

RECR 4400
Major Research Paper Assignment

How can Rosemary Brown Recreation Centre enhance access to arena-based recreation for youth in Burnaby through community partnerships and targeted programming?

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Executive Summary

This paper explores the challenges and opportunities related to enhancing access to arena-based recreation for youth in Burnaby, focusing on Rosemary Brown Recreation Centre (RBRC). The research highlights key barriers, including financial constraints, lack of physical literacy, and challenges faced by newcomers and diverse populations. The literature and primary research indicate that youth, particularly from immigrant families and racialized communities, face significant obstacles to participation in ice sports due to lack of equipment, language barriers, and limited access to information. Additionally, transportation and the high cost of participation in ice sports were identified as significant obstacles for families, especially from low-income backgrounds.

A critical finding from the research is the need for physical literacy programs, particularly for newcomers who may be skating for the first time. Providing basic education, such as how to balance on ice, fall safely, and select the right equipment would help ease transition into ice sports. RBRC's unique position as the only City of Burnaby facility offering extended ice time and two sheets of ice provides opportunity to foster community partnerships and expand programs.

The paper offers several recommendations to address these barriers. The first recommendation is to implement educational initiatives in partnership with the Burnaby School District, focusing on physical literacy. A pre-skating education package would help schools prepare students, especially those new to skating, for a positive experience. The second recommendation is to establish an Equipment Loan and Exchange program to alleviate financial constraints by allowing families to borrow or exchange equipment at no or low cost. Third, the introduction of Newcomer and Multicultural Skating Programs would help integrate immigrant and diverse youth into ice sports by offering beginner-friendly sessions and culturally sensitive instruction. Finally, the introduction of Girls-Only and Inclusive Ice Sports Sessions would create safe, supportive environments for underrepresented groups, including youth with disabilities and LGBTQIA2S+ participants.

This paper emphasizes the importance of developing inclusive, accessible, and educational programming at RBRC to remove barriers and foster a more diverse, engaged youth community in Burnaby's arena-based recreation offerings. RBRC can promote physical literacy, ensure safe and welcoming spaces for all, and increase youth participation in ice sports across the city by implementing these strategies.

Introduction

The Rosemary Brown Recreation Centre (RBRC) is a vital community hub that fosters physical activity and social engagement. This research explores ways to improve youth access to arena-based recreation in Burnaby through community partnerships and targeted programming. By identifying key barriers to participation and proposing strategic solutions such as skating, hockey, ringette. This initiative aligns with City of Burnaby's commitment of ensuring safe and welcoming public spaces remain safe, welcoming and accessible for all residents. (*Vision, Values and Guiding Principles | Burnaby 2050: Planning Our City Together*, n.d.).

Importance of Research Area

Increasing participation in recreational activities have been linked to numerous positive outcomes, including mental health, social development, and physical well being (Witt et al., 2010). As Burnaby experiences rapid population growth, the demand for accessible recreational spaces continues to rise (Statistics Canada, 2021). RBRC, as a newly developed facility, has a unique opportunity to address these needs by identifying and mitigating barriers to participation, particularly for youth and newcomers. This research contributes to the field of community recreation by exploring how municipal recreation centers can engage youth in traditionally high-barrier sports through accessible and inclusive programming (*Vision, Values and Guiding Principles | Burnaby 2050: Planning Our City Together*, n.d.).

Operationalizing Key Terms

To operationalize the key concepts in the research question:

- Accessibility: Availability and ease in which youth can participate in arena recreation activities. Factors include transportation, program availability, and costs.
- Arena recreation activities: Programs offered by Burnaby Arenas, including drop-in programs, learn to skate programs, and special events or collaborations.
- Community partnerships: Collaboration with local organizations, community groups, and schools
- Targeted programming: Programs specifically designed to attract and engage youth through participation in the recreational activities offered at the recreation centre.
- Ice sports: refers to skating, hockey, ringette, skating lessons, and figure skating.
- Youth refers to individuals ages 12-18: The City of Burnaby defines overall youth as ages 12-25.
- Older youth refers to individuals ages 19-25. The City of Burnaby defines overall youth as ages 12-25.

Background and Context

About Rosemary Brown Recreation Centre

The Rosemary Brown Recreation Center (RBRC) is one of Burnaby's newest recreational facilities, designed to serve the growing and diverse community of South Burnaby. Named after Rosemary Brown (1930-2003), a Canadian politician and social justice advocate, the center embodies values of inclusivity, accessibility and community engagement. (*Rosemary Brown Recreation Centre | City of Burnaby*, n.d.). She was the first Black woman elected to provincial legislature in Canada, and served as a Burnaby MLA from 1979 to 1986.

RBRC was completed in April 2024, and was built to support the recreation needs of Burnaby, and offers residents more options for community involvement and fitness. The recreation centre accommodates ice sports, as well as ball hockey, lacrosse, inline hockey, city-run and community events. It includes two National Hockey League (NHL) size rinks, arena viewing, meeting and multipurpose rooms, a skate shop, universal gender neutral washrooms, and an outdoor patio.

Agency Advisor

The Agency Advisor sponsoring this project is Samantha Morrison, Programs Coordinator of Rosemary Brown Recreation Centre. Samantha has over 40 years of experience in the recreation sector, with significant time spent in North Vancouver in various program coordinator roles. She has worked in administrative roles related to program and business development within recreation. Samantha's last position was as a centre supervisor at Karen Magussen Recreation Centre, North Vancouver. She also has a background in arenas, both as a player and coach in ringette.

The sponsoring organization for this project is Rosemary Brown Recreation Centre, City of Burnaby.

About the Researcher

The researcher is in her final year of the Bachelor of Recreation Management program at Langara College. She has a background in community recreation, working with early years, middle years, and youth. While she initially focused on broader community programming, her recent transition into arena-based recreation sparked a strong interest in ice sports—an area she did not grow up with.

This personal experience shaped her research focus. Ice sports historically presented high barriers to participation for her, inspiring her to explore how arena-based recreation can be made more inclusive and accessible. Through this study, she seeks to identify strategies that remove these barriers and encourage broader participation.

Currently, her goal is to support Rosemary Brown Recreation Centre (RBRC) in developing programs that make ice sports more accessible for diverse communities. This research serves as a foundation for her work in shaping more inclusive recreation opportunities in Burnaby.

Literature Review

Each piece of literature included in this review provided critical evidence to support the research question of: *How can Rosemary Brown Recreation Centre enhance access to arena-based recreation for youth in Burnaby through community partnerships and targeted programming?* The inclusion of academic studies, professional field-based resources, statistical databases, newspapers, and magazines ensured a well-rounded literature review. These sources helped explore best practices for youth programming, ensuring inclusivity and cultural sensitivity while examining systemic barriers that influenced which populations benefited the most from existing programs.

Access to arena-based recreation, such as skating, hockey, ringette, skating lessons, and figure skating, play a crucial role in mental, physical, and social well-being among youth (ages 12-25). Barriers to youth participation in arena-based recreation have been widely studied, including financial constraints, accessibility limitations, and lack of inclusive programming (National Teams of Ice Hockey, n.d.). While existing research has explored some of these challenges, there is a growing need to examine how community partnerships and targeted programming can enhance accessibility to this age group. While existing research has explored some of these challenges, there is a growing need to examine how RBRC can enhance access to arena-based recreation activities for youth in Burnaby through community partnerships and targeted programming.

The Role of Community Partnerships

Community partnerships played a pivotal role in youth development, particularly given the increasing concern for the healthy development of youth (Perkins et al., n.d.). Since the mid 1800's, reformers had advocated for designated recreational spaces to foster youth development, providing structured environments to develop social skills, promote well-being, and reduce exposure to negative

influences (Witt et al., 2010). Reformers recognized the benefits in supporting social skills, moral development, and group interaction. This movement led cities to hire child development professionals, which eventually created a demand for recreation professionals to collaborate, organize, and manage activities for overall wellbeing. Witt et al. (2010) found that this approach enhanced engagement and retention in recreational activities by creating a supportive environment that encouraged continued participation.

Ostermeier et al. (2024) suggested that engaging with local organizations, schools, and businesses increased the reach and effectiveness of sports programs. Many parents in the study highlighted the lack of resources, and the challenges of traveling to other towns or municipalities to access programs. Service providers, particularly municipal recreation departments were advised to maximize any available spaces and increase capacity for additional programs. Community-based interventions were shown to improve physical activity opportunities by leveraging local resources and support networks.

The Impact of Targeted Programming

Targeted programming was shown to enhance participation in arena-based recreation. *Skate Canada's Guide to Long-Term Athlete Development Guide* highlighted how inclusive skating programs could remove barriers and promote participation among diverse populations (Cardinal et al., 2010). For example, initiatives that encouraged partnerships between skating organizations and groups supporting athletes with disabilities played a crucial role in increasing access. Prior to the implementation of the development guide's programming, there had been a decline in both international victories by young Canadian athletes, and general participation rates. These initiatives not only improved accessibility but also contributed to personal development and a greater sense of community. Edwards et al. (2021) highlighted the importance of carefully designed inclusive programming, particularly in supporting youths with disabilities, and promoting social-emotional well-being. Such programs fostered positive attitudes toward diversity among all participants. Targeted programming in recreation has been recognized as a means to deepen commitment and quality of service aimed at accessibility (*October 2024 – Parks & Recreation*, n.d.).

Ice Sports in Canadian Culture

Arena-based sports played a crucial role in Canadian culture and recreation, with the Canadian-born population being more likely to participate in winter sports such as skating and ice hockey (Government of Canada, Statistics Canada, 2023). This trend was largely due to early exposure, cultural traditions, and established community infrastructure that supported these activities. *National Teams of Ice Hockey* further supported this, stating that hockey, in particular, was deeply embedded in Canadian

identity, with many children being introduced to skating at a young age through school programs or community leagues (National Teams of Ice Hockey, 2024). In comparison, immigrants were more likely to participate in more accessible sports such as basketball, soccer, or tennis, which required less specialized equipment and infrastructure. Approximately 83 percent of sports participants in Canada played recreationally rather than in formal leagues and clubs (Government of Canada, Statistics Canada, 2023). This highlighted the importance of making arena-based recreation more accessible in Burnaby, as its core values included inclusiveness and opportunity (Burnaby, 2023). *Burnaby's Visions, Values, Guiding Principles* indicated that the city aimed to stay connected together through social bonds, and create spaces where every individual felt valued and empowered to reach their full potential and experience a sense of belonging.

