



## WEST HANTS REGIONAL MUNICIPALITY REPORT

|                                      |                                                    |                                           |                                              |
|--------------------------------------|----------------------------------------------------|-------------------------------------------|----------------------------------------------|
| Information <input type="checkbox"/> | Recommendation <input checked="" type="checkbox"/> | Decision Request <input type="checkbox"/> | Councillor Activity <input type="checkbox"/> |
|--------------------------------------|----------------------------------------------------|-------------------------------------------|----------------------------------------------|

**To:** West Hants Regional Municipality Committee of the Whole

**Submitted by:** Kevin Waters, Active Living Coordinator

**Date:** February 11, 2025

**Subject:** Active Living Strategy – Recommendation Report

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### LEGISLATIVE AUTHORITY

Municipal Government Act sections 47 and 65

Memorandum of Understanding between the Province of Nova Scotia and West Hants Regional Municipality.

### RECOMMENDATION

Committee of the Whole recommends that Council approve and adopt the West Hants Regional Municipality Active Living Strategy 2024-2028.

### BACKGROUND

|                                   |                                            |                                                 |                                            |                                   |                                                 |
|-----------------------------------|--------------------------------------------|-------------------------------------------------|--------------------------------------------|-----------------------------------|-------------------------------------------------|
| Property <input type="checkbox"/> | Public<br>Opinion <input type="checkbox"/> | Environment <input checked="" type="checkbox"/> | Social <input checked="" type="checkbox"/> | Economic <input type="checkbox"/> | Councillor<br>Activity <input type="checkbox"/> |
|-----------------------------------|--------------------------------------------|-------------------------------------------------|--------------------------------------------|-----------------------------------|-------------------------------------------------|

In 2011, the Municipality of West Hants partnered with the Nova Scotia Department of Health and Wellness (now the Department of Communities, Culture, Tourism and Heritage) to bring the Municipal Physical Activity Leadership (MPAL) Program to West Hants. In October 2016 and again in April 2020 the Municipality re-affirmed its commitment to the province and signed the Memorandum of Understanding which outlined roles and responsibilities. Part of the Municipality's responsibility was the development, implementation, and monitoring of a comprehensive Municipality wide plan to increase physical activity in the Municipality (the Plan).

This program is intended to support the important role played by municipalities in providing opportunities for physical activity, through the provision of qualified leadership at the municipal level.

On October 9, 2018, West Hants Municipal Council approved the West Hants Physical Activity Strategy 2018-2022. This document was a plan of action to support active living in the Municipality of West Hants.

## **DISCUSSION**

The Active Living Strategy (ALS) is a staple of the MPAL program and ensures that municipal departments, that are responsible for recreation and physical activity within each municipality, are engaging with their community members and using the engagement materials to create goals and objectives for the period that the ALS is in place. The Municipality and the Nova Scotia Department of Communities, Culture Tourism & Heritage - Communities Sport & Recreation Division are partners within the MPAL program. The following document is an update of West Hants Regional Municipality's ALS, and the third installment within the program.

To inform the creation of the strategy, two separate community consultation efforts were completed. This consultation process played a key role in shaping and defining the direction for the goals and objectives.

The Strategy's goals and objectives follow the Socio Ecological Model which is a Framework which depicts how individuals and their environment are constantly intertwined. The goals and objectives are divided into four categories: Support for Individuals; Social Environment; Physical Environment and Capacity Building & Sustainability.

## **NEXT STEPS**

- 1) Pending approval of the Active Living Strategy 2024-2028 staff will proceed with the implementation.

## **FINANCIAL IMPLICATIONS**

All financial requests would be submitted to Council for review and approval as part of the annual budget process.

## **ALTERNATIVES**

Committee of the Whole can choose to not to recommend the approval and adoption of the Active Living Strategy, this is not the course of action recommended by staff.

## **ATTACHMENTS**

West Hants Active Living Strategy (2024-2028)

## **CHIEF ADMINISTRATIVE OFFICER REVIEW**

I support the recommendation. The strategy reflects current programing and priorities of the Community Development Department and the service delivery reviewed by Council annually.

Report Prepared by: \_\_\_\_\_  
Kevin Waters, Active Living Coordinator

Report Reviewed by: \_\_\_\_\_  
Kathy Johnston-Isenor, Manager, Recreation and Community  
Engagement

Report Reviewed by: \_\_\_\_\_  
Kathy Kehoe, Director, Community Development

Report Reviewed by: \_\_\_\_\_  
Carlee Rochon, Director, Financial Services

Report Approved by:  \_\_\_\_\_  
Mark Phillips, Chief Administrative Officer

# **West Hants Regional Municipality Active Living Strategy 2024-2028**



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West Hants Regional Municipality (WHRM) has been a member of the *Municipal Physical Activity Leadership* (MPAL) program since 2013. The *Active Living Strategy* (ALS) is a staple of the MPAL program and ensures that the municipal departments, that are responsible for recreation and physical activity within each municipality, are engaging with their community members and using the engagement materials to create goals and objectives for the 5-year period that the ALS is in place. The Municipality and the Nova Scotia Department of Community, Culture & Heritage - Community Sport & Recreation are partners within the MPAL program. The following document is an update of West Hants Regional Municipality's ALS, and the third installment within the program; the first was released in 2013 followed by an update in 2018.

West Hants continues to prioritize the growth of physical activity options within our community and will continue to make proactive steps within an ever-changing landscape. The well-being of the members of our community drives planning and decision making for our Community Development department every single day, as demonstrated by our goals within this strategy.

When reviewing the comments collected during community engagement, the following common goals were reflected:

- To take an EDIA approach to our Community Development practices and procedures
- To increase activity in priority age groups to assist individuals in being active for life
- To improve levels of active living through increased use of our recreation facilities, parks and open spaces
- To build capacity within our community through partnerships and active living advocates

#### Community Development Department's Vision Statement for Active Living:

*West Hants Regional Municipality is committed to improving accessibility, inclusion, equity, and diversity within their programming and facilities. West Hants believes in a community that has active living opportunities for all and individuals can continue to be active across the entire life span.*

Commitment to this vision was demonstrated in 2023 when **Council voted to subsize structured dry-land recreation programs for West Hants residents by 75%.** This decision allowed the Community Development Department to reduce registration fees to 25% of the total cost of those programs. In suit, **the Inspire Fund was created to continue to aid those individuals with financial barriers to participation. Council committed \$20,000 to this fund which allows community members, who struggle with registration fees, to access recreation opportunities in West Hants.** The popularity of this low-barrier program continues to grow.

