Welcome

Leading the Ways to Play
IPA Triennial World Conference

September 16, 2017
Who are We?

What do you get when a kinesiologist, a wetland ecologist, a recreation manager and a landscape architect walk into a room?....
Outline

– How did we get here
– What is our current state
  • in Canada
  • in Calgary
– What have we changed in our play spaces
– What have we changed in our programs
– How do we plan for what still needs to be done
**Why are We Here?**

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**Daily Mail**

24 HOURS A DAY

**News**

How children lost the right to roam in four generations

By DAVID DERBYSHIRE - More by this author

Last updated at 01:03 am on 15th June 2007

Comments (23)

When George Thomas was eight he walked everywhere.

It was 1926 and his parents were unable to afford the fare for a tram, let alone the cost of a bike and he regularly walked six miles to his favourite fishing haunt without adult supervision.

Fast forward to 2007 and Mr Thomas’s eight-year-old great-grandson Edward enjoys none of that freedom.

He is driven the few minutes to school, is taken by car to a safe place to ride his bike and can roam no more than 300 yards from home.
Why are We Here?

So glad I grew up doing this, not this.

Before cellphones & social networks.

This is how we figured where our friends were.
Why are We Here?
Why are We Here?

Overall Physical Activity

This year’s grade remains a D- for the fourth year in a row. The grade reflects the balance between one age group that is doing well (3- to 4-year-olds) and two age groups that are doing poorly (5- to 11-year-olds and 12- to 17-year-olds). Most school-aged children and youth in Canada are not meeting the moderate- to vigorous-intensity physical activity (MVPA) recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth. Conversely, most preschool-aged children in Canada (3- to 4-year-olds) are meeting the physical activity recommendations for this age group, which recommend 180 minutes of daily activity at any intensity.

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<td>BENCHMARK</td>
<td>A 81-100%</td>
<td>D 61-80%</td>
<td>C 41-60%</td>
<td>B 21-40%</td>
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- Percentage of children and youth who meet the MVPA recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth (at least 60 minutes of daily MVPA).
- Percentage of preschoolers who meet the Canadian Physical Activity Guidelines for the Early Years (at least 180 minutes of physical activity at any intensity every day).

Kids are more physically active when they play outside:

- 35% of students take 35 per cent more steps in physical education class when it is held outdoors.
- 20% of Canadian kids aged nine to 17 who play outside after school get 20 more minutes of heart-pumping activity per day and are three times more likely to meet the Canadian Physical Activity Guidelines.

Kids move more when they have some freedom to roam unsupervised and take risks:

- 20% of Grade 5 and 6 students who are often or always allowed to go out and explore unsupervised get 20 per cent more heart-pumping activity than those who are always supervised.

It’s time to learn the truth about risky outdoor play:

Risky outdoor play is not about counting danger – it’s about play that is thrilling and exciting, such as climbing high, exploring the woods and rough-housing, where kids independently test their abilities and limits.
Why are We Here?

This Position Statement was informed by the best available evidence, interpreted by a group of Canadian experts representing 14 organizations, and reviewed and edited by more than 1,600 stakeholders.

Access to active play in nature and outdoors—with its risks—is essential for healthy child development. We recommend increasing children's opportunities for self-directed play outdoors in all settings—at home, at school, in child care, the community and nature.
Calgary Context – Parent Barrier Research
Parent Barriers...Time
Parent Barriers...Weather
Parent Barriers...Overscheduled kids

"Tommy can’t play now, but he might be able to squeeze you in between soccer and his piano lesson."
Parent Barriers...Better playgrounds
Parent Barriers…What can we do? Calgary’s role?
Parent Barriers…What can we do? Calgary’s role?
Parent Barriers…What can we do? Calgary’s role?
Calgary Context

- 1135 Playgrounds
- 39X Montreal
- 5X the USA avg/10K
- 50% more than US #1
Calgary Context

- 92%
- 95%
Today’s Playground
Today’s Playground
Today’s Playground

Source: Herrington et al. (2007)
Imaginative/Creative/Fantasy Play

• exploration, imagination and innovation

• self-expression and creativity

• focuses on role playing, symbolic play - MAKE STUFF UP
Play Possibilities…

Natural & Social Play

• Involves natural materials
• reconnect with nature
• interaction with others - TEAMWORK
Play Possibilities…

Risky Play

• Challenge, test limits and push boundaries
• Learn how to take appropriate risk
• RISK VS HAZARD
So… What are we doing?

Building a Legacy:

• Prairie Winds Park
• Confederation Park
  • Mills Park
• Ralph Klein Park
• Haysboro Nature Park (community project)
Prairie Winds Park
Prairie Winds Park
Prairie Winds Park
Confederation Park
Confederation Park
Mills Park
Mills Park
Ralph Klein Park
A New Way to Engage
Mobile Adventure Playground

• Play facilitator
• No preconceived structure
• Materials manipulated and replaced
• Calgary model moves between parks
Risk

- Risk assessment
- Risk mitigation & management
- No contracting of risk
- Risk sign off
Locations

• 2016:
  • 5 Regional parks
  • City-run events
  • Community play days
• 2017:
  • 7 Regional parks
  • Winter play
Staff

• Staff Training
  • Standard training
  • Safety training
  • Play materials
  • Site and set up training
  • Tools
  • Play facilitation
  • Evaluation
Materials

- Donated materials
- HUGE van
- On-site signage
- Daily set up
Engaging the Parents

2017 - dedicated role for parent engagement
Results

2016 – 2000 kids
2017 – 5300 kids
…and there was mud!
Evaluation

- 2016 - Children sedentary more than half of the time
- 2017 – more active in winter but changes in space and activities didn’t increase activity in summer
- Lots of free/unstructured play (our goal)
Sustainability

- Long-term funding
- Seasonal play
- Welcome the unconverted
- Increase active play
Parks Spectrum National Parks Summit

Parks Spectrum
Where do you fit?

<table>
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<tr>
<th>Built Environment</th>
<th>Biodiversity</th>
<th>Natural Ecosystems</th>
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<tbody>
<tr>
<td>Low</td>
<td>High</td>
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<tr>
<td>High</td>
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Human Access
Linear spectrum!

Nature Level
But…
Dimensions of Play

- Active Play
- Social Play
- Imaginative Play
- Risky Play
- Accessible Play
- Natural Play
Gap Analysis

Questions to answer...

• Where to build next
• How to lifecycle
• Work with developers
• Quadrant, Community, Zone, Ward
Next Steps?

Define

- Active Play
- Social Play
- Imaginative Play
- Risky Play
- Accessible Play
- Natural Play

Sustainability

Strategies

1

10

STRATEGY
Community Services Workplan on Play

Priorities

- Spaces
- Opportunities
- New ways
- Sustainability
YYC Plays Team

Play Sector Development Team

Calgary Board of Education

Boys & Girls Clubs of Calgary
A good place to be

And lots more…
Calgary Play Charter

3 Big Things

• Programs
• Advocacy & Promotions
• Partnerships
• Play Spaces
• Policy/Procedures/Practice
• Training
• Communications & Marketing
Thank you to our funder

Research, charter and mobile adventure play was generously supported through the Lawson Foundation Outdoor Play Strategy.

Learn more at lawson.ca
Thank you to our sponsors

Ralph Klein Park natural playground sponsored by

Mills Park natural playground sponsored by