Common Barriers

Financial barriers remained one of the most significant obstacles to participation in ice sports. Ice hockey, in particular, was documented as one of the most expensive sports in Canada (Somerset & Hoare, 2018). One report stated that hockey gear alone could cost over \$1,000, which led many families to turn to cheaper sports, such as basketball and soccer (National Teams of Ice Hockey, 2024). If families chose to switch from recreational hockey to competitive hockey, the cost to play on a competitive team (excluding gear) in Canada ranged from \$4,000 to \$10,000 or more. Additional costs, such as ice fees, travel expenses, and equipment made organized hockey inaccessible to many families (Westoby, 2013). Other critical barriers included bullying, politics, conforming to gender stereotypes, lack of resources, and conformity. The traditional gendering of sports in the world of ice sports, with hockey viewed as masculine and figure skating as feminine, discouraged youth from participating in these activities, especially if they felt constrained by societal expectations, serving as another barrier (Westoby, 2013). Additionally, the scarcity of ice rinks in densely populated urban areas, restricted opportunities for regular participation (O'Reilly et al., 2023). Research indicated that the limited availability of facilities posed a substantial barrier, as individuals often had to travel considerable distances to access these venues. These issues were further amplified by the lack of community-based programming in locations where accessible opportunities do not exist (Pandya 2021). However, where opportunities did exist, providing flexible participation opportunities, such as drop-in sessions, helped attract individuals who may not have been able to commit to regular schedules, thus reducing barriers to entry (Lieberman, n.d.).

Gaps in Literature

While existing research provided valuable insight into accessibility challenges and potential solutions, there remained a lack of longitudinal studies tracking the long-term impacts of community

partnerships and targeted programming on arena-based recreation activities. Additionally, previous studies focused on traditional recreation centres with pools and weight rooms. More data was needed on strategies to engage older youth ages 18-25, as much of the current literature concentrated on children.

Older Youth

The literature relevant to this research on accessibility for older youth primarily highlighted factors relating to lack of time, health habits, and types of activities. Life events, such as transitions out of high school and into post-secondary education were shown to negatively impact lifestyle behaviours and physical activity (Silva et al., 2022). As youth transitioned into older adolescence, academia and professional responsibilities consumed much of their time, leaving little room for physical activity. A study indicated that only 25 percent of older youth between the ages of 17 and 25 actively engaged in physical activity (Gil-Madrone et al., 2019). This represented a significant decline from higher levels participation in sports and physical activities typically observed during elementary and high school years.

Areas of Controversy

One area of controversy within the literature revolved around the effectiveness of community partnerships in addressing the needs of local youth. *The Sport and Recreation Integration Project Phase 2A Summary Report* highlighted that while recreation programming often led efforts in promoting physical literacy, there was sometimes a disconnect with grassroots sports organizations (Patel et al., 2009). The report documented discussions among community coaches, recreation staff, educators, and sports club administrators, who convened to examine challenges and potential solutions of integrating sports and recreation effectively through various models and partnerships. However, not all grassroots organizations fully embraced these collaborative efforts, particularly regarding the alignment of responsibilities and philosophical approaches. This misalignment sometimes resulted in programs that failed to fully resonate with the target demographic. An example was differing perspectives on roles and priorities among organizations hindered effective collaboration. This raised questions about the sustainability of such partnerships, especially when funding shifted or priorities changed amongst stakeholders.

Methodology

Primary Research Plan

To further explore the research question of: *"How can Rosemary Brown Recreation Centre enhance access to arena-based recreation for youth in Burnaby through community partnerships and*

targeted programming?”, a combination of interviews, observations, and content analysis was utilized as primary research methods. These methods helped gather firsthand insights from industry professionals in arenas, analyze real-world participation, and review existing policies and data to identify gaps and opportunities for improvement. These data collection strategies ensured a well-rounded investigation to guide Burnaby stakeholders in enhancing access to arena-based recreation for youth in Burnaby. Each research method and rationale for its inclusion were listed below.

Interviews

Interviews provided direct insights from recreation professionals with experience in arena-based programming, operations, community partnerships, and accessibility initiatives. Speaking to individuals who had previously and were currently working in arenas helped gather data on current challenges, gaps, and potential solutions. Four interviews were conducted for this research paper:

- Samantha Morrison - Programs Coordinator, Rosemary Brown Recreation Centre (City of Burnaby).
- Arlene Mann - Recreation Centre Supervisor 1, former Arenas Coordinator (City of Burnaby).
- Kimberly Suhr – Recreation Centre Supervisor 2, Rosemary Brown Recreation Centre (City of Burnaby).
- Lora Anderson – Community Service Coordinator, Surrey Sport and Leisure Complex (City of Surrey).

Samantha, the Programs Coordinator at Rosemary Brown Recreation Centre, was selected for an interview because of her expansive background in arenas, ice sports, and recreation programming, spanning 40 years. As the centre’s current coordinator, she provided valuable insight into RBRC’s programming decisions, challenges, and gaps. Samantha brought invaluable expertise and knowledge to the facility’s administration, operations, and staff relations, having worked in administrative roles related to program and business development within recreation. Samantha's last position had been as a centre supervisor at Karen Magnessen Community Recreation Centre.

Arlene, the current Recreation Centre Supervisor 1, had previously served as the Arenas Coordinator at Bill Copeland Sports Centre for 15 years. She was selected for an interview to provide valuable insights on how arena-based recreation in Burnaby had evolved, allowing for a comparison of past and present practices to identify trends, improvements, and ongoing barriers to youth participation. Prior to the construction of RBRC, Burnaby had only two arenas, giving her extensive knowledge of arena operations, programming, and accessibility challenges over time.

Kimberly, the current Recreation Centre Supervisor 2 at Rosemary Brown Recreation Centre, had over 30 years of experience in aquatics with the City of Burnaby. She was selected for an interview as she provided valuable insight into the city's long-term approach to recreation planning, facility development, and program accessibility, making her a key source for understanding Burnaby's evolving strategies in arena-based recreation. Her extensive tenure with the city had given her a deep understanding of municipal recreation operations, policies, and program development. Kimberly was passionate about accessibility, inclusion, and making recreation accessible for all.

Lora Anderson, the Community Service Coordinator at Surrey Sport and Leisure Complex, oversaw ice allocation for all arenas in Surrey. She was selected for this interview to provide a comparative perspective on how a different municipality approached arena-based recreation. Her insights allowed for an analysis of best practices in Surrey and how they contrasted with or complemented Burnaby's strategies. Interviewing Lora provided an understanding of how another city managed ice allocation, community partnerships, and targeted programming, offering valuable context for identifying potential improvements and new approaches for Burnaby's arena-based recreation.

Interview Format

For a more detailed account of the interviews that were conducted, readers were referred to Appendix A1. This section contained comprehensive information about the interview procedure, including the questions asked of the participants. All interviews were conducted via Microsoft Teams or in-person at the respective recreation facility. Each interview was expected to last 30-45 minutes and was semi-structured to allow for open discussion. This format ensured consistency across all interviews while also covering key topics. The questions were designed to gather insightful answers and encompass a wide range of perspectives. The interview transcripts were available in Appendix A2, where they were summarized for convenience of reference. These transcripts provided extensive information for further study and interpretation, shedding light on the ideas, viewpoints, and experiences shared by the interviewees.

(See **Appendix A** for the full interview question guide.)

Observations

Observations provided firsthand insight into how youth engaged in arena-based recreation, identified participation trends, engagement levels, participants (age, gender, group size), and assessed any barriers to accessibility in real time. Six observations were conducted at Rosemary Brown Recreation

Centre. A variety of public skates, drop-in programs, learn-to-skate programs, and community partner events were observed. The six observations were categorized into three types of observations:

- **General Public Observations** (public skate and drop-in programs)
- **Special Status Observations** (program-specific sessions: skating lessons and learn-to-skate programs)
- **Community Partner Events** (Observing special events or collaborations that involve youth participation in arena-based recreation)

Observation Details

Appendix B provided further details about the observations, including when and where they took place. Each observation was conducted with prerequisites and checklist requirements to record levels of engagement (body language) and behaviors (how participants engaged with staff). These specific checklist questions were created to determine how accessible and inclusive programs were at RBRC from a third-party spectator's perspective. The observations were listed in Appendix B, providing an in-depth understanding of the dynamics between youth participants, staff, the facility, and members of the public.

(See **Appendix B** for the full observation checklist.)

Content Analysis

This content analysis examined four key documents to provide insights on how RBRC could enhance youth access to arena-based recreation through community partnerships and targeted programming. Each document was selected based on its relevance to accessibility, inclusivity, participation barriers, and recreation planning. The analysis identified key findings from existing policies, population trends, and best practices from other municipalities, providing a foundation for understanding trends and identifying key opportunities for RBRC to enhance access to arena-based recreation. Please refer to Appendix C for the content checklist and details.

(See **Appendix C** for the full document checklist and details.)

Documents Analyzed:

1. **City of Burnaby Policy Guide: Community Wellbeing** – This policy guide outlined the City of Burnaby's commitment to ensuring accessible and inclusive community spaces, including recreational facilities. It provided a framework for understanding how partnerships, land use

planning, and program development could enhance youth access to these recreational activities. Since arena-based recreation played a key role in community engagement, analyzing this document helped align the research findings with Burnaby's framework for understanding how partnerships and program development could enhance youth access to recreational activities. This policy guide was also directly related to the research question by emphasizing the need for infrastructure that supports social inclusion, physical activity, and equitable access to services.

2. **Insights Report, Population Growth Trends in Burnaby** - This data helped understand population growth patterns, including age distribution and geographic concentration of youth, which aided in identifying current and future demand for recreational programs. Demographic shifts directly impacted arena-based recreation participation. This data provided insight into which neighborhoods may have needed targeted outreach or additional community partnerships to enhance youth participation in arena-based activities. By incorporating this analysis, the research gained a foundational understanding of Burnaby's evolving population and how recreation services could adapt to meet changing needs.
3. **Sport for Life for Every New to Canada Participant** – This research provided insights into how sports and recreation programs could be more inclusive for newcomers. Given Burnaby's growing and diverse population, this document helped identify best practices for reducing barriers to participation in arena-based recreation. Analyzing its recommendations allowed for an assessment of how RBRC could better serve its diverse population in South Burnaby through targeted programming and partnerships. This source also supported the research question by emphasizing cultural considerations, accessibility, and community engagement in sports.
4. **City of Surrey: Parks, Recreation & Culture Strategic Plan** – This strategic plan provided insight into how another municipality engaged its community in recreation planning. Comparing Surrey's approach helped identify best practices, community needs, and successful engagement strategies that could be applied to RBRC. This document also highlighted how public feedback had shaped recreation policies and would help assess whether similar community-driven approaches could help improve accessibility and inclusivity in Burnaby's arena programming.

Data Collection & Analysis Method:

- Documents were sourced from the City of Burnaby and City of Surrey's official website, academic databases, and Canadian research reports.
- Key themes, trends, and policies were identified and summarized.

