK include the following.

- Swimming lessons
- Fitness classes and training programs
- Children and youth camps
- Personal development programs (e.g. nutrition, cooking)
- Story time/reading clubs (Library)
- Schools, daycares and camps (Creston Museum)
- Early Years Programs (Valley Community Services)

Non-profit organizations and community groups are active participants and providers of recreation and cultural programming within the study area. The RDCK and Town of Creston have formed strong partnerships with several local organizations to ensure residents have access to high-quality recreation and cultural opportunities, as well as to maximize use of infrastructure. The programs offered by groups and individuals in the community is an important element of the recreation delivery system. The list of programs offered is fluid and responds to community demand and use. For a list of local organizations consulted for input into this report, please see **Appendices I & II**.

The RDCK publishes a Leisure Guide three times per year. Guides are mailed out to approximately 5,200 homes and another 300 are distributed to various agencies throughout the Region. The Creston & District Community Complex regularly maintains a Facebook page with nearly 600 followers. A bi-monthly column appears in the local newspaper about the Community Complex and special events are regularly advertised. The District promotes recreation and culture programs, services and events through its own in-house advertisements and posters are placed in high-visibility areas around Creston, including using an electronic signboard located on Highway 3.

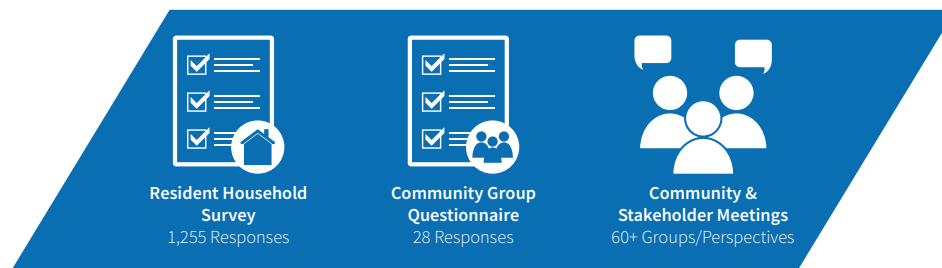
There are many annual and special events held within the study area, including the following.

- Creston Valley Farmers' Market (October - December)
- Curling Bonspiels (February - March)
- Creston Valley Spring Trade Show (April)
- Creston Valley Bird Festival (May)
- Creston Valley Blossom Festival (Victoria Day Weekend, May)
- Canada Day Celebration (July)
- Creston Valley Fall Fair (September)
- Blue Heron Half-Marathon and 10K Run (September)
- Creston Christmas Art and Craft Market (November)
- Creston Valley Winter Festival and Santa Claus Parade (December)
- Grande Fondo (new in September 2019)
- CDCC Just 'Tri' It Triathlon (1st Saturday in June)

## Section 7

# Engagement

Photo Credit: Andrew Bibby



An extensive program of resident and stakeholder consultation and engagement was implemented to gather a wide range of perspectives on current parks and recreation services and opportunities in the study area and to identify current preferences and future needs. The following chart summarizes the consultation mechanisms utilized and the number of responses provided.

This section presents the findings from these three consultation mechanisms.

**Highlights:**

- Hiking, walking, jogging and orienteering is the most popular recreational activity amongst study area households, with nearly 80% of households indicating participation. More than half of households (54%) identified developing a walking/trail system throughout the study area as a major outdoor infrastructure priority.
- Approximately three-quarters of respondents are very satisfied (32%) or somewhat satisfied (45%) with parks and recreation amenities and programs within the study area.
- The top three indoor recreation amenities that households would like to see developed are a climbing wall, upgrades to the library and a youth centre.
- Households surveyed indicate that cost/tax implications are their primary concern area as to whether they support the District acquiring or developing new parks/purchasing land, followed by concern whether there is demand for such expenditures.
- Several households report being unaware of programs and parks/recreation infrastructure within the study area, suggesting better marketing is needed to increase awareness. Increasing awareness may also lead to greater support for District parks and recreation expenditures.
- Affordability is an additional concern voiced by households, with nearly one-quarter of respondents indicating that admission fees are a barrier to their participation in recreational programs. Open-ended responses suggest affordability is a concern for those on fixed incomes and for low-income households.
- Community groups have indicated that current District recreation facilities/amenities are not meeting their current needs. Nearly all (96%) suggest that new parks and recreation infrastructure is needed in the study area, with court sports, meeting rooms and an indoor field space identified as the top priorities.
- Having better access to the various waterbodies within the study area, particularly Kootenay Lake, is important to both households and community groups surveyed. Ensuring public access to these amenities was frequently mentioned by households as an important priority area.

*Photo Credit: Cheryl Jagers*



## Resident Household Survey

More than 7,250 resident questionnaire surveys were mailed to households in the Town of Creston, Electoral Area A, B and C. As can be seen from the following table all areas and the town were well represented in the findings. While the proportion of respondents from Creston and Electoral Area B was slightly less than the actual population proportion, Electoral Area A was over represented in the survey findings. In total 1,255 surveys were returned, representing a response rate of just over 17% and providing a margin of error of  $\pm 2.9\%$ , 19 times out of 20.<sup>92</sup>

Residency	Population Distribution	Distribution of Survey Respondents
Town of Creston	39%	31%
Electoral Area A	15%	27%
Electoral Area B	35%	30%
Electoral Area C	11%	12%

For selected questions the individual findings from the different areas (including Creston) will be presented should sizeable differences be observed.



Photo Credit: Cheryl Jagers

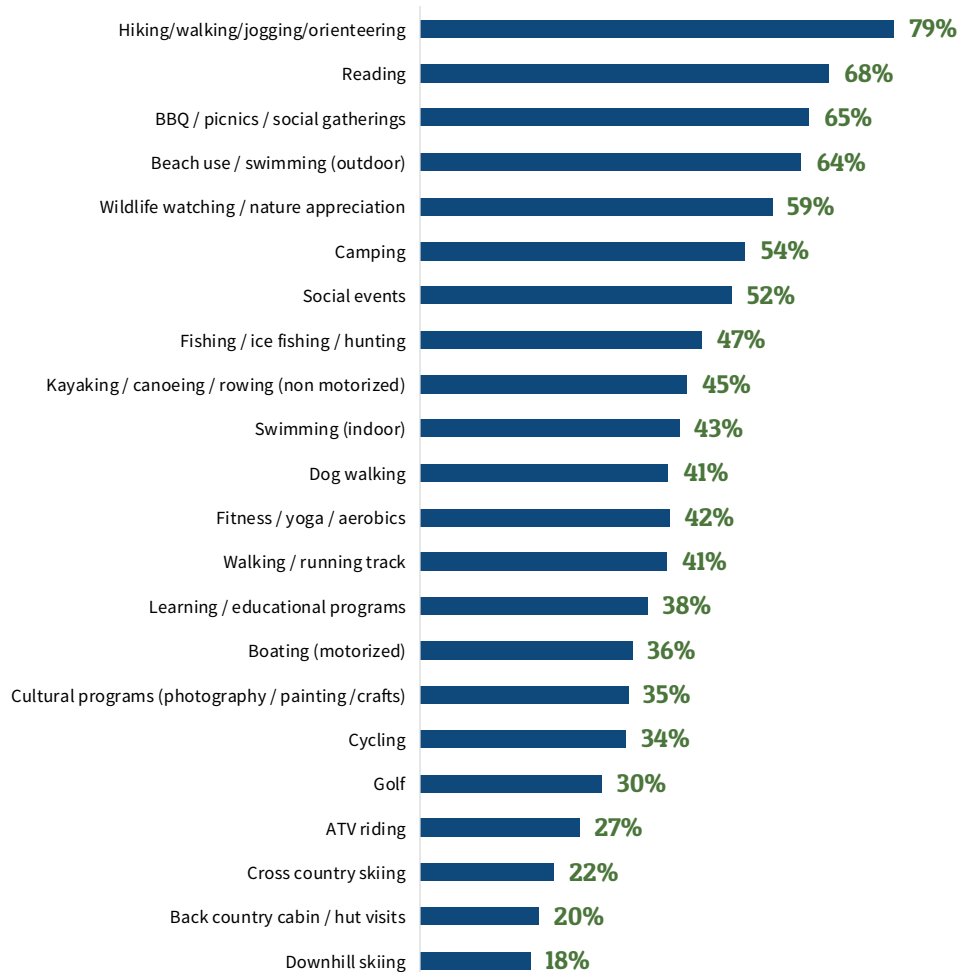
<sup>92</sup> This means that if the same survey was fielded again, the results would be accurate within  $\pm 2.9\%$  19 times out of 20.



## Activities

To begin the survey, respondents were asked to identify which recreational activities their household participated in within the study area. As illustrated within the accompanying graph, the top five activities in which respondents' household members participate is hiking / walking (79%); reading (68%), social gatherings such as BBQing (65%), and outdoor swimming and beach use (64%). Wildlife watching (59%), camping (54%) and social events (52%) were the other activities in which over half of households participated.

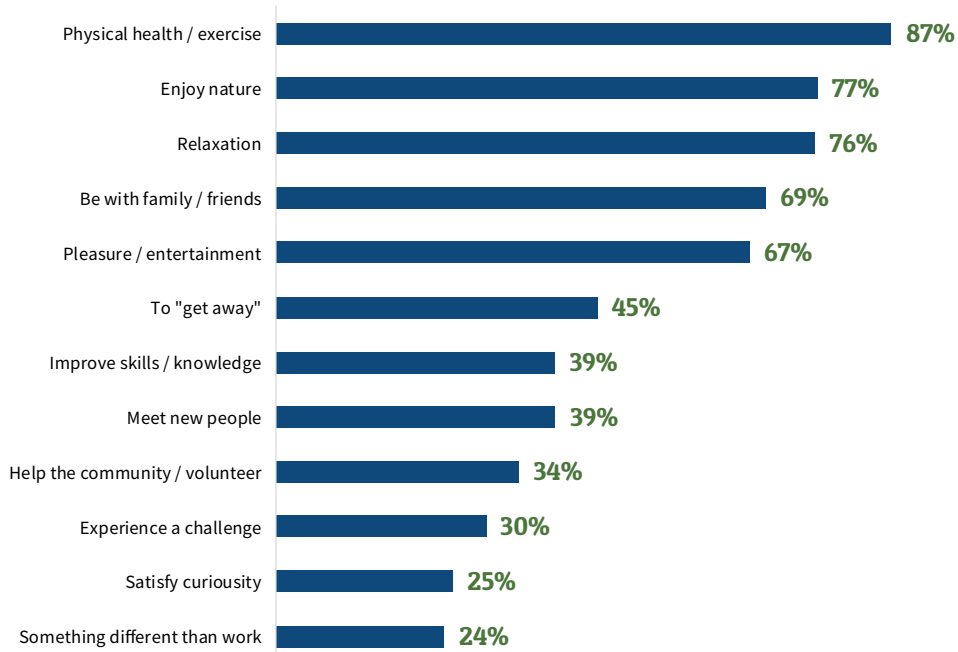
### Activities Participated in By Household Members



## Motivations

When asked to identify the main reasons respondents and household members participated in recreational activities, most respondents indicated they did so for their physical health or for exercise (87%). As reflected in the accompanying chart, other commonly identified reasons for participating in recreational activities include to enjoy nature (77%), for relaxation (76%), to spend time with family/friends (69%) and for pleasure/entertainment (67%).

### Main Reasons For Participating in Recreation



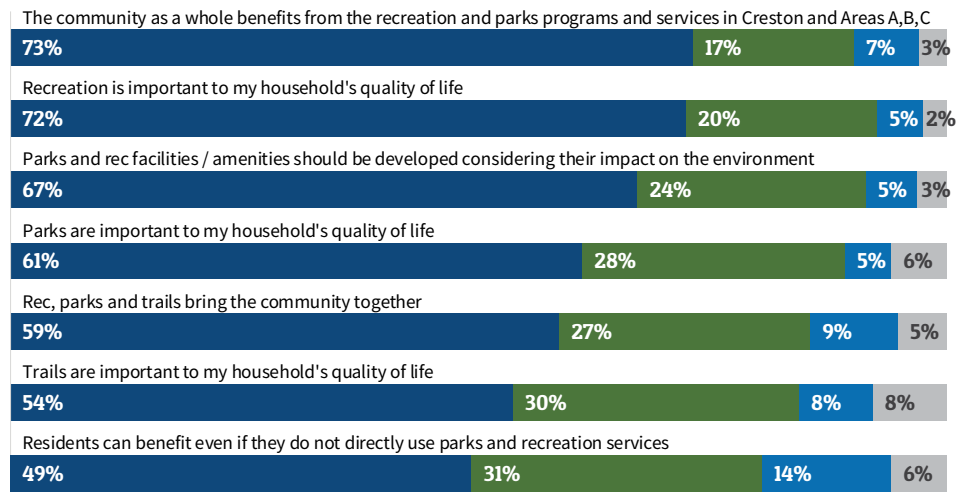
## Benefits of Recreation

Respondents were asked the degree to which they agreed with statements outlining the benefits of parks and recreation within the study area. Nearly three-quarters (73%) indicated that they strongly agree that the community benefits from recreation and parks programs and services in the Town of Creston and the three Electoral Areas, with an additional 17% indicating they somewhat agree with the statement.

