

# Regional Rec Talk

## WELCOME

Welcome to the first edition of Regional Recreation Talk – your connection to recreation related news across the region! This newsletter is intended to keep you up-to-date on current initiatives, programming and variety of special events offered by the RDOS and our partner organizations. These programs and services foster a strong sense of community while encouraging a healthy and active lifestyle for all ages.

Stay up-to-date on all things Parks and Recreation. Visit our website at [www.rdos.bc.ca](http://www.rdos.bc.ca) for the most current information.

You can also find us on Facebook for all of the latest updates!



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## WHAT IS REGIONAL REC

The purpose of a regional approach is to clarify a shared vision, a set of priorities, strengthen alignment and facilitate opportunities for collaboration and resource sharing. At the core of this approach is a commitment to advancing the positive impacts of recreation in the RDOS.

Through our strategic initiatives, we seek to further understand gaps in current levels of service provision, and determine solutions to promote change.

The strategies include:

- ⇒ Older Adults Initiative
- ⇒ Child and Youth engagement strategy
- ⇒ Indigenous Engagement Strategy
- ⇒ Walking Initiative
- ⇒ Physical Activity Trailer (PAT)
- ⇒ Physical Activity Community Assessments

*“At the core of this approach is a commitment to advancing the positive impacts of recreation in the RDOS”*



### SUPPORTED BY THE BC PHYSICAL ACTIVITY STRATEGY

Support and resources to enhance collaboration are provided through a partnership between BC Alliance for Healthy Living, BC Healthy Communities Society and the Province of BC.



## PLAN H GRANT

The RDOS was successful in obtaining a grant for the development and growth of recreation opportunities across the region.

We aim to lead and engage partners and stakeholders to work toward increasing the level of physical activity among all residents of the Regional District. We believe that a regional approach to recreation will provide the following benefits:

- Increased connections with recreation providers, directors, commissions and stakeholders
- Inventory of regional recreation assets
- Increased physical activity and reduction of sedentary behaviours for residents of the Okanagan Similkameen
- Increased quality of regional recreation program offerings across the lifespan
- Increased capacity for provision of recreation opportunities
- Development of realistic short-term goals and long-range planning
- More opportunities for physical activity regardless of gender, age, income, education, ethnicity or ability
- Co-create solutions by the formation of a task force





## THE IMPORTANCE OF PHYSICAL LITERACY

*Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities (Whitehead, 2016).*

The importance of physical literacy in recreation programming has been steadily growing over the last decade, with more organizations placing it as a high priority in their strategic planning. Research has shown that children who have been introduced to the basic tenants of physical literacy participate are more likely to be active for life, and make healthier choices. Kids are often encouraged to develop their literacy when it comes to subjects such as reading, writing, math, and the like – and now there is a growing trend for the same principles to be applied to basic physical movement. How would you expect a child to learn how to play baseball if they have not mastered the basic principle of throwing?

Here at the RDOS, we strive to incorporate the principles of fundamental movement skills in our early and middle-years programming. We encourage our program leaders to foster a positive learning environment that encourages youngsters to feel comfortable in developing these basic skills, while also building confidence to pursue other activities.

## THE EXPLORERS

### An outdoor after school club

The RDOS was successful in receiving a grant from BCRPA to fund an after school program in OK Falls, Kaleden, Naramata and West Bench.

Focusing on outdoor play and physical literacy this program aims to increase your child's connection with nature. The Explorers will launch in January—keep an eye on your local activity guide for more information. Activity guides can be found on our website at [rdos.bc.ca](http://rdos.bc.ca).



## MEET THE FORCE

Each issue of Regional Rec Talk will highlight three amazing task force members.

**Natalie Alexander**— Elected Chair. Natalie works for Penticton Recreation and has been a huge influence in obtaining the Plan H grant.

**Barb Sheppard**— Wearing multiple hats Barb is an active participant in promoting health and wellness in our region. Barb will be representing the Healthy Living Fair on our task force. Find out more about the Healthy Living Fair at <http://www.healthylivingfair.com/>

**Kady Hunter**— Kady is a Health Facilitator with Interior Health. Previously working in rural areas with in the Kootney Region, Kady has experience and knowledge in facilitating health with in a Regional District.

## REGIONAL REC TASK FORCE

The Regional Recreation Task Force (RRTF) is a voluntary advisory role to the Regional District Okanagan Similkameen (RDOS) - Community Services Department regarding implementation of the Regional Recreation Approach.

The RRTF will provide advisement and recommendations to RDOS on policies, opportunities, gaps, duplication, challenges and strategic initiatives that will further enhance recreation services and program offerings across the region.

The RRTF will also provide recommendations on the Plan H funding which was allocated to the Regional Recreation Approach to improve access and inclusion for physical activity opportunities through planning and policy; public awareness; targeted intervention; partnership development; leadership development and research and knowledge transfer.

## BRANDING OUR APPROACH

We asked the RRTF to in one word describe what Regional Recreation meant to them and we got amazing responses that is helping to develop a one of a kind logo.

One word for Regional Recreation: Trails, Active, Play, Busy, Together, Opportunity, Exciting, Coordination, Creative, Connected, Possibilities.

A few of our current ideas:

