

# COMMUNITY PROFILE



## Wynyard 2017-2019

Working together to get more  
kids, more active, more often.

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## Executive Summary

The overall purpose of this document is to act as a resource in support of physical literacy initiatives in Wynyard, as well as to function as a reference for community stakeholders, organizations and governments working within the sport and recreation sector present in Wynyard.

## Introduction

### Background

#### Partners for Physical Literacy (P4PL)

Partners for Physical Literacy provides stewardship, guidance, and support to organizations working to inspire children and youth toward physical literacy. P4PL is a collaborative of individuals and organizations that are passionate and committed to increasing physical literacy and physical activity for Saskatchewan's youth. It is comprised of volunteer stakeholders from education, sport, recreation and physical activity. P4PL is supported by the partners as part of a commitment to a sustainable future for Saskatchewan people.

#### Saskatchewan *in motion*

Saskatchewan *in motion* is a proud partner in the P4PL. The focus of our work is to inspire, galvanize, connect and promote community action to get more kids, more active, more often.

We're an exciting province-wide movement of parents, community leaders, educators and decision makers who are taking action to get kids moving! We believe we're ALL responsible for making sure the kids we care about get at least 60-90 minutes of physical activity every day.

We can all do our part to get more kids, more active, more often – and with the help of our network, we do so by focusing on the following pillars:

- Sending them out to play
- Letting them walk to school
- Inspiring kids who love to move
- Balancing screen time

Saskatchewan *in motion* is an initiative of Active Saskatchewan and is supported by a board of directors, strategic partner organizations, and a team of staff to help inspire action, provide tools and resources, and keep us all connected.

## Call to Action

### Community Action Planning (CAP)

This document (i.e., your community profile) identifies the many assets the Town of Wynyard has to offer and the opportunities that exist to make a real difference for children and youth in the community, schools and families. The CAP is huge tenet of Saskatchewan *in motion*, and it is intended to help lay the foundation for community leaders to develop, implement and evaluate an Action Plan to help achieve Wynyard's goal of becoming a physical literacy enriched community.

### Purpose

Gathering data, talking to residents, and compiling a community profile will help identify strengths, assets, and opportunities to guide the identification of priorities and actions for a long term action plan that meets the needs of the community in our efforts to increase the health and physical literacy levels of Wynyard, children and youth.

### Process

**Gathered existing data** - Demographic and other data about the Town of Wynyard was gathered from existing sources such as census reports, the Canadian Health Survey and previously compiled profiles.

**Consultation process** – Community members (including youth) were offered the opportunity to provide information through surveys, focus groups, and one-on-one conversations.

**Moving Together Symposium** – All data compiled will be presented to community leaders at the Moving Together Symposium. Community leaders will have the opportunity to review the collected information and helped fill in the gaps. Time will be provided to add to the opportunities that will be identified.

### Information Analysis

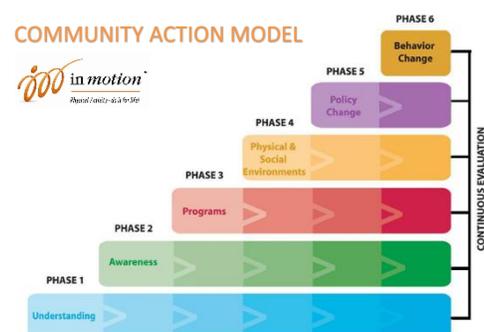
The information in this profile is compiled to follow three models for community action planning;

#### 1. Community Action Model

Built on a foundation of successful models for behaviour change, the Saskatchewan *in motion* Community Action Model is a simple, clear and focused approach to guide community action planning toward behaviour change.

The Community Action Model will help you to;

- Identify a starting line for long term strategies,
- Build momentum,
- Validate existing work,
- Celebrate early success toward long term goals, and
- Identify solutions to bumps along the way.



The model includes six elements to consider when creating an *in motion* community. The elements are dependent on each other for success, therefore it is not a step by step process, rather a series of building blocks that when put together in your own unique way will help you achieve your objectives.

In the case of this physical literacy pilot project, it was agreed by the P4PL to include and use Saskatchewan *in motion's* Community Action Model to aide Wynyard in achieving your physical literacy-focused objectives.

