

Facility Focus

Fall/Winter 2024-25

The official publication of the Recreation Facility Association of Nova Scotia (RFANS)

The Inside Scoop!

2024

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celebrates its 75th Anniversary



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Association
of Nova Scotia

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Facility Focus

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Facility Focus is the official publication of the Recreation Facility Association of Nova Scotia (RFANS). It is published twice per year and is issued to members of RFANS and others associated with the operations of recreation facilities in the Atlantic Provinces.

Articles within this magazine do not necessarily reflect the opinions or policies of the Board of Directors or the Association as a whole.

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5516 Spring Garden Road, 4th Floor, Halifax, NS B3J 1G6

RFANS Mission Statement

To provide leadership in developing, promoting and advocating excellence in recreational facilities, operations and personnel.

Our commitment is:

- To promote and encourage the professional development of recreation facility personnel and provide opportunities for this development;
- To act as a unified voice for recreation facility personnel regarding issues affecting facilities and their management;
- To improve communication between facilities;
- To promote the provision of high quality, safe recreation facilities.

President's Message: Moving Forward



The Recreation Facilities Association of Nova Scotia (RFANS) continues to be the singular voice of recreation facilities in Nova Scotia. Besides being a voice, it will also continue to be the leader in training and professional development for its members and non-members in the facility sector in Nova Scotia.

Returning to the President's chair, I was struck with how the Recreation Facility Association (RFANS) has changed in structure and with the new projects it is undertaking.

Under the leadership of Executive Director Jennie Greencorn, our office now has three other employees that allow the organization to meet those needs including working with the Province on issues affecting our sector. In addition, we will continue to provide guidance and support to operators who are facing challenges with aging infrastructure, rising costs of operations along with new and changing demands from within their communities. Our goal is to be ahead of the emerging trends within our sector and to provide the tools needed to respond to those trends.

I would like to acknowledge the work of our Board who continue to offer strong leadership and expertise around the board table and look forward to working with you once again.

Paul MacDonald, President
Recreation Facility Association of Nova Scotia (RFANS)



RFANS board members taking a break during recent board development session to support the NS Stampede in Truro, September 2024.



Paul MacDonald, President, RFANS and Jennie Greencorn, ED, RFANS present "The Future of Recreation Facilities in NS" to municipal leaders at the Association of Municipal Administrators NS (AMANS) Conference in Digby, October 2023

Thank You!



Thank you to the Department of Communities, Culture, Tourism and Heritage for their continuous support. The Recreation Facility Association of Nova Scotia continues to offer training, programs and educational resources throughout Nova Scotia because of your contribution.

Executive Director Message: Outreach and Collaboration: Key to Understanding and Addressing Facility Needs



Welcome to the Fall/Winter issue of Facility Focus. As this year winds down, I am continually reminded of the dedication and hard work that go into ensuring our facilities remain sustainable, safe, and at the forefront of innovation. Our facility operators have not only adapted to evolving challenges but have also driven change, consistently leading the way in shaping the future of recreation facilities across the province. In this issue, we highlight grassroots community development projects, explore strategies for emergency preparedness, and celebrate 75 years of innovation in ice management, showcasing how innovation and collaboration drive our industry forward.

At RFANS, our mission is clear: to foster the professional growth of recreation facility personnel while providing them with resources and opportunities to excel. Acting as a unified voice for the industry, we tackle issues that impact the management and operations of recreation facilities, while facilitating communication with other facilities to promote high-quality, safe recreation facilities.

Outreach plays a vital role in understanding the diverse needs of our recreation facilities. In line with our mission, RFANS recently conducted a series of regional meetings aimed at sharing essential resources, data, and tools. These meetings focused on regional infrastructure needs, accessibility, grants, and safety training. They also provided RFANS, and our members and facility operators, the opportunity to reconnect with their peers across the province and to strengthen our partnership with the Province of Nova Scotia.

Staying at the forefront of industry trends and challenges requires collaboration with recreation facility associations across Canada. By exchanging best practices and resources, we enhance our collective expertise and ensure we are prepared to tackle emerging issues with the most impact. RFANS takes pride in networking with our national partners, which keeps us innovative and responsive to the evolving needs of our facilities.

On behalf of the RFANS Board of Directors and our members, I would also like to extend my deepest thanks to outgoing board members Bill Cruickshank and Shannon Jarvis for their invaluable leadership and service. Their contributions have shaped the future of our industry, leaving a lasting impact on those they work with.

Additionally, I would like to send a sincere thank you to Bob Quigley as he steps down as President into the Past President's position for his mentorship, guidance and support as I took on my new role as Executive Director.

To all of you contributing to the recreation facility industry, your commitment to your facilities does not go unnoticed. You are helping to keep our communities viable and providing a safe space for all ages. We thank you for that and we are here to support you.

Jennie Greencorn, Executive Director
Recreation Facility Association of Nova Scotia (RFANS)

Special thanks to our support team:



Brittany Hunter
RFANS Administrative Assistant



Robyn Morris
Communications and Digital Media Manager



2nd Class Refrigeration Course

In partnership with the Nova Scotia Apprenticeship Agency & Technical Safety Division of the Department of Labour, Skills & Immigration

Online/Class Instruction via NSCC Akerley Campus, Dartmouth, NS
January to June 2025 (Registration deadline is November 15, 2024)

Midseason Ice Maintenance Course

January 22, 2025 at RBC Centre, Dartmouth, NS

If you are interested in a Mobile Midseason Course for staff at your facility:
Please contact Bud MacInnis @ 902-867-0898 or training-rfans@sportnovascotia.ca



Certified Pool Operators Courses (Pool & Hot Tub Alliance)

National Swimming Pool Foundation Certification (NSPF)

October 29 - 31, 2024 - Dalplex - Halifax

May 6 - 8, 2025 - RATH Eastlink Centre - Truro

November 4 - 6, 2025 - Lunenburg County Lifestyle Centre - Bridgewater



Sport Turf Courses

RBC Centre & Harbour East All Weather Field - Dartmouth, NS

May 13 - 15, 2025

Building Maintenance Course

In Partnership with the Alberta Association of Recreation Facility Personnel

May 26 & 27, 2025 - RBC Centre, Dartmouth, NS



Arena Level 1 & Ice Maintenance Course

In Partnership with the Alberta Association of Recreation Facility Personnel

August 20 - 22, 2025

RBC Centre, Dartmouth NS

Leadership Summit for Senior Facility Management

November 12 - 14, 2024 - Early Bird Deadline, Oct 11, 2024

Four Points Sheraton, Halifax, NS



Playground Inspection Course

Canadian Playground Safety Institute (CPSI)

Online Course options also available @ <https://www.cpsionline.ca/>

RFANS can also customize training, education or professional development for your staff.

For more information: please contact Bud MacInnis @ 902-867-0898 or training-rfans@sportnovascotia.ca
Or Jennie Greencorn @ 902-870-7634 or rfans@sportnovascotia.ca

Our Partners:





Recreation Facility Association of Nova Scotia

Memberships

Membership Types

- **Individual** **\$85.00+HST**
 - A person not directly associated with a facility, but interested in facility operations
 - Student
- **Facility** **\$200.00+HST**
 - Private or Board operated facilities
 - Universities
- **Municipal** **\$200.00+HST** – 1 Facility;
 \$300.00+HST – 2 to 5 Facilities;
 \$500.00+HST – 6 or more Facilities
 Municipalities which operate recreation facilities
- **Corporate** **\$250.00+HST**
 - Any business, supplier or not-for-profit



Membership Benefits

- Monthly newsletter (digital mail-out)
- Facility Focus magazine twice a year (1 per facility) plus a digital copy
- Discounted rates on: courses and conferences, Atlantic Recreation & Facilities Conference and Trade Show (ARFC), partnerships/sponsorship, advertising rates
- Notification of current training opportunities
- First preference in advertisement in Facility Focus
- Resources and information for policies, trends and other requirements
- Free access to attend the AGM
- Notification of funding opportunities
- Voting eligibility for the Board of Directors elections and the eligibility to hold office

Memberships are renewed annually and follow the fiscal year (April 1st to March 31st).
Pro-rated rates for memberships received after April 1st can be negotiated.

For more details on becoming a member, renewing your membership or member benefits:

Check out our website @ www.rfans.com/membership

Or call: (O) 902-425-5450 ext 330 | (C) 902-870-7634 | rfans@sportnovascotia.ca

We want to hear from YOU!

Are you doing something new or different in your facility? Does your company have important or interesting information to share about recreation facility operations? Are you selling equipment or looking to post a job? RFANS wants to know!

We'd love to share you information with our members!

Contact Jennie at rfans@sportnovascotia.ca or call 902-425-5450 ext 330



RECONNECTING AND RESOURCING: RFANS REGIONAL MEETINGS ACROSS NOVA SCOTIA

Contributed by RFANS

BACKGROUND AND RATIONALE

As our industry evolves, so too must our connections. This fall, RFANS embarked on a series of regional meetings aimed at fostering collaboration and sharing resources among facility operators throughout Nova Scotia. These meetings stemmed from a collective desire among RFANS board members and its regional representatives to reconnect in person, as virtual interactions have increasingly become the norm.

RFANS recognizes that outreach is a critical aspect of what we do. Whether it's picking up the phone, knocking on doors and visiting operators at their facilities, understanding their challenges and successes is key to providing meaningful support. Often, we find ourselves working in silos, and by taking the time to listen and learn, we can better understand the issues our members face. This helps RFANS offer tailored assistance to address these needs.

The primary focus of these regional meetings was to share valuable data and resources with our facilities while creating opportunities for networking among facility operators and other industry professionals.

MEETING HIGHLIGHTS

Each regional meeting offered key presentations and discussions, including:

- **RFANS Overview:** We provided an overview of our association's mission and the current initiatives underway.
- **Facility Data Presentation:** RFANS shared data gathered from visits to arenas across the province in the winter of 2023-24. This data focused on capital infrastructure, training, and accessibility needs.
- **Accessibility Update:** Paul Tingley, Accessibility Program Officer for Nova Scotia, outlined new accessibility regulations and their implications for recreation facilities.
- **Provincial Grants Review:** Regional Managers from Communities, Culture, Tourism, and Heritage (CCTH) discussed provincial grants available for recreation facilities, along with strategies for accessing these funds.
- **Safety Resources:** In some regions, representatives from the NS Safety Branch presented tools and resources to support both employers and employees in recreation facilities.
- **Networking:** The meetings also provided opportunities for facility operators to network.

KEY TAKEAWAYS

- **Accessibility Resource Creation:** There is a strong desire to create a dedicated document for recreation facilities, outlining accessibility requirements and resources.
- **Support for Aging Infrastructure:** As RFANS continues developing an inventory of recreation facilities across the province, we aim to create strategies to address aging infrastructure, as well as training and accessibility needs.



Sterling Kendall, NS Safety Branch, Awareness and Outreach division, shares tools and resources with Fundy Region facilities.



Rae Gunn, CCTH's Highland Regional Manager and Paul Tingley, Accessibility Program Officer for the province, talk to Premier Tim Houston's and Minister of Health, Michelle Thompson's offices at recent RFANS Regional Meeting held at StFX.

- **Resource Distribution:** RFANS will distribute links to the resources available to recreation facilities to ensure they are easily accessible.
- **Municipal Engagement:** Greater focus is needed on engaging municipalities to inform them of how RFANS can assist in supporting their recreation facilities, particularly around training and education.
- **Provincial Support:** CCTH is here to help. Presentations from both RFANS and Communities, Culture, Tourism and Heritage (CCTH) offer guidance to facility operators on how they can access regional and provincial supports.

