

WINTER ISSUE | DECEMBER 2023

Leisure Lines

The Official Voice for the Alberta Association of Recreation Facility Personnel (RFP)

Season's Greetings!

FROM THE STAFF @ AARFP



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Publishing Information

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Leisure Lines is the official magazine of the Alberta Association of Recreation Facility Personnel, published four times per year. To contribute articles, contact:



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MISSION STATEMENT

Providing education, consultation and advocacy in Recreation Facility Operations.

VISION

To be leaders in recreation facility operations contributing to an active Alberta.

VALUES

- **Leadership** - Furthering our level of professionalism, integrity, and respect in the field of Recreation Facility Operations.
- **Fellowship** - Sharing knowledge, providing support and networking opportunities to our members and their communities.
- **Passion** - Passion for what we do and how it contributes to 'Active Living' in a healthier Alberta.
- **Diversity & Inclusion** - Dedicated to creating a safe and inclusive environment that embraces diversity at all levels.

OUR CODE OF ETHICS

Members shall conduct themselves in a manner consistent with the following:

- Act ethically and morally
- Maintain high ideals and integrity in all relationships
- Promote the Mission, Vision, Values and Goals of the Association independently, in groups and with partners
- Follow the Association's by-laws and laws of the land
- Interact with fellow members and invite prospective members
- Refrain from any activity that may disgrace or may be in conflict with the Association or employer
- In all these ways transmit this Association, not lessen but lift it, to greater heights.



We gratefully acknowledge the financial assistance from the lottery funds distributed by the Alberta Recreation and Physical Activity Division.

President's Report



Sonia Dodd – AARFP President – sdodd@stettler.net

Hello AARFP members, associates and whomever reads the AARFP Leisure Lines

I am sure everyone has been busy with their aquatic shutdowns, both indoor and outdoor, putting parks and sport fields to rest, and arena start-ups alongside with the day-to-day activities that are required to keep our facilities top notch.

The staff and board of RFP had a great fall planning session in September. Fun was had by all, and I was amazed by the talents that were revealed during our RFP Talent Show. With skits, and games and even an original song, you may have to try to convince one of the staff to share the videos when you see them next. During the fall planning session, we did a deep dive into the Bylaws which we have a couple items to bring to the AGM in April. We also broke into strategic planning focus groups and brainstormed on essential topics and strategic touchpoints from our current Strategic Plan. I am proud to say that the organization is moving mountains with the staff and the board, and I am so excited to see where AARFP will be in the future. I would like to take this opportunity to say THANK YOU for your commitment to be on the board, and to the staff, WOW you are amazing. Chris, you have built a great team, which takes great leadership. Thank you.

AARFP was able to send a delegation of staff and board members to the ARPA conference in Lake Louise. A beautiful place to visit. The conference itself was exactly what was promised, energizing. Attending sessions and meetings left me feeling invigorated and excited. RFP representatives were able to communicate with organizations that, in the future, may help with educational opportunities for those in the

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recreation industry. It is so exciting for the AARFP organization to be noticed and recognized! Congratulations to ARPA's New president, Deb Comfort, and the new board members that were voted in during the AGM. AARFP looks forward to our partnership and what we can do together.

Registration is now OPEN for AARFP's 45th Conference & Trade Show: The Bridge To Recreation. It's in Lethbridge on April 21 – 24, 2024! Make sure you take advantage of the early bird rate and any training budget left for this year, or at least make sure you reserve your spot and save that early bird rate. We also have the 2024 course schedule in place, and you can find it in Leisure Lines, your Wall Calendar and Online. The online course schedule will be the most up to date.

We have many things to be grateful for in our industry so please take the opportunity to reflect on this.

I am honored to be your President.

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Executive Director's Report



Chris McKenna – AARFP Executive Director – executivedirector@aarfp.com

I hope you all had a great autumn. It is hard to believe that we are in the winter season. Summer sports are long over, and we have begun the Hockey season. I'm sure Halloween was a success for you all and we now need to exercise more to burn off the excess candies! We are working hard in preparation for our 45th Annual Conference. It will be held in Lethbridge on April 21 – 24, 2024. We'll be continually updating our website with information, so make sure to check it out. We are going to open registration in early December.

Our new Board, led by President Sonia Dodd, is hard at work for you, our members making the association the best it can be. We will be meeting in November to work on the 2024 budget, which we will ratify at our January meeting. Please reach out to any of the Board members, or our staff, with any questions or concerns that you may have.

Just to remind everyone, we have moved our office location from Cochrane to Northeast Calgary. Our address is Suite 100, 3015 – 12 Street NE, Calgary, Alberta, T2E 7J2, please feel free to drop in at any time!

Our course schedule for 2024 will be coming out soon. We are offering more courses than ever, accommodating most of your training needs. Keep in mind that we have special courses, in which communities and facilities can have courses offered, specialized to them. It's a budget friendly, flexible and a great way to ensure that not only are your staff trained but that they are trained within your facility.

We continue to work with the Recreation Facilities Association of British Columbia (RFABC) and the Recreation Facilities Association of Nova Scotia (RFANS) to collaborate on course delivery.

Just to remind everyone, we are available to assist with any questions you may have about recreation facility operations. Feel free to give the office a call, or anyone of our Board members for advice, problem solving or anything else that might come up.

In closing, I would like to thank our AARFP Board for all their hard work and the staff for doing such a good job. 🏠

Chris McKenna
AARFP Executive Director
executivedirector@aarfp.com

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2024 Course Schedule



PLEASE NOTE FOR THE 2024 RFP COURSE SCHEDULE

Please refer to the website (www.aarfp.com) for the most current schedule of our course offerings. If there are discrepancies between the printed version and the website, the website is correct.

JANUARY 2024

January 18, 2024
Custodial CareLac La Biche
January 29-30 & Feb 5-6, 2024
Pool Operator Level 1ONLINE

FEBRUARY 2024

February 13-14, 2024
Building Maintenance Level 1Beaumont
February 15-16, 2024
Building Maintenance Level 2Beaumont
February 15-16, 2024
Pool Operator Level 1Calgary (Pinnacle Aquatics)
February 26-29, 2024
Pool Operator Level 2Calgary (Pinnacle Aquatics)

MARCH 2024

March 4-6 & 11-13, 2024
Leadership SkillsONLINE
March 7-8, 2024
Pool Operator Level 1Sylvan Lake
March 18-21, 2024
Arena Operator Level 2Beaumont
March 19-20 & 26-27, 2024
Pool Operator Level 1ONLINE

APRIL 2024

April 4-5, 2024
Pool Operator Level 1Lethbridge
April 10-11, 2024
Pool Operator Level 1Olds

