

***BARRINGTON  
RECREATION  
SUMMER  
PROGRAMMING***



*An ocean of  
opportunity*

# *SUMMER PROGRAMMING OPTIONS FOR 2020*

Currently all recreation services and facilities are closed and suspended due to the COVID-19 crisis. As provincial restrictions are lifted, recreation will play a huge role in providing residents with the social, physical, and mental well-being to revitalize the community. "Access to recreation facilities and programs is a fundamental service for Canadians that will usher in a return of normalcy after COVID-19 – especially for children and seniors." ~ Canadian Parks & Recreation Association, 2020

Barrington Recreation is committed to providing programming and facility access as it fits with NS Department of Health regulations and guidelines. We will be prepared to mobilize very quickly to provide day camp services, community sport programming, safe access to parks and trails, seniors activities as well as family friendly events and programs. If public health restrictions are lifted early enough that some aquatic programming can be provided, the pool will open. We will update you as soon as the information is available. Department programming may look very different to what you have known before, but we will figure it out together. The important thing is that we stay active and healthy.

In this document are some program ideas to serve the residents of the Municipality of Barrington through three scenarios. The lines between these possible outcomes are very blurred and it is very likely the reality will land somewhere between all three. It is also possible that we may move from less restrictions to more during the summer depending on the spread of COVID-19. This programming outlook is also extremely dependent on planning and resources. It will require a lot of energy to pull off but the service to community will be substantial and very positive.

## **PROGRAMMING TO CURRENT HEALTH GUIDELINES**

*01*

### *FULL RESTRICTIONS*

Programs designed for  
Stay at Home health  
guidelines

*02*

### *SOME RESTRICTIONS*

Programs using outdoor  
spaces but maintain  
distancing rules.

*03*

### *FEW/NO RESTRICTIONS*

Programs as normal for  
the most part

01

## FULL RESTRICTIONS

Programs designed for Stay at Home health guidelines

### Key components

virtual programming  
streaming platforms, video technology  
Rec kits for home use  
Event and activity challenges  
virtual communal space  
Connect.ca

### Staff & Policy requirements

Summer staff to lead virtual groups  
Coordinator staff to communicate between leads  
Safe internet practices  
Parent communications  
Safe at home activity with risk assessments  
Rec at home boxes - maintenance and safe delivery  
Community partnerships  
Preparation for lifting restrictions

### Included Activities

nature & outdoors  
neighborhood walking, biking  
theme weeks  
sport drills & challenges  
healthy snack prep  
arts, music, cultural activities  
community volunteerism & leadership