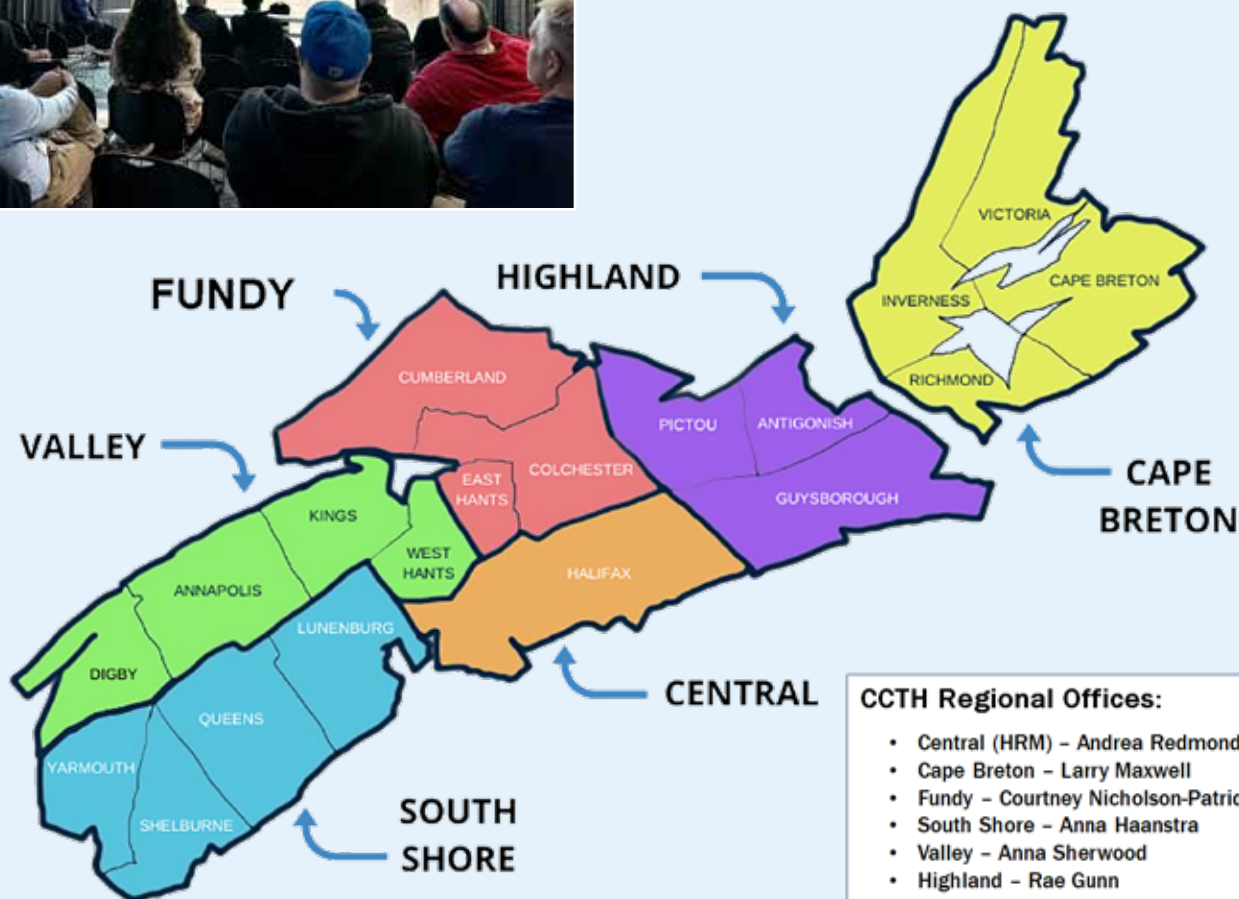
LOOKING AHEAD

RFANS will continue to provide opportunities for engagement and networking for the facilities industry. We will continue to work closely with the province to bring your voice to the table and help you access the tools and resources you need to ensure your facilities are safe, sustainable and inclusive.



Above: Facility operators and municipal representatives gather at the Kings Mutual Century Centre in Berwick.

Left: Access by Design 2030 is the provincial framework for achieving its goal of an accessible Nova Scotia by 2030. Paul Tingley, Accessibility Program Officer, with the Province of NS, presents to recreation facility managers, operators and municipal councillors in CBRM. Tingley reviewed barriers to accessibility, strategies to consider when looking at making facilities more accessible and provincial accessibility grants that are available.



2024 Professional Development Courses

RFANS has partnered with the Ontario Recreation Facilities Association (ORFA) to provide a broad range of professional development courses available to RFANS members.



Certificate in Ice Facility Operations

Take advantage of this career-enhancing opportunity to build your skills and knowledge in the field of ice operations! Successfully complete these four courses (minimum 60% exam grade) to receive your certificate:

- Basic Arena Refrigeration
- Ice Maintenance and Equipment Operations
- Ice Making and Painting Technologies
- Legal Awareness I - Supervising in a Recreation Environment



Aging Recreation Infrastructure Symposium (Hybrid Event)

October 6–8, 2025 | Markham Pan Am Centre



Online Self-Study Courses

ORFA's self-study online courses are available **24 hours a day, 7 days a week** allowing you to learn at your own pace and in your own environment. These courses provide you with easy access to course information, resource materials, videos, practice quizzes, assignments, grade postings, certificates, and transcripts. All self-study courses and their respective exams must be completed within 30 days upon course enrollment.

Courses currently available include:

- Basic Arena Refrigeration
- Ice Maintenance and Equipment Operations
- Ice Making and Painting Technologies
- Legal Awareness I - Supervising in a Recreation Environment
- Legal Awareness II - Managing in a Recreation Environment
- Safe Ice Resurfacer Operator
- Safe Arena Refrigeration Plant Owner/Operator
- Recreation Facility Cleaning, Disinfection and Sanitization Principles
- Certified Ice Technician (CIT) Recertification Challenge Exam (only available to CIT holders)
- Certified Ice Technician (CIT) Recertification Course (only available to CIT holders)
- Public Skating Monitor

For course registration contact:

Jennie Greencorn, Executive Director
Recreation Facility Association of Nova Scotia
T: (902) 425-5450 ext 330 | C: (902) 870-7634
rfans@sportnovascotia.ca | www.rfans.com

For course
descriptions and fees,
visit orfa.com/events

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NS SPORT & RECREATION ANTI-RACISM

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VenezVousFaireEntendre.ca



ANTI-RACISM DECLARATION

Here we stand up against racism and discrimination and support fair play for all.

Ici nous rejetons le racisme et la discrimination et nous supportons le "fair-play" pour tous.

Tett wetqotasik maskite'lkaqn aq penoqwite'lkemk, aq awnaqa k'paqma'tuek aq neps~tkwenmek papuaqn w'jit ms~t wen.

"Change happens when we make a conscious effort to make things better. Creating an Anti-Racism Declaration for recreation facilities aims to build a culture that does not tolerate racism and discrimination and takes action to change stereotypical beliefs and behaviours."

The NS Sport and Recreation Anti-Racism Week provided a safe platform for sharing lived experiences and educated those toward unlearning racist behaviours. It stemmed from acknowledging that our country has a legacy of racism and discrimination entrenched in our systems, institutions, beliefs, and behaviours.

During the province's first NS Sport and Recreation Anti-Racism Week, held November 14-18, 2023, RFANS declared its support towards anti-racism and discrimination in recreation facilities by launching a declaration in the form of a decal to recreation facilities and by signing Recreation NS's Anti-Racism Charter for Recreation.

RFANS encouraged sports teams to read or play the declaration through the audio system before competitive play and to display the decal in a visible area, such as a wall or on the glass in a penalty box.

"We can create change by taking action. We encourage all recreation facilities to participate."

RFANS had the pleasure of joining the Kings Mutual Century Centre for their anti-racism week event by doing a puck drop before their game as they committed themselves to eliminate racism and discrimination in their facilities. We look forward to seeing how you and others who have supported the declaration inspire others to do the same.

We encourage the continued support and participation of facilities managers/operators to forward this initiative.

PLEASE TAKE NOTE:

This facility is committed to providing a safe and respectful environment for all of those involved.

This facility will not tolerate any forms of racism and/or discrimination.

Should there be any incident perceived as racism, or discrimination, it will be dealt with immediately.

Please report any incidents of racism and/or discrimination to facility staff, security, or persons renting facility.



ANTI-RACISM POLICY AND PROTOCOL TOOL

Developed by the Tripartite Forum as a resource to help sport and recreation facilities deal with incidents of racism and/or discrimination within facilities. The tripartite forum and RFANS partnered to promote this initiative.

This tool consists of a policy template, Incident Report Forms and facility signage. Signage is **FREE** and can be placed within your facility to indicate you have a policy and are a safe, respectful environment that does not tolerate racism and/or discrimination.

For more info: 902-425-5450 ext. 330

rfans@sportnovascotia.ca

www.rfans.com/resource-centre/



TECHNICAL DIRECTOR'S MESSAGE

Contributed by Bud MacInnis

Technical Director, Recreation Facility Association of Nova Scotia

This past spring, we completed site visits to 56 facilities featuring 69 ice surfaces. We plan to finish visits to the remaining facilities this winter.

In May, we hosted a Building Maintenance course at the RBC Centre in collaboration with the Alberta Association of Recreation Facility Personnel. We also had a successful Atlantic Recreation Facilities Conference in Fredericton.

In June, I met with the Jet Ice management and staff during Dave Loverock's retirement. Jet Ice continues to be a vital partner, supplying us with the tools and resources necessary for our training courses.

In August, we conducted a well-attended Arena Level 1 course at the Pictou County Wellness Centre. A big thank you to the management and staff at PCWC for their support, especially with the hands-on ice installation component of the course.

We're once again collaborating with Hockey Nova Scotia to install EDI logos in as many facilities as possible. Coordinating these installations alongside ice setup is always a challenge, given that many facilities work on ice installation around the same time. Hockey Nova Scotia has additional logo templates available for facilities willing to handle the installations in-house.

In September and October, we held Regional Round-up meetings across all six zones. These meetings included a summary of our site visit findings, a presentation from Paul Tingley, Accessibility Program Officer for the Province of Nova Scotia, and information from the Department of CCTH on accessing Recreation Facility Grants. We also hosted a Recreation Facilities Round Table to discuss updates from our facilities and a presentation from the Safety Branch.

Looking ahead, our 2nd Class Refrigeration course will run from January to June 2025. There is a growing need for ticketed operators across the province, and this blend of online and classroom training enables operators to continue working while pursuing their R2-Refrigeration Plant Operator-Second Class Power Engineer Licence, which is essential for many facilities.

We've also received interest from facilities in other provinces, and we're eager to expand our training courses to meet this demand.

For a complete list of courses, please visit the RFANS website. Don't hesitate to reach out if you need any assistance.