MAY 2024

May 3, 2024
Arena Maintenance (Olympia).....Three Hills
May 6-7, 2024
Pool Operator Level 1Beaumont
May 6-9, 2024
Arena Operator Level 2Penhold
May 7-8, 2024
Parks & Sport Fields Level 1Innisfail
May 9-10, 2024
Parks & Sport Fields Level 2Innisfail
May 9-10 & 16-17, 2024
Pool Operator Level 1ONLINE
May 13-16, 2024
Pool Operator Level 2Athabasca
May 14-16, 2024
Leadership Skills.....Ponoka
May 27-28, 2024
Parks & Sport Fields Level 1Lac La Biche
May 29-30, 2024
Parks & Sport Fields Level 2Lac La Biche
May 27-28, 2024
Pool Operator Level 1Camrose

JUNE 2024

June 3-4, 2024
Building Maintenance Level 1Lethbridge - U of L
June 5-6, 2024
Building Maintenance Level 2Lethbridge - U of L
June 4-5, 2024
Pool Operator Level 1Drumheller
June 10-13, 2024
Pool Operator Level 2Brooks
June 11-12 & 18-19, 2024
Pool Operator Level 1ONLINE
June 11-12, 2024
Parks & Sport Fields Level 1Spruce Grove
June 13-14, 2024
Parks & Sport Fields Level 2Spruce Grove
June 17-20, 2024
Arena Operator Level 2Bonnyville
June 24-25, 2024
Parks & Sport Fields Level 1Lacombe
June 26-27, 2024
Parks & Sport Fields Level 2Lacombe
June 27-28, 2024
Arena Operator Level 1Sylvan Lake

JULY 2024

July 8-9 & 15-16, 2024
Pool Operator Level 1ONLINE

16th ANNUAL RFP SYMPOSIUM OKOTOKS, ALBERTA

July 22-23, 2024
Pool Operator Level 1
July 22-24, 2024
Leadership Skills
July 22-23, 2024
Building Maintenance Level 1
July 24-25, 2024
Building Maintenance Level 2
July 22-23, 2024
Parks & Sport Fields Level 1
July 24-25, 2024
Parks & Sport Fields Level 2
July 24, 2024
Arena Maintenance (Olympia)
July 24, 2024
Lifecycle & Risk Management
July 24-27, 2024
Pool Operator Level 2
July 25, 2024
Policy & Procedure Manual
July 25-26, 2024
Arena Operator Level 1
July 26, 2024
Custodial Care
July 26, 2024
Ball Diamond Construction
July 22 - 25, 2024
RDP - Management Skills for Supervisors

July 29-30, 2024
Arena Operator Level 1Bonnyville
July 31, 2024
Arena Maintenance (Zamboni)Bonnyville
July 30-31, 2024
Arena Operator Level 1Brooks

AUGUST 2024

August 8-9, 2024
Arena Operator Level 1Fort Saskatchewan
August 8-9 & 15-16, 2024
Pool Operator Level 1ONLINE
August 12-13, 2024
Parks & Sport Fields Level 1Three Hills
August 14-15, 2024
Parks & Sport Fields Level 2Three Hills
August 15-16, 2024
Arena Operator Level 1Calgary
August 20-23, 2024
Arena Operator Level 2Cochrane
August 26-27, 2024
Arena Operator Level 1Coaldale

SEPTEMBER 2024

Sept 3-4, 2024
Arena Operator Level 1Millet
September 5-6 & 12-13, 2024
Pool Operator Level 1ONLINE
September 9-12, 2024
Arena Operator Level 2Clairmont
September 16-17, 2024
Building Maintenance Level 1Bonnyville
September 18-19, 2024
Building Maintenance Level 2Bonnyville
September 16 & 18, 2024
Lifecycle & Risk ManagementONLINE
September 17-20, 2024
Pool Operator Level 2Camrose
September 23 & 25, 2024
Policy & Procedure ManualONLINE
September 23-24, 2024
Pool Operator Level 1Strathmore

OCTOBER 2024

October 3-4 & 10-11, 2024
Pool Operator Level 1ONLINE
October 7-10, 2024
Arena Operator Level 2Crowsnest Pass
October 17-18, 2024
Pool Operator Level 1Edmonton
October 18, 2024
Custodial CareSlave Lake
October 21-23, 2024
Leadership SkillsStrathmore

NOVEMBER 2024

November 5-6, 2024
Building Maintenance Level 1Calgary MHOA
November 7-8, 2024
Building Maintenance Level 2Calgary MHOA
November 7-9 & 14-16, 2024
Leadership SkillsONLINE
November 14-15, 2024
Pool Operator Level 1Calgary - Pinnacle Aquatics
November 19-20 & 26-27, 2024
Pool Operator Level 1ONLINE
November 29, 2024
Natural IceLake Louise

2024 Course Registration



CLASS SIZE:

Maximum of 20 Students

COURSE START TIME:

8:30 a.m.

FINISH TIME:

5:00 p.m. on the last day

NOTE:

* Level 2 will be required to do some after class & evening work.

- Arena Level 1
- Certified Swimming Pool Level 1
- Building Mtce. Level 1
- Building Mtce. Level 2
- Parks & Sport Fields 1
- Parks & Sport Fields 2

\$467.25 (Plus GST)

- Arena Level 2*
- Swimming Pool Level 2*

\$735.00 (Plus GST)

- Leadership Skills

\$551.25 (Plus GST)

- Arena Mtce.
- Lifecycle/Risk Management
- Custodial
- Developing a Policy & Procedure Facility Manual

\$304.50 (Plus GST)

If you are **NOT** a current member, you will need to become one before you can register for a course. Everyone has to have a current Membership to attend an RFP course. This membership provides you with benefits such as access to our quarterly newsletters, and several other online features you can check out at www.aarfp.com!

Membership Rates:

NOTE: ALL MEMBERSHIPS EXPIRE DECEMBER 31st.

- Individual: \$105 – (Plus GST)
- Facility: \$441 – (Plus GST)
- Associate: \$341.25 – (Plus GST)

Pro-rated Membership Rates:

AFTER JUNE 30th
ALL MEMBERSHIPS EXPIRE DECEMBER 31st.

- Individual: \$52.50 – (Plus GST)
- Facility: \$220.50 – (Plus GST)
- Associate: \$170.63 – (Plus GST)

Memberships are due at the time of purchase.

PAYMENT OPTIONS: Payment can be made by EFT, credit card, cheque, or with a purchase order.

Payment MUST BE RECEIVED one week prior to the start of the course. Payment will not be accepted at the course.

*** Please Note for the 2024 RFP Course Schedule ***

Please refer to the website (www.aarfp.com) for the most current schedule of our course offerings. If there are discrepancies between the printed version and the website, the website is correct.

Dates and locations are subject to change.

Courses may be added, rescheduled, or cancelled throughout the year.

Online Training Reminder

Don't forget that online training is available through our partners! Red Deer Polytechnic (RDP) is offering courses for the Recreation Facility Management Certificates and Alberta Municipal Health and Safety Association (AMHSA) is offering courses for the Safety Operator Certificates.