- **Understanding:** Gaining a clear understanding of the term, physical literacy, and comprehension of it in the community
- **Awareness:** Raising public awareness and support to increase physical literacy in their activities
- **Programs:** Providing quality, accessible programs that build skills and confidence for lifelong activity participation
- **Environments:** Ensuring the physical and social environments in your community provide fun, safe, convenient and easy access to a wide range of opportunities that enrich residents' physical literacy
- **Policy:** Advocating for healthy public policy that facilitates action and ensures the sustainability of your action plan
- **Behavior Change:** Describes the positive behavior you want to see more of (e.g., an overall increase in residents' physical literacy)

## 2. 30-30-30 A Shared Responsibility:

Saskatchewan *in motion* responds to the inactivity crisis affecting our children and youth with a simple solution.



Saskatchewan *in motion* believes that parents, educators and community leaders must share responsibility to ensure our kids are active a minimum of 30 minutes each at home, at school and in the community.

The P4PL also agreed to adopt this philosophy in piloting the physical literacy project in your community; however, it is focused on encouraging these audiences to share responsibility to ensure Wynyard kids are dedicating 30 minutes in each areas (i.e., at home, at school and in the community) to engaging in activity that develops their physical literacy.

## 3. Asset Based Action Planning:

Saskatchewan *in motion* follows an approach that seeks to uncover and use the strengths within communities as a means for sustainable behavior change.

- The first step in the process is to assess the resources of a community through an inventory or through another process of talking to the residents to determine what types of **strengths, assets and opportunities** are available.
- The next step is to support communities, to discover what they care enough about to act.
- The final step is to determine how citizens can act together to achieve those goals.

The P4PL supported the use this approach; however, it was agreed that it was used with a physical literacy lens.

## Literature Review

It is important to situate all the information and data collected from Outlook within the current body of knowledge. This section briefly defines physical literacy and physical activity, as well as addresses the state of physical literacy and physical activity at the provincial (i.e., within Saskatchewan) and national level.

## Physical Literacy of Children and Youth

### Definition of Physical Literacy

The International Physical Literacy Association (2014) defined physical literacy as “the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life” (as cited in “Canada’s Physical Literacy Consensus Statement”, 2015, p. 1).

Physical literacy can be further broken down into 4 elements (“Canada’s Physical Literacy Consensus Statement”, 2015, p. 2):

- **Motivation and Confidence (Affective):** An individual’s enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.
- **Physical Competence (Physical):** An individual’s ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.
- **Knowledge and Understanding (Cognitive):** The ability to identify and express the essential qualities that influence movement, understand the benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.
- **Engagement in Physical Activities for Life (Behavioural):** An individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one’s lifestyle.

Physical literacy is integral to children’s development, as it enables them to:

- Discover the joy of moving,
- Learn how their bodies move and push their limits,

- Build confidence and enthusiasm about play,
- Explore the physical world around them, and
- Set the foundation to enjoy a lifetime of physical activity. (Partners for Physical Literacy, 2018, para. 1)

## References

(2015, June). Canada's Physical Literacy Consensus Statement. Retrieved from:

[http://physicalliteracy.ca/wp-content/uploads/2016/08/Consensus-Handout-EN-WEB\\_1.pdf](http://physicalliteracy.ca/wp-content/uploads/2016/08/Consensus-Handout-EN-WEB_1.pdf)

Partners for Physical Literacy (2018). Physical literacy. Retrieved from:

<http://www.skphysicalliteracy.ca/physicalLiteracy.html>

## Overview of National & Provincial/Territorial Data: Physical Literacy of Children and Youth

The 2018 *ParticipACTION Report Card* stated that Canadian children have low physical literacy levels:

- **D+ Physical Literacy Level:** Only 36% of 8 to 12 year olds in Canada assessed by the Canadian Assessment of Physical Literacy (CAPL) meet or exceed the minimum level recommended for physical literacy.
  - 37% meet or exceed the minimum level recommended for the physical competence domain of physical literacy.
  - 29% meet or exceed the minimum level recommend for the daily behaviour domain of physical literacy.
  - 34% meet or exceed the minimum level recommended for the motivation and confidence domain of physical literacy.
  - 39% meet or exceed the minimum level recommended for the knowledge and understanding domain of physical literacy.

The Royal Bank of Canada Learn to Play – Canadian Assessment of Physical Literacy study (RBC – Learn to Play CAPL) examined the four domains of physical literacy (physical competence, daily behaviour, motivation and confidence, knowledge and understanding) in 8 to 12 year old Canadians and reported a number of findings, including the following:

- Children with physical competence, and motivation and confidence, scores meeting or exceeding the minimum recommendations are more likely to meet the physical activity and recreational screen time recommendations within the Canadian 24-Hour Movement Guidelines for Children and Youth. However, the knowledge and understanding domain of physical literacy does not appear to be related to physical activity or screen time guideline adherence in 8 to 12 year olds (ParticipACTION, 2018, p. 71).