More than 90% of households either strongly or somewhat agree that recreation is important to household quality of life. Just less than 70% of households strongly agree that recreation facilities/amenities should be designed/developed to consider impacts on the natural environment. More than 85% of respondents also agree that recreation, trails and parks bring the community together. Finally, nearly half (49%) of households strongly agree that all residents can benefit even if they are not direct users of parks and recreation services. Parks and recreation programs and services are very clearly viewed by respondents as being beneficial to the community. See the graph.

### Benefits of Parks and Recreation

■ Strongly agree ■ Somewhat agree ■ Unsure ■ Disagree



### Subsegment Analysis

- The community as a whole benefits from recreation and parks programs and services in Creston and Electoral Areas A, B and C (strongly agree only).
  - » Overall - 73%
  - » Creston - 80%
  - » Area A - 62%
  - » Area B - 78%
  - » Area C - 72%

## Favourite Places and Spaces

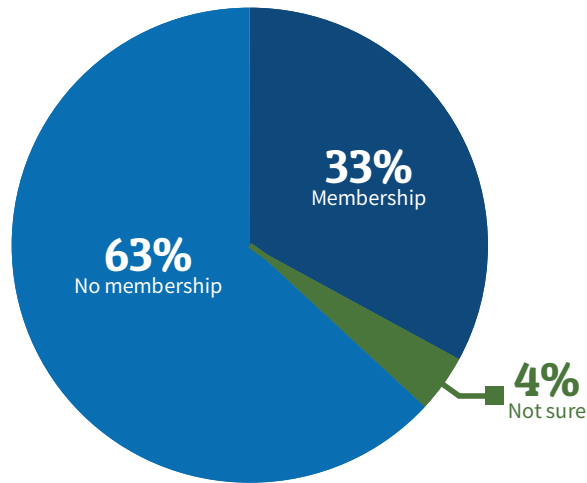
Respondents were asked to identify their favourite **indoor** facilities and spaces; they could list up to five. The most frequently mentioned spaces are: the Creston & District Community Complex (495 mentions); community centres / halls around the area (214); various libraries (195); the pool at the CDCC (148); Prince Charles Secondary School and its auditorium (117); and gymnasiums (108).

Respondents were asked to identify their favourite **outdoor** facilities and spaces; they could list up to five. The most frequently mentioned are: non-motorized trails for hiking, walking, cycling (574 mentions); the Creston Wildlife Centre (268); Kootenay Lake (218); parks and open space generally (188); and golf courses (172).

## Membership & Travel Preferences

One-third (33%) of households have at least one member with a membership to the Creston & District Community Complex (graph).

### Households With Membership at Creston and District Community Complex

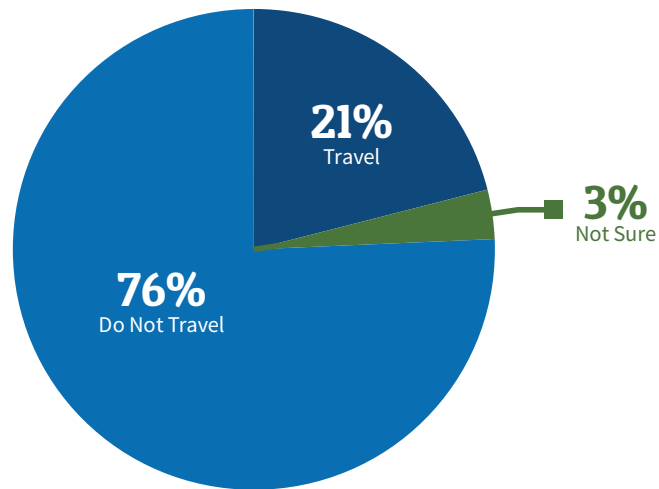


### Subsegment Analysis

- Creston - 46% of households have someone with a membership
- Area A - 12%
- Area B - 36%
- Area C - 41%

When asked whether they travel outside of the study area to use indoor recreation facilities, more than three-quarters (76%) indicated that they do not. Twenty-one percent (21%) of respondents indicated that they or a member of their household does travel to use indoor facilities outside of the study area.

### Proportion Who Travel to Use INDOOR Facilities



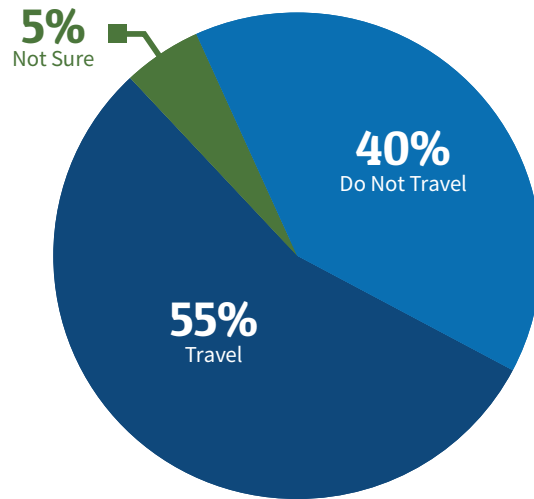
Respondents who said they do travel outside the study area to use indoor facilities were then asked to state which indoor facilities they use. The most frequently cited indoor facilities included the following: pools / aquatic centres (47 mentions); auditoriums / theatres (32); climbing walls / gyms (22); and gyms (17). Nelson was specifically mentioned as a place where people use indoor facilities (41 mentions). Twenty-six respondents specifically mentioned Cranbrook.

Photo Credit: Daniel Seguin



Respondents indicated a greater willingness to travel to use outdoor facilities outside of the study area, with more than half of respondents (55%) suggesting that they do.

### Proportion Who Travel to Use OUTDOOR Facilities



Respondents who said they do travel outside the study area to use outdoor facilities were then asked to state which outdoor facilities they use. The most frequently cited outdoor facilities included the following: hiking / walking trails (156); campgrounds (144 mentions); parks – generally (86); ski hills (81); and golf courses (72).

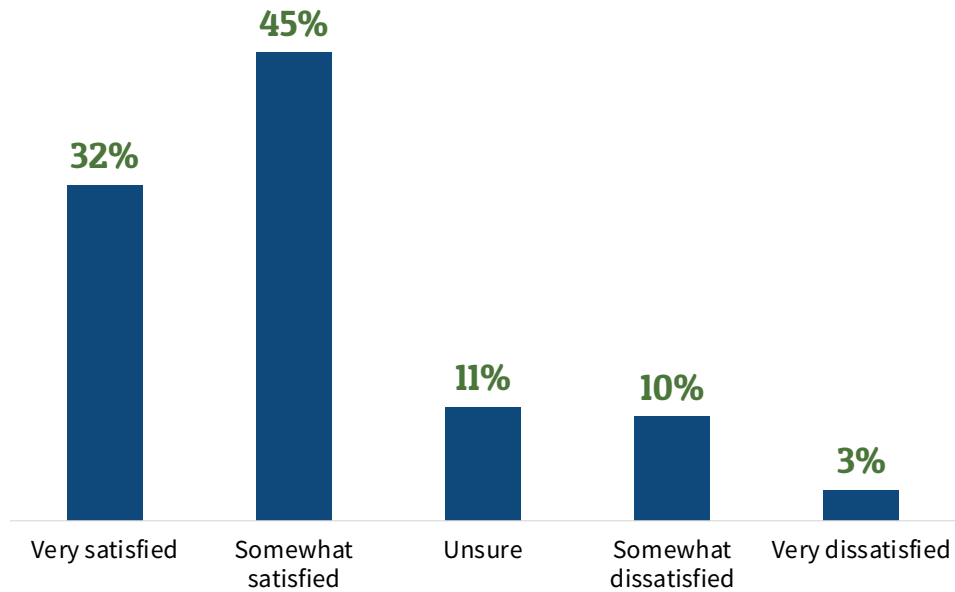
*Photo Credit: Andrew Bibby*



## Recreation and Parks Service Assessment

Respondents were asked to identify their level of satisfaction with the availability of recreation opportunities and services within the Town of Creston and the three Electoral Areas. As illustrated in the graph, approximately three-quarters of respondents are very satisfied (32%) or somewhat satisfied (45%).

### Satisfaction With the Availability of Recreation Opportunities / Services in Creston and Areas A, B, & C

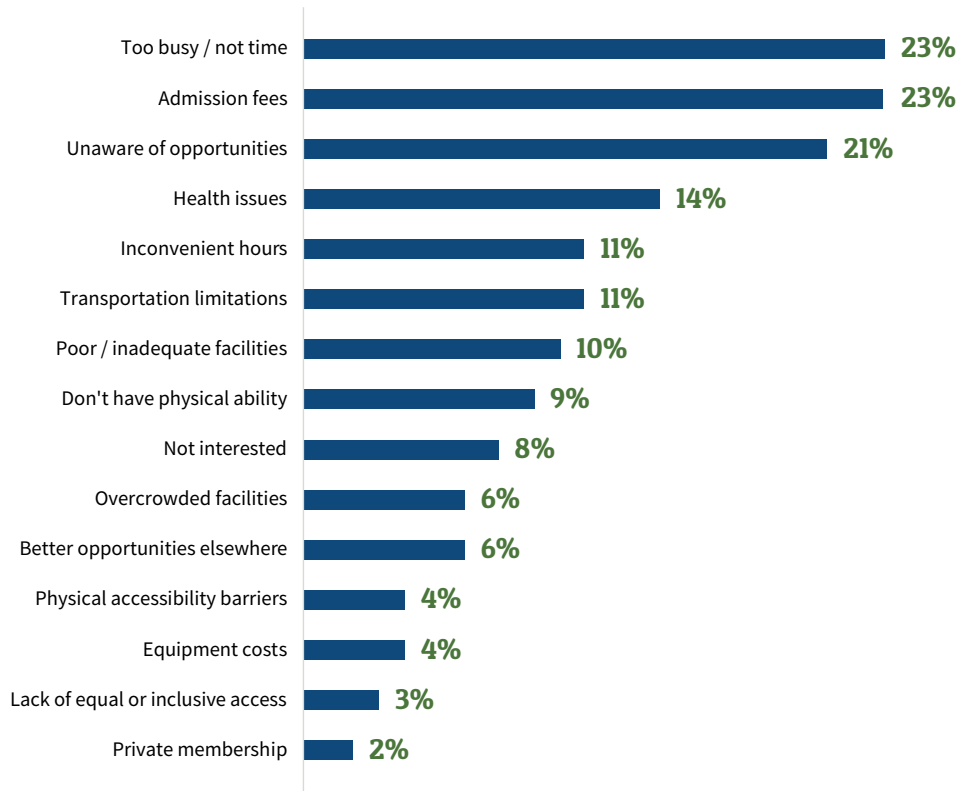


#### Subsegment Analysis

- Proportion very satisfied
- Creston - 43%
- Area A - 23%
- Area B - 27%
- Area C - 37%

When asked to identify barriers to participation in recreation opportunities in the study area, approximately one-quarter (23%) identified admission fees as something that prevents a household member from participating. Being too busy (23%) and a lack of awareness (23%) were the next most cited barriers.

### Barriers to Participating in Recreation Opportunities in the Study Area



#### Subsegment Analysis

- Admission fees
  - » Creston - 28%
  - » Area A - 13%
  - » Area B - 25%
  - » Area C - 26%
- Transportation limitations
  - » Creston - 5%
  - » Area A - 22%
  - » Area B - 8%
  - » Area C - 9%
- Poor/inadequate facilities
  - » Creston - 8%
  - » Area A - 18%
  - » Area B - 8%
  - » Area C - 6%



## New / Upgraded Parks and Recreation Facilities

Over half (59%) of respondents think there is a need for new / upgraded parks and recreation facilities to be developed in Creston and Areas A, B & C. Only 15% said there is no need.

