

**Motivations and Barriers to Recreation Participation in Canada:  
Recommendations for the Sector**

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## Glossary of Key Terms

Provided as follows are key terms used throughout this document. Citations are provided where available from an applicable source that fits the context of recreation. However, in some cases citations are not available and practical understanding of the term is required.

**Barrier to Participation:** An identifiable factor that prevents or limits participation in recreational activities. Barriers can be perceptible / emotive, physical, financial or social.

**Equity Deserving Individual / person / group:** Equity-seeking groups are communities that experience significant collective barriers in participating in society. This could include attitudinal, historic, social and environmental barriers based on age, ethnicity, disability, economic status, gender, nationality, race, sexual orientation and transgender status, etc. Equity-seeking groups are those that identify barriers to equal access, opportunities, and resources due to disadvantage and discrimination and actively seek social justice and reparation (University of British Columbia, n.d)

**Indigenous:** The term 'Indigenous' encompasses First Nations, Métis and Inuit people, either collectively or separately, and is a preferred term in international usage, e.g., the 'U.N. Declaration on the Rights of Indigenous Peoples.' In its derivation from international movements, it is associated more with activism than government policy and so has emerged, for many, as the preferred term (U.N. Declaration on the Rights of Indigenous Peoples, University of British Columbia, n.d).

**Motivator of Participation:** An identifiable factor that persuades, inspires or incentivizes an individuals to participate in a recreational activity.

**Public Sector Provider of Recreation Services:** This term refers to recreation and related services (see definition of "recreation") that are funded through taxes and provided either directly by local governments (municipalities or regional districts) or indirectly through a contracted service delivery arrangement (e.g. public funding of a not for profit service provider like the YMCA, establishment of an

arms length recreation service agency, contracting a community organization to delivery programming and/or operate facilities on behalf of the local government).

**Recreation:** It is acknowledged that the term “recreation” is somewhat nebulous and defined in numerous ways by groups, individuals and different levels of government. For the purposes of this project, the following broad-based definition of recreation from *A Framework for Recreation in Canada 2015: Pathways to Wellbeing* (2015, p. 4) will be used.

***Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.***

This renewed definition for recreation as contained in the Framework (2015) was accepted by all provincial and territorial governments (except Quebec), the Canadian Parks and Recreation Association and the Provincial / Territorial Parks and Recreation Associations. Based on the definition contained in the Framework, there are a number of sub-set activities that will fall under the term “recreation” for the purposes of the project. These terms include physical activity, leisure, arts, and culture. **For the purposes of this project document, “recreation” should be assumed to include parks, culture and leisure services provided by the public sector.**

**Recreation Sector:** Refers broadly to individuals and groups of individuals (e.g. recreation departments) that are employed to provide recreation services to the public. Like most sectors or industries, individuals working within recreation can be involved at a very grassroots level (e.g. programming staff) or in a supervisory function (e.g. directors and managers) in both small communities and large urban settings.

**Service Area:** Refers to the primary area that a local or regional government is responsible for providing recreation facilities and programs. In some cases, this area may be within the municipal boundaries

while in other instances the service area may include multiple municipalities and/or rural service areas (e.g. electoral areas in British Columbia.).

**Underrepresented:** Individuals or groups with insufficient or inadequate representation in various aspects of their life or surrounding environment, often determined when compared to their proportional composition in Canadian society (adapted from the University of British Columbia, n.d).

## Executive Summary

### Research Project Context and Purpose

Recreation opportunities are highly valued by Canadians (Harper, 2009, as cited in A Framework for Recreation in Canada 2015: Pathways to Wellbeing) and provide wide ranging benefits that include improved personal and social wellbeing, more vibrant communities, reduced health care and social issues related costs (e.g. policing, justice, social services, etc.), economic generation, and enhanced ecological conditions (Benefits of Parks and Recreational Catalogue, 1992). However, like many aspects of Canadian society, access to these opportunities is unequal.

While some baseline research and data does exist that which provides insights into factors that both motivate and limit recreation participation, this information is incomplete and has not fully leveraged a significant source of data – recreation focused planning undertaken by local and regional jurisdictions. Recreation and related services (e.g. parks, culture, etc.) are primarily a responsibility that falls onto local and regional levels of government and many of these jurisdictions regularly undertake planning exercises, including long-range strategic plan (often called master plans), facility feasibility studies, and needs assessments. This research project identified an opportunity to aggregate and analyze this data to provide the public recreation sector in Canada with additional insights into key factors that motivate recreation participation as well as the barriers that limit or prevent participation. The information and recommendations provided in this study document are additionally intended to inform planning, dialogue, and the development of initiatives undertaken by the public recreation sector to increase participation levels and mitigate barriers.

## Methodology Overview and Key Findings

Publicly available survey data was gathered and analyzed from master plans, needs assessments, and other similar types of strategic planning documents developed by 54 local governments across Canada. In total, 33 of these documents included findings pertaining to recreation participation motivators and 53 of these documents contained data on barriers to recreation participation. Analysis of the data focused on coding responses to identify the most prevalent motivators and barriers from the overall aggregate of the available sources and by size of service area (small = <15,000 residents, medium = 15,000 – 50,000 residents, large = >50,000 residents).

The top three overall motivators of recreation participation were:

- Physical health and exercise;
- Fun and entertainment; and
- Social factors.

These motivators were generally consistent by service area population, with social reasons as a motivator to participation. being higher in the larger service areas. The top three barriers to participation identified through the analysis were:

- Facility operating or programming hours being unsuitable;
- Affordability; and
- No time to participate.

Notably, affordability tended to be a more prevalent barriers in service areas with a larger population while awareness of opportunities was identified more commonly in the small and medium sized service area. Facility overcrowding was also identified more frequently in the medium and larger service areas than the smaller ones.

To further contextualize the analysis on recreation barriers, additional research was conducted to identify the prevalence of formal recreation fee / subsidy programs among the 53 jurisdictions from which barriers survey data was gathered. Out of the 53 jurisdictions, 33 offer and promote recreation fee / subsidy programs. However, the majority of these programs are only available to individuals and families facing extreme levels of financial distress based on eligibility criteria such as Statistics Canada's Low Income Cutoffs – After Tax (LICO – AT) or proof of enrollment in other government assistance. As such, many individuals and families that are low income but do not meet these eligibility requirements are not able to access these funding resources.

## Recommendations

Six recommendations are provided to the public recreation sector in Canada based on the findings and conclusion of this research project.

- 1) Identify locally appropriate initiatives and actions to address affordability barriers for individuals and families that do not meet current established poverty indicators (e.g. LICO or proof of other government assistance).
- 2) Focus resources and service delivery on better aligning opportunity availability (supply) with demand.
- 3) Consider key factors that motivate participation when undertaking major facility development (building new facilities, retrofits, renovations, etc.).
- 4) Focus resources on increasing awareness and targeting population cohorts that are underrepresented in public recreation services.
- 5) Increase the use of data technologies to understand motivators and barriers on a more comprehensive and spatial level.
- 6) Ensure that policy reflects the importance of addressing barriers to recreation participation.

These recommendations should be considered as additional considerations for the many ongoing conversions into how public sector investment in recreation can be most effective at encouraging participation and maximizing access for all. Public sector recreation leaders such as the Canadian Parks and Recreation Association and its provincial members continue to prioritize participation and equity and this research project was aimed at providing another valuable source of information to integrate into these efforts.

# 1. Introduction

## 1.1. Project Context and Link to Community Development

Local governments in Canada invest significantly in recreation and related services. As just one example for a major jurisdiction, 8% of the City of Vancouver's total 2021 operating budget (approximately \$128 million of \$1.6 billion) was allocated to parks and recreation – tied for fourth among all services areas behind only utilities, police and fire services (Vancouver Budget Highlights, 2021). Local governments decide to incur these costs because of the wide-ranging value and benefits that recreation opportunities provide to community and broader society. The Canadian Parks and Recreation Association (CPRA) along with its provincial and territorial member associations have made addressing inequities and achieving participating equality key pillars of their strategic plans over the last number of years, while recognizing that a more thorough understanding of barriers to participation is required through ongoing sector research and partner initiatives.

The benefits of recreation beyond individual wellbeing are highly recognized, with 98% of Canadians agreeing that parks and recreation benefit community and are an essential service (Harper, 2009, as cited in A Framework for Recreation in Canada 2015: Pathways to Wellbeing). The connection between quality recreation provision and social wellbeing, mental and physical health, societal productivity, and community vibrancy are becoming better understood and supported by research. A foundational source within the recreation sector is the Benefits of Parks and Recreational Catalogue (1992) which coalesced available research to support eight overarching and wide-ranging benefits provided by public parks and recreation services:

- Recreation is essential to personal health;
- Recreation is key to balanced human development;
- Recreation is essential to quality of life;

- Recreation reduces self-destructive and anti-social behaviour;
- Recreation builds strong families and healthy communities;
- Recreation reduces health care, social service, and police / justice costs;
- Recreation and parks are significant economic generators in the community; and
- Parks, open space and natural areas are essential to ecological survival.

To justify and rationalize ongoing (and perhaps increased) investment in recreation and related services, it is critically important to ensure available resources are focused on achieving maximum and diverse public benefits. Improving the understanding of factors that both motivate and limit or prevent participation for some individuals will be important to achieving this objective. While some data does exist (as presented in Section 2), it is incomplete and does not fully explore the multitude of factors that can positively or negatively impact participation. Additionally, as recreation services are primarily delivered at the local level by local governments there is a need to better understand these factors as they related to local government service delivery in order to better leverage motivators and address barriers.

A key premise for this project is that the recreation sector has missed a significant opportunity to make use of available data that exists through the numerous local recreation and related studies and planning exercises that municipalities, regions, and other forms of local government routinely undertake to inform service delivery and specific projects. During the proposal development phase of this research project, an environmental scan of available engagement data from previous local government studies and planning projects. This initial exploration affirmed that questions on motivators and barriers to participation are regularly asked during public engagement, further validating the opportunity to aggregate this data.

## 1.2. Research Questions and Desired Project Outcomes

This research project collated and analyzed data with the objective of answering the following three key questions:

1. What are the significant barriers to recreation participation in Canada?
2. What key factors motivate recreation participation among Canadians?
3. How can the recreation sector better leverage motivating factors and develop strategies to mitigate barriers?

Through the process of research and seeking insight into the above three key research questions, the project also provided an opportunity to explore a number of related secondary questions and topics, including:

- Are motivating factors and barriers to participation consistent across Canada?
  - Do community characteristics (size of community, urban vs rural, etc.) have an impact on barriers to participation?
  - If there are regional or community typology differences, what factors contribute to them?
- Are actions being undertaken by public sector providers of recreation (municipalities, regional governments, not for profit organizations, etc.) inadvertently / unknowingly dissuading participation or contributing to the existence of more barriers?
- What (if anything) does the data on motivating factors and barriers suggest about the strategies currently being employed by the recreation sector?

The desired outcome of this project is to provide the recreation sector with a resource and point of reference that can influence future decisions and optimize the service delivery system. Like most of Canadian society, the recreation sector is awakening to a growing recognition of historical colonial bias and the importance of inclusivity and equitable practices. Truth and Reconciliation Commission of Canada's Final Report (2015) recognize these inequities while also identifying through the Calls to Action that sport, recreation, and culture can contribute to decolonization and reconciliation. With the support of the Canadian Parks and Recreation Association as the project client, there is also an opportunity for this document to help further contribute to these important conversations.

This report document is structured to review available literature and data gaps, followed by an overview of the research methodology, findings, and recommendations for the recreation sector. It is important to reiterate that this research project is not intended to draw hard conclusions on motivators or barriers to participation but rather provide a resource that the sector can use to gauge current efforts and key questions such as:

- Are we aware of the range of factors that motivate and limit participation?
- Are we directing resources where they are most effective?
- How can we work with other jurisdictions and cross-sectorally to continue evaluating motivators and barriers to recreation participation?

Based on these questions, this research project is additionally structured to provide a basis for further discussion on these topics and questions, and provides a research and analysis methodology that can be replicated in the future to re-assess if things have changed in 3, 5, 10, 15 years, etc.

## 2. Literature Review

### 2.1 Overview: Literature Review Focus Areas

The literature review contained in this section has been organized into four topic areas. The following table provides an overview of each, why they are important, and the number of sources found.

