

2017

Parks and Recreation Master Plan





Township of Douro-Dummer

Parks and Recreation Master Plan

Approved

April 18, 2017

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We would also like to thank the following municipalities, whose Parks and Recreation Master Plan documents were consulted and used as guidelines in the development of this Plan.

Township of Cavan Monaghan - Parks and Recreation Master Plan

Township of Guelph/Eramosa - Parks and Recreation Master Plan

Township of Selwyn - Recreation Services Plan

Township of Severn - Parks and Recreation Master Plan

Township of Springwater - Parks and Recreation Master Plan Update

Township of Wilmot - Parks, Facilities and Recreation Service Master Plan

Executive Summary

The Parks and Recreation Master Plan for the Township of Douro-Dummer establishes a strategic framework for parks and recreation services, programs and facilities that will guide future decision making for the department in regard to planning, policy and facility improvements. Aligning to other guiding documents of the Township of Douro-Dummer such as the Strategic Plan, the Asset Management Plan and the Age Friendly Plan, as well as community consultations that have been carried out through this process, the Parks and Recreation Master Plan identifies recommendations that have been developed with the intention to benefit both the community and the municipality.

Extensive research and analysis has been conducted to better inform and support the development of this Plan including a demographic profile of the Township, an inventory of all current parks and recreation facilities, financial and fees comparison, an examination of emerging recreation trends across the country and a review of related studies in other municipalities.

It was essential to have the community providing feedback into the development of this Plan every step of the way. For this reason, a series of community consultations was held which included meetings with key user groups, stakeholders and the public as well as an online survey available through the Township's website.

A dedicated group of individuals, appointed by Council to the Parks and Recreation Master Plan Advisory Committee, put a considerable amount of time and effort into considering and analyzing all research and feedback received. A series of recommendations has been established to work towards meeting five broader goals for parks and recreation within the Township that are as follows:

- Optimizing Usage
- Communicating Effectively
- Maintaining Affordability
- Fostering Partnerships
- Creating Opportunities for All

Throughout the Master Planning process, two major themes were consistently identified; communications and facility usage. Because of this, the Committee has identified improved communications and optimized facility usage as the top priorities for the Parks and Recreation Master Plan. This is reflected through many of the recommendations that have been made that aim to more effectively inform the community about what recreation opportunities are available within the Township.

It is envisioned that this Plan be a living document that both Council and Staff have a role in continually updating and implementing.

Section 1. Introduction

1.1 Purpose of the Parks and Recreation Master Plan

The Township of Douro-Dummer is one of eight municipalities that comprise the County of Peterborough. The Township was established in 1998 and is the result of the amalgamation of the former Townships of Douro and Dummer. The Township has a population of 6,709 residents that is spread over an area of 458 square kilometres, which makes for a population density of 14.6 persons per square kilometre.

The Parks and Recreation Master Plan is a strategic policy document for future planning and development of both parks and recreation facilities and services within the Township. The Master Plan takes a broad examination of parks and recreation opportunities that exist in the Township, gathers stakeholder feedback to identify aspirations and gaps, and develops an action framework pertaining to future facility and service needs. The planning horizon for the Master Plan is for the next ten years, with an emphasis on those priorities that require implementation in the first five years.

For the purposes of this Plan, the definition of recreation is said to include ‘all those activities in which an individual chooses to participate in his or her leisure time and is not confined solely to sports and physical recreation programs, but includes artistic, creative, cultural, social and intellectual activities.’

While at times, the Plan may place further emphasis on physical and social health, it is important to remember that as an inclusive community health and wellness can come in many diverse and complex forms that are different for each individual. This includes emotional, environmental, spiritual, nutritional, occupational and intellectual wellness.

The Terms of Reference for the Master Plan Advisory Committee that guided this project outlined several objectives for the committee and project, which have been addressed through the master planning process, including the following:

- Support local volunteer groups to build their capacity
- Act as liaison between the Township and local volunteer groups
- Explore ways to enhance services and programs through partnerships
- Support the Township’s Corporate Strategic Plan to promote parks and recreation services and facilities
- Review of the community-based recreation inventory to identify any major services gaps
- Assist with prioritization of projects where the highest demand is anticipated, addressing any change in user groups numbers or recreation activity trends
- Assist Council and Staff in identifying potential financial resources for the development of programs or refurbishment of facilities

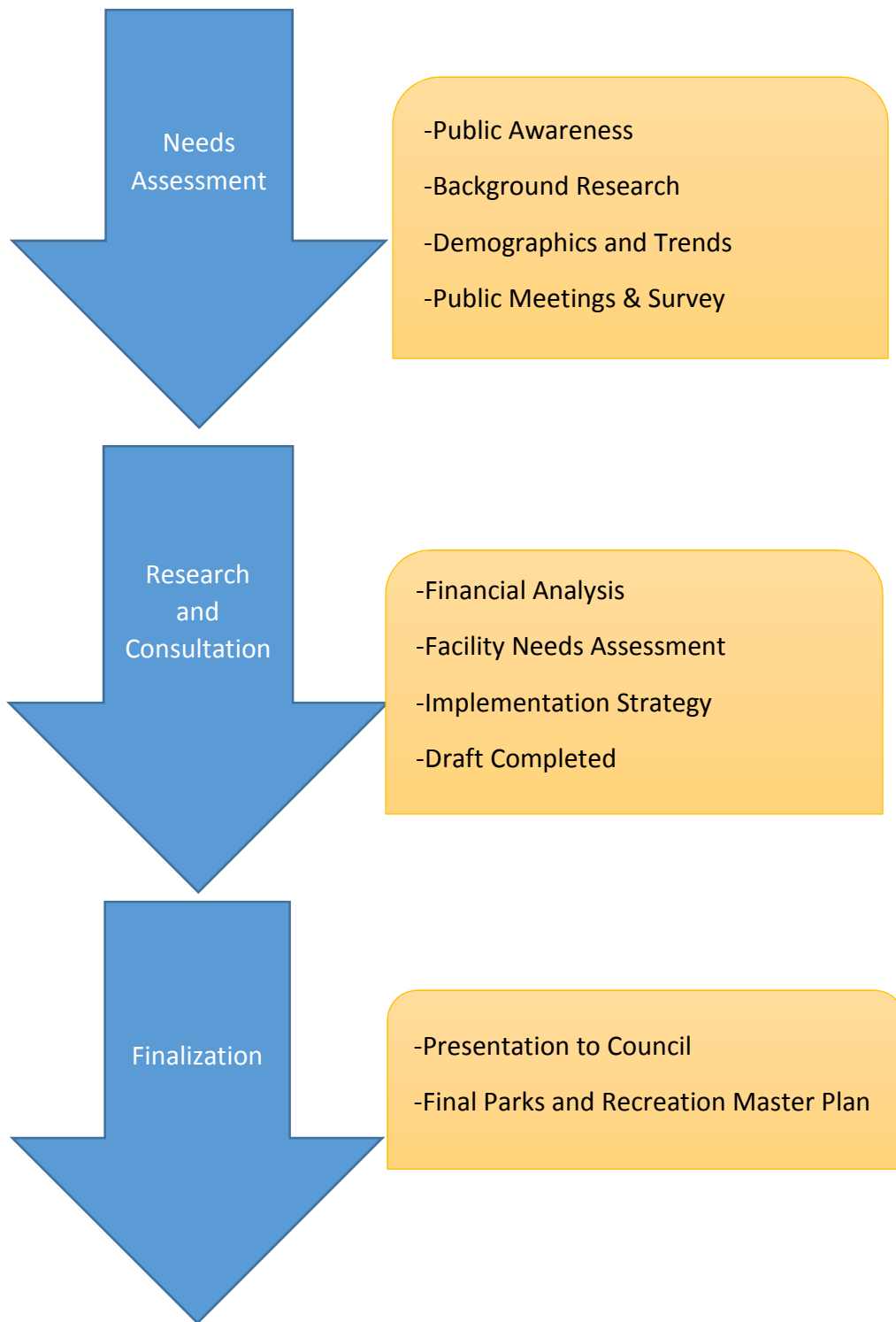
- Conduct open house meetings and round table discussion to solicit information from residents and user groups
- Indoor Facilities
 - Review user statistics to determine existing and future facility needs.
 - Review user statistics for recreation from neighbouring communities.
- Outdoor Facilities
 - Review and make recommendations on the need for new parkland or enhancements to existing parklands including sports fields, community parks and open space
 - Review and make recommendations on park amenities
 - Review and make recommendations on the need for new waterfront access points
- Documents such as;
 - Township of Douro-Dummer Strategic Plan
 - Age Friendly Peterborough
 - Sustainable Peterborough
 - County of Peterborough Active Transportation Master Plan

1.2 Planning Process

The planning process for this project had three distinct phases. First, background research was conducted and reviewed, including demographics of the Township and current recreational facilities. Extensive consultation was also conducted with residents, user groups and key stakeholders within the Township of Douro-Dummer.

This was followed by a needs assessment of all parks and recreation facilities and the way in which services are delivered to the community. Needs have been assessed by looking at local and regional trends, feedback received through community consultations, and with resource and timing implications for the Township in mind.

It should be noted that recommendations are based on current municipal conditions that may or may not change, as the Plan is implemented. For example, recommendations may have to be altered based on such things as population growth or decline that is different from the rate projected, constraints or opportunities based on the municipal budget, and/or changes to staffing levels. Therefore, to ensure recommendations align with future circumstances, it is recommended this Plan be reviewed annually during the municipal budgeting process and updated after ten years.



1.3 Report Organization

The Parks and Recreation Master Plan is organized as follows:

Section 1: Introduction – Describes the Plan’s purpose and overall objectives

Section 2: Vision, Goals and Recommendations – Outlines a Vision Statement for the Parks and Recreation Master Plan, a series of corresponding goals and recommendations

Section 3: Community Profile – Contains an overview of the Township’s demographic characteristics and population projections

Section 4: Trends in Parks and Recreation – Contains an overview of major activity and facility trends and best practices and their application to the Township’s recreation system

Section 5: Community Consultation – Outlines and evaluates the community’s perceptions of the parks and recreation facilities and programming within Douro-Dummer as well as future needs, opportunities and challenges as identified through consultation

Section 6: Service Delivery Assessment – Examines the role of the Township’s Parks and Recreation Department in the provision of services as well as their current service delivery model

Section 7: Indoor Facility Assessment – Examines the current supply of indoor recreation facilities and assesses current and future needs

Section 8: Parks and Outdoor Facility Assessment – Examines the current supply of parks outdoor recreation facilities and assesses current and future needs

Section 9: Implementation Strategy – Summarizes the Master Plan’s recommendations with priority and resource implications identified for each

Section 2. Vision, Goals and Recommendations

2.1 Vision Statement

A 'vision statement' is an aspirational description of what an organization would like to achieve or accomplish in the future. The vision statement specific to this Master Plan identifies what the Township aspires to do in the area of parks and recreation going forward. A vision statement depicts how the Department wants to be viewed in the future and compels people to work together to achieve the vision over time. Based on public input and local context, the following vision statement is offered for consideration and adoption for parks and recreation within the Township of Douro-Dummer:

*To be an inclusive community that works together
to create accessible and affordable parks,
recreation and cultural opportunities.*

2.2 Goals

The proposed goals of the Parks and Recreation Master Plan are intended to support the vision statement, as well as guide the overall context for the development of parks and recreation facilities, programs, and services for the residents of the Township of Douro-Dummer. These goals should be used to advise the recommendations of this Master Plan as well as future decisions relating to parks and recreation within the Township. They are also meant to align with the Township's Strategic Plan, which identifies the following goal for Recreation/Culture: "To develop and/or assist with the development and delivery of social and recreational programs as well as effectively maintaining and updating recreational facilities to promote healthy lifestyles and meet the broad range of community needs."

- 1. Optimizing Usage** - Capitalize on our strengths by seeking out opportunities for the creative utilization and improvement of existing community facilities and exploring new possibilities.
- 2. Communicating Effectively** - Create a communications network to encourage residents and community organizations to work together with the Township to promote events and activities.
- 3. Maintaining Affordability** - Offer citizens a range of affordable parks and recreation facilities, programs and services while encouraging long-term financial sustainability for the Township and the community.
- 4. Fostering Partnerships** - Offer supportive resources and strengthen relationships with community groups, potential partners, volunteer and users to help meet the recreational needs of the community.
- 5. Creating Opportunities for All** - Encourage and facilitate healthy and active lifestyles through a range of parks, recreation and cultural activities.

2.3 Recommendations

Through the research and consultations that have gone into this Plan, the following recommendations have been developed. They are categorized under what broader goal each recommendation aligns with.

Goal #1: Optimizing Usage - Capitalize on our strengths by seeking out opportunities for the creative utilization and improvement of existing community facilities and exploring new possibilities.

#	Recommendations
1.	Fully explore the feasibility and potential benefit of adjusting rental rates for all facilities with a view of increasing affordability and usage for user groups.
2	Warsaw Community Centre: fully explore the need, feasibility and benefit of developing a new fitness centre upstairs. As part of this, consider different options for operating and maintaining this facility and explore opportunities for funding grants to offset equipment and other program costs related to this.
3.	Douro Community Centre: prioritize, plan, and implement affordable facility improvements identified during the consultation process. Further dialogue with key users groups should be conducted to help prioritize these improvements.
4.	Douro Park: Develop and implement a prioritized, scheduled 3 to 5 year facility improvement plan for the overall property.
5.	Manager of Recreation Facilities should develop and maintain good ongoing communications and working relationship with staff from key funders to help them understand the municipality's future activities and priorities and keep abreast of all funding opportunities.
6.	Make available a means for users of the parks and recreation facilities to provide feedback to staff about their use of the facility.
7.	Have parks and recreation staff clearly identified as such when they are working in the facilities so customers know who to approach in the case of an emergency or if something needs attention.
8.	Explore opportunities for new programs and activities that will serve to meet the needs of residents while increasing and broadening the use of all Township parks and recreation facilities.
9.	Encourage the expanded usage of the Robert Johnston Eco-Forest Trails to allow for a broader range of recreation activities to occur. Furthermore, establish a walking and hiking group that would provide opportunities for themed or guided walks.
10.	Develop a plan for future improvements to the Douro Recreation Centre that would encourage further rentals of the facility and allow for more recreational usage to occur.