Submitted, **Bud MacInnis**,
Technical Director, Recreation Facility Association of Nova Scotia
training-rfans@sportnovascotia.ca | 902-867-0898 (mobile)



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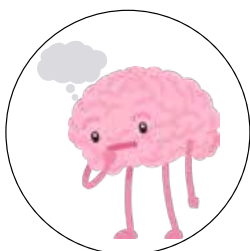
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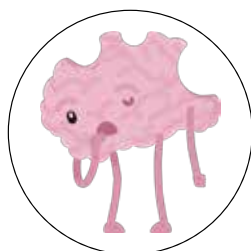
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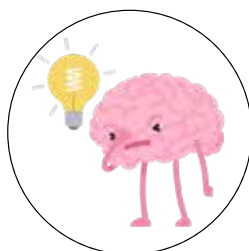
SIGNS & SYMPTOMS OF CONCUSSIONS



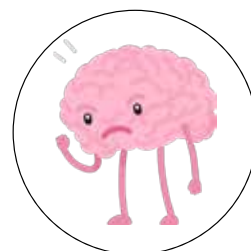
Difficulty concentrating



Memory problems



Sensitivity to light or noise



Mood changes

MORE THAN JUST A HEADACHE



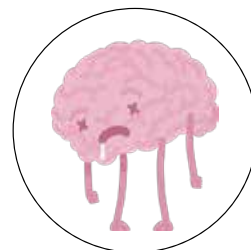
Fatigue or sleep problems



Vision problems



Dizziness or balance problems



Nausea or vomiting



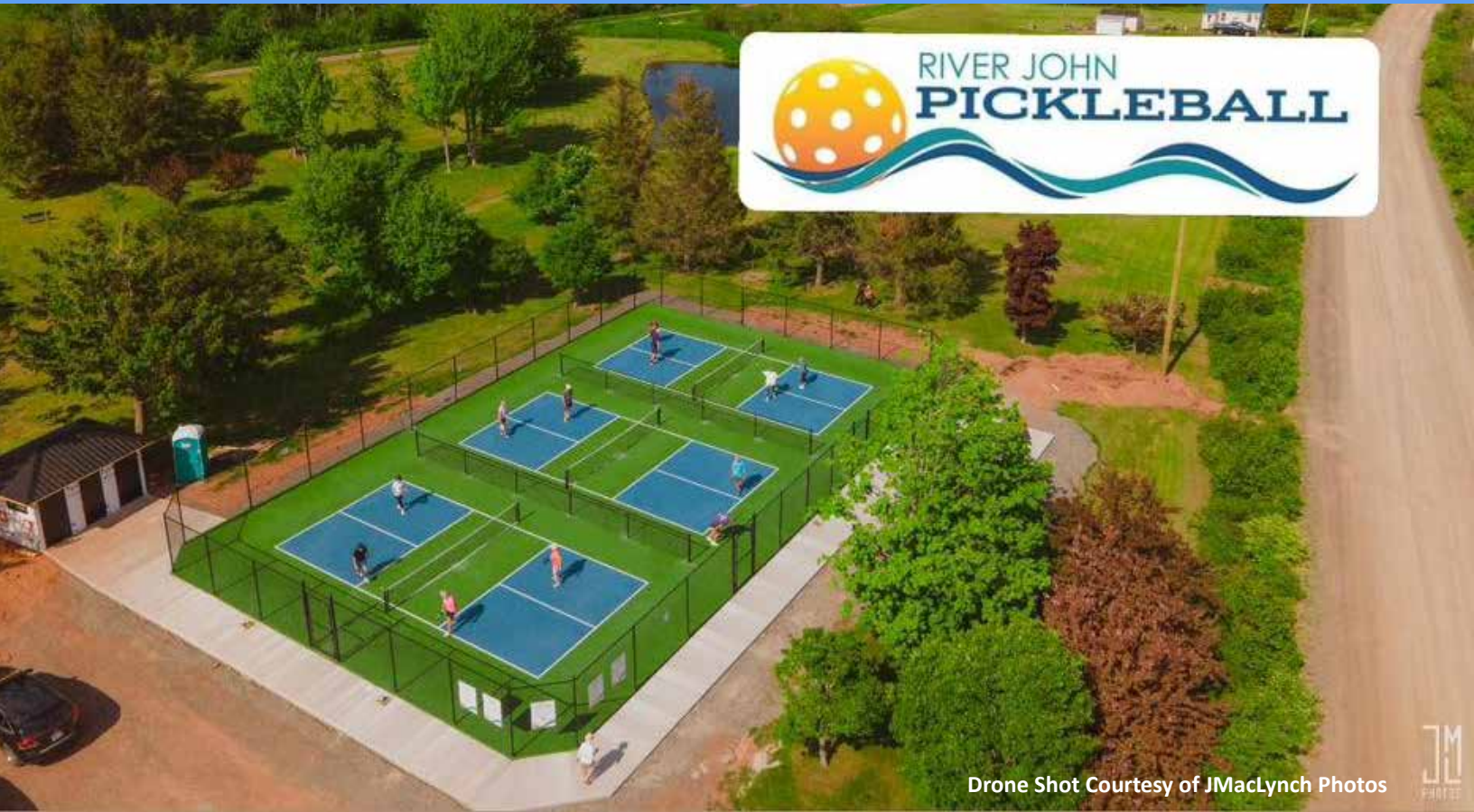
For resources, information, tools, & more:
www.BrainInjuryNS.com/Concussion





CREATING THE RIVER JOHN PICKLEBALL PARK: IT TOOK A VILLAGE

Contributed by Theresa Rath Spicer | River John Pickleball Club



Drone Shot Courtesy of JMacLynch Photos

Home to 128 active members, the new outdoor pickleball facility in River John is an example of how a project takes a village to make it a reality.

The facility started as a germ of an idea in January 2022 with a question posed in River John's community Facebook group to gauge interest in pickleball courts in the area. The post immediately received uptake and in less than two months, a group of 10 exuberant volunteers had created its first Board of Directors and registered River John Pickleball Club (RJPC) as a not-for-profit organization.

With the intention of creating courts to serve permanent and seasonal residents of all ages in River John and surrounding communities, the group began tackling the creation of a recreation facility from scratch.

The small but mighty grassroots group quickly settled on the preferred location for the facility. After extensive negotiations with the Royal Canadian Legion River John Branch 108, it was determined that the courts would be housed on their picturesque property at 2506 River John Station Road.

Outreach began with all levels of government and community partners. Additionally, the group liaised with volunteers at

similarly-sized outdoor pickleball facilities in Little Harbour and Arisaig who shared their experience and lessons learned.

The group also strategically considered how to finance the endeavour, developing a financial forecast, creating a fundraising plan and researching/applying for applicable grants – they'd applied for three grants by February 2022! The group sought every available opportunity and received incredible financial support over the past 2.5 years:

- government funding – a New Horizons for Seniors Program grant from the Government of Canada in 2023 *and* 2024, a Strategic Fund grant from the Province of Nova Scotia, and funding from the Municipality of Pictou County
- a financial contribution from YMCA of Pictou County; they'll also partner with us to offer YMCA pickleball-related programming
- donations in 2023 *and* 2024 from the Joe & Nancy Thompson Family Fund via the Edmonton Community Foundation
- a Seniors' Support and Connect grant from Nova Scotia Community Links

- a Sport Fund Grant from Sport Nova Scotia
- corporate and individual contributions, particularly from local businesses and residents.

Our Club members have also been exceptionally supportive of the project, donating time, money and expertise.

Identifying the fire hall as a possible location to introduce the sport to the community was a game changer. RJPC approached the River John Volunteer Fire Department, who agreed to allow pickleball to be played in the hall for a nominal per-player-per-session fee. With a place to hold Learn to Play sessions and several volunteers trained as instructors, pickleball began to take hold in the community. Illustrating the sport's immense popularity in our community, the Club generated \$12,000 in player fees for the Fire Department between November 2022 when we started playing there to the end of May 2024 when our outdoor courts opened.

Another integral step in the project was determining the facility design, procuring Maritime Tennis Court Builders to build the courts and getting in their queue given the proliferation of outdoor courts in the Atlantic provinces. They began work on the courts in June 2023 and finished in May 2024.

While the project took longer than anticipated, particularly given last year's rainy weather and lack of availability of materials due to flooding in the province, the completed facility is a great source of pride for the community. It is comprised of three courts that are equipped for Para Pickleball, including 48" gates, 6' walkways and extra space around the courts; a renovated, accessible washroom facility; a shade shelter; ample seating; an AED; electricity for the washrooms and future lighting; and pickleball equipment.

Our Club fosters a welcoming environment and sense of belonging, and our facility serves as a gathering place for exercise and socialization with old and new friends – all of which is good for body, mind and spirit.



Access to our courts is through Club membership at <https://secure.pickleballcanada.org/club/river-john-pickle-ball-club/32284/>. Check out our 'River John Pickleball' Facebook page for regular updates and info on Learn to Play sessions, tournaments and social events.

A huge debt of gratitude is owed to our 'village' of sponsors, donors, supporters, partners and volunteers for bringing the River John Pickleball Park to fruition. Together, we've formed and sustained a Club that promotes health, friendship, fair play and fun. We encourage others to come to the River John Pickleball Park and experience it for yourself...we welcome all demographics and skill levels. See you on the courts!

RJPC held its groundbreaking event on May 31, 2023, with dignitaries from all levels of government helping to kick-off the construction phase of our project.



PROGRAMS AND EDUCATION

AUTOMATED EXTERNAL DEFIBRILLATOR (AED) GRANT PROGRAM



Recreation Facility
Association
of Nova Scotia



Supporting you – from the ground up.

PROJECT DESCRIPTION

Through this grant program owners or managing partners of sport and recreation facilities can be eligible to receive up to 1/2 the total cost of the purchase of an AED or replacement batteries or pads for AEDs purchased through the program (taxes Included) to a maximum of \$1,500.00.

REQUIREMENTS

The following requirements must be met to access funds from the AED Grant Program:

- Applications and quotes must be submitted by February 15 of each year to secure any funding.
- Proof of purchase of an AED must be submitted by March 31 of the year to receive the funding.
- Be a member in good standing with the [Recreation Facility Association of Nova Scotia](https://www.recreationfacilityassociation.ca) to receive up to half of the cost of the purchase of an AED. Non-members will receive up to one third the cost.
- Must provide annual training of staff in the use of the equipment with initial training to take place within 3 months of receiving the AED unit. The goal is to train all staff and require at least one AED trained staff person to be present when the facility is opened.
- The AED must be registered on the EHS AED Registry and it must be made available for public use. www.savelivesns.ca
- Must maintain unit according to manufacturer specifications and document maintenance schedule.

AEDs; HELPING TO PROTECT THE PUBLIC

Sudden cardiac arrest can happen to anyone, anywhere, at any time. Making defibrillators easily accessible is essential to increase survivors across Nova Scotia. According to Heart & Stroke, tens of thousands of Canadian lives are lost each year due to sudden cardiac arrest.

Sudden cardiac arrest is an “electrical problem” in the heart. The heart beats erratically and ineffectively and cannot pump blood through the body to keep vital organs alive. Most cardiac arrests occur outside of the hospital. Recognizing this emergency, calling 911, performing CPR, and using an automated external defibrillator (AED) as soon as possible will drastically increase someone’s chance of survival. In fact, with each passing minute without the use of an AED, the chance of survival declines by 7 to 10 percent.

An automated external defibrillator (AED) is a portable computerized medical device that analyzes and identifies shockable heart rhythms, advises the rescuer of the need for defibrillation, and delivers a shock if needed to restore a regular heart rhythm. An AED is easy and safe to use; using voice and visual prompts and only delivering a shock if it is needed.

With the placement of AEDs throughout Nova Scotia sport and recreation facilities, valuable time, and potentially lives, will be saved in the event of a sudden cardiac arrest emergency.

Source: Nova Scotia Emergency Health Services
www.savelivesns.ca

PROGRAM PARTNERS



EHS **AED**

Emergency Health Services **AUTOMATED EXTERNAL
DEFIBRILLATOR REGISTRY**



NOVA SCOTIANS NEED YOU!

Did you know Nova Scotia has an AED registry coordinated by Emergency Health Services!

AED Registration is free and recommended throughout Nova Scotia. EHS will provide you with internationally recognized location posters and window decals.

REGISTERING YOUR AED MEANS:

- Being a heart-safe community leader in Nova Scotia by helping to save more lives from sudden cardiac arrest
- Keeping your AED up to date (if needed)
- Helping EHS place more AEDs in areas of need



WE'RE HERE TO HELP:

- Questions about your AED such as placement and accessibility?
- Wondering if the temperature/environment might compromise your AED?
- Need replacement pads following use in an emergency?
- Need automated email reminders for pad and battery expiries?
- Anything else? Let us know!

Register now at www.savelivesns.ca or request a PDF or print form!