Key Findings from Primary Research

Interviews: Interviews revealed , two recurring themes: barriers to participation for newcomers to Canada and the lack of community partnerships in Burnaby’s arenas. According to S. Morrison (personal communication, March 13, 2025) South Burnaby is highly diverse, with many residents having little to no experience with winter sports (full interview summaries are available in Appendix A2). One significant barrier identified was financial constraints, as the cost of participation in drop-in skating and hockey was higher compared to other activities due to additional gear costs and rentals. Moreover, many newcomer parents struggled with logistical challenges as they lacked the time to drive their children from school to the rink, wait for the session to end, and then drive back home. Another critical barrier for supporting newcomers and minority groups in learning to skate was the concept of physical literacy. Many of these newcomers may not have had access to ice rinks in their home countries, or participation may have been prohibitively expensive. This theme aligned with the literature review, where Ostermeier et al. (2024) suggested that engaging with local organizations, schools, and businesses could enhance the reach and effectiveness of sports programs. Many parents in the study highlighted the lack of resources available and the difficulty of traveling to other towns or municipalities to access programs.

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In another interview, A. Mann (personal communication, March 7, 2025) stated that the only community partnership Burnaby Arenas had worked with in the past was the Canucks Autism Network (CAN). Through this partnership, arenas would dedicate shared public ice time to CAN to accommodate the interest in adapted programs and recreational skate times for participants with additional needs. CAN programs were volunteer-run, further emphasizing the reliance on external support. . A. Mann (personal communication, March 7, 2025) also noted that community partnerships were not as common in arenas as they were in community recreation. Typically, organizations would reach out to Burnaby Arenas, rather than arenas proactively seeking out partnerships. This reactive approach suggested a gap in community partnerships within Burnaby Arenas, limiting the accessibility and reach of arena-based recreation. This aligns with the emphasis on the importance of community partnerships in the literature review, as community partnerships play a pivotal role in youth development, especially given the increasing concern for the healthy development of youth (Perkins et al., n.d.). Witt et al. (2010) emphasized that this approach enhances engagement and retention in recreational activities by creating a supportive environment that encourages continued participation. Ostermeier et al. (2024) also suggested that engaging with local organizations, schools, and businesses could enhance the reach and effectiveness of sports programs. These findings highlighted that community partnerships were worth pursuing to enhance access to arena-based recreation.

Observations: All observations were conducted at RBRC from the upper lobby balcony, which provided a full view of parties entering the facility, from the parking lot to the entrance, lobby, skate shop, and rink. Observations indicated that recreational, low-cost, drop-in programs such as Youth Toonie & Activities Skate were significantly more accessible compared to structured, organized ice sports. Participants in this program represented a more diverse demographic, with a noticeable presence of families from various cultural backgrounds. Many parents appeared to be immigrants, as evidenced by frequent requests for translation assistance and the use of body language, such as shrugging, to indicate uncertainty when asked about equipment adjustments, such as resizing helmets. Additionally, the majority of children attending Youth Toonie & Activities Skate did not have their own equipment and relied on the program's provided rentals. This aligned with the affordability of the program, which cost only \$2 and included equipment rentals.

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In contrast, participants in organized ice sports occurring simultaneously were predominantly Caucasian. These participants arrived with personal gear, often embroidered with their names, suggesting a higher level of financial investment in the sport. Families attending the try-it program had entry-level or lower-tier equipment. Furthermore, parental engagement varied between the two groups. Parents of Youth Toonie & Activities Skate participants were highly involved, frequently interacting with staff and seeking guidance on equipment such as helmets, skates, and hockey sticks. Meanwhile, parents of children in organized ice sports appeared less engaged, generally observing from a distance rather than actively assisting their children.

These observations suggested that affordability and accessibility played significant roles in determining participation in ice sports. Drop-in programs provided an opportunity for a more diverse range of youth to engage with ice activities, while organized sports presented financial and structural barriers that limited participation to those with prior exposure and resources. These findings related back to the literature review, which suggested that youth pursuing recreation opportunities, especially arena-based recreation opportunities, face substantial barriers to participation. Hockey, one of the most well-known and popular arena sports, introduced an enormous financial barrier for anyone who wanted to try the sport (Somerset & Hoare, 2018). Similarly, arena-based sports were proven to be a crucial part of Canadian culture, with the Canadian-born population more likely to have participated in winter sports such as skating and ice hockey (Government of Canada, Statistics Canada, 2023). In comparison, immigrants were more likely to have participated in accessible sports such as basketball, soccer, or tennis. About 83 percent of sports participants played recreationally, outside of leagues and clubs. These findings further justified the need for enhancing arena-based recreation activities.

Content Analysis: Content analysis revealed that there was a consistent emphasis on reducing barriers to participation for specific populations, particularly newcomers and youth- through community engagement, strategic planning, and accessible information. *For Every New to Canada Participant* extensively detailed various barriers faced by newcomers in accessing sport and recreation, such as language and communication difficulties, lack of information, and organizational challenges (Gosai et al., 2024). The report further advocated for organizations to make program information easily accessible through various community channels.

Similarly, the *City of Surrey's PRC Strategic Plan* identified inclusion and access as top community priorities, specifically focusing on reducing barriers for youth and newcomers in recreation (Surrey Parks, Recreation & Culture, 2017). It also emphasized leveraging strategic partnerships with schools and community organizations to enhance program delivery. The core finding across all these documents was the focus on a user-centered approach that prioritized accessibility, actively sought community input, and fostered strong partnerships.

This theme was also evident in the literature review, where research indicated that the limited availability of facilities posed a substantial barrier, as individuals may have to travel considerable distances to access these venues. These issues were further amplified by the lack of community-based programming in locations where accessible opportunities did not exist (Pandya, 2021). However, where opportunities existed, providing flexible participation options, such as drop-in sessions, could attract individuals who may not be able to commit to regular schedules, thus reducing barriers to entry (Lieberman, n.d.). This also highlighted a potential gap that RBRC could address by adopting best practices from other municipalities.

Limitations and Future Research Needs

While this study provides valuable insights into arena-based recreation in Burnaby, several limitations should be considered. The focus on Burnaby's recreational landscape may have introduced a localised bias limiting comparisons with other municipalities. To gain a more comprehensive understanding of how factors such as partnerships, programming, and affordability impact participation across different regions, an interview with a Community Services Coordinator from the City of Surrey was conducted.

Additionally, the study lacked access to quantitative participation data, which would be essential for accessing long-term trends and identifying programming gaps. A significant challenge noted was obtaining interviews from neighboring municipalities, such as New Westminster, Vancouver, and

Coquitlam. Further collection of the City of Burnaby's Strategic Master Plan in Parks, Recreation, and Culture is needed to identify additional gaps in enhancing access to arena-based recreation for youth.

Summary

The research identified key barriers to youth participation in arena-based recreation at RBRC, with a common theme highlighting challenges faced by newcomers to Canada. Interviews and observations revealed factors such as affordability, logistical challenges, and a lack of physical literacy as significant obstacles. Low-cost, try-it, drop-in programs like Youth Toonie & Activities attracted a more diverse group, whereas structured hockey programs were predominantly attended by participants with prior exposure and financial resources. This aligns with research indicating that hockey remains one of Canada's most financially restrictive sports (Somerset & Hoare, 2018).

A lack of proactive partnerships was also identified as a gap. Unlike Surrey, where partnerships play a key role in recreation planning, Burnaby arenas largely relied on external organizations to initiate collaboration. Content analysis further emphasized the importance of partnerships in improving accessibility, as seen in Surrey's PRC Strategic Plan and the *Sport for Life for Every New to Canada Participant* report.

Overall, the research suggested that Burnaby's arena programming could benefit from targeted strategies, such as expanding low-cost, drop-in opportunities, improving outreach to immigrant families, and fostering stronger partnerships with community organizations and schools.

Research Findings

Secondary Research

Finding 1: There was a consistent emphasis on identifying and addressing barriers to participation for specific populations, particularly newcomers and youth.

A consistent theme in the literature review was that newcomers to Canada face distinct barriers to sports participation. Research indicated that barriers to participation vary by gender, immigration status, and racialized group (Government of Canada, Statistics Canada, 2023). Demographic data from a study on youth served in a low-cost after-school recreation program indicated that immigrant youth were the largest demographic served (Deschenes et al., 2010). The youth demographic in that study consisted of 49% African American, 27% Latino/Hispanic, 10% Asian, 9% White, 4% mixed race, and less than 1%

Indigenous. This finding was further supported by primary research observations conducted on March 11, 2025 (see Appendix B), which similarly indicated that immigrant youth comprised the majority of participants. Participants in Rosemary Brown Recreation Centre's (RBRC) Youth Toonie & Activities program represented a more diverse demographic, with a noticeable presence of families from various cultural backgrounds. Nearly all participants and their families were people of colour. Many parents appeared to be immigrants, as evidenced by frequent requests for translation assistance and the use of body language, such as shrugging, to indicate uncertainty when asked about equipment adjustments, such as resizing helmets.

For Every New to Canada Participant extensively detailed various barriers faced by newcomers in accessing sport and recreation, such as language and communication difficulties, lack of information, and organizational challenges (Gosai et al., 2024). The data indicated that Chinese (40%), Japanese (35%), Southeast Asian (35%), South Asian (33%), and Black (32%) individuals, along with those identifying with multiple racial or cultural backgrounds (37%), were more likely to participate in running than in any other sport. When examined in a recreation context, running had the highest participation rates among individuals from diverse racial and cultural backgrounds, as it presented the fewest barriers to participation. The *City of Burnaby Policy Guide: Community Wellbeing* also highlighted the city's commitment to ensuring accessible and inclusive community spaces and opportunities for all (City of Burnaby Planning & Building Department, 1998). These findings supported the necessity of identifying and addressing barriers, particularly for newcomers and youth, to enhance accessibility.

Finding 2: Cost is a significant barrier to participating in ice sports.

Financial barriers were a recurring theme in both the literature review and content analysis. These financial barriers were broken down into smaller subcategories, including time, transportation, and equipment. Parents in rural areas who commute for work struggled to involve their children in recreational activities due to limited time availability. One journal stated that multiple parents mentioned the significant time spent driving children to a different part of the city after a long workday (Pandya, 2021). This finding was further supported by primary research observations conducted on March 11, 2025 (see Appendix B), where nearly all youth figure skaters participating in a youth drop-in skate were wearing figure skating club jackets with their club municipality embroidered, such as Vancouver, Coquitlam, Surrey, and Langley. Surrey and Langley are located significantly further from RBRC,

making travel between these cities time-consuming, particularly during peak hours. These drop-in programs take place after school hours, supporting this finding.