**Is there a need for new / upgraded parks & recreation facilities to be developed?**

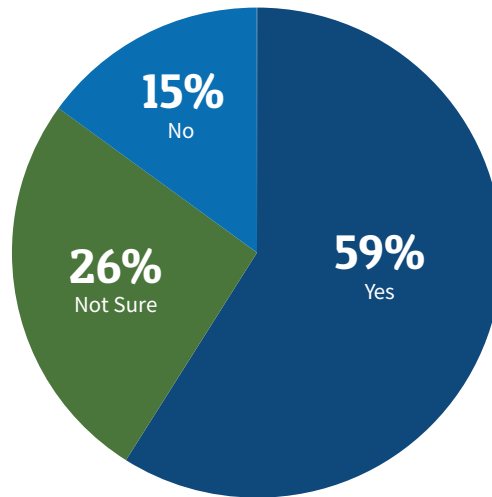
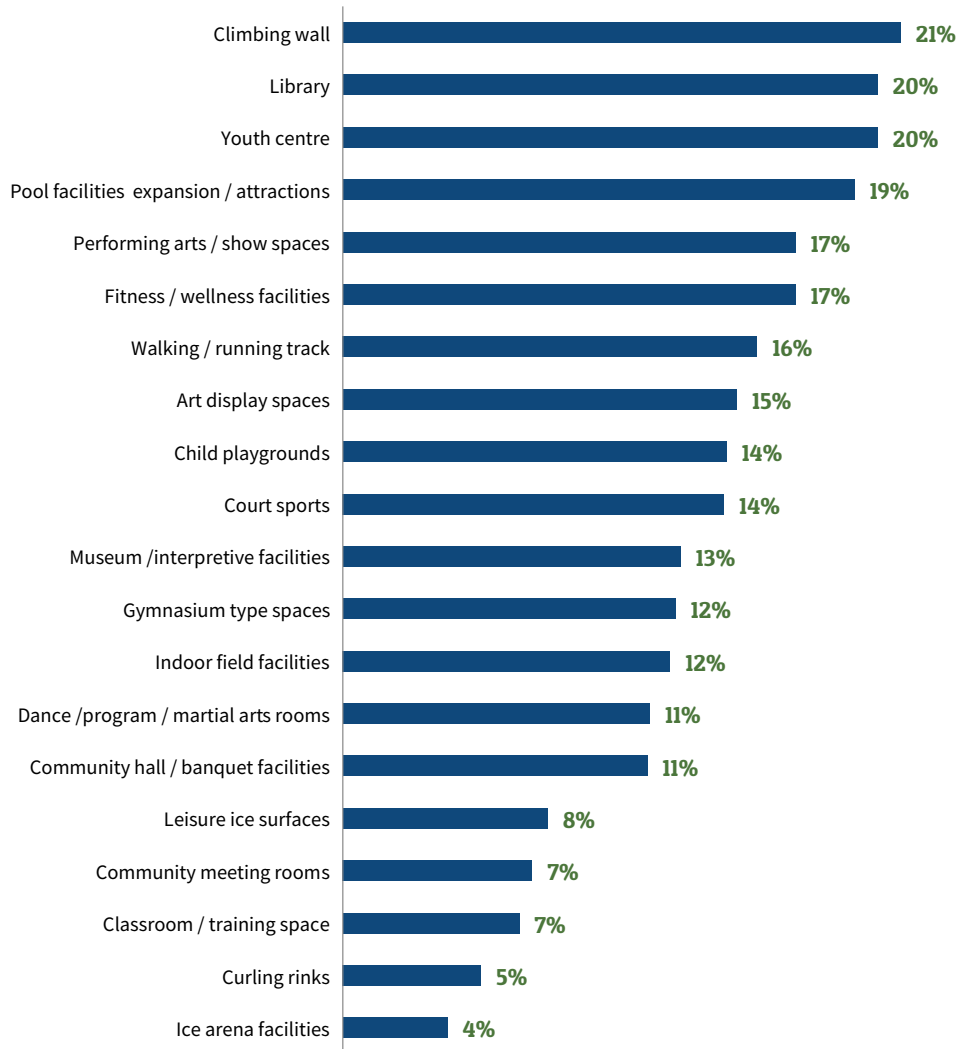


Photo Credit: Andrew Bibby



The 85% of respondents who said “Yes” or “Not sure” were then asked to identify their top five indoor recreation facilities or spaces that should be more readily available or enhanced in the area. As illustrated in the graph a climbing wall (21%), the library (20%), a youth centre (20%) and pool facilities expansion / attractions (19%) were the top priorities. See the graph for other responses.

### INDOOR Recreation Facility Priorities

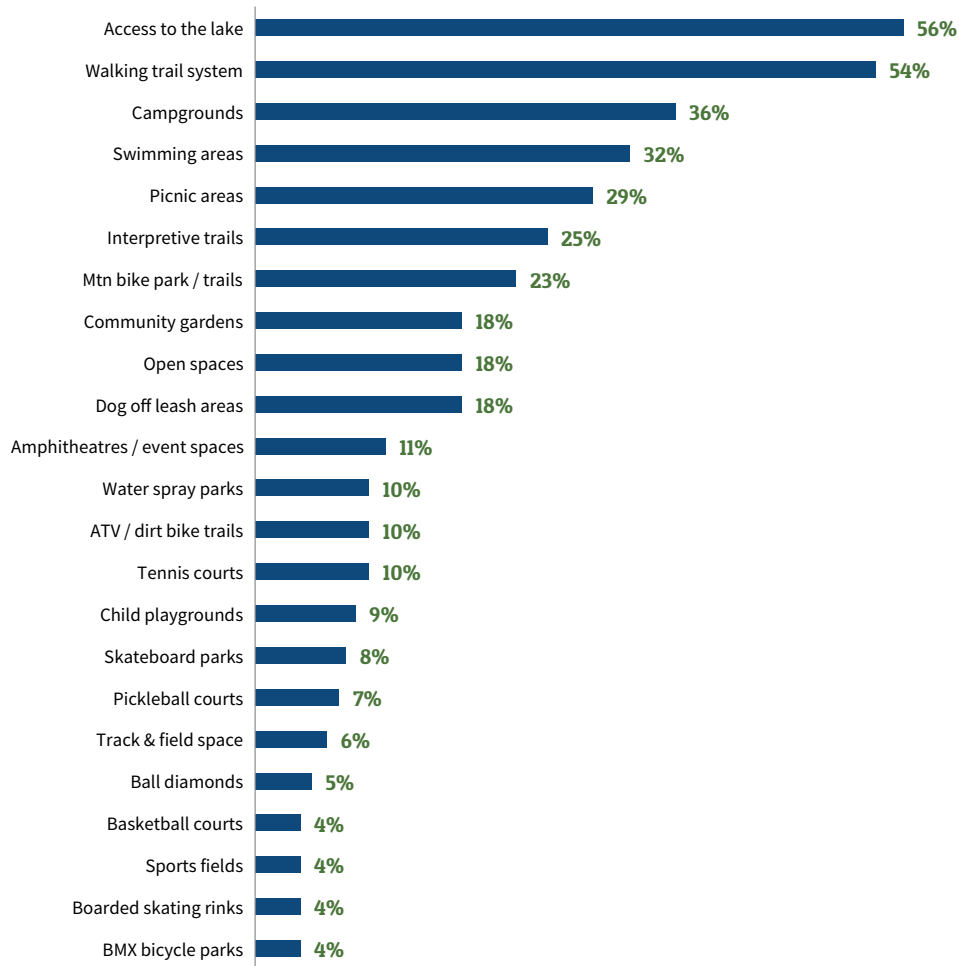


#### Subsegment Analysis

- Library
  - » Creston - 17%
  - » Area A - 28%
  - » Area B - 18%
  - » Area C - 14%
- Fitness/wellness facilities
  - » Creston - 16%
  - » Area A - 24%
  - » Area B - 15%
  - » Area C - 9%
- Walking/running trail
  - » Creston - 22%
  - » Area A - 10%
  - » Area B - 16%
  - » Area C - 9%
- Community hall/banquet facilities
  - » Creston - 4%
  - » Area A - 25%
  - » Area B - 8%
  - » Area C - 8%

In terms of priorities for outdoor facility development or enhancement, lake access (56%) and the walking trail system (54%) were the top priorities identified by over half of respondents. Campgrounds (36%), swimming areas (32%) and picnic areas (29%) rounded out the top five priorities.

### OUTDOOR Recreation Facility Priorities



#### Subsegment Analysis

- Swimming areas
  - » Creston - 27%
  - » Area A - 28%
  - » Area B - 40%
  - » Area C - 36%
- Interpretive trails
  - » Creston - 16%
  - » Area A - 29%
  - » Area B - 26%
  - » Area C - 13%
- Amphitheatres/event space
  - » Creston - 12%
  - » Area A - 18%
  - » Area B - 8%
  - » Area C - 7%

## Parks and Recreation Programming

There are a variety of groups that provide recreation programs within the study area. Respondents were asked to consider existing and potential new programs to determine what improvements and/or changes may be needed. Respondents were provided with a list of options, with the results illustrated in the graphic below. Nearly one quarter (21%) of respondents indicated that no changes were needed, that programs should cost less, be better marketed, or more oriented towards outdoor programming. Having a greater variety, more convenient and frequent schedule offerings were also identified.

### Needed Changes / Improvements to Programming

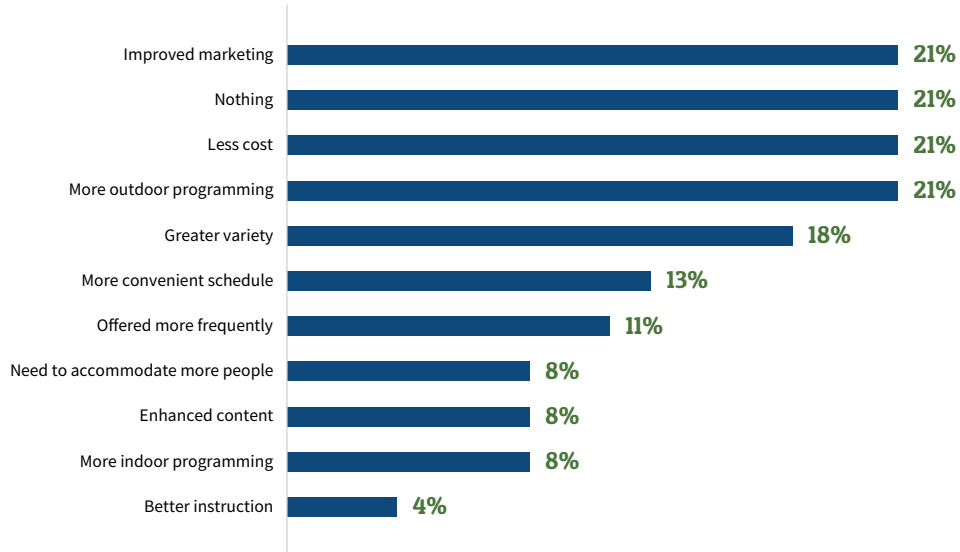
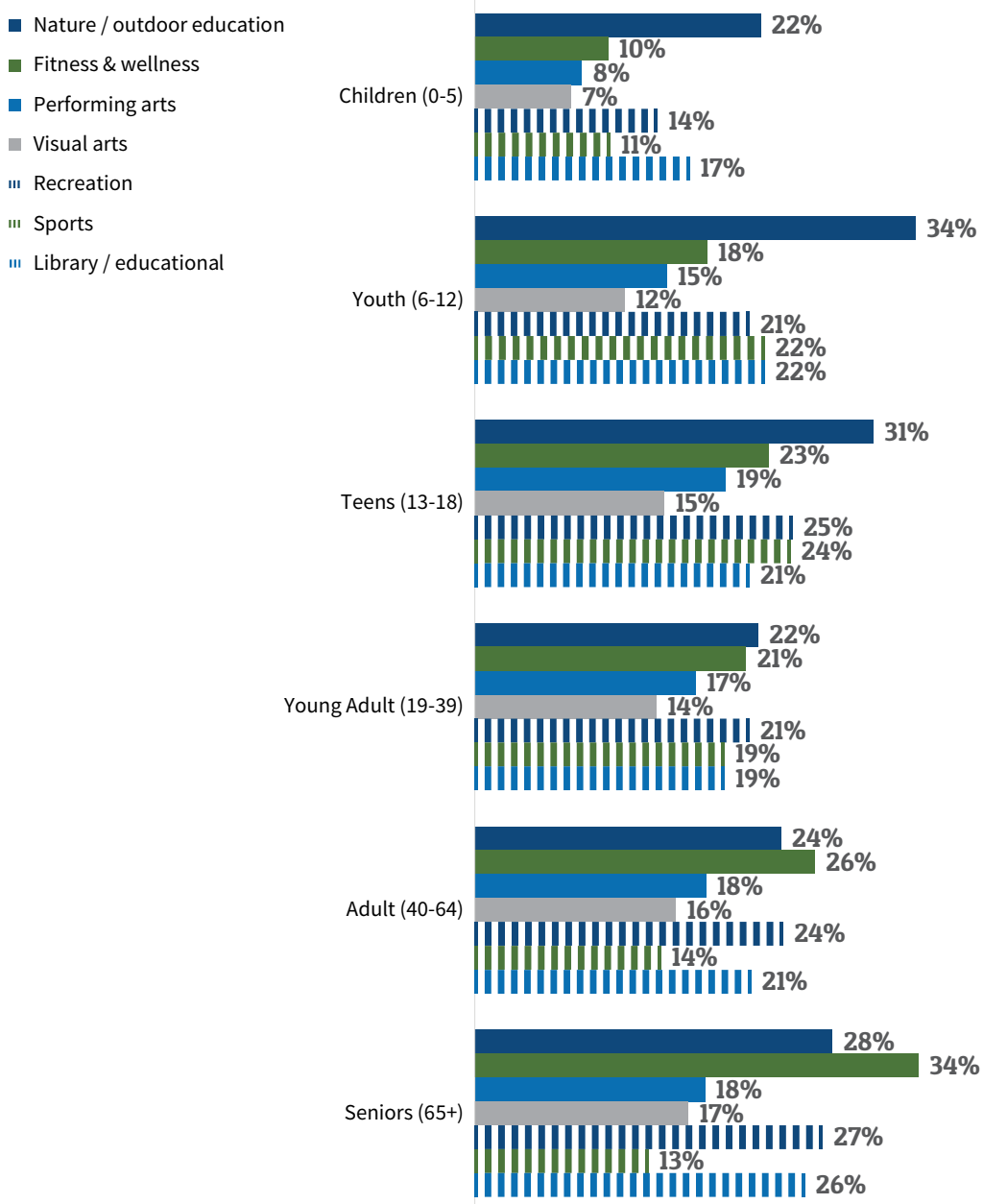


Photo Credit: Andrew Bibby



Respondents were then asked to identify types of programs needed within the study area by age group. For children (0-5), youth (6-12) and teens, nature/outdoor education programs were identified as most needed by respondents. Fitness and wellness and recreation programs were identified as most needed for adults (40-64) and for seniors (65+). Recreation and library/educational programs were identified evenly across all age groups, with greater emphasis on more sports programming for youth and teens than for other age groups.

