



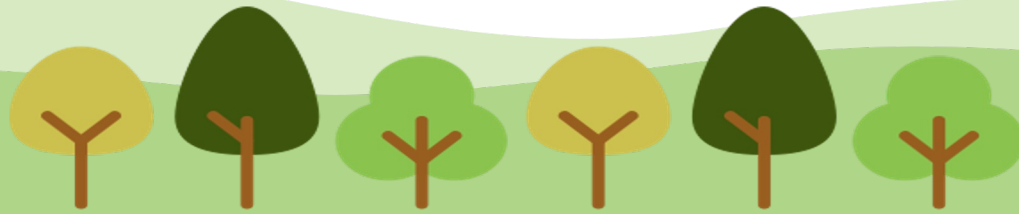
Outdoor Play For Children & Youth

Municipal Policy Actions Town of Truro

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Session Agenda

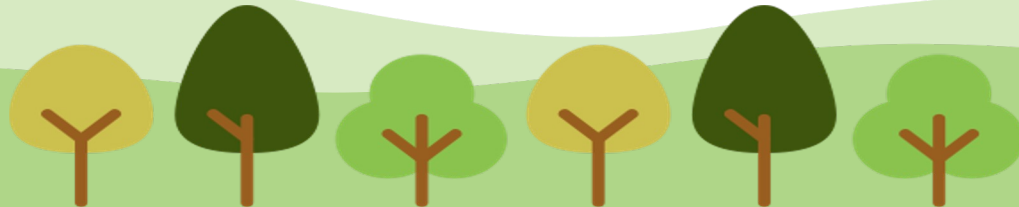
Outdoor play overview

Playful Communities Framework

Policy planning process

Approved policy actions & implementation

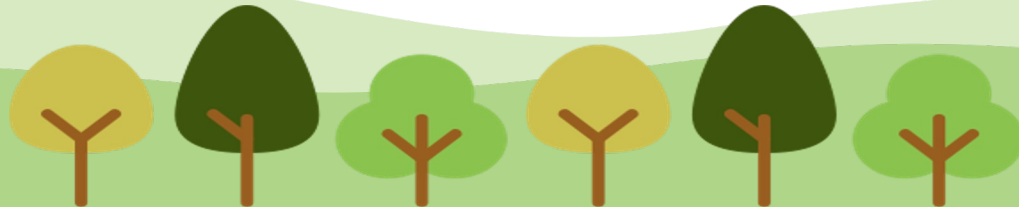
Challenges / lessons learned



The UpLift Partnership



- A School-University-Community Partnership, working to support the health and learning of school-aged children and youth using an HPS approach.
- UpLift secured public and private funding to amplify HPS over the course of 5 years through youth engagement, shifting systems to create conditions for children and youth to thrive by boosting the environments in which they learn, grow, and play.



Why is the UpLift Partnership/Health Promoting Schools (HPS) Involved in this work?

- A healthy school community goes beyond the school environment and involves the entire community.
- Outdoor play is a shared responsibility: family, school, municipality, community groups!



Scope of Outdoor Play

- Streets and sidewalks
- Parks, Trails, Public Spaces
- Transit
- Multiple public housing
- Commercial spaces
- Civic spaces
- Moveable & Pop Up Play



What is Unstructured/ Free Outdoor Play?

Choice

Intrinsic motivation

Self-directed

Elements of risk - heights, speed, use of tools

Part of Daily life minus time constraints



Unstructured/Free Play is Not:



Organized sports, scheduled activities or guided by rules, time limits or requiring equipment



School-based physical education



Playing active video games



Play that is known to be harmful or dangerous - skating on thin ice, a preschooler going to the park alone



Principles & Scope

Principles

- Municipal implementation
- Partners needed
- Whole of municipal govt
- OP is a shared responsibility
- Council Approval

Scope

- Municipal Policy
- Not School/Health Policy
- Ages 0-6; 7-12; 13–17 years
- No budget
- No implementation plan



Elements of a policy statement



Name of Policy



Rationale for the policy



Scope



Vision



Goals



Policy Actions



Accountability/Indicators

Changes to MGA Regulations 2019

Municipal Planning Requirement Regulations

Mandatory

- Residential uses
- Commercial and industrial
- Institutional
- Recreation facilities and public open space
- Resource uses, if applicable

Reference:

<https://novascotia.ca/just/regulations/regs/mgaminimum.htm>

Discretionary (social)

- Walkability
- Health Built Environment

Policy Can Be...