**Table 1: Literature Review Data Sources by Topic**

Literature Review Topic	Why is this topic important?	Number of Sources
The value and benefits of recreation	The motivators and barriers to recreation participation require the context of understanding why these services are important in the first place. Furthermore, understanding value and benefits helps build a rationale for continued investment in barriers mitigation.	8
Motivators of participation	Reviewing existing research on why individuals participate in recreation provides a point of reference for the data generated through this project, enabling a comparison of similarities and differences.	11
Barriers to participation	Reviewing existing research on barriers to recreation participation provides a point of reference for the data generated through this project, enabling a comparison of similarities and differences.	11
Key policies and frameworks reviewed	Reviewing existing national policies and frameworks is important to help understand what leadership and initiatives are currently being undertaken by the sector and various levels of government to encourage participation and address barriers.	5

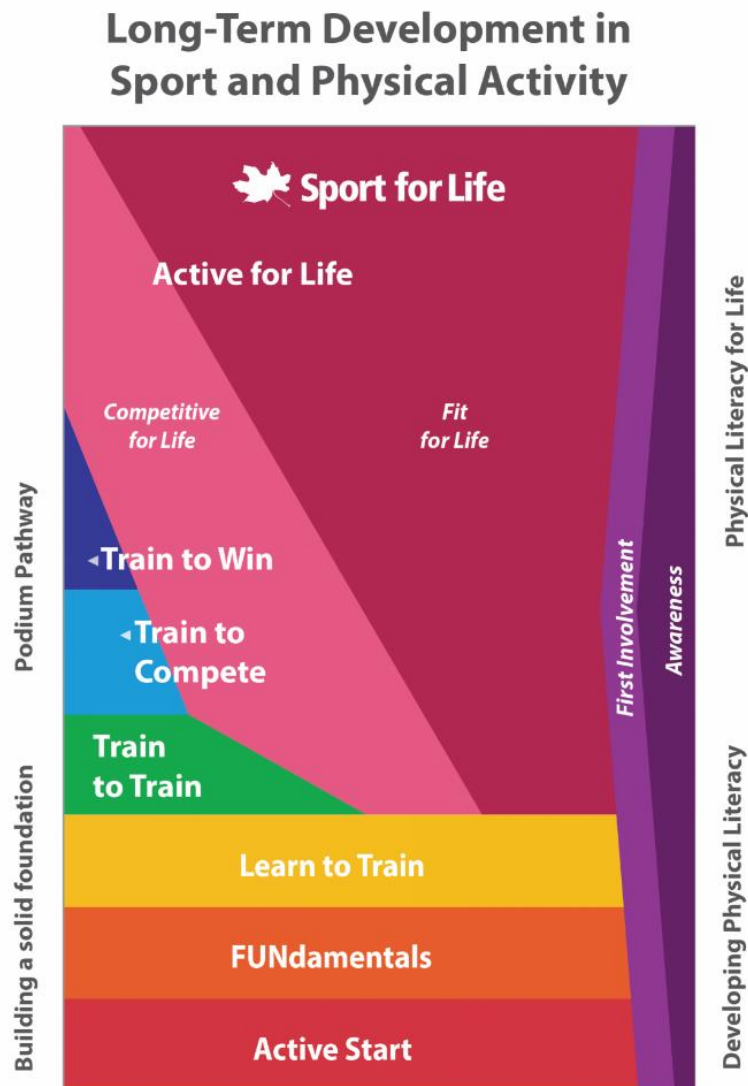
The overall intent of the literature review is to provide context on the importance of public sector investment in recreation, identify current insights into motivators and barriers that can be cross-referenced with the data analysis that forms the basis of this project, and to highlight key information gaps.

## 2.1. The Value and Benefits of Recreation

The value and benefits of recreation are both perceptible (qualitative), quantifiable and positively impact all residents regardless of whether they are a direct participant or indirectly benefit due to living in safer, more connected, and economically vibrant communities. As previously noted in Section 1, the vast majority of Canadians strongly recognize these benefits (Harper, 2009, as cited in *A Framework for Recreation in Canada 2015: Pathways to Wellbeing*) and the sector has undertaken a number of efforts to message broadly why recreation services are important services and worthy of continued (or increased) investment.

The connection between the recreation and health sectors is clear and highly supported by data that reflects the linear relationship between activity and health outcomes. A significant amount of the available research points to the importance and benefits of introducing physical activity at a young age. One study conducted by Sierra-Diaz, González-Víllora, Pastor-Vicedo, & López-Sánchez (2019) found that introducing physical activity and recreation early in life leads to better lifestyle habits and outcomes as individuals age. In Canada, the eight stage Long Term Development (LTD) model created by Sport for Life is based on research conducted by Canadian academics in collaboration with the sport and recreation sector. The LTD model reflects the need to develop age-appropriate physical literacy skills at a young age that can (as demonstrated by research supported the model) increase the probability of lifelong participation through the various stages of sport participation (Higgs, Balyi, Way, Cardinal, Norris, & Bluechardt, 2008). The following figure (Figure 1) provides an overview of the LTD model. Currently, all National Sport Organizations (NSO's) in Canada that receive federal funding are required to have a long-term development model specific to their sport.

Figure 1: Long Term Athlete Development Model



Canadian Sport for Life, Long Term Development Model

As Canadian society gradually ages, the benefits of providing accessible and age-appropriate recreation to older adults will become even more important. Research shows that older adults who maintain a more active lifestyle as they age accrue significant health benefits, including higher levels of sustained physical ability, social connections, and cognitive skills. Notably, these health benefits can be accrued from a wide range of structured activities such as formalized programming and unstructured

physical activities undertaken casually such as drop-in activity and socialization (Buchman, Shah, Yu, Boyle, & Bennett, 20212).

The mental health and community development benefits and societal of recreation participation are also significant. Data from Statistics Canada (2005) found that relaxation and fun were identified by youth and young adults as the top perceived benefits achieved through sport and physical activity participation. The same dataset found that among those active in sport, over two-thirds indicated that their sense of belonging to their respective communities was either strong or very strong (Statistics Canada, 2005).

Over the last number of years, there have also been increasing efforts to better understand the financial and economic benefits of providing recreation services. Doing so is important to contextualize and provide rationale for why it is critical to maximize societal participation and mitigate barriers. The research and analysis into the financial and economic benefits of recreation services has generally occurred through two differing lines of inquiry:

- a) Preventative cost savings through improved health outcomes and mitigating deviant behaviour;
- and
- b) The economic value of attracting non-local spending and increasing property value impacts.

While efforts are being undertaken by both the recreation and health sectors to improve data tracking and availability, it is important to note that quantifying the downstream societal impacts of investing in recreation is limited by a couple factors:

- a) Recreation services are most often provided by local governments while many economic benefits such as reduced crime rates, justice costs and public health services are achieved by the senior

levels of government that provide or fund these services. As such, there is a challenge with measuring the input – output relationship;

b) The benefits of recreation are accrued over a long period of time and not accurately measurable over a short duration; and

c) The practical challenge of measuring what didn't occur as a result of investment in recreation (e.g. unreported vandalism that didn't happen because youth were involved in programming, mental health related incidents that were mitigated as a result of recreation opportunities being available, etc.).

The return on investment opportunities associated with recreation is however becoming increasingly recognized at a global level and supported through a wide range of initiatives by major players in global development. One example is a youth crime initiative launched in the 2016 by the United Nations Office on Drugs and Crime (UNODC) that aims to “promote sports and sport-based learning as a tool to prevent crime and effectively build the resilience of at-risk youth” (Youth Crime Prevention Through Sport, 2020). The program goals and objectives additionally recognize that engaging youth in sport and physical activity can have a positive downstream impact on communities and nations with limited resources to support individuals with poor health, involved in deviant behaviour (e.g. in the criminal justice system), and facing addiction or other issues. Similarly, the cost of not investing in recreation is also becoming well recognized with the World Health Organization (WHO) estimating that the cost of physical inactivity is \$27 billion annually in direct health care costs (WHO, 2022).

Looking more closely at the Canadian context, a 2012 study estimated that the cost of inactivity to the Canadian health care system was approximately \$6.8 billion dollars (Jansen, 2012). Given that sedentary behaviours and lifestyles remain a significant concern in Canada and the stress on the Canadian health care system as a result of the COVID-19 pandemic and aging population, it is probable that these costs have at best remained similar and likely become more significant. One measure of

activity levels, the annual ParticipACTION Report Card on Physical Activity (2022), found that only approximately half of Canadian adults were achieving recommended step counts on average per day. The Report Card also found that well over three-quarters of Canadian children and youth were spending more screen time than recommended daily levels. The Report Card (2022) additionally flagged the potential impacts of the COVID-19 pandemic on screen time and activity levels. Citing the World Health Organization, the Report Card noted that as of March 2020 there was a sudden and drastic shift in the way children and youth could access physical activity opportunities. Discouragingly, a study conducted in the early days of the pandemic found that racialized youth experienced the greatest loss of physical activity opportunities compared to those of white/European descent (Maximum City, Mitra R., 2020). The loss of school base physical education curriculum, community based sport and recreation programs, and drop-in time at local recreation centres as a result of public health orders is a plausible explanation.

Recreation also contributes to the economic context of a community and these benefits are often used to justify investment in new infrastructure and the ongoing provision of recreation services. Canadians spend over \$40 billion dollars annually on outdoor recreation (Lloyd, 2020) and the sport tourism industry in Canada is valued at approximately \$7.4 billion (Sport Tourism Canada). Economic benefits through sport and recreation tourism can be relatively direct to a community (e.g. non-local spending at hotels, restaurants, job creation etc.) as well as indirect (e.g. increased community pride / connectedness leads to better long-term retention of residents). The impacts of residents not being motivated and/or financially able to attend, participate in, or otherwise benefit from local events in their community requires further understanding.

Investment in recreation infrastructure and associated public realm spaces like parks and trails has also proven to have a net positive impact on property values (Crompton, 2017) and the ability of a community to attract and retain residents (Garvin, 2016). However, minimal research could be found on

the inverse, negative economic impacts of underinvestment (e.g. impacts of communities being unable to retain skills, hold property values, etc.). However, there is an emerging stream of research into food deserts in both urban and rural settings – areas that are devoid of healthy food choices. Opportunities may exist to leverage this research and better explore the connections with parks, trails, and other recreation spaces and amenities.

## 2.2. Motivators of Recreation Participation

Relative to many other aspects of recreation research, more research exists at the provincial and national levels across Canada that provides insights into factors that motivate recreation participation amongst individuals and households. The Alberta Recreation Survey (2022), a statistically representative survey fielded every 3-5 years by the Government of Alberta, found the top five reasons that motivate Albertans to participate in recreation were:

- For pleasure / fun (70% identified as a primary motivator)
- To relax (53% identified as primary motivator)
- For physical health and exercise (50% identified as primary motivator)
- To improve skills and knowledge (44% identified as a primary motivator)
- To enjoy nature (40% identified as a primary motivator)

Figure 2 below identifies additional sub-segment findings from the Alberta Recreation Survey (2022) which reflect some other notable characteristics. Physical health and exercise is less of a motivator for individuals ages 18 – 34 compared to the aggregate, while improved mental health is a more prevalent motivator for this age cohort.

**Figure 2: Findings on Motivators of Recreation (Alberta Recreation Survey, 2022)**

	Aggregate	Male	Female	18 to 34	35 to 54	55+
For pleasure/fun	70%	73%	67%	74%	70%	67%
To relax	53%	52%	54%	56%	54%	51%
For physical health or exercise	50%	49%	51%	38%	51%	54%
To improve my mental health	44%	39%	50%	49%	47%	40%
To enjoy nature	40%	40%	41%	29%	42%	43%
To be with my family	25%	26%	24%	27%	27%	21%
For a challenge	23%	28%	18%	24%	19%	25%
To be with my friends	22%	24%	19%	19%	21%	23%
To do something different from work	21%	23%	19%	30%	25%	12%
To improve my skills or knowledge	19%	19%	19%	27%	16%	19%
To be alone	11%	10%	10%	12%	12%	8%
To satisfy my curiosity	9%	9%	10%	12%	9%	8%
To be creative	9%	7%	11%	10%	7%	11%
To meet new people	8%	9%	7%	9%	6%	10%
To facilitate learning opportunities	7%	6%	7%	10%	5%	8%
None	18%	17%	19%	15%	18%	20%
<i>n=</i>	2,617	1,116	1,416	226	885	1,506

The wide range of motivating factors for recreation participation were similarly reflected in a survey of Ontarians fielded by Parks and Recreation Ontario (2009). The top five reasons why respondents indicated they begin new activities were:

- To get or stay fit (19% of total respondents)
- (To do) something as a family (18% of total respondents)
- For personal health (18% of total respondents)
- Friends drew me in (15%)
- Just wanted to (10%)

Data available from Statistics Canada (2016) furthermore aligns with the previously noted Alberta and Ontario datasets, finding the following five top reasons for participation in sport.

- Fun, recreation and relaxation (71%)
- Physical health and exercise (69%)

- Sense of achievement and skill development (51%)
- Family activity (45%)
- (To meet) new friends and acquaintances (35%)

All three of these data sets support that a wide range of inter-personal, health and wellness, and social factors motivate participation. The Statistics Canada data (2016) also indicates that the majority of participants look to achieve these benefits through recreational sport participation and not competitive sport participation.

In recent years a stream of research has sought to further explore how perceptions of accessibility, proximity and quality impact and motivate participation. Norwegian data compiled by Fongar, Aamodt, Randrup, & Solfeld (2019) suggests that perceived quality of local green space impacts the quantity of visitations as well as which specific spaces residents choose to use. Fongar et al. (2019) additionally found that Norwegians tend to use green spaces they perceive as being of high quality for regular, intrinsically motivated activities. The linkage between perceptions of quality recreation space and participation levels are furthermore critical across socio-economic populations. A study of predominantly low income, Hispanic communities in the United States identified that levels of usage were higher in renovated versus non-renovated park spaces (Dolash, He, Yin, and Sosa, 2015). In alignment with key aspects of Asset Based Community Development (ABCD), Dolash et al. (2015) also suggests that building upon and improving existing assets can increase participation and perceptions of accessible and safe space in low income, highly urbanized communities. The concept of ABCD as it relates to recreation services is intriguing and somewhat counterintuitive to how recreation is often delivered in a Canadian context. "Need" is often focused on, resulting in initiatives (e.g. new facilities) to address perceived deficiencies rather than leveraging current assets (e.g. community capacity to make

use of existing infrastructure). The impact of this typical service delivery mindset as it relates to motivators and barriers is unclear, but likely requires further exploration.