AMHSA
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RFP Instructor Spotlight



Michelle Osinchuk

How did you become an RFP instructor and what course(s) do you teach?

I teach Pool Operator level 1 and 2 courses.

Tell me about yourself.

I have been working in Aquatics since I was 18 years old and started with the City of Edmonton as an instructor, moved up to Fort St. John for 5 years and then returned to Spruce Grove and have been working at the Tri Leisure Centre for 21 years. I play soccer with the 40+ age group J and keep losing my toe nails every season. I love to go skiing and go to Jasper as much as my bank account will let me (which isn't much when you have to pay for kid's sports), I enjoy running and have completed a half marathon as well as running a leg in the Sinister & race 2 years in a row.

How did you get into recreation?

I was a swimmer with the summer swim team as a kid and started taking my Bronze levels and thought it would be a cool job to be a lifeguard and instructor and then fell in love with the work and never left.

Where have you found support or inspiration in the recreation industry?

I get energized when we have pool programmer meetings with other leaders in the province as well as conferences where we can all share our ideas and strategies. I always come away with new ideas and things to try with my team.

What song do you pick if you must sing karaoke?

I love karaoke and will sing anything that is upbeat and fun!!



What do you enjoy the most about teaching RFP classes?

It was a new challenge for me to test my own knowledge of the mechanical side of pools, I love hearing what is happening in other pools and seeing if I can help in any way.

Who would benefit from taking RFP courses?

It seems that anyone in recreation could benefit from RFP courses but I have also had people in management roles in my classes so they can better understand their facility even though they don't work in the operations.


What do you think is most important for pool operators to do/say in their roles?

Documentation of their daily checks to be able to troubleshoot things better when they go wrong as well as have a good asset management system to keep up with regular maintenance on all of their equipment.

Do you have a memory of a member who took one of your courses, that you met later, and they were doing great things? If so, tell us more.

I have had people come up to me at conference and say they were in my class and share where they are now. It is great to see them progress and keep learning. I have also had candidates reach out for advice afterwards for troubleshooting a problem and that is great to help them out.

What advice or tips would you like to give to our pool operators?

Build a network and don't be afraid to ask others for help and advice. We all love to help each other. 

FACILITY MEMBERSHIP UPDATE

Facility Memberships are available to public and private recreation facilities. This allows five facility staff (including the administrator/primary account holder) to become members, initially. All five staff members must be identified upfront, and the membership is non-transferable.

Additional seats (\$88 +GST per seat) for the facility membership can be purchased after, by the primary account holder, in the RFP store after the initial registration. There is no limit on the number of seats that can be purchased.



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Nominations For 2024 AARFP Awards



ARE NOW OPEN!

Do you know a co-worker, supervisor, fellow student, or volunteer who tirelessly dedicates themselves to the recreation industry? If so, please take the time to recognize the unsung heroes in our communities! They will be recognized in the AARFP Annual Awards Banquet during the conference every year. See which award resonates with you and/or someone you know.

Please take few moments to learn about our awards and nominate someone today!
The nomination process is painless and only takes 10-15minutes.

DON MOORE SCHOLARSHIP

The scholarship is available to an Alberta student completing any year of studies in a recognized program for the operation of recreation services at an Alberta post-secondary institution. The recipient will receive a \$1,500 cheque, invitation to AARFP Annual Awards banquet with 2 complimentary banquet tickets, 1 night hotel accommodation, and an engraved plaque presented at the banquet during the AARFP Conference. The student is not required to be a member.

[Online Application Form](#)

LLOYD SMITH INSTRUCTOR OF THE YEAR

This award recognizes a current instructor with the association who, through their actions, goes over and above to show their commitment to their students and the association. The recipient will receive an engraved plaque, a free registration to the upcoming year's AARFP Conference, 1 banquet ticket for a guest, and an engraved plate on the awards board presented at the annual awards banquet during the AARFP Conference.

[Online Application Form](#)

WILLIAM METCALFE AWARD

Acknowledges an individual, group or organization who has made a significant contribution in the field of recreation facility operation, management, or design. The recipient will receive an engraved plaque, complimentary ticket to the AARFP Award's Banquet, and an engraved plate on the Awards Board. This is presented at the annual awards banquet during the AARFP Conference.

[Online Nomination Form](#)

BRUCE FOWLOW FACILITY OPERATOR OF THE YEAR

Presented to an individual or group of individuals who has/have made a significant contribution to the operation and management of recreation facilities within Alberta. The recipient will receive an engraved plaque, a free registration to the upcoming year's AARFP Conference, 1 banquet ticket for a guest, and an engraved plate on the awards board presented at the annual awards banquet during the AARFP Conference.

[Online Nomination Form](#)

continued on next page...

MEMORIAL PLAQUE

To honour members of the AARFP Association who have passed away, and known for their contribution to the betterment of recreation. Those honored will have an engraved plate and inscription attached to the AARFP Memorial Board. This is presented at the annual awards banquet during the AARFP Conference.

[Online Application Form](#)

CHARLES MOUSSEAU ASSOCIATE

Presented to an AARFP Associate Member for an individual or company demonstrating a positive contribution serving the membership. The recipient will receive an engraved plaque, complimentary ticket to the AARFP Award's Banquet, 1 banquet ticket for a guest, and an engraved plate on the Awards Board. This is presented at the annual awards banquet during the AARFP Conference.

[Online Nomination Form](#)

AWARD OF MERIT

Presented to AARFP Members nominated for their outstanding and meritorious contribution toward the Association's goals and objectives. Nominees must have completed a total of six or more years of volunteer service. The recipient will receive a framed certificate and an engraved plate on the awards board presented at the annual awards banquet during the AARFP Conference.

[Contact the AARFP Office](#)

CERTIFICATE OF APPRECIATION

Presented to AARFP Individuals or Associates Members, an organization, club, or municipality nominated for their contribution to the Association. Recipients will receive a framed certificate presented at the annual awards banquet during the AARFP Conference.

[Nominated by the AARFP Board of Directors](#)

STUDENT ACHIEVEMENT AWARDS

Recognizes individuals who have achieved the highest marks in any of the associations' sponsored training courses. The recipients receive a plaque, free registration to the AARFP conference to accept the award, a banquet ticket for a guest, and a cheque for \$250.

[Eligible students will be contacted](#)

LONG SERVICE AWARD

Members in good standing who maintained a long service membership in the Association. Recognition is given after 10 years and in 5-year increments provided the membership is continuous. This is awarded the following year the increment is reached. If 10 years of continuous service is achieved in 2023, the award is presented in 2024. Recipients will receive a certificate presented at the annual awards banquet during the AARFP Conference. [Contact the AARFP Office](#) if you have concerns with your long service.