### Program Type Needed by Age Group



Respondents were able to provide comments related to programming including identifying any programs they would like to see. The most commonly cited program that respondents identified echoed a response presented in the graph – the need / desire for more outdoor or nature-focused recreational programs (83 mentions) within the study area. Wilderness programs, guided hikes and walking tours, skiing, wildlife watching, paddling, fishing, hunting, camping, orientation, gardening, geocaching and wilderness survival training were often mentioned. Nature programs for seniors and youths were also identified, as well as support for more outdoor nature-based cultural programming (e.g. outdoor concerts).

Cultural, library, or museum-based programming (51) was also identified as opportunity areas. Respondents identified new museum spaces for children/youth, expanded arts and crafts offerings (e.g. photography, knitting, general arts), theatre and performing arts events/ classes, cultural programs (e.g. First Nations), cooking, live music performances, language classes and broad improvements to the library (e.g. infrastructure improvement, catalogue expansion, more services) were all identified. Respondents frequently identified a need for music and theatre programs for youth within the study area. A similar number (51) of respondents indicated high satisfaction with current program offerings and did not identify any areas for improvement.

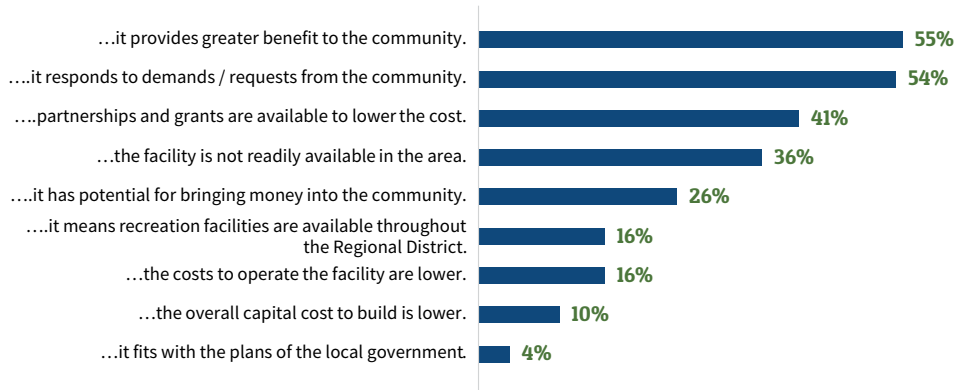
*Photo Credit: Andrew Bibby*



## Planning Priorities

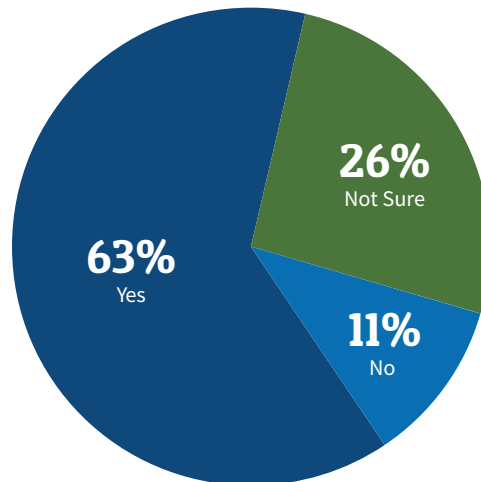
Respondents were then asked to identify what criteria are important to consider when setting project development priorities for facilities. More than half of respondents (55%) indicated that recreation facilities should be a higher priority if it provides a greater benefit to the community as well as whether such project development responds to demands/requests from the community (54%). Whether partnerships or grant opportunities were available to lower costs (41%) and an absence of the facility within the area (36%) were also identified. More than one quarter (26%) of respondents indicated that facilities that have the potential to bring money into the community should be prioritized.

### A recreation facility project should be a higher priority if...



Respondents were asked whether they supported the RDCK to acquire, develop and operate new parks in the study area. Approximately two-thirds of respondents supported the RDCK in this task (see graph).

### Do you support the RDCK acquiring, developing, and operating new parks in the area?



Respondents then provided some explanation for their response.

Of the households expressing support, the greatest number (216) indicated that there is a **basic need for more parks** and outdoor recreational amenities within the study area. The Crawford Bay regional park/RDCK land acquisition was commonly identified, with respondents expressing strong support for this initiative. Other parks or amenities identified include a park at Goat River, new trails and parks in regional areas, additional beaches and so forth – many of which are identified in the previous question on programs/improvements.

The next greatest number of comments (182) expressed support for new/additional parks within the study area due to the **perceived benefits** that such investments would have on the whole community. Households identified improved health, well-being, activity levels and opportunities for community interactions as being major benefits. Respondents also identified increased tourism and economic development, improved attractiveness of the area for visitors and young families (i.e. attracting new residents) as other critical factors justifying increased investment in parks and outdoor amenities.

A significant number of respondents (118) indicated that they support the RDCK acquiring, developing and operating new/additional parks in the region to **improve access to important outdoor features** and amenities. Improving public access to the study area's rivers, lakes and waterbodies is overwhelmingly supported by households, with many expressing a greater need for improved access to Goat River, Duck Lake, Kokanee Lake and Kootenay Lake. Improving trail access more equitably throughout the study area is also important to these households.

While most households expressed support for new/additional parks to be developed within the study area, **some concerns were also expressed**. Of households expressing support, the following were identified as important considerations:

- There is some uncertainty over the actual level of need for new/additional parks.
- Some respondents identified concern over increased taxes as a result of costly projects/land acquisitions.
- Some respondents expressed support for new/additional parks on a case-by-case basis, indicating that they would support projects that make sense, are in appropriate locations and that are identified through the Master Plan process

Of those respondents who **do not support** the RDCK's acquisition, development and operation of new / additional parks in the region, the most frequently cited reasons included:

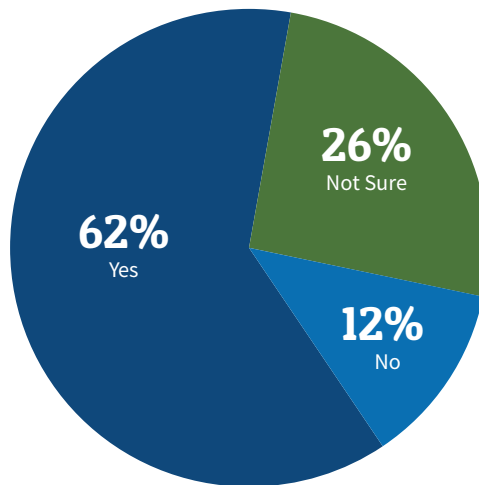
- The lack of need for new parks and concerns over increased taxes, high project costs, greater debt levels and doubt over whether new parks are a prudent investment.
- The approach to parks management in the study area should be improved and that existing parks should be better maintained/improved prior to investments being made into new/additional parks.
- Other needs are more important, such as growing local employment markets, building a new fire hall and encouraging residential development.

Households that indicated they were '**Not Sure**' whether they support the RDCK acquiring, developing and operating new parks in the region primarily did so out of concern for increased taxes, high project costs, or debt burdens or that they would consider new/additional parks on a case-by-case basis. Most households expressing tentative support for new/additional parks mentioned that cost, location, type, need and overall community benefit would be important considerations. Several households indicated they were tentative due to not having adequate knowledge of what parks are available within the study area or what might be proposed for additional parks.



Approximately two-thirds (62%) of respondents supported the RDCK in purchasing land for parks and recreation purposes.

### Do you support the RDCK purchasing land for parks and recreation purposes?



Respondents explained why they answered in the manner they did; responses were similar to those of the previous question. For **respondents in favour** of the RDCK purchasing land for parks and recreation purposes they commented that more parks are needed with many households voicing similar support due to the perceived benefits that parks and recreation areas have on the entirety of the community (i.e. tourism, supports healthy lifestyles, benefits future generations etc.). Support was also offered due to respondents feeling that access to outdoor amenities, particularly rivers and lakes, needs to be improved within the study area. Several households also indicated support on the basis that RDCK purchasing land would help to ensure environmental protection and conservation of sensitive areas.

Households also expressed some concern or tentative support for purchasing land for parks and recreation purposes. Comments included the following.

- Purchase land but primarily on a case-by-case basis: adequate project consultation, location of land, intended land use and whether projects are justified through the Master Plan were raised as concerns
- Concern about the potential tax implications: purchases should be made when they 'make fiscal sense' and very costly purchases should be evaluated by the public

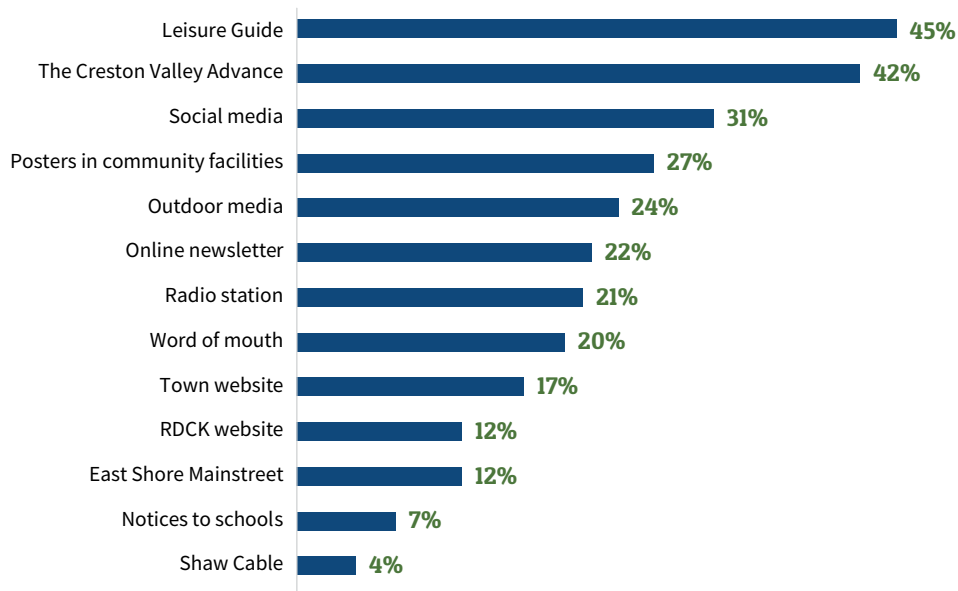
Respondents who **did not support** the RDCK's purchase of land identified tax implications, high costs and potential debt burdens as important factors. Others suggested that parks and recreation needs are being sufficiently met currently.

Respondents indicating that they were '**Not Sure**' whether they support the RDCK purchasing land for parks and recreation purposes indicated that they would support such purchases on a case-by-case basis. Many expressed conditional support depending on the location of land to be purchased, if purchases align with the Master Plan or if projects addressed a specific need (e.g. better lake access, clear benefit to locals). Respondents expressed support for public engagement/consultation for larger purchases. Many expressed concern over tax increases, high purchase costs and the potential debt implications of larger purchases.

## Promotions

Respondents were also asked to identify their top three preferred ways to receive information about recreation programs and events available within the study area. The Leisure Guide (45%), Creston Valley Advance (42%) and social media (31%) were the most commonly identified communication avenues.

### Best Three (3) Means to Communicate Information About Programs & Events



### Subsegment Analysis

- Leisure guide
  - » Creston - 54%
  - » Area A - 25%
  - » Area B - 52%
  - » Area C - 52%
- The Creston Valley Advance
  - » Creston - 54%
  - » Area A - 23%
  - » Area B - 45%
  - » Area C - 49%
- RDCK website
  - » Creston - 10%
  - » Area A - 17%
  - » Area B - 12%
  - » Area C - 8%
- Online newsletter
  - » Creston - 18%
  - » Area A - 32%
  - » Area B - 18%
  - » Area C - 21%
- East Shore Mainstreet
  - » Creston - 1%
  - » Area A - 40%
  - » Area B - 1%
  - » Area C - 1%

## Willingness to Pay

Finally, respondents were asked if they would support an increase in annual property taxes to ensure community needs for recreation facilities in the Town of Creston and the three Electoral Areas are better met. Forty-one percent (41%) would support a tax increase while thirty-nine (39%) would not (see graph).