The social motivators of recreation are also becoming better understood, especially as it relates to age and socio-demographics. A 2019 study of middle aged and older adults reiterated that social influences were key drivers of participation, but found some differences with regards to the desired outcomes of participation (Spiteri, Broom, Bekhet, de Caro, Laventure, and Grafton, 2019). In middle aged adults, goal setting and the belief in the direct benefits of the activity were key motivators, while in older adults recreation was more commonly viewed as important to managing life changes and reinforcing wellness. Available research also clearly connect the development of physical literacy skills and behaviours in youth to adult activity levels and behaviours. As such, concerns over inactivity among children and youth and the associated potential long-term societal impacts of this trend has resulted in efforts to better understand how to motivate active living and recreation participation within this critical age cohort. Provided as follows is a sampling of notable research findings on this key topic:

- There is a correlation between physical activity exposure (e.g. high school curriculum) and physical activity motivation levels in adolescents (Granero-Gallegos, Baena-Extremera, Pérez-Quero, Ortiz-Camacho, & Bracho-Amador, 2012).
- Female adolescents are more likely to continue taking physical education in school beyond the mandatory grades if the curriculum is based around elements of cooperation, variety, fair and private assessment, facilitates confidence, and is perceived as safe (Gruno & Gibbons, 2013).
- As previously noted in this document, Sport for Life's Long Term Development Model (2008) is also based on significant research that reflects the critical importance of physical literacy to lifelong participation. Supporting research that underpins the model reflects that children and

youth that develop basic skills are significantly more likely to try new activities and remain active throughout their lifespan (Balyi, Hamilton, & Robertson, 2005).

### 2.3. Barriers to Recreation Participation

Like most aspects of society there are numerous barriers that impact Canadians participation in recreational pursuits. These barriers are not equally dispersed across society, impacting some populations more than others and include those that are environmental, geographical, perceptual / inter-personal, physical, social, and financial. To help frame the research undertaken as part of this project and provide a basis for comparison, the following literature review looks at current data and research into barriers and factors that limit participation.

A literature review by Spiteri, Broom, Bekhet, Xerri de Caro, Laventure, and Grafton (2019) compiled barriers data for older adults from other academic studies. Key findings included:

- “Beliefs about capabilities” to participate are not prevalent barriers for older adults ages 50 – 64 but become a significant barrier for older adults ages 65 – 70. This research suggests that as individuals age there is a self recognition or perception about diminishing physical abilities.
- The “environmental context and available resources” and “social influences” are consistently the most prevalent barrier for both older adult cohorts (ages 50 – 64 and 65 – 70). Having a social network that is active and engaged in recreation is a critical factor to participation, while conversely social isolation becomes more of a risk. This finding reflects the importance of providing accessible and appealing recreation opportunities with a social connection element to these age cohorts.

The way we have build communities and infrastructure has both positive and negative consequences on recreation access. In recent years, there has been an expanding focus on urban forest and parkland distribution, inequities, impacts of development and the linkages between these factors and barriers to

recreation. A recent report on the state of urban forests in Canada found that the national urban forest canopy is increasingly becoming smaller, patchy and less diverse, therefore resulting in reduced space for passive recreation participation (Nature Canada, 2022). In Vancouver, urban development has consumed approximately 87% of the original forest canopy (Nitoslawski et al. as cited by Nature Canada). The Nature Canada Report (2022) also included significant spatial analysis of many of Canada's largest urban centres which further established a clear correlation between neighbourhoods with higher income levels and a higher presence of tree canopy, while conversely lower income neighbourhoods tend to have significantly lower levels of tree canopy coverage. Many of Canada's large urban municipalities are aware of these inequities, the corresponding impacts on recreation opportunity access and equity, and have identified initiatives in planning to try and address these deficiencies. As an example, VanPlay (2020), the Vancouver Board of Parks and Recreation's overarching strategic planning document, has identified Equity Initiative Zones – specific areas within the city that are a focus area for investment due to having lower levels of tree canopy coverage and overall park supply as well as higher proportions of residents accessing leisure subsidy passes. Of note, the Nature Canada Report (2022) also identified the challenge posed by rapidly increasing property values (and competing planning priorities) on trying to implement efforts to address the loss of urban forests and park space, especially in core neighbourhoods.

Affordability challenges are often seen as the most direct barrier to participation, especially as it pertains to structured sport and recreation programming. One statistically representative national survey fielded in 2014 found that approximately one-third of Canadian children do not participate in sport because of cost (CIBC – KidSport Report, 2014). A 2016 study of sport participation in Canada also found that sport participation is evolving and identified a number of key barriers indicators related to income and gender which have been reaffirmed by more recent research into this topic (Jessome,

Huesken, White, Ghoso, & Ambard, 2019). Key findings from the Jessome et. al report (2019) are noted below:

- Female sport participation is increasing while male participation is decreasing.
- Participation in sport is nearly double among households making \$125,000 or more a year compared to households earning \$25,000 - \$49,000 annually.
- Parental participation in sport is a key indicator for youth sport participation.

Recognizing that affordability barriers extend beyond the direct cost of the program or equipment is also important. As explored in a study by Somerset & Hoare (2018), transportation costs and parents work schedule (including the ability to take unpaid time off work) are important related factors that impact youth sport participation.

In the context of understanding barriers to participation, it is important to acknowledge that barriers limit which opportunities public sector providers can offer. These barriers include available financial means (budget constraints) and human resources (staff and volunteers). Also often overlooked as a service delivery barrier is the impact of aging infrastructure. The Canadian Infrastructure Report Card (2019) reported on a comprehensive review that was undertaken of core public infrastructure across the country. The Report identifies that culture recreation facilities in Canada are in the worst condition among all infrastructure categories with one in three facilities requiring capital investment over the next decade. In total, over 30% of culture and recreation facilities are in fair, poor or very poor condition. Given competing local, regional, provincial, and national infrastructure needs, it is reasonable to assume that it will be challenging for many communities to even sustain existing recreation services and opportunities at current levels.

While not yet fully understood, the impacts of the COVID-19 pandemic should also be recognized as having presented barriers to participation along with other shifts in how and where participation occurs.

Research on this topic remains incomplete and it will likely require multiple years of post-pandemic participation data to truly understand the impacts. Identified below are a handful of initial findings from various studies.

- During the initial months of the pandemic, Canadians spent significantly less time being physically active and more time being sedentary than normal (Woodruff, Coyne, & St-Pierre, 2021).
- Numerous studies, Canadian and international, have identified a higher prevalence of children and youth screen time during the pandemic. One Dutch study explored the relationship between decreased physical activity to increased screen time, while also raising concerns over long-term impacts on obesity (Ten Velde, Lubrecht, Arayess, van Loo, Hesselink, Reijnders, & Vreugdenhil, 2021).
- The Jumpstart State of Sport Report (2022) cited findings from a pair of statistically representative surveys fielded for the report by Ipsos. Among the key findings, 54% of parents indicated that their child's participation had been extremely or very much impacted by the pandemic with 45% indicating that their child was no longer playing sport. The top three impacts on children noted by parents were feelings of isolation (46%), being less fit (43%), and feelings of loss / resentment (40%). A significant proportion of community sport organizations surveyed (91%) also expressed concern about the ability / capacity of their organization to provide the same level of programming service to their respective communities.

While the COVID-19 pandemic undoubtedly impacted access to, and participation in, recreation and related activities and may have varying degrees of long-term impacts, it is also important to note that some types of recreational pursuits experienced an increase in use / participation. Many municipal, regional, provincial, and national park systems experienced record levels of visitation from 2020 – 2022.

For example, Metro Vancouver Regional Parks saw visitation numbers increase by 37% between 2019 and 2021 with even more significant surges during peak times and seasons (Metro Vancouver Regional Park website, n.d.). Alberta Parks recorded an increase in visitation of over 40% in the system of Kananaskis Country Provincial Parks during the pandemic (Alberta Parks website, n.d.). These increases in visitation suggest that many individuals recognized the need for recreation and physical activity to achieve wellness, and, in some instances likely compensated for the loss of traditional 'urban' recreation experiences by seeking outdoor ones.

#### 2.4. Key Policies & Frameworks

Over the past decade the recreation sector in Canada has advanced policy development in order to create a more common understanding of goals, desired outcomes, and overall alignment in service delivery. Policy development in Canada has also sought to create connection between recreation, sport, and culture, recognizing that for many these activities all contribute to quality of life and are ambiguous. As it relates to this project's research objectives, many existing policies and related documents (frameworks, plans, etc.) reflect the critical importance of ensuring equitable access and reducing barriers to participation. Additionally, given the financial and time investment that the recreation sector has made in policy development it will be critical for future initiatives and recommendations to align with these standing documents.

The most significant policy document to the public recreation sector in Canada is the Framework for Recreation in Canada 2015: Pathways to Wellbeing (2015). This project will provide a resource and data that can help inform priorities and associated actions under the Inclusion & Access, Supportive Environments, and Recreation Capacity goals. Notably, the Framework is also currently being updated which is timely and presents an opportunity to further use the information generated through this project.

**Figure 3: Framework for Recreation in Canada 2015: Pathways to Wellbeing Summary (2015)**



Table 2 identifies other important and relevant national level policies and frameworks that guide public sector provision of recreation and related activity types. These documents are important to reference as they to varying degrees help focus investment and priorities for local governments and not for profit providers of recreation programming and infrastructure.

**Table 2: Overview of Relevant Policies and Frameworks**

Policy / Framework	Relevance
Canadian Parks and Recreation Association's Strategic Outlook 2021-2024 (2021)	The Canadian Parks and Recreation Association's (CPRA) standing and overarching strategic plan identifies a number of Strategic Actions that related to recreation access, including:

	<ul style="list-style-type: none"> <li>- Lead and seek government support for the reimagining of the sector in a post-pandemic society.</li> <li>- Intentionally respond and lead initiatives to end racism and hate and promote equity, diversity and inclusion in our professional sphere and the communities we serve.</li> <li>- Intentionally respond and lead initiatives to support decolonization and reconciliation.</li> </ul>
Parks for All: An Action Plan for Canada's Parks Community (2017)	Includes a Vision and Strategic Directions for the public park sector in Canada. The document reflects the importance of ensuring that all Canadians have access to quality and appealing park spaces.
Canadian Sport Policy (2012)	The Canadian Sport Policy is currently under renewal. The Policy identifies sport priorities (key focus areas for investment) and provides guidance to Federal, Provincial and Territorial governments in advancing sport. Sport equity and access is reflected throughout this policy document.
A Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving (2018)	Developed by the Public Health Agency of Canada, the Common Vision looks to bind a number of previous policies, studies and frameworks to support a more cohesive system aimed at making Canadian healthier. The Common Vision document identifies areas of convergence and opportunities for alignment between various national level documents.

## 2.5. Summary of Key Findings from the Literature Review

The literature review helps provide valuable insights into existing data and research on recreation benefits, participation motivators, and barriers, establishing a point of cross-reference for the research being undertaken as part of this project. Another valuable aspect of the literature review was the ability to identify data and research gaps that this project can further explore. **Summarized as follows are key themes and potential research gaps from the literature review contained in this section.**

- Recreation participation is associated with better health outcomes, especially if participation occurs early in life and is sustained later into life.

- A wide array of inter-personal wellness, social, and community benefits motivate Canadians to participate in recreation and related pursuits and a significant proportion of activity occurs in spontaneous and unstructured forms (not as part of highly organized programs).
- Available data reflects concerning trends over children and youth activity levels and screen times, but very little data exists to provide deeper insights into the factors contributing to this situation.
- Female sport participation is increasing while male sport participation is decreasing. Minimal research exists to provide deeper insights into this trend.
- Data clearly supports that age, income, and status in Canada impact not only impact participation levels but the specific types of sport and recreation that individuals and family's participation in. However, qualitative research into potential factors relating to race, class, and language as a barrier is a gap.
- A lack of data exists on urban vs rural participation levels and associated factors, limiting the ability of the literature review to explore notable differences. Understanding the relationships between participation and potential factors such as increased programming opportunities in larger centres, more natural opportunities in rural settings, and the impacts of transportation barriers in both would provide excellent insights to help frame the conversation on motivators and barriers.
- Available data suggests that the COVID-19 pandemic had an immediate, short-term impact on physical activity levels as well as sport and recreation program availability, However, the pandemic also appears to have resulted in more individuals undertaking recreation pursuits in outdoor environments. Potential longer term shifts in recreation participation emanating from the pandemic require further long-term study.

- The state of recreation infrastructure in Canada is concerning. The inability of local and regional governments to renew expensive 'legacy' infrastructure developed during the 1960's, 70', 80's and 90's could provide a significant future supply barrier.

### 3. Research Methodology

#### 3.1. Overview of Data Sources and Research Parameters

As previously identified in Section 1, the overarching purpose of this project is to better understand factors that motivate and limit recreation participation in Canada by compiling and analyzing publicly available survey data from local and regional governments. The insights provided by this project can help the recreation sector make informed decisions, allocate resources where they are needed the most, and develop initiatives aimed at increasing participation and ultimately expanding the well documented benefits of recreation. Unlike single provincial or national surveys on these topics, including those identified previously in the literature review, aggregating survey data from across Canada presents an opportunity to look more closely at factors based on community (service area) size, geographic context, and other factors.

The compilation of the survey data from local and regional government sources across Canada required finding local and regional strategic planning exercises for which a resident survey has been fielded. A number of parameters or "rules" were used to determine which survey data sources were included:

- The survey was fielded by a local or regional government or their contractor (consultant) as part of an overall, broad-based strategic planning exercise for recreation and related service areas (e.g. 10 year recreation services master plan, needs assessment, etc.). Surveys fielded as part of

facility or topic specific studies and planning were excluded as resident responses could be biased based on their viewpoint related to the specific project or topic.