Regarding transportation, participants and families were unwilling to travel long distances, limiting the reach of activities. Pandya (2021) further stated that the lack of resources, such as access to public transportation, places the burden of transportation solely on parents. While driving is more convenient, the nearest bus stop to RBRC has limited service compared to other areas of Burnaby, and the closest SkyTrain station is approximately a 20-minute walk away. This could deter youth from participating in programs at RBRC.

Additionally, the high cost of equipment is a common barrier, especially for low-income families. A full set of hockey gear can start at \$1000 (National Teams of Ice Hockey, 2024). Obtaining access to equipment is a barrier in itself. As observed in primary research conducted on March 11, 2025 (see Appendix B), the vast majority of families attending public skates and drop-in programs were renting equipment, such as helmets and skates. All participants in the Youth Toonie & Activities program were borrowing RBRC's equipment, including hockey and ringette sticks, hockey pucks, and ringette rings. These findings indicate that cost plays a crucial role in enhancing accessibility to arena-based recreation.

Primary Research:

Finding 1: Lack of Information and Physical Literacy.

Financial barriers were a recurring theme in both the literature review and content analysis, with key challenges categorized into subcategories such as time, transportation, and equipment costs. These barriers disproportionately impacted families with limited financial resources, particularly those living in rural or suburban areas who had to commute for work. One study found that multiple parents cited the significant time spent driving their children across the city for recreation activities after a long workday as a major obstacle to participation (Pandya, 2021).

This finding was further supported by primary research observations conducted on March 11, 2025 (see Appendix B), where nearly all youth figure skaters participating in a drop-in skate session were wearing club jackets embroidered with the names of municipalities such as Vancouver, Coquitlam, Surrey, and Langley. Surrey and Langley are located at a considerable distance from RBRC, making travel between these cities time-consuming, particularly during peak hours. Since many arena-based recreation programs take place after school, transportation challenges significantly impacted participation.

As Pandya (2021) further stated, limited access to public transportation placed the burden of travel solely on parents, further restricting opportunities for youth to engage in ice sports. While driving was often the most convenient option, RBRC's accessibility by transit was limited. The nearest bus stop had less frequent service compared to other areas of Burnaby, and the closest SkyTrain station was approximately a 20-minute walk away.

In addition to transportation barriers, the high cost of equipment was another significant obstacle for families, particularly those with lower incomes. A full set of hockey gear could cost upwards of \$1,000 (National Teams of Ice Hockey, 2024), creating a financial burden that prevented many children from participating in organized ice sports. Access to equipment itself was also a barrier. Primary research observations conducted on March 11, 2025 (see Appendix B) revealed that the vast majority of families attending public skates and drop-in programs relied on rented equipment, such as helmets and skates. Additionally, all participants in the Youth Toonie & Activities program were borrowing RBRC's equipment, including hockey and ringette sticks, pucks, and ringette rings. This suggested that without access to rental or loaned equipment, many youth would have been unable to participate in ice sports at all.

These findings highlighted a gap in physical literacy and access to information about ice sports within RBRC's user demographic. With a large proportion of beginner-level skaters and first-time participants, there was a clear need for increased education and resources to support newcomers in developing fundamental skating skills and safely participating in arena-based recreation.

Finding 2: Facility Usage and Programming Opportunities at Rosemary Brown Recreation Centre

Rosemary Brown Recreation Centre (RBRC) presented significant opportunities for facility usage and potential partnerships, as it was the only municipal ice rink in Burnaby with two sheets of ice. This additional ice surface allowed for greater programming capacity and scheduling flexibility. It was also the only municipal rink in Burnaby offering ice availability until June 2025, as the other two rinks were scheduled to remove their ice in March 2025. The extended season further enhanced RBRC's potential to expand its programming and develop community partnerships.

S. Morrison (personal communication, March 13, 2025) highlighted the opportunity to introduce additional services that catered to a wide range of age groups and community needs. She emphasized the

importance of providing arena-based recreation at various times throughout the day, ensuring accessibility for school-aged children after school, during school programs, and in the evenings and weekends.

A key theme that emerged from this research was the need for more casual and financially accessible ice sports opportunities. Traditional ice sports, such as hockey and ringette, often required a significant financial investment, with equipment costs ranging from \$1,000 to \$7,000. Recognizing this barrier, S. Morrison (personal communication, March 13, 2025) developed initiatives such as Toonie Youth & Activities, which allowed participants to engage in informal ice activities, such as shooting pucks and rings, without requiring full hockey or ringette gear. The low-cost admission fee of \$2 made this program more accessible to youth who might not have the financial means for competitive play.

Another critical finding from this research was the challenge of balancing participation between players with full gear and those without. S. Morrison (personal communication, March 13, 2025) noted that when players with complete protective equipment engaged with those who had minimal gear, there was a disparity in safety and gameplay experience. To address this, she structured programs that allowed youth to participate in a more casual, inclusive, and recreational setting, fostering a sense of community and accessibility.

These findings suggested that RBRC's unique facility features, such as its two sheets of ice and extended season, enabled greater programming capacity. Additionally, the centre's efforts to reduce financial barriers and provide flexible recreational opportunities contributed to a more inclusive and accessible ice sports environment.

Recommendations

Recommendation 1: Physical Literacy Partnerships with Burnaby School District

Based on the findings, it would be beneficial to implement educational initiatives focused on developing youth physical literacy specific to skating fundamentals. Skating serves as a gateway to other ice sports offered at RBRC, including hockey, figure skating, and ringette. Ensuring that children are equipped with basic skating skills sets them up for success, particularly when schools book field trips to the rink for skating programs. Given the diversity of South Burnaby's population, many youth are experiencing skating for the first time, making structured pre-skate education especially valuable. RBRC

could pilot this program with the neighbouring high school next door, and elementary school down the street as they are close in proximity.

To support this, RBRC could develop a pre-skating education package for schools ahead of their scheduled skate day. This package would include instructional materials on fundamental skills such as how to fall safely, get back up, and maintain balance on the ice. Since all three municipal ice rinks in Burnaby accommodate school bookings, this initiative could be applied across all facilities to ensure consistency in preparing youth for their skating experience.

Beyond improving skating experiences, this initiative would also provide long-term benefits by helping youth develop essential balance and movement skills that are applicable beyond the rink. These foundational skills can contribute to overall safety and confidence in navigating slippery environments, given Canada's winter climate and frequent icy conditions. Additionally, this partnership in physical literacy would complement the Burnaby School District's physical education curriculum, encourage youth to explore new activities, and reduce barriers to participation in arena-based recreation.

Recommendation 2: Equipment Loan or Exchange Program

To reduce financial barriers to ice sports in arena-based recreation, RBRC could establish an Equipment Loan and Exchange program, in partnership with local sport retailers or organizations, such as Canadian Tire's Jumpstart and Kidsport. This program would allow youth to borrow basic equipment, such as skates, helmets, and protective gear for free or at a minimal cost, ensuring accessibility for families facing financial constraints. A full set of hockey gear can start at \$1000 (National Teams of Ice Hockey, 2024). Ice fees, travelling, equipment, and particularly figure skating outfits quickly add up, further limiting participation in figure skating (Westoby, 2013). Additionally, a seasonal gear swap could enable families to trade or donate outgrown equipment. Local hockey associations, sport retailers, and professional teams could facilitate sponsorships or donations. School booking skating field trips could also access loaned equipment, ensuring all students can participate regardless of financial background. To sustain this program, RBRC could seek sponsorships, grants, and municipal funding. This initiative is also applicable to the other two municipal arenas, and can be altered based on demographic needs.

Recommendation 3: Newcomer and Multicultural Skating Programs

Given the diversity of South Burnaby, RBRC could introduce Newcomer and Multicultural Skating Programs to introduce and support youth and families experiencing ice sports for the first time. RBRC could offer introductory skating sessions that incorporate basic physical literacy, teaching

fundamental skills like balance, how to fall safely, and getting back up. This youth and parent joint program would also include equipment education, helping participants how to properly select, size, and wear helmets, pick out appropriate skates, and tie correctly for safety and comfort. RBRC could implement this in a dual-program model where youth and parents have the option to participate in separate but simultaneous skating lessons. This initiative would include a youth skating lesson and an adult skating lesson occurring at the same time, allowing families to choose between learning together or separately. By aligning program start and end times, this approach aims to reduce logistical barriers for parents, making it more convenient for families to engage in arena-based recreation. Implementing family-oriented skating days, translated instructional materials, and culturally sensitive instructing accommodating cultural or religious attire would further enhance accessibility. Providing a welcoming and educational environment would help newcomers and immigrants without prior experience develop confidence and equip them with essential skills for arena-based recreation.

Recommendation 4: Girls-Only and Inclusive Ice Sports Sessions

To create a more welcoming and accessible environment for underrepresented groups, RBRC could introduce Girls-Only and Inclusive Sports Sessions. Girls, particularly those from cultural backgrounds where ice sports and co-ed participation is less common, may feel uncomfortable in traditional ice sport settings. Additional barriers include bullying, politics, conforming to gender stereotypes, lack of resources, conformity, and more. In the world of ice sports, the traditional gendering of sports, with hockey viewed as masculine and figure skating as feminine, may discourage youth from participating in these activities, especially if they feel constrained by societal expectations, serving as another barrier (Westoby, 2013). This opportunity could be introduced as a collaborative partnership between community groups, women's sports organizations, or purposeful programming with a particular target audience in mind.

Additionally, inclusive sessions could be designed for youth with disabilities, LGBTQIA2S+ participants, and individuals who require alternative or adaptive program structures. RBRC could offer girls-only skating, ringette, or hockey sessions, led by female instructors and mentorship to encourage participation in a supportive and safe space. This initiative could also be adopted into the two other municipal arenas, and be adjusted depending on the demographic. This would help ensure arena-based recreation at RBRC and all Burnaby arenas are welcoming and accessible to all, and empower more youth to engage in arena-based recreation.

Conclusion

In conclusion, Rosemary Brown Recreation Centre (RBRC) plays a vital role in providing arena-based recreation for youth in Burnaby, but there are clear opportunities to enhance access through targeted programming and community partnerships. The research findings highlight key barriers such as financial constraints, lack of physical literacy, and accessibility challenges for underrepresented groups, particularly newcomers and youth from diverse cultural backgrounds. Addressing these barriers will foster a more inclusive and accessible recreational environment for all youth of Burnaby.

Several strategies can be implemented to enhance access. Partnerships with Burnaby School District could focus on developing physical literacy among youth by providing educational initiatives that teach skating fundamentals. This would ensure that children are equipped with the necessary skills to confidently engage in ice sports, and participate in field trips to the rink. An Equipment Loan and Exchange Program would help reduce financial barriers, offering youth the opportunity to borrow gear or trade outgrown equipment, ensuring that cost does not prevent participation.