**Would you support an increase in annual property tax to ensure community needs are better met?**

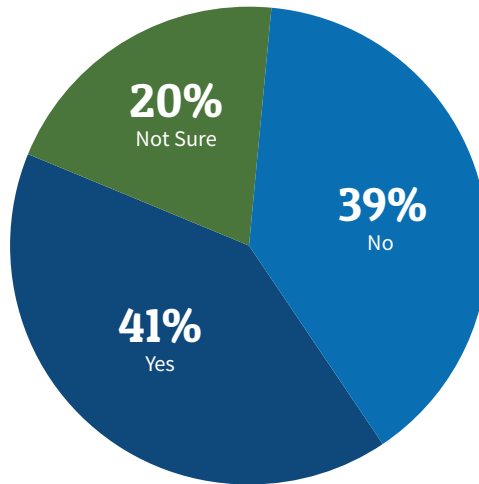


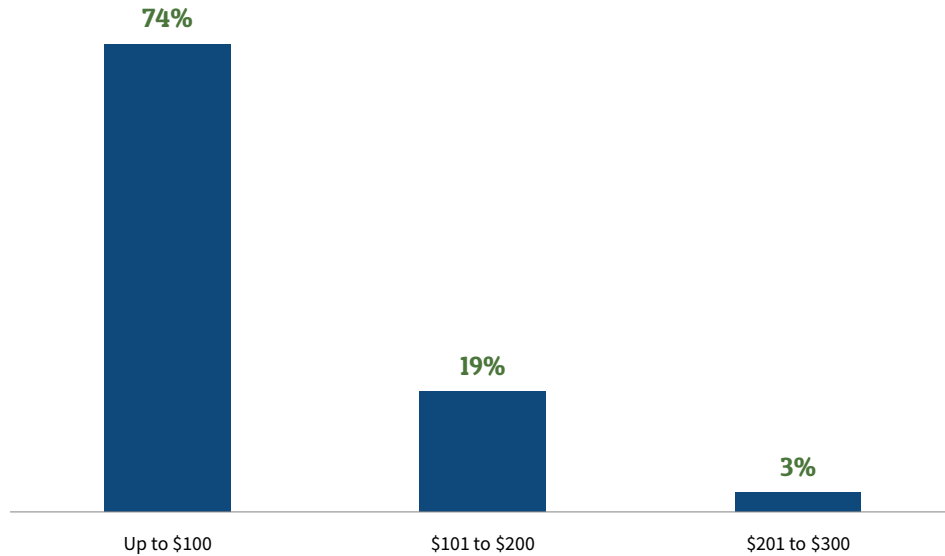
Photo Credit: Andrew Bibby



Respondents that indicated support for an increase in annual property tax (and those that were unsure) were asked how much of an increase they would support. Nearly three-quarters (74%) would support an increase of up to \$100 per year, with just less than 20% indicating support for an increase between \$101 and \$200 per year.

### Proportion of Respondents Supporting Levels of Annual Property Tax Increase

(Base: Proportion does not include respondents who would not support an annual increase)



## Respondent Profiles

Respondent Characteristics	Survey Respondents	Study Area	Notes
<b>Where do you live?</b>			
Town of Creston	31%	38%	<ul style="list-style-type: none"> <li>Area A households are overrepresented, while Area B and Town of Creston households are underrepresented slightly. Findings are considered representative of households in the study area</li> </ul>
Area A	26%	15%	
Area B	30%	34%	
Area C	12%	11%	
Other	1%	-	
<b>Do you expect to be residing here for the next 5 years?</b>			
Yes	88%	-	<ul style="list-style-type: none"> <li>Twelve percent of households in the study area moved within the last year, 37% within 5 years</li> </ul>
Not sure	10%	-	
Unsure	2%	-	
<b>Do you rent or own?</b>			
Rent	1%	20%	<ul style="list-style-type: none"> <li>Households that rent are underrepresented</li> </ul>
Own	99%	80%	
<b>What is the proportion of the population amongst respondents in each segment?</b>			
0 – 9 years	6%	8%	<ul style="list-style-type: none"> <li>Higher proportion of older households responding than average within study area</li> <li>Thirty percent of census families within the study area report having children under 18</li> </ul>
10 – 19 years	7%	10%	
20 – 29 years	5%	7%	
30 – 39 years	6%	8%	
40 – 49 years	8%	9%	
50 – 59 years	18%	16%	
60 – 69 years	29%	22%	
70 – 79 years	16%	13%	
80 years and older	4%	8%	
<b>What is your total household income, prior to taxes, in the previous year?</b>			
Less than \$50,000	33%	49%	<ul style="list-style-type: none"> <li>Households skew towards higher incomes than on average within the study area (e.g less than \$50,000 proportion)</li> <li>Approximately 22% of households within the study area are classified as low-income</li> </ul>
\$50,001 - \$75,000	23%	24%	
\$75,000 - \$100,000	15%	9%	
\$100,001 - \$125,000	6%	8%	
\$125,001 - \$150,000	4%	4%	
\$150,001 and over	6%	6%	
Not stated	14%	-	

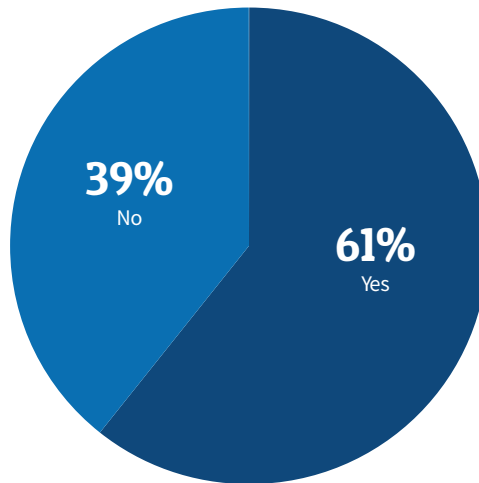
## Community Group Survey

To gather more detailed data and feedback from organizations in the study area involved in providing programs, activities and events, a Community Group Survey was fielded. In total 28 responses were provided from a broad range of groups ranging from schools, community associations/societies, trails groups, the library, sports organizations, service clubs, arts groups and the business community. For a complete list of Group Survey respondents, please see Appendix 1.

### About the Groups

Approximately two-thirds (61%) have a current strategic or business plan (see graph).

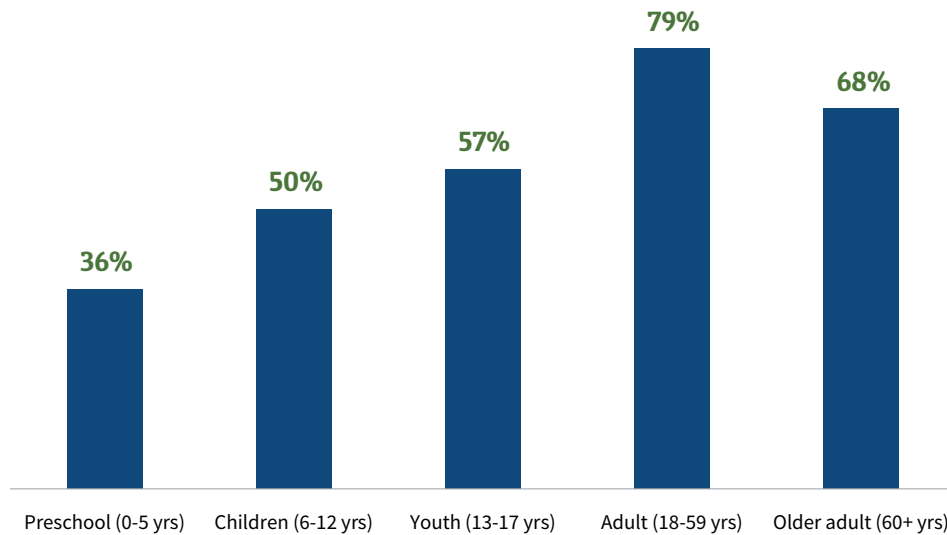
#### Does your group have a current strategic or business plan?



Next groups were asked to assess the overall state of volunteerism within their organization, choosing either healthy, fair or poor. An even 50% selected healthy or fair, with no respondents indicating that volunteerism was in a poor state within their organization.

Next, organizations were asked a series of questions about their organization's current membership, participant and/or client composition by age group. As illustrated in the following graph, respondent groups provide services to all ages of the community but certainly the majority of groups who participated in the survey provide services to adults (79%) and older adults (68%).

### Age Segments of Participants / Members



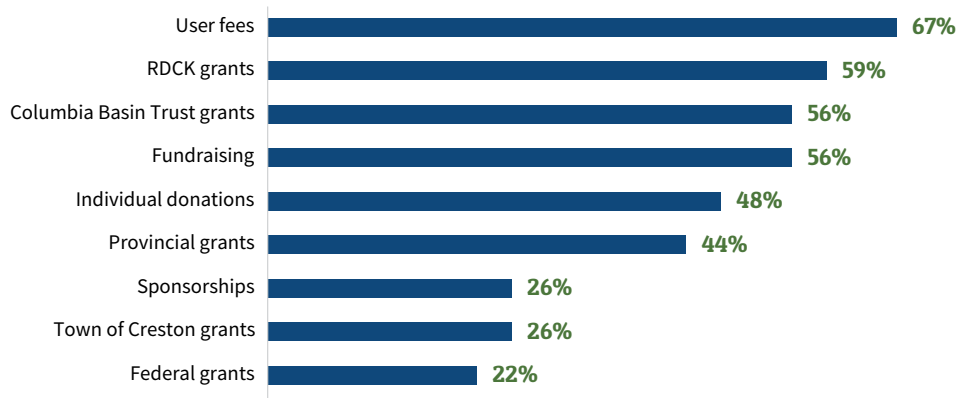
When asked what their expectations for member/participant/client numbers were for the future, nearly two-thirds (61%) indicated that they expect numbers to grow. No groups expected to experience a decline in numbers over time. The balance (39%) felt membership / participant levels would remain stable.

Respondents provided some insight into the main factors influencing participation rates. While a number of factors were identified those most frequently mentioned included: communications efforts related to enhancing awareness; the types of programs and the benefits accrued due to the programs; costs of memberships and participation; capacity of staff and access to program space / facility.

## Funding Sources

Groups were then asked to indicate how their organization currently funds activities and programs offered. As illustrated in the graph, two-thirds (67%) of respondents utilize user fees to fund programs and activities. Grants from the Regional District of Central Kootenay (59%), Columbia Basin Trust grants (56%) and fundraising (56%) were all sources of operating funds for over half of the respondent groups. Approximately one-quarter (26%) looked to sponsorships for operational funding.

### Funding Sources



## Facility Utilization

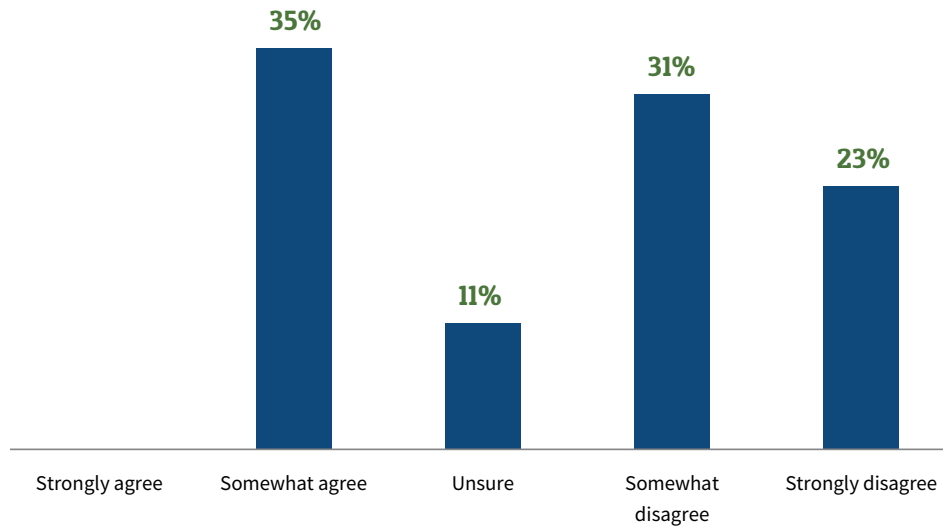
Groups were next asked to identify up to five facilities that their organization uses most frequently within the study area. The Creston & District Community Complex (indoor and outdoor amenities) was by far the most commonly identified facility used by groups surveyed, with groups indicating they use the facility generally and for specific amenities such as the soccer field, ice rink and meeting rooms. Other facilities/amenities commonly used include Canyon Park, Centennial Park and Crawford Bay peninsula/wetlands. When asked how many times the facilities/spaces identified by the groups were used per year, 16 out of 24 indicated their top used facility was used more than 21 times per year.