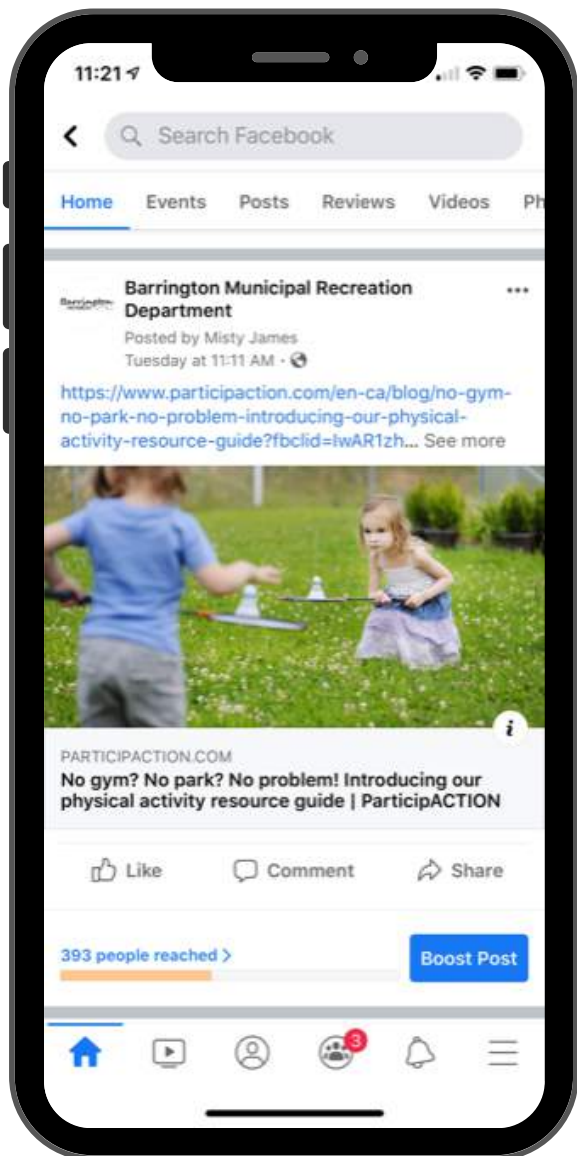
## *Program Structure*

### **Day Camp**

- 8 weeks - each week has a fun theme
- 10-12 youth per camp "house" or "league"
- Daily team check-ins with leader online or by phone
- Video activities with written/ visual instructions
- Optional equipment loans
- Collaborate with community partners & sport organizations - "guest presenters"
- Points system that values volunteerism, safety, kindness, leadership, fair play, participation, etc.
- Consistent and frequent communication with parents
- Cost?

\*Please see Appendix A - Sample Day Camp Schedule 1

# Other Programming



## Social Media Campaign to encourage:

- Family activities
- Loose Parts Play
- Walking in our neighborhood
- Barrington as a running community
- Connection to nature/ outdoors
- Virtual programming resources (Connect.ca)
- Include selection of video. activities from day camp including those from partners
- Recreation for mental health
- Challenges and contests

\*we will explore other ways to get information to those with limited access to online resources

## Seniors Call-in Line

- Assist connecting seniors to recreation
- Link to community resources
- Equipment loans
- Written/Visual Activity Sheets

## Youth Leadership

### Ages 12-16

- At home skill development
- Design activities for day camp, preschool
- Volunteering in neighborhood
- Challenges & Quests

## Preschool Movement Programs

- Virtual/ Video 1-2 x per week
- Follow Tumblebugs program
- Create activity sheets - written/ visual

*SOME RESTRICTIONS*

Programs using outdoor spaces; maintaining distancing rules

Key components

In person & virtual programming

Scheduled and divided use of outdoor spaces

mobile apps, video technology

Rec kits for home/ park use

Event and activity challenges

Beach, Park & Trail signage

Connect.ca

Staff & Policy requirements

Summer staff to lead both virtual groups and in person activity

Coordinator staff to communicate between leads

Safe distancing practices with proper PPE

Clear and concise communication with all participants

Risk assessment of activity with health guidelines

Rec at home boxes - maintenance and safe delivery

Recreation facilities - cleaning and safety

Community partnerships - guidelines on use of recreation facilities

Included Activities

nature & outdoors

activity hikes

loose parts pop up play

neighborhood walking,

biking

theme weeks

sport drills & challenges

healthy snack prep

arts, music, cultural

activities

community volunteerism

& leadership

community gardens

*Program Structure***Day Camp**

Day Camp programming would not change with lifted restrictions UNLESS the allowed group size grew and restrictions on youth day camps were lifted.

- 8 weeks - each week has a fun theme
- 10-12 youth per camp "house" or "league"
- Daily team check-ins with leader online or by phone
- Video activities with written/ visual instructions
- Optional equipment loans
- Collaborate with community partners & sport organizations - "guest presenters"
- Points system that values volunteerism, safety, kindness, leadership, fair play, participation, etc.
- Consistent and frequent communication with parents
- Include access to Get Outside Programs
- Cost?

\*Please see Appendix A - Sample Day Camp Schedule 1



# *Other Programming*

## Get Outside (Safely) Campaign

- Continue social media posts
- Loose Parts Pop-up play
- Activity hikes (Example hike - Appendix B)
- Virtual Runs
- Community Sports - scheduled facility use
- Equipment loans
- "Discover our parks, beaches and trails" promotion
- Workplace wellness information as places open up
- Family Movie Nights (limited and distanced)

\*we will explore other ways to get information to those with limited access to online resources



## Seniors Call-in Line

- Assist connecting seniors to recreation
- Link to community resources
- Equipment loans
- Written/Visual Activity Sheets

## Community Garden

- Scheduling and safety guidelines
- PPE availability

## Preschool Movement Programs

- Virtual/ Video with some in person "bubble" programming
- Follow Tumblebugs program
- Create activity sheets - written/ visual

## Youth Leadership

### Ages 12-16

- At home skill development
- Design activities for day camp, preschool
- Volunteering in neighborhood/ in parks and open spaces
- Challenges & Quests

*NO/FEW RESTRICTIONS*

Programs as "normal" for the most part

Key components

In person programming with virtual options

Pool open with semi private lessons and restricted numbers in public swims.