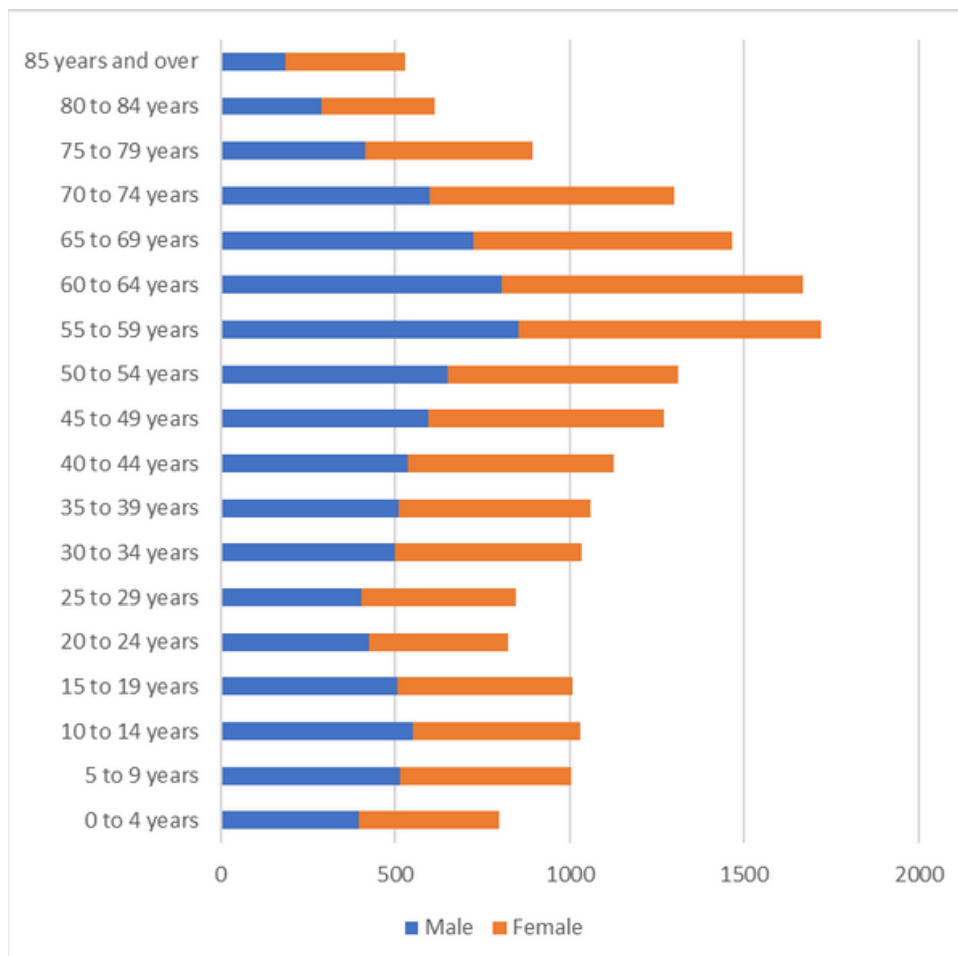
# Community Profile

## Demographics

There was a monumental change within our municipality in recent years. The Municipality of the District of West Hants consolidated with the Town of Windsor on April 1, 2020, becoming the Region of Windsor and West Hants. On, October 6th, 2020, the region was officially renamed as West Hants Regional Municipality (WHRM).

According to the 2021 Canadian Census, the newly formed WHRM rose by 2.6% to 19,509 residents since the last census in 2016. That is a rise of over 4000 residents from the previous Active Living Strategy in 2018 as the previous strategy was relevant to the 15,368 residents of the formerly known Municipality of the District of West Hants.

West Hants continues to report low residents numbers within the age 20-29 bracket. Low numbers within the young adult age range with a peak in the aging population range further cements the need for accessible infrastructure and supports to aid our entire community in reaching their active living goals.



The Municipality is projecting further and faster growth in development in our community over the next 5-8 year period. Of the developments currently approved by council, the expectation would be that approximately 5,700 new residents join the WHRM community.

# Community Profile

## Physical Assets: Recreation Sites, Parks and Open Spaces

West Hants Regional Municipality is a centrally located, thriving, and growing collection of communities. With a travel time of only 35 minutes to the Provincial capital of Halifax, Stanfield Airport, and the centre of the Annapolis Valley, it is an ideal location to live, work, and grow.