- The survey had to focused on overall resident / household perspectives and not targeted to specific community cohorts. For example, surveys targeted to youth and older adults were not included.
- The survey data was publicly available directly through the service providers website (e.g. municipal or regional government website) via the final study document or a background report / appendices document (e.g. "What We Heard" Engagement Summary Report).
- Surveys fielded within the past 10 years (between 2013 and 2023) were targeted with a few exceptions to address geographic data gaps.

To be included, the survey was required to have asked question(s) specific to recreation motivations and / or barriers. Recognizing that the verbiage can differ from survey to survey, the following general types of question formats were deemed acceptable.

#### ***Typical 'Motivators' Question Formats***

- *For what reasons do you or members of your household participate in recreation (or related) activities?*
- *What factors make you or members of your household want to participate in recreation (or related) activities)?*

#### ***Typical 'Barriers' Question Formats***

- *What limits or prevents you or members of your household from participating in recreation (or related) activities?*
- *What barriers exist to participating in recreation (or related opportunities)?*

To enable well-rounded analysis and achieve the previously noted project objectives, efforts were made to gather survey data from communities with wide ranging population and geographic contexts across Canada. Table 3 provides an overview of the survey data sources. As reflected in the table, survey data that met the previously identified parameters for inclusion was more plentiful in some geographic regions than others but was generally well distributed by population size. This was important in order to explore the impact of population size on motivators and barriers to participation.

**Table 3: Overview of Project Research Data Sources**

Topic	Total Number of Survey Data Sources	Survey Data Sources by Geographic Region	Survey Data Sources by Size of Service Area
Motivators to Recreation Participation	33	BC = 9 AB/SK/MB = 20 ONT = 2 NB/NS/NFLD/PEI = 1 Territories = 1	Small (pop. under 15,000) = 13 Medium (pop. 15,000 - 50,000) = 8 Large (pop. Over 50,000) = 12
Barriers to Recreation Participation	53	BC = 11 AB/SK/MB = 25 ONT = 13 NB/NS/NFLD/PEI = 3 Territories = 1	Small (pop. under 15,000) = 17 Medium (pop. 15,000 – 50,000) = 15 Large (pop. Over 50,000) = 21

The population thresholds used to define small, medium, and large service areas were selected to generally represent different levels of overall resource input (expenditures) into recreation services, therefore enabling analysis of whether different scales of investment impacts motivators and barriers. This analysis is based on the assumption that a greater level of resource availability equates to a greater quantity and variety of facility types – a reasonable assumption. The following table reflects the different scales of investment based on population size (>50,000; 15,000 – 50,000 and <15,000) using selected jurisdictions in British Columbia for example purposes (data from the Province of British Columbia, 2021). Notably, per capita investment is generally similar.

**Table 4: Parks, Recreation, and Culture Expenditures (Province of British Columbia, 2021)**

<b>Jurisdiction (&gt;50,000)</b>	<b>Population (2021 Statistics Canada)</b>	<b>Total Annual Parks, Recreation, and Culture Expenditures</b>	<b>Per Capita Spending on Parks, Recreation, and Culture Expenditures</b>
Vancouver	662,248	\$276,869,000	\$418.07
Surrey	568,322	\$101,240,000	\$178.14
Burnaby	249,125	\$98,693,477	\$396.16
Richmond	209,937	\$69,827,013	\$332.61
Nanaimo	171,367	\$28,650,028	\$167.19
Kelowna	144,576	\$36,014,222	\$249.10
Kamloops	97,902	\$28,171,250	\$287.75
Victoria	91,867	\$32,322,256	\$351.84
<b>Average</b>	<b>274,418</b>	<b>\$83,973,406</b>	<b>\$297.61</b>
<b>Jurisdiction (15,000 – 50,000)</b>	<b>Population (2021 Statistics Canada)</b>	<b>Total Annual Parks, Recreation, and Culture Expenditures</b>	<b>Per Capita Spending on Parks, Recreation, and Culture Expenditures</b>
Vernon	44,519	\$6,521,000	\$146.48
Penticton	36,885	\$10,924,939	\$296.19
Campbell River	35,519	\$7,091,549	\$199.66
Port Moody	33,535	\$14,284,386	\$425.95
Courtenay	28,420	\$7,677,059	\$270.13
Fort St. John	21,465	\$11,557,252	\$538.42
Salmon Arm	19,432	\$3,348,824	\$172.34

Pitt Meadows	19,146	\$6,266,192	\$327.28
<b>Average</b>	<b>29,865</b>	<b>\$8,458,900</b>	<b>\$297.06</b>
<b>Jurisdiction (&lt;15,000)</b>	<b>Population (2021 Statistics Canada)</b>	<b>Total Annual Parks, Recreation, and Culture Expenditures</b>	<b>Per Capita Spending on Parks, Recreation, and Culture Expenditures</b>
Parksville	13,642	\$2,951,541	\$216.36
Nelson	11,106	\$3,164,753	\$284.96
Castlegar	8,338	\$1,380,636	\$165.58
Kimberley	8,115	\$2,976,043	\$366.73
Merritt	7,051	\$2,634,260	\$373.60
Fernie	6,320	\$2,875,302	\$454.95
Duncan	5,047	\$1,015,101	\$201.13
Grand Forks	4,112	\$1,374,915	\$334.37
<b>Average</b>	<b>7,966</b>	<b>2,296,569</b>	<b>\$299.71</b>

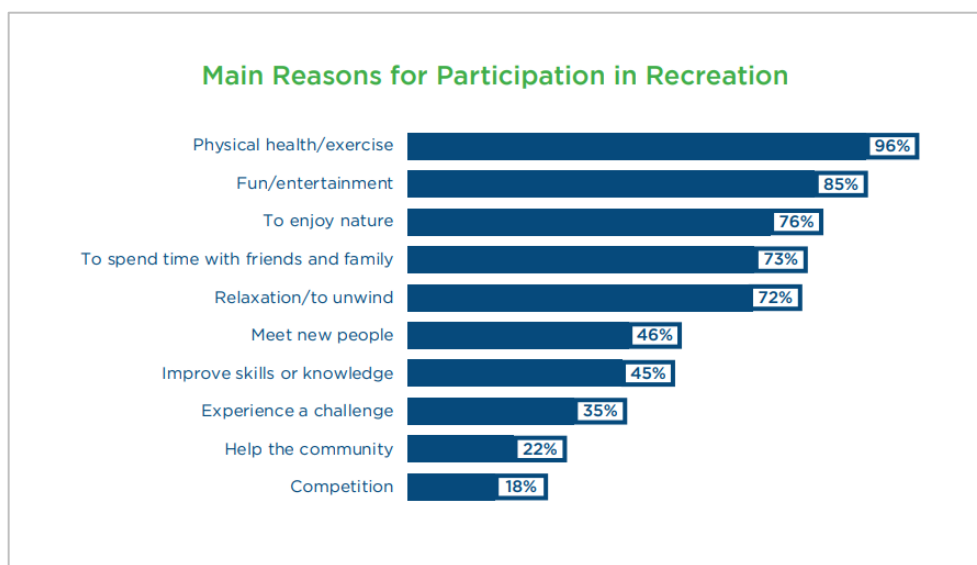
### 3.2. Analysis Methodology

The analysis of the data focused on identifying the top five motivators and top five barriers from each respective survey data source. A points system was used to further support aggregation of the data and rank order the significance of the motivators and barriers. This point system enables the analysis to accurately capture general groupings within the survey data and that residents may identify multiple motivators and barriers in the survey responses.

- 2 points = if identified as a top 3 motivator or barrier in the survey findings
- 1 point = if identified as a 4<sup>th</sup> or 5<sup>th</sup> motivator or barrier in the survey findings

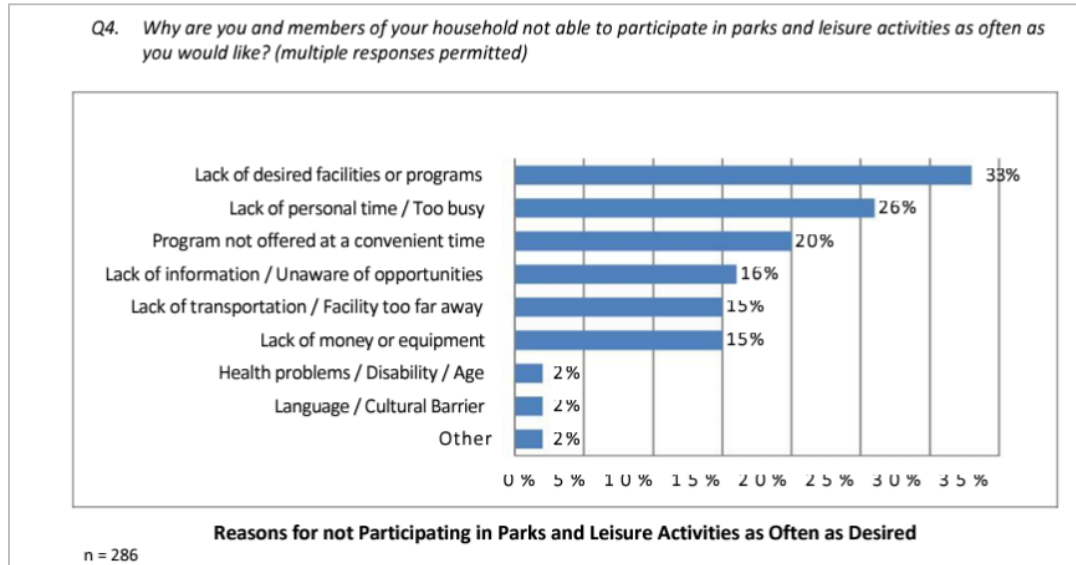
Most frequently in the surveys reviewed, respondents were provided with a pre-populated lists of potential motivators or barriers with the findings reported on accordingly. The graphs on the following page reflect typical examples of how the survey findings were reported on in the studies and reports reviewed.

**Figure 4: Example of Motivators Question Findings**



*City of Kamloops Recreation Master Plan, What We Heard Report (2018)*

**Figure 5: Example of Barriers Question Findings**



*City of Greater Sudbury Parks, Open Space & Leisure Master Plan (2014)*

In these examples, the following motivators and barriers would have been scored as follows:

- **Motivators receiving '2' points:** Physical health / exercise, fun / entertainment, to enjoy nature
- **Motivators receiving '1' point:** To spend time with friends and family, relaxation / to unwind
- **Barriers receiving '2' points:** Lack of desired facilities or programs, lack of personal time / too busy, program not offered at a convenient time
- **Barriers receiving '1' point:** Lack of information / unaware of opportunities, lack of transportation / facility too far away

As the terminology and survey options provided to respondents differed across the various surveys, some general categorization or 'themes' were established to support aggregation and analysis of the findings. Table 4 identifies the categories that were created and used to group responses from the surveys using the previously noted points system.

**Table 5: Overview of Data Categories and Themes for Analysis**

<b>Motivators of Participation</b>	<b>Barriers to Participation</b>
<b>Categories (Response Theme)</b>	<b>Categories (Response Theme)</b>
Enjoying Nature / Outdoors	Affordability
Relaxation / To Unwind / Mental Health Benefits	Awareness of Opportunities (Not Sure About What is Available)
Fun / Entertainment	Childcare Challenges
Physical Health and Wellbeing	Facility Operating or Programming Hours Not Suitable
Improving Skills / Gaining Knowledge / Enjoying a Challenge	Facility or Programming Type Not Available
Sense of Community / Belonging / Meet New People	Facility Quality is Inadequate
Social Reasons (being with friends and family, etc.)	Lack of Motivation or Interest in What is Available
	Age / Perceptions of Poor Health
	No Time to Participate
	Overcrowded Facilities / Program Capacity Challenges
	Transportation / Facility Location

As survey data on barriers was collected and included, an additional layer of research was also conducted on whether the respective service provider offers a recreation subsidy program that supports access for residents facing financial barriers to participation.

### 3.3. Research and Data Limitations

While the project research was successful at collecting a significant amount of valuable survey data, a few limitations are important to note. One acknowledged limitation is that this project relies on third party survey data collected through a variety of methodologies with different sample sizes. However, potential methodology weaknesses with one or two potential sources is offset by the overall volume of survey data collected. Survey data on motivators and barriers is also less prevalent in some regions across Canada. This potential issue is partially mitigated by using population thresholds for analysis purposes instead of focusing the analysis on geographic factors, recognizing that it would be ideal in the

future for a better dispersion of data across Canada in order to better understand regional differences and similarities. An additional challenge for this project related to terminology used to describe types of potential motivators and barriers. The categories identified previously in Table 5 were crafted to enable different terminologies and descriptions to be accurately attributed and reflective of the specific survey context.