11.	Improve water access in order to help enhance as well as increase water based recreational activities within the Township. All Township water access points should be assessed and priorities for realistic, affordable property improvements should be developed. In addition, improved marketing and directional signage should be implemented.
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Goal #2: Communicating Effectively - Create a communications network to encourage residents and community organizations to work together with the Township to promote events and activities.

#	Recommendations
12.	Develop and implement a Communications Strategy to promote regular and ongoing communication with all key parks, recreation and cultural stakeholders and share updated information with township residents through all available means.
13.	Develop a Douro-Dummer Parks and Recreation Guide to fully communicate information on our available facilities, programs and other key information. This should be made available in hard copy in strategic locations throughout the Township and on the Township website, where the most up to date information is constantly maintained.
14.	Maintain information on recreation and culture programs and facilities not currently offered by the Township of Douro-Dummer but that are available in neighbouring communities.
15.	Create a Township Facebook page for the promotion of recreation facilities and programs as well as community events.
16.	Modernize, and keep up to date, the Township website with a full range of Parks and Recreation information including the promotion of local community organizations and groups that provide recreation programming.
17.	Partner with local schools to promote parks and recreation events in their newsletters and communications with parents.
18.	Establish a Parks and Recreation Day for the Township (twice a year, one for spring/summer activities and one for fall/winter) for all community/volunteer groups, activity facilitators, events, and rental of facilities, etc.
19.	Highlight one facility/event/activity/sport that you can do in Douro-Dummer per month through the main communication channels.
20.	Generate a community board where there is a map of community centres, parks and other municipal facilities within the Township.

Goal #3: Maintaining Affordability - Offer citizens a range of affordable parks and recreation facilities, programs and services while encouraging long-term financial sustainability for the Township and the community.

#	Recommendations
21.	Develop a budget for all Master Plan recommendations and work with Township Council to prioritize the recommendations and use as a basis for securing augmented funding for 2018 and beyond for implementation.
22.	Parks and Recreation Department should proactively seek and maintain a list of recreation, sport, and culture funding sources for families and communicate that information widely to residents and user groups.
23.	Work with existing community groups to encourage development of policies whereby registration fees are reduced or waived to support low-income families, promote affordability and encourage participation in local recreation, sport and culture activities.
24.	Promote all the no-cost activities that exist in the community as a means of ensuring awareness of the diverse recreational opportunities available.
25.	Seek out opportunities for advertising at facilities as an additional revenue stream and allocate all revenue gained in this initiative to a dedicated facility maintenance reserve fund.

Goal #4: Fostering Partnerships - Offer supportive resources and strengthen relationships with community groups, potential partners, volunteer and users to help meet the recreational needs of the community.

#	Recommendations
26.	Develop a Douro-Dummer Parks and Recreation Development “Tool Kit” that outlines how the Township can support and facilitate the development and delivery of programs.
27.	Plan and conduct bi-annual meetings with parks and recreation user groups to develop improved communications and working relationships and better understand their evolving needs and priorities.
28.	Form a new Committee of Council- Parks and Recreation Action Committee, that will focus on implementing, monitoring and assessing this Master Plan and the actions/recommendations contained within. The goal is to form a dedicated working committee with members representing the diversity of the Township.
29.	Provide workshops and sessions on topics such as volunteering, fundraising, strategic planning, succession planning, and feasibility studies for local community groups.
30.	Recruit a select group of Douro-Dummer Parks and Recreation Ambassadors who will be featured on promotional materials to residents.

Goal #5: Creating Opportunities for All - Encourage and facilitate healthy and active lifestyles through a range of parks, recreation and culture activities.

#	Recommendations
31.	Balance the provision of facilities for structured sports and activities and spaces for informal unstructured activities.
32.	Explore potential partnerships with organizations that can implement new recreation and cultural programming in Douro-Dummer using their expertise and staffing along with our facilities and volunteers.
33.	If the development of new parks or the revitalization of existing parks occurs, consider an approach that encourages active, creative and happy individuals as well as a vibrant and livable community by incorporating aspects of the Peterborough Public Health Report that identify links between the built environment and the health of the public such as tree planting, shaded play areas and landscaping that can also serve as recreational equipment.

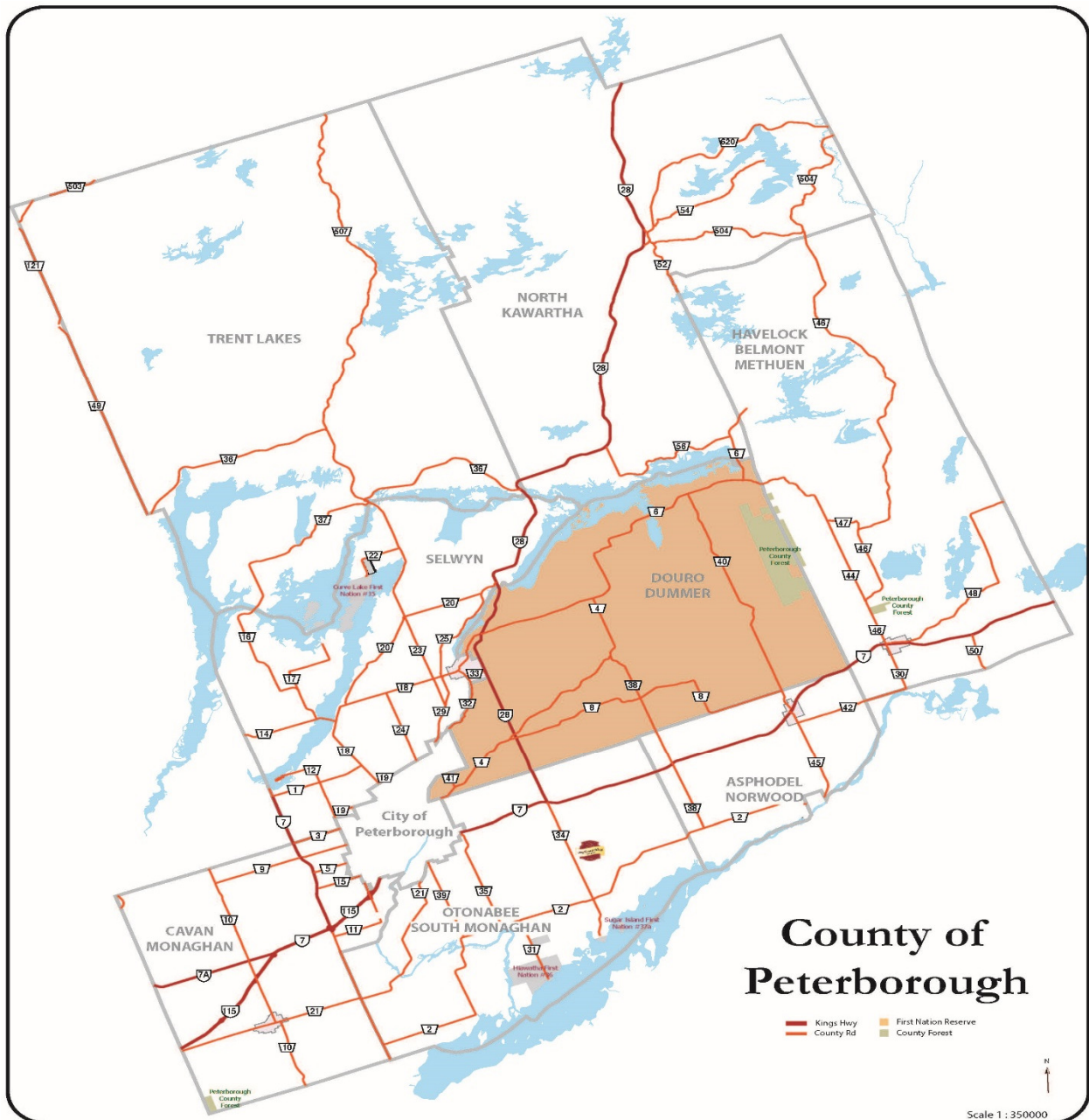
Implementation of the Plan.

#	Recommendation
34.	Consider the hiring of a part-time staff member as a 'Recreation Coordinator' to oversee communication and development of partnerships with residents and user groups in the implementation of the plan.

Section 3. Community Profile

3.1 Regional Location

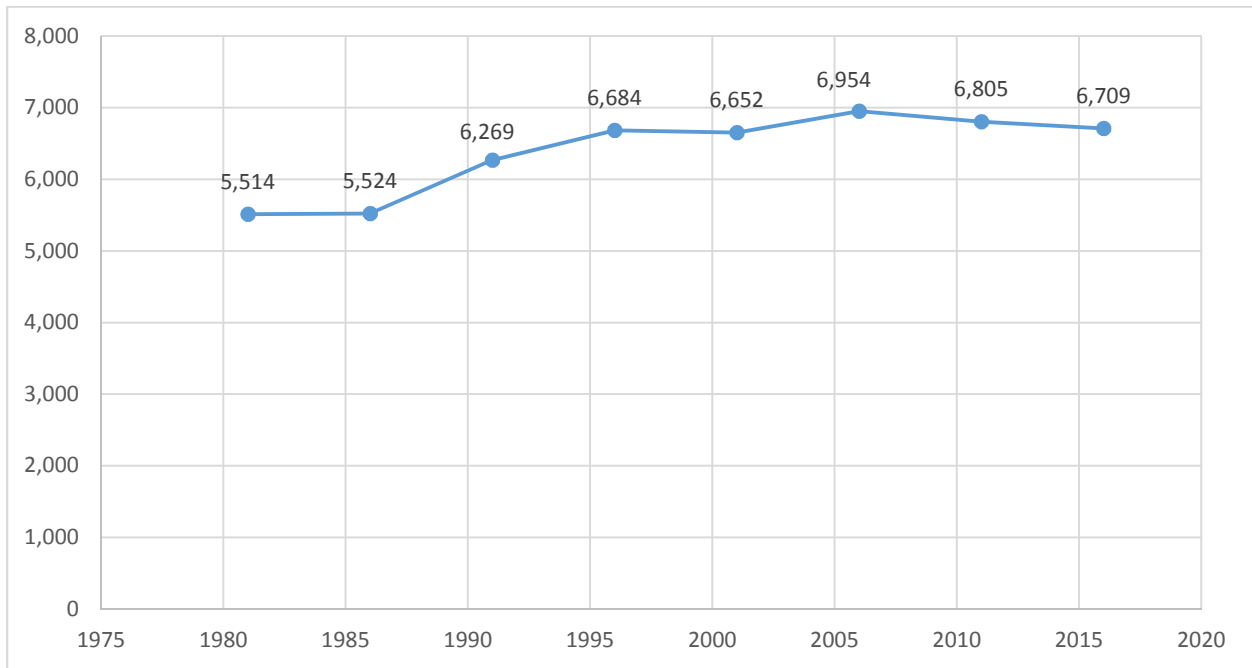
The Township of Douro-Dummer is located in the centre of the County of Peterborough. The Township is bounded by the Township of North Kawartha to the North, the Township of Selwyn and the City of Peterborough to the West, the Townships of Otonabee-South Monaghan and Asphodel-Norwood to the South, and the Township of Havelock-Belmont-Methuen to the East.



3.2 Population

The Township of Douro-Dummer has observed stable population levels over the last twenty years. This follows a fifteen year period of steady growth that saw the Township’s population increase by over 1,100 residents from 1981 to 1996. Recent five-year census periods have resulted in both small increases and decreases in population. It can also be observed that the Township has largely followed the County as a whole in terms of growth. The graph below illustrates the Township’s population since 1981.

Historical Population, 1981-2016



Year	Douro-Dummer		Peterborough County	
	Population	Change	Population	Change
1981	5,514	-	41,131	-
1986	5,524	0.18%	43,365	5.43%
1991	6,269	13.49%	50,581	16.64%
1996	6,684	6.62%	52,538	3.87%
2001	6,652	- 0.48%	53,168	1.20%
2006	6,954	4.54%	56,639	6.53%
2011	6,805	- 2.14%	54,706	- 3.41%
2016	6,709	- 1.41%	55,783	1.97%

Source: County of Peterborough Demographic Analysis

Note: Neither the Curve Lake nor the Hiawatha First Nation are included in the population counts as they are independent from the County administration.

3.3 Age Profile

Age is an important indicator of what types of recreational activities are enjoyed by residents. For example, children and teens are more likely to participate in organized minor sports leagues such as hockey or baseball, while older adults often prefer lower stress activities such as walking or fitness classes.

According to Statistics Canada's 2011 Census, the Township's median age is 46.2, which compares closely to Peterborough County's median of 45.7 years of age. However, this is older than the national median of 40.6 years. The population of Douro-Dummer is also aging, as evidenced by the Township's median age of 37.1 years in 1996 compared to 46.2 years today. Furthermore, 52% of the Township's population is age 45 or older compared to just 44% of the province as a whole. This aging of the population is a common demographic trend that is being observed across Canada and the Township's population can be expected to age throughout the foreseeable future.

The following table illustrates the aging trend of Douro-Dummer based on information made available from the past four national censuses.