HONORARY LIFE AWARD

Presented to an individual member who has previously been awarded the Award of Merit or the Charles Mousseau Associates Award and completed at least 10 years of volunteer service in the Association as a member in good standing. The recipient of this award receives an AARFP Life Membership without annual dues and retains their voting privileges in accordance with the Articles of the Association Bylaws, an engraved plaque, and an engraved plate on the awards board presented at the annual awards banquet during the AARFP Conference. [Contact the AARFP Office](#) for nomination information.

DEADLINE TO APPLY OR NOMINATE:

FEBRUARY 15TH!

[MORE AWARDS INFORMATION](#)



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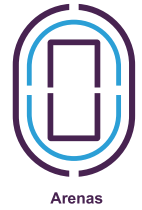
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How To Build Natural Ice



Arenas

By Umesh Chand

What is natural ice? Natural ice is man made ice built on turf, which includes asphalt, grass, a natural pond, a lake, or even your backyard. Although it is exciting to skate outside, feel the fresh winter air, and have a gorgeous natural backdrop, the realities of making natural ice can be daunting.



Tip: Avoid hills for natural ice rinks. Why? Think drainage and the amount of water needed to make it level.

Now that you have picked the perfect location, I want you to ask yourself how the drainage works in that location. Drainage is a huge factor in natural ice making. If you don't know the answer to that

question, ask your Utilities provider whether putting the ice rink in that location is a good place for drainage.

You might have a perfect time in mind to build a natural ice rink, but the weather in Alberta might play with your expectations. Making natural ice depends on the weather, specifically the long-term weather. For a safe natural ice rink, you need a constant weather temp of -10 Celsius, with 1-2-inches of hard-packed snow. Before the weather becomes your friend and provides you with consistency, you must look at the geography of your community. Look at which area needs an ice rink the most. Avoid putting it somewhere in a back corner, hidden away, put it in a central location that is easily accessible (unless you are building it in your backyard). I recommend looking at the geographical map of your community when deciding on a location. Once you have the general location, then find the spot that is accessible, has lighting, parking, washrooms, picnic tables, and maybe even change rooms. Keep in mind the individuals who are using the ice rink, and if you have a hockey rink, make sure you build a rink of the same size for social ice skating. If you can, avoid putting the two user groups into one rink because people could get hurt. Once your community has decided on a location and you have tested it for a couple of seasons. You can have those areas allocated for natural ice and build heated and sheltered areas.

Once you have your location and drainage figured out, the next step is to assess your equipment and tools. Each rink uses different equipment, whether it is a tractor with a pull-behind ice resurfer, front-mounted brooms, or snow blowers. But make sure you do a once over, on all your equipment which will help with less downtime during the busy season. Then do your facility inspection. You can use the following checklist, but each facility has different equipment so make sure that you account for the differences.

Inspection Checklist:

- Check your boarded rink - do a walk around inside and out.
- Look for conditions like loose boards, popped screws, damaged puck boards, broken players' box doors and hinges, graffiti/vandalism.

continued on next page...



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How To Build Natural Ice . . .

continued from page 13

- Check your lighting and timers, and make sure they are all in good working condition.
- Check your backstop fencing for holes and damage.
- Check the condition of your cold-water shacks - call your Utilities and Facility Services department, if you have one, to do an inspection.
- If you are using turf, make sure it is cut short and trimmed to build ice on it.
- Check along the bottom of the boards for excessive gaps and fill them with topsoil - this will help with water leakage.
- Check for litter inside and out.
- Pre-plan if you are going to put any advertising signs or decals on your boards - it is hard to do this in frigid temperatures.
- Document all your inspections and findings.

Building the Ice:

Remember your ice will not happen overnight, so be patient. Building good ice may take up to 5 to 7 days if you are working a complete 8 hours a day on it. Once you have 2 inches of packed snow, you can start to build a base. Start building the ice when the outside temperatures are between -5 °C to -10 °C. Use a small piece of equipment, such as a


riding broom, to pack your snow down. It will speed up the process for your base layer.

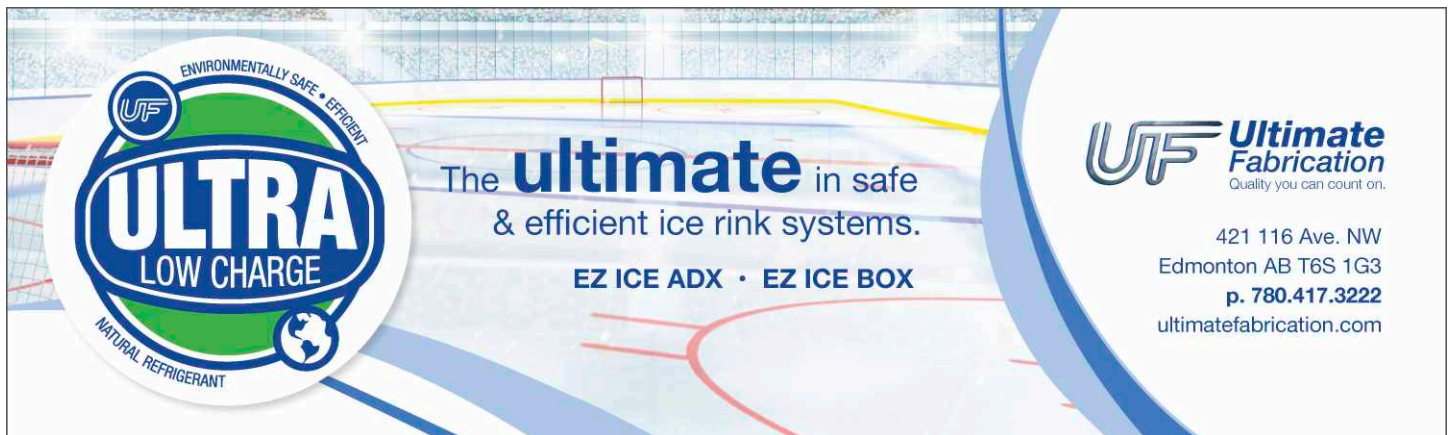
Add water:

Once you have completed the process of packing down the snow, it is time to lay down the water. I use a flood shack at each location, but others have portable water, such as water trucks. When you apply the water, do not apply it aggressively. Be gentle and use small amounts. You will need enough to make the snow look greyish, as this will freeze faster to develop a strong base.

Once completed, start laying water down, but it can't be too heavy or too light! I call it "rain showers." Put the water down as if it was raining outside on a nice summer night.

Once you have made the ice, keep it maintained by using an ice re-surfacer, if you have one, to smooth it off. Otherwise, you may need to scrape the ice with shovels or a bladed piece of equipment before you hose flood to maintain smoothness.

What I like to do during the winter season whether its at the beginning or end, I like to do some scratch tests. Scratch tests are when you scratch the ice with your nails and check to see you can scratch the ice of the surface easily. If so, that means your ice is getting soft due to warmer temperatures. Which determines if you should keep users of the ice. If you have any questions about natural ice or the scratch test, contact me! 