## 4. Findings and Analysis

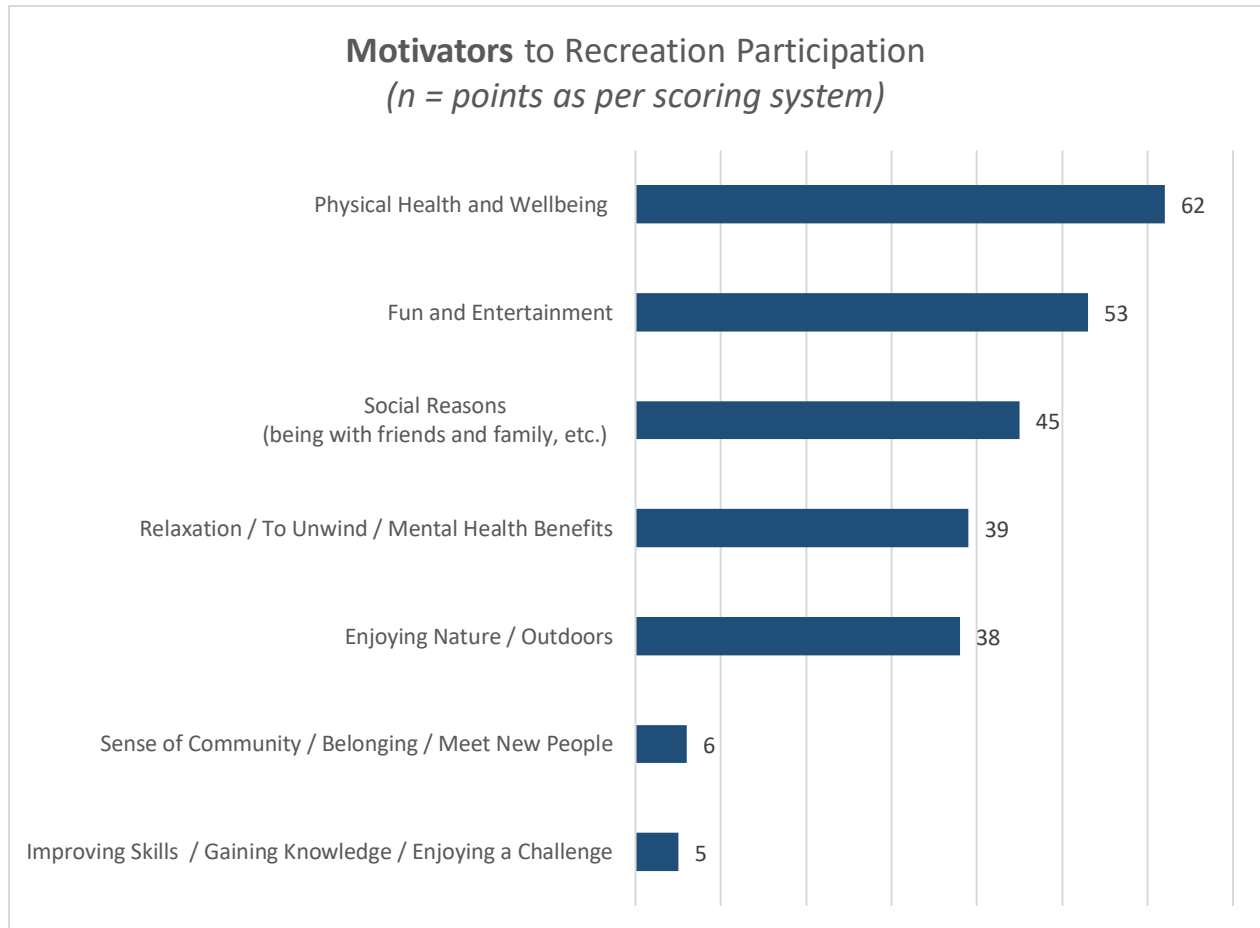
Presented as follows in this section are findings from the survey data that was collected and analyzed. *The raw survey data tables can be found in Appendix A (Motivators) and B (Barriers).*

### 4.1. Motivators of Recreation Participation

The graph below reflects the total ranked score from the 33 service providers from which survey data was gathered on motivators of recreation participation. As reflected in the graph, a variety of personal and social reasons motivate participation. Physical health and wellbeing was identified as the most prevalent motivating factor. However, the findings also strongly reflect that a number of broader quality of life factors motivate recreation participation with “fun and entertainment”, “social reasons”, and “relaxation / to unwind / mental health benefits” scoring 2<sup>nd</sup> – 4<sup>th</sup> among the different categories. These finding suggests that while physical health and wellbeing are important, Canadians are motivated to participate in recreational activities for many reasons other reasons and see recreation as a vehicle for socialization and broader personal wellbeing. It is important to reiterate the term “recreation” is highly subjective and respondents across most of the surveys were left to self-interpret what recreation means in the context of their own lives. Provided below is the definition of recreation from the Framework for Recreation in Canada: Pathways to Wellbeing (2015). Additional information on this definition and the Framework can be found in the Glossary of Terms and literature review (Section 2).

*Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.*

**Figure 6: Project Findings – Motivators to Recreation Participation**



The following table presents additional sub-segment findings for the motivators based on service area population. As previously noted in Section 3.1., different service area population thresholds were identified in order to analyze potential differences in recreation participation based on the assumption that a larger population based equates to a greater supply in what is available. The findings presented in Table 6 suggest that motivators of participation tended to be fairly consistent across the different service areas population grouping. One notable variation was that social reasons as a motivator of participation tended to be more important in the larger service areas. Further research may be

warranted on whether this factor reflects that recreation activities helps compensate for a deficiency in social experiences in large urban centres.

**Table 6: Motivators by Service Area Population Size (ranked order of importance)**

*\*'T' indicates a tie*

	Small (pop. <15,000)	Medium (pop. 15,000 – 50,000)	Large (pop. >50,000)
Enjoying Nature / Outdoors	5	4	4
Relaxation / To Unwind / Mental Health Benefits	4	3	5
Fun and Entertainment	T1	2	3
Physical Health and Wellbeing	T1	1	1
Improving Skills / Gaining Knowledge / Enjoying a Challenge	6	T6	7
Sense of Community / Belonging / Meet New People	7	T6	6
Social Reasons (being with friends and family, etc.)	3	5	2

#### 4.2. Barriers to Recreation Participation

The graph below reflects the ranked order of the barriers to participation from the survey data.

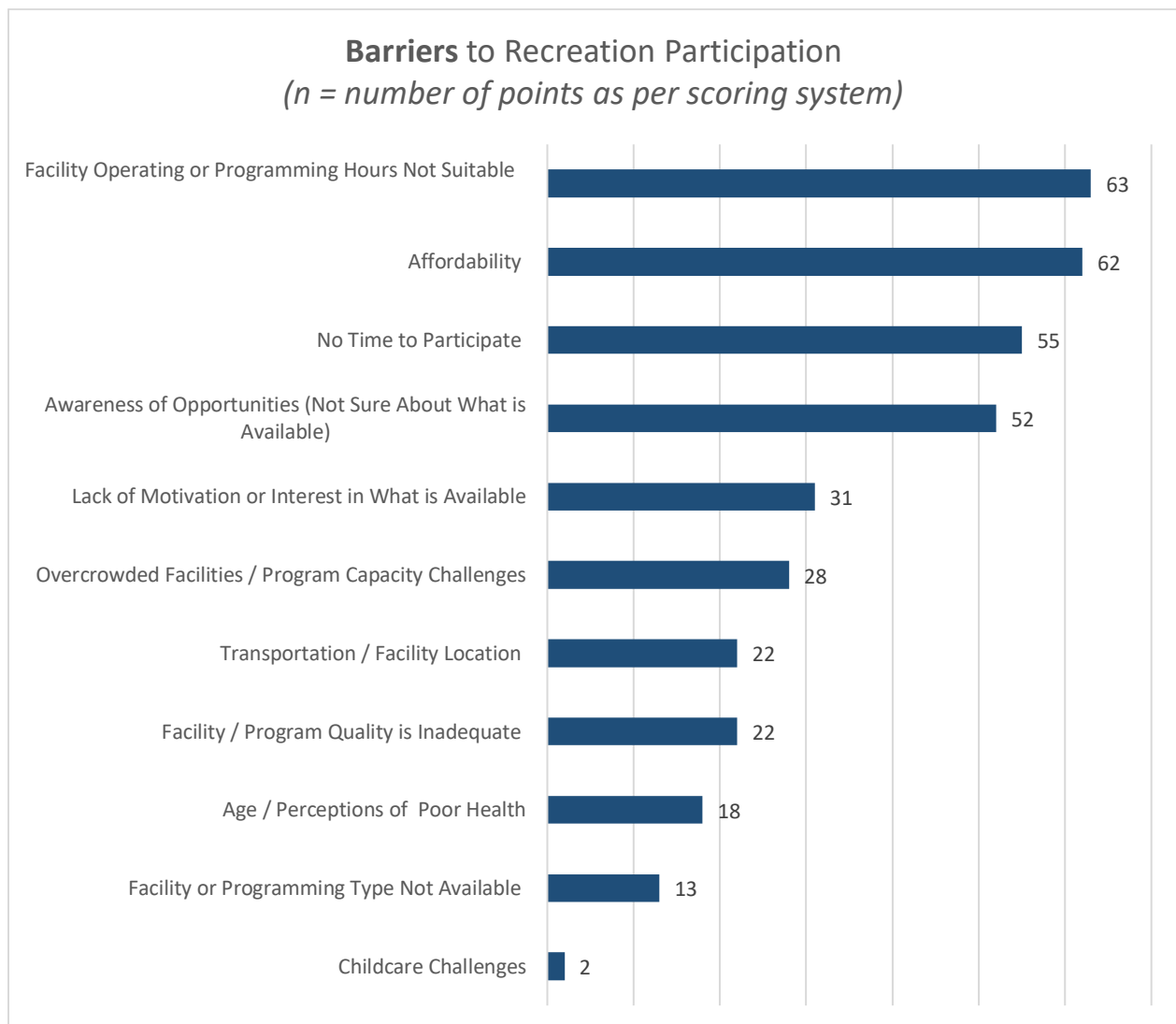
Notably, four barrier types score relative similar and appear more prevalent than the others:

- Facility operating or programming hours not suitable;
- Affordability;
- No time to participate; and
- Awareness of opportunities.

Two of these barriers relate specifically to time as barrier, suggesting that there is some misalignment between the supply of recreational opportunities and individuals' scarce free time. Encouragingly, while

childcare is a broader challenge within Canadian society for many families, it does not appear to be a primary barrier of participation.

**Figure 7: Project Findings –Barrier to Recreation Participation**



Sub-segment analysis was also conducted on the barrier findings to analyze whether service area population (and the assumption of more and an increased variety of infrastructure) impacts perceived access to service. The sub-segment findings presented in Table 7 reflect some interesting differences in perceived barriers based on the population size of the service area.

- Affordability is a more prevalent barrier in service areas with a larger population.
- Awareness of opportunities is a more prevalent barrier in the small and medium sized service areas.
- Facility overcrowding and program capacity challenges were more prevalent barriers in medium to large service areas and rarely identified as a barrier in the smaller service areas.

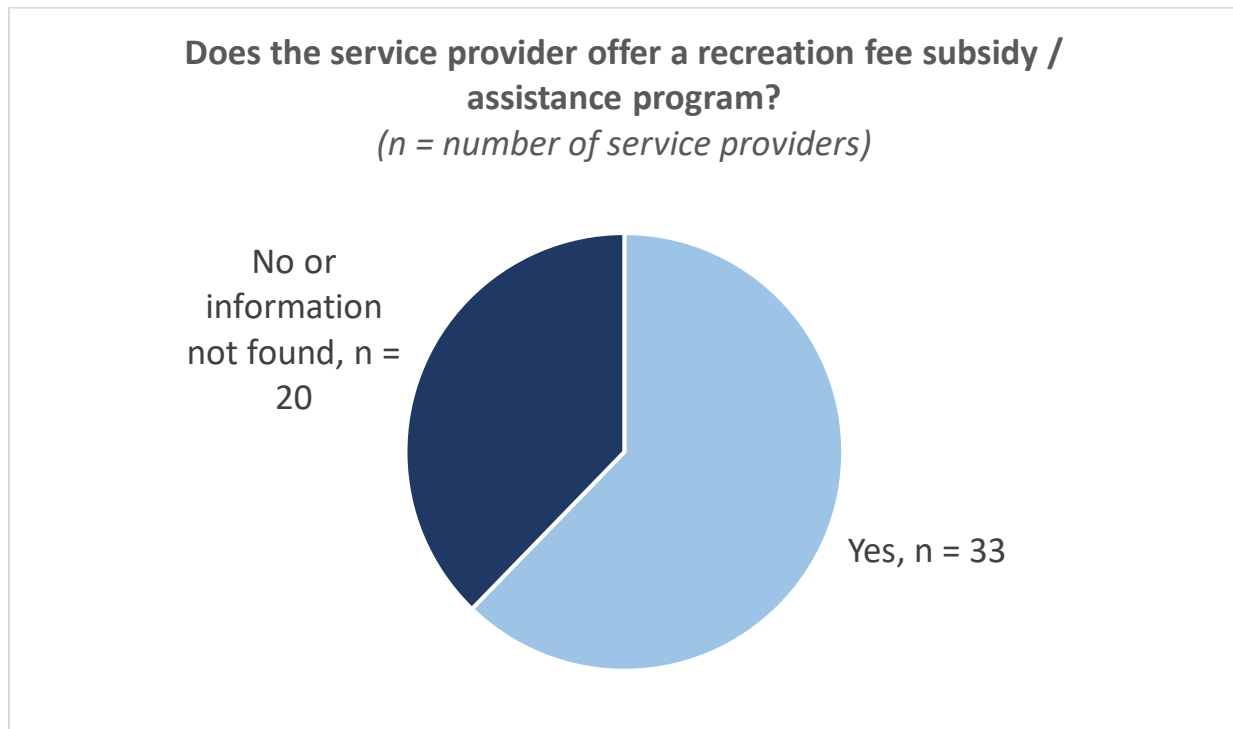
**Table 7: Barriers by Service Area Population Size (ranked order of importance)**

*\*'T' indicates a tie*

	Small (pop. <15,000)	Medium (pop. 15,000 – 50,000)	Large (pop. >50,000)
Affordability	3	3	1
Awareness of Opportunities (Not Sure About What is Available)	1	2	5
Childcare Challenges	T9	11	10
Facility Operating or Programming Hours Not Suitable	4	1	2
Facility or Programming Type Not Available	T6	8	9
Facility / Program Quality is Inadequate	T6	7	8
Lack of Motivation or Interest in What is Available	5	6	7
Age / Perceptions of Poor Health	T6	10	6
No Time to Participate	2	4	3
Overcrowded Facilities / Program Capacity Challenges	11	5	5
Transportation / Facility Location	T9	9	4

As barriers data was gathered from the surveys' sources, research was also undertaken to explore if the various service providers offer a formal recreation fee assistance or subsidy program for individuals facing financial barriers to participation. This additional research was deemed important to help further contextualize the findings, especially as affordability barriers were identified as being prevalent through both the literature review and survey data analysis. As reflected in the graph below, approximately two-thirds of the service providers directly offer a formalized fee subsidy / assistance program. It is important to note that many of the other 20 service providers may also offer support through third party organizations (e.g. KidSport, JumpStart or agreements) or informally, however information on a formal fee subsidy / subsidy program could not be found.