Douro-Dummer	1996	2001	2006	2011
% 0-14	21.9%	20%	16.9%	15.4%
% 15-64	65.7%	66.8%	68.3%	66.9%
% 65 over	12.3%	13.3%	14.8%	17.7%
Median Age	37.1	39.7	42.8	46.2

Note: Totals may not add due to rounding
Source: Statistics Canada Census, 1996-2011

The following table illustrates the aging profile of Douro-Dummer. As of 2011, just 25.5% of the Township's residents fell within the 20 to 44 age group compared to 28% and 33% for the County of Peterborough and province respectively. As this is the primary child-bearing age group, long-term population growth in the Township will be limited.

Age Category	Douro-Dummer		Peterborough (City+County)		Canada	
	#	%	#	%	#	%
0 to 4 years	325	4.78%	6,295	4.67%	1,877,095	5.61%
5 to 9	320	4.70%	6,025	4.47%	1,809,895	5.41%
10 to 14	405	5.95%	6,935	5.14%	1,920,355	5.74%
15 to 19	480	7.05%	8,715	6.46%	2,178,135	6.51%
20 to 24	410	6.02%	9,390	6.96%	2,187,450	6.53%
25 to 29	255	3.75%	7,760	5.75%	2,169,590	6.48%
30 to 34	280	4.11%	6,620	4.91%	2,162,905	6.46%
35 to 39	350	5.14%	6,790	5.03%	2,173,930	6.49%
40 to 44	450	6.61%	7,735	5.73%	2,324,875	6.94%
45 to 49	570	8.38%	10,005	7.41%	2,675,130	7.99%
50 to 54	600	8.82%	10,895	8.07%	2,658,965	7.94%
55 to 59	620	9.11%	10,595	7.85%	2,340,635	6.99%
60 to 64	530	7.79%	10,125	7.50%	2,052,670	6.13%
65 to 69	415	6.10%	7,940	5.88%	1,521,715	4.55%
70 to 74	330	4.85%	5,945	4.41%	1,153,065	3.44%
75 to 79	220	3.23%	5,175	3.84%	922,700	2.76%
80 to 84	125	1.84%	4,020	2.98%	702,070	2.10%
85 and older	110	1.62%	3,970	2.94%	645,515	1.93%
TOTAL	6,805	100%	134,935	100%	33,476,685	100%
Median Age	46.2		45.7		40.6	

Note: Totals may not add due to rounding

Source: Statistics Canada Census, 2011

3.4 Population Projections

Population forecasts for the Township of Douro-Dummer come from the following documents:

- 1) County of Peterborough Official Plan
- 2) County of Peterborough Population Projections 2006-2036
- 3) Proposed Growth Plan for the Greater Golden Horseshoe, 2016

1) County of Peterborough Official Plan

Under the *Growth Plan for the Greater Golden Horseshoe, 2006*, the County of Peterborough is responsible for allocating population growth among its eight Townships. Based on the County of Peterborough's Official Plan, The Township of Douro-Dummer has been allocated 11.3% of new population growth within the County from 2006-2031. For comparison, as of the 2011 Census, Douro-Dummer accounted for 12.4% of County residents.

2) County of Peterborough Population Projections

In September of 2008 a report was prepared for the County of Peterborough Planning Department by Lapointe Consulting Inc. to project future population growth within each of the eight municipalities within the County. The report indicated the following population projections for the Township of Douro-Dummer:

Year	Reference Scenario	High Growth Scenario	Low Growth Scenario
2021	8,194	8,952	7,619
2026	8,431	9,519	7,611
2031	8,560	10,003	7,482
2036	8,615	10,412	7,279

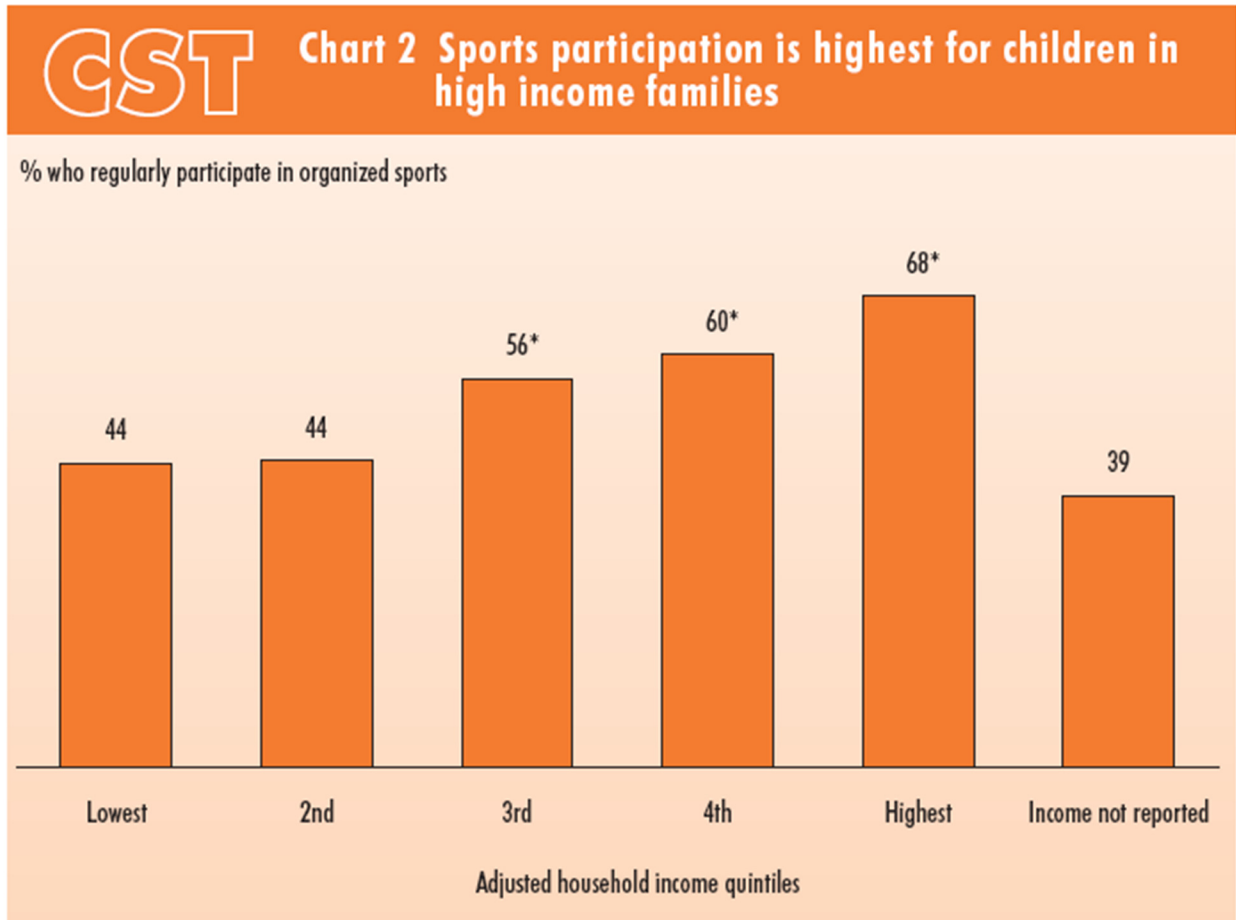
3) Proposed Growth Plan for the Greater Golden Horseshoe, 2016

The Government of Ontario has proposed new population projections for both the City and County of Peterborough under the *Growth Plan for the Greater Golden Horseshoe, 2016*. This comes as an update to the *Places to Grow Act, 2005*. Under this new proposal, both the City and County of Peterborough will combine for 191,000 residents in 2041. This would result in an increase of over 54,000 people during a twenty-five year period and calculate to an average increase of 2,167 people per year.

	2016 Census	2031 Projection	2036 Projection	2041 Projection
County of Peterborough	55,783	70,000	73,000	76,000
City of Peterborough	81,032	103,000	109,000	115,000
Combined	136,815	173,000	182,000	191,000

3.5 Income, Education and Ethnicity

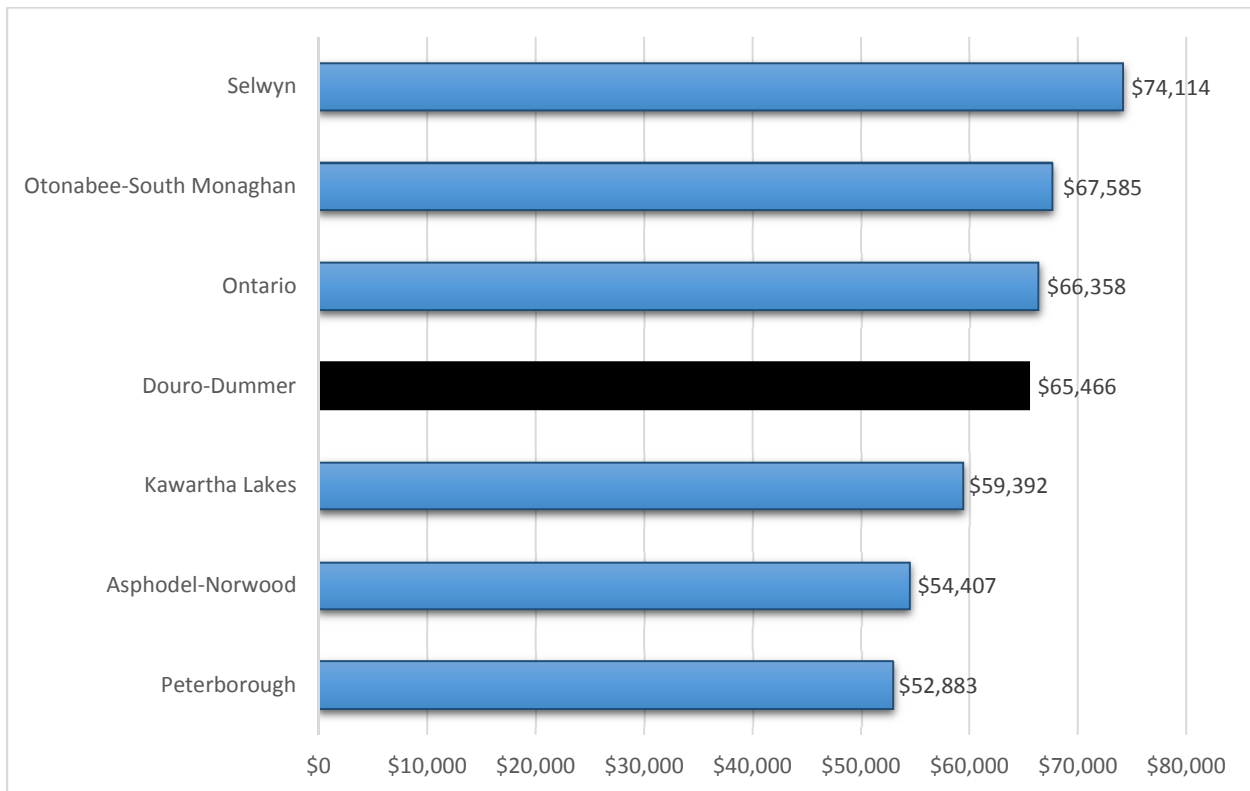
Numerous research studies have found that income levels are strong indicators of participation in sport. The correlation finds that generally speaking, the higher your level of income, the more likely you or your children are to participate in recreational activities. The following graph from Statistics Canada illustrates this trend.



Source: Statistics Canada, General Social Survey, 2005

The 2011 Census found that the Township's median income for all private households to be \$65,466 which is just \$892 below the provincial median. It also found that 13.2% of Douro-Dummer residents are classified as low income (by the Statistics Canada after-tax low income measure), which is in line with the provincial rate of 13.9% of residents.

Median Income of All Private Households, 2010



Source: Statistics Canada Census, 2011

Another indicator of sport participation among children is the education level of their parents. The correlation indicates that the higher a parent's education is, the more likely their child is to participate in sport. Douro-Dummer has a lower proportion of residents that have obtained a university certificate, diploma or degree compared to the provincial average. However, a higher proportion of residents have earned a college, CEGEP, apprenticeship, or other non-university certificate or diploma.

Highest Education Level Attained (amongst working age population)

Level Attained	Douro-Dummer	County of Peterborough	Ontario
No certificate, diploma or degree	20.6%	19.6%	18.7%
High school diploma or equivalent	26.4%	28.3%	26.8%
Apprenticeship/trades certificate or diploma	8.6%	9.4%	7.4%
College, CEGEP or other non-university certificate	26.9%	23.5%	19.8%
University certificate/diploma below bachelor level	2.9%	2.6%	4.1%
Bachelor's degree	7.6%	9.9%	14.5%
University degree above bachelor level	7.0%	6.7%	8.9%

Source: Statistics Canada Census, 2011

Ethnic Makeup

	Douro-Dummer	County of Peterborough	Ontario
Aboriginal Population	4.6%	3.6%	3.5%
Immigrant Population	5.7%	8.2%	28.5%
Visible Minority Population	2.8%	3.1%	25.9%

Source: Statistics Canada Census, 2011

The composition of the Township of Douro-Dummer sees an Aboriginal population that is slightly higher than the provincial average, while the proportion of immigrants is significantly lower.

Generation Status

First generation	395
Second generation	745
Third generation or further	5,615

Source: Statistics Canada Census, 2011

It was also found that a vast majority of Douro-Dummer residents are at least third generation Canadians (meaning they and both of their parents were born in Canada).

Language

The Census also found English to be the prominent first official language spoken by Township residents (99.27%), while the remaining 0.73% spoke French as their first official language.

Section 4. Trends in Parks and Recreation

Effective planning for Douro-Dummer's current and future recreation needs requires identification and constant monitoring of existing and emerging trends that could potentially affect facility and servicing needs. The following is a summary of major trends in participation, infrastructure and service delivery that are based on information provided from provincial and national research.