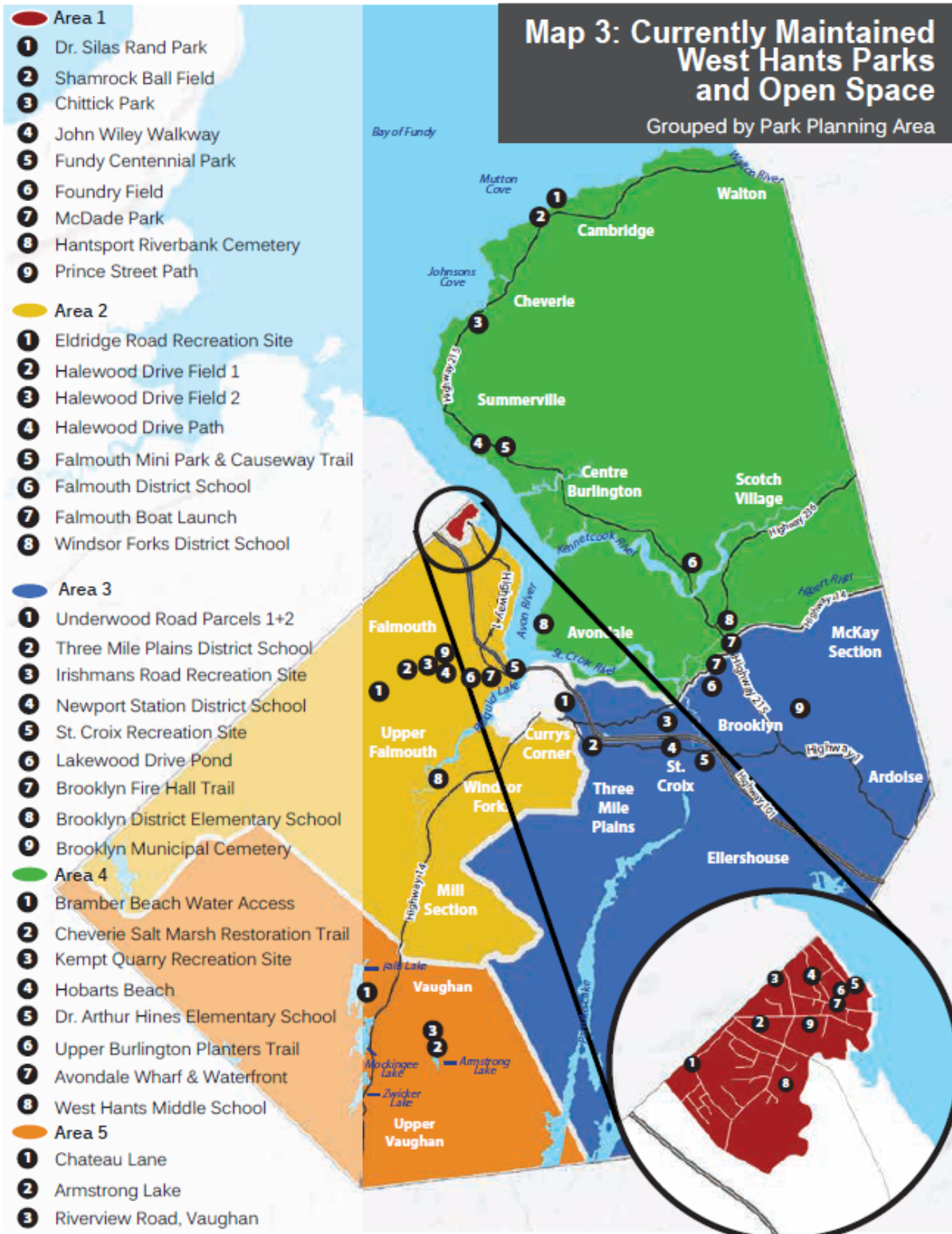
Its population of 19,000 residents, residing on 1,253.11 square kilometers is dispersed around the former Towns of Windsor and Hantsport, and the former Municipality of the District of West Hants. This includes growth centres and rural expanses resulting in a population density of 15.18 persons per square kilometer. Growth centres are served by municipal water and/or sewer.

There are two Provincial Parks (Smileys and Falls Lake), two Park Reserves (Cheverie Salt Marsh and St. Croix), wilderness areas, 12% protected lands (as identified by Environment NS,) and Crown land within the region. The Municipality currently owns and/or manages over 73 parcels of parks and open space land, totaling over 492.5 acres.

- |                                          |                                     |
|------------------------------------------|-------------------------------------|
| 1. Ardoise Park                          | 19. Mantua to Stanley Rail Trail    |
| 2. Armstrong Lake Park                   | 20. Maplewood Cemetery              |
| 3. Brooklyn Fire Hall Trail              | 21. McDade Park                     |
| 4. Burgess Crescent Park & Playground    | 22. Meadow Pond                     |
| 5. Cheverie Salt Marsh Restoration Trail | 23. Newport Landing Waterfront Park |
| 6. Chittick Park                         | 24. Pioneer Drive (Falls Lake) Park |
| 7. Dill Park                             | 25. R.A Jodrey Memorial Field       |
| 8. Dr. Silas Rand Park                   | 26. Riverbank Cemetery              |
| 9. Eldridge Road Recreation Site         | 27. Riverview Trail                 |
| 10. Elmcroft Park                        | 28. Shamrock Ball Field             |
| 11. Falmouth Boat Launch                 | 29. Star Brides Park                |
| 12. Falmouth Mini Park & Causeway Trail  | 30. St. Croix Recreation Site       |
| 13. Fundy Centennial Park                | 31. Tregothic Trail                 |
| 14. Hants Aquatic Centre                 | 32. Upper Burlington Planters Trail |
| 15. Hobarts Beach                        | 33. Victoria Park                   |
| 16. Irishmans Road Recreation Site       | 34. West Hants Sports Complex       |
| 17. John Wiley Walkway                   | 35. Windsor Community Centre        |
| 18. Kempt Quarry Recreation Site         | 36. Windsor Waterfront Skatepark    |
|                                          | 37. Windsor Waterside Park          |

# Community profile

## Map of Parks and Open Spaces



Update Coming in 2025

# Physical Activity Community Survey

The **Physical Activity Community Survey** is an adult specific study conducted by Nova Insights Inc. The survey conducted 200 telephone interviews with residents 18+ living within West Hants Regional Municipality. The individuals were contacted through random digit dialing from December 4, 2021 - January 25, 2022.

When given the option to choose their top three activities individuals would like to do more, West Hants residents selected walking as their top choice 20% of the time and as a top three option at 31%. This was further exemplified as sidewalks or side of the road was the third most popular space to be active - behind only at home (indoors) and at home (outdoors) - and improved sidewalks were listed as the second most likely infrastructure project to increase physical activity among residents. Walking continues to be the most accessible, and sought after, activity in the West Hants Regional Municipality.

## Key Factors:

Factors influencing engagement in physical activity can vary across age groups and gender. It is important that opportunities, scheduling, and communications be designed with these differences in mind.

### Top Activities on Wish List

**Walking:** Top of the wish list (by far) for future activity.  
**Swimming:** A distant second activity of interest.  
**Skating and bicycling:** A third choice tie for more activity, leading a close third tier.

### Most Common Challenges

**Infrastructure:** Condition and maintenance of bicycle lanes and roadsides for walking  
**Security barriers:** Safety in riding a bicycle in the community  
**Social:** Having someone to be active with

### Physical Activity Opportunities

**Coordination** Someone from the rec office to help connect citizens with each other  
**Non-competitive** (recreational) activities (especially among females)  
**Social Spaces** to meet others, tools to help connect with others, and groups to be active with

### AT Motivators

**Nearly two-in-five walk at least weekly. Very few bicycle weekly.** Well over half would like to **walk more often**, affected by trails, sidewalks, and road conditions.  
 About two-in-five would like to **bicycle more often** with better road conditions, off-road, connected paths, and maps.