**Figure 8: Prevalence of Subsidy Programs**



Noted as follows are additional findings and context on the research conducted into the recreation fee subsidy / assistance programs.

- The levels and types of assistance / subsidization varies from complete (100% of all program costs or memberships) to partial (portion of costs or an annual allowance).
- Most of the feed assistance / subsidy programs are only available to individuals and families facing extreme levels of poverty based on eligibility criteria such as Statistics Canada's Low Income Cutoffs – After Tax (LICO – AT) or proof of enrollment in other government assistance.
- The existence of recreation fee assistance / subsidy programs has a relationship to the size of the service providers. 20 / 21 of the large service providers (>50,000 population) directly off a program compared to 8 of 16 medium sized providers (15,000 – 50,000 population). A recreation fee assistance / subsidy program could only be found for 5 of the 17 smaller service providers.

## 5. Summary and Recommendations

### 5.1. Context and Overview of this Section

Provided in this section are key findings highlights from the project research and analysis, recommendations for the public recreation sector, and conclusions. The information contained in this section is intended to provide a synopsis of the research and analysis as well as offer potential guidance that the public recreation sector in Canada can use to advance efforts to initiatives aimed at increasing participation and reducing barriers. It is important to reiterate that achieving these outcomes is complex and will require cooperation and resources from all levels of government and continual monitoring of trends and changes. Recreation activities, preferences and the societal factors that influence participation (and the ability to participate) are fluid and influence by opportunity availability (supply), societal preferences (demand), and resource availability of both service providers and participants (capacity). This project document should therefore not be interpreted as the answer to the question

of how to get more people active and reduce barriers to doing so, but rather one source of data and insight that can ensure conversations around these critical topics are informed and hopefully address information gaps.

## 5.2. Key Findings Highlights

Identified as follows are key findings identified through the project research as well as the literature review. These findings present a basis for the recommendations provided later in this section.

**Key Finding:** Motivators of participation are diverse with individuals looking to achieve many personal and social benefits through recreation.

Physical health and wellness benefits remain a key driver of why individuals participate in recreation, but opportunities to seek fun and entertainment as well as spend time with friends and family are also important motivators. Also ranking relatively high in the project research (fourth and fifth) were a desire to use recreation as vehicle to relax and improve mental health as well as enjoy the outdoors and nature. In general, the motivators identified through the project research align with those identified in the literature review from previous provincial and national surveys on motivators. In general, motivators were similar across the various service area population categories, suggesting that the level of recreation infrastructure supply does not generally influence reasons for participating.

**Key Finding:** Affordability remains a significant challenge for many in accessing recreation.

Affordability ranked as the second most prevalent barrier to participation through the project research and is a top three barrier in service areas of all sizes, although the top barrier in the service areas with the larger populations. These findings support those from the literature review, which identified previous research that indicates there is a clear connection between financial health and

participation. For example, Jessome et. al (2019) found that participation in sport is nearly double among households making \$125,000 or more a year compared to households earning \$25,000 - \$49,000 annually.

Many local and regional governments have put in place programs aimed at reducing or eliminating financial barriers to participation. Of the 53 service providers from which survey data was gathered on barriers, two-thirds (33) have established formal recreation fee subsidy or assistance programs. Many municipalities additionally support the efforts of not for profit organizations like KidSport and JumpStart that exist with a mandate to help provide financial support for youth activity participation. However, it is important to note that most of the financial support programs have eligibility requirements based on meeting the federal Low Income Cut-Offs (LICO) or showing proof of other social assistance. While it is undoubtedly important to support families and individuals that meet established poverty indicators in Canada, the prevalence of affordability being identified as a barrier in the survey data suggests that many so-called lower middle income families also face financial barriers that limit participation.

**Key Finding:** Time related issues are prevalent factors that limit participation in recreation.

Facility and programming hours of availability and not having enough time ranked as the first and third most prevalent barriers through the survey research and analysis. This finding suggests a couple potential issues:

- The supply of recreation opportunities may not be aligned with when individuals are available to participate; and
- Individuals deem other time commitments to be a higher priority than participating in recreation.

Based on data and previous studies identified in the literature review, Canadians place a high value on recreation which suggests that there is a recognition over why participation is important. With that said,

a lack of motivation or interest in what is available ranked relatively high (fifth) amongst the barrier categories. More research may be required to better understand the key relationships between facility and program availability, levels of interest, and competing societal obligations.

**Key Finding:** The connection between physical health and wellbeing as a motivator and age / health issues as a barrier will be important to monitor.

Previous studies, including those referenced in the literature review section, strongly support the importance of recreation participation to achieving positive health outcomes. This is true across all age groups, with a great deal of attention given to youth and older adults. The project research did not identify age and health issues as a significant barrier relative to others, with this category of barrier ranking ninth among all categories. More national data is needed on the relationship between participation levels and health outcomes across key age cohorts. This will be especially important as Canadian society gradually ages and activity preference change.

**Key Finding:** Many individuals are not aware of what is available.

Awareness of opportunities was also identified as a relatively prevalent barrier, ranking fourth out of all barriers categories. Data on the awareness of recreational opportunities and specific ways that residents would like to hear about programming and facilities was challenging to find as part of the literature review (at a provincial and national level) but is often explored through local master plan and needs assessment projects. As an example of a typical way in which this topic is explored through survey engagement, the Resident Survey fielded for the City of Maple Ridge's Parks, Recreation and Culture Master Plan (2023) found that 46% of residents feel inadequately informed about parks, recreation and culture opportunities. Additionally, this survey found that 57% of residents rely on the City website for information about opportunities. Aggregating data from these sources in the same manner as this project did with motivators and barriers might be a valuable step to further explore this key topic on a

broader national basis, providing a dataset that providers of public service recreation can use to improve communications and promotional resource allocation.

### 5.3. Recommendations

The following recommendations are offered to the public recreation sector based on the findings presented in this document. These recommendations are intended to help encourage higher and more sustained levels of recreation participation as well as mitigate prevalent barriers. The relationship between recreation and community development is important to contextualize as it pertains to these recommendations. As previously identified in the literature review and validated through the project research, recreation is a critical societal service area that contributes significantly to building strong individuals, connected and healthy communities, improves health outcomes, and reduces deviant behaviour. Continuing to improve recreation service delivery by leveraging motivators and mitigating barriers will ultimately help further achieve the broad based community benefits of recreation participation by a broad array of individuals.

**Table 8: Recommendations**

#	Recommendation	Potential Tactics
1	Identify locally appropriate initiatives and actions to address affordability barriers for individuals and families that do not meet current established poverty indicators (e.g. LICO or proof of other government assistance).	<ul style="list-style-type: none"> <li>• Increase supply of low-cost programming.</li> <li>• Increased flexibility in eligibility requirements for recreation fee and subsidy programs.</li> <li>• Focus promotions and marketing on no or low cost recreation opportunities (e.g. trails, reduced cost pool or gym times, etc.).</li> <li>• Continue to support third party organizations that exist to reduce financial barriers.</li> </ul>
2	Focus resources and service delivery on better aligning opportunity availability (supply) with demand.	<ul style="list-style-type: none"> <li>• Continue to shift facilities and amenity supply from dedicated uses to multi-use.</li> </ul>

		<ul style="list-style-type: none"> <li>• Communicate to residents the potential tax impacts of longer facility operating hours and current (or ongoing) staffing challenges.</li> <li>• Conduct ongoing resident engagement to further explore desired program and facility timing.</li> <li>• Use data and analytics more frequently and effectively to understand trends, preferences, and desired / available hours of participation.</li> </ul>
3	Consider key factors that motivate participation when undertaking major facility development (building new facilities, retrofits, renovations, etc.).	<ul style="list-style-type: none"> <li>• Maximize integration between indoor and outdoor amenities on a single site.</li> <li>• Creating attractive and appealing social spaces (e.g. café areas, gathering spaces, viewing areas, etc.).</li> <li>• Animate facilities with aesthetic features and spaces that promote fun and create a sense of place.</li> </ul>
4	Focus resources on increasing awareness and targeting population cohorts that are underrepresented in public recreation services.	<ul style="list-style-type: none"> <li>• Collect better data to understand which residents are not visiting facilities and participating in programs.</li> <li>• Similar to the motivators and barriers research conducted for this project, aggregating data from local plans and studies can help better understand how individuals prefer to hear about recreational opportunities.</li> <li>• Work cross-sectorally with local service agencies, public health, and education providers to identify these populations, identify and implement initiatives, and track outcomes.</li> <li>• Provincial and national parks and recreation sector organizations can help provide resources and show increased leadership in this area.</li> </ul>
5	Increase the use of data technologies to understand motivators and barriers on a more comprehensive and spatial level.	<ul style="list-style-type: none"> <li>• Use GIS and other tools to help local analyze spatial relationships that impact motivations and barriers (e.g. proximity between facilities and participants, importance of walkability, relationship between access to park space / trails and participation, etc.).</li> <li>• Integrate consumer analytics data into programming and facility operating hours decision making.</li> </ul>

6	Ensure that policy reflects the importance of addressing barriers to recreation participation.	<ul style="list-style-type: none"> <li>• Integrate data and research on papers (potentially including this project document) into the review of the Framework for Recreation in Canada and other key policy and framework documents.</li> <li>• Ensure that policy takes a wide-ranging viewpoint on barriers, including financial barriers, societal and historical inequities, emerging mental health challenges, issues with inadequate infrastructure, and other factors that limit or prevent participation.</li> </ul>
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#### 5.4. Conclusions

There is clear need in Canadian society to get more citizens active in recreation and related pursuits. The cost of inactivity to the Canadian health care system is well into the billions of dollars (Jansen, 2012) with available evidence noting particular concern about inactivity among children and youth cohorts (ParticipACTION Report Card on Physical Activity, 2022). Available research indicates that Canadians are aware of these issues and the critical role of public sector recreation services in fostering a physically, mentally, and socially strong society (Harper, 2009, as cited in A Framework for Recreation in Canada 2015: Pathways to Wellbeing).

Previous survey work has been undertaken to get a handle on the factors that motivate participation by Statistics Canada (2016), the Alberta Government (2017), and Parks and Recreation Ontario (2009). These efforts have validated the diverse array of factors that motivate participation which include a recognition of the personal health benefits and socially motivated factors. The research and analysis undertaken for this project generally aligns with these and other literature review, identifying the following five primary motivators of recreation participation:

- Physical health and wellbeing;
- Fun and entertainment;

- Social reasons;
- Relaxation / to unwind / mental health benefits; and
- Enjoying nature outdoors.

Notably, motivators appear fairly consistent across the different population sizes with the exception of social reasons being a more prominent motivator in the larger size centres.

The majority of existing research on barriers is focused on affordability challenges pertaining to organized sport participation. The links between income and sport participation levels are well supported (Jessome et. al, 2019), however minimal data exists to provide insights on the impacts of household income on overall physical activity and passive recreation participation levels. One emerging stream of data which does offer some insights is spatial data that captures the relationship between tree canopy coverage and income levels, reflecting that lower income neighbourhoods typically offer less tree coverage and park space (Nature Canada, 2022). Another emerging stream of barriers related data uncovered through the literature review pertains to the impacts of COVID-19 on recreation participation. While longer term impacts of the pandemic will require study over a number of years, a handful of existing sources suggest that children and youth became significantly more inactive during the pandemic affected years while adults generally adapted activity and did more outdoors.

The barriers research conducted for this project support that affordability challenges remain a significant barrier but also identify a number of other prevalent barriers. The top five barriers from the overall aggregated data are as follows:

- Facility operating or programming hours not suitable;
- Affordability;
- No time to participate;
- Awareness of opportunities; and
- Lack of motivation or interest in what is available.

A number of differences were identified between the different population sizes, with affordability generally more of a prevalent barrier to the larger population centres and awareness of opportunities a more prevalent barrier in the small to medium sized communities. Issues with facility overcrowding (the sixth most prevalent barrier) also tended to be related to population size and more prevalent in larger communities.