4.1 Participation Trends

Obesity and Physical Inactivity

Canada is currently dealing with an obesity crisis that has been caused by a combination of physical inactivity, increased time in front of televisions, computers or other screens, and poor lifestyle decisions. A report from the Standing Senate Committee on Social Affairs, Science and Technology, found that nearly two thirds of adults and one third of children are overweight or obese, which is a two-fold increase in the proportion of overweight adults and three-fold increase in the proportion of obese children since 1980. The rising rate of obesity is symptomatic of the increasing rates of a variety of chronic conditions. These conditions include diabetes, hypertension (high blood pressure), heart disease, stroke, osteoarthritis and certain cancers including breast, endometrial, colorectal, esophageal, gallbladder, kidney, liver, pancreas and uterine. In terms of cancer, between 5,000 and 8,000 of all cancer cases in Canada can be attributed to excess body weight. Furthermore, between 48,000 to 66,000 Canadians die every year from conditions related to excess weight and obesity is the cause of 1 in 10 of the premature deaths in those aged between 20 and 64 years. Regular physical activity and sport participation can serve as preventive measures for these diseases, and help reduce health care costs, as physical inactivity costs Canadians between \$4.6 billion and \$7.1 billion annually in direct and indirect costs.

Much of the obesity that effects Canadians can be attributed to a lack of physical activity. Children and youth aged 5 to 17 should get 60 minutes a day of medium to intense physical activity. Currently only 9% of this target group meets the recommendation. Adults are recommended to get 150 minutes of physical activity per week. Despite 50% of Canadians believing they meet the physical activity guidelines when asked, when objectively measured, only 15% of adults are actually getting the recommended physical activity¹.

¹ Standing Senate Committee on Social Affairs, Science and Technology. (March 2016) *Obesity in Canada*. Retrieved January 25, 2017 from: http://www.parl.gc.ca/content/sen/committee/421/SOCI/Reports/2016-02-25_Revised_report_Obesity_in_Canada_e.pdf

The benefits of living an active lifestyle result in many personal health benefits such as the following²:

- Controls weight
- Opens opportunities for increasing social networks
- Reduces risk for cardiovascular disease, type 2 diabetes and metabolic syndrome
- Reduces risk of some forms of cancers
- Strengthens bone mass and strength in developing children
- Improves mental health and emotional well-being by reducing stress and depression
- Improves ability to do daily activities and prevents falls for older adults

All levels of government are responding to these issues by developing strategies and programs to increase opportunities for participating in physical activity as well as education to encourage healthier food choices.

Locally, through Peterborough Public Health, a Community Action Plan has been developed as a means of increasing awareness and support for creating a built environment that supports healthy living. The Plan made recommendations that focus on making streets more pedestrian friendly, increasing the use of public transit, providing better health care services, and integrating trail and cycling routes. The Plan promotes planning for and constructing recreational opportunities throughout the County with the goal being to decrease inactivity and obesity as well as to increase the overall health of the residents of Peterborough County.

Aging Population

Douro-Dummer is expected to experience an increasingly aging population over the next two decades. Statistics Canada data already indicates that the Township's seniors population equals 17.63% (senior is defined as over 65 years of age). Furthermore, 34.09% of the population come from the key 45-64 age demographic that will become seniors within the next twenty years. These seniors are also increasingly living longer lives. This is evident by the World Health Organization's life expectancy for Canadians born in 2015 is now 80 for males and 84 for females.

² Centers for Disease Control and Prevention. (2015). *Physical Activity and Health*. Retrieved January 26, 2017 from: <https://www.cdc.gov/physicalactivity/basics/pa-health/>

Members of the 'Baby Boomer' demographic are quickly reaching retirement age, resulting in greater demand for the programs and activities aimed at older adults. This generation may be shifting away from traditional senior's activities and towards more active recreation, seeking quality wellness and active living opportunities. This wave of aging baby boomers could place stress on the current provision of services for older adults and seniors in Douro-Dummer. Older adults will be participating longer and trends indicate that persons over 65 are beginning to use their time differently from previous generations of the same age cohort. Some have always been active and involved in terms of the use of their leisure time while others are just being introduced to what is available to them during their newly found free time.

Recent research has indicated that marketing to a person's actual age rather than to his/her cognitive age may be an issue for engaging the aging "baby boom" generation. People generally age at different rates, and do not always look or act their age. Boomers typically respond that they feel 10 years younger than their chronological age and as a result this is not likely to be a generation that seeks out, at least in the short run, the institutions and services that have served their parents. Terms like "senior centres" and "old age homes" are becoming obsolete and are being replaced with terms like intergenerational centres and asset-based aging. "Baby boomers" do not seem to identify with the label "Seniors" and research has shown that a significant proportion of this generation is averse to such terminology. This is not to say that this group will not need or desire in the future, many of the services currently offered to seniors. However it is anticipated that they will prefer to mix with younger adults based on similar interests and participate in recreational activities based on their ability rather than age. Investigating alternative models of recreation class type, organization, and marketing may be critical to bringing in current non-participants³.

Engaging Persons with Disabilities

The Canadian Survey on Disability reported that approximately 3.8 million Canadians were living with a disability in 2012, which represents 13.7% of Canadians and 15.4% of Ontarians over the age of 15. Of these, nearly 2 million are those living with mobile disabilities, with arthritis being the most common kind. While the number of persons with disabilities in Douro-Dummer is not quantified, applying this provincial rate to the Township's population leads to an assumption that potentially 1,048 local residents could have some sort of disability.

³ City of Vaughan. (June 2016). *City of Vaughan Older Adult Recreation Strategy*. Retrieved January 27, 2017 from:
<https://www.vaughan.ca/services/recreation/General%20Documents/Older%20Adult%20Recreation%20Strategy/City%20of%20Vaughan%20Older%20Adult%20Recreation%20Strategy.PDF>

The *Accessibility for Ontarians with Disabilities Act* is to “benefit all Ontarians by, developing, implementing and enforcing accessibility standards in order to achieve accessibility for Ontarians with disabilities with respect to goods, services, facilities, accommodation, employment, buildings, structures and premises on or before January 1, 2025.” For the purpose of this Act, a barrier is defined as “anything that prevents a person with a disability from fully participating in all aspects of society because of his or her disability, including a physical barrier, an architectural barrier, an information or communications barrier, an attitudinal barrier, a technological barrier, a policy or a practice.” When applied to recreation and parks facilities, this could include, but not limited to, access to facilities, ramps to entrances, proper lighting with clearly marked identification signs, removal of barriers on pedestrian pathways and hand rails.

Barriers to Participation

Lack of Free Time

A common trend in society today is people reporting not having enough free time. This is largely due to changing employment and family structures in Canada. The rise of one-parent families is putting constraints on their recreation and leisure participation. Similarly, commuting times, longer work hours, and the rise of evening and weekend work make it more difficult for some individuals to participate in recreation during traditional hours. Statistics Canada reports that the average Canadian has 5.5 hours of free time activity per day (time outside of work and personal care related activities). During this free time, there has been an increase in time spent looking at screens, often at the expense of recreation activities.

Transportation

A lack of transportation to and from the facilities is often cited as a barrier to participating in recreation activities. This is especially prominent amongst children, as they are not able to drive themselves and therefore must rely on others to give them a ride. This is especially the case in Douro-Dummer given its rural setting and absence of public transportation.

Social Networking and Communications

Being able to communicate information to residents about parks and recreation activities is essential to generating participation. The Township has recently developed a social media policy and created a Twitter account. This could be utilized to advertise facilities and keep residents more informed.

Peer Influence

Youth are the age demographic most likely to be influenced by the choices of their peers. In order to feel a sense of inclusion, youth are more likely to join activities with at least one other friend, or in a group.

Focus on Youth

Many recreation programs are geared specifically towards youth from the ages of 5 to 19. This represents 17.7% of Douro-Dummer's population. A 2016 *Participaction* report card on physical activity for children and youth found the following information⁴:

- 77% of children between 5 and 19 years old participate in organized physical activities or sports
- Participation rates are highest among children who have parents with higher incomes or post-secondary education
- 69% of elementary schools in Canada provide physical activity classes daily to all students
- Just 25% of students take a form of active transportation to and from school
- Boys have been found to be more physically active than girls at all ages
- Youth who do participate have better scholastic results, have lower incidences of dropping out of school and have higher self-esteem, better health and a positive outlook on their future.

Programing Structure

Recent trends have shown an increase in preference for unstructured, or drop in activities, of people's choice. While many still enjoy traditional organized sports, some would like the choice of some casual unstructured activities as an alternative. This 'drop-in' model also ties into the previously mentioned barrier to participation of people having a lack of free time. Drop-in activities allow people to come and go on their own schedule and allow more flexibility to participants.

⁴ Participaction. (2016). *Report card on physical activity for children and youth*. Retrieved January 30, 2017 from:
<https://www.participaction.com/sites/default/files/downloads/2016%20ParticipACTION%20Report%20Card%20-%20Full%20Report.pdf>

4.2 Facility Trends

Aging Infrastructure

A 2007 study by Parks and Recreation Ontario found that over \$5 billion in deferred capital investment is required to repair or replace existing recreation facilities in Ontario. The same study found that 50% of municipally owned recreation infrastructure is at or near the end of its expected lifespan. The 2016 Canadian Infrastructure Report Card, produced by the Federation of Canadian Municipalities, furthered this by finding that nearly 1 in 2 sport and recreation facilities in Canada are in 'very poor', 'poor' or 'fair' condition, with an average rating of 'fair'. This ranking suggests that municipal facilities require attention because of the signs of deterioration. Deteriorating facility components are estimated to need repair or replacement at an estimated cost of \$23 billion. In total, parks and recreation facilities were rated in the worst state of all municipal infrastructure classes assessed in the study⁵.

The Township of Douro-Dummer's Asset Management Plan, completed in October of 2015, gave the Township's facilities (all departments) an overall rating of 'F' which means the average facility is in critical condition. It also identified an annual funding shortfall of \$399,000 in capital requirements that are needed to ensure the Township's facilities stay sustainable.

Environmental Awareness and Stewardship

The importance of environmental protection is increasingly becoming a concern for society. As the population ages and people become more aware of the benefits of environmental protection, demand for passive settings that connect people to nature is increasing. Naturalized park spaces, made by maintaining or returning a site in its natural state, are becoming more popular. They are often more cost effective than manicured park spaces as there is a reduction in grass cutting, fertilization and tree planting.

The Township of Douro-Dummer has adopted the Sustainable Peterborough Plan along with all other municipalities in the County. Recently, the Sustainable Peterborough Committee has presented a draft Climate Change Action Plan for the Greater Peterborough Area. The overall objective of the CCAP is to reduce the use of fossil fuels, lower our energy consumption, and adapt to our changing climate. Furthermore, the Township has already taken steps that re-enforces its commitment to environmental sustainability through the following methods at both of the Community Centres:

⁵Parks and Recreation Ontario. (29 January 2016). *2016 Pre-Budget Consultation*. Retrieved January 31, 2017 from: http://www.prontario.org/index.php?ci_id=11699

- Completing energy audits at both Douro (2013) and Warsaw (2014)
- Replaced lights and ballasts above ice surface with more energy efficient bulbs
- Installed motion sensing lights inside rooms
- Installed new water saving shower heads in dressing rooms
- Replaced brine in floor to increase cooling efficiency
- Timers placed on vending machines
- Increased and then maintained proper levels of ammonia to ensure optimal performance of machines
- All motors and starters replaced with more energy efficient versions when replacement is needed
- Re-insulated ceiling of the Wellington Room at the Douro Community Centre

4.3 Service Delivery Trends

Technological Advancements

In recent years new technologies have provided municipalities and community groups with more advanced and efficient processes for collecting information such as participation levels, scheduling and registration. With more and more residences to the internet, either at home or on a mobile device, municipalities are able to provide a wealth of information on their websites that is easily accessible. The Township of Douro-Dummer currently utilizes its website for parks and recreation by providing information on facilities, booking schedules and contact information for municipal staff.

Volunteerism

Volunteers are essential components of the parks and recreation sector, and they are particularly vital in smaller municipalities such as Douro-Dummer where resources are often limited. The Township primarily operates as an indirect service provider; renting facilities to organizations that in turn provide a direct service to residents. These organizations rely heavily on dedicated volunteers to keep programs running. The National Survey of Giving, Volunteering and Participation (2010) indicates that the volunteer rate is 47% of the population over the age of 15 participating in some kind of volunteer work in the previous year with an average amount of annual volunteer hours of 156 per volunteer.

Section 5. Community Consultation

5.1 Overview of Consultations

Community consultation is a key component of the master planning process as it provides insight into the perceived needs of the public, stakeholders, staff, and members of local government. Data that was collected through the consultation process was analyzed to provide a solid foundation to build the Parks and Recreation Master Plan. Residents of Douro-Dummer were consulted in the following ways:

- Online community survey;
- Two stakeholder group meetings;
- Two public meetings;
- Key informant interviews

Each consultation method is designed to achieve a different result, reach a specific group, and/or present information to a variety of stakeholders. These consultation methods provide valuable input regarding strengths, challenges, needs and concerns of local residents of Douro-Dummer. The findings of these consultation efforts have been used as a basis for the assessment of parks and recreation facility and service delivery needs and where appropriate, this input has been integrated into the Parks and Recreation Master Plan. Please note that this section summarizes public input and does not contain recommendations. Information presented is specific to feedback received at each individual consulting session and has not necessarily been considered in the broader context of other research.