## Facility and Space Assessment

Groups were asked whether current facilities and spaces in the study area/region meet the needs of their organization. The most commonly selected response was somewhat agree (35%). However, more than half of respondents indicated that they either somewhat (31%) or strongly disagree (23%) that existing facilities and spaces meet their needs.

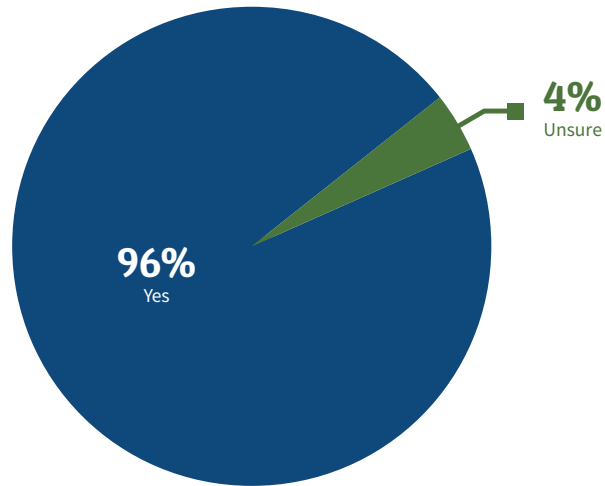
**The current facilities and spaces in the region meet the needs of our organization.**



When asked what improvements could be made to existing facilities/spaces to improve organizational satisfaction, respondents most commonly suggested improving or developing additional trails, developing bathroom facilities and increasing storage space available to organizations in facilities/spaces. Other responses include improving fields and ball diamonds, adding public art, improving facility accessibility, renovating community halls and developing Market Park.

When asked if there is a need for new or upgraded parks and/or recreation facilities in the region, nearly all respondents indicated yes (96%).

### Is there a need for new / upgraded parks or rec facilities in the region?



Groups also expressed strong support for the RDCK to acquire, develop and operate new/ additional parks in the region, with more than three-quarters (81%) indicating yes.

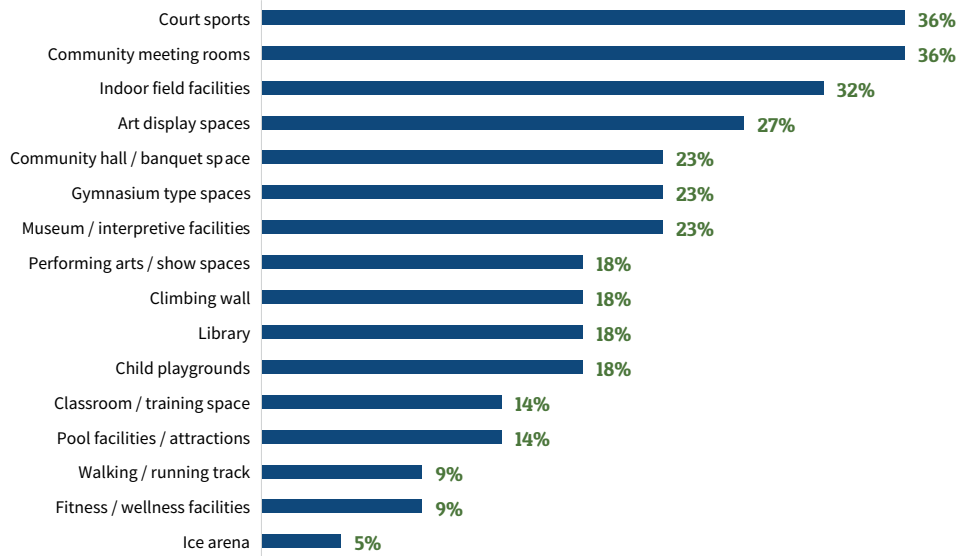
*Photo Credit: Daniel Seguin*



## Facility & Space Priorities

Groups were then provided with separate lists of indoor and outdoor recreation facilities/spaces that should be more readily available or enhanced within the study area. As reflected in the following graph, the **top indoor facility/space priorities** were court sports spaces (36%), community meeting rooms (36%), indoor field facilities (32%) and art display spaces (27%). Community hall/banquet space, more types of gymnasium spaces and museum/interpretive facilities were also selected (21%).

### Indoor Rec Facilities / Spaces That Should Be More Readily Available or Enhanced

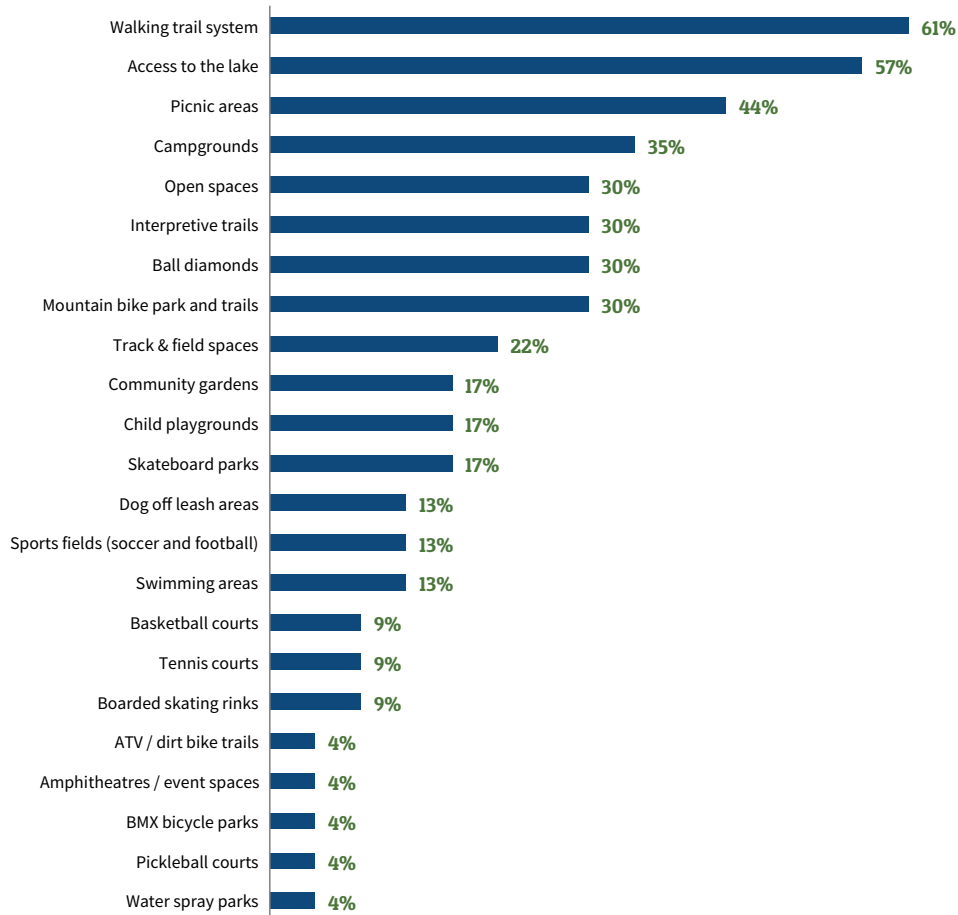


### Subsequent Analysis

Groups who disagreed that current facilities and spaces meet their organizations' needs were more likely to identify the library and gymnasium type spaces as needed than groups who agreed that current spaces meet their needs.

The **top outdoor recreation facility/space** priorities were the walking trail system (61%), lake access (57%), picnic areas (44%) and campgrounds (35%). Nearly one-third of respondents (30%) indicated that open spaces, interpretive trails, ball diamonds and mountain bike park/trails should be prioritized.

### Outdoor Rec Facilities / Spaces That Should Be More Readily Available or Enhanced



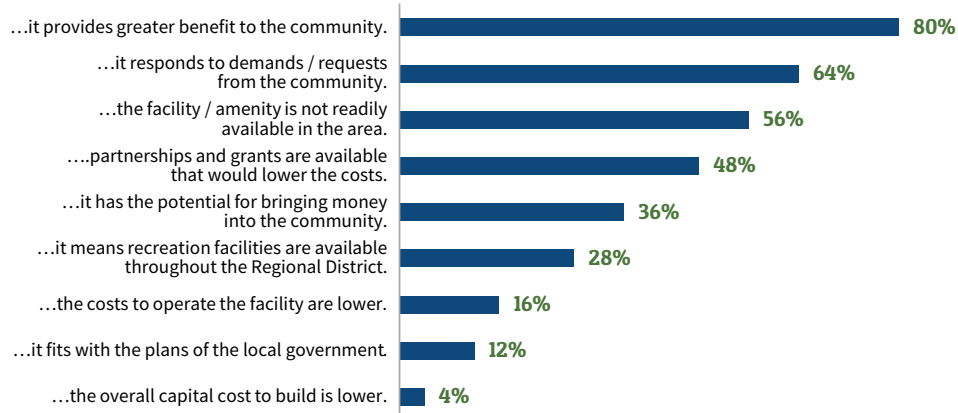
### Subsequent Analysis

Groups who agreed that current facilities and spaces meet their organizations' needs were more likely to identify interpretive trails as a need. Groups disagreeing that current facilities meet their needs were more likely to say there is a need for sports fields.

## Planning Priorities

There may be occasions in which there are multiple parks or facilities projects for consideration but there are not the resources to proceed with all of them. In that instance the project list needs to be prioritized. Respondents were presented with a list of possible criteria that could be used to prioritize a series of parks or facility projects and asked to select the top three criteria. As illustrated in the following graph, over three-quarters (80%) of respondents think that the project that provides greater benefit to the community should be a higher priority. Approximately two-thirds (64%) believe that facility projects that respond to demands / requests from the community should be higher priorities.

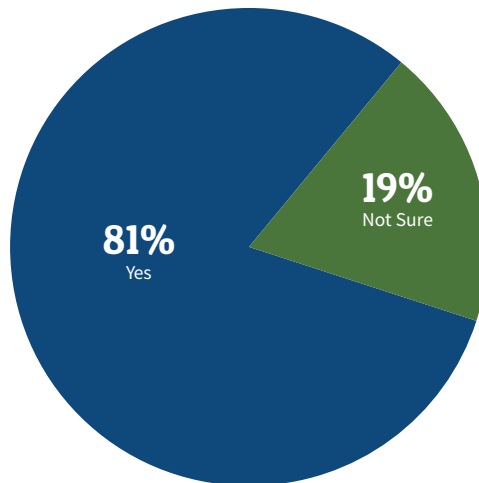
### A recreation or parks facility project should be a higher priority if...



## Regional District of Central Kootenay

Over three-quarters (81%) of respondents support the Regional District of Central Kootenay acquiring, developing and operating new or additional parks in the region (see graph).

### Do you support the RDCK acquiring, developing and operating new / additional parks in the region?



Several respondents commented on the need for lake access and for parks in the area suggesting that the RDCK's involvement may help address these needs. Others spoke about the need for additional park space to address the demands on the current space. There were numerous comments as well that suggested any and all new parks is a welcome development – that these types of spaces help build community and bring people together.

Almost unanimously (92%), respondent groups think that the **RDCK should provide support to local volunteer and non-profit community groups** involved in providing parks and recreation opportunities. When asked what, if any, support their group receives from the RDCK the most common response was grant funding. Some also identified that they use the RDCK facilities for their programming.

Respondents were then asked to identify the supports they would like to receive from the RDCK as they deliver their programs and services. Funding was the most common response – for a number of them this meant a continuation of the funding they currently receive. Some specified secured annual funding. The enhancement and / or development of facilities was also mentioned with the potential acquisition of Kinsmen Park receiving multiple mentions.

## Challenges and General Comments

Respondents were asked to identify the **main challenges** facing their organizations. While there were a variety mentioned, the most frequently identified include: financial matters such as securing funding and costs they experience; having sufficient and suitable space / facilities to deliver their programs; and the ability to recruit volunteers and even members.

The development or enhancement of facilities was identified as the single most **important thing the RDCK could do** to help groups address their challenges. An increase in funding and continuation of the grant program were also mentioned. Some respondents stated that support from the RDCK and advocacy was very important.

Finally respondents were able to provide **any comment** they wanted related to recreation and parks in the region. Many of the previously stated comments were reiterated. There were numerous comments related to the need to develop and support the development of outdoor infrastructure. In particular this related to day use sites, trails and regional parks. It was suggested that these amenities are highly desired and needed by residents. They would also be helpful in attracting people to the region including younger people. This would help the sustainability of the area. Related, the need for dedicated funding for parks and outdoor recreation at the District level was stated.

*Photo Credit: Daniel Seguin*



## Stakeholder Interviews

Finally, a series of interviews were held with a broad range of community organizations and stakeholders providing recreation and culture services/programs in the Town of Creston and the three Electoral Areas. The intent of the interviews was to gather further insight into the success, challenges and opportunities for parks and recreation in the study area. Over twenty meetings were convened with more than 60 groups and individual interests providing input. Written submissions were also accepted and considered alongside of the information gathered from the meetings.

For a list of participants, please see Appendix II. This list illustrates a broad continuum of organizations and interests within the study area, providing many different perspectives. Rural community groups, trail organizations, nature and environmental groups, traditional sport and recreation groups, health interests, private businesses and many other groups are among those participating in interviews.