The previous sub-section (5.3) provided five recommendations for the public recreation sector in Canada. In summary, these recommendations are aimed at achieving the following key outcomes:

- Addressing affordability challenges for individuals and families that do not meet official poverty indicators but are nonetheless struggling with financial barriers to recreation participation.
- Better alignment of recreation opportunity supply and demand (better understanding what to provide and when to meet needs).
- Ensuring recreation infrastructure projects fully understand factors that motivate recreation participation and integrate them into planning and design.
- Addressing recreation opportunity awareness gaps, especially among populations that are not typical or frequent users of public recreation services.
- Integrating data into decision making and the identification of tactics that can leverage motivators and reduce barriers.
- Ensure that policy reflects the importance of addressing barriers to recreation participation.

More broadly, getting as many residents as active as possible should be an overarching goal for the public recreation sector in Canada. Better understanding what motivates participation and those barriers that limit or prevent participation are fundamental pillars to making the most effective use of available public resources. As previously noted throughout this project document, the intent of the data and analysis contained herein is not to provide solutions but rather to inform further conversations and initiatives. Increased data literacy and use within the public recreation sector as well as efforts to

develop cohesive and aligned policy direction will be key to getting more residents active and addressing numerous barriers that prevent Canadians from fully enjoying the benefits of recreation.

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# Appendices

## Appendix A: Data Tables for Motivators of Participation

Jurisdiction / Service Provider	Population (2021 Census)	Province	Service Area Population Small (<15,000) Medium (15,000 - 50,000) Large (>50,000)	Enjoying Nature / Outdoors	Relaxation / To Unwind / Mental Health Benefits	Fun and Entertainment	Physical Health and Wellbeing	Improving Skills / Gaining Knowledge / Enjoying a Challenge	Sense of Community / Belonging / Meet New People	Social Reasons (being with friends and family, etc.)	Other (Specify)	Source Study Title	Year	URL
Rural Municipality of Lac du Bonnet	3,563	MB	Small	1	2	2	2			1		Rural Municipality of Lac du Bonnet Recreation Needs and Facilities Assessment Reports	2021	<a href="http://www.rmoflacadubonnet.com/p/recreation-needs-and-facilities-assessment">http://www.rmoflacadubonnet.com/p/recreation-needs-and-facilities-assessment</a>
Town of Grand Bay-Westfield	4,967	NB	Small	1	2	2	2			1		Town of Grand Bay-Westfield Parks and Recreation Comprehensive Master Plan	2021	<a href="https://grandbaywestfield.ca/town-of-grand-bay-westfield-parks-and-recreation-comprehensive-master-plan/">https://grandbaywestfield.ca/town-of-grand-bay-westfield-parks-and-recreation-comprehensive-master-plan/</a>
Town of Smiths Falls	9,254	ONT	Small	1		2	2			2		Town of Smiths Falls Parks and Recreation Master Plan	2022	<a href="https://speakupsmithsfalls.com/master-plan/">https://speakupsmithsfalls.com/master-plan/</a>
Regional Partnership of the Town of Vegreville, Town of Mundare and the County of Minburn No. 27	9,392	AB	Small	1	1	2	2			2		Regional Partnership of the Town of Vegreville, Town of Mundare and the County of Minburn No. 27, Recreation and Culture Master Plan	2019	<a href="https://www.mundare.ca/public/download/files/361046">https://www.mundare.ca/public/download/files/361046</a>
Town of Morinville	10,385	AB	Small	2	1	2				2		Town of Morinville Parks, Recreation, Culture and Trails Master Plan	2019	<a href="https://www.morinville.ca/en/town-hall/plans-reports-and-studies.aspx#Parks-recreation-culture-and-trails-master-plan">https://www.morinville.ca/en/town-hall/plans-reports-and-studies.aspx#Parks-recreation-culture-and-trails-master-plan</a>
City of Selkirk	10,504	MB	Small	1	1	2	2			2		City of Selkirk Recreation Master Strategy	2015	<a href="https://www.myselkirk.ca/sports-recreation/recreation-master-plan">https://www.myselkirk.ca/sports-recreation/recreation-master-plan</a>
City of Martensville	10,549	SK	Small		1	2	2	1		2		City of Martensville Parks and Recreation Master Plan	2017	<a href="https://www.martensville.ca/pages/recreation_and_parks_master-plan">https://www.martensville.ca/pages/recreation_and_parks_master-plan</a>
City of Estevan	10,851	SK	Small	1	1	2	2			2		City of Estevan Recreation Needs Assessment	2019	<a href="https://estevan.ca/wp-content/uploads/2019/07/CoE-Rec-Needs-Assessment-Final-Report_2019-06-28.pdf">https://estevan.ca/wp-content/uploads/2019/07/CoE-Rec-Needs-Assessment-Final-Report_2019-06-28.pdf</a>
City of Warman	12,419	SK	Small	1	1	2	2			2		City of Warman Recreation, Culture and Parks Master Plan	2019	<a href="https://www.warman.ca/DocumentCenter/View/2705/Warman-Master-Plan">https://www.warman.ca/DocumentCenter/View/2705/Warman-Master-Plan</a>
Municipal District of Bonnyville	12,897	AB	Small	1	1	2	2			2		Municipal District of Bonnyville Recreation Needs Assessment	2018	<a href="https://www.md.bonnyville.ab.ca/403/Recreation-Needs-Assessment">https://www.md.bonnyville.ab.ca/403/Recreation-Needs-Assessment</a>
Regional District of Central Kootenay (Creston and Electoral Areas A, B, and C)	14,101	BC	Small	2	2	1	2			1		Regional District of Central Kootenay Creston, Areas A, B, and C Parks and Recreation Master Plan, State of Parks and Recreation Report	2020	<a href="https://www.rdck.ca/EN/main/services/rdck-recreation-master-plans.html">https://www.rdck.ca/EN/main/services/rdck-recreation-master-plans.html</a>
City of Brooks	14,924	AB	Small	1	1	2	2			2		City of Brooks Comprehensive Recreation and Parks Master Plan	2021	<a href="https://www.brooks.ca/675/Recreation-Parks-Master-Plan">https://www.brooks.ca/675/Recreation-Parks-Master-Plan</a>
City of Kenora	14,967	ONT	Small	2	2	1	2			1		City of Kenora Parks and Recreation Master Plan, What We Heard Report	2022	<a href="https://www.kenora.ca/en/your-government/parks-and-recreation-master-plan.aspx">https://www.kenora.ca/en/your-government/parks-and-recreation-master-plan.aspx</a>
District of Lake Country	15,817	BC	Medium	1	2	2	2			1		District of Lake Country Sport and Recreation Needs Assessment	2023	<a href="https://letstalk.lakecountry.bc.ca/sports-recreation-needs-assessment">https://letstalk.lakecountry.bc.ca/sports-recreation-needs-assessment</a>
Canmore	15,990	AB	Medium	2	2	1	2			1		Town of Canmore Recreation Master Plan	2016	<a href="https://canmore.ca/municipal-services/residents-development-planning/planning-reference/guiding-documents">https://canmore.ca/municipal-services/residents-development-planning/planning-reference/guiding-documents</a>
City of Pitt Meadows	19,146	BC	Medium	2	1	2	2			1		City of Pitt Meadows Parks, Recreation, and Culture Master Plan, "What We Heard" Engagement	2021	<a href="https://www.pittmeadows.ca/parks-recreation/parks-recreation-and-culture-master-plan">https://www.pittmeadows.ca/parks-recreation/parks-recreation-and-culture-master-plan</a>
City of Whitehorse	28,201	YT	Medium		2	2	2	1		1		City of Whitehorse Parks and Recreation Master Plan, The State of Parks & Recreation Research Report	2018	<a href="https://www.whitehorse.ca/whitehorse_project/parks-and-recreation-master-plan/">https://www.whitehorse.ca/whitehorse_project/parks-and-recreation-master-plan/</a>
City of Leduc	34,094	AB	Medium		2	2	2		1	1		City of Leduc Recreation and Culture Needs Assessment	2018	<a href="https://www.leduc.ca/recreation-and-culture-facility-needs-assessment">https://www.leduc.ca/recreation-and-culture-facility-needs-assessment</a>
City of Prince Albert	37,756	SK	Medium	2	1	2	2			1		City of Prince Albert Community Services Master Plan	2018	<a href="https://www.citypa.ca/en/city-hall/resources/Documents/Community-Services-Master-Plan.pdf">https://www.citypa.ca/en/city-hall/resources/Documents/Community-Services-Master-Plan.pdf</a>
Rocky View County	41,028	AB	Medium	2	1	2	2			1		Recreation Needs Assessment	2020	<a href="https://www.rockyview.ca/Portals/0/Files/Recreation/2020-Recreation-Needs-Assessment-Study.pdf">https://www.rockyview.ca/Portals/0/Files/Recreation/2020-Recreation-Needs-Assessment-Study.pdf</a>
City of Vernon	44,519	BC	Medium	2	1	2	2			1		Greater Vernon Recreation Services Master Plan, What We Heard Report	2018	<a href="https://www.vernon.ca/parks-recreation/recreation-masterplan">https://www.vernon.ca/parks-recreation/recreation-masterplan</a>
Regional District of Nanaimo (District 69)	50,320	BC	Large		2	2	2		1	1		Regional District of Nanaimo Recreation Services Master Plan for District 69 (Oceanside), State of Parks and Recreation	2017	<a href="https://www.getinvolved.rdn.ca/recmasterplan/widgets/16947/documents">https://www.getinvolved.rdn.ca/recmasterplan/widgets/16947/documents</a>
City of Brandon	51,313	MB	Large			2	2		2	2		City of Brandon Recreation & Community Facilities Master Plan Community Feedback Report	2019	<a href="https://brandon.ca/plans-policies-regulations/recreation-master-plan">https://brandon.ca/plans-policies-regulations/recreation-master-plan</a>
Grande Prairie (City and County)	87,910	AB	Large		2	1	2	1		2		Grande Prairie Joint Recreation Master Plan	2016	<a href="https://www.gprcc.ca/master-plan-2016.html">https://www.gprcc.ca/master-plan-2016.html</a>
Cowichan Valley Regional District	89,013	BC	Large									Regional Recreation Strategic Plan	2017	<a href="https://www.cvr.d.ca/DocumentCenter/View/93078/Regional-Recreation-Strategic-Plan---Final-Draft-For-Public-Review">https://www.cvr.d.ca/DocumentCenter/View/93078/Regional-Recreation-Strategic-Plan---Final-Draft-For-Public-Review</a>
City of Maple Ridge	90,990	BC	Large	2	1	2	2			1		City of Maple Ridge Parks, Recreation, and Culture Master Plan, Needs Assessment and "What We Heard" Report	2022	<a href="https://www.mapleridge.ca/2635/Engage-with-the-PRC-Master-Plan">https://www.mapleridge.ca/2635/Engage-with-the-PRC-Master-Plan</a>
City of Kamloops	97,902	BC	Large	2	1	2	2			1		City of Kamloops Recreation Master Plan, "What We Heard" Report	2019	<a href="https://www.kamloops.ca/sites/default/files/docs/2019-04-09_kamloops_wwh.pdf">https://www.kamloops.ca/sites/default/files/docs/2019-04-09_kamloops_wwh.pdf</a>
City of Lethbridge	98,406	AB	Large	2	1	2	2			1		City of Lethbridge Recreation and Culture Master Plan, What We Heard Report	2020	<a href="https://getinvolvedlethbridge.ca/recreation-and-culture-master-plan">https://getinvolvedlethbridge.ca/recreation-and-culture-master-plan</a>
Strathcona County	99,225	AB	Large	2	2	1	2					Strathcona County Recreation and Culture Strategy, What We Heard Report	2019	<a href="https://www.strathcona.ca/council-county/plans-and-reports/strategic-documents/recreation-culture-strategy/">https://www.strathcona.ca/council-county/plans-and-reports/strategic-documents/recreation-culture-strategy/</a>
City of Saskatoon	226,141	SK	Large	2	1	2	2			1		City of Saskatoon Parks and Recreation Master Plan	2015	<a href="https://www.saskatoon.ca/parks-recreation-attractions/recreational-programs-activities/recreation-parks">https://www.saskatoon.ca/parks-recreation-attractions/recreational-programs-activities/recreation-parks</a>
City of Regina	226,404	SK	Large		1	2	2			2		City of Regina Recreation Master Plan	2019	<a href="https://www.regina.ca/export/sites/Regina.ca/parks-recreation-culture/recreation-facilities_galleries/pdfs/Recreation-Master-Plan">https://www.regina.ca/export/sites/Regina.ca/parks-recreation-culture/recreation-facilities_galleries/pdfs/Recreation-Master-Plan</a>
Vancouver Board of Parks and Recreation	662,248	BC	Large				2	2	2	2	To be creative and engage in arts and culture	Vancouver Community Centre Strategy, Engagement Summary Report	2022	<a href="https://vancouver.ca/parks-recreation-culture/community-centre-strategy.aspx">https://vancouver.ca/parks-recreation-culture/community-centre-strategy.aspx</a>
City of Winnipeg	749,607	MB	Large	2			2			2	Leisure and Sport	City of Winnipeg Recreation and Parks Strategies	2018	<a href="https://engage.winnipeg.ca/winnipeg_recreation_and_parks">https://engage.winnipeg.ca/winnipeg_recreation_and_parks</a>