5.2 Online Community Survey

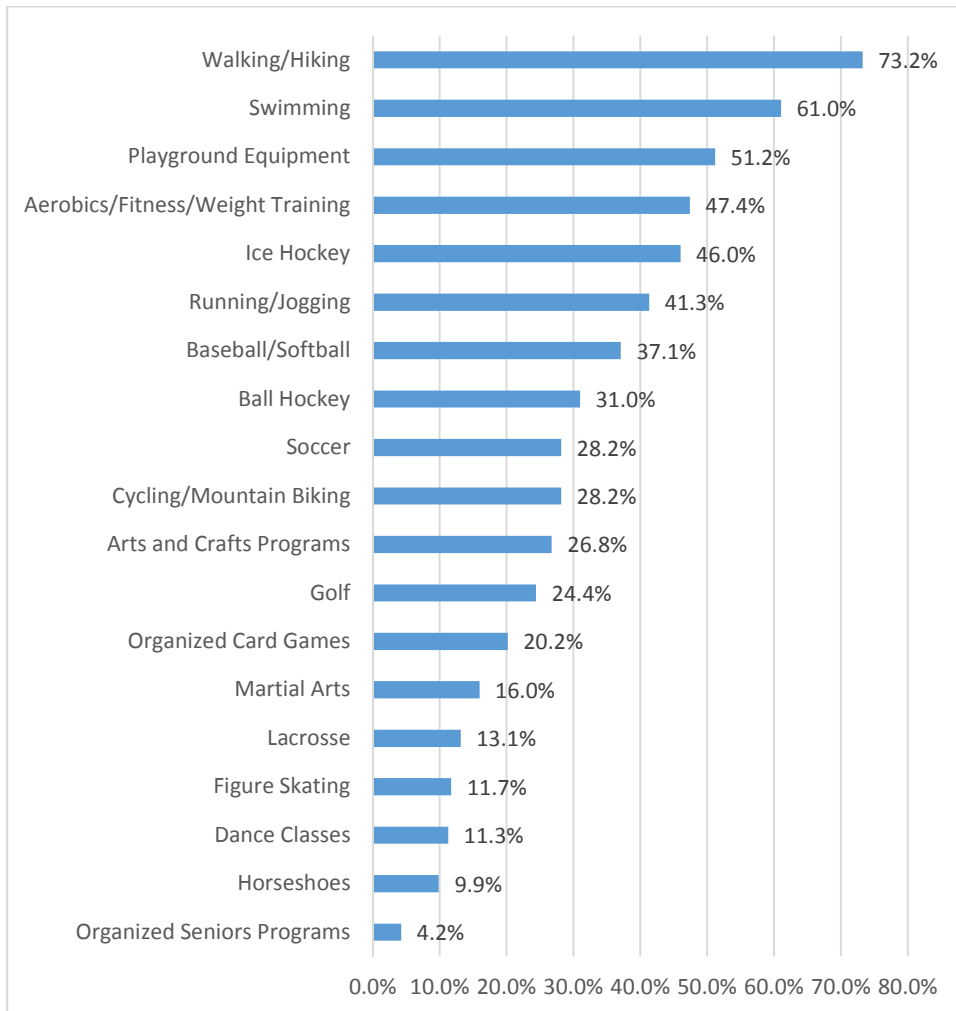
An online community survey was active from February 14th to March 15th, 2017 on the Township's website. Respondents were encouraged to answer questions on behalf of their entire household and in total 213 submissions were received, representing 8.3% of private dwellings occupied by usual residents within the Township. This survey collected resident and user feedback on a variety of topics related to parks and recreation facilities and programming within the Township. A broad range of feedback and input was received that gives insight into local participation and usage rates and patterns, as well as opinions and priorities for leisure pursuits going forward. The survey was promoted through the Township website, emails, social media, posters, and word of mouth. Hard copies were also made available at the Township Office to allow those without internet access to complete the survey.

A summary of some of the key data obtained from the survey is listed below.

Participation/Usage

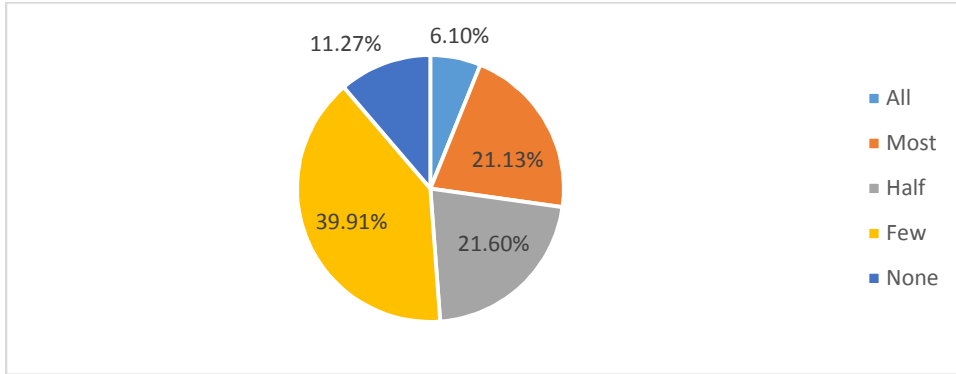
Respondents were asked if anyone in their household had participated in the following recreation activities within the last 12 months. Walking/Hiking (73%), swimming (61%), and playground equipment (51%) were the three most popular activities.

Household Participation (%) in Various Recreation Activities (Past 12 months)



Respondents were then asked to indicate how much of their household's parks and recreation needs were being met by the Township. In total, just over half of the responses (51%) indicated that either few, or none of their needs were being met by the Township. This led to the follow up question of asking what activities they regularly participated in outside of the Township. Graphs of both responses are below.

Parks and Recreation needs being met by the Township



Recreation activities regularly undertaken outside the Township

Activity	Respondents
Swimming	71
Fitness/Exercise/Aerobics Classes	28
Gym	20
Baseball	18
Dance	14
Arts & Crafts/Art Lessons	14
Lacrosse	12
Soccer	11
Golf	11
Hiking	10
Gymnastics	10
Biking/Cycling	10
Walking	9
Skiing	8
Playground	8
Hockey	9
Running	7
Martial Arts	6
Canoe/Kayaking/Rowing	5
Card Games	5
Camping	5
Yoga	5
Curling	4
Floor Hockey	4
Splash Pads	4

The most common location people participated in these activities was the City of Peterborough, followed by Lakefield, Trent University (within the City of Peterborough), and Norwood. The primary reason for pursuing these activities outside the Township was 'Facility/program not available' (82%), followed by 'Quality of facility/program is superior' (17%) and 'Facility/program available at more convenient time' (13%).

Respondents were then asked if they would like to see any of these recreation activities offered within the Township of Douro-Dummer. The most frequent responses are listed below.

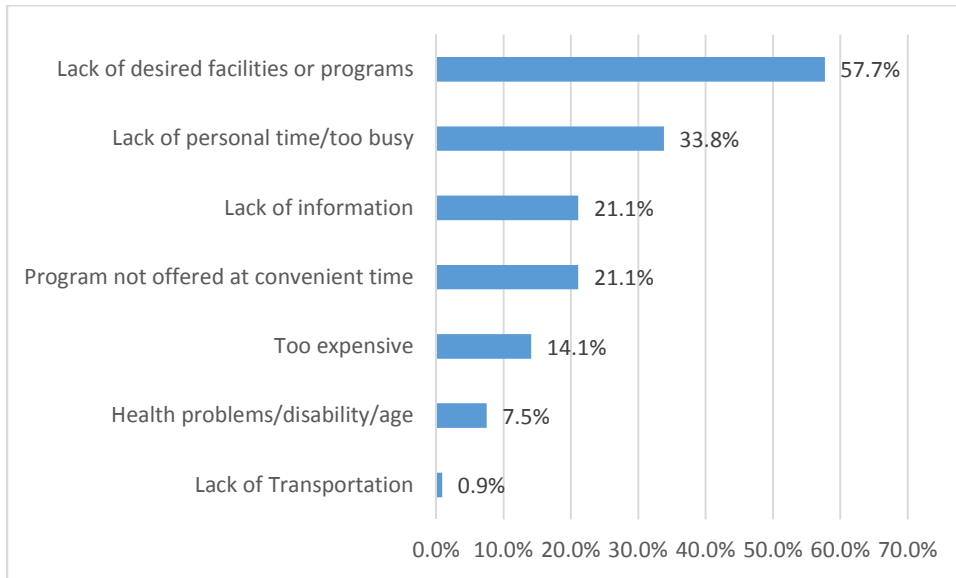
Parks and recreation programs that are currently not offered in the Township of Douro-Dummer that you would like to see offered

Swimming/Swim Lessons	19
Gym	15
Baseball for Youth	11
Exercise/Fitness Classes/Centre	10
Pool	9
Splash Pad	7
Yoga	7
Baseball	7
Dance/Dance Classes	6
Kids Camps/Programs	6
Bike Trails	5
Curling	3
Tennis Court	3
Walking Trails	3
Playground Equipment	3

Barriers to participation

Respondents were asked what reasons prevent their household from participating in parks and recreation as often as they would like. Lack of desired facilities or programs (58%), far outpaced the next response of lack of personal time/too busy (34%). This suggests that there potentially is demand for more recreation activities within the Township.

Reasons for not participating in recreation as often as your household would like



Facilities

In order to gain information on the Township’s main parks and recreation facilities respondents were asked to indicate if their household was aware of, and if they had used in the past year, the given facilities.

Awareness and Usage of the following Township facilities

	Douro CC	Warsaw CC	Rec Centre	Library	Douro Park	Back Dam	Eco Trails	None
Aware	195	186	123	187	166	130	121	0
Used	157	141	26	98	118	79	67	21
%Aware	91.55%	87.32%	57.75%	87.79%	77.93%	61.03%	56.81%	
%Used	73.71%	66.20%	12.21%	46.01%	55.40%	37.09%	31.46%	9.86%
%Difference	17.84%	21.13%	45.54%	41.78%	22.54%	23.94%	25.35%	

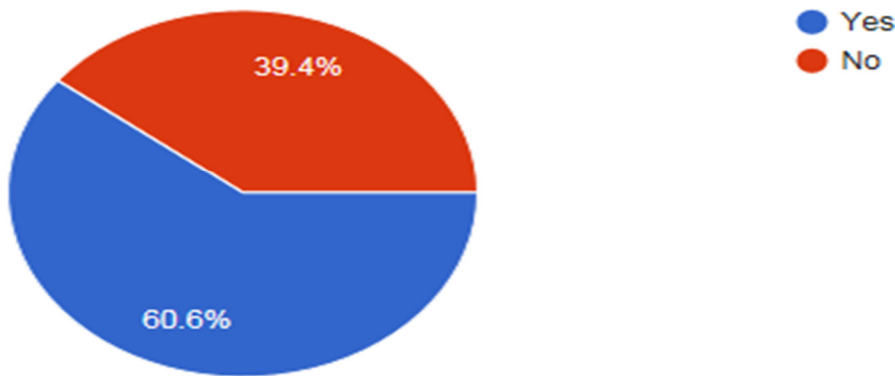
Respondents were also asked to rate their satisfaction of the same facilities. A simple points system was applied to responses to calculate the average rating for each level; a response of ‘extremely satisfied’ was worth 5 points, ‘somewhat satisfied’ (4 points), ‘neutral’ (3 points), ‘somewhat dissatisfied’ (2 points), and ‘extremely dissatisfied’ (1 point).

Satisfaction of Facilities	
Eco Trails	4.02
Library	3.89
Back Dam Park	3.86
Douro CC	3.61
Douro Park	3.58
Warsaw CC	3.48
Rec Centre	3.32

All facilities received a score on the ‘satisfied’ side of the scale (a score of 3 would imply a neutral rating), which indicates that there is general satisfaction with the Township’s Parks and Rec Facilities but there is not extreme satisfaction as no facilities scored close to 5.

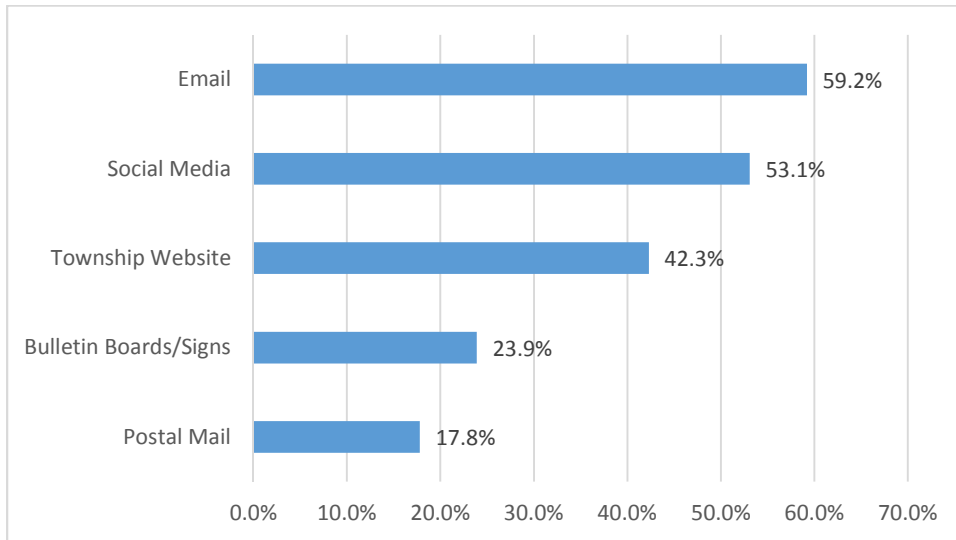
Funding

Just over 60% of respondents indicated their household would support additional municipal tax dollars being spent on parks and recreation.



Communication

Respondents were asked what mediums of communication they would be open to receiving from the Township regarding parks and recreation opportunities. The results confirm the growing trend toward electronic communications as the three most popular responses were email, social media, and the Township website.



