

## Frequently Asked Questions

### What is Everybody gets to play™?

Everybody gets to play is a Canada-wide initiative led by the Canadian Parks and Recreation Association (CPRA) to improve the quality of life of Canadian children in low-income families by making recreation more accessible.

### Why is this initiative important?

Recreation is essential to the physical, emotional and social development of children. It can improve their health, self-esteem and academic performance. Recreation for children can improve family relationships and ease pressures within families. Facilities and green spaces can be a source of community pride and recreation programs can bring people together and encourage them to volunteer.

Research shows that children in low-income families are far less involved in recreational pursuits than their peers in families with average and above average incomes. Many barriers stand in their way and increasing their participation means reducing those barriers.

Making sure that children have fair access to recreation is part of a national and global commitment. Canada endorsed the 1989 United Nations Convention on the Rights of the Child, which says that “The child has the right to rest and leisure ... play and recreational activities.”

Canada’s National Children’s Agenda also states that “As a nation, we aspire to have children who are as physically and emotionally healthy as they can be, with strong self esteem, life skills and enthusiasm.”

### Who is this initiative directed to?

The initiative was developed to highlight the importance of access to recreation for everyone and to provide tools for organizations, community practitioners and volunteers interested in mobilizing their communities to provide it.

### Why did CPRA take on this initiative?

Research shows that recreation can help improve childhood development and the quality of life for families. However, low-income families and their children often face barriers that prevent them from participating in recreation.



Health Canada and the Inter-provincial Sport and Recreation Council (ISRC) recognize these barriers. In 1998 it organized a National Recreation Roundtable to develop a strategy for improving access to recreation. At the conclusion of the Roundtable, CPRA was asked to take the lead in advancing the strategy.

For more information, please refer to the initiative’s Everybody gets to play backgrounder online at [cpra.ca](http://cpra.ca)

### Who is involved in the initiative?

Recreation practitioners and volunteers are on the front lines of the Everybody gets to play initiative. The Everybody gets to play tools, resources and workshops were designed to help them mobilize communities to make recreation more accessible for low-income families and their children.

CPRA received support to develop Everybody gets to play from a multi-sector Task Group that was created to provide leadership for the initiative. The Task Group includes youth and representatives from educational and academic institutions, organizations that serve children and youth, and the parks and recreation sector. It also includes representatives from municipal governments and from health, crime prevention, justice and human resource development departments of federal, provincial and territorial governments.



CPRA's partners—parks and recreation associations in the provinces and territories—endorse the initiative. They have participated in planning meetings and consultation workshops and are engaged in raising awareness of the issues.

## How do I get my community involved?

The Everybody gets to play initiative is built around the belief that it takes community-wide action to successfully reduce the barriers faced by low-income families and their children.

The initiative has been in operation for a number of years. It has sponsored research studies, conducted consultation sessions, and run pilot programs in communities across Canada. All of these activities were designed to help the Association develop tools to mobilize communities. These tools are available now.

There are a variety of ways to access the tools to get your community involved:

- order the Everybody gets to play Community Mobilization Tool Kit,
- contact CPRA and arrange for an Everybody gets to play Ambassador to speak in your community, or set up an Everybody gets to play Workshop to help educate staff, partner groups and other community members.

You can order the Tool Kit online at [cpra.ca](http://cpra.ca) or contact the national office: phone (613) 523-5315; e-mail, [cpra@cpra.ca](mailto:cpra@cpra.ca).

## What is the Everybody gets to play™ Community Mobilization Tool Kit?

The Community Mobilization Tool Kit is an easy-to-use resource designed to help recreation practitioners and volunteers mobilize communities to reduce barriers to recreation.

The Tool Kit consists of a concise User's Guide and a CD-ROM with 26 user-friendly resources to help mobilize your community. The User's Guide provides step-by-step information on the community mobilization process and explains how to use the wide range of Tools, Fact Sheets, Templates, Tips, Guidelines, Worksheets and Samples on the accompanying CD-ROM.

The resources in the Tool Kit have been developed to help you mobilize your community in many ways including: building the case for accessible recreation, evaluating your community's needs and resources, identifying and enlisting partners, developing outcome-based plans for action, measuring and reporting on results, and sharing your successes with other communities across the country.

## What are the Everybody gets to play™ Workshops?

Everybody gets to play Workshops are one day sessions designed for practitioners and volunteers. Participants learn about the community mobilization process and gain an understanding of the Everybody gets to play Community Mobilization Tool Kit. Participants get hands-on experience by using the resources in carefully-planned exercises under the guidance of a trained facilitator. They also have the chance to network with other professionals and share ideas, strategies and success stories.

## How can I participate in an Everybody gets to play™ Workshop?

Workshops will be scheduled in communities across Canada. To find out if a workshop is planned for your community, go to the CPRA website at [cpra.ca](http://cpra.ca) or consult your provincial/territorial park and recreation association.

## Is Everybody gets to play™ succeeding in other communities?

It certainly is. Many communities across the country are making great progress. They've also been sharing their success stories on-line. If you would like to see what other communities are doing, or if you have a success story to share, please visit [cpra.ca](http://cpra.ca).

## How can I find out more?

For more information about the Everybody gets to play initiative go to the CPRA website [cpra.ca](http://cpra.ca), or contact the national office: phone (613) 523-5315; e-mail, [cpra@cpra.ca](mailto:cpra@cpra.ca)



[www.cpra.ca](http://www.cpra.ca)