Loose Parts play pop-ups at parks, beaches and playgrounds

Connect.ca

Staff & Policy requirements

Summer staff to lead in person groups with some need to provide at-home options

Coordinator staff to communicate between leads

Distancing, participant limits more restricted and enforced

Parent communications

PPE for staff and participants available

Community partnerships

Recreation facilities - cleaning and safety

Indoors facilities - safety and distancing guidelines

Included Activities

Day Camp scheduled days  
activity hikes

loose parts pop up play  
sport sampling

healthy snack prep

arts, music, cultural activities  
community volunteerism &

leadership

community gardens

Youth leadership

Outdoor recreation

Swimming lessons, public swims

*Program Structure***Day Camp**

- 8 weeks - each week has a fun theme
- smaller than normal rations dependent on group or distancing rules
- Daily team check-ins with any virtual campers
- Video activities with written/ visual instructions using in person campers
- Optional equipment loans
- Collaborate with community partners & sport organizations - "guest presenters"
- Points system that values volunteerism, safety, kindness, leadership, fair play, participation, etc.
- Consistent and frequent communication with parents
- Cost - \$15/day in person

*\*Due to some fear of returning to group activity, virtual options to participate will remain available.*

# Other Programming



- Pool opening with semi private lessons and small group swims
- Continue "Get Outside" campaign and leisure education.
- Loose Parts Play with community pop up play opportunities.
- Activity Hikes, family fun hikes
- Promote Barrington as a running community
- Connection to nature/ outdoors
- Recreation for mental health
- Challenges and contests



## Seniors & Recreation

- Assist community halls, organizations transition back to "normal"
- Community Garden supports
- Link to community resources
- Equipment loans
- Written/Visual Activity Sheets

## Community Sport

- Assist sport orgs transition and restore seasonal programs
- Facility scheduling and managing to support community sport

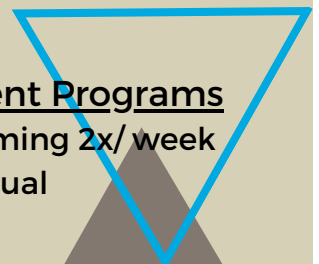
## Youth Leadership

### Ages 12-16

- skill development 2-3 days/ week
- Design activities for day camp, preschool
- Volunteering in community/ with recreation programming
- Challenges & Quests

## Preschool Movement Programs

- Tumblebugs in the Park programming 2x/ week
- Create activity sheets - written/ visual





## SAMPLE DAY CAMP SCHEDULE

### Week 2 - Tuesday

### Weekly Theme: Superheros

Daily activities may be completed in any order and are optional. League points will be distributed based on participation, fair play, kindness and leadership.

1. Dress up! Share a picture of your "costume" and your super-name for the day!

2. Leap tall buildings in a single bound!  
Practice and measure your jumps.

3. Loose Parts Play - build your Avengers style training base. Use whatever materials you have inside or outside. Show us the features and what makes yours the training centre that heroes sign up for!



4. Super-snack time! Create your favorite hero's logo with food. Show us your healthy creations!

Daily dose  
of Nature! 

5. What is your superpower? Elevate your super-hearing and listen outside for 10 different noises. List or draw pictures of each.

6. Day Camp Diary\*  
If you could have any super power,  
what would it be and why?

7. League Check-in @ 11:30 am  
\*would have link to zoom or whatever we are using

*\*Each participant would receive a Day Camp Diary to journal in each day. Each day will have a writing or drawing prompt.*

# ACTIVITY HIKE GUIDELINES



- Use local trail with staff/ volunteers spread out with two to three activity stations.
- One staff welcomes groups, goes over ground rules regarding distancing, trail etiquette and safety but also the importance to one's mental health to provide the family with outdoor play and connection to nature.
- Hikes may have different themes but use building a connection to the natural world as the main goal.
- Families call in before the date to receive a time to participate. (to maintain the safe bubble)
- Staff maintain distance but assist families as they stop at pre-defined activities along the trail.

## Group management in programming

- Programming to groups will be dependent on the current NSHA guidelines for group size and distancing.
- All groups will be managed by keeping family units (or individuals) in their respective "bubbles"
- For families and youth we will physically create bubble spaces with rope or lines to maintain safe social distancing.
- Sports and activities with no contact that maintain space will be encouraged. i.e. tennis.