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Making An Entrance

ENTRANCE FLOORING SYSTEMS



By Ian Stephens | Forbo Flooring Systems

Entrance flooring systems play a critical role in safety. Slips, trips, and falls make up a surprisingly high amount of reported major injuries. According to the Health & Safety reports, 90% of slip accidents in public buildings occur on wet floors. The potential for slipping can be dramatically reduced by making educated decisions on flooring surfaces and installing effective entrance matting for your environment. Moreover, a well-designed entrance flooring system will prevent dirt and moisture from being tracked in. In fact, an effective matting system can reduce the amount of dirt and moisture tracked into a building by up to 90%. Thereby prolonging the life of your interior flooring and reducing the cleaning, repair, and overall maintenance cost.

First impressions count. When people enter your building, they should like what they see. But you also have the practical pressure of keeping your building floors clean and your visitors safe. Especially when more than 70% of dirt and moisture in buildings is tracked in by pedestrian and wheeled traffic. Each entrance has its own requirement since it depends whether you are in a main street office, school, or recreational facility. Entrance flooring consists of many different types, each of them with their own focus area, like dirt scraping or moisture take up.

Besides functionality you can also choose different installation options: sheet, tiles, and mats. The environment and group users will also play an essential role in your decision. Entry matting is split up into 3 typical zones. It's important to select products that fit the entrance area.

Zone 1: External primary matting

- Outside the building or first area inside the building
- First line of defence
- Use for scraping off dirt

Zone 2: Internal primary matting

- Ideally 6 meters of mat or in combination with primary or circulation zone matting
- Inside the building after exterior primary matting
- Use for picking up fine dirt and moisture

Zone 3: Circulation zone matting

- Inside the building at reception areas or in corridors
- Also has scraper yarns and takes up moisture
- Required when entrance flooring in zone 1 or 2 is too short or is not present

Selecting the correct combination of entry mat systems with a 3-step clean-off-zone will reduce your future maintenance costs by stopping up to 95% of walked in dirt and moisture from reaching the other floors in your building. This reduces your building's floor cleaning costs by up to 65% and extends the life of your floors. The average maintenance cost of commercial flooring is 86% of the total life cycle cost.

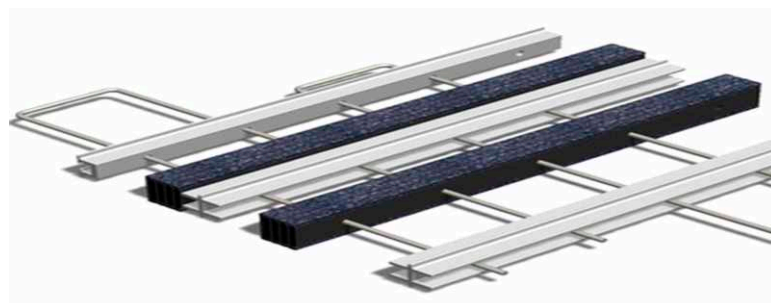
Fire class Bfl-s1

All entrance floors should comply with fire class Bfl-s1. Which means that the product is flame-retardant. This is vital because every entrance and exit are a fire exit too. If your facility has tougher fire regulations, select textile-based FR entrance mats with a special latex backing. This type of backing should also be used when placing matting on stairs.

Types of Entry Matting Commonly Used

Steel and aluminum entry mat systems.

Normally used in Zones 1 and 2. These are custom made to size and can be recessed onto a substrate, or surface mounted with ramp edge reducers for barrier free access. Typically matting of this type costs around \$40 per sq foot and are designed for up to 100,000 visitors per day and typically have 15-year warranties.



Scraper only mats

Normally used in Zones 1 and 2. These types of mats are designed to scrape and remove larger debris from shoes such as stones, mud, snow, and ice melt.

High-performance heavy-duty cut pile textile matting.

Normally used in Zones 2 and 3. This is the most effective style of matting and is comprised of three yarns; capillary yarns to absorb moisture, active dirt-scraping yarns and heavy-duty texture yarns that can withstand intensive use. This matting is normally available in 6ft wide sheet and can be loose laid or fully bonded in place or in a tile size format. It costs approximately \$7.50 sq ft and typically have 5-year warranties.

NOP Matting

Heavy Duty NOP style matting is cost effective and is the most used matting systems on the market. Normally used in Zones 2 and 3. While this type of matting is very durable, its tight loop pile construction traps and holds dirt, making it difficult to effectively clean. Thus it loses its cleaning performance within 12-24 months, depending on traffic volumes. This type of matting has almost no moisture retention capability. This style of matting typically costs around \$2.50 sq ft and often has a limited warranty of 1 year or less.



High-performance heavy-duty cut pile textile matting.

Water keeper mats.

Normally used in Zones 2 and 3. This type of matting is like the NOP matting in its construction. However, its reduced cleaning capacity is offset by its advanced ability to withhold moisture through the use of hollow wicking fibres. This type of matting is typically used on areas subject to high moisture egress. This style of matting typically costs around \$3.50 sq ft and often has a limited warranty of 1 year or less.

Light/med duty matting.

This cut pile style of matting is used as circulation matting and is the most common type of mat used in the rental mat market. These types of mats have low soil and moisture retention properties. Which makes it susceptible to becoming waterlogged and dirty in a matter of hours. Which is bad for your facility, however the advantage of these for the rental mat market is that they can be washed in a huge tub and hung out to dry overnight ready to be swapped out in a new facility. Typically, these types of mats cost \$3.00 sq ft.



continued on next page...

Making An Entrance . . .

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FACTORS TO CONSIDER

A study of pedestrian flow rates at entrances has been undertaken by the Health & Safety Laboratory (HSL) and the Entrance Flooring Systems Association (EFSA), simulating the use of entrance matting to quantify water removal using a laboratory test method developed by EFSA. The findings showed six main points should be considered when choosing an entrance matting system.

1. Peak Flow Rate

Peak flow rate, also known as 'volume of traffic,' predicts the concentration of traffic and identifies the key times of day when people enter or exit the building. For example, with schools there are two main times of day when a heavy concentration of traffic enters or exit the building. So, the school requires a heavy-duty mat to cope with a high flow rate.

2. Width of Matting

Matting should cover the entire entrance of a building, including any side entrances. As the first point of contact therefore the first opportunity to stop dirt and moisture being tracked into any building. Traffic should not be allowed to avoid the entrance matting. In some instances, certain entrances are favoured, like those close to toilets, or entrances that have automatic doors. So, it is important to ensure all access points are covered. A larger quantity of matting at the favoured entrances is advised in these circumstances to guarantee an adequate amount of matting is provided to cope with the level of traffic

3. Length of Matting

HSL and EFSA have provided guidelines concerning the length of matting that should be installed, based on the number of people entering a building per hour*. Though it is accepted that fitting the recommended amount of matting may not always be possible. But using secondary barrier matting as a floorcovering to support the entrance mat provides an ideal solution in these situations to increase dirt and moisture removal. It is crucial to specify enough matting from the outset, as modifying the entrance can be costly once the mat/mat well is installed.