Furthermore, RBRC could create specialized programs for youth and families, particularly multicultural and newcomer communities. These programs could provide introductory skate sessions, equipment education, and culturally sensitive instructions to ensure that all participants feel welcomed and supported. RBRC could also offer girls-only and inclusive ice sports sessions to create a safer and more supportive environment for underrepresented groups, encouraging participation and breaking down cultural and gender barriers in traditionally male-dominated sports like hockey and ringette.

RBRC can significantly improve access to arena-based recreation for youth in Burnaby by implementing these recommendations. Through targeted programming, community partnerships, and inclusive practices, RBRC can become a model for enhancing recreational opportunities that are inclusive, accessible, and welcoming to all youth, regardless of their background or financial means. These initiatives will not only promote skill development and promote physical activity, but also foster a sense of community and belonging for youth across Burnaby.

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Appendixes

Appendix A: Interview Questions & Transcripts

Appendix A1.

Interview Details

	Interview	Organization/Title	Date & Time	Method/ Location
1	Kimberly Suhr	City of Burnaby, Recreation Centre Supervisor 2	March 6, 2025, 3:30 pm	In person
2	Arelene Mann	City of Burnaby, Recreation Centre Supervisor 1, former Arenas Coordinator	March 7, 2025, 3:30 pm	Video Call
3	Samantha Morrison	City of Burnaby , Program Coordinator	March 13, 2025, 3:30 pm	In person
4	Lora Anderson	City of Surrey, Community Service Coordinator	March 13, 2025 5:30 pm	Video Call

Appendix A2

Interview Transcripts

Note: Transcripts were not verbatim of what was directly said in the interviews, but summaries of the answers provided.

Interview 1

Person: Kimberly Suhr, Recreation Centre Supervisor 2, City of Burnaby

Location/Method: In person, Rosemary Brown Recreation Centre

Date & Time: March 6, 2025, 3:30pm-3:44 pm

1. Please introduce yourself to us and tell me about your position, what you do in your organization, and anything else you would like to share.	Kimberly is the Recreation Center Supervisor 2 at Rosemary Brown Recreation Center and Arena Services in Burnaby. She has over 30 years of experience in aquatics, starting as a lifeguard and working her way up to various roles. Her responsibilities include overseeing community center and arena programs, events, tournaments,
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	and allotments. She's also involved in recreation-related construction projects, including the Burnaby Lake Aquatic and Arena project, and has managed nearly every major recreation center except one.
2. Having worked with the City of Burnaby for 30 years now, can you tell me more about how the city's accessibility policies have changed over the years?	Burnaby has always had strong accessibility policies, integrating adapted programs into regular lesson programs. It describes the inclusive facilities in aquatics, including gurneys, water wheelchairs, and accessible change rooms. In arenas, accessibility is more challenging due to the nature of the ice, but efforts are made to improve accessibility. Kim mentioned a recent change to yellow puck boards to accommodate a color-blind child, demonstrating ongoing efforts to improve accessibility. An example is in aquatics, where features like handrails and higher toilet seats were implemented.
3. Barriers to Participation: What are the most significant barriers preventing youth (ages 12-25) from accessing arena-based recreation in Burnaby?	Identifies social pressures and self-confidence issues as significant barriers to youth participation in recreational activities. Noted that it is difficult to get teenagers involved in sports and community activities after the age of 12. Added that after-school youth activities are popular among teenagers, helping them feel more comfortable and included. Emphasized the importance of making community centers welcoming and inclusive for youth, especially during lunchtime hours.
4. Community Partnerships: How does your facility currently collaborate with community partners to enhance accessibility to arena sports?	In the past: Mentions the Canucks Autism Network, which provides inclusive programs alongside regular lessons, reducing logistical barriers for families. They provide something arenas cannot—they utilize all their skills to help these children learn. CAN helps centralize programs so parents don't have to go from location to location just to have their child with autism take lessons. They can do it all in one place. These community partnerships are like extensions of existing services.
5. Coming from an aquatics background, how do the challenges of accessibility in arena-based recreation compare to those in aquatics?	Discusses the importance of cross-sector partnerships, such as with nonprofits like Aqua Fit for All, which offers specialized aquatic programs for visually impaired individuals and stroke survivors. Partnerships help integrate specialized services into existing programs, enhancing the overall offerings of the community centers.

	Highlights the value of these partnerships in providing specialized training and services that the city cannot offer alone.
6. What are some ways that cross-sector partnerships (e.g., between aquatics and arenas) could be leveraged to increase access?	Trying to find associations and community groups that the city can form partnerships with and figure out how Burnaby can best integrate them into what is already existing. These partnerships are working alongside Burnaby's no-fee, no-charge policy. It's great because they are providing a level of service that Burnaby has a challenge providing; it takes specialized training, and the city is limited with funding. Again, these groups are extensions of Burnaby's existing services. These partnered organizations bring people into the sport, and Burnaby provides the center, pool, or facility. It's a continuum of Burnaby's services.

Interview 2

Person: Arlene Mann, Recreation Centre Supervisor 1, former Arenas Coordinator, City of Burnaby

Location/Method: Microsoft Teams video call

Date & Time: March 7, 2025, 3:30pm-4:10pm

1. Please introduce yourself to us and tell me about your position, what you do in your organization, and anything else you would like to share.	Is the Recreation Centre Supervisor at Willingdon Community Center and discussed her role and past experiences as a Program Coordinator at Bill Copeland Sports Centre for 14 years. Currently working in community recreation. She highlighted barriers for youth aged 12-25 in accessing arena-based recreation, noting a lack of specific teen programs and the preference for weight room activities. Mann mentioned challenges in partnering with community groups and the impact of ice time availability on program offerings. She emphasized the importance of understanding community needs and adapting programs accordingly, such as the successful adult power skating program. The conversation also touched on the potential impact of the new Brentwood Community Centre on local recreation programs. Additionally, she highlighted her experience with various events, including baking trade shows, food trade shows, antique trade shows, concerts, and the Judo and hockey tournaments.
2. Barriers to Participation: What are the most significant barriers preventing youth	She discusses the challenges of engaging youth ages 12 to 25 in arena-based recreation, noting that this group often prefers weight room

(ages 12-25) from accessing arena-based recreation in Burnaby?	activities. In her current position, her community centre primarily serves younger children and some early 20-year-olds, with a few 14-year-olds using the room. She highlights the difficulty of engaging teens due to their age, as they are too old for summer camps and some arena programs, yet not old enough for adult programs. Trying to get youth into volunteering for experience can also be challenging.
3. Community Partnerships: How does your facility currently collaborate with community partners to enhance accessibility to arena sports?	She compares the program offerings at Kensington and Copeland, noting that Copeland ran programs seven days a week, while Kensington only ran five days a week. Copeland had more community groups on the weekends, such as figure skating and minor hockey, while Kensington did not run programs on the weekends. She discusses the impact of location on attendance, noting that Copeland was more isolated and harder to access by transit, while Kensington was in a neighborhood with easier access. Copeland had plans to partner with the Canucks Autism Network, but the partnership fell through due to a lack of volunteers. She noted that the city does not partner with many external organizations. She also mentioned a brief partnership with the Burnaby Minor Hockey Association for minor hockey participants, which later became a community program due to low registration. She explains that the success of partnerships depends on the specific program and community needs, with some programs being more successful than others.
4. Targeted Programming: Have you seen successful targeted programs that increased youth participation in ice sports when you worked Arenas? If so, what strategies were most effective?	She discusses the lack of targeted programs to increase youth participation in ice sports, noting that the city does not engage in many partnerships. She explains that the city's registration numbers were usually met, and new programs were offered based on community feedback and needs. She mentions that the adult power skating program targeted an audience that wanted more than basic skating lessons and were looking for something more specialized. Youth slowly became interested in this as many adults actually became interested. She highlights the importance of adopting programs that adapt to community changes, such as reducing the number of preschool programs due to low attendance in community recreation. The same applies for arenas.

5. Inclusivity Efforts: What initiatives or programs are in place to make arena-based recreation more inclusive for marginalized or underrepresented youth?	She highlights the importance of understanding the community's needs and adapting programs accordingly, as well as building relationships with clients. There's a huge emphasis on relationship building in arenas because there are so many individual clients compared to a traditional community recreation center. Arenas is its own beast to tackle.
6. From your past experience as an Arenas Coordinator, what challenges did you face in increasing youth participation?	She discusses the differences between community centers and arenas, noting that community centers focus more on building relationships and offering a variety of programs. She mentions that Willingdon Community Centre is more about programs, while arenas focus on more community groups and specific sports. She highlights the importance of adopting programs to meet the community's changing needs, such as reducing the number of programs due to low attendance. She notes that the success of programs depends on community feedback and the ability to offer relevant and engaging activities.
7. What strategies have been most effective in keeping older youth (18-25) engaged in arena-based recreation?	She noted that the success of programs depends on the community's feedback, the ability to offer relevant and engaging activities, and the availability of ice time. Many groups compete for prime ice time, which affects programming. Careful planning is needed around the timing of programs to align with youth schedules and other activities.

Interview 3

Person: Samantha Morrison, Program Coordinator, City of Burnaby

Location/Method: In person, Rosemary Brown Recreation Centre

Date & Time: March 13, 2025, 3:30pm-4:11pm

1. Please introduce yourself to us and tell me about your position, what you do in your organization, and anything else you would like to share.	Introduced herself as the Program Coordinator at Rosemary Brown Recreation Centre, where she supervises arena and fitness services. With over 40 years of experience in the recreation sector, she has spent significant time in North Vancouver and held various program coordinator roles. She has also worked in administrative roles related to program and business development within recreation. Her last position was as a Centre Supervisor at Karen Magnussen Recreation Centre in North Vancouver.
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<p>2. Current Programs & Access: What current programs does your facility offer to support youth participation in arena-based recreation?</p>	<p>The facility offers a comprehensive large-scale program for all ages, including adults and seniors. It provides drop-in skating sessions, low-cost "Try It" programs for youth, and low-cost figure skating sessions for different age groups. There are also youth-dedicated nights for certain programs. The facility includes pickleball, lacrosse, and various drop-in sports. A special Friday night skate is available for just two dollars, where participants can play with toys and equipment.</p>
<p>3. Barriers to Participation: What are the most significant barriers preventing youth (ages 12-25) from accessing arena-based recreation in Burnaby</p>	<p>The community of Burnaby is highly diverse, with many residents lacking experience with winter sports. Financial assistance programs are available to help provide access to services and registered recreation programs. However, the cost of participating in drop-in skating is higher compared to other activities due to additional gear rental costs. The facility offers a robust financial assistance program to support low-income families in accessing recreation services. They have faced challenges with participants wearing different hairstyles and religious headwear, which can affect their ability to wear helmets. Efforts are underway to find solutions that accommodate these participants and ensure a positive experience. Additionally, they are looking to create programs for schools to help develop physical literacy skills before participants engage in skating activities.</p>
<p>4. Community Partnerships: How does your facility currently collaborate with community partners to enhance accessibility to arena sports?</p>	<p>The facility has not yet done extensive outreach but has collaborated with Sport Ability to offer sledge hockey opportunities. They have also worked with an organization advocating for families with members with disabilities to provide skating lessons. The facility is open to further collaborations to enhance accessibility to sports. Outreach efforts include offering Toonie Skates at lunchtime, providing a low-cost option for youth from Byrne Creek Secondary School to access skating.</p>
<p>5. Targeted Programming: Have you seen successful targeted programs that increased youth participation in ice sports? If so, what strategies were most effective?</p>	<p>The low-cost "Try It" Youth Toonie & Activities Skate attracts many youth after school. It is supervised by staff, allowing parents to watch from the sidelines. For many youth, it's their first experience with ice sports equipment. The timing of programs is important to consider, especially</p>