A synopsis of the output from all the discussions is presented below. Comments have not been attributed to any single group. Rather, comments reinforced by multiple stakeholders and those of importance (as determined by the consultants) are included in the write-up. The synopsis is organized into themes (listed in no specific order). It is important to note that the synopsis reflects the discussions held and are not Master Plan recommendations.

### Infrastructure

While many spoke positively about the Creston & District Community Complex, there were many calls for additional recreation and parks infrastructure - particularly outdoor infrastructure. The most frequently mentioned infrastructure enhancement / improvement relates to trails. This included **trails and pathways** in Creston, in the smaller rural communities and in natural areas.

Creston's connected pathway network needs improvement. Better connectivity is needed with additional pathways and sidewalks. The quality and maintenance of existing pathways (including sidewalks) was also mentioned. An enhanced pathway system would further enable non-motorized transportation to destinations and would better facilitate walking and riding for its own sake. There were concerns expressed about the state of some of the sidewalks, which may negatively impact those with mobility issues. The issues with **accessibility** for people with mobility challenges extends beyond walkability around the community; it relates to the utilization of park spaces as well. Adding or improving hard surfaces can enable people with mobility aids and limitations to access these spaces.

For rural communities, similar issues were raised surrounding the need for infrastructure to facilitate movement throughout the community. A lack of sidewalks in the Electoral Areas was mentioned as a safety issue, as many currently utilize roadways. Travelling outside of the community via active modes often requires people to use the narrow shoulders of highways, potentially increasing risk.

The need for additional nature trails was supported by many. The natural setting is the biggest asset of the study area and the ability to access it through trails is highly valued by those interviewed. Some trail development has been facilitated by organizations external to the Town of Creston and the RDCK. While these initiatives have provided some increased access to the wilderness in the region, those interviewed called for more development. Accompanying this desire for additional trails is a need for appropriate support amenities to be provided, including trail heads with parking, signage and bathroom facilities. Some of the existing trails are difficult to get to without crossing private property.



An **inability to access waterways** was frequently cited as well. There are few places where one can access the water for swimming or hand launch a boat safely. There are even fewer places to access the water with a motorized boat. These opportunities are very important to those interviewed, as the lakes and rivers are highly desirable recreation amenities. Providing access also means that appropriate supports are available as well, including signage, bathrooms, berthing and waste management systems.

Other recreation infrastructure identified included the following.<sup>1</sup>

- **Soccer fields** in Creston. There is need for additional high-quality fields to accommodate demand
- **Regional park.** While a site was not unanimously identified, the need for a regional park in the study area was clearly articulated
- **Public gymnasium.** Accessing school gymnasiums is difficult and the Town of Creston has acquired a former school gymnasium. The need for indoor activity space is important. A joint use agreement with the schools may help mitigate some of these access challenges
- **Public event space** in the Creston area. While there are some larger park spaces in the community, there is not a large public festival space. A private space has served some needs but an event site for broad public access was suggested
- **Transportation to places** can be a challenge. There is a dispersed population which requires transportation to be able to access facilities and programs. This can be challenging for youth, particularly those who do not live in Creston itself

## RDCK Role

The Town of Creston and the RDCK have a constructive working relationship. The Creston & District Community Complex, operated by the RDCK, is an integral component of the recreation landscape in the area. However, it was felt by many that the focus of a new Master Plan should be on increasing outdoor recreation opportunities. The staff at the Complex were identified as being particularly knowledgeable and helpful. Those interviewed identified several additional tasks the RDCK should consider doing.

**Providing greater assistance to community organizations** was often mentioned by interviewees. Volunteer run organizations often have little experience/expertise and few funds to operate. Funding provided by the RDCK would be of great benefit to these organizations. Specific areas that would benefit from funding include organizational development and functioning; promotions; training; grant writing; volunteer recruitment and retention. The possibility of securing insurance as part of a group or beneath the RDCK was also suggested. Some organizations that operate their own facilities felt that having some RDCK support for facility maintenance would be of great assistance from a financial perspective but also for facility sustainability. The groups themselves could benefit from each other's experience and knowledge. A forum in which groups can come together would be appreciated.

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<sup>1</sup> The need to improved tennis courts was a message strongly communicated but not by a multiple of groups.

There was some concern expressed that the RDCK is **not committed to helping community groups achieve their goals**. The District has sometimes been viewed as an entity that impedes organizations' efforts and that there is little District interest in working with the community. The existence of clear processes for organizations to interact with the District is unclear or missing; greater transparency and more clearly articulated enthusiasm for working with the community is desired. The lack of a parks service was considered one explanation for how the District is perceived by organizations. Finally, interviewees requested that the RDCK involve the public more in planning for parks and recreation, including identifying priorities. A recreation committee would be one mechanism for this to occur.

## Signage

There is a perceived lack of wayfinding signage within the study area, including signage to spaces and facilities within and outside of the Town of Creston. This dearth in signage makes it difficult for people to navigate the community and negatively impacts the overall public profile of recreation and parks opportunities within the community. There were several calls to enhance promotional signage at the Creston & District Community Centre itself. This signage would help promote different opportunities and businesses within the Complex, helping to improve the visibility of these opportunities and businesses and draw additional traffic. Further, some felt that signage recognizing different user groups delivering services within the Complex should be installed as well.

## Health Connection

The connection between individual health and recreation and parks opportunities was articulated by many of those interviewed. This important relationship suggests that the provision of these opportunities in the study area is not simply viewed by residents as a matter of sport, leisure and fitness but as having a more fundamental health purpose. The Creston & District Community Complex is currently utilized by some health providers as part of their rehabilitation services – the physiotherapy clinic is a prime example. The ability of recreation and parks services to help with preventative health issues in the senior population is important. Parks and recreation services also have a role to play in mitigating some mental health issues.

## Community Hub

The Community Complex is valued as a community hub – a facility that brings people together in a single space but for many reasons. Hub-type spaces can facilitate cross promotion – people become aware of one service while utilizing another. The physiotherapy clinic and the concession area benefit from more people visiting the complex, the reverse is also true, people visiting those two lease holders might not otherwise visited the complex. Often these types of community hubs house public libraries as well. This would add another different service to the facility and would increase the utilization of the library.

## Affordability

The ability to pay for recreation and parks opportunities needs to be an important consideration for decision makers. There is a significant portion of the community with limited financial means and they should not be excluded from participating and personally accruing the benefits of publicly provided parks and recreation opportunities. This needs to be factored in when pricing admissions to facilities and programs.

## Community Events

Large events in the community can be beneficial as they provide opportunities for everyone in the community to come together. They can generate community pride and provide occasions in which community cohesion can be enhanced. Large community-wide events are lacking in Creston. There has been a history of such events, but changes have seen a reduction in the size and impact of events. Some of these changes can be attributed to challenges within the volunteer community. Bringing groups together may help bolster this notion with many hands contributing. Large community events can also contribute to tourism. While there currently is not a large public space to host large events, the ability to close the main road through the Town of Creston may be an option to alleviate space constraints.

## Tourism

There is great potential for tourism in the study area. The natural environment is a significant draw for visitors. However, infrastructure is not completely in place to fully support potential demand. Visitation is increasing over time due to growing interest in agriculture (viniculture and agritourism), the mountains, wilderness, lakes and rivers in the region that provide an attractive setting for tourism. The lack of water access and the limited trail system and promotion of it has seen tourists simply pass through as they make their way to other locations. The Community Complex has captured some visitors but much more needs to be done in the outdoor amenities to make a significant impact.

## Volunteerism

The situation amongst groups is quite varied when it comes to levels of volunteerism. Some groups have sizeable volunteer bases – the mission of the organization resonates with many people and / or the organization can achieve its stated outcomes. For others it is a challenge to recruit and retain volunteers. Groups experiencing challenges are trying a variety of things to bring in new people. For some that is quite a struggle and involves personal outreach. Youth serving organizations are looking to former participants as a source of volunteers. The existence of a “marketplace” for people and opportunities is not entirely clear and more could be done to help organizations with these challenges.

## Promotion

The benefits of providing parks and recreation services should be promoted to the general populace. These services are very important to quality of life for all residents and benefits accrued should be promoted. This may result in greater support for the services, promotion may also result in greater participation. It was felt that the level of awareness of recreation and parks opportunities is not uniformly high within the study area and would benefit from promotion. This promotion could take many forms including advertising, inclusion in leisure and recreation guides and signage.

## Recreation and Conservation

The natural environment is considered one of the biggest assets and draws of the region. People are recreating in the study area's natural spaces and are looking for more opportunities to do so through trails and access to lakes and rivers. Balance needs to be considered in terms of increasing recreation opportunities and conservation of the natural environment. The impacts of recreation development and utilization on the flora and fauna of the area is an important issue. Even "low impact" activities like paddle boarding can be harmful to nesting birds. While providing opportunities for people to enjoy the region's natural abundance, it must be remembered that there is value, and an obligation, to safeguard the environment.

## Demographics

The demographic profile of the area is changing and this needs to be reflected in the Master Plan. The area at one time was considered a draw for retirees. While this still holds true there is a shift to younger families who are drawn to the area for its attractiveness and affordability. While providing services to the older residents cannot be ignored, it is imperative to ensure services for the younger cohort of the community are available. There are innumerable opportunities for the youth in structured activities. There needs to be opportunities for unstructured recreation focussed on youth. Some consideration should be given to the development of a youth centre. The development of new outdoor amenities at the Creston & District Community Complex (i.e. skatepark) should help address this need.

*Photo Credit: Andrew Bibby*



## Section 8

# Conclusion

*Photo Credit: Andrew Bibby*

Recreation is an important contributor to the quality of life of residents in the Regional District of Central Kootenay. While demographics are evolving, the District presently has an opportunity to become a national leader in the provision of senior-oriented recreation opportunities, programs and infrastructure within the Town of Creston and Electoral Areas A, B and C. Balancing opportunities for seniors while providing opportunities that will attract younger families will require ongoing attention. High-quality and transparent engagement with residents can provide important insights into what types of programs are valued and well utilized, helping to guide future decision making. Recognizing broader recreation service delivery trends, striving towards best practices and being responsive to resident engagement feedback are excellent strategies for success.

## Summary of Broader Service Delivery Trends & Influences

- Recreation and parks services are increasingly being viewed as **essential** – providing **social good** and integral life skills for residents.
- There are decreased expectations for cost recovery and user fees in some communities and areas due to increased recognition of **social return on investment**.
- **Partnerships** are becoming more important, especially **regional collaborations** and increased integration with **school boards**.
- Some communities are investing in **sport tourism** to make the most of infrastructure and enhance economic development.
- Volunteers are getting **burned out** and municipalities are now looking to provide additional supports, as the nature of volunteerism itself is changing.
- Recreation and parks infrastructure across Canada is aging and needs significant reinvestment. **Asset management** is top of mind for many municipalities.
- Recreation and parks experiences need to be refreshed to remain effective – they must meet **modern user expectations**.
- Groups are demanding **higher quality facilities** with **more amenities**.
- Municipalities are increasingly operating **non-traditional facilities** such as gymnastics facilities, climbing walls and expanded fitness programs that were historically left to the private or not-for-profit sectors to provide.

## Engagement Takeaways

- There is generally strong recognition among study area households and community groups of the benefits that parks and recreation provide, with investments in parks and recreation viewed as ultimately benefiting the entire community and increasing the attractiveness of the area to potential residents/visitors.
- There is an appetite for additional recreation and parks infrastructure within the study area. **Trails** and **lake access** were commonly mentioned by residents and stakeholders. Improving the quality of **fields** and **accessibility** of existing infrastructure can help improve experiences.
- More than half (59%) of those surveyed expressed there is a **need for new/upgraded parks and recreation facilities within the study area.**
  - » Indoor amenities identified for improvement or development include a **climbing wall**, a **youth centre**, the **library**, expansion of the **pool** and **performing arts spaces**.
  - » Outdoor amenities identified for improvement or development include **lake access**, **walking trail system**, **campgrounds**, **swimming areas** and **picnic areas**.
- Around 60% of respondents expressed **support for the RDCK acquiring land and developing parks**. Just over **40% support increasing annual property taxes** to meet recreational needs, with **74% supporting an increase of up to \$100**.
- **Affordability** is a major barrier to resident participation in recreation. Nearly one-quarter of residents surveyed identified admission fees as a barrier, with an additional 20% suggesting that programming costs should be lowered.
- **Cost or tax implications** are important considerations to households when it comes to the RDCK developing additional parks or recreation infrastructure or purchasing land. Ensuring that household and community group priorities guide decision making is important, as decisions should reflect both resident demand and the content of the subsequent Master Plan document.
- Community groups frequently expressed that they would like the **RDCK to provide greater assistance to community organizations**. Community groups surveyed overwhelmingly (96%) support the development of new parks and recreation infrastructure in the study area.

It is important to note that in total 1,255 household surveys were returned, representing a statistically reliable response rate of just over 17% and providing a margin of error of  $\pm 2.9\%$ , 19 times out of 20. As well, 28 local groups provided feedback via the group survey.