*Flow Rate People Per Hour Minimum Lengths:

Low = 78 people 3-4 metres

Medium = 400 people 6-7 metres

High = 800 people 8-10 metres


4. Environmental Factors

The external environment has an impact on the matting that is selected. Does the entrance come straight off the street or is there a canopy to shield the entrance from elements such as wind and rain?

“ If under-specified, the mat will soon become saturated and unable to retain any more moisture, and as a result, contaminants will be tracked onto surrounding floorcoverings, increasing the risk of slip, trip and fall accidents. ”

If not, specify a heavy-duty entrance mat that will be able to cope with harsher levels of dirt and moisture ingress. If under-specified, the mat will soon become saturated and unable to retain any more moisture, and as a result, contaminants will be tracked onto surrounding floorcoverings, increasing the risk of slip, trip and fall accidents.

5. Type of Traffic

Matting should be suitable for both foot and wheeled traffic to meet the latest guidelines. It is the level of each type of traffic, however, that needs to be considered to provide the optimum specification for the environment. 

For more information on entry mat systems, please reach out to your approved entry mat provider and remember to discuss this as a key component for all new construction projects, in the design phase.

Effective Leadership in Recreation Facilities

By Andrew Jones

Recreation facilities play a crucial role in promoting physical activity, community engagement, and overall well-being. However, the success of these facilities relies heavily on effective leadership. Effective recreation facility leadership involves a combination of key traits and strategies that enable leaders to create a positive and inclusive environment, foster teamwork, and drive innovation. In this article, we will explore the essential traits and strategies that contribute to effective recreation facility leadership.

Trait 1: Visionary

One of the most critical traits of effective recreation facility leadership is being visionary. A visionary leader has a clear understanding not only of the facility's purpose and goals but can articulate a compelling vision to inspire and motivate staff members. They have a long-term perspective and can anticipate future trends and challenges, allowing them to make informed decisions and guide the facility towards success. A visionary leader also encourages creativity and innovation, constantly seeking new ways to improve the facility's offerings and meet the evolving needs of the community.

Trait 2: Strong Communication Skills

Effective communication is essential for recreation facility leaders to build strong relationships with staff members, stakeholders, and the community. Leaders must be able to clearly articulate their expectations, provide constructive feedback, and actively listen to the concerns and ideas of others. By fostering open and transparent communication, leaders can create a positive and collaborative work environment, where everyone feels valued and motivated to contribute their best.

Trait 3: Empathy and Emotional Intelligence

Empathy and emotional intelligence are crucial traits for effective recreation facility leadership. Leaders who possess



these traits can understand and relate to the emotions and experiences of their staff members and community. They can create a supportive and inclusive environment where individuals feel heard, respected, and valued. By demonstrating empathy, leaders can build strong relationships, resolve conflicts, and foster a sense of belonging among staff members and facility users.

Trait 4: Adaptability and Resilience

In the ever-changing landscape of recreation facilities, leaders must be adaptable and resilient. They should be able to navigate through challenges, embrace change, and quickly adjust their strategies to meet new demands. And understand that setbacks and failures are opportunities for growth and learning. They remain positive and inspire their team to persevere, even in the face of adversity. By modeling adaptability and resilience, leaders create a culture of continuous improvement and innovation within the facility.

Strategy 1: Lead by Example

Leadership is not just about giving orders; it is about leading by example. Effective recreation facility leaders actively participate in facility activities, demonstrate a strong work ethic, and uphold the facility's values and standards. By being visible and accessible, leaders can inspire and motivate their staff members to perform at their best. Leading by example also fosters a sense of teamwork and camaraderie, as staff members see their leader as a trusted role model.

Strategy 2: Foster Professional Development

Investing in the professional development of staff members is a key strategy for effective recreation facility leadership. Leaders should provide opportunities for training, workshops, and conferences that enhance the skills and knowledge of their team. By supporting staff members' growth, leaders not only improve the overall quality of the facility's services but also create a culture of continuous learning and personal

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Effective Leadership in Recreation Facilities . . .

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development. This strategy also helps to retain talented employees, as they feel valued and supported in their career progression.


Strategy 3: Collaborate with Stakeholders

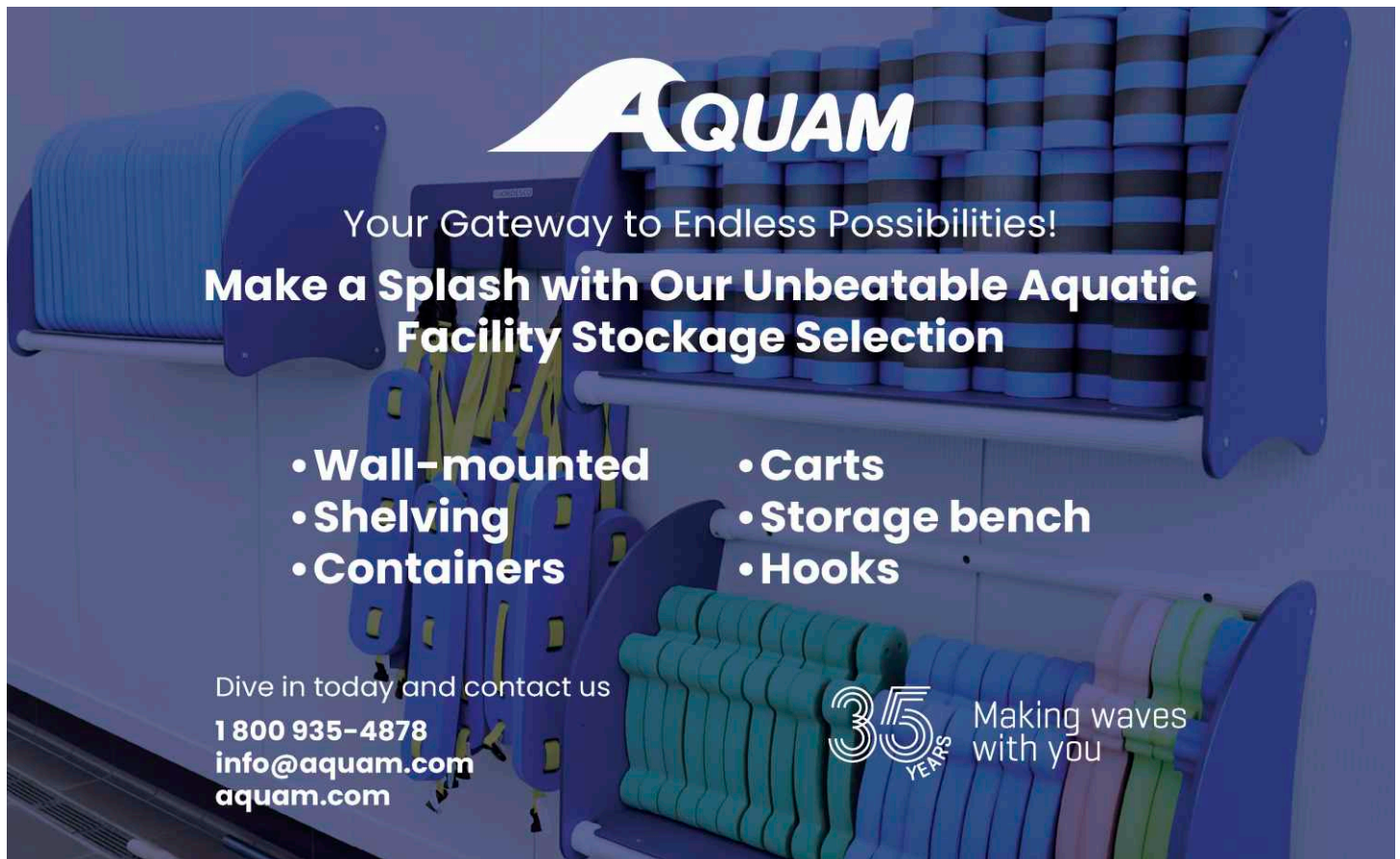
The importance of collaboration with stakeholders, such as local government, community organizations, and user groups can be understood by effective recreation facility leaders. By actively engaging with these stakeholders, leaders can gain valuable insights, build partnerships, and secure necessary resources for the facility. Collaboration also fosters a sense of ownership and community pride, as stakeholders feel involved in the decision-making process and see their contributions reflected in the facility's offerings.

