



2023 RNS Annual Conference Schedule Overview

Tuesday, October 10, 2023 – Pre-Conference

10:00am – 4:00pm

**Separate Ticket Option*

Changing the Trajectory: Working towards Equity, Diversity & Inclusion in Recreation & Sport for Citizens living with Low Income – Dr. Jackie Onescu

Creating equitable and meaningful recreation opportunities is critical to the future of community well-being. At all levels of community and government, recreation, physical activity and sport, education, and health providers and policymakers are being called upon to address equity, diversity, and inclusion to support equity-owed residents' participation in community activities, including those with low incomes. This 1-day experiential workshop aims to gather as communities of practice to learn and exchange knowledge and resources to address the exclusionary practices and inequities that populations living with low incomes experience. Supporting the trajectory of a more equitable and socially inclusive recreation delivery system requires professionals to embrace EDI values and practices (i.e., programs, policies, services, and resources) that fundamentally shift the way recreation is experienced in the community. This workshop will use interactive activities, existing research, and promising practices to support recreation and allied professionals in understanding how and why the current system can be inequitable and exclusionary and to share insight into EDI values and practices that can start shifting recreation delivery systems to a more equitable future.

6:00pm – 10:00pm

**Separate Ticket Option*

Networking Social: Curling Bonspiel
Digby Curling Club, 27 Shreve Street

This event is a great chance for participants to connect and converse ahead of what will be a great conference. Enjoy a performance from Tide & Timber and a chance to try your luck (or learn) some curling skills while the sheet is open 6:00-8:00 pm. We will provide pizza (let us know about food sensitivities!) and there will be a cash bar available.

Wednesday, October 11, 2023

10:00am – 10:30am

Opening Ceremony: Drumming Circle, Prayer & Welcome
Bear River First Nation

10:30am – 11:30am

Keynote





Noon

RNS AGM & Lunch

1:30pm – 3:00pm

Provincial Panel: Accessibility

Come join the conversation with provincial government departments. This session will feature presentations by relevant departments on accessibility as it is impacting municipalities and an opportunity for delegates to ask questions and provide input on current provincial initiatives.

3:15pm – 5:15pm

Academic/Research Symposium: Dr. Mary Sweatman, Dr. Karen Gallant & Jessica Spooner

Through this interactive session, we will be exploring the intersections between practice and research, sharing research that connects to current issues in our field, and discussing the opportunities and challenges with community-university partnerships working on actionable research.

5:30pm – 6:30pm

Networking Social

House 29 at Digby Pines

Looking for something to do before the banquet? House 29 will be open with yard games and an opportunity to chat about all the great things learned during day one!

6:30pm – 11:00pm

RNS Awards Ceremony: RecreAuction hosted by South Shore

***Extra Tickets Available**

Upper Hall – Semi-Formal

A celebration of recreation professionals and the sector across Nova Scotia! The one time a year we all get to come together and brag, I mean, be very proud of all the work that we do as individuals and recreation professionals in Nova Scotia. Celebrating our accomplishments is as important as accomplishing them!

RecreAuction is a fundraiser helps support the conference and serves as an opportunity to see what other regions and areas in NS have to showcase and offer. Live and silent auction items available during the banquet.

Thursday, October 12, 2023

7:00am – 10:00am

Breakfast





10:00am – 12:00pm

Session #1 – *Five options to choose from*

Session #1 Options:

1. **Top 10 Tips to Grow Your Behavior Support Toolbox:** *Emily Robar & Jessica Seward*

Come hang out with your Behavior Buddies! We are going to dive straight into understanding Behavior. What you see, why you are seeing it, and how you can proactively support the individuals you work with. After that? We are going to unpack our Behavior Support Toolbox (We bring a whole hockey bag) onto the table and actively show you all how to use the tools we've spent years creating and using in our own programs supporting our population.

2. **Wellness and Chronic Disease Prevention and Management in Primary Health Care:** *Laura Wentzell*

Wellness and chronic disease prevention is more important than ever in Nova Scotia given the current state of the health care system and the health of our population. Nova Scotia Health Primary Health Care has a priority focus on keeping people well, through a range of strategies, programs, resources, supports and tools anchored in a behavior change and self-management philosophy. This session will be offered by Primary Health Care at Nova Scotia Health to share and update about the current work underway in relation to chronic disease prevention and management, including connections with the community and recreation sector.

3. **Enhancing school-aged children's physical literacy through outdoor loose parts play:** *Michelle Stone, Jane Cawley, Becky Spencer, & Nila Joshi*

When children have access to outdoor play, they thrive. Outdoor play is central to children's learning and to their health and development, yet it is not prioritized in the spaces and places in which children spend their time. This presentation will start by providing a brief history of our team's work in supporting and evaluating outdoor loose parts play in early years' settings, and transition to a recently completed project, the Physical Literacy in the Early Years (PLEY) School study, an outdoor loose parts play intervention in three NS after-school settings. Time will be devoted to discussing the purpose of the study, the study design, and emerging findings.