SAFETY ADVISORS

WHO ARE THE SAFETY ADVISORS

In early 2022, two new Safety Advisor positions were created within the Nova Scotia Occupational Health and Safety (OHS) Division of the Safety Branch with the goal of extending our information and awareness services related to OHS in Nova Scotia.

WHO DO THEY WORK WITH

The Safety Advisors provide OHS support and resources to a wide variety of workplaces and institutions throughout the province, including:

- Small and medium sized businesses (typically less than 20 employees).
- Youth and young employees entering the workforce, with a focus on those of Aboriginal and African descent.
- Recent immigrants and newcomers to Nova Scotia/Canada that are presently in or just entering the workforce.
- Educational institutions and learning programs (universities, private career colleges, trade schools, secondary schools), where our services enhance existing curricula.



HOW TO REQUEST SERVICES

We would be pleased to discuss our programs and services with you in more detail. If your organization would benefit from an awareness session with our Safety Advisors, please contact the Safety Branch to explore these opportunities further.



1-800-9LABOUR (1-800-952-2687)



SafetyBranch@novascotia.ca



<https://novascotia.ca/workplace-and-technical-safety>

WORKPLACE FIRST AID — REVISIONS FOR 2024

In Nova Scotia, first aid requirements for the workplace are covered under Part 4 of the Workplace Health and Safety Regulations (WHSR). Part 4 references two Canadian Standards Association (CSA) publications. CSA Z1210 “First aid training for the workplace – Curriculum and quality management for training agencies” establishes minimum standards for first aid training, and CSA Z1220 “First aid kits for the workplace” likewise establishes minimum requirements for the contents of first aid kits.

Both standards were revised and published in April 2024. Nova Scotia has adopted these standards as “ambulatory”, which means the latest version is automatically adopted under the regulations. As with all standards incorporated by reference (Section 1.6 WHSR), there is a four-month window in which both the old and new standards are acceptable for compliance with the regulations. The new standards must be followed after August 1, 2024.

Most of the changes in both standards apply primarily to providers of first aid training or suppliers of first aid kits. However, there are two changes that may have direct impact on first aid in the workplace; allowance for first aid refresher training and changes to first aid kit contents.

FIRST AID KIT CONTENTS

TYPE 1: Personal First Aid Kit	
Emergency Blanket, aluminized, min 132cmx213cm (52in x 84in) [1]	New requirement
Antibiotic Ointment, topical, single use [2]	No longer required
TYPE 2: Basic First Aid Kit	
Torniquet, for arterial bleeds [1]	New requirement
Antibiotic Ointment, topical, single use [2]	No longer required
Abdominal pad, sterile, individually wrapped, 12.7 x 22.9 cm (5 in x 9 in)	Increase number in Large Kit from 2 to 4
TYPE 3: Intermediate First Aid Kit	
Abdominal pad, sterile, individually wrapped, 12.7 x 22.9 cm (5 in x 9 in)	Increase number from: 1 (Small Kit), 2 (Medium Kit) and 4 (Large Kit) to 2 (Small Kit), 4 (Medium Kit) and 6 (Large Kit)
Antibiotic Ointment, topical, single use [2]	No longer required
Glucose tablets, 4 g (10 per package) or acceptable alternative	Change to: “A source of glucose as recommended by Diabetes Canada”
Note: Although antibiotic ointment is no longer a mandatory kit requirement, it can still be included as an optional component.	
Unless otherwise noted, these changes apply to all sizes (Small, Medium, Large) of a given TYPE of first aid kit.	

Note: Although antibiotic ointment is no longer a mandatory kit requirement, it can still be included as an optional component.

Unless otherwise noted, these changes apply to all sizes (Small, Medium, Large) of a given TYPE of first aid kit.

FIRST AID REFRESHER TRAINING

Under the revised CSA Z1210 training standard, training providers may now offer refresher training to someone with a valid first aid certificate, rather than require completion of the full training to recertify. Recertification requires the first aider to demonstrate competency in both knowledge and skills components, as per their original certification training. If you are interested in refresher training, speak to your first aid provider to see if that offer it as an option.

There are minor changes to the contents of first aid kits, with a few additions and changes in number of some supplies. First aid kits must be regularly inspected to ensure the completeness and to replenish kit supplies and equipment that have been used or expired. Workplaces should refer to the noted changes when inspecting their kits to ensure they are in compliance with the current standard and the regulations.

In addition, when purchasing new kits for the workplace, check to see if they are compliant with the 2024 version of the CSA standard.

NOVA SCOTIA’S WHMIS RULES UPDATED

Nova Scotia’s Workplace Hazardous Materials Information System (WHMIS) rules are part of an interlocking national system that protects the health and safety of employees who work with or who are at risk of exposure to hazardous products in the workplace.



Like all other provinces, Nova Scotia has now updated its WHMIS rules to align with changes that were made in 2015 to the federal Hazardous Products Act and regulations with adoption of the Globally Harmonized System of Labelling of Chemicals (GHS).

Our updated WHMIS rules are now included as Part 3 of the Workplace Health and Safety Regulations (WHSR) under the Occupational Health and Safety Act. The former WHMIS Regulations have been repealed.

For most workplaces that have been complying with the former WHMIS Regulations, complying with the updated rules should require only minor adjustments. Since new federal requirements have been fully in effect since 2018, most workplaces will already be familiar with changes that have affected hazardous product labels and safety data sheets. However, as part of the WHSR, the WHMIS requirements now explicitly apply to self-employed persons as well as to employers and employees.

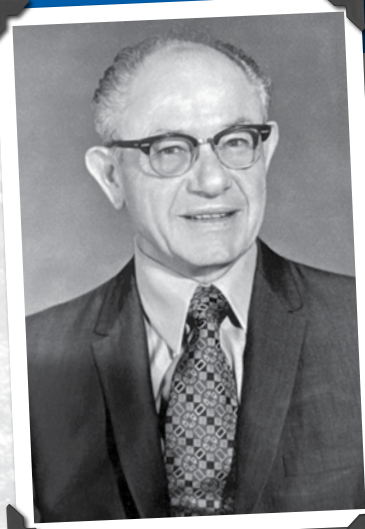
The updated rules also clarify an important difference between general WHMIS education and workplace-specific training. Both are required. SkillsOnlineNS offers a free online course that provides a convenient way to satisfy the general education requirement for those who are not already familiar with WHMIS. Practical guidance for meeting training requirements is also available.

While the updated WHMIS rules came into force on June 18, 2024, a six-month transition period is provided for compliance.



CHANGING THE GAME - CELEBRATING 75 YEARS OF INNOVATION: HOW ZAMBONI REVOLUTIONIZED THE ICE INDUSTRY

Contributed by RFANS



For 75 years, Zamboni has been the driving force behind the evolution of the recreation facility industry, leaving an indelible mark that stretches from coast to coast and beyond. From its humble beginnings to becoming a global icon, the Zamboni company has continually redefined what's possible on the ice, making every rink smoother and every game better.

Frank J. Zamboni - The man who started it all and proved the maxim, "Necessity is the mother of all invention. Source; Zamboni, The Coolest Machines on Ice – Eric Dregni.

The Zamboni was the brainchild of Frank Joseph Zamboni, born in 1901 to Italian immigrant parents in Utah and raised in Idaho on a farm. Frank grew up learning to repair and maintain machinery. In 1920, the Zamboni family left farming and moved to Hynes, California. Frank, after completing a one-year electrical engineering program in 1921, worked alongside his brother Lawrence. Frank Zamboni's journey from farming to revolutionizing ice sports began with his mechanical ingenuity. Together, they started a business that thrived by installing electrical systems, drilling wells, and producing ice blocks for agricultural refrigeration.

By the late 1930s, however, the rise of electric refrigerators rendered the ice-making business obsolete. Seizing the opportunity, Frank and Lawrence sold their ice plant in 1939 and opened Iceland Skating Rink in 1940. Skating became an instant success, but rink maintenance was laborious, involving a team of five workers taking over an hour to resurface the ice.

This inefficiency drove Frank Zamboni to create the now-iconic Zamboni ice resurfacing machine. From 1942 to 1949, Frank worked on multiple prototypes, experimenting with tractor modifications. His breakthrough came with the Zamboni Model A in 1949, which transformed ice resurfacing from a manual task into a streamlined ten-minute operation. The invention was a game-changer for hockey and other ice sports, allowing for quicker and more efficient ice preparation.

The Zamboni machine quickly gained popularity. In 1954, the Boston Bruins became the first NHL team to purchase one, and by 1960, Zambonis made their debut at the Winter Olympics. The basic principles of a Zamboni have remained unchanged. A conditioner, mounted behind the rear wheels, contains a blade that shaves the ice, an auger that collects those shavings, a vacuum that sucks up dirty water, and sprayers that lay down a fresh coat of water, filling the cracks. Behind all that is a squeegee. In a single pass, the machine can complete what was once a five-person process. This simple yet effective process revolutionized the maintenance of ice surfaces, transforming how hockey and skating events are managed.

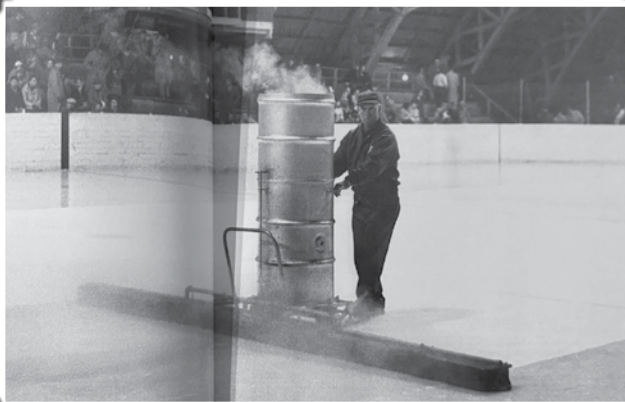


Before the Zamboni, resurfacing the ice required a group effort and a good back. Photos from Zamboni, The Coolest Machines on Ice – Eric Dregni.

In the 1970s, Zamboni introduced electric models, catering to the growing need for environmentally friendly alternatives. By 1978, the first production electric Zamboni was launched, marking another leap in the company's innovation. Today, Zamboni produces more electric machines than internal combustion models, staying at the forefront of sustainability.



Lounging on the Shovel. In the pre-Zamboni ice resurfacer days, a tractor first swooped by with a giant blade to scrape the top of the ice before a gang of shovelers scooped up the shavings.



Streaming the Ice. Some poor soul pulled a barrel full of boil water behind the shovelers, leaving a smooth sheet of ice in time for the next hockey period. Robert Wimmer

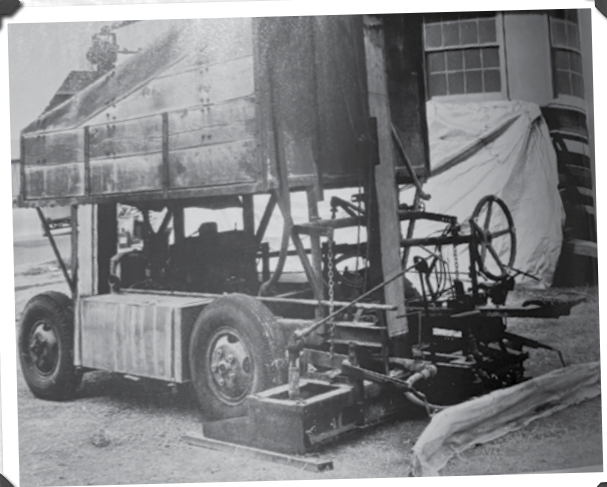
Over 14,000 Zamboni machines have been sold worldwide, with prices ranging from \$100,000 to \$200,000. The machines are still hand-built to order in facilities in California, Ontario, and Sweden. The Zamboni legacy continues to influence ice sports, with Frank being enshrined in multiple halls of fame for his contributions.