# West Hants Active Living Survey

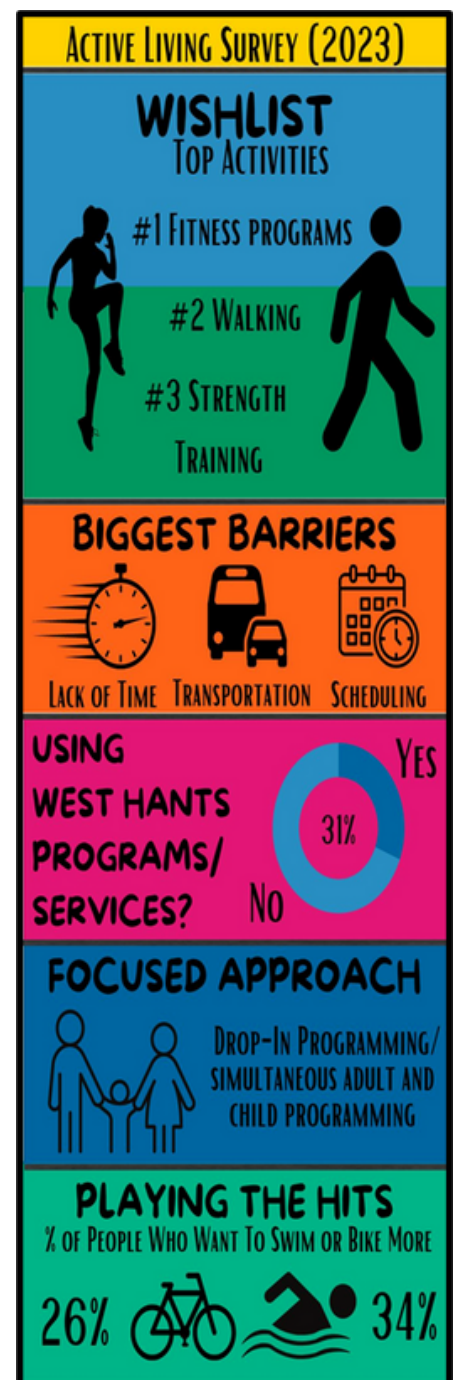
Feedback is the primary driver within our Community Development Department Active Living Strategy process. The insights and comments will fully impact the action items set out to be completed through 2024-2028.

283 written surveys were conducted from July 1st, 2023 to December 31st, 2023. Surveys were collected at ten in-person community social events, via an online option promoted through our social channels, and through community partner engagement sessions.

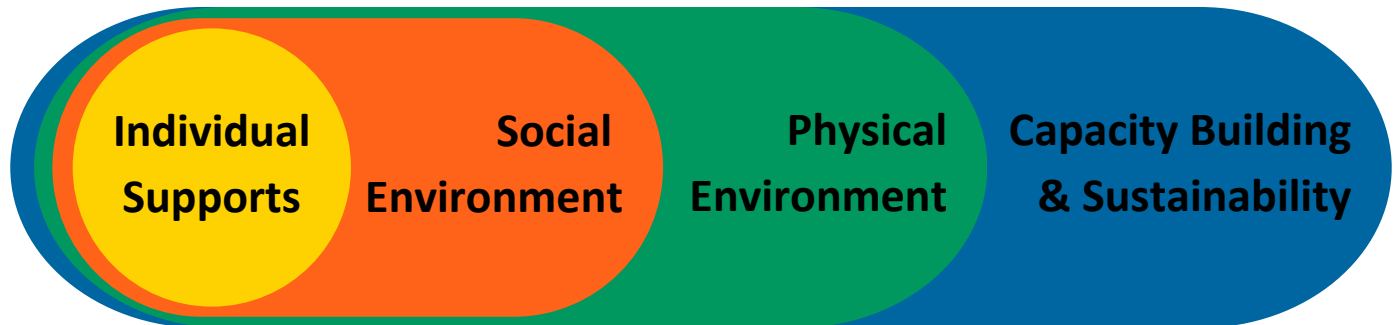
The surveys created a wide range of insights from varied perspectives. Collection was open to all age groups, with the lowest response rate being from the 18–24 year old category (7% of respondents) to the highest percentage of respondents being those who were 40-59 (36% of respondents).

Key findings and conclusions were as follows:

1. 70% of West Hants residents reported that they are active within a range of three to seven days per week.
2. Only 31% of respondents reported that they are currently participating in West Hants Community Development programming. Comments within the survey reflected those barriers such as a lack of time, lack of transportation options, and scheduling/timing of programs are detrimental to their ability to freely participate.
3. Walking continues to be the most accessible activity for most residents as 240 respondents reported that they walk as a form of physical activity. Physically active household tasks and swimming were #2 and #3 respectively.
4. West Hants residents had a much more varied outlook on activities they would like to do more often (see Appendix B). The most requested activities were fitness programs (103 responses), walking (97), strength training (96), and swimming (92).
5. Based on the results of the survey, our programming goal is to take a Community Development approach to recreation programs, and therefore we work with citizens, neighbors, and community partners, to create on-ramp opportunities.



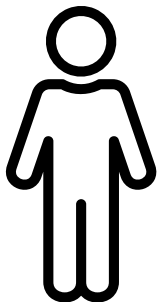
## The Socio Ecological Model



The Socio-Ecological Model is a framework that depicts how individuals and their environment are constantly intertwined, implying that the individual influences their environment as much as the environment influences the individual.

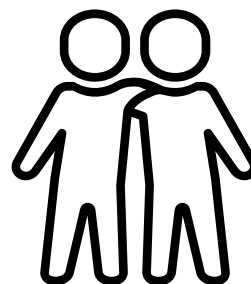
The Strategy's goals & objectives are divided into these four categories, which will organize the planned action items that will look to support the citizens of West Hants in every aspect of their active living environments.

### Supports for Individuals



Supports for each persons individuality as it relates to their age, race, gender, knowledge, skill, belief, attitude, and/or motivation

### Social Environment



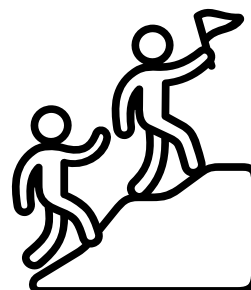
The interrelated community culture and fostered relationships within the community (i.e. school, work, etc.)