	for parents who need to transport their kids to RBRC. Programs are more successful when they are scheduled in a way that allows youth to participate in multiple activities with their friends and family, often back-to-back.
6. Inclusivity Efforts: What initiatives or programs are in place to make arena-based recreation more inclusive for marginalized or underrepresented youth?	The facility is dedicated to offering diverse opportunities for all ages and backgrounds, especially marginalized or underrepresented youth. Burnaby's FairPlay financial assistance program ensures recreation is accessible to everyone. The facility is inclusive, featuring high contrast for blind hockey players and gender-neutral bathrooms. Adapted skate lessons are available for people with disabilities, and they are working on providing more inclusive equipment options. The facility is committed to being welcoming for participants from various cultural and religious backgrounds and is training staff to support individuals with diverse needs. Inclusive programs and activities are being developed to engage a wide range of participants, and there are efforts to provide more summer activities for different populations.
7. What role does programming at Rosemary Brown Arena play in engaging youth?	The facility offers various programs to engage youth, including school skates, public skates, and sport drop-ins. They are considering expanding skate activities and offering a "never skated before" class for new participants. The facility plans to increase participation in their Toonie Skate program and align it with other facility schedules. Additionally, they are looking to provide more ice activities during the summer to attract a different population.
8. Are there any upcoming plans to expand or modify programming to better serve youth?	The facility plans to expand skate activities and offer more inclusive programs in the future. They are considering providing more ice activities during the summer to attract a different population. The facility aims to increase participation in their Toonie Skate program and align it with other facility schedules and programs. They are also looking into offering a one-time introduction class for new participants.

Interview 4

Person: Lora Anderson, Community Service Coordinator, City of Surrey

Location/Method: Zoom video call

Date & Time: March 13, 2025, 5:30pm-6:01pm

1. Please introduce yourself to us and tell me about your position, what you do in your organization, and anything else you would like to share.	Community Service Coordinator for Ice Allocations with the City of Surrey, discussed youth programming at their facilities. Programs include youth figure skating, stick and puck, youth fun hockey, high school hockey leagues, and school bookings. Challenges include a lack of programming for the 18-19 age group and youth reluctance to participate. Successful partnerships include the Community Schools Partnership with RCMP, Canucks, and UBC Thunderbirds, and Heroes Hockey for autism and adaptive skating. Anderson also highlighted the need for more primetime ice and the challenges of balancing program demands with limited ice availability.
2. Current Programs & Access: What current programs does your facility offer to support youth participation in arena-based recreation?	The facility is making efforts to partner with local recreation centers and schools to improve youth engagement, including initiatives like the high school hockey league and school bookings. The Community Schools Partnership program, which collaborates with the Surrey school board, RCMP, Canucks, and UBC Thunderbirds, is highlighted as a successful initiative for female youth. Partnerships with organizations like Heroes Hockey, Canucks Autism, and Sportability provide specialized programs for youth with different needs. Additionally, adapted skating lessons for youth are offered, with support from various community partners like Healthy Communities and Asian Community Living.
3. Barriers to Participation: What are the most significant barriers preventing youth (ages 12-25) from accessing arena-based recreation in Surrey?	Youth typically only show up to programs when their friends attend; if one person doesn't go, the rest often follow. It's challenging to program desirable activities when there's limited prime ice time available. There's also a "dead zone" in programming, where many programs are available up to age 18, but then there's a gap for those 19+, creating an awkward divide. While not necessarily called partnerships, these groups are treated as extensions of existing programs.
4. Community Partnerships: How does your facility currently collaborate with community partners to enhance accessibility to arena sports?	The facility is working on school bookings and collaborating with youth workers to encourage kids to attend skates after their school drop-ins. There's also collaboration with Healthy Communities where possible, as well as partnerships with outside accessibility organizations, similar to the efforts discussed in

	question 2.
5. Targeted Programming: Have you seen successful targeted programs that increased youth participation in ice sports? If so, what strategies were most effective?	While targeted programs for specific groups aren't always successful, the key is providing any positive engagement for youth. High school hockey leagues and school bookings have been the most successful due to their measurable results. There's an issue with a "dead zone" in programming, where many programs end at age 18 and then jump to 19+, creating an awkward gap. Limited ice time makes it challenging to find the necessary partnerships, as there's not much prime time available. All groups and allotments are competing for that prime time.
6. Inclusivity Efforts: What initiatives or programs are in place to make arena-based recreation more inclusive for marginalized or underrepresented youth?	Healthy Communities, a branch of recreation in Surrey, plays a key role in partnerships and inclusive efforts. All partnerships go through them, and they help with implementing inclusive and adapted programs. However, a challenge arises when there's demand for certain programs, but low attendance when the programs are actually offered.
7. How does the City of Surrey approach community partnerships to improve arena recreation access?	Wouldn't necessarily call it partnerships, but these groups are treated as extensions of programs.
8. Have you seen successful strategies that could be applied in Burnaby?	Having an entire department (Healthy Communities) dedicated to accessibility in recreation is extremely helpful as they take care of the nitty gritty details. Expedites the process, and more patrons get access quicker.

Appendix B: Observation Checklist & Field Notes

Appendix B1

Observations Details

Type	Program	What was being Observed	Date & Time	Location
General Public	Youth Toonie & Activities	Who is participating, visible barriers,	March 6, 2025, 3:15pm-4:45pm	Rosemary Brown

Observation	Teen & Adult Skate	engagement levels, equipment usage, overall accessibility for participants.	March 6, 2025, 7:30-8:45pm	Recreation Centre
	Public Skate		March 11, 2025, 6pm-8:15pm	
	Teen Toonie Skate		March 11, 2025, 7pm-9:30pm	
Special Status Observation	Skating Lessons	Who is participating, visible barriers, engagement levels, equipment usage, overall accessibility for participants.	March 5, 2025, 3:30pm-6pm	Rosemary Brown Recreation Centre
Community Partner Events	Para Hockey Try It	Who is participating, visible barriers, engagement levels, equipment usage, overall accessibility for participants.	February 27, 2025: 4:30pm-5:30pm	Rosemary Brown Recreation Centre

Appendix B2

Observations Checklist & Findings

Checklist Details:

- Who is participating? (Age, gender, group size)
- Are there any visible barriers present?
 - Are there signs that financial barriers might be present (e.g., families sharing equipment, hesitancy about rental fees, wearing non-standard gear like bike helmets)?
 - Do any families appear unsure or confused about the registration, rental, or participation process?
 - Are language barriers present? Do any participants seem to struggle with instructions, or do they require assistance from staff or family members?
- Engagement levels.

- Are participants actively engaged in the activities, or are they hesitant/observing from the sidelines?
- What is the body language of participants? Do they appear excited, unsure, or uninterested?
- Are parents/guardians staying nearby to support their child, or are they leaving them to participate independently?
- Equipment usage.
 - How many participants bring their own equipment compared to those using rentals or borrowed items?
- Family Involvement & Ice Sport Literacy.
 - Do families appear to understand how to properly fit and adjust helmets, skates, and other equipment?
 - Are there visible signs that families are struggling with ice sport literacy (e.g., incorrect helmet use, difficulty tying skates, uncertainty about how to hold/use a hockey stick)?
 - Do kids appear comfortable using their equipment from the start, or do they struggle with basic tasks like standing on skates, handling sticks, or moving on the ice?

Observation 1: Para Hockey Try It, Rosemary Brown Recreation Centre, February 27, 2025

Who is participating?	<ul style="list-style-type: none"> ● Half of participants (the rest were adults) were young youth, and looked either below age 10, or from the range of age 12-15
Are there any visible barriers present?	<ul style="list-style-type: none"> ● Financial barriers did not seem present as this was a try-it event with all equipment provided, free of cost ● The event was pre-registration so there was little confusion. Families were directed to go to the event booth where event staff took care of each family ● Language barriers did not seem present. Most families attending looked like they could converse with event staff at a conversational level. A few shrugs or eyebrow raises, but staff took time to explain everything
Engagement levels.	<ul style="list-style-type: none"> ● Youth were fully engaged with instructors, talking and laughing with them ● Lot's of smiling, shouting, and laughing. Seemed very concentrated yet amused

	<ul style="list-style-type: none"> Most guardians were watching from the sidelines and by the sliding doors. A few went to sit at the Cafe and were on personal devices.
Equipment usage.	<ul style="list-style-type: none"> Event staff personally helped size and pick out proper equipment for each participant. All equipment were rentals and free of charge
Family Involvement & Ice Sport Literacy.	<ul style="list-style-type: none"> Families did not have to be involved as the event staff were personally helping each youth with the equipment. Half of the families stood by to watch. Noticed that event staff were speaking in very simple sentences to these families to help them understand what they were doing.