5.3 Stakeholder Meetings

Two user group meetings were held to gather information from key facility users including community service groups and organizations. The purpose of these meetings was to gather information on participation statistics, organizational mandate, facility usage and needs, and future opportunities and challenges. All frequent users of Township facilities and known service groups were emailed invitations to attend either one of the two meetings; one was held on Tuesday, February 7th, 2017 at the Warsaw Community Centre and the other on Wednesday, February 8th, 2017 at the Douro Community Centre. Those that did not attend, were given the opportunity to provide feedback by means of a survey emailed to them. Responses were accepted until February 28th, 2017. In total, 16 groups participated, ranging in size from 5 members to over 700 participants. Below is a summary of feedback received through the two meetings and the survey.

Question #1 - Based on your current use of community centres, parks or other recreation facilities, what is currently working well?

- Great cooperation within the Township amongst various departments
- Availability of ice at both arenas meets the needs of required rentals
- Ability to use Township facilities greatly assists in running events
- Allowing non-profit groups to use meeting rooms at no cost

Question #2 - What challenges do you face in doing business and are there ways the municipality could work with you to address those challenges?

- Aging memberships of several local service clubs is a threat to their long term survival
- Difficult to recruit volunteers to run programs
- The cancelation of the federal government's child fitness tax credit makes youth sports less affordable to some families
- Facility rental fees were identified as being too high and a barrier to some individuals wanting to use the facility
- Facilities are aging and in need of upgrades. Many community centres in neighbouring municipalities have been re-built or renovated in recent years so our Township can't afford to let ourselves get outdated
- Library has outgrown its present location and many events held there have overflowed the room

Question #3 - What suggestions do you have to strengthen our relationship (between the municipality and your group) going forward?

- Municipality using their purchasing power with suppliers to allow groups to receive better prices on orders
- Insurance- municipality covering volunteers under their policy would greatly reduce liability risk and costs of users
- Better lines of communication are needed to reach people to let them know what services and facilities we offer
- Seniors are an increasing age demographic within the municipality and workshops that focus on senior's issues would be beneficial

Question #4 - What needs or desires does your organization have that could be considered for inclusion in the Parks and Recreation Master Plan?

- Map of Township recreational facilities
- Display of historical artifacts from across the Township
- Liability at facilities; 'use at own risk' signs need to be updated
- Improvement of facilities would improve their ability to attract members and events
- Douro South Ball Park is in poor shape, especially the infield
- Difficult to access information on the Township website

Question #5 - What is your organization's long term plan for growth?

- Taking it one year at a time as membership recruitment methods have not delivered very much success
- Reducing fee led to an increase in registrants this past year
- Success in maintaining membership by personally recruiting new members. They feel that this is still the best way to get somebody to join their organization
- Many groups are hoping to just retain their current membership or users and do have a plan, or envision an outlook for growth

5.4 Public Meetings

Two public meetings were held on February 21st, 2017 at the Douro Community Centre and February 22nd, 2017 at the Municipal Office. These meetings were advertised through a variety of mechanisms, including ads in two local papers, the Township website, posters and signs at Township facilities, and word of mouth throughout the community. Those that attended participated in a group discussion lead by John Good, Executive Director of the Community Foundation of Greater Peterborough. Below is a summary of comments received in response to five key questions that were presented.

Question #1 - What is working well- in the way of parks and recreation services being provided in the Township?

- Lots of parkland within the Township that is underutilized in a lot of ways. We have wonderful parks like the Douro Park, Eco-trails, but they're not used enough. Some people in the township don't even know they're there
- Parks in Donwood are under kept; Douro Park has great potential but needs lots of work
- Soccer fields work well because soccer is a very easy activity for kids to play and is a universally popular sport
- Community events based around our arenas, especially youth events, brings people together and creates a good sense of community at our arenas
- We have great parks, parkland, access to waterways and library. The Warsaw Caves is also a big attraction that will bring visitors to our community. We have lots to offer but people don't always know what it is
- Access to water is a big selling point for our area

Question #2 - Looking ahead (5-10 years), what trends are you seeing in the Township?

- Service clubs are having a hard time keeping members. Younger generation not joining them, and those that do, don't have the dedication to stay long term like the older generations did
- Seniors groups are an opportunity for growth because of the aging population
- Minor ball no longer has enough participants to field teams
- Small communities depend on volunteers; the younger generation doesn't seem to have the time, or the want, to volunteer anymore
- With travel so easy today (takes 15 minutes to drive to Peterborough), the traditional sense of a small community is dwindling and perhaps we need to think of community as a larger area
- Long-time volunteers eventually get burnt out; sometimes we try to keep events going for too long after they've run their course. Might have to consider amalgamating service/volunteer groups to ensure sustainability
- Warsaw fair: eventually ran its course; with so many other fairs in the surrounding area it was difficult to attract people here
- The demographic of people that don't have children in school and work in Peterborough aren't connected to the community and don't know what's going on

Question #3 - What does the Township need to be doing to meet the future parks, recreation facilities and program needs of the community?

- Need to move the dressing rooms at the Douro Arena; too small and too congested for teams coming off the ice
- Swimming at Douro Park, a better beach would promote more swimming. However, it was noted that there have been water quality issues because of geese in the past
- A euchre night is something that has been done in the past and is very popular
- Community dinners have to come back; they used to be very well attended
- Regulations and legislation is constantly changing and making it increasingly difficult to run events.
- If somebody wanted to volunteer in the community; there needs to be access to important information such as: what's needed, where, what times, location, who to contact, contact information, etc.
- Township Parks and Recreation Day: invite all community groups and organizations to one central location to set up a booth for one day. This would provide residents with a one-stop shop for all their recreation needs; they could sign children up for minor sports, get information from all the groups
- Ability to sign up for recreation programs at the front counter of the Township Office
- Other non-sport programs have to be considered; for example, paint nights are becoming very popular

- Youth soccer is popular in the summer at Douro Park and there isn't any canteen available for parents, grandparents to buy a snack or a drink. Not only is this a community service but there is the potential for profit to be made
- Community Welcome Committee: group of volunteers that would welcome those new to the community. Would visit the home to meet the new residents, welcome them to the community and provide information about services in the Township. This would include information on recreation facilities and programs. This was identified as a potential solution to the perception that new-comers don't always feel welcome to the community

Question #4 - What else do we need to know- are there any other Township-wide or local concerns that the Plan should address?

- Arena needs upgrades and needs to be more attractive. However, it was noted that renovations aren't always cost effective as the building is already nearing the end of its lifespan, it might not be logical to spend money on renovations if the building will have to be replaced
- Very difficult for the Township to get grants because of our current financial position
- We need to look at partnerships with the City and County because we can't do everything ourselves
- A recreation calendar that is maintained by the Township would be very useful for allowing residents to find out information about events and contact information
- We need leaders in the community to get programs started; often the personal touch of asking someone is the best way
- Too many rules; food handling, health unit regulations, alcohol policies, etc., all turns people off. People don't want to get involved because it's too much of a hassle with all the rules, regulations, liability and red tape; after they hear all of this they couldn't be bothered
- In the past the Township always had a Parks and Rec Advisory Committee and getting rid of it was a mistake. The committee brought different perspective on new ideas, fundraised, identified areas of improvement, advised the manager of potential changes/new ideas, and has a better network to the community
- Talk is cheap; we can hear great ideas and come up with a great plan, but if we don't have anybody to organize, nothing will ever happen. We need to find the right people to put the plan into action
- Transportation is a concern because we are in a rural area, there is no public transit available. Therefore those without access to a vehicle (often children or seniors) cannot get themselves to activities. The County is looking at using gas tax funding for a community van transportation service that could service rural areas

Question #5 - How would you address Douro-Dummer's ability to market services, communicate, and develop touch points with the residents?

- Communication from the Township is currently lacking; as is community engagement. Tonight's meeting is a prime example of this
- The Township doesn't even know what all the organizations and groups within the Township do or offer and therefore can't provide information to residents about them
- The Township's online calendar is limited to events that are run by the Township; we need to allow community/private groups to advertise their recreation events/activities on our website
- We would need to contact groups to let them know we want to help them advertise their events rather than just waiting for them to come to us
- More than one method of contact needs to be given for these events, as well as a more detailed description of what is taking place
- We need the person answering the phone at the Township Office to be well-versed on what is going on around the Township so they can provide the proper information when residents call with inquires

5.5 Meetings with Council Members

Individual meetings were offered to members of Council and took place between February 13th and March 1st, 2017. The purpose of these meetings was to understand their perspective on parks and recreation facilities and services within the Township and what they hoped the Master Plan would achieve. Their comments and ideas were presented to the Advisory Committee for analysis and consideration. A general summary of comments is listed below. Please note, to maintain confidentiality, statements made will not be attributed to a specific member of council.

Council was divided over the question of whether or not the Township is meeting the needs of the community in terms of Parks and Recreation with some members feeling they are, some feel they're not, and others were unsure.

When asked what could be done to improve the Township's parks and recreation system and facilities some members of Council felt the financial burden on taxpayers is currently too high and ways to reduce this must be explored. Others stressed the importance of the amount of community pride that went into building our current facilities and felt that we need to ensure all facilities can continue operating. Common themes emerged around the need to market our facilities and services and better communication with residents. It was also noted that the Warsaw Caves is a growing tourist attraction within our Township, and potential ways to use this to our advantage should be explored.

In considering what they are seeing in the Township as a whole, Councillors stated they did not anticipate much population change occurring in the foreseeable future but the demographic trends do suggest an aging population so it was suggested that an increased importance should be put on programs for seniors.

5.6 Meetings with Staff

A meeting was held on March 2nd, 2017 with Township staff of the Parks and Recreation Department to assist in identifying strengths, weaknesses, opportunities, and constraints related to parks and recreation facilities. Their comments and ideas were presented to the Advisory Committee for analysis and consideration. A general summary of comments is listed below. Please note, to maintain confidentiality, statements made will not be attributed to a specific member of staff.

Question #1 - What is working well; what isn't working well?

- Communication book works really well between staff
- Rates are too high, if rates were lowered and rentals increased we could operate more efficiently
- Some people see our facilities as outdated; especially when you're compared to Lakefield and Ennismore where major upgrades have occurred

Question #2 - What do you hear from customers when you're working?

- Often only very polar opposite opinions are expressed. On the one side you have people saying 'the rink is rundown and looks terrible' vs others that say 'the rink looks fantastic and have noticed improved upkeep compared too many years ago.' Not many people will comment if they have an opinion somewhere in the middle of the two extremes
- Most groups are satisfied as long as the ice is good

Question #3 - How could we improve customer service?

- Flooding the ice is tough with only one worker because you have to go around the nets
- During tournaments or nights with multiple minor hockey games, there isn't enough time to get everything done and an extra worker could be helpful
- Staff aren't identified as Township employees in any way. Most rinks have their staff wear jackets with the municipality's logo on it

Question #4 - How can we improve customer service?

- Payment options are limited; it works best for staff when people pay at the office but some groups still like paying at the arena. When this happens they must have exact change and know the amount they owe
- Pro-active customer service could be helpful; asking the renter if everything's alright, etc.

Question #5 - Are there any programs we could offer?

- General feeling was no; they feel the model works well now of not directly running the programs as doing so would only lead to more problems, responsibility, complaining, etc.
- An idea for an improvement that was brought forward was a TV in the lobby (many arenas already have this). Given the nature of it being in a hockey arena, putting sporting events on the TV would be popular with the crowd at the arena and it's something easy to help pass the time. Obviously the cost of getting a satellite TV package isn't cheap but potentially you could get it sponsored. (Sign on the TV saying 'Sponsored by Bell Canada' in exchange for them providing it at no/reduced cost)
- Somebody inquired about the skate sharpener in Warsaw and if that's something that could be used again. However concerns about staff training and liability were made
- Only other idea raised about programming is whether or not bringing back Curling to the Warsaw Arena is worth exploring

Section 6. Service Delivery Assessment

6.1 Current Service Delivery Model

Municipal Parks and Recreation Departments typically operate under one of two service delivery models; they are either direct service providers or indirect service providers.

Municipalities that are direct service providers not only provide facilities for programs to occur, but also have staff operate the programs themselves. Indirect service providers only have the primary role of providing facilities and the physical space and then support local organizations, volunteer groups, or the private sector in directly operating programs.

Presently, the Township of Douro-Dummer Parks and Recreation department runs solely as an indirect service provider, managing no programs of their own. Rather, the Township provides various facilities that are rented by community groups and individuals who organize and run programs and activities.

Section 7. Indoor Facility Assessment

7.1 Community Centres

The Township of Douro-Dummer has two community centres; the Douro Community Centre and the Warsaw Community Centre. Warsaw is comprised of a single ice pad with an upper level hall/multipurpose room with a kitchen, while Douro has two halls/multipurpose rooms with a kitchen along with a single ice pad. Both facilities operate year round, however ice is only maintained approximately between the months of September and April.

The Warsaw Community Centre is located within the village of Warsaw.



Based on information collected in the public survey, the Warsaw Community Centre is the second most used Parks and Recreation facility within the Township. 66% of respondents had indicated their household had used the Warsaw Community Centre within the last year and 87% were aware the facility existed. When asked to rate their satisfaction of the Warsaw Community Centre, an average score of 3.48 was obtained (scale of 1-5 with 3=neutral) which suggests a typical respondent has somewhere between a neutral to somewhat satisfied view of the facility.

The Douro Community Centre is located just west of the village of Douro at the intersection of Ontario Highway 28 and Peterborough County Roads 4 and 8.



The Douro Community Centre is the most used and recognizable parks and recreation facility in the Township with over 91% of survey respondents indicating their household is aware of its existence, and over 73% having used the facility in the last year. When asked to rate their satisfaction of the Douro Community Centre, an average score of 3.61 was obtained (scale of 1-5 with 3=neutral) which gives the facility an only slightly higher rating than Warsaw and suggests a typical respondent has somewhere between a neutral to somewhat satisfied view of the facility.