Strategy 4: Embrace Technology and Innovation

In today's digital age, effective recreation facility leaders should embrace technology and innovation to stay relevant and competitive. Leaders should explore new technologies

and trends that can enhance the facility's operations, improve user experience, and streamline administrative processes. By leveraging technology, leaders can also gather data and analytics to make informed decisions and measure the facility's performance. Embracing innovation demonstrates a commitment to continuous improvement and ensures the facility remains at the forefront of the industry.

Effective recreation facility leadership is a combination of key traits and strategies that enable leaders to create a positive and inclusive environment, foster teamwork, and drive innovation. Visionary leaders with strong communication skills, empathy, adaptability, and resilience can inspire and motivate their staff members to achieve the facility's goals. By leading by example, fostering professional development, collaborating with stakeholders, and embracing technology and innovation, leaders can ensure the success and sustainability of recreation facilities, ultimately benefiting the community they serve. 



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10 years of an Arena Operator by the numbers

By Adrian Thibault

In November, I celebrated 10 years of working at the Scott Seaman Sports Rink as an Arena Operator and Facility Coordinator. It is the longest I have worked at one place, so it is a substantial milestone for me. I started the job happy to try for 5 years working there. As my resume was getting longer than 3 pages with jobs that I stayed at for 1 maybe 2 years. But greener grass always caused me to move forward. And, as I would say, "at least I'm not carrying pails of mud still." Referring to a previous job I had at a golf course dredging a pond while making a career flip. It could be worse.

I had little experience in ice making but some experience in maintenance and operating several types of equipment. I thought, why not? As I gained experience, I realized that I have a unique opportunity to work, from the first day, at a great facility that has a lot of positives. We have kept it consistent as to allocated tasks around the rink and we keep a lot of records, and I like numbers and stats, so it is neat to see what some of the numbers have added up to. This could be anyone with similar experience as this is not meant to be about bragging. But I've created an approximate division of tasks that make up my career at the Scott Seaman Sports Rink. I hope for many more years to come, and more milestones along the way. 



WHAT MAKES A ARENA OPERATOR/FACILITY COORDINATOR

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New Eyes on Your Pool



Aquatics

By Daniel Robinson

A certified pool operator plays a vital role in ensuring the safety and health of the people who use your aquatic facility. Operators and the systems, which includes filtration, water balance and disinfection can be likened to a fish and water. And as pool operators, compliance with the Occupational Health and Safety regulations and following the best practices for your work is automatic (or should be).



However, have you ever wondered how to improve your pool system and reduce the risks associated with specific tasks that you must perform? For example, do you have to handle hazardous chemicals manually? Do you have weak points that are at high risk to create leaks or breaks? Do you have to deal with equipment failures or malfunctions that could compromise your safety?

In this article, I will explore a couple of options and questions that pool operators can consider. It will enhance their pool system and make your work more effective and safer. Each option I present will have different challenges and implementation for your facility. But it will inspire you to review your pool system with a fresh perspective and find new ways to optimize your pool operation.

Chemical Handling

One of the most dangerous aspects of being a pool operator is handling and being responsible for the delivery of a chlorine compound and a pH balancing solution to the basin. It is common for operators to have sodium hypochlorite and muriatic acid within their spaces. To utilize these products, operators will continuously replenish their supplies with the delivery of new containers of dangerous goods. A risk the operator faces when handling the chemical is when they are either swapping empty containers, transfer fresh product to a delivery tank or filling a tank of diluted solution. If the risk occurs when the operator directly handles the product, is there a possibility to decrease the frequency in which operators needs to perform the task? Is there an option of

larger storage tanks with either bulk delivery with direct fill lines or a custom transfer pump system that eliminates physical handling. Another aspect of chemical handling that I want to highlight is the injection valve. Is it serviceable or does it require pool system isolation? Think about it, pumping chemicals out of storage rooms or for long distances in tubing at high pressure. It requires

maintenance and vigilance. But then consider how do you bring water to the chemical rooms? What's the process, have you had any incidents, why or why not? Is it possible to move the chemical storage location to decrease distance to water injection location?

Valves, Piping, and Fittings

Before purchasing or repairing valves ask about the supplier and brand. Is it stocked only overseas, what is the lead time, where is a technician located? But also, how many parts would you need to keep on hand to perform urgent repairs? Ensure that you know the answer to that question and have it documented. Service valves provide control of the flow of water. But have you made it a habit to get the valves checked regularly? And what do you do if the valves aren't accessible. Especially because solid valves are glued or welded into the pipe length and cannot be removed, except by cutting it out completely. Meanwhile a double union valve has threaded end fittings that allow the middle valve body to be removed from the pipe length with no permanent changes. Have you ever thought about proper fittings and how they impact the operation of pools? Proper fittings are strong and glued into the pipe length. The "easier" or cheaper way is to drill a hole in the pipe to make the connection. However, this method can lead to cracks or leaking connections. This is difficult to repair. Chemical injection points are infamous for being installed this way and staff servicing them need to be extremely careful when replacing injection valves as any cross threading (not aligning threads) or over tightening could break the pipe and

continued on next page...

New Eyes on Your Pool . . .