As hockey and skating evolved, the Zamboni became more than just a machine. Its smooth, graceful operation and distinctive presence on the ice captivates spectators of all ages. Today, the Zamboni remains a symbol of innovation, forever linked to the beauty and excitement of ice sports.

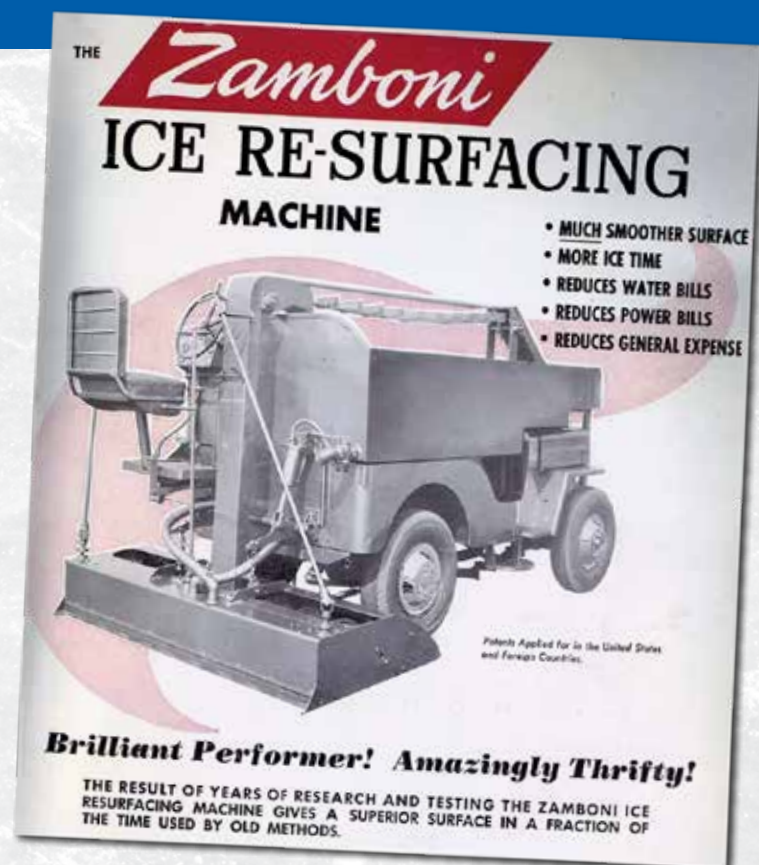
In January 2024, Zamboni announced the acquisition of Jet Ice Limited, the industry leader in ice paint and related services. The unification of Jet Ice and Zamboni combines the company that "Brings Ice to Life" with the world's leading manufacturer of ice resurfacing products, benefiting arena owners and operators with a collective 120 years of industry leadership.

As you celebrate this remarkable milestone, the East Coast of Canada extends our heartfelt congratulations to Zamboni for its unparalleled achievements and continued innovation. Happy 75th Anniversary!

THEN & NOW



Zamboni Model A Original Model A - 1953



The Next Generation Zamboni 500 series (electric) 2024



"The principal product you have to sell is the ice itself." — Frank J. Zamboni



The family of Frank J. Zamboni from left to right: Frank, mother Carmelina ("Nonina"), brother George, father Frank Sr., brother Lawrence on father's lap and sister Ida.

A BIOGRAPHICAL TIMELINE OF FRANK J. ZAMBONI

1901

Frank Zamboni born January 16 1901 in Eureka, Utah

1903

Norda Chamberlain born in Varina, Iowa. Frank raised in Pocatello, Idaho

1920

Frank moves to Hynes-Clearwater, California with his brother Lawrence

1921

Attends Coyne Trade School, Chicago

1923

Marries Norda in Downey, CA. Establishes Zamboni Bros. Electric Co. with Lawrence



Frank and Norda in their home; circa 1960



50th Wedding Anniversary; circa 1973

1927

Frank and Lawrence build an ice plant



Iceland's Refrigeration Plant



Ice rink floor patent original drawings

1939

Experiments with ice floor design, gets patent on design; builds Iceland with Lawrence and cousin, Pete Zamboni

1940

Iceland opens January 3



Lawrence Zamboni on the test sheet of ice. Circa 1939.



Grand Opening of the Iceland Skating Rink at Hynes, California on January 3rd 1940. The Iceland sign above the entrance had a painting of a skater by the name of Betty Brown.

1942

Frank tries to build ice resurfacer pulled by tractor; abandons this first attempt



This was an early attempt to build a self-propelled resurfacer and in a 1964 patent lawsuit, Frank designated this unit as his experimental Model No. 3.



Frank deep in thought and looking at a prototype.

1946

Heads effort to unify Hynes-Clearwater, forming City of Paramount

1947

Attempts and abandons efforts to make a self-propelled resurfacer with two-wheel drive

1949

After much trial and error, he gets his first ice resurfacer, the Model A, working and applies for a patent



Zamboni Model A

1950

Forms Frank J. Zamboni & Co., drives first machine sold to Sonja Henie to Chicago (with the resurfacer parts in a trailer)



A Model B was purchased by Sonja Henie, who went on to star in ice shows and movies after winning three Olympic gold medals. Frank Zamboni drove this machine from Paramount, CA. to Chicago, IL in 1950.

1950 - 1954

Builds 15 machines, each improved over its predecessor

1952

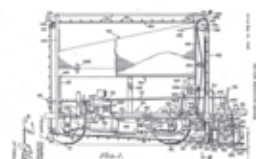
Drives complete machine #5 to Berkeley, California (450 miles)



This was the first Model C and was shipped to Berkeley, California in 1952. Frank drove this machine up California Highway 99 to Berkeley while his cousin, Henry Masoero, followed along in a car.



Zamboni #12 for Holiday on Ice. The stepped underside of the snow tank in the front was unique to #12 and #14.



Model A Patent

1953

Patent for ice resurfacer issued to Frank J. Zamboni

1954

Develops Model E, the first standardized design. Sells 10 machines. First NHL team use of machine (E21) at Boston Garden



Model E Boston Gardens NHL. This machine was later restored by Zamboni for the Boston Garden Arena and was then donated to the NHL Hall of Fame in Toronto.



Undercarriage of a standard Model F that was built on a stripped Jeep chassis. Frank wanted to maximize snow capacity so the chassis and snow tank were wider in the rear than at the front of the machine. This allowed the Model F to carry more snow and permitted the machine to get into the rink corners.



Zamboni Snow Unloader installed on a Model FH for unloading the snow at outdoor rink operations. The device was a triangular shaped conveying system that emptied the deep part of the Model F snow tank by moving forward and backwards at the operators direction.

1956

Designs Model F on stripped Jeep® chassis, increases capacity of snow & water tank; assumes management of Berkeley Iceland in California

1958

Develops snow unloader for Model F

1960

Introduces resurfacer to Winter Olympics at Squaw Valley, CA; six machines, three of special design including two electric powered



Three Zamboni machines, the two Model FHs and the small electric, at the 1960 Winter Olympic Games in Squaw Valley.

1961

Charter member and founder of Ice Skating Institute of America (ISIA)



Ray Schloemer, Rink Manager, speaks on the mike as Sonja Henie and her mother listen at a Red Cross benefit held in the early 1940's at Paramount Iceland.



ISIA Hall of Fame Award - May 11, 1965 Bismarck Hotel - ISIA Conference - Chicago, IL. From left to right: Frank Zamboni (Inductee), Louise Hoggan (ISIA secretary), Oscar Johnson (Inductee) and unknown

1962

Serves as President of ISIA

1964

Model HD is introduced with factory-built chassis, and snow conveying augers



Model HD

1965

Elected to ISIA Hall of Fame

1967

Frank J. Zamboni & Co., Ltd. formed in Canada

1968

First production hydrostatic transmission introduced in Model HDA



First HDA went to Essex County, Newark, NJ



Three HDB's ready for shipment

1969

Introduces Model HDB with improved hydraulics, hydrostatic drive and VW engine

1970

With Astro-Turf®, develops and patents water removal machine for artificial turf; also develops machines to remove turf stripes and roll up turf



Astro Zamboni on baseball field at Busch Stadium, St. Louis, MO.



Rolligon machine at the Astrodome; The "Grasshopper" took the place of this machine for handling astro-turf.

1976

Frank J. Zamboni & Co. partnership is incorporated; Machine board brush attachment introduced

1978

Introduces first production electric machine, Model 550; introduction of 500 Series and Model 500



Model 550 resurfacing at the Dallas Galleria / Edmonton Mall ice rink



Model 500 Series, Salt Lake Olympics in 2002



Frank Zamboni, Clarkson University

1988

Frank J. Zamboni receives Honorary Doctorate of Engineering from Clarkson University, Potsdam, NY. Norda passes in May 1988 and Frank passes on July 27, 1988

2000

Frank Zamboni inducted into U.S. Figure Skating Hall of Fame; configuration of Zamboni machine becomes a federally registered trade mark; Zamboni named official ice resurfacer of the NHL



World Figure Skating Hall of Fame. Center: Richard Zamboni in 2006 at the World Figure Skating Hall of Fame induction in Calgary, Alberta.

2005

Zamboni machine likeness used in McDonalds® Happy Meal™ promotion across Canada



McDonalds happy meal Zamboni machine toy line up

2006

Frank inducted into World Figure Skating Hall of Fame

2007

Frank inducted into National Inventors Hall of Fame



National Inventors Hall of Fame Award

2009

Frank inducted into U.S. Hockey Hall of Fame

2013

Frank inducted into U.S. Speedskating Hall of Fame



Richard Zamboni, Frank Zamboni's son, speaks on behalf of his father during his father's induction ceremony during the US Speedskating Hall of Fame Banquet, May 17, 2013 - Salt Lake City, Utah. Photo © Thomas Di Nardo / Bella Fante Sports Media

2013

Frank J. Zamboni remembered in an interactive Google Doodle, featuring a machine-themed video game



Google Doodle

2014

Zamboni machine likeness introduced by Canada Post in a series of seven NHL-themed postage stamps



Canada Post stamp collection unveiling



NHL Zamboni machine branded PEZ dispensers

Mattel Zamboni Machine toy

2015

Zamboni machine likeness used as a licensed PEZ® candy dispenser

2016

Zamboni machine Mattel® Matchbox® die cast toys are introduced

2017

Zamboni Connect System with a custom cloud-based "IoT" application for delivery of machine data showing performance and consumption of resources



2018

Zamboni delivers machine No. 12,000 (delivered to NHL Ottawa Senators)



Machine No. 12,000

2018

Zamboni Europe is formed in March of 2018, located in Österfärnebo, Sweden



2018

Introduction of the world's first lithium-ion powered electric ice resurfacer, the Model 450



Zamboni Model 450

2019

Zamboni acquires its Authorized Distributor, Robert Boileau, Inc. which becomes Zamboni Quebec

ZAMBONI
Québec

2021

The Seattle Kraken start their first season with a fleet of Lithium-ion powered Zamboni machines loaded with Options for Sustainability (FastICE, Level-Ice, Zamboni Connect)



2021

The world's first Zamboni machine ride-on toy is introduced as a licensed product of Zamboni and the NHL



2023

Hockey Hall of Fame in Toronto introduces new exhibit featuring the restored Model E21, the first machine used in the NHL

**2023**

Midco Arena in Sioux Falls, SD receives Zamboni machine No. 13,999 and milestone machine No. 14,000 for the Augustana University hockey team

