

NOTES FROM EVERYBODY GETS TO PLAY IN PRINCE GEORGE

Barriers to Access to Recreation

- Financial
 - Pride
 - Self-confidence
- Transportation
 - Childcare, care of others
- Gender
- Language, cultural
- Time, scheduling
- Literacy
- Location, lack of facilities
- Weather, climate, safety, health
- Policy, system, regulation
- Mental disabilities
- Lack of non-organized sport programs
- Equipment
- Communication
- Lack of knowledge of available programs and resources
- Lack of understanding of the benefits of recreation

Techniques for Increasing Access (Not Programs)

- Low cost events - \$ Loonie Swims
- Education of upper level policy makers
- Include pictures "high visual signage"
- Transportation
 - Funding for cabs
 - Pickups
 - Carpool info
 - Offer de-centralized programs
- Volunteer Exchange Benefit Program
 - Match volunteer to program to work for (passes, etc)
 - CAPP hrs
 - Offer training to volunteers
- Four season activities - Winter try-a-sport
- Food
 - After school
 - Family events
- "Prescription" Pads for physicians (Williams Lake)
- Translate for English as second language families
 - Word of mouth
 - Translated forms/posters
- Scheduling
 - Time of other programs (gym, program, etc)
 - Transportation - bus

- Length of time
- Partnerships/sponsorships
 - QF Rec bucks
 - HFP Safety bucks
 - Canadian Tire money payment - to pay for programs
- Voice mail/e-mail info messages
- Equipment swap
- Tours of facilities for new recreation users
- Coordinated publication
 - Page in guide
 - Newspaper
 - Circulate already info
- Media
 - School newsletters
 - Canfor newspaper
 - Ads in other publications
- Benefit statements

Existing Programs & Services Accessible to Low-Income Families

- KidSport - Cheryl
- Leisure Access Pass - Cheryl
- Playgrounds - school and parks
- Spring Clean Up, litter pick-up, April 22, Carleen and Cheryl
- Sponsored Skates - Katrina
- Kids in Kitchen - Katrina
- Free rental skates
- Winter Fest
- Park program
- Stroller walking group
- Parent and tot meeting groups
- Churches
- Free trade with school district
- Youth Rec Days
- Senior Centres
- Spray Park
- Hiking Trails
- Save-on-Foods sponsored free family swims - Cheryl
- Rivers Day Festival - Cheryl
- Pops in the Park - Cheryl
- Community Association Programs only cost \$15.00 - Cheryl
- Young Naturalists Club, only \$15 per year - Cheryl
- Brain Injury Society - pay for clients
- Friendship Centre - Carleen
 - Youth Centre

- ECD
- POP (Pregnancy Outreach Program)
- Community Garden - Carleen
- Community Kitchen, canning workshops - Carleen
- Mother Goose & Reading Program at the library - Carleen
- Sponsored Public Skates - Carleen
- Ready Set Learn - Carleen
- Winter Light-Up - Carleen
- Senior Fitness at centre - Carleen
- Canada Day celebrations - Carleen
- Art in Park - Carleen
- Paved Walking Trails - Carleen
- YMCA Parent and Tot drop in

Quesnel

- Summer concerts in the park
- Early Learning Expo/Family Day in the Park
- Leisure Pass
- Soccer in/out
- Arts
- Skating
- Swim
- Youth Centre Programs
- Women only swim
- Communities in Bloom
- CCRR, Mother Goose, Mom and Me
- CDC, Infant Massage, Parents and Tots
 - CHAAPS, Dog/Horse Programs
 - Language and Literacy Group (Pre-K)
 - Parent Gathering
- Aboriginal Family Centre
 - Mete Dancing
 - Pow Wow
 - Drop in Play Group
- Walk Paths - Baker Creek Enhancement.
- Strong Start - Pre-K drop in (School district), Ready Set Learn
- Playgrounds. Natural Trail (interp), Science and Art
- BB days, Kids Day in Park. Highland Games
- Coed Volleyball fun, softball, soccer fun leagues, adults/youth

Get The Right People Involved

City Council	School District	Health Unit
MCFD	Seniors Centre/Orgs.	Community Services
YMCA	Community Living	Neighbour Link
Food Bank	Community Assoc. ie South Bowl	Aboriginal People Family Accord
Community Policy	Church Groups	Daycare/Preschools
Boys & Girls Clubs	Boy Scouts/Guides	Cadets
Big Brothers & Sisters	Service Clubs	Media
Chamber of Commerce	Local Businesses	Public Transit
College/Universities	Minor Sport Orgs.	Gym Clubs
Dance Schools	PAC's	Friendship Centre
Art Gallery	Drug & Alcohol Services	Counselling Services
Women's Centres	Private Sports Clubs	Doctors/Dentists
Fitness Trainers	Multicultural Society	Parent Support Group