### Physical Environment



Improving accessibility and inclusion within our communities natural or built environments

### Capacity Building & Sustainability



Ensuring there are resources to support capacity building through policy, regulations, and leadership development

# Supports for Individuals

| Objective 1.1 | To reduce barriers within our current programming model                                                                                                                                                                                                                   | Timeline |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Action(s)     | Maintain and increase the opportunities for unstructured play through free facility access opportunities                                                                                                                                                                  | Annually |
|               | Increase percentage of users accessing the Inspire Fund through greater awareness campaigns                                                                                                                                                                               | Ongoing  |
|               | Utilize community partnerships to increase accessible program options within the municipality                                                                                                                                                                             | 2025     |
|               | Reduce registration-based programming and add drop-in style events                                                                                                                                                                                                        | 2025     |
|               | Adopt a community active living navigation service model                                                                                                                                                                                                                  | 2025     |
|               | Coordinate a community development approach to recreation <ul style="list-style-type: none"> <li>◦ Ongoing community recreation mapping with partners</li> <li>◦ Develop a central location for recreation organizations to advertise/communicate to residents</li> </ul> | 2025     |
|               | Seek funding opportunities to reduce costs of the user and/or partners                                                                                                                                                                                                    | Annually |
|               | Seek partnership opportunities to find transportation options to highly sought after community events and services                                                                                                                                                        | 2026     |
|               | Increase daily communications and awareness of free active living opportunities through REC text, social promotions, and/or similar services                                                                                                                              | 2025     |

# Supports for Individuals

## CONTINUED

| Objective 1.2 | To increase usage of our equipment loan program with priority focus within the marginalized communities                                                                                                                                                                                                                                                                                                                                                                                           | Timeline    |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Action(s)     | Support Make Your Move At Work by launching a staff e-bike loan program                                                                                                                                                                                                                                                                                                                                                                                                                           | 2025        |
|               | Maintain and increase current inventory of equipment                                                                                                                                                                                                                                                                                                                                                                                                                                              | Annually    |
|               | Offer non-centralized try-it events in rural communities to help increase physical activity opportunities                                                                                                                                                                                                                                                                                                                                                                                         | Seasonally  |
|               | Analyze program, with a goal of breaking down current barriers, with community partners to advise                                                                                                                                                                                                                                                                                                                                                                                                 | Bi-Annually |
| Objective 1.3 | To increase awareness of our existing recreation facilities, parks, open spaces, and community services                                                                                                                                                                                                                                                                                                                                                                                           | Bi-Annually |
| Action(s)     | <p>Develop a central promotion device for all physical activity organizations to advertise/communicate to residents</p> <ul style="list-style-type: none"> <li>◦ Use Community Calendar for advertising WHRM offerings</li> <li>◦ Implementation of a Community Guide that promotes programs and services for simple movement <ul style="list-style-type: none"> <li>▪ Encourage Community Partners to use this calendar and the guide to advertise all of their offerings</li> </ul> </li> </ul> | 2025-27     |
|               | Improve accessibility and useability of the municipal website                                                                                                                                                                                                                                                                                                                                                                                                                                     | Ongoing     |
|               | Increase number of recreation facilities, parks and open spaces included in postcard promotion/tourism project                                                                                                                                                                                                                                                                                                                                                                                    | Ongoing     |
|               | Develop hiking initiatives and an 'Intro to Parks/spaces' programming model                                                                                                                                                                                                                                                                                                                                                                                                                       | Ongoing     |

# Social Environment

10

| Objective 2.1 | To increase participation rates across underserved age groups                                                   | Timeline   |
|---------------|-----------------------------------------------------------------------------------------------------------------|------------|
| Action(s)     | Increase and maintain slate of family-oriented events                                                           | Ongoing    |
|               | Utilize a multi-generational lens within our programming and event planning                                     | Ongoing    |
|               | Engage underserved age groups to incorporate elements that would attract them to community events and programs. | Seasonally |
| Objective 2.2 | To promote physical activity through low-impact movements                                                       |            |
| Action(s)     | Promote and support our two local walking groups with promotion targeted at expanding to rural areas            | Ongoing    |
|               | Increase the number of group hike options                                                                       | Ongoing    |
|               | Foster community groups who create an inclusive way to walk, bike, wheel, etc together.                         | 2025       |
|               | Host Find-a-Friend events, focused on shared active interest: walking, biking, trail hiking, etc                | 2026       |
|               |                                                                                                                 |            |
| Objective 2.3 | To prioritize opportunities in aquatics                                                                         |            |
| Action(s)     | Promote the Inspire Fund for access to aquatic programming                                                      | Ongoing    |
|               | Develop more aquatic opportunities/programming at Kings Edgehill School for the community                       | 2025-26    |

# Physical Environment

|                       |                                                                                                                                   |                 |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Objective 3.1:</b> | <b>To meet or exceed accessibility standards for the built environment by 2030</b>                                                | <b>Timeline</b> |
| <b>Action(s)</b>      | Conduct accessibility audits for municipally-operated recreation facilities                                                       | 2023-25         |
|                       | Address outdated infrastructure                                                                                                   | Ongoing         |
| <b>Objective 3.2</b>  | <b>To utilize the <i>Community Beautification Plan</i> to improve recreation facilities, parks, and open spaces</b>               |                 |
| <b>Action(s)</b>      | Restoration of Elmcroft Park and surrounding area                                                                                 | 2027            |
|                       | Create a sense of belonging within outdated recreation facilities using the Accessibility and Anti-Racism & Hate Plans as a guide | 2025-28         |
| <b>Objective 3.3</b>  | <b>To improve upon the connectivity of active transportation opportunities</b>                                                    |                 |
| <b>Action(s)</b>      | Restoration of the Mantua to Stanley Rail Trail                                                                                   | 2023-26         |
|                       | Connect the local Blue Route through a Cycle Hub Project in Windsor                                                               | 2023-25         |
| <b>Objective 3.4</b>  | <b>Allocating funds to ensure that our trails and open spaces receive regular maintenance</b>                                     |                 |
| <b>Action(s)</b>      | Tregothic Trail Maintenance: Resurfacing and widening of trail & addressing accessible slope over railbed)                        | 2025            |
|                       | Irishmans Road Recreation Site: Root capping and drainage for a number of trails, volunteer clean-up                              | 2025            |
|                       | Kempt Quarry: Regular maintenance to keep trail in good condition (brush clearing, etc.)                                          | Ongoing         |
|                       | Eldridge Road Rec Site: Site maintenance, whipping, trimming trees, etc.                                                          | Ongoing         |
|                       | Cheverie Salt Marsh Trail: Site maintenance, whipping, trimming trees, etc.                                                       | Ongoing         |