**2023**

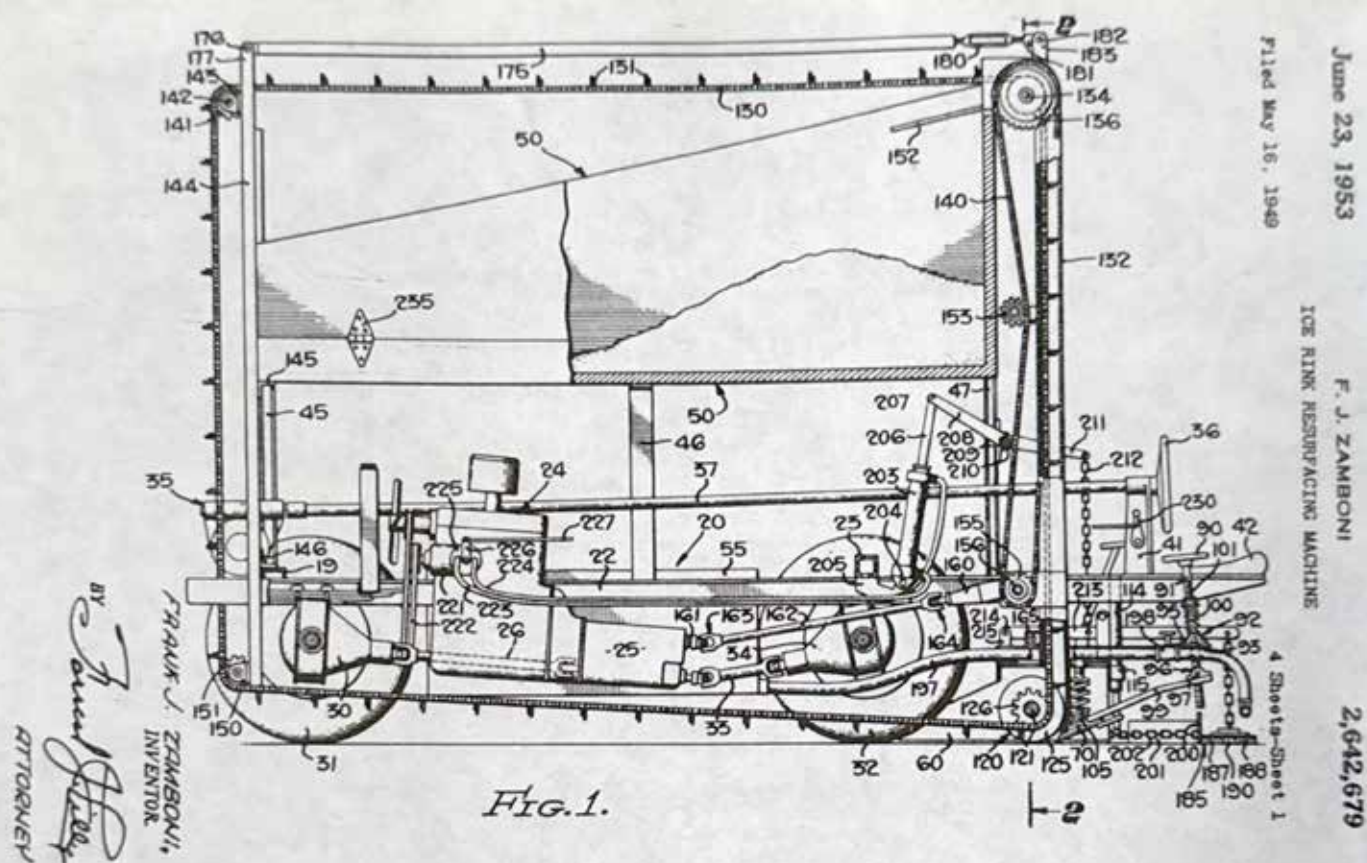
The Model ZX5 is introduced by Zamboni in Cologne, Germany. With a clean sheet design and innovative technology onboard, including the introduction of the Quick Blade Change

**2024**

In January of 2024, Zamboni announced its acquisition of Jet Ice Limited, the industry leader in ice paint and related services

**2024**

The Zamboni Company celebrates its 75th Anniversary



Zamboni Patent

In 1953, the U.S. Patent and Trademark Office finally granted Frank Zamboni bragging rights to having invented the very first ice resurfer in the world: the Zamboni Model A.



LOGBOOKS

Logbooks available for order are as follows:

- Pool Inspection & Maintenance
- Skateboard Park Inspection & Maintenance
- Arena Inspection & Maintenance
- Playground and Sport Court Inspection & Maintenance

For more details: call us @ 902-425-5450 ext 330. Logbooks are available for order year round and can be ordered by contacting RFANS by email or phone.

Prices and information available at www.rfans.com

RFANS has partnered with the Ontario Recreation Facilities Association (ORFA) to bring a Certificate in Ice Facility Operations to Nova Scotia!

The courses required for successful completion are:

- Basic Arena Refrigeration
- Ice Making and Painting Technologies
- Ice Maintenance and Equipment Operations
- Legal Awareness- Health and Safety for Supervisors in Recreation

Take advantage of this opportunity to build your resume and expand your knowledge in the field of ice maintenance!



Engineered for ultimate functionality

Discover Canada's top choice for premium locker room gear

AQUAM.COM





HOCKEY NOVA SCOTIA'S BIPOC ADVANCING PROGRAM RETURNS TO DARTMOUTH FOR A NEW YEAR

Contributed by Garreth MacDonald | Communications & Special Events Director — Hockey Nova Scotia

After receiving Sport Nova Scotia's Sport Makes a Difference Award last spring, Hockey Nova Scotia's BIPOC Advancing Hockey Program is set to return to Dartmouth for another exciting season. This fall, the program will be back at the RBC Centre, offering new opportunities for young players to develop their skills in an inclusive environment.

Launched as a pilot in October 2023, the BIPOC Advancing Hockey Program was designed to provide a supportive, welcoming space for Black, Indigenous, and People of Colour (BIPOC) athletes to thrive in competitive hockey. With a focus on elite skill development, the program offers much more than just on-ice training. Last season, it featured a comprehensive 22-week schedule for players at the U11 to U15 levels, including off-ice components like psychological resilience training and junior officiating sessions. This holistic approach not only sharpened players' abilities but also gave them deeper insight into other areas of the sport, opening doors to opportunities beyond just playing.

A key highlight of the program is its accessibility. Thanks to financial support from Hockey Canada's IIHF World Juniors 50-50 proceeds, registration was entirely free for all 56 participants in its inaugural year. The program also brought in top-tier guest instructors, including former Halifax Citadels player Jaroslav Sevcik, Dalhousie women's hockey team head coach Keifer House, former Halifax Mooseheads assistant coach Liam Heelis, and Mooseheads alumnus Jules-Edy Laraque.

One of the highlights of the season was a special off-ice presentation from Bill Riley, the first African Nova Scotian to play in the National Hockey League. Mr. Riley made history

with the Washington Capitals on Dec. 26, 1974 when he became the third Black player to ever skate in the NHL.

With growing interest in the program, the organizers hope to expand the program's reach into rural areas of Nova Scotia, ensuring BIPOC players outside of Halifax also have access to these opportunities in the future.

As the program kicks off its second year, it continues to stand out for its commitment to fostering both hockey talent and inclusivity. The BIPOC Advancing Hockey Program is making a lasting impact on the hockey community, and its return promises to bring another season of growth, skill development, and inspiration for young BIPOC athletes across the province.

The first session of this year's program is planned for Oct. 27 at 5 p.m. Visit hockeynovascotia.ca for more information on the program.

Garreth MacDonald
Communications & Special Events Director — Hockey Nova Scotia

Participants in Hockey Nova Scotia's BIPOC Advancing Hockey Program had an opportunity to meet trailblazer Bill Riley in December 2023.



CSA HOCKEY HELMET PROGRAM



The CSA Hockey Helmet Program is such an important program that supports the province's strategy to promote physical activity, accessibility and inclusion in sport and recreation programming.

With the Nova Scotia Department of Communities, Culture, Tourism and Heritage and our corporate partner Cleve's Source for Sports, RFANS is pleased to continue offering the CSA Hockey Helmet Program to eligible facilities (recreational arenas, municipal recreation departments, and schools). Affordable CSA-approved hockey helmets provide participants with the proper protective gear required to participate in school-sponsored and public skates, for new residents to Canada and for employee safety.

Eligible facilities can purchase CSA hockey helmets for \$10.00 each to a maximum of 20 helmets. Helmets with face shields are also available at \$24.00 per unit.

Applications are due each December, with helmets delivered in January—only one application per facility per year.

To order now visit:
www.rfans.com/training/programs/

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A leading supplier to the athletic and recreation industry of Atlantic Canada, **SeacorAthletic** provides high performance athletic solutions. Our goal is to help our customers create safe, durable and cost-effective environments for sports within their community.





CONVERTING A RECREATION CENTRE TO AN EMERGENCY RESCUE CENTRE (SHELTER)

Contributed by Ontario Recreation Facilities Association (ORFA) reprint permission granted.



Community recreation centres form an integral part of the local fabric. The primary purpose of these buildings will vary based on design and construction. However, most are not designed to house people for long periods of time under any conditions. As community leaders undertake planning exercises specific to community safety, they often select recreation infrastructure based solely on the size of the building and the fact that most community members are familiar with the location.

There is no doubt that recreation facilities can play an important role during a community emergency.

However, proper planning around how the building will or can be used is critical. This resource is designed to assist emergency management teams in better understanding the complexities and challenges associated with dedicating a community recreation centre as a community rescue shelter.

Community Emergencies

As a result of an emergency a community may require an evacuation as a chosen form of protective action. A hazardous materials incident, flooding, a power outage, explosions, severe building damage, biological incidents, severe weather are examples of the types of emergencies that may require an evacuation to protect lives of residents. To ensure the safety and security of the public and efficient and effective management of resources most community emergency management team utilizes common 1-8 response goals.

1. Provide for the safety and health of all responders
2. Save lives
3. Reduce suffering
4. Protect public health
5. Protect government infrastructure
6. Protect property
7. Protect the environment
8. Reduce economic and social loss

Emergency situations affecting a community may require protective actions to be implemented to ensure the safety and security of citizens. Such protective actions might include orders to shelter in place or evacuate, public alerts, and monitoring. It is standard practice that community and local health services complete site assessments on several facilities that could be used as reception and/or evacuation centres.



The following factors will often be considered when choosing an appropriate evacuation centre:

- a. Location – it must be removed from the disaster.
- b. Duration of the disaster – hours, days or weeks.
- c. Potential number of evacuees.
- d. Hazard risk analysis.
- e. Accessibility of the facility.
- f. Special needs of the evacuated population.

Recreation centres seem to naturally fit many of these objectives, but they are not designed for this purpose. Emergency management teams need to appreciate that recreation facilities are designed for a constant turnover of users that are present for short periods of time. Housing people for even short periods can present many operational challenges that this resource will attempt to address.

Sheltering in Place

Sheltering is the process of providing for the basic needs of the affected people away from the immediate or potential effects of a hazard. Sheltering is managed in accordance with the Health Canada Guidelines for Emergency Social Services.

The primary responsibility for managing the social services needs of evacuees often lies with the community and health services when more than 50 evacuees are involved. In situations where 50 or fewer evacuees require care, a community can request assistance from a Canadian Red Cross Disaster Assistance Team.

The following are common activities that occur in a group shelter facility:

1. Registration of evacuees with consideration of tracking all persons registered.
2. Building security.
3. Dormitory/rest areas.
4. Sanitation facilities (washrooms/bathing).
5. Food storage, preparation and service with consideration of persons with food allergies being on site.
6. Cleaning and maintenance.
7. Preventative medicine, public health and first aid.
8. Planning care of evacuees and shelter operations.
9. Supervision of evacuees.
10. Scheduling of activities, volunteers, and staff.
11. Coordination and liaison with on-site agencies and Emergency Management Team.
12. Recreation activities.
13. Communications and information, giving additional consideration for people with special needs.
14. Management of supplies, resources, and records.
15. Veterinary contact information.