7.2 Ice Pads

The Township houses two ice pads; one at each community centre. The arena at the Warsaw Community Centre was built in 1983. The facility includes a single ice pad (170" x 70"), 4 change rooms, a second floor hall, and a lobby with a canteen. The arena seats approximately 300 spectators.

The arena at the Douro Community Centre was originally constructed in 1980. The facility contains one ice pad (185" x 85"), 4 change rooms, a second floor hall, a multi-purpose/meeting room on the main level, and a lobby with a canteen. There is also seating for approximately 300 spectators.



Douro Community Centre

Based on a typical week the arena is fairly well utilized during evening prime time hours concentrated between 6:00-9:00 p.m. with most slots being used by minor hockey as well as adult hockey leagues. However, ‘shoulder ice times,’ those before 6 p.m. and after 9 p.m., as well as weekends, are utilized more sporadically. In arenas where usage is at its highest, prime time hours are filled almost exclusively by minor sports. With Douro-Dummer having both minor sports and adult hockey leagues filling prime time hours, this indicates that the arenas are still well utilized but not under pressure for additional rentals.

In recent years, Warsaw has witnessed a slight increase in both number of rentals and hours rented. However, Douro has seen a decrease in hours rented despite the number of rentals staying constant. This suggests that much of the lost rental time has come from existing groups shortening the length of their rental. Facility usage data for the last four years is provided below:

Number of ice rentals at both arenas:

Year	Douro	Warsaw
2016	658	498
2015	659	467
2014	668	491
2013	669	477

Hours of ice rented at both arenas:

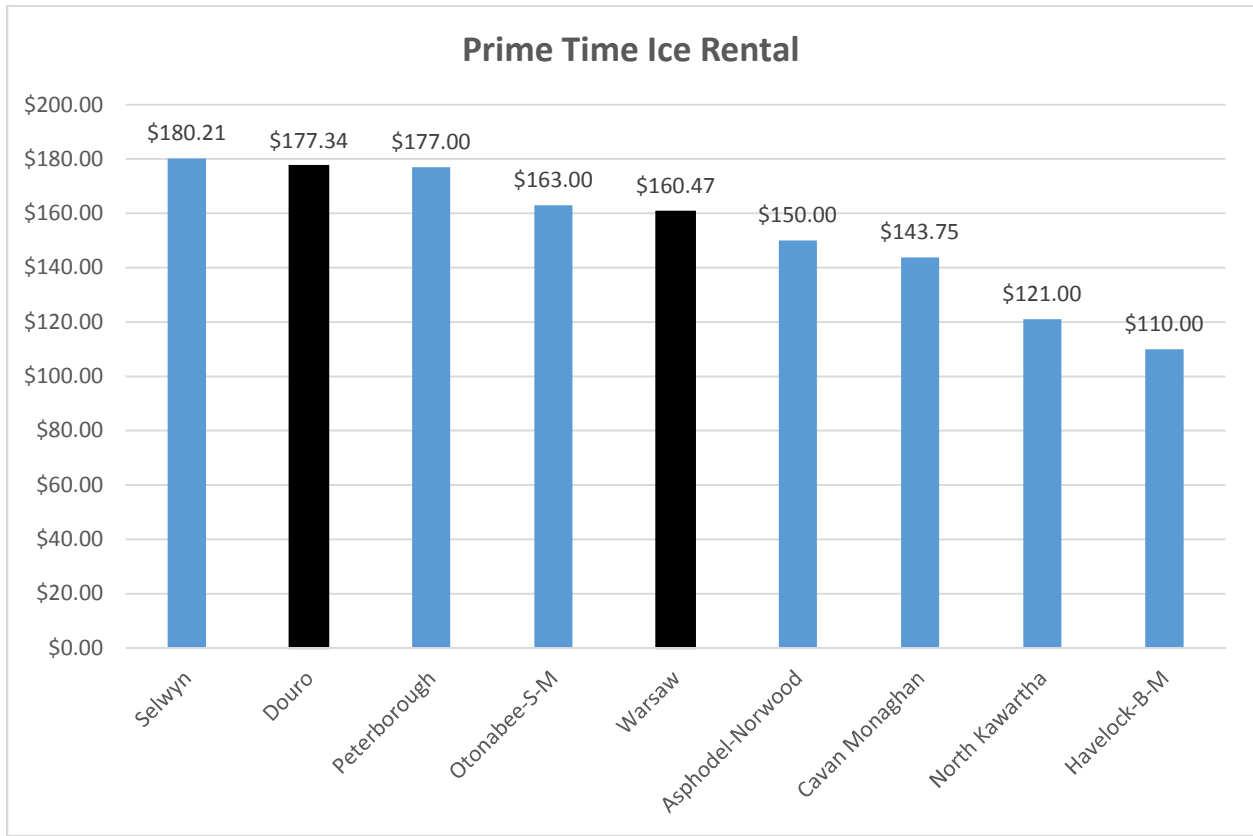
Year	Douro	Warsaw
2016	1,083	821
2015	1,311	749
2014	1,346	725
2013	1,266	700

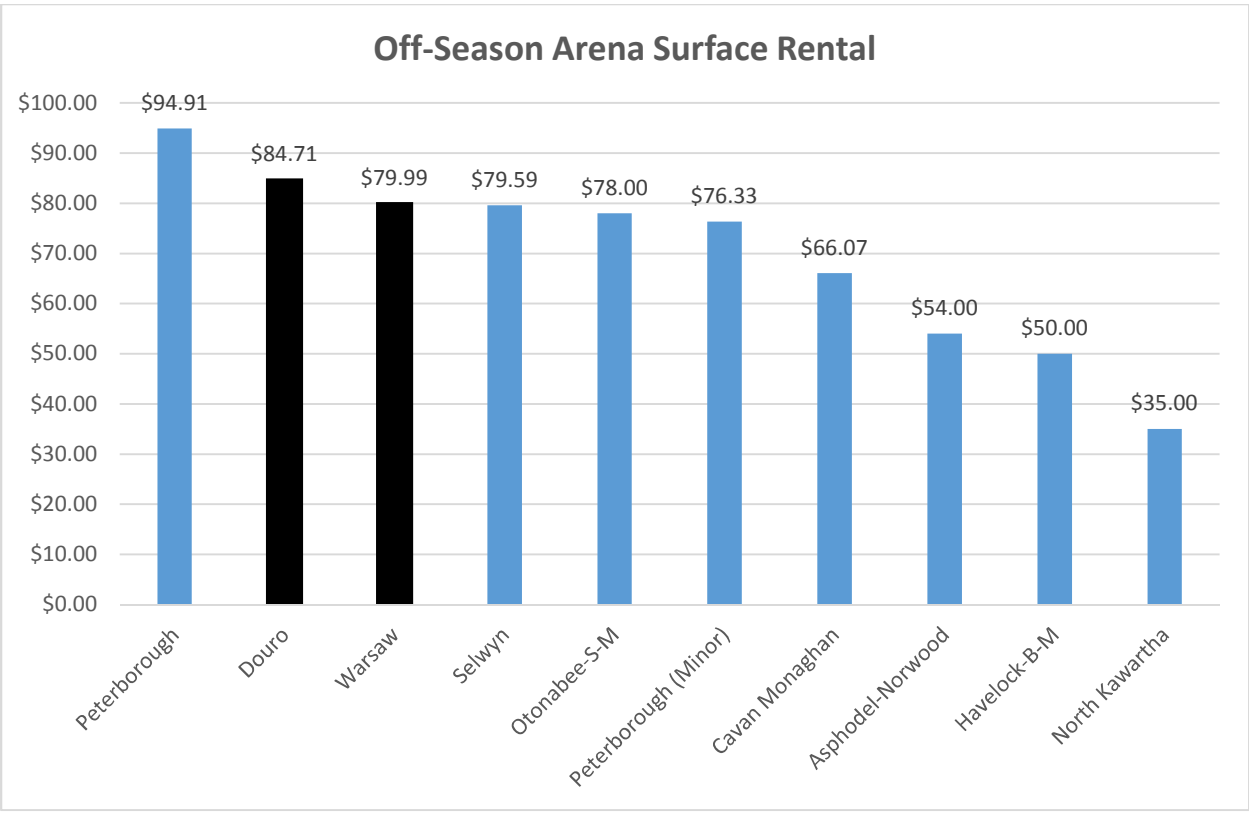
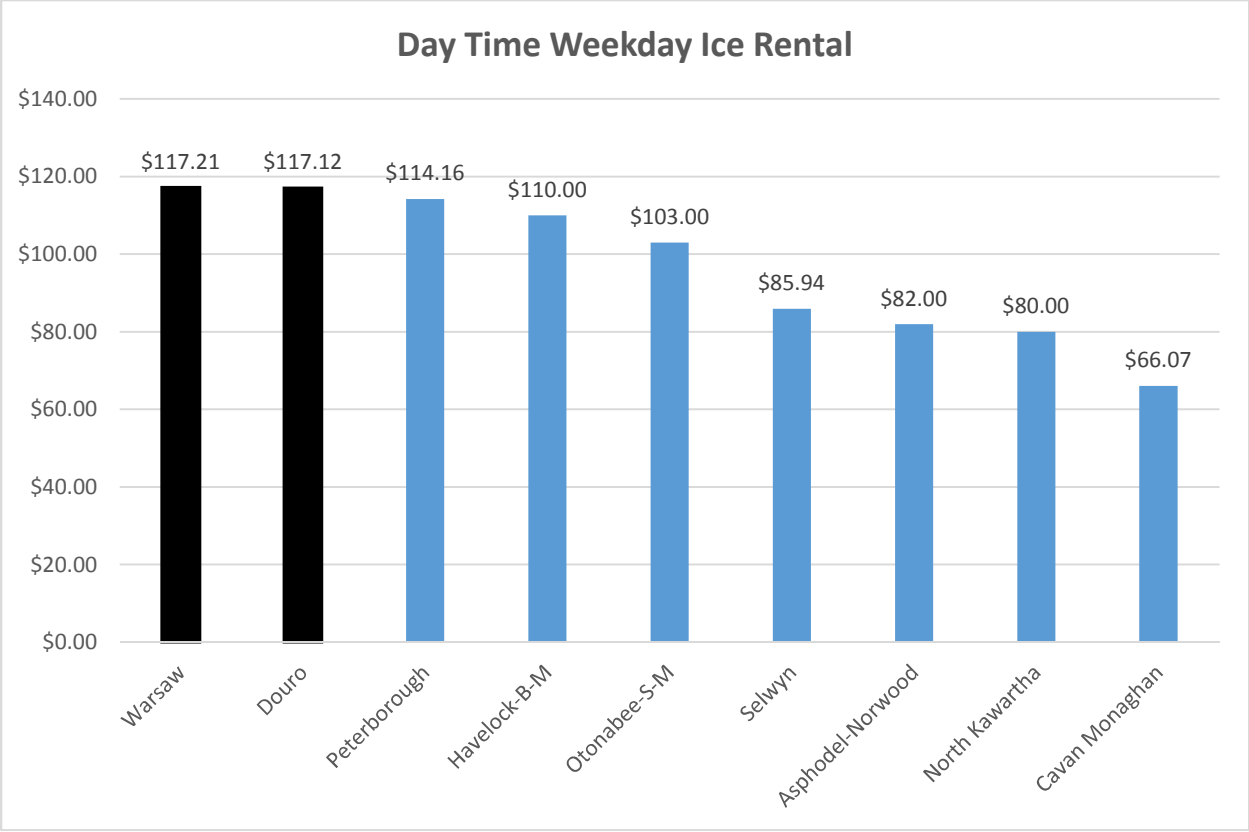
Typically the ice surfaces in both arenas operate between the months of September and April. During the off-season, the dry floor concrete pad is available for a variety of recreational activities. In recent years there has been limited usage of the dry surface from ball hockey, roller derby and lacrosse. The number of rentals each year is summarized below:

Year	Douro	Warsaw
2016	75	40
2015	83	37
2014	110	54
2013	86	58

The public survey indicated that recreation activities that are undertaken on the ice pad remain popular. Ice hockey ranked in the top 5 most participated in activities, with 46% of respondent households taking part. Ball hockey (31%), lacrosse (13%), and figure skating (12%) are also popular activities that occur on the ice pads.

Arena rental fees were also found to be on the high end of the spectrum compared to other facilities within the City and Country of Peterborough. The price of a one-hour prime time ice rental at Douro is eclipsed only by Selwyn Township and is virtually equivalent to the City of Peterborough. The price in all other municipalities is lower. Furthermore, both Douro and Warsaw have the highest fees in the County for a Day-time ice rental, and the second highest for a dry-surface rental.





7.3 Multi-Purpose Space

Multi-purpose spaces and halls in Douro-Dummer are available at the Douro Community Centre, Warsaw Community Centre, Douro Recreation Centre and the Township Hall and Auditorium. These rooms are made available for rental to the general public and many local community groups and organizations use them for meetings, dinners, or other recreation activities. The space at both the Douro and Warsaw Community Centres are licensed to serve alcohol, provided that the group renting the area has followed the proper procedures under the Township's Municipal Alcohol Policy.

7.4 Aquatic Facilities

There are no indoor aquatic facilities within the Township, however residents have easy access to swimming pools in the City of Peterborough at Trent University, the Peterborough Sport and Wellness Centre, and the YMCA Peterborough. As indicated from the public survey, swimming is the second most popular recreation activity undertaken by households within the last year with 61% participating. It was also the most common activity Douro-Dummer residents participated in outside of the municipality and the most frequently requested recreation program that respondents would like to see offered in Douro-Dummer. However, despite the popularity of swimming, the Township does not have a sufficient population to support an indoor aquatic facility. These facilities require a large capital investment and incur annual operating losses that could not be financially supported by the Township, given the level of usage.