# Capacity Building and Sustainability

|                      |                                                                                                                           |                 |
|----------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Objective 4.1</b> | <b>To offer further training and development to front-line staff</b>                                                      | <b>Timeline</b> |
| <b>Action(s)</b>     | Accessibility, inclusion, and diversity training to be made available during the onboarding process                       | 2025            |
|                      | Increase the number of youth volunteers                                                                                   | Ongoing         |
| <b>Objective 4.2</b> | <b>To implement plans and policies for consistent development</b>                                                         |                 |
| <b>Action(s)</b>     | Update Active Transportation Plan/Trail Project Strategy Mapping                                                          | 2025            |
|                      | Sidewalk Needs Assessment for defined growth centres                                                                      | 2025            |
|                      | Update Accessibility Plan and creation of Anti-Racism & Hate Plan                                                         | 2025            |
|                      | Update Parks & Open Spaces Plan                                                                                           | 2026            |
|                      | Community Infrastructure Accessibility Audit                                                                              | 2027            |
| <b>Objective 4.3</b> | <b>Foster partnerships with community organizations</b>                                                                   |                 |
| <b>Action(s)</b>     | Dedicate staff time and energy on the promotion of our community partners to increase opportunities for physical activity | Ongoing         |
|                      | Commitment to collaboration through committees and working groups within West Hants                                       | Ongoing         |
| <b>Objective 4.4</b> | <b>Growing the Municipality's portfolio of recreation opportunities</b>                                                   |                 |
| <b>Action</b>        | Pursuing opportunities to grow capacity through future projects related to recreation facilities, parks, and open spaces  | Ongoing         |

# Appendix A

## Active Living Survey

### 1. Age Category

- Under 18
- 18-24
- 25-39
- 40-59
- 60+

### 2. Gender Identity

- Male
- Female
- Other (specification is optional)

### 3. How often do you participate in physical activity? (Can be light, moderate or vigorous)

- 0 Days a Week
- 1-2 Days a Week
- 3-4 Days a Week
- 5-7 Days a Week

### 4. How do you choose to be active? Check off all that apply.

- Walking
- Running/Jogging
- Biking
- Swimming
- Organized/Competitive Sport
- Recreational Sport/Programs
- Physically Active Household Tasks
- Fitness Programs (Yoga classes, spin classes, Fit for Life, etc.)
- Strength/Weight Training
- Ice Skating
- Canoeing/Kayaking/Stand-up Paddleboarding
- Other (please specify)

### 5. What form of physical activity do you wish to participate in more often?

- Walking
- Running/Jogging
- Biking
- Swimming
- Organized/Competitive Sports
- Recreational Sport/Programs
- Physically Active Household Tasks
- Fitness Programs
- Weight/Strength Training
- Ice Skating
- Canoeing/Kayaking/Stand-Up Paddleboarding
- Other (please specify)

### 6. What barriers do you face that prevent participation in physical activity?

- Lack of time
- No one to be active with
- Health Issues
- Programs or classes not offered at times that work or me
- Accessibility/Infrastructure
- Program or Activity isn't offered locally
- Childcare/Not enough family friendly programming
- Financial Barriers
- I don't enjoy being active
- Other (please specify)

### 7. Do you currently participate in any West Hants Regional Municipality programs?

- Yes
- No

### 8. If not, why?

- Program times don't fit my schedule
- I was not aware of these programs
- Cost
- Accessibility
- These programs do not interest me.
- No one to go with
- Other (specify)

### 9. What programming would you like to see offered?

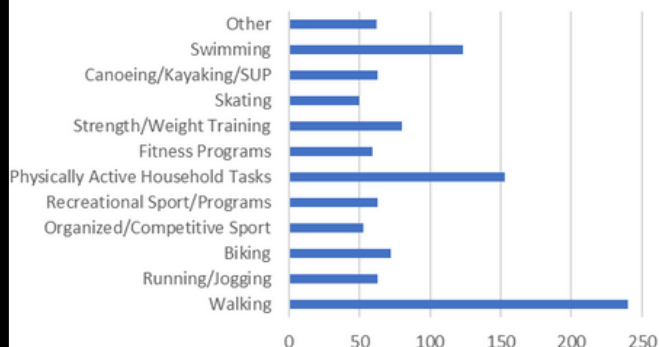
- Sport Programs
- Drop In/Pop Up Play Programs
- Youth Programming
- Adult Programming
- Other (please specify)

### 10. This comment section is an opportunity for you to express what you would like to see in the community to help increase physical activity, or an opportunity to elaborate more on any of your previous answers. Thank you for taking the time to complete this survey!