Taking Control of a Public Recreation Centre During an Emergency

Emergency planning teams can designate a public recreation facility as a rescue centre. However, they will lack the actual skills to take control of the building's infrastructure. HVAC systems are most likely automated and will be scheduled to rest during typical seasonal operations. These may need to be overridden which will require access to computerization or conducted manually. Knowing where and how to adjust or reset this equipment manually is essential for evacuee comfort. It is essential that facility managers annually confirm that the facility selected as part of a community emergency sheltering plan is always prepared to accept evacuees. Building this need and expectation into annual budget requests would be considered diligent facility management.

Involve Facility Management

Often facility management is overlooked as being part of emergency planning activities. Emergency planning teams will learn through this resource of the importance of involving senior facility staff as part of the emergency preplanning and Having up-to-date contact information is essential

Designating Facility Operational Staff as Essential Services

Emergency planning teams need to consider the role operational staff will play in keeping the building clean, sanitized, and functional. The level of staff will be based on the estimated evacuee housing needs. Washroom and eating areas will require regular maintenance to ensure disease does not spread. Facility staff will need to get to and from the facility. Extreme weather conditions that force roads to be closed by authorities will have any person traveling on these roadways uninsured in personal vehicles regardless of the intent of their travels. In addition, facility staff may have their own family's safety to ensure and



as such this must be considered as part of the pre-planning activities. Adding these expectations to job descriptions and hiring documents is strongly recommended. Once approved. Facility management must include these responsibilities in annual training programs. Maintaining and sharing up to date facility staff contact information with an outline of skills and key responsibilities should be considered.

Confirmation of Positive Building Management

Emergency management teams must continually confirm that the designated recreation/rescue centre is being properly managed. The ORFA offers a variety of building management and administrative courses that lead to professional certifications.

These professional accreditations help confirm that building managers have a strong foundation in maintaining and operational principles while staying in tune with changes impacting the industry. The following are key areas that can assist emergency planning teams on the level of operational efficiency of the recreation/rescue centre.

Safety Stakeholder Participation

In addition to Red Cross and local health departments evaluating a facilities level of preparation, consider having other local professionals attend the building and assess the condition of the operation. Local fire safety officers and building inspector can provide a detailed evaluation of how the building is positioned in respect to current codes and

regulations. Having the Electrical Safety Authority [ESA] confirm electrical is in order is recommended. Insurance providers often offer complimentary risk assessments as part of the insurance coverage relationship that can be tapped into. They also control boiler inspector visitation to ensure all aspects of these important devices are in proper working order.

Noxious and Toxic Gas Inventory

Recreation facilities will often house a variety of noxious and toxic gases as part refrigeration and water sanitization processes. Consider a building that has chlorine gas and liquid ammonia as well as a variety of fuels such as propane, natural gas, gasoline and diesel. Confirming that all chemicals and fuels are being properly stored is essential. Ensuring that facility management are properly storing these elements as well as having properly trained staff to handle, store, transport and dispose of these items should be confirmed.

Have an Emergency Evacuation Plan - B

Emergency planning teams must consider where they would evacuate the rescue centre evacuees should there be a toxic leak, spill or other emergency during the community emergency housing period that would require relocated person to leave.



Accessibility

Not all recreation centres are completely AODA compliant. An evaluation of how accessible the building and the main attributes such as washroom and showers should be conducted. Investment in accessibility for regular users will benefit evacuees.

Lighting

Any area selected as possible dormitory/rest location must have adjustable lighting to assist evacuee comfort while resting. Enough lighting should be available to allow movement to washroom areas during low light situations.

Snow Removal

If part of a municipalities snow management system recreation facilities are often the last public buildings to receive snow removal services. As soon as a facility is identified as being required for a rescue shelter, emergency management officials should activate a snow clearing plan to ensure vehicle traffic can enter, leave, or park the facility with no restrictions. Consideration for persons with mobility issues must be given additional attention. Keeping all egress serviceable throughout the period that the facility is being used is also essential planning.

Waste Management

Single use food and drink items will most likely be used during these types of events making the need to remove or safely store the additional waste that will be generated during a rescue shelter housing event must be considered. Placing garbage bags outside the facility will attract birds and wildlife while storing garbage indoors may be acceptable for short periods. However, having additional garbage containers dropped at the facility would be diligent planning.

Needle Collection

An increase in the possible use of needles and lancets should be planned for.

Dishwashing

Even if single use utensils are to be used there will be some need to clean cooking pots, pans and stirring utensils. These need to be properly cleaned and sanitized. Facility management must ensure that either a commercial dishwasher is available with adequate sanitizer, or three sinks as required by Public Health regulations.

Pet/Animal Housing

People being invited to a rescue centre will want to bring along family pets. Emergency plans often advise pet and livestock owners to develop their own emergency plans. Facility staff must be prepared for evacuees that arrive with single or multiple animals. Traditional dogs and cats can be joined by exotic pets such as but not limited to snakes, rats, and spiders. Housing these animals away from people who may have a fear or reaction to pets needs a plan to deal with such challenges.

The Provincial Government has the authority under the Emergency Management and Civil Protection Act, Section 7.0.2(4)-3 to issue an order for the evacuation of domestic animals. There are no provisions under the Act that compels the municipality to provide care for evacuated animals. However, support animals may require a different approach. Evacuees may not arrive with the required paperwork to support their claim of the animal being a recognized support animal. And those allowed into the shelter may create problems with others who were not permitted to bring their pets into the shelter.

Facility Public Address Systems

Is the facilities public address system adequate? This equipment must be designed and maintained so that all areas within the facility can clearly hear messages. Some systems are complicated to activate. Is there a back-up portable, battery operated system on site? Facility staff should be engaged to confirm how the system is designed to be used.

Facility Electrical and Wi-Fi

Having adequate electrical outlets to meet the recharging demands of today's technology requires confirmation. In addition, access to large user loads of wi-fi demand should be expected and addressed as part of preplanning activities.

Cannabis Use

A decision as to how and where medical or recreational cannabis can be used beyond the facilities current policies.

Alcohol and Tobacco Use

Clear direction must be given regarding the use of alcohol or being impaired in the shelter. While consideration to amending the communities smoking/vaping policies should form part of the planning and preparation activities.

Personal Refrigeration Needs

Some people may require refrigeration space for medical or specialty food items. Having secure space available for these special needs must be considered.



Odour Free Facilities

Consider evaluating how active the building is as it relates to strong odours from personal hygiene products and cleaning supplies to ensure consideration of impact on evacuees is controlled.

Peanut Free Facilities

Many facilities are peanut free however, evacuees may accidentally bring products with peanuts on site. Is there a need to have epinephrine auto-injector as part of the facilities First Aid response tools?

Naloxone Response Tools

Does that facility have naloxone response equipment on site? If not, is there a need to prepare for such an event?

Facility Security

Can the facility be locked down to control movement by people using the location as a rescue centre? Boredom and curiosity will have people move around uncontrolled if not secured.

Staffing Area

Consideration of the need and benefits of having a separate location for facility staff to gather and rest should be discussed. Tracking staff is an important part of the planning process. Signing in and out should be implemented.



Programming Expectations

Often facility staff are not adequately staffed or prepared to entertain or program the building to offer traditional recreational activities. The offering of recreation services needs clear direction of expectation so that the building can be properly prepared. It is important to note that an evacuation situation does not reduce the facilities responsibility under the Occupiers Liability Act to provide a safe environment. On-site equipment must be secured so that unauthorized access is avoided.

Warehousing of Disaster Victims

On several occasions ice arenas have been used as refrigerated warehouses for victims of an emergency event. This type of use should be avoided whenever possible as the stigma of using a community building as a temporary mortuary will have a lasting negative impact.

Back-up Power Plant Maintenance

Is the building's back-up power plant being properly serviced and maintained? Is fuel being monitored and properly maintained? Is there a proven system in place to ensure the equipment will function properly when required? Is there a back-up plan in place for service professionals to quickly respond if required during an emergency?

Hot Water Supply

Recreation facilities operate on a revolving schedule of users that allows for hot water systems to recharge between use. Many are not designed to supply an endless amount of heated water should there be a high demand due to mass housing of evacuated persons. In addition, aged equipment may further reduce the capability of the water heating systems. Emergency planning teams should regularly evaluate the capability of these systems.

Paper Products

If there is an expectation by the emergency planning team that the facility will always be stocked with items such as toilet paper and hand towels, it needs to be identified so that facility management are prepared.

Toxic Fumes Sensing Equipment Maintenance

Confirm that all facility sensing devices are being properly maintained and calibrated. These can include, but not limited to CO₂, ammonia, or chlorine monitoring devices.

Food Preparation Areas

Keeping these areas up to date and serviceable through proper lifecycle planning should form part of the community and facilities preparation plans. Health inspectors should be invited to evaluate how well designed these areas are to meet the expectations of a potential rescue centre.

Washer and Dryer

Does the facility have a washer and dryer on site that the persons being housed can access if required? If so, is there a need to create an access schedule for use?

Plumbing Fixtures

Facility plumbing fixtures and piping systems must be properly serviced as the added stress of significant load of 24-hour operations on the system will have older buildings quickly fail. A plumbing failure response plan should be in place.

Mould and Asbestos Management

Has the building been evaluated for asbestos and are all areas identified as potential asbestos areas properly marked? Does the building have a mould identification and management plan in place?

Air Intake Control

It is important that no vehicles be left idling near the buildings' air intake areas. They should be properly marked as no idling zones to ensure CO₂ does not enter the building from vehicles.

Dealing with Forest Fire Smoke at an Evacuation Centre with Smoke Eaters

Recent provincial fires have created an additional facility matter that building management may need to consider when designing an evacuation centre. Smoke from recent wildfires in Alberta stretched across the country, creating hazy skies in several provinces. A real-time tracking map created by AirNow Fire and Smoke Map (airnow.gov), which monitors wildfires and air quality in North America, shows the extent of the reach of smoke from these blazes. Evacuation centres set up to assist during the emergency were at a safe distance but were still under the threat of smoke-related health issues. Wildfire smoke is a complex mixture of gases, particles, and water vapour that contains: ozone, sulphur dioxide, nitroge dioxide, carbon monoxide, volatile organic compounds and fine particulate matter (PM_{2.5}). These pollutants can harm your health, with PM_{2.5} posing the greatest risk.

There is no evidence of a safe level of exposure for most of these pollutants. This means that smoke can impact health even at very low levels. Air quality may be decreased even if evacuees cannot see or smell smoke. Management at some Alberta evacuation centres scrambled to source industrial "smoke eater" equipment. A smoke eater is a device that removes smoke and odours from a room.

Types of Smoke Eater Technologies

- **Electronic:** An electronic smoke remover commonly uses electrical charges such as negative ionization to remove odors. They commonly produce ozone as a by-product and the ozone is what neutralizes the unwanted odors.
- **Electrostatic:** In an electrostatic system there are positively and negatively charged metal plates that collect the smoke particles. Ozone can be produced to remove the odors. This type is sometimes called an electronic air cleaner.
- **Activated Carbon:** Carbon once activated acts like a sponge to absorb gases, smoke, and VOCs. Carbon by itself is not effective for all gases such as formaldehyde, however it is a safe, ozone free method for the removal of most gases.
- **Ozone Generator:** Pumps out volumes of ozone to quickly wipe out any odour. Ozone is very effective however it is dangerous for human lungs. Think of it like fumigating a room for bugs, very effective but not meant to be breathed in while it is in operation.

Smoke Eater Equipment Options

- **Commercial Smoke Eaters:** A commercial smoke eater is often installed in the ceiling. The air flow rates tend to be much higher than home units. Considerations for a commercial unit in new construction can be given.
- **Portable Smoke Eaters:** A portable smoke eater is a smaller device that can be brought in as required to assist in removing smoke odour in a building.