7.5 Library

The Township is home to the Douro-Dummer Public Library which is located in the Hamlet of Douro. As outlined in the Public Libraries Act, public libraries in Ontario are created by municipal by-laws but governed by their own public library boards. Currently, the Library is going through its own strategic planning process that could identify changes that will be made to how they currently operate.

The Library is an important piece of the community and provides various cultural programs available to residents throughout the year. It also provides quiet study space, public computer access, printing services, access to books, magazines, DVDs, online resources, audiobooks, eBooks, as well as free-Wi-Fi. The library also operates three 'Mini-Libraries' throughout the Township where residents can exchange books. Both the Douro and Warsaw Community Centre's are home to a mini-library.

7.6 Recreation Facilities in Adjoining Municipalities

The residents of Douro-Dummer Township have access to a wide range of recreation facilities and programs provided by adjoining municipalities, primarily in the City of Peterborough. The City currently operates four arenas with a combined six ice pads. The City is also planning on building a new twin-pad arena complex on property at Trent University to replace the Northcrest Arena. This will increase the City's number of ice-pads to seven. There are also single pad arenas in the neighbouring communities of Ennismore, Keene, Lakefield and Norwood that are easily accessed by vehicle within a short distance. The city is also home to the Lions Spiplex, a 25,000 square foot air supported dome that features an artificial turf pitch that allows for activities such as soccer, rugby, field hockey, football and ultimate frisbee year round. There has also been a recent growth of private fitness facilities such as the YMCA and Goodlife Fitness. The Peterborough Sport and Wellness Centre also provides a wide range of recreational programs including fitness, personal training and aquatics.

The City is also home to many outdoor seasonal recreation activities such as wading pools, splash pads, beach volleyball, basketball and tennis courts, athletic fields, parks and trails. At this point in time, there is no reason to believe that access to these facilities will change for residents of Douro-Dummer.

Section 8. Parks and Outdoor Facility Assessment

8.1 Current Parks and Outdoor Facilities

Douro Park

The Township's largest recreational property spans 151 acres along the banks of the Indian River, which splits the park between the 'Douro South Park' and 'Douro North Park.' Amenities at the North Park include a regulation size softball diamond, one regulation size and one junior size soccer pitch with nets and a playground area. The South Park also has a regulation size softball diamond (with lights), horseshoe pits and a playground area. There is also ample green space on both sides of the park along with picnic tables. A beach and swimming area is available, along with access to launch a canoe/kayak into the river, however the beach is unsupervised.

Douro Park is well used by residents, with over 55% of survey respondent's households having visited the park within the last year and 78% being aware of its existence.

Clintonia Park

Located in Donwood, Clintonia is a local community park that features a playground structure, swings, a basketball court, and a picnic shelter with tables.

Warsaw Fire Hall Park

Located behind the Fire Hall in the Hamlet of Warsaw, this community park offers playground equipment and swings. This is the Township's newest park, as in 2015, with the help of a generous community fundraising effort, major improvements were made to the playground equipment, landscaping and signage.

Back Dam Park

Located along the Indian River in Warsaw, the Back Dam Park offers a picnic shelter and tables, playground equipment as well as water access for swimming or a non-motorized boat.

Millennium Park

Located next to the Municipal Office in Warsaw, the Millennium Park houses gardens, a gazebo, sitting area and a walking path.

Robert Johnston Eco-Forest Trails

Located to the south of the Hamlet of Douro, the Robert Johnston Eco-Forest Trails are a series of natural trails that can be used for a variety of recreation activities including walking, hiking, cross-country skiing, and snowshoeing. While some residents continue to use the trail year round, it is only officially opened and maintained by the Township from Victoria Day to Thanksgiving.

The public survey identified a clear lack of usage of the trails, with only 31% of households that responded having used them within the last year and only 58% being aware they existed. However, those that have used the trails tend to be very pleased with the facility, as 69 people indicated they were either 'extremely' or 'somewhat satisfied' while just 4 people were either 'somewhat' or 'extremely dissatisfied.'

8.2 Water Access

The Township of Douro-Dummer has access to large amounts of water both through the municipality and surrounding its borders. Boat launches play an important role in accessing the waterfront and allowing for water based recreation activities to occur such as boating and fishing. Presently, the Township maintains a public boat launch at the McCracken's Landing Wharf on Stoney Lake with limited parking available. A private boat launch operates out of the Crowes Landing Wharf, however a small fee is charged for usage. There are also several unmaintained water access points to Stoney Lake on property the Township owns that could be used to launch a small non-motorized boat but would not be suitable for larger motorized vessels. As previously mentioned, there are also two Township parks, Douro and Back Dam, which offer access to the water by way of the Indian River.

8.3 Active Transportation

Active Transportation (AT) is defined by Transport Canada as “any form of human-powered transportation. It is any trip made for the purposes of getting yourself, or others, to a particular destination – to work, to school, to the store or to visit friends.” Active transportation infrastructure includes those elements that support active transportation, such as improved sidewalks, dedicated bike lanes, pedestrian-bicycle signals and safer crossing points, bike racks, and greenways for walking and cycling. The case for active transportation is strong and Transport Canada identifies the following 5 key benefit areas:⁶

- Public health and safety: As a more physically active and therefore healthier form of transportation, there are proven links between AT and improved health outcomes
- Environment and sustainability: AT has multiple environmental benefits. As a self-propelled form of transportation, it generates far less pollution emissions and is far less carbon intensive than other forms of transportation.
- Economic and financial: The development and maintenance costs of AT infrastructure are far lower than other transportation infrastructure, both overall and on a per-capita basis. Studies have also indicated that AT infrastructure and amenities can have positive local economic development impacts and produce individual cost savings.
- Community and quality of life: Improved pedestrian and bicycle networks can have many positive impacts on overall community and individual well-being, social cohesion, community identity, and equality issues.
- Transportation and connections: A good municipal AT network improves connections to, and between, community destinations, which improves the broader transportation network.

The County of Peterborough completed an update to its Transportation Master Plan in 2014 and the plan identified the promotion of cycling and walking as an important measure that increases the well-being and sustainability of the community. From this, the County is undertaking the development of an Active Transportation Master Plan to propose an active transportation/cycling network for Peterborough County.

⁶Transport Canada. (2011). *Active Transportation in Canada: a resource and planning guide*. Retrieved 22 March 2017 from: https://www.fcm.ca/Documents/tools/GMF/Transport_Canada/ActiveTranspoGuide_EN.pdf

Section 9. Implementation Strategy

9.1 Master Plan Implementation

The Parks and Recreation Master Plan is meant to provide guidance and direction in decisions that are made concerning the planning of the parks and recreation system within Douro-Dummer. The strategic implementation of the plan will be based on what priorities are the highest and what resources and funding are available.

However, the Township should continue to monitor, review, assess, and revise the Plan in order to ensure it remains relevant to changing conditions. An annual review should be conducted to determine the success or failure of new projects implemented through the Plan, what recommendations have not yet been acted on, and how residents are reacting to the changes being made. Typically, a detailed update to the Plan is undertaken every ten years.

It is important to remember that by approving this Plan, the Township is not bound to implementing every single recommendation, but rather the Plan provides guidance on priorities that reflect the needs of the community as they were presently identified. Furthermore, this Plan is not meant to limit other potential changes to parks and recreation within the Township as needs and circumstances change in the future.

9.2 Timeline and Resource Implications

The Township has limited resources in terms of financial and staffing resources and cannot afford, nor has the time, to implement every recommendation instantly. With this in mind, a classification system was developed in order to give each recommendation a suggested timeline based on the feasibility of implementing it. Each recommendation has been rated as either short-term, medium-term, long-term or ongoing as noted in the table below:

Short-term	Implemented in 2017 or 2018
Medium-term	Implemented between 2019-2021
Long-term	Implemented in 2022 or later
Ongoing	Implemented ASAP and continued indefinitely

9.3 Short-Term Recommendations

Recommendations	Potential Cost
Make available a means for users of the parks and recreation facilities to provide feedback to staff about their use of the facility.	\$400/sign
Have parks and recreation staff clearly identified as such when they are working in the facilities so customers know who to approach in the case of an emergency or something needing attention.	\$600 for signs/clothing
Develop and implement a Communications Strategy to promote regular and ongoing communication with all key parks, recreation and cultural stakeholders and share updated information with township residents through all available means.	Staff Time
Develop a Douro-Dummer Parks and Recreation Guide to fully communicate information on our available facilities, programs and other key information. This should be made available in hard copy in strategic locations throughout the Township and on the Township website, where the most up to date information is constantly maintained.	\$800 for design and printing
Create a Township Facebook page for the promotion of recreation facilities and programs as well as community events.	Staff Time
Modernize, and keep up to date, the Township website with a full range of Parks and Recreation information including the promotion of local community organizations and groups that provide recreation programming.	Staff Time
Partner with local schools to promote parks and recreation events in their newsletters and communication with parents.	Staff Time
Highlight one facility/event/activity/sport that you can do in Douro-Dummer per month through the main communication channels.	Staff Time
Develop a budget for all Master Plan recommendations and work with Township Council to prioritize the recommendations and use as a basis for securing augmented funding for 2018 and beyond for implementation.	Staff Time
Work with existing community groups to encourage development of policies whereby registration fees are reduced or waived to support low-income families, promote affordability and encourage participation in local recreation, sport and culture activities.	Staff Time
Promote all the no-cost activities that exist in the community as a means of ensuring awareness of the diverse recreational opportunities available.	Staff Time
Form a new Committee of Council- Parks and Recreation Action Committee, that will focus on implementing, monitoring and assessing this Master Plan and the actions/recommendations contained within. The goal is to form a dedicated working committee with members representing the diversity of the Township.	Staff Time
Consider the hiring of a part-time staff member as a 'Recreation Coordinator' to oversee communication and development of partnerships with residents and user groups in the implementation of the plan.	\$18,500 (20hrs/week for 52 weeks)

9.4 Medium-Term Recommendations

Warsaw Community Centre: fully explore the need, feasibility and benefit of developing a new fitness centre upstairs. As part of this, consider different options for operating and maintaining this facility and explore opportunities for grant funding to offset equipment and other program costs related to this.	Staff Time
Douro Park: Develop and implement a prioritized, scheduled 3 to 5 year facility improvement plan for the overall property.	Staff Time
Encourage the expanded usage of the Robert Johnston Eco-Forest Trails to allow for a broader range of recreation activities to occur. Furthermore, establish a walking and hiking group that would provide opportunities for themed or guided walks.	Staff Time & \$300 for promotion
Improve water access in order to help enhance as well as increase water based recreational activities within the Township. All Township water access points should be assessed and priorities for realistic, affordable property improvements should be developed. In addition, improved marketing and directional signage should be implemented.	Staff Time & \$600 for signs
Maintain information on recreation and culture programs and facilities not currently offered by the Township of Douro-Dummer but that are available in neighbouring communities.	Staff Time
Establish a Parks and Recreation Day for the Township (twice a year, one for spring/summer activities and one for fall/winter) for all community/volunteer groups, activity facilitators, events, and rental of facilities, etc.	Facility Staff & \$285/day rental
Generate a community board where there is a map of community centres, parks and other municipal facilities within the Township.	\$1500/each
Develop a Douro-Dummer Parks and Recreation Development "Tool Kit" that outlines how the Township can support and facilitate the development and delivery of programs.	Staff Time
Provide workshops and sessions on topics such as volunteering, fundraising, strategic planning, succession planning, and feasibility studies for local community groups.	\$500/year
Recruit a select group of Douro-Dummer Parks and Recreation Ambassadors who will be featured on promotional materials to residents.	Staff Time
Explore potential partnerships with organizations that can implement new recreation and cultural programming in Douro-Dummer using their expertise and staffing along with our facilities and volunteers.	Staff Time

9.5 Long-Term and Ongoing Recommendations

Douro Community Centre: prioritize, plan, and implement affordable facility improvements identified during the consultation process. Further dialogue with key users groups should be conducted to help prioritize these improvements.	Staff Time
Develop a plan for future improvements to the Douro Recreation Centre that would encourage further rentals of the facility and allow for more recreational usage to occur.	Staff Time
If the development of new parks or the revitalization of existing parks occurs, consider an approach that encourages active, creative and happy individuals as well as a vibrant and livable community by incorporating aspects of the Peterborough Public Health Report that identify links between the built environment and the health of the public such as tree planting, shaded play areas and landscaping that can also serve as recreational equipment.	Staff Time
Fully explore the feasibility and potential benefit of adjusting rental rates for all facilities with a view of increasing affordability and usage for user groups.	Staff Time
Manager of Recreation Facilities should develop and maintain good ongoing communications and working relationship with staff from key funders to help them understand the municipality's future activities and priorities and keep abreast of all funding opportunities.	Staff Time
Explore opportunities for new programs and activities that will serve to meet the needs of residents while increasing and broadening the use of all Township parks and recreation facilities.	Staff Time
Parks and Recreation Department should proactively seek and maintain a list of recreation, sport, and culture funding sources for families and communicate that information widely to residents and user groups.	Staff Time
Seek out opportunities for advertising at facilities as an additional revenue stream and allocate all revenue gained in this initiative to a dedicated facility maintenance reserve fund.	Staff Time
Plan and conduct bi-annual meetings with parks and recreation user groups to develop improved communications and working relationships and better understand their evolving needs and priorities.	Staff Time & \$285/meeting for rental
Balance the provision of space facilities for structured sports and activities and spaces for informal unstructured activities.	Staff Time

9.6 Financial Implications

The estimated cost of the short-term recommendations totals \$21,900. This includes the hiring of a part-time staff person to complete the recommendations that require staff time. The medium-term recommendations total an estimated cost of \$7,110. The long-term and ongoing recommendations require staff time.