Type	Example
Regulation	By Law on street play
Program	Outdoor equipment loan
Service	Annual conference on outdoor play
Restriction	Dogs must be on leash in parks
Fiscal	Incentives for developers to enhance play spaces
Campaign	Educate parents about risky play
Standard	Universal design on 20% trails



Participation of children in decision-making

Communities actively and meaningfully engage diverse groups of children in relevant political matters

Safe and active routes around the community

Communities provide safe, accessible infrastructure that facilitates children's active and/or independent travel around their neighborhood, especially to and from school

Play-Friendly Cities Framework

Safe and accessible informal play environments

Communities design public spaces to promote unstructured play in children's everyday natural environments

Evidence-informed design of formal play spaces

Communities use best practices of play space design to provide challenging opportunities for children's unstructured play

Source: Canadian Public Health Association. *Becoming a Play-Friendly City*. 2019.



Municipal policy actions to support outdoor play

One Day Agenda

1. Overview of OP & AT
2. Environmental scan
3. Policy concepts
4. Barriers and enablers
5. Evidence & Promising practices
6. Vision and Goals
7. Policy actions & Priorities
8. Next Steps

RATIONALE

The Town of Truro recognises that outdoor experiences give children a freedom that is uniquely different to what they may experience in an indoor setting. We also recognise that outdoor play is vital for the well being of our community, and that its provision through a wide range of safe and stimulating play opportunities aids in healthy mental and physical development.

Outdoor play is a significant resource in helping the Town of Truro achieve its physical activity goals as expressed in the recently approved Physical Activity Plan.

The Town of Truro has many parks, trails, open spaces, programs, and events that provide outdoor play opportunities for the whole community. A policy will ensure these are maintained and improved in a strategic manner.

Opportunities to create more play space will be explored through strategic planning, ongoing greening initiatives, and streetscape upgrades. Future spaces will be developed with opportunities for play in mind.



APPROVED POLICY GOALS

Leadership
and Planning

Youth
Engagement

Land use
planning and
outdoor play
spaces

Connect
community
and public
spaces

Programs to
support
outdoor play

Communication
and awareness




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TRURO

make the connection




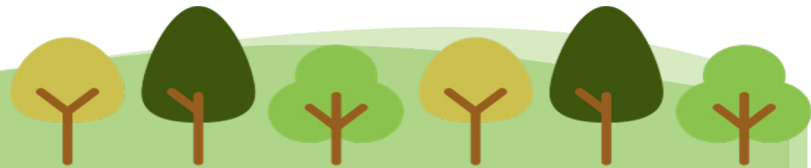
Goal: Leadership and Planning

 **Action:** The Town of Truro will provide leadership and advocacy for outdoor play in the community, during out of school time periods.

 **Action:** The Town of Truro will review its policies and bylaws to ensure there are no unintentional barriers to outdoor play.

 **Action:** The Town of Truro will support community groups with training on outdoor play and the development of initiatives such as skateboard parks, community gardens, nature play, loose parts, and play streets.

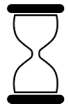
 **Action:** The Town of Truro shall host mini gatherings or workshops for organizations that have an interest in outdoor play. These will focus on success stories, learning about outdoor play, and possible partnerships.



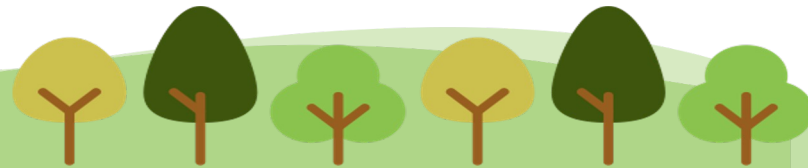
Goal: Youth Engagement









Action: The Town of Truro will use a variety of methods to engage children and youth in planning and design of outdoor play spaces.



Action: The Town of Truro will regularly ask children and youth about play preferences and satisfaction with and awareness of existing spaces and places. E.g., The Town of Truro will focus on a different age group each year.



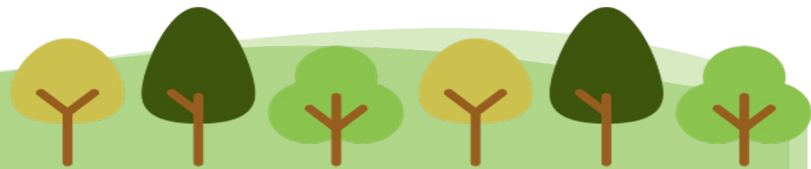
Goal: Land use planning and outdoor play spaces

-  **Action:** Land use policies shall encourage formal and informal outdoor play spaces. All improvements to public spaces will be considered as an opportunity to create space for spontaneous or incidental play. Spaces shall incorporate micro elements that encourage participation. Conditions for nature play will be considered a priority in play spaces.
-  **Action:** The Director of Parks, Recreation & Culture will be consulted regarding the need for outdoor play space in any land use planning initiatives.
-  **Action:** The Town of Truro will build on existing play spaces and develop a network of multi functional play spaces, using a system such as neighborhood play space (within .5km) of home; community play space (1km from home) and destination play space (within Town limits, and easy to get to).
 - Action:** Vacant and unused lands will be inventoried and assessed for suitability as play spaces (not necessarily a playground).
-  **Action:** All development agreements shall consider the inclusion of play spaces to satisfy amenity space requirements.
-  **Action:** Develop a system to review & renew playgrounds and play spaces to ensure safety, lifecycle maintenance, appropriate signage/directions are consistent with child and youth needs for challenge and risk. Children and youth should participate in the review.
 - Action:** Play spaces and facilities will be audited using an equity lens and Universal Design Guidelines. This is consistent with new provincial legislation on Accessibility.
-  **Action:** Play equipment will be made available where children do not have access to playgrounds and play spaces. E.g., The Town of Truro Equipment Loan Programs.