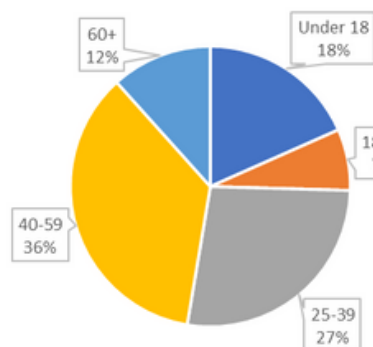
# Appendix B

## Active Living Survey Results

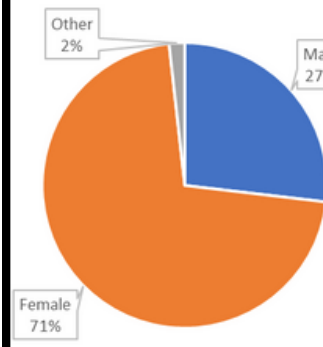
Activity of Choice



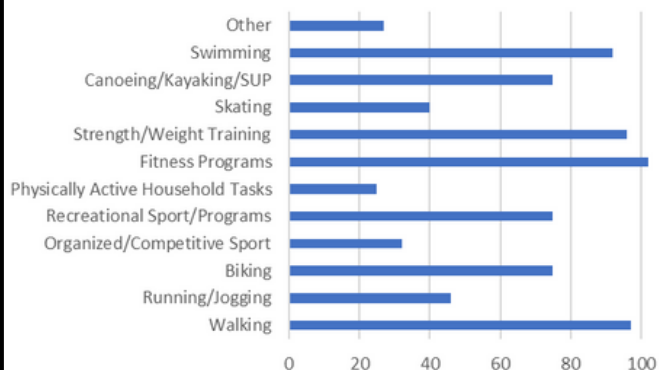
Age Category



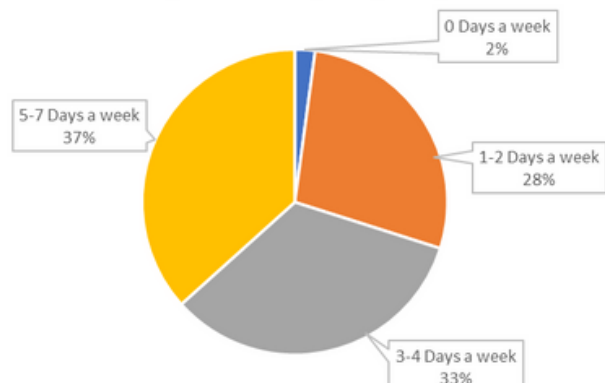
Gender Identity



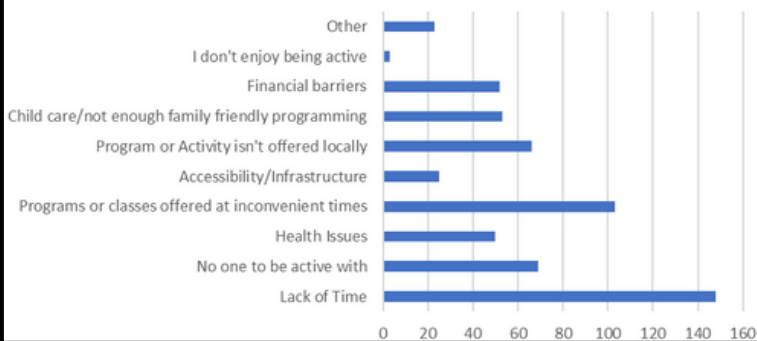
Activity You Would Like To Do More Often



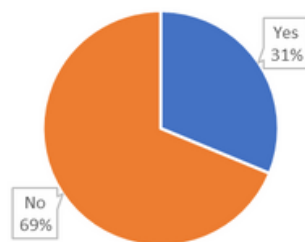
Physical Activity Frequency



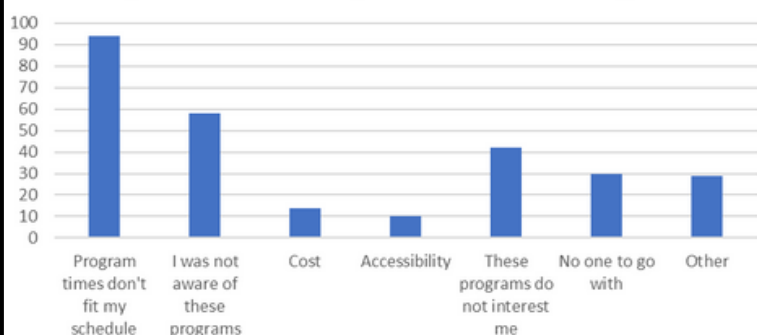
Barriers To Participation



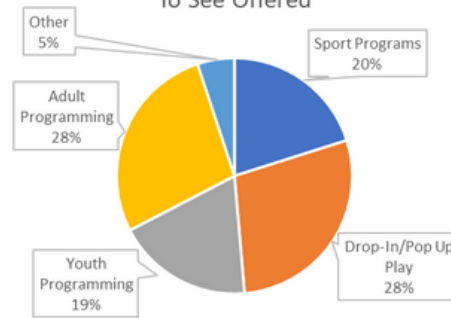
Participation Rate in West Hants Recreation Programs



Why Do You Not Participate in West Hants Programs



What Type of Programming Would You Like To See Offered



# Appendix C

## Definitions

**Active Living:** To foster, healthy living through recreation and physical activity.

**Active Transportation:** Active transportation (AT) is a broad term that refers to all forms of human powered or non-motorized transportation. It typically refers to walking and cycling, but also rollerblading, skateboarding, wheelchair use, etc. There are also many seasonal activities such as canoeing, kayaking and cross-country skiing that can be defined as active transportation. Active transportation is commonly broken down into two different categories: Utilitarian active transportation includes active destination oriented trips (e.g.: commuting to work or school) and active workplace travel (e.g.: delivering materials or attending meetings). Recreational active transportation includes leisure, recreational pursuits, and fitness (e.g.: dog walking, hiking, paddling, etc.) and often takes place in off-road locations. In some cases, both utilitarian and recreational active transportation can occur at the same time.

**Community Beautification Plan:** The Community Beautification Plan seeks to achieve a cohesive vision for the communities that make up West Hants and align and reinforce the West Hants Regional Municipality brand throughout the region.

**Equity, Diversity, Inclusion, and Access (EDIA):** Fairness for all individuals, to increase inclusion and access to recreation for diverse populations that face constraints to participation.

**Municipal/Mi'kmaq Physical Activity Leader (MPAL):** MPALs are responsible for leading municipal efforts to develop municipal physical activity plans and create active communities."

**Physical Activity:** Any bodily movement that requires the usage of energy.

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

**Supportive Environments:** To ensure the provision of supportive physical and social environments that encourage participation in recreation build strong, caring communities.

# Appendix D

## Provincial Supports

### Let's Get Moving Nova Scotia

Let's Get Moving Nova Scotia is simply a plan to encourage Nova Scotians to move more throughout their day. The plan outlines five goals that will be evident throughout our municipal goals and objectives.

1. Redefine movement
2. Reach Nova Scotians where we learn, work, and access healthcare
3. Advance quality community leadership
4. Enhance opportunities and address inclusion
5. Measure progress

### Physical Activity Framework Nova Scotia

Similar in measure to the Let's Get Moving Plan, the Physical Activity Framework NS, designated from the Department of Education, is designed to incorporate more movement for our youth during the school day.

1. Increased opportunities for energetic movement for all students
2. Increased opportunities for structured and unstructured movement for all students
3. Reduced extended periods of sedentary behaviour for all students
4. Increased opportunities for all students to be outdoors during instructional time

### Shared Strategy for Recreation in NS

The Shared Strategy for Recreation in NS is a set of goals that help guide future active living opportunities across the province. Formulated by a shared desire between Nova Scotia's Communities, Culture, Tourism and Heritage Department, Recreation Nova Scotia and the provinces municipal recreation departments, to advance recreation practices across the province.