Recreation facilities are often key to a community's evacuation plan. Proactive facility managers will be prepared to table information that includes smoke-related health issues that should be considered as part of the facilities preparedness plans. Recommending that this type of equipment be installed at the time of construction can be made. Alternatively, knowing where rental equipment can be sourced should form part of the emergency planning documents,

Fire Management

Does the building keep detailed fire equipment logs, plans and practice regular evacuation drills? Does staff know how to shelter in place in lieu of evacuation pending the type of risk? Is there a need to have a dedicated fire safety officer on site during the housing period?

WHMIS, AED's and First Aid

How current is staff in WHMIS, AED and First Aid training? Are First Aid kits and AED equipment being regularly inspected? Access to Safety Data Sheets by on-site emergency team members should be considered in case an evacuee accidentally meets any chemical.

Policy, Procedures and Checklists

Confirm that the facility has up to date policy and procedures and that there are checklists and/or logbooks being used to assist in directing daily operations? The ORFA offers a variety of tools as a benefit of membership in the resource section of the web site.

Lifecycle Plans

Is there an active lifecycle planning system in place to ensure that the building is receiving adequate capital investment to maintain safe operations? The ORFA offers a no cost industry leading Recreation Facility Asset Management software program that can assist in this objective.

Practice a Facility Set-Up

Facility management should request that the emergency management team conduct a practice set-up to confirm that the building and staff are in fact adequately prepared for an actual emergency event. Consider the benefit of having pre-cut measurement tools to quickly tape off required personal space per evacuee. Perhaps even drawings of what the layout should look like will make it easier in a pressure and stressful time. Having to measure out each area for a cot can be very time consuming.

Closing the Shelter

Whether the facility can no longer support the shelter activity due to depletion of supplies (supplies may also be unavailable to deliver), sanitary conditions declining, or any of the other issues listed earlier in the document needs pre-discussion by emergency planning committee members. Be prepared that once the emergency is declared to be over that people will not necessarily want to automatically leave. Their homes may not have power or other services restored. Some of learned to enjoy the company they have been sharing.

Post Event

Consider the challenges created by a post emergency plan- who is cleaning up, is there a budget to repair and replace damaged playing surfaces for example to make the facility safe for use again i.e., gym floor with cots and animals, can be ruined, when is it expected to re-open and provide the services it was originally intended for. PTSD or other issues for the staff that dealt with the emergency that they were never trained for, who will be at work if they have spent the last week responding to the emergency?



New Construction

Communities must include the potential use of a recreation facility as a community shelter and invest accordingly. Making these decisions early in the design and construction phase will result in significant savings.

Conclusion

Hurricane Katrina proved that people cannot be housed in a recreation facility for any period without proper planning and preparation. Community recreation facilities can help play an important role in emergency management but switching from recreation centre to rescue centre should not be considered a seamless process. Properly trained facility staff are the most informed people regarding the building's capabilities and limitations. Be sure to tap into these professionals. Requiring building management to confirm with community emergency management officials to no less than annually confirm that the items outlined in this document as well as other site-specific tasks and responsibilities have been considered or have been undertaken would be diligent.

Remember that staff regularly change facilities at all levels and that checks and balance of levels of preparations and understanding of roles and responsibilities are essential emergency planning tools.

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Left: This photograph showed many donated items that came into the comfort centre at the Sandy Wickens Memorial Arena in Barrington. There was a massive response to supporting evacuees and firefighters in Shelburne County. Photo shared by Shaun Hatfield.



Facilities across the province were being used as emergency centres during the 2023 fires in Nova Scotia. DNRR firefighter Jordan MacRitchie seen here at the Shelburne County Arena laying out his wet gear while working on fire efforts on the South Shore. COMMUNICATIONS NOVA SCOTIA



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GRASSROOTS COMMUNITY DEVELOPMENT – BREATHING NEW LIFE INTO AGING INFRASTRUCTURE

Contributed by Jennie Greencorn, ED RFANS

Coming from one of the smaller, more remote communities in the province, I've witnessed firsthand the profound impact of losing major employers, industries, and vital infrastructure like schools and healthcare services. The out-migration that follows can reshape the very fabric of a town.

As a facilities manager, I also experienced the real fear that we might lose our rink. The local rink is more than just a place for recreation; it's a lifeline for community connection and a cornerstone of social interaction. The struggle is real with aging infrastructure and rising costs. The expenses to keep these buildings operating exceed the revenue they generate, leading to difficult decisions about their future.

Built in 1947, by the community, for the community to remember soldiers and veterans of World War II, the Stellarton Memorial Rink has long been a source of pride and historical significance for the town. Even before the term "grassroots community development" became popular, such initiatives were underway in small towns across Canada - Stellarton was ahead of the game. Miners and other community members contributed a portion of their pay cheques to support this worthwhile project.

More than 70 years later, the aging facility faced ongoing operational and financial challenges. The need for significant repairs and upgrades made the cost of maintaining the rink unsustainable for the town. In 2019, the Town of Stellarton made the difficult decision to close and dismantle their beloved rink.

Enter Darren Stroud, and history begins to repeat itself. In a remarkable display of dedication and community spirit, a small group of innovative local leaders, led by Stroud, made a proposal to the town to reconsider demolishing the rink and consider an idea to potentially repurpose the facility. The town granted a year to review the building and come up with a plan. With the consultation of structural, electrical and construction engineers, along with an aged building audit the town had prepared for the facility, it was determined the integrity of the building was structurally sound and the group forged ahead. In July 2020, the Stellarton Memorial Community Centre Association (SMCCA), was incorporated as a not-for-profit organization and the journey began to raise the necessary funds to transform the arena into a vibrant multi-use facility.

Darren Stroud, "This is a building of community gratitude" he says, "This is building on the legacy of community gratitude"

Sounds easy right? Make no mistake, that's no easy feat. Large scale projects like this need community buy-in and support from all levels of government. With a significant investment of \$6M from the Federal Government through the Green and Inclusive Community Building (GICB) program and a \$2M investment through the NS Department of Communities, Culture Tourism and Heritage, the SMCCA was on their way. They acquired the

SMCCA Board of Directors:

Rear right to left: Mark Stroud (D,VP), Colin Gennoe (D), Phillip MacLeod (D), Bill Higgins, Brandon Balodis (D), Terry Kellock (D), John MacLeod (D), Fraser Green (D), Darren Stroud (D,P).

Front: John Baker, Phyllis Porter Baker (D,T/S), Donna MacDonald, Susan Campbell.





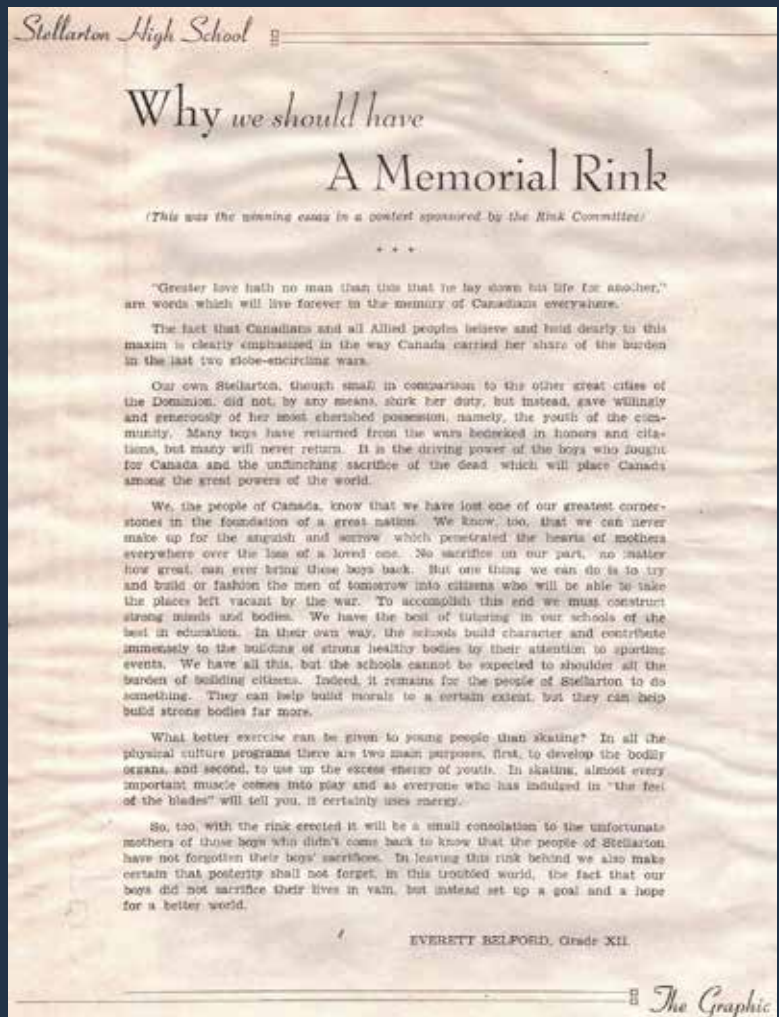
services of Harvey Architecture to build a design and develop specs for the new space. In the meantime, the SMCCA was able to lease the space out to a local company as a means of raising funds.

The newly revitalized facility will house a walking track, volleyball, basketball and pickleball courts with retractable bleachers, a front end cafe, meeting spaces and a removable stage for events.

Accessibility, reducing energy costs and carbon footprint are a key focus of the SMCCA. The facility will be fully accessible with upgrades to entrances and modernized washrooms. With improved insulation, a new roof and mechanical systems, as well as harvesting solar energy with the installation of solar panels, the revamped courts not only offer a modern space for recreation but also reduce operational and energy costs, increase sustainability and make use more affordable for everyone in the community.

Timeline for completion is fall of 2026. Darren Stroud, chair of the Stellarton Memorial Community Centre Association (SMCCA) says "This project is all about bringing people together to enhance the community".

As Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." This sentiment perfectly encapsulates the journey of the Stellarton Memorial Community Centre Association (SMCCA). Faced with the potential loss of their iconic community space, a small, dedicated group of individuals is not only reviving a treasured facility but also reinforcing the town's sense of pride and unity. Through grassroots development, resilience, and collaboration, they are breathing new life into aging infrastructure, proving that when communities come together with a shared vision, they can create lasting change that honours the past while paving the way for a brighter, more sustainable future.



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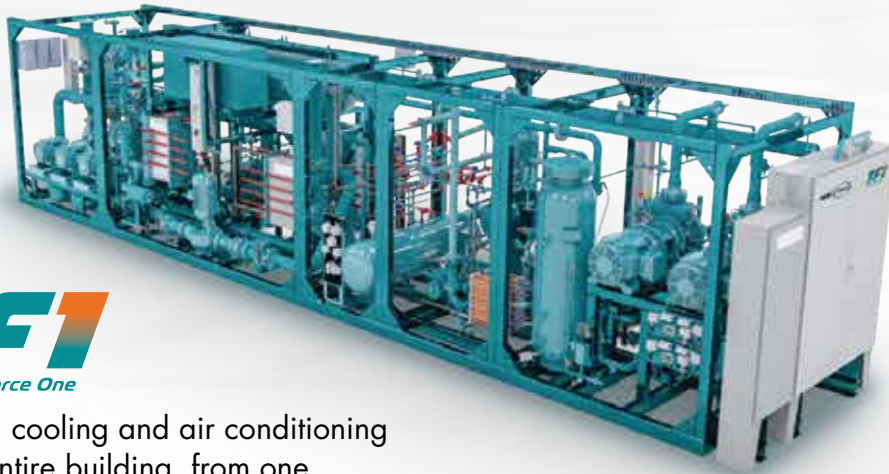
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**Recreation Facility
Association
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