Appendix B: Data Tables for Barriers to Participation

Jurisdiction / Provider	Population (2021 Census)	Province	Service Area Population (Small (<15,000) Medium (15,000-50,000) Large (>50,000))	Affordability	Assessments of Opportunities (Has Survey About What is Available)	Children's Challenges	Facility Operating or Programming Hours Not Suitable	Facility or Programming Type Not Available	Facility/Program Quality is Inadequate	Lack of Motivation or Interest in Available	Age/Perceptions of Poor Health	No Time to Participate	Overcrowded Facilities / Program Capacity Challenges	Transportation / Facility Location	Other in Top 5 (Specify)	Do they have a direct subsidy program? Justification of access to Activities, JumpStart, or other third party program	Name of Program	How are applicants qualified?	Document Title	Year	URL		
Rural Municipality of Lac du Bonnet	3,561	MB	Small						2	3	2							Rural Municipality of Lac du Bonnet Recreation Needs and Facilities Assessment Report	2021	<a href="https://www.rmb.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.rmb.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Town of Grand Bay-Westfield	4,967	NB	Small		2		1		1	3	2							Town of Grand Bay-Westfield Parks and Recreation Comprehensive Master Plan	2021	<a href="https://www.grandbaywestfield.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.grandbaywestfield.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Municipal District of Taber	7,467	AB	Small				2								Social inclusion challenges		Municipal District of Taber Recreation Master Plan	2019	<a href="https://www.mdtab.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.mdtab.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>				
Township of Huron-Kinloss	7,723	ONT	Small					1			3				Accessibility		Township of Huron-Kinloss Parks and Recreation Master Plan, What We Heard Report	2022	<a href="https://www.huron-kinloss.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.huron-kinloss.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>				
Town of Goderich	7,881	ONT	Small	1			2	2			2							Town of Goderich Community Recreation Needs Assessment	2022	<a href="https://www.goderich.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.goderich.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Regional Partnership of the Town of Vegreville, Town of Mundare and the County of Minburn	9,302	AB	Small	1	2		1			2	2							Regional Partnership of the Town of Vegreville, Town of Mundare and the County of Minburn No. 27, Recreation and Culture Master Plan	2019	<a href="https://www.mundare.ca/public/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.mundare.ca/public/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Town of Morinville	10,385	AB	Small	1	2		2		2	1						Y	Recreation Without Barriers	LICO-AT	Town of Morinville Parks, Recreation, Culture and Trails Master Plan	2019	<a href="https://www.morinville.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.morinville.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>		
City of Selkirk	10,504	MB	Small			2					1			2				City of Selkirk Recreation Master Strategy	2015	<a href="https://www.selkirk.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.selkirk.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
City of Martensville	10,549	SK	Small	2	1		2											City of Martensville Parks and Recreation Master Plan	2017	<a href="https://www.martensville.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.martensville.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
City of Estevan	10,851	SK	Small	2	2		1				2				Better opportunities elsewhere	Y	City of Estevan Recreation Needs Assessment	N/A	City of Estevan Recreation Needs Assessment	2019	<a href="https://www.estevan.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.estevan.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>		
City of Warman	12,419	SK	Small	1	2		1								Using other services		City of Warman Recreation, Culture and Parks Master Plan	2019	<a href="https://www.warman.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.warman.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>				
Municipal District of Bonnyville	12,897	AB	Small	2	1		1	2			2							Municipal District of Bonnyville Recreation Needs Assessment	2018	<a href="https://www.mdbonnyville.ab.ca/403/Recreation-Needs-Assessment">https://www.mdbonnyville.ab.ca/403/Recreation-Needs-Assessment</a>			
St. Paul - Elk Point Regional Partnership (Town of St. Paul, Town of Elk Point, County of St. Paul)	13,568	AB	Small	2	2			1			2							St. Paul - Elk Point Regional Partnership Regional Recreation Master Plan	2019	<a href="https://www.stpaul-elkpoint.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.stpaul-elkpoint.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Regional District of Central Alberta (Cities of Airdrie, Calgary, and Crowsnest)	14,101	BC	Small	2	2		1				1							Regional District of Central Alberta Recreation Master Plan	2020	<a href="https://www.rdc.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.rdc.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Town of Strathmore	14,339	AB	Small	1	2		2			1	2							Town of Strathmore Recreation and Culture Master Plan	2019	<a href="https://www.strathmore.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.strathmore.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
City of Brooks	14,934	AB	Small	2	2					1	2	1					Y	Recreation Fee Subsidy	LICO-AT, an other government program (public housing, Alberta Benefits Card)	City of Brooks Comprehensive Recreation and Parks Master Plan	2021	<a href="https://www.brooks.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.brooks.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Kenora	14,967	ONT	Small	2	1		2											City of Kenora Parks and Recreation Master Plan, What We Heard Report	2022	<a href="https://www.kenora.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.kenora.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
District of Lake Country	15,817	BC	Medium	2	1		2		2	2	1	2					Better opportunities elsewhere also tied for 5th	District of Lake Country Sport and Recreation Needs Assessment	2023	<a href="https://www.lakecountry.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.lakecountry.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Town of Sauguen Shores	15,808	ONT	Medium	1	1		2			2	2	2						Town of Sauguen Shores Recreation Master Plan	2016	<a href="https://www.sauguen.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.sauguen.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
Town of Camrose	15,900	AB	Medium	2	1		2				2						Y	Affordable Service Program	Low income threshold	Town of Camrose Recreation Master Plan	2021	<a href="https://www.camrose.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.camrose.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Pitt Meadows	19,146	BC	Medium	2	2		2		1	2	1	2						Family income thresholds aligned with LICO-AT	Fee Subsidy Program	City of Pitt Meadows Parks, Recreation, and Culture Master Plan, "What We Heard" Engagement Summary Report	2016	<a href="https://www.pittmeadows.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.pittmeadows.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
Town of Corner Brook	19,333	NFED	Medium	1	1		2	2			2							Corner Brook Leisure and Recreation Master Plan	2017	<a href="https://www.cornerbrook.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.cornerbrook.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>			
City of Fort St. John	21,465	BC	Medium	1	2		2		2	2	2	2						Lack of social connections (93) Sidewalks / pathways not	Sport and Recreation Program Funding / Recreation Assistance	LICO-AT	City of Fort St. John Parks and Recreation Master Plan	2017	<a href="https://www.fortstjohn.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.fortstjohn.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
Municipal District of East Hants	22,892	NS	Medium	1			2		2	2	2	2						Sport and Recreation Program Funding / Recreation Assistance	LICO-AT	East Hants Recreation Services Master Plan	2019	<a href="https://www.easthants.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.easthants.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Whitehorse	28,201	YT	Medium	1	2		2		1	2	2	2						Varied options depending on who applies, e.g. support worker can apply on behalf of user	Recreation Assistance Program	LICO-AT or other proof of government assistance	City of Whitehorse Parks and Recreation Master Plan, The State of Parks & Recreation Research Report	2018	<a href="https://www.whitehorse.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.whitehorse.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Leduc	34,094	AB	Medium	2	2		2				1	1						Nobody to go with	Recreation Assistance Program	LICO-AT or other proof of government assistance	City of Leduc Recreation and Culture Needs Assessment	2018	<a href="https://www.leduc.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.leduc.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Prince Albert	37,756	SK	Medium	2	2		2		2	1	1	2						Recreation Needs Assessment	Recreation Needs Assessment	City of Prince Albert Community Services Master Plan	2018	<a href="https://www.princealbert.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.princealbert.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
Rocky View County	41,328	AB	Medium	1	1		2				2	2	1					Too many family / work commitments	Recreation Assistance Program	Recreation Needs Assessment	Rocky View County Parks, Recreation, and Culture Master Plan	2020	<a href="https://www.rockyview.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.rockyview.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
District of Mission	41,510	BC	Medium	2	1		2				2	2	1						Recreation Needs Assessment	Recreation Needs Assessment	District of Mission Parks, Recreation, Culture and Arts Master Plan	2020	<a href="https://www.mission.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.mission.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Vernon	44,510	BC	Medium	2	2		1		1	2	2	2						Over 65 or receive government assistance	Affordable Access Program	Over 65 or receive government assistance	City of Vernon Parks and Recreation Master Plan, What We Heard Report	2017	<a href="https://www.vernon.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.vernon.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Woodstock	46,705	ONT	Medium	1	1		1				2	2						Fee Assistance in Recreation (FAR)	Fee Assistance in Recreation (FAR)	City of Woodstock Recreation Facility Needs Study	2021	<a href="https://www.woodstock.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.woodstock.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Cornwall	47,845	ONT	Medium	1	1		2			2	2	2						LICO-AT or proof of other government assistance	LICO-AT or proof of other government assistance	City of Cornwall Recreation Master Plan Update	2021	<a href="https://www.cornwall.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.cornwall.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
Regional District of Nanaimo (District 69)	50,330	BC	Large	1			1	2		2	2	2						Financial Assistance Program	Financial Assistance Program	Regional District of Nanaimo Recreation Services Master Plan for District 69 (Downtown), State of Recreation Report	2017	<a href="https://www.nanaimo.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.nanaimo.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Brandon	51,313	MB	Large	2	2		2				1	1							Recreation Assistance Program	Recreation Assistance Program	City of Brandon Recreation & Community Facilities Master Plan Community Feedback Report	2019	<a href="https://www.brandon.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.brandon.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
Grande Prairie City and Couchain Valley Regional District	87,910	AB	Large	2	2		1				2	1	1						Recreation Assistance Program	Recreation Assistance Program	Grande Prairie Joint Recreation Master Plan	2016	<a href="https://www.gpr.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.gpr.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Maple Ridge	90,900	BC	Large	2	1		2		2	2	2	2						Adjudication based on information provided	Recreation Assistance Program	Adjudication based on information provided	City of Maple Ridge Parks, Recreation, and Culture Master Plan, Needs Assessment and "What We Heard" Report	2017	<a href="https://www.mapleridge.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.mapleridge.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Kamloops	97,902	BC	Large	2	2		2				1	1						Statutory Canada LICO-AT, receive income assistance, or receive a pension below LICO-AT	ARCH Program	Statutory Canada LICO-AT, receive income assistance, or receive a pension below LICO-AT	City of Kamloops Recreation Master Plan, "What We Heard" Report	2019	<a href="https://www.kamloops.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.kamloops.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Leithbridge	98,406	AB	Large	2	2		2			1	1	2						LICO-AT, on other government program	Fee Assistance Program	LICO-AT, on other government program	City of Leithbridge Recreation and Culture Master Plan, What We Heard Report	2020	<a href="https://www.leithbridge.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.leithbridge.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
Strathcona County	99,225	AB	Large	2	2		2				2	2						Everbody gets to play (specific)	Fee Assistance in Recreation	Everbody gets to play (specific)	Strathcona County Recreation and Culture Strategy, What We Heard Report	2017	<a href="https://www.strathcona.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.strathcona.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of St. Catharines	136,803	ONT	Large	2	2		2				2	2						Fee Assistance in Recreation	Fee Assistance in Recreation	City of St. Catharines Recreation Facility and Programming Master Plan, Appendix A (Community Contributions)	2014	<a href="https://www.stcatharines.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.stcatharines.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Greater Sudbury	166,084	ONT	Large	1	1		2			2	2	2						Via Child Care Subsidy Program	Child Care Subsidy Program	Via Child Care Subsidy Program	Parks, Open Space & Leisure Master Plan	2014	<a href="https://www.greater.sudbury.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.greater.sudbury.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Saskatoon	226,141	SK	Large	2	2		2			1	2	2	1					LICO-AT	LICO-AT	City of Saskatoon Parks and Recreation Master Plan (Appendix)	2015	<a href="https://www.saskatoon.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.saskatoon.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Regina	226,404	SK	Large	1	1		2				2	2	2					Affordable Access Program	Affordable Access Program	City of Regina Recreation Master Plan	2019	<a href="https://www.regina.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.regina.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
City of Hamilton	569,353	ONT	Large	2	2		2			2	2	2						Income based on LICO or proof of registration / use of other social program	Recreation Assistance Program	Income based on LICO or proof of registration / use of other social program	City of Hamilton Recreation Master Plan	2022	<a href="https://www.hamilton.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.hamilton.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Brampton	656,480	ONT	Large	1	2		2				1	2	2					Active Assist LICO-AT	Active Assist LICO-AT	City of Brampton Parks and Recreation Master Plan, Discussion Paper 2 (Community Engagement)	2016	<a href="https://www.brampton.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.brampton.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>	
Vancouver Board of Parks and Recreation	662,348	BC	Large	2	2		2			1	2	2						4 eligibility pathways: income assistance, client of a not for profit or government agency, asylum seeker or temporary foreign worker, or family with a disabled member	Leisure Access Program	4 eligibility pathways: income assistance, client of a not for profit or government agency, asylum seeker or temporary foreign worker, or family with a disabled member	Vancouver Community Centre Strategy, Engagement Summary Report	2022	<a href="https://www.vancouver.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.vancouver.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Mississauga	717,961	ONT	Large	2	2		2				2	2	1					LICO-AT, social assistance	Active Assist LICO-AT, social assistance	LICO-AT, social assistance	City of Mississauga Recreation Master Plan	2019	<a href="https://www.mississauga.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.mississauga.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Winnipeg	749,607	MB	Large	2	2		2				2	2	1					Prefer to be outside	Fee Subsidy Program	Prefer to be outside	City of Winnipeg Recreation and Parks Strategies	2018	<a href="https://www.winnipeg.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report">https://www.winnipeg.ca/DocumentCenter/View/142/Recreation-Needs-and-Facilities-Assessment-Report</a>
City of Edmonton	1,010,899	AB	Large	2	2		2			2	2	2	1					Government of Alberta Income Support, Ustreamer Refugee, CPP Disability Benefit, LICO-AT	Leisure Access Program	Government of Alberta Income Support			