Key summary findings from the research and engagement data contained in this report are presented below:

Key Finding	Supporting Research & Engagement	Potential Impacts on Future Parks & Recreation Provision
It is anticipated that the population of the Town of Creston and Electoral Areas A, B and C will grow steadily moving forward	<ul style="list-style-type: none"> <li>Population projections suggest the study area population may exceed 16,500 by 2036</li> </ul>	<ul style="list-style-type: none"> <li>Households and community groups are likely to expect service levels to be at minimum sustained</li> <li>More residents mean demand for both existing and new types of recreation opportunities will increase over time</li> </ul>
There is currently a high proportion of seniors within the study area with migration this proportion is expected to remain sizeable	<ul style="list-style-type: none"> <li>The median age of residents is 55.8, 13 years older than the BC median</li> <li>The largest cohort groups are between the ages of 55 and 69</li> </ul>	<ul style="list-style-type: none"> <li>Providing access to inclusive parks and recreation amenities and programs will be key to supporting aging-in-place</li> <li>Low-impact, holistic, wellness based programs are highly attractive to older populations</li> </ul>
At the same time, the number of young families within the study area is poised to increase	<ul style="list-style-type: none"> <li>Households surveyed indicate an influx of younger families into the area</li> <li>The 5-9 to 15-19 age cohorts are larger than the 20-49 group</li> </ul>	<ul style="list-style-type: none"> <li>Developing new programs and amenities that appeal to children, youth and families should be prioritized</li> <li>Traditional activities such as swimming, soccer and dance remain popular among youth</li> <li>Emerging activities such as dance, gymnastics, pickleball and hiking/ outdoor education programs are popular among nearly all age groups in Canada</li> </ul>
The provision of parks and recreation in the study area is led by the RDCK, but contingent upon partnerships and service agreements with community and volunteer organizations	<ul style="list-style-type: none"> <li>Service agreements are in place with several sports and community groups</li> <li>The District also has business agreements with service providers within the Creston &amp; District Community Complex</li> <li>RDCK grants are provided to community groups on an annual basis, with community groups suggesting additional funding is needed</li> </ul>	<ul style="list-style-type: none"> <li>Current and future partnerships will be key for the District to maintain service levels</li> <li>Exploring partnerships with local school boards (i.e. joint-use agreements) may provide residents and groups with expanded access to gym space and greater utilization</li> <li>The District is likely to face pressure to increase grant funding levels for community groups delivering programs or operating rural halls</li> </ul>
The strategic planning and policy framework within the study area is supportive of parks and recreation as important to community development and providing residents with a high quality of life	<ul style="list-style-type: none"> <li>Local and regional plans broadly support the development of additional parks and recreation opportunities</li> <li>Provincial and national-level strategies provide broad support for parks and recreation provision</li> </ul>	<ul style="list-style-type: none"> <li>The Master Plan document should align with District plans and policies, including projects and initiatives identified</li> <li>Increasing access to parks and recreation, particularly to waterbodies, is a major priority area</li> </ul>

Key Finding	Supporting Research & Engagement	Potential Impacts on Future Parks & Recreation Provision
<p>The Creston &amp; District Community Complex is well utilized but is operating within its designed capacity</p>	<ul style="list-style-type: none"> <li>• The Creston and District Community Complex Arena (ice surface) is at 90% utilization during prime time hours, with less demand after 10 PM</li> <li>• The fitness centre is at 25% capacity with over 25,000 entries per year</li> <li>• The fitness studio has over 100 program bookings per year with represents 60% capacity</li> <li>• Meeting rooms are at 40-60% booking capacity</li> </ul>	<ul style="list-style-type: none"> <li>• Utilization rates are likely to increase over time as the population grows</li> <li>• There is current capacity to expand program offerings within the fitness centre</li> <li>• Community groups indicate need for additional meeting spaces, but utilization statistics suggest that increasing awareness of current facilities may be beneficial</li> </ul>
<p>Parks and recreation are highly valued and important to households and community groups in the study area</p>	<ul style="list-style-type: none"> <li>• A consistent theme within the engagement data is the high value that households and community groups place on parks and recreation</li> <li>• Households and groups believe that parks and recreation benefit the whole community, with a strong connection established between such amenities and community development</li> <li>• The relevance and importance of recreation and parks translate into residents wanting more of existing and possibly new District services (parks, trails, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>• The intrinsic benefits of parks and recreation is well recognized by residents</li> <li>• Residents view parks and recreation as critical components of community development, including local economic development and enhancing the attractiveness of the area to new residents</li> <li>• Parks and recreation projects/initiatives should be framed around the holistic benefits offered, both for residents and visitors/tourists</li> </ul>
<p>Demand exists for both additional structured and unstructured programs and recreation opportunities, as well as for new facilities and amenities</p>	<ul style="list-style-type: none"> <li>• Households have indicated they would like to see additional outdoor programming in areas such as hiking, musical performances and indoor programming in areas such as fitness and wellness and the performing arts</li> <li>• Community groups have indicated that additional infrastructure is needed to support sports groups, including tennis courts and soccer fields</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing demand for new programs and infrastructure while ensuring efficient use of current amenities will require ongoing engagement and monitoring</li> </ul>
<p>Awareness of parks and recreation amenities/ programs should be improved, with programs designed to be as accessible/ affordable as possible</p>	<ul style="list-style-type: none"> <li>• Households have indicated that admission fees and program costs are barriers to participation</li> <li>• Households have also expressed a lack of knowledge about District parks and recreation amenities/programs</li> </ul>	<ul style="list-style-type: none"> <li>• The District should explore ways to increase program affordability to improve equitable access to recreation and increase participation</li> <li>• Increasing communication efforts to residents may broaden overall awareness of opportunities and increase support for new initiatives</li> </ul>



Key Finding	Supporting Research & Engagement	Potential Impacts on Future Parks & Recreation Provision
<p>While there is support for the District to develop new parks and acquire land, cost and tax implications are of top of mind for households</p>	<ul style="list-style-type: none"> <li>Households identified concern over increased taxes as a result of costly projects/land acquisitions</li> <li>Many households indicated support for new/additional parks on a case-by-case basis, indicating that they would support projects that make sense, are in appropriate locations and that are identified through the Master Plan process</li> </ul>	<ul style="list-style-type: none"> <li>Parks and recreation projects/initiatives should align with priorities identified through the engagement process and be reflected within the Master Plan document</li> <li>Large-scale and high-cost projects are likely to be met with skepticism by some households. Ensuring the benefits of such investments are clearly communicated is key to support</li> </ul>
<p>Developing additional trails and increasing access to waterbodies within the study area, particularly Kootenay Lake, are likely to be broadly supported by households and community groups</p>	<ul style="list-style-type: none"> <li>Both households and community groups expressed keen interest in seeing additional hiking and walking trails be developed</li> <li>Expanding public access to waterbodies within the study area is seen as an important priority and households and community groups are supportive of the District focusing efforts on increasing such access</li> </ul>	<ul style="list-style-type: none"> <li>Expanding the trail network within the study area should be a priority</li> <li>While there is support for the District purchasing land for parks/recreation purposes, it is likely that initiatives to purchase land to increase lake/river access for the public will be most strongly supported</li> </ul>

Photo Credit: Andrew Bibby



The following tables outline, through frequency of response, the indoor and outdoor priorities as identified through research and consultation. It is important to note that these may, or may not, reflect ultimate priorities for future indoor and outdoor focus once other important criteria are taken into consideration (which occurs in the Master Plan).

## Infrastructure Priorities - Indoor

	Resident Household Survey	Community Group Survey	Stakeholder Interviews / Meetings	Trends	Plans	Inventory & Assessment	Population / Growth & Utilization	Total
<b>Indoor</b>								
Gymnasium type spaces		1	1	1		1	1	5
Walking / running track	1			1		1	1	4
Climbing wall	2	1						3
Youth centre	2						1	3
Library	2	1						3
Fitness / wellness facilities	2			1				3
Performing arts / show spaces	2	1						3
Child playgrounds	1	1				1		3
Indoor field facilities		1		1		1		3
Pool facilities expansion / attractions	2							2
Art display spaces	1	1						2
Court sports	1	1						2
Museum /interpretive facilities		1						1
Community hall / banquet facilities		1						1
Community meeting rooms		1						1
Ice arena facilities							1	1
Dance /program / martial arts rooms								0
Leisure ice surfaces								0
Classroom / training space								0
Curling rinks								0

Note: top household survey priorities are given a weighting of “2”; other household survey priorities and priorities identified through other areas of research and engagement (as indicated) have been given a weighting of “1”.

## Infrastructure Priorities - Outdoor

	Resident Household Survey	Community Group Survey	Stakeholder Interviews / Meetings	Trends	Plans	Inventory & Assessment	Population / Growth & Utilization	Total
<b>Outdoor</b>								
Walking trail system	2	1	2	1	1	1	1	9
Access to the lake	2	1	2		1	1		7
Open spaces	1	1	1		1	1	1	6
Amphitheatres / event spaces			1	1	1	1	1	5
Campgrounds	2	1			1			4
Interpretive trails	1	1		1		1		4
Swimming areas	2					1		3
Picnic areas	2	1						3
Tennis courts					1	1	1	3
Sports fields			1		1	1		3
Mtn bike park / trails	1	1						2
Community gardens	1	1						2
Track & field space		1				1		2
Ball diamonds		1			1			2
Dog off leash areas	1							1
Child playgrounds		1						1
Skateboard parks		1						1
Pickleball courts						1		1
ATV / dirt bike trails								0
Water spray parks								0
Basketball courts								0
BMX bicycle parks								0
Boarded skating rinks								0

Note: top household survey priorities are given a weighting of "2"; other household survey priorities and priorities identified through other areas of research and engagement (as indicated) have been given a weighting of "1".

# Appendices

*Photo Credit: Andrew Bibby*

## **I: Community Group Survey Participants**

1. Ad Hoc
2. Boswell Memorial Hall Society
3. Canyon Community Association
4. Crawford Bay & District Hall & Parks Association
5. Creston Concert Society
6. Creston Jets Ladies Hockey
7. Creston Kids Outside Society
8. Creston Museum
9. Creston PhysioWorks & More
10. Creston Rod & Gun Club
11. Creston Valley Chamber of Commerce
12. Creston Valley Farmers' Market
13. Creston Valley Little League Association
14. Creston Valley Public Art Connection
15. Creston Valley Public Library
16. Creston Valley Slow-Pitch
17. Creston Valley Tennis Club
18. Creston Valley Youth Soccer Association
19. East Shore Trail and Bike Association
20. Kootenay Employment Services
21. Kootenay-Columbia Discovery Centre Society
22. Kuskanook Regional Park Phase 1
23. Prince Charles Secondary
24. RFABC
25. Riondel Commission of Management
26. Rotary Club of Creston
27. Town of Creston
28. Trails for Creston Valley Society

## II: Stakeholder Interview / Meeting Participants

1. 4H
2. Age Friendly Communities
3. Area Advisory Planning Commission
4. Boswell Carpet Bowling
5. Boswell Community Association
6. Boswell & District Farmers
7. Canyon Community Association
8. Crawford Bay Hall & Parks Association
9. Creston Community Forest
10. Creston Curling Club
11. Creston Kootenay Foundation
12. Creston Museum
13. Creston Physio Works & More
14. Creston Public Library
15. Creston Soccer
16. Creston Tennis Club
17. Creston Valley Farmers Market
18. Creston Valley Little League
19. Creston Valley Rod and Gun Club
20. Creston Valley Seniors Association
21. Creston Valley Wildlife Management Centre
22. Creston Valley Visitor Centre
23. Creston Valley Youth Network / Yaqay Nukig Youth Network
24. Creston Valley Youth Soccer Association
25. Cycling Club
26. East Shore Facilities Association
27. East Shore Fish and Habitat Society
28. East Shore Trail & Bike Association
29. Economic Action Partnership
30. Fall Fair
31. Kootenay Employment Services
32. Kootenay Lake Sustainable Society
33. Kuskonook Harbour Society
34. Lower Kootenay Band
35. Many Bays Community Band
36. Residents and volunteers throughout the Valley
37. Riondel Art Club
38. Riondel & Area Historical Society
39. Riondel Boat Club
40. Riondel Circle of Friends
41. Riondel Community Campground Society
42. Riondel Commission of Management
43. Riondel Curling Club
44. Riondel Golf Club
45. Riondel Reading Centre
46. Riondel Seniors Association
47. Rotary Club
48. Rowing Club
49. School District No. 8
50. Special Olympics
51. Therapeutic Activation Program for Seniors (TAPS)
52. Town of Creston
53. Trails for Creston Valley Society
54. Staff at Creston and District Community Complex
55. Valley Community Services – Better at Home
56. Various health care providers
57. Various Individuals Providing Fitness and Recreation Programs
58. Yahk Kingsgale Recreation Society
59. Wee Grill Concession
60. Wild Sight

*\*Note: In some instances one individual represented more than one group.*



Photo Credit: Andrew Bibby