Observation 2: Skating Lessons, Rosemary Brown Recreation Centre, March 4, 2025

Who is participating?	<ul style="list-style-type: none"> Diverse group of male and female participants. About 50/50 Wide age range of youth
Are there any visible barriers present?	<ul style="list-style-type: none"> A few families had their older children translate Most families seemed to understand the basic process of waiting with their child by the entrance and lining up in their designated class spot Some parents would sit in the players benches despite there being a sign that said sitting in players benches was not allowed for safety reasons There were maybe one or two youths whose first language is not English, but the extra instructor spent more time with them to go over instructions and skills.
Engagement levels.	<ul style="list-style-type: none"> Youth were fully engaged, smiles and laughter Actively participating and mimicking instructor's movements Participants seemed eager to get their instructor's attention. Each lesson set has an extra instructor floating around to each class to assist any participants who require additional

	<p>support.</p> <ul style="list-style-type: none"> • This extra will interact with the instructor for more details on who needs help or what skills need development, and will go to the participant to help without disturbing the rest of the class.
Equipment usage.	<ul style="list-style-type: none"> • Most families (90%) are using rentals from the skate shop • Small number bring their own helmet, but will rent skates • Have only seen 2 participants bring their own full gear of helmet and skates • Some parents ask skate shop if they can borrow gloves
Family Involvement & Ice Sport Literacy.	<ul style="list-style-type: none"> • Most of the children are wearing gloves • Majority wear ski pants • Some wear ski gloves • Some wear thin mittens • Handful of parents unsure of how to properly adjust their child's helmets, and how to tie skates properly • Some parents would tie their kids' laces around the ankles which is not recommended because of ankle mobility safety • Children would walk over cement areas of rink (which is prohibited). Staff would try to explain to parents, but parents/guardians would shrug their shoulders and apologize, and speak in another language which indicated they do not understand. Language barrier present

Observation 3: Youth Toonie & Activities, Rosemary Brown Recreation Centre, March 6, 2025

Who is participating?	<ul style="list-style-type: none"> • Very diverse array of youth • Smaller amount of high school youth • Mostly made up of youth from elementary school • 40% female, 60% male ratio
Are there any visible barriers present?	<ul style="list-style-type: none"> • Same participants try to sneak on the ice without helmet (for context, this program requires ALL to wear helmets because there is hockey happening on the other half of the rink) • Some parents are confused on how to size

	their helmets properly for their kids
Engagement levels	<ul style="list-style-type: none"> • The youth playing hockey/ringette with the staff are actively engaged, smiling, laughing, cheering, and chasing the puck away from staff • The youth on the other end of the rink are interacting amongst themselves, also smiling and laughing
Equipment usage.	<ul style="list-style-type: none"> • Youth are interacting with the toys available on the ice • Some brought their own hockey sticks, but were denied because the program only allows the plastic hockey sticks and pucks for safety, rather than using official game equipment which can do more damage
Family Involvement & Ice Sport Literacy.	<ul style="list-style-type: none"> • Noticed many youth's helmets were improperly fitted • Most youth's skates were improperly tied • Some parents would tie their kids' laces around the ankles which is not recommended because of ankle mobility safety • Children would walk over cement areas of the rink (which is prohibited). Staff would try to explain to parents, but parents/guardians would shrug their shoulders and apologize, and speak in another language which indicated they do not understand. Language barrier present

Observation 4: Teen & Adult Skate, Rosemary Brown Recreation Centre, March 6, 2025

Who is participating?	<ul style="list-style-type: none"> • About 30 total participants, and half look like older youth. • Have not seen any younger youth (high school) • Most older youth look in the range of 19-25 • More male to females, about 70% to 30% • Teens are coming in pairs minimum. Did not see any come in alone. • The biggest group seen was of 6, mixed genders.
Are there any visible barriers present?	<ul style="list-style-type: none"> • Some adults have brought bike helmets in. Bike helmets are not allowed, but since

	<p>they are over the age of 12 where you can opt out of wearing a helmet, technically you could wear anything on your head</p> <ul style="list-style-type: none"> ● Skaters did not require further assistance from staff other besides direction change
Engagement levels.	<ul style="list-style-type: none"> ● Not many large groups ● Mostly pairs of friends ● Skaters keep to themselves ● Biggest group seen is 5-6, but split off here and there
Equipment usage.	<ul style="list-style-type: none"> ● Not a lot of people using skating aids ● Youth tend to opt out of using a helmet even though they are clearly beginners/not familiar with skating despite being recommended by staff to wear helmets
Family Involvement & Ice Sport Literacy.	<ul style="list-style-type: none"> ● Did not see anyone ask staff for help with laces. Could tell many of the teen's skates were improperly tied and too loose

Observation 5: Teen Toonie Skate, Rosemary Brown Recreation Centre, March 11, 2025

Who is participating?	<ul style="list-style-type: none"> ● Mostly high school students ● A few younger figure skaters that come to the rink very often that i have seen from previous observations ● Diverse groups, 50/50 split male and female ● Female groups tend to stay together ● Figureskaters are wearing figureskating jackets with their figure skating club embroidered with different municipalities on them, such as Surrey, Vancouver, Coquitlam, and Langley
Are there any visible barriers present?	<ul style="list-style-type: none"> ● Seems like teens either walked or took public transit (which was vastly most). They were holding transit passes in their hands, and could be seen walking towards the block of the facility from the balcony where I was standing (was not directly dropped off my car) ● Only a few entered with parents
Engagement levels.	<ul style="list-style-type: none"> ● Teens are coming in pairs minimum. Did not see any come in alone. ● The biggest group seen was of 6, mixed

	<p>genders.</p> <ul style="list-style-type: none"> Teens were laughing, goofing off with one another, pushing each other on skate aids, and some were holding hands
Equipment usage.	<ul style="list-style-type: none"> Large majority used rental skates Only one participant brought their own skates, no helmets Most youth who had the option of wearing a helmet opted out of wearing one Noticed that 90% of teens had improperly tied skates (too loose at the ankles).
Family Involvement & Ice Sport Literacy.	<ul style="list-style-type: none"> Only a few parents/guardians present, sitting in the lobby area by the cafe, not watching Only one teen asked for help to tie shoelaces. Teens will only ask for help if a staff offers to help

Observation 6: Public Skate, Rosemary Brown Recreation Centre, March 11, 2025

Who is participating?	<ul style="list-style-type: none"> Small number of youth (approximately 12) out of 40 skaters Mostly young youth, a few teens Handful of older youth Figureskaters are wearing figureskating jackets with their figure skating club embroidered with different municipalities on them, such as Surrey, Vancouver, Coquitlam, and Langley
Are there any visible barriers present?	<ul style="list-style-type: none"> RBRC is not very transit accessible, so most youth are taking public transit, or walking Not as many youth come to public skate compared to Youth Toonie (full price plus rental versus \$2 which covers admission and rental).
Engagement levels.	<ul style="list-style-type: none"> Most skaters are groups of young families, couples, pairs and groups of high school and older youth, interacting with one another in their own group Handful of youth figure skaters come to practice figure skating in the middle of the rink Most youth are social skating Youth are smiling and laughing

	<ul style="list-style-type: none"> • Usually keep to themselves, especially if it is crowded or if the skate is mostly children and adults • Only the regular youth who come to the rink, such as the figure skaters will interact with the staff. Otherwise, staff do not interact with the teenagers or older youth
Equipment usage.	<ul style="list-style-type: none"> • Handful of youth are in the coned off area to practice their skills (clearly beginners or have never skated), and using skating aids • The majority of skaters are using rental skates. • Some will ask to borrow gloves/mittens
Family Involvement & Ice Sport Literacy.	<ul style="list-style-type: none"> • Families of all different backgrounds are present • Handful of them ask skate shop staff on which skates are “better” • Families ask help on tying laces • Youth typically shy away from asking for help when tying laces. Only a few will ask • Some parents would tie their kids’ laces around the ankles which is not recommended because of ankle mobility safety • Children would walk over cement areas of the rink (which is prohibited). Staff would try to explain to parents, but parents/guardians would shrug their shoulders and apologize, and speak in another language which indicated they do not understand. Language barrier present

Appendix C: Content Analysis Documents & Data

Appendix C1.

Documents Analyzed

	Name of Document	Creator/ Author	Date Published	Document Found
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1	Official Community Plan for Burnaby, British Columbia	City of Burnaby Official Community Plan	June 15, 1998, updated September 11, 2023	Public document on City of Burnaby website
2	Insights Report, Population Growth Trends in Burnaby	City of Burnaby Official Community Plan	July, 2022	Public document on City of Burnaby website
3	Sport for Life for Every New to Canada Participant	Sport for Life	January 2018, updated August 2024	Public document on Sport for Life website
4	Parks, Recreation & Culture Strategic Plan	City of Surrey	2018	Public document on City of Surrey website

Appendix C2.

Document Checklist

Category	Questions to Consider	Findings
Document Information	What is the purpose of this document?	
Relevance to Research Question	How does this document relate to improving youth access to arena-based recreation?	
	Does it provide policies, statistics, best practices, or strategies that align with my research focus?	
Key Themes & Findings	What key themes emerge from this document? (e.g., accessibility, affordability, partnerships, programming)	
	Are there specific recommendations or strategies that could be applied to RBRC?	

Equity & Inclusion	Does the document address barriers to participation for youth, newcomers, or marginalized groups?	
	Are there any mentions of cultural considerations or diversity in recreational programming?	
Community Partnerships & Engagement	Does the document discuss partnerships with organizations, schools, or community groups?	
	How does it suggest engaging with the community to enhance participation?	
Comparative Insights	Does the document provide an example from another city or organization that could be adapted for Burnaby?	
Data & Evidence	Does the document contain statistical data, survey results, or case studies?	
Implications for Research	How does this document support, contradict, or expand my research findings?	
	What specific ideas or strategies from this document could be applied to RBRC?	

Document 1: Official Community Plan for Burnaby, British Columbia

Category	Questions to Consider	Findings
Document Information	What is the purpose of this document?	<ul style="list-style-type: none"> • Will guide Burnaby's development and meet its anticipated needs over the next decade and beyond • Provides guidance for community development, assessing proposals for chance, decision making • Aims to ensure Burnaby

		is a desirable place to live, work, invest
Relevance to Research Question	How does this document relate to improving youth access to arena-based recreation?	<ul style="list-style-type: none"> ● Goal for Recreation and Cultural Facilities: provide Burnaby citizens with access to a balanced range of recreation and cultural services, facilities and programs to meet community needs ● Doesn't specifically mention arenas, but does emphasize meeting needs the youth age range
	Does it provide policies, statistics, best practices, or strategies that align with my research focus?	<ul style="list-style-type: none"> ● Includes existing & proposed recreation facilities ● Suggests arena facilities is likely to be considered within broader planning context for recreational needs
Key Themes & Findings	What key themes emerge from this document? (e.g., accessibility, affordability, partnerships, programming)	<ul style="list-style-type: none"> ● Community well-being & livability ● High quality community services & facilities ● Accessibility & inclusion
	Are there specific recommendations or strategies that could be applied to RBRC?	<ul style="list-style-type: none"> ● Conducting needs and preference surveys ● Consider population and demographic projections at neighbourhood level ● Fostering community use of public facilities, including partnerships with school district ● Emphasis on required facilities match rate of future growth
Equity & Inclusion	Does the document address barriers to participation for youth, newcomers, or	<ul style="list-style-type: none"> ● Emphasis on accessibility & inclusion of all services and

	marginalized groups?	<p>facilities regardless of physical, economic, social, or cultural characteristics</p> <ul style="list-style-type: none"> • Projects growth in diversity and complexity
	Are there any mentions of cultural considerations or diversity in recreational programming?	<ul style="list-style-type: none"> • Doesn't explicitly focus on recreation for marginalized groups, but overarching theme is accessibility and recognition of increasing diversity
Community Partnerships & Engagement	Does the document discuss partnerships with organizations, schools, or community groups?	<ul style="list-style-type: none"> • Specifically mentions working with Burnaby School district towards better utilization of existing indoor&outdoor facilities to maximize opportunities for all • Highlights community involvement & past engagement processes
	How does it suggest engaging with the community to enhance participation?	<ul style="list-style-type: none"> • Social Planning section advocates for cooperation in the planning for services, programs, facilities, involving appropriate agencies, groups, individuals
Comparative Insights	Does the document provide an example from another city or organization that could be adapted for Burnaby?	NA
Data & Evidence	Does the document contain statistical data, survey results, or case studies?	<ul style="list-style-type: none"> • A needs and preferences survey was completed in 1997 to update the Parks and Recreation Master Plan
Implications for Research	How does this document support, contradict, or expand my research findings?	<ul style="list-style-type: none"> • Supports research by focusing improving youth access to recreation by emphasizing needs

		assessment though surveys
	What specific ideas or strategies from this document could be applied to RBRC?	<ul style="list-style-type: none"> • Public consultations • Refer to existing framework in Burnaby: Youth Services Model

