



# FAMILY

## Family Access to Municipal Infrastructure for Leisure: Young children

### CURRENT PICTURE

-  Canadian children are not meeting physical activity guidelines
-  Low-income families experience unique facilitators and barriers when trying to engage in physical activity

### WHAT WE DID

-  Photovoice captured pictures and stories from low-income parents of children (ages 3-5) living in Strathcona County
-  Photovoice allows decision-makers to see what is happening through participants' eyes

### WHAT WE HEARD



I like that there's a variety of different structures for the kids to play on at Broadmoor. There are a lot of different parks that are more set up for different age groups, but not necessarily all the age groups, so we could go to a park that was good for my older kids, but not necessarily for my younger child.

- PARTICIPANT 11

**DID YOU KNOW:**  
The slide in Broadmoor Lake Park is one of the highest play structures in Canada.

A variety of play equipment is needed to appeal to different ages and styles of play



I never knew there was public skating at Broadmoor Arena until my boys started playing hockey.

- VERONICA

**DID YOU KNOW:**  
You can download Strathcona County's new free app ([www.strathcona.ca/mobile](http://www.strathcona.ca/mobile)) for detailed information on facilities and programming in Strathcona County.

**COMING SOON:**  
Use the Strathcona County app to create a custom calendar of age-appropriate activities that fit your schedule

It can be difficult to know where and when there are recreation opportunities for young children



Sports equipment and registration is very expensive



**DID YOU KNOW:**  
Canadian Tire Jumpstart and Sport Central are committed in supporting low-income residents to access physically active programs and sports equipment.



For low-income workers, there are subsidies, but there are times that the amount you still have to pay is still expensive.

- PARTICIPANT 3

You know equipment to do things, whether it's a winter activity, or outdoor activity, to have the money for the equipment is expensive.

- PARTICIPANT 9

**DID YOU KNOW:**  
The Everybody Gets to Play program helps residents of Strathcona County who have limited income to access community recreation facilities for free. In addition, participants are able to attend registered programs offered by Strathcona County at a reduced rate.

Parks and paths could be better lit to encourage activity in the fall and winter



The kids are always excited to go to the park, but we can't stay for very long because the sun starts going down.

- MATT KIRKBY

**DID YOU KNOW:**  
Strathcona County is a dark sky community, meaning all parks close at 11 pm.

**DID YOU KNOW:**  
There are over 130 kilometers of trails in Strathcona County.

Playground equipment is too hot in the summer, and gets icy in the winter



The slide got so hot the kids couldn't even go down without burning themselves.

- MATT KIRKBY

It's a limitation in the winter when everything is covered in snow and icy, so it would be great if there was equipment specific for playing in the snow.

- PARTICIPANT 10



This is the bus stop near the Broadmoor spray park. It'd be nice if we had more transportation. I know people who don't have a car, or maybe one car per family, so when the husband goes to work by car, the wife and kids don't have a car.

- PARTICIPANT 7

**DID YOU KNOW:**  
The Everybody Rides program provides subsidized transit passes to low-income residents in Strathcona County. Check out: [www.strathcona.ca](http://www.strathcona.ca)

**DID YOU KNOW:**  
In Spring of 2018, transit will be doing a Transit Master Plan review. Transit wants to hear ideas from all residents to learn how local service should evolve.

Using public transit to access recreation facilities is challenging when schedules vary during the year



Residents are generally very happy with the recreation facilities, library, and public events run by Strathcona County



Something I like is that all the rec centers are kind of a little bit different, so that we can go to different ones and it's kind of like going to a whole new place.

- PARTICIPANT 11

There is a need for more healthy food options at recreation facilities



It's disappointing that the food court [at Millennium Place] is all junk food. This used to be a pita place, and now it's a mini donut hut, right and it really deters you, you know you're exercising and you're doing all this fun stuff, and then you're going to sit down and eat chocolate bars and mini donuts.

- KATE POETTCKER

**DID YOU KNOW:**  
Strathcona County is working with service providers to ensure healthy options are available while balancing market demands.

### NEXT STEPS

- Strathcona County has reviewed an overview of the findings. Strathcona County will further share these findings as part of the renewed Open Space and Recreation Facility Strategy in 2018.
- Strathcona County is continually working to help all community residents to easily access indoor and outdoor community recreation facilities.

### FOR MORE INFORMATION

- For more information about this project, please contact the PLACE Research Lab: (780) 492-1947; [placeresearchlab@ualberta.ca](mailto:placeresearchlab@ualberta.ca)
- For more information about the Recreation Access Program, please contact Family and Community Services at (780) 464-4044 to set up an appointment to speak with the Subsidy Administrator.