1. Active Living
2. Inclusion and Access
3. Connecting People with Nature
4. Supportive Environments
5. Recreation Capacity



**WHRM School Bike Loan Program (2023)**

# Appendix E

## Community Sport Organizations, Clubs & Businesses

### Avon Pony Club

- [avonponyclub@gmail.com](mailto:avonponyclub@gmail.com)

### Avon River Pickleball Club

- [nicolp90@gmail.com](mailto:nicolp90@gmail.com)

### Avon River Rollers

- [avonriverrollers@gmail.com](mailto:avonriverrollers@gmail.com)

### Avon Sport and Social Community

- [avonsportsocial@gmail.com](mailto:avonsportsocial@gmail.com)

### Crown Athletics

- [www.crownathleticsns.ca](http://www.crownathleticsns.ca)
- [crownathleticsns@gmail.com](mailto:crownathleticsns@gmail.com)

### Empire Athletics | Integrity Cheer Empire

- [www.empireathletics.ca](http://www.empireathletics.ca)
- [taylor@integritycheerempire.com](mailto:taylor@integritycheerempire.com)

### Glooscap Heritage Archery Association

- [goickle58@gmail.com](mailto:goickle58@gmail.com)

### Hants Shore Karate

- [hantsshorekarate@gmail.com](mailto:hantsshorekarate@gmail.com)

### Hantsport Tennis Club

- [www.hantsporttennisclub.ca](http://www.hantsporttennisclub.ca)
- 902-385-3359

### KES Highlander Swim Team

- [phadley@kes.ns.ca](mailto:phadley@kes.ns.ca)

### Martock Ski Race Club

- [www.msrc.ca](http://www.msrc.ca)
- [admin@msrc.ca](mailto:admin@msrc.ca)

### Pisiquid Canoe Club

- [www.pisiquid.com](http://www.pisiquid.com)
- [fastkayak@gmail.com](mailto:fastkayak@gmail.com)

### Riverview Figure Skating

- [www.skateriverview.uplifterinc.com](http://www.skateriverview.uplifterinc.com)
- [skateriverview@gmail.com](mailto:skateriverview@gmail.com)

### West Hants Broomball Association

- [www.novascotiabroomball.ca](http://www.novascotiabroomball.ca)
- [westhantsbroomball@gmail.com](mailto:westhantsbroomball@gmail.com)

### West Hants Minor Baseball Association - Coyotes

- [whmb.coyotes@gmail.com](mailto:whmb.coyotes@gmail.com)

### West Hants Minor Basketball Association - Shooting Stars

- [www.shootingstafsbasketball.ca](http://www.shootingstafsbasketball.ca)
- [registrarSSBA@gmail.com](mailto:registrarSSBA@gmail.com)

### West Hants Minor Hockey Association - Warriors

- [www.westhantswarriors.com](http://www.westhantswarriors.com)
- [registrar@westhantswarriors.com](mailto:registrar@westhantswarriors.com)

### West Hants Minor Soccer Association

- [whusa@hotmail.com](mailto:whusa@hotmail.com)

### West Hants Minor Softball Association - Thunder

- [westhantsthunderball@gmail.com](mailto:westhantsthunderball@gmail.com)

### Windsor Bluefins

- [www.windsorbluefins.ca](http://www.windsorbluefins.ca)
- [windsorbluefins@gmail.com](mailto:windsorbluefins@gmail.com)

### Windsor Curling Club

- [www.windsorcurlingclub.ca](http://www.windsorcurlingclub.ca)
- 902-798-4662

### Windsor Karate Club

- [www.windsorkarateclub.ca](http://www.windsorkarateclub.ca)
- [contact@windsorkarateclub.ca](mailto:contact@windsorkarateclub.ca)

### Windsor Tennis Club

- [www.clubspark.ca/WindsorTennisClub](http://www.clubspark.ca/WindsorTennisClub)
- [tennisclubwindsor@gmail.com](mailto:tennisclubwindsor@gmail.com)

### Wizards Volleyball

- On Facebook: *Wizards Volleyball*

\*This is an example of the community sport organizations, clubs, and business types as of November 2024. If you would like to any added to the list, please contact the West Hants Community Development Department.

# Appendix F

## Community Hall Associations

### **Ardoise Community Recreation Centre**

3 Ardoise School Rd, Ardoise

Susan: 902-757-2900

### **Avondale Community Club (Avondale Hall)**

50 Avondale Cross Rd, Newport

Kyle: 902-306-0101

### **Belmont Community Hall**

1090 Belmont Rd, Newport

Barry: 902-790-6387

### **Burlington and District Activity Club**

3554 Highway 215, Newport

Lori: 902-757-2121

### **Bramber New Horizons Hall**

6943 Highway 215, Bramber

Shirley: 902-633-2694

### **Brooklyn Civic Centre**

995 Highway 215, Newport

Gaye: 902-757-3777

### **Centre Burlington Community Hall**

3554 Highway 215, Centre Burlington

Lori: 902-757-2121

### **Ellershous Community Hall**

429 Ellershous Rd, Ellershous

Barb: 902-757-2485

### **Falmouth Community Hall**

147 Falmouth Back Rd, Falmouth

Pat: 902-798-0396

### **Hantsport Memorial Community Centre (HMCC)**

6 Main St, Hantsport

HMCC: 902-790-7599

### **Mount Denson Community Hall**

532 Highway 1, Mount Denson

Darlene: 902-798-8969

### **Newport Station Community Hall**

2040 Wentworth Rd, Newport Station

newportstationcommunityhall@hotmail.com

### **Poplar Grove Community Hall**

1161 Avondale Rd, Avondale

Kathy: 902-757-2656

### **St. Croix Community Club**

18 Cemetery Rd, St. Croix

Joyce: 902-792-4341 (only after 6pm)

### **Sweets Corner Community Hall**

6936 Highway 14, Sweets Corner

Doug: 902-798-4576

### **Upper Burlington Community Hall**

69 Old Walton Road, Newport

Sharon: 902-757-2297

### **Upper Vaughan Community Hall**

1015 Highway 14, Upper Vaughan

Email only: uvcha23@gmail.com

\*This is a current list of the community hall associations as of November 2024. If you would like to any added to the list, please contact the West Hants Community Development Department.