Document 2: Insights Report, Population Growth Trends in Burnaby

Category	Questions to Consider	Findings
Document Information	What is the purpose of this document?	<ul style="list-style-type: none"> • Provide insights into population growth trends in Burnaby
Relevance to Research Question	How does this document relate to improving youth access to arena-based recreation?	<ul style="list-style-type: none"> • Not specific to arenas, but provides overall statistical data on population changes, such as overall growth, where population has settled, and demographic context
	Does it provide policies, statistics, best practices, or strategies that align with my research focus?	<ul style="list-style-type: none"> • Relevant to understanding potential demand for youth recreation facilities like arenas in different neighbourhoods
Key Themes & Findings	What key themes emerge from this document? (e.g., accessibility, affordability, partnerships, programming)	<ul style="list-style-type: none"> • Population growth • Services & amenities for families with children
	Are there specific recommendations or strategies that could be applied to RBRC?	<ul style="list-style-type: none"> • Not specific to RBRC, but emphasis on understanding population change & considering needs of different demographics
Equity & Inclusion	Does the document address barriers to participation for youth, newcomers, or marginalized groups?	<ul style="list-style-type: none"> • Does not explicitly address, but data suggests shifting population demographics which may affect equity &

		inclusion considerations for future planning
	Are there any mentions of cultural considerations or diversity in recreational programming?	<ul style="list-style-type: none"> • NA
Community Partnerships & Engagement	Does the document discuss partnerships with organizations, schools, or community groups?	<ul style="list-style-type: none"> • NA
	How does it suggest engaging with the community to enhance participation?	<ul style="list-style-type: none"> • NA
Comparative Insights	Does the document provide an example from another city or organization that could be adapted for Burnaby?	<ul style="list-style-type: none"> • NA
Data & Evidence	Does the document contain statistical data, survey results, or case studies?	<ul style="list-style-type: none"> • Heavy on statistical data related to Burnaby's population
Implications for Research	How does this document support, contradict, or expand my research findings?	<ul style="list-style-type: none"> • While total population is increasing, the needs and distribution of the youth population might be changing • Highlights the importance of understanding where the youth population is currently located and where future growth is anticipated when planning for facilities like RBRC
	What specific ideas or strategies from this document could be applied to RBRC?	<ul style="list-style-type: none"> • Emphasis on how Burnaby can accommodate to families with children and providing recreation/amenities for them can help RBRC's long term planning to accommodate future needs

Document 3: Sport for Life for Every New to Canada Participant

Category	Questions to Consider	Findings
Document Information	What is the purpose of this document?	<ul style="list-style-type: none"> • Provides resource for sport and physical activity organizations to become familiar and empathetic to unique circumstances that prevent newcomers to Canada from fully participating • Identifies barriers, highlights solutions, opportunities, and practices
Relevance to Research Question	How does this document relate to improving youth access to arena-based recreation?	<ul style="list-style-type: none"> • Highly relevant to improving youth access to arena-based recreation • Goes into depth of barriers to participation, such as financial constraints, transportation issues, unfamiliarity with sport (canadian sports like hockey), language difficulty, perceptions of certain sports
	Does it provide policies, statistics, best practices, or strategies that align with my research focus?	<ul style="list-style-type: none"> • Provides solutions, opportunities, and practices that can be implemented to be more inclusive • Financial support programs, assistance with transportation, introductory programs and workshops to familiarize newcomers with sports such as hockey
Key Themes & Findings	What key themes emerge from this document? (e.g., accessibility, affordability, partnerships, programming)	<ul style="list-style-type: none"> • Identifying & overcoming barriers to participation • Creating welcoming &

		<ul style="list-style-type: none"> supportive environment Partnerships Accessible information Cultural sensitivity and anti-racism efforts
	Are there specific recommendations or strategies that could be applied to RBRC?	<ul style="list-style-type: none"> Introductory programs “Learn-to” programs Ensure information is available in multiple languages Educating coaches/instructors on cultural diversity
Equity & Inclusion	Does the document address barriers to participation for youth, newcomers, or marginalized groups?	<ul style="list-style-type: none"> Emphasis on importance of welcoming diversity and uniqueness Cultural differences and humility training for leaders Address barriers faced
	Are there any mentions of cultural considerations or diversity in recreational programming?	<ul style="list-style-type: none"> Zero tolerance policies Proactive recruitment of diverse talent Understand cultural gender differences that may affect participation
Community Partnerships & Engagement	Does the document discuss partnerships with organizations, schools, or community groups?	<ul style="list-style-type: none"> Strong emphasis on importance of partnerships
	How does it suggest engaging with the community to enhance participation?	<ul style="list-style-type: none"> Includes suggestions such as school districts, immigrant agencies, social workers to connect newcomers to resources, community organizations to use their buses for transportation
Comparative Insights	Does the document provide an example from another city or organization that could be adapted for Burnaby?	<ul style="list-style-type: none"> Provides many promising practices from various cities and organizations across Canada Examples include equipment banks like

		<p>the Calgary Flames Sports Bank</p> <ul style="list-style-type: none"> • Free transit passes for refugees offered in Ottawa, Halifax, and Guelph • “Learn-to” programs like those offered by Toronto Lighting Lacrosse
Data & Evidence	Does the document contain statistical data, survey results, or case studies?	<ul style="list-style-type: none"> • Includes many surveys and statistical data. Such as the “Playing Together - new citizens, sports & belonging report (ICC, 2014), which surveyed over 4,000 new citizens and identified several barriers to sport participation
Implications for Research	How does this document support, contradict, or expand my research findings?	<ul style="list-style-type: none"> • Provides comprehensive framework for understanding barriers of participation for newcomers, and offers wealth of specific, actionable strategies, and promising practices, such as transportation solutions, introductory programs tailored to newcomers’ unfamiliarity with Canadian sports
	What specific ideas or strategies from this document could be applied to RBRC?	<ul style="list-style-type: none"> • Examples of successful programs in other Canadian cities • The “Quality Sport Checklist” is a valuable tool for assessing and improving inclusiveness of programs

Document 4: Parks, Recreation & Culture Strategic Plan

Category	Questions to Consider	Findings
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Document Information	What is the purpose of this document?	<ul style="list-style-type: none"> • A direction and guide for Surrey, identifying needs and opportunities related to parks, recreation, and culture
Relevance to Research Question	How does this document relate to improving youth access to arena-based recreation?	<ul style="list-style-type: none"> • Specifically mentioned the need to increase active and engaging afterschool opportunities for students • Outlines plans for the new ice complex in Grandview Heights and replacement of Newton Ice Arena in the long term • Emphasis on equitable access for all to participate and be active
	Does it provide policies, statistics, best practices, or strategies that align with my research focus?	<ul style="list-style-type: none"> • Mentions establishing Joint Use Agreements (JUAs) with Surrey Schools to better develop, program, and maintain shared sports and play facilities which could include arenas
Key Themes & Findings	What key themes emerge from this document? (e.g., accessibility, affordability, partnerships, programming)	<ul style="list-style-type: none"> • Accessibility & inclusion • Community engagement • Partnerships • Facility development & renewal • Diverse programming
	Are there specific recommendations or strategies that could be applied to RBRC?	<ul style="list-style-type: none"> • Exploring partnerships with schools for facility use • Development for opportunities for drop-in activities • Focusing on creating welcoming and supportive environments • Consider development of new or expanded ice facilities

Equity & Inclusion	Does the document address barriers to participation for youth, newcomers, or marginalized groups?	<ul style="list-style-type: none"> • Highlights need to identify and reduce barriers for youth, lower income households, Indigenous children • Inclusion and access are top community priorities
	Are there any mentions of cultural considerations or diversity in recreational programming?	<ul style="list-style-type: none"> • Emphasis on importance of cultural diversity • Foster intercultural appreciation and connection • Indigenous collaboration • Partnerships with LGBTQ community • Streamlining programming and services to welcome and support newcomers to Surrey
Community Partnerships & Engagement	Does the document discuss partnerships with organizations, schools, or community groups?	<ul style="list-style-type: none"> • Heavy emphasis on strategic partnerships • Current partnerships such as YMCA • Specifically advocates for Joint Use Agreements (JUAs) with Surrey Schools • Partnerships with non-profits, public agencies, private businesses
	How does it suggest engaging with the community to enhance participation?	<ul style="list-style-type: none"> • Importance of community stakeholder engagement • Methods include ideas fairs, online surveys, workshops, pop-up events, focus groups, community meetings, especially with under-represented groups and newcomers
Comparative Insights	Does the document provide an example from another city or organization that could be adapted for Burnaby?	<ul style="list-style-type: none"> • Includes examples of best practices from comparable communities

		<ul style="list-style-type: none"> • Six communities used for comparison, and plenty more
Data & Evidence	Does the document contain statistical data, survey results, or case studies?	<ul style="list-style-type: none"> • Yes, includes evidence-based decision making approach • Population analysis, Census data, trends and best practices
Implications for Research	How does this document support, contradict, or expand my research findings?	<ul style="list-style-type: none"> • Detailed identification of barriers and emphasis on reaching under-represented groups, including youth and newcomers which align with the importance of addressing these factors in Burnaby
	What specific ideas or strategies from this document could be applied to RBRC?	<ul style="list-style-type: none"> • The Surrey plan provides structured framework for strategic planning in recreation • Burnaby could consider: needs assessment and community engagement process, exploring Joint Use Agreements with Burnaby School District, drawing inspiration from Surrey's commitment to Indigenous collaboration