4. **Crisis Navigation – Recreation as a Dignified Approach:** *Rachel Bedingfield & Alisha Christie*

Info coming soon!

5. **Essentials of developing a welcoming environment:** *Will Russell*

Developing a safe, welcoming, and productive culture is a complex issue. While clear policies and procedures are important, expressing organizational values and establishing expectations for the behaviour of staff, participants, parents and supporters,





culture is much more than written standards - it is how things are done. This session will identify the essential policy and governance components of an effective organization, with a specific focus on creating a safe and competitive culture.

Noon

1:30pm- 2:30pm

Lunch

Session #2 – Four options to choose from

Session #2 Options:

1. NAIG 2023: Bringing Sport & Culture Together: Brendon Smithson

How sport and culture can work together in an environment to support an inclusive environment.

2. Happy Brain: Natalie Randall Price

By understanding our brain and nervous system better, we can use tools to work the system to feel calmer, support anxiety, depression or trauma and work towards being our healthiest self.

3. Facility Allocation Project: Marlene Melanson

The County of Antigonish Facility Allocation Project is an initiative of Recreation and Sport Stakeholders in the community who came together to respond to feedback from the public re the allocation of space and booking procedures of various sport & rec facilities in Antigonish.

4. ACES Hockey Club: Krishinda McBride

What do you know about Black Hockey within Nova Scotia? Who are the players and the communities? Long Pond, 7 Mile Plains, James Robinson Johnston and John Paris Jr. are just a few names and places you will learn about. Our AVRCE ACES Hockey team is paving the way for future generations of Black hockey players. It is increasing the visibility of Black people on the ice thru providing an opportunity for African descent students to learn the skill of ice skating and the game of Hockey. The ACES Hockey club established in 2022 is designed to increase physical activity, while providing an empowering opportunity and instilling racial pride among our students and community. ACES Hockey provides a model for behaviour based on teachable skills with a meaningful message to encourage responsible citizenship, academics, and racial pride. Representation Matters.





3:00pm-4:00pm

Session #3 – Four options to choose from

Session #3 Options:

1. Adventure for Everyone: Natalie Frederick Wilson

Adventure is for everyone! Why can't I find people of colour at Kejimikujik? Why are there no other black people camping in Broad Cove, in the Highlands? Come and find out why the Wandering Wilson Family treks all over Nova Scotia, why the rarely say no to an invitation for discovery, education, and adventure.

2. Safe Sport Practices in the Sport and Recreation Sector: Mike Hudson

Creating safe and welcoming spaces and places for participants in the sport and recreation sector is a priority at the federal, provincial and community level. This session will share with the recreation sector some of the developments and promising practices that are being implemented at the Provincial Sport level.

3. Emerging Issues in Outdoor Recreation – Panel facilitated by Hike NS: Janet Barlow & Graham Mounsey

With more people flocking to use the outdoors as a place to recreate, de-stress and commune with nature, those who deliver outdoor programming or manage outdoor areas are dealing with the effects of this increased interest. A panel of speakers will highlight the key emerging issues in outdoor recreation followed by a group discussion/activity to further identify issues and discuss next steps in addressing the challenges and opportunities ahead of us in supporting outdoor recreation going forward.

4. Make Your Move @ Work: Natalie d'Entremont & Kerry Copeland

The Municipality of Argyle has embraced a movement-focused approach at work, resulting in increased movement, decreased sitting time, reduced fatigue, and a fun work environment. This session will showcase the successful initiatives implemented by the Municipality of Argyle.

5:00pm

BBQ & the Grant Potter Memorial Hockey Game

Digby Arena

In honour of the vibrant, active lifestyle, blades on ice, life of Grant Potter. Join in for the game or just come to cheer on the players. All abilities welcomed. Bring your own equipment.





7:00pm

Regional Games & Post Games Social

Meet at Upper Hall/House 29

This is a long-standing conference tradition of friendly competition between the six regions recognized within Recreation Nova Scotia: Cape Breton, Central, Fundy, Highland, South Shore, and Valley. A series of fun and challenging games requiring smarts, skills and teamwork will decide who takes home the coveted trophy.

Friday, October 13, 2023

7:00am - 10:00am

Breakfast

10:00am - 11:00am

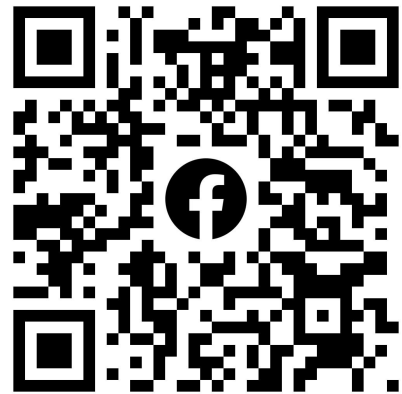
Anti-Racism Charter: One year in review

11:00am - 1:00pm

Closing Panel & Lunch: Re-Ignite!

A panel of professionals from within our sector will share their journey in the field, what recreation means to them and where they see us going as a sector. This is the fuel part of RE-IGNITE!

Full Program Coming Soon!



Join the Facebook group
to stay up to date!