Goal: Connect community and public spaces

Action: Develop and maintain sidewalks and bike lanes and supporting infrastructure. In a survey of 190 Truro junior and senior high school students, 45% said sidewalks would have the biggest impact on their decision to walk or bike to school. 23% said bike lanes would impact their decisions.

Action: Street design will be modified to slow traffic and incorporated into transportation plans.



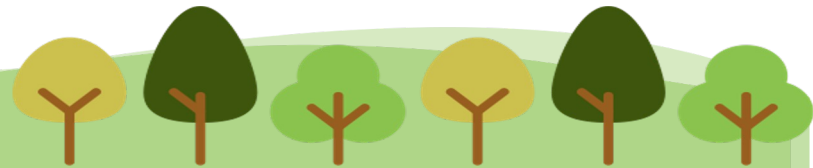
Goal: Programs to support outdoor play



Action: The Town of Truro will maintain and enhance its equipment loan programs.



Action: The Town of Truro will develop opportunities for children and youth to learn skills and knowledge that enable participation in outdoor play. These opportunities should complement what is learned at school about outdoor play.



Goal: Communication and Awareness



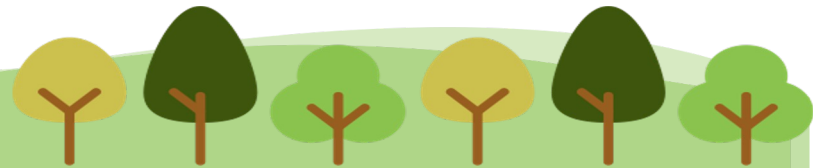
Action: The Town of Truro will plan and implement a communications strategy on Outdoor Play. The key audiences are parents and local decision makers. A key message for parents is the 3-step lifeguard approach developed by Dr Marianna Brussoni. Observe, check in, and intervene.



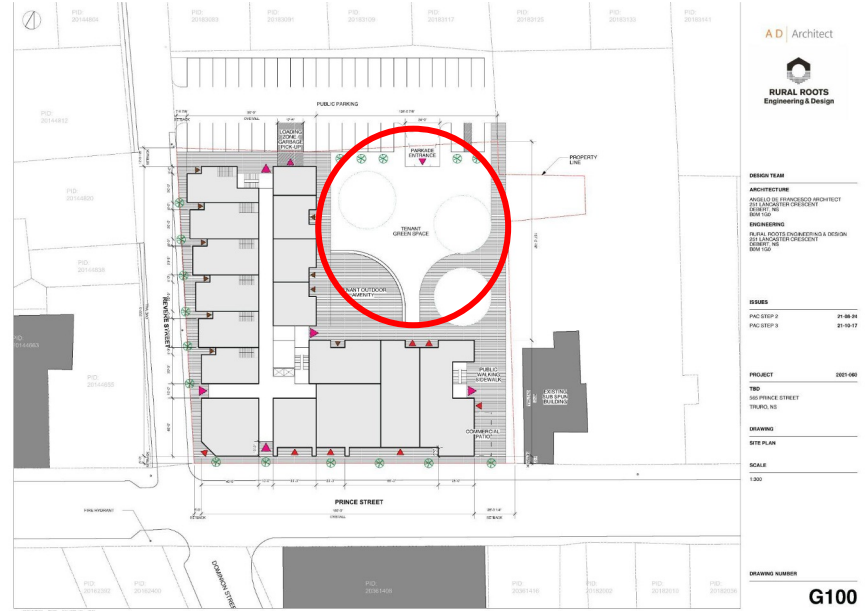
Action: The Town of Truro will use the existing Fundy Connect database to promote its sport and recreation programs, facilities, greenspaces and parks.



Action: The Town of Truro and community agencies shall use special events, information, and pop-up installations to promote outdoor play in public spaces, parks and streets.



SUCCESS



2021-08-17 505 PRINCE STREET P10-C PRESENTATION INFORMATION

INSPIRATION



CHALLENGES / LESSONS LEARNED

1. Having the Rec Director involved.
2. Find a champion.
3. Align goals with other policies/plans/strategies (ie. Physical Activity Strategy).
4. Work with an external facilitator.
5. Zoom vs in person meetings.
6. Youth Engagement.
7. Word choice (ie. play).
8. Timing.



QUESTIONS