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result in pool water entering mechanical room and a system shutdown for repair. Proper tee fittings will have a manufactured threaded opening that is stronger and without significant operator error not prone to cross threading or cracking. And last but certainly not least, you should pay attention to the labelling and identification. It's an essential aspect of all recreation facilities, and it needs to be simple, easy, clear as well as accessible. This will ensure that it assists staff in both normal operations and in case of emergencies staff can quickly find and use the necessary resources.

Procedures and Processes

I recommend reviewing the procedures/process and seeing which steps are complex or confusing. What makes that step confusing or difficult to understand. Is there something that you can change to eliminate those steps? Would reducing the

frequency of that step create a smoother process? But what about automation? Should certain tasks be automatic, or should it become/stay manual? Automation can lead to reducing the amount of time staff are in contact with dangerous products. Even automating a cleaning cycle or process could be a great option for your facility, however it needs to be closely reviewed for what servicing and troubleshooting would be required. Furthermore, do the staff have the necessary training to do troubleshooting when things go wrong?

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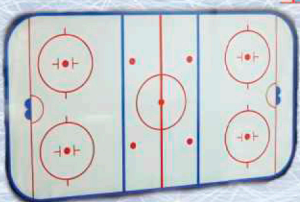
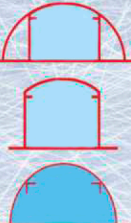
BOARD CLEANING



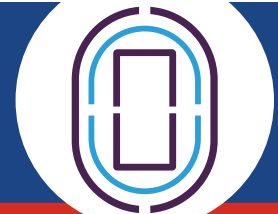
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Arenas

As climate change intensifies, heat domes across Western Canada will become more frequent manifesting in record-breaking heat waves, unprecedented fire seasons, and elevated average temperatures. The 2021 heatwave killed more than 600 people in Western Canada, with many communities reaching temperature well above 35C. These heat dome events highlight the urgent need for communities, governments, and individuals to implement heat emergency response plans, and take proactive actions to adapt and mitigate the impacts of extreme heat events.



Figure 1: North Peace Arena

with mechanical cooling systems capable of maintaining space temperatures at safe and comfortable levels, even during extreme weather conditions. Since most recreational facilities in Western Canada have at least one ice sheet, the existing refrigeration system can be cost effectively retrofitted to provide cooling during the summer months, when ice is normally taken out.

Cooling refuges are designated locations where individuals can seek relief from extreme heat during heat domes and other atypical weather events. These areas of the facility are fitted

Polar Engineering is working with several communities across Western Canada to determine if their existing refrigeration plant can be re-purposed in the summer months to provide cooling to dedicated spaces. The following sections of this article highlight the most recent cooling refuge study Polar completed at the North Peace Arena (NPA) located in Fort St. John.

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As part of Fort St. John's heat emergency response plan, the city has been investigating ways to provide safe refuge for emergency service personnel and the public during extreme weather events. Polar Engineering was hired by the City to complete a Feasibility Study at NPA to determine the most cost-effective way of providing a cooling refuge. This involved completing a detailed review of NPA's existing refrigeration system to determine its maximum cooling capabilities in extreme weather conditions, calculating the cooling load of the cooling refuge zone, and reviewing existing HVAC equipment.



Figure 2: NPA Dry Floor Operation

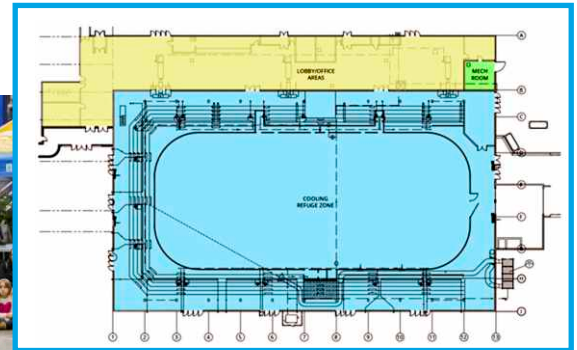


Figure 3: NPA Cooling Refuge Zone

The cooling load of the cooling refuge zone was calculated using 2018 BC Building Code design conditions, as well as 2050 and 2080 future-predicted design conditions developed by the Pacific Climate Impacts Consortium (PCIC). The use of 2050 and 2080 climate conditions may appear to be extreme however the 2050 design condition was already surpassed in

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Fort St. John during the heat dome event in 2021. Because of this, 2080 conditions were analyzed to provide a conservative design condition that can provide the facility with climate change resiliency.

A mathematic model was created to stimulate the expected cooling refuge loads at each of the above climate design conditions at occupancy levels of 500, 1250 and 2500 individuals. Besides occupant load there are various other cooling loads that need to be analyzed such as building envelope load, infiltration load, lighting load and ventilation load.

In each occupancy scenario, occupant heat gains were calculated to be the largest load due to the significant latent and sensible heat output by humans. Equipment loads scaled with occupancy, while building envelope and infiltration loads increased as average temperatures rise. The cooling load for 2500 occupants was calculated to be 55% higher using 2080 climate conditions, when compared to 2018 design conditions.

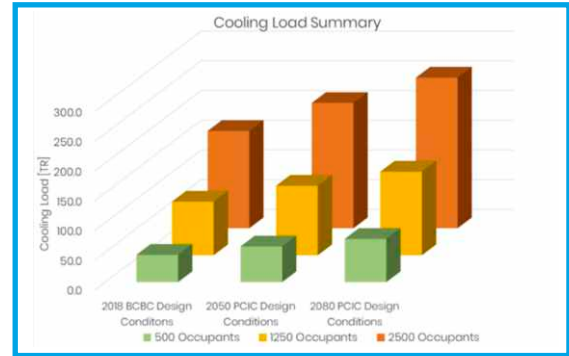


Figure 4: NPA Cooling Load Summary

Based on our analysis the lowest cost option involved installing a new air-cooling coil in the existing dehumidifier which will be fed with chilled glycol from the ammonia refrigeration plant. Since the existing dehumidifier has a maximum air flow rate of 7,500 CFM the maximum cooling capacity that can be provided was strictly limited by the

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maximum airflow rate of the dehumidifier. This option would only be able to provide cooling refuge to 100 people when looking at 2080 climate design conditions.


The most cost-effective option that was determined through this Feasibility Study was to install a dedicated air handling unit, which will consist of a hydronic coil, sized to meet the maximum cooling capacity of the refrigeration plant. This system will increase the cooling refuge capacity to 800 individuals when looking at 2080 climate design conditions. Installing a new AHU & distribution piping using the existing refrigeration plant will cost \$378,000.



Figure 5: NPA Refrigeration Plant

If the facility was to install a standalone AHU, which would provide all the cooling and air distribution requirements, the cost of the project would be \$700,000.

Much of the equipment required to operate a cooling refuge is already present within hockey arenas, with minor modifications required to maximize cooling capacities. If you want to learn more about

how to transform an area of your facility into a cooling refuge using your existing refrigeration system, please contact an Engineering firm that has experience with refrigeration. 



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