

SPORT, PHYSICAL ACTIVITY AND RECREATION BRANCH - SPAR -



October 19, 2020

Covid 19 Update - Stage 2 - SPAR Guidelines

On October 15, 2020, Alberta Health updated and released both the standard SPAR Guidance and new Guidance specific to Junior, Collegiate and University Leagues.

Please go to the following links for the most updated documents:

SPAR Guidance: www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf.

Junior, Collegiate and University

Leagues Guidance: www.alberta.ca/assets/documents/covid-19-relaunch-guidance-for-junior-collegiate-and-university-leagues.pdf.

Please send the [SPAR BRANCH](#) an email, or contact your respective SPAR consultant with any further questions.

Alberta Health continues to review best practices and emerging research on sport, physical activity and recreation in the COVID-19 context, as well as the impacts other jurisdictions are experiencing as they relaunch these types of activities.

Thank you to all the organizations that are working so hard to help ensure that, as Albertans return to play, it is done as safely as possible.

Remembering an Icon in the Alberta Sport World

In August 2020, the Sport, Physical Activity and Recreation Branch, and Alberta and Canada's sport sector, were saddened by the passing of Pat Lechelt.

Pat was a passionate, fun-loving and outstanding Sport Administrator. Pat began her career in 1983 with the Alberta Games Council in Red Deer. The following year she moved to Edmonton with the Games Council and then stayed with the organization as it transformed to the Alberta Sport Council, the Alberta Sport Recreation Parks and Wildlife Foundation and Alberta Sport Connection and then to Sport, Physical Activity and Recreation with the Government of Alberta. Throughout all the changes, Pat's focus and leadership remained steadfast as she capably took on the responsibility of many different roles and assignments. She contributed to grassroots development through high performance programs for Alberta athletes and coaches for more than 37 years. In her role as Provincial Coaching Coordinator, she had a positive impact on coaching development in Alberta.

Pat cherished preparing Team Alberta for the Arctic Winter Games, Western Canada Summer Games and the Canada Games; throughout her career Pat was involved in 15 Canada Games. The International Sport Exchange Program thrived under Pat's leadership and direction; Pat also served on the Alberta Sports Hall of Fame & Museum Selection Committee.

Pat was a highly respected team player. Her bright smile, pleasant disposition and hearty laugh put all she encountered at ease. Pat will be dearly missed.



2021 Canada Summer Games

The Canada Games Council and the 2021 Canada Games Host Society have made the difficult decision to postpone the Niagara 2021 Canada Summer Games due to continued public health concerns relating to the COVID-19 pandemic.

The decision was made, after careful consideration, to protect the health of Canadians and give all stakeholders, including the 13 provincial and territorial teams, more time to adjust their preparations for a later start date. The Niagara 2021 Canada Summer Games have been rescheduled to occur between August 6 and 21, 2021.

Check out the FAQ page on the Canada Summer Games website for more information www.canadagames.ca/stories/niagara-2021-canada-summer-games-postponement-faqs.

2021 WISE Fund Applications are now open

With the support of Sport Canada, the 2021 WISE Fund will grant **30** organizations **\$2500** to advance gender equity in Canadian sport. We know

that women and girls face **additional barriers** to sport participation beyond gender. That's why this year we are awarding a **minimum of 60%** of grant funding to organizations or initiatives led by or directly serving women and girls who are Black, Indigenous, or people of colour, LGBTQI2S+, deaf, or people with disabilities.

Important Dates:

- Tuesday, October 13 – Applications open
- Monday, November 9 – Applications close
- Early March 2021 – Recipients are announced
- Grant money must be spent by March 1st, 2022.

To learn more about who should apply and how, visit the Application Process page www.womenandsport.ca/resources/wise-fund/wise-fund-application-process/.

2020 ARPA Conference and Energize Workshop

The 2020 Alberta Recreation and Parks Associations Conference and Energize Workshop will be taking place over three days from **Wednesday, October 21 to Friday, October 23**. You can register now at www.rpaonline.regfox.com/2020arpaconference.

This year, the annual conference will be hosted as a hybrid event, with virtual, and some limited in person experiences. Although the format and style of the Conference will look and feel quite a bit different, we are looking to have just as much educational content, social engagement and fun as you would normally experience at a traditional ARPA Conference. Each of the three days will include a balanced program that will include two keynotes, your choice of eight Live sessions and as much pre-recorded content as you can consume. They will also be hosting a variety of virtual social events each day including happy hours, virtual receptions, entertainment and even the famous trade show.

REGISTRATION IS NOW OPEN Find out more conference details and about the different registration options available at www.arpaonline.ca/events/energize-conference/.

Canadian Parks and Recreation Association

Professional Development Certificate Survey

The Canadian Parks and Recreation Association (CPRA) Professional Development Certificate program has now been operational for five years. CPRA are taking time on this anniversary to gather some feedback on the overall program to assist with improvements and enhancements to content, learning platform and format. This survey will help to shape the future landscape of professional development and recognition in the parks and recreation sector. The survey should take you no more than 10 minutes to complete and will be relevant to anyone employed in the parks and recreation sector regardless of your knowledge of, or participation in, the program. Once completed, you can enter your name for a chance to win either a free CPRA Professional Development Certificate course or MEC gift certificate.

Please take a few minutes to provide your feedback and insights to help shape the CPRA Professional Development Certificate by filling out the survey, the deadline is **October 24, 2020** bit.ly/CPRA_PDC_Eval.

PwC Sports Survey 2020

This survey was conducted by PwC Sports Business Advisory team between June and August 2020 through an online questionnaire distributed to sports industry leaders around the world. The results outlines high level takeaways, which address in greater detail the impact of COVID-19, the market dynamics reshaping sports media as well as the growing opportunities in esports.

For complete results from the survey, please visit www.pwc.ch/en/insights/sport/sports-survey-2020.html.

Introducing Canada's first-ever 24-Hour Movement Guidelines for Adults!

There are two sets of guidelines, one focused on adults 18-64 and the other for adults aged 65+. Both sets of guidelines feature three core recommendations around moving more, reducing sedentary time and sleeping well that work together to make your whole day matter. Just remember that when it comes to movement, **some activity is always better than none**. Our routine rituals of daily living such as casual neighbourhood walks, gardening, household chores

and taking the stairs instead of the elevator all contribute towards a healthy 24 hours!

These Guidelines were developed by the [Canadian Society for Exercise Physiology](#) (CSEP), the [Public Health Agency of Canada](#), [Queen's University](#), [ParticipACTION](#), and a network of researchers and stakeholders from across Canada.

The complete set of guidelines are available at [ParticipACTION Guidelines](#).

ParticipACTION Active Family Pledge

The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth highlights how family support has been proven to be positively associated with children's physical activity levels. Furthermore, family-based interventions have been proven effective at improving physical activity levels in children and youth. **How we move as a family has a direct impact on our kids.**

It is time to make physical activity a family priority and lead by example – not only for the next generation, but for our own as well. If being active is second nature for us as adults, it will in turn, become second nature for our children, too. That is why ParticipACTION is encouraging Canadians to take the #ActiveFamilyPledge, a social media challenge that empowers parents and caregivers to make quality time “active time”.

The complete report is available at www.participaction.com/en-ca/resources/children-and-youth-report-card.



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Concussion Awareness

The #HeadstrongCanada campaign is based on the Government of Canada's Concussion Framework and the Concussion Awareness toolkit, is designed to give every sport organization the resources they need to show they are concussion smart and to learn the key points in concussion awareness.

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