Additional Canadian research has revealed that fundamental movement skills (e.g., running, kicking, throwing, balancing, etc.) are positively related to the development of physical literacy and overall health. Such data shows:

- 9 to 12 year olds with greater fundamental movement skill scores (as assessed by Passport for Life and PLAY Basic tools, have more favourable levels on health indicators such as body weight, body mass index, waist circumference, percent body fat, handgrip strength and cardiorespiratory fitness (ParticipACTION, 2018, p. 71).

Unfortunately, there is no data specific to Saskatchewan children and youth’s physical literacy levels currently available. In fact, according to ParticipACTION (2018), “future studies [are] needed to study trends in physical literacy over time, and in different geographical locations” (p. 68).

References:

ParticipACTION (2018). The ParticipACTION report card on physical activity for children and youth. Retrieved from [https://participation.cdn.prismic.io/participation%2F38570bed-b325-4fc8-8855-f15c9aebac12\\_2018\\_participation\\_report\\_card\\_-\\_full\\_report\\_0.pdf](https://participation.cdn.prismic.io/participation%2F38570bed-b325-4fc8-8855-f15c9aebac12_2018_participation_report_card_-_full_report_0.pdf)

## Physical Activity of Children and Youth

### Definition of Physical Activity

According to the World Health Organization (2018), physical activity is “bodily movement produced by skeletal muscles that require energy expenditure” (para. 1). Unlike exercise, which is “structured, repetitive [movements that aim] to improve and maintain one or more components of physical fitness” (WHO, 2018, para. 2), physical activity have individuals moving while working, playing, carrying out household chores, travelling, engaging in recreational pursuits and more.

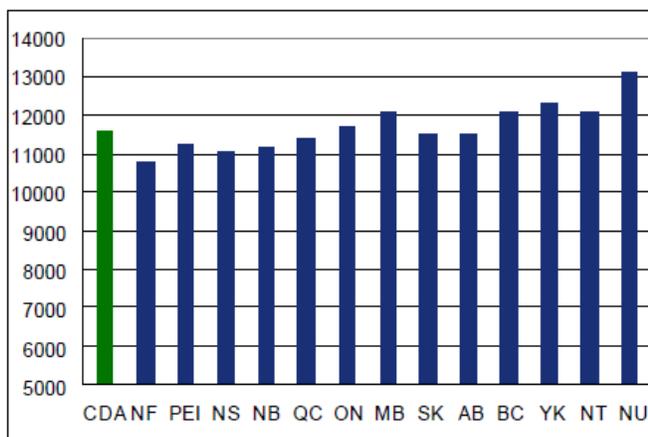
References:

World Health Organization [WHO] (2018). Physical activity. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

### Overview of National & Provincial/Territorial Data: Physical Activity of Children and Youth

The following reports the best available evidence on the physical activity levels of Saskatchewan children and youth. Although provincial in scope, previous Saskatchewan *in motion* research has shown little or no variation on physical activity levels between communities and regions of Saskatchewan. The Canadian Fitness and Lifestyle Research Institute’s (CFLRI) CANPLAY study (i.e., a Canadian physical activity levels among youth study) is a joint project of all federal provincial/territorial governments.

The CFLRI’s CANPLAY study measured physical activity levels of children and youth using pedometers to measure daily steps. In Saskatchewan, children and youth take a similar number of steps as the national average (i.e., Canadian children, aged 5 to 19, take 11,600 daily steps on average, whereas Saskatchewan children take roughly 11,500 steps).



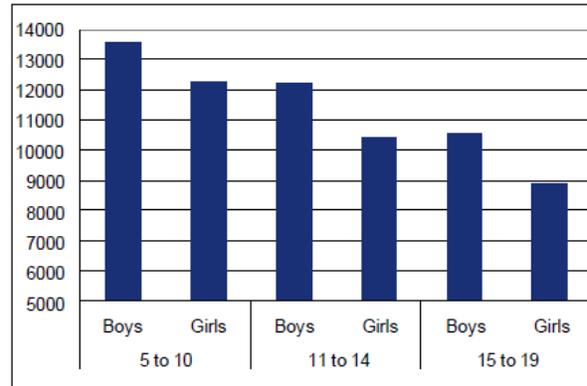
Average daily steps of children and youth by province/territory, 2009-2011

### Child characteristics:

In Saskatchewan, boys take more daily steps on average than girls do (i.e., almost 1,600 more steps), which is similar to the pattern that also appears at the national level. It is particularly evident that daily

steps decrease by increasing age group; however, only aged 11 to 14 years old take significantly more steps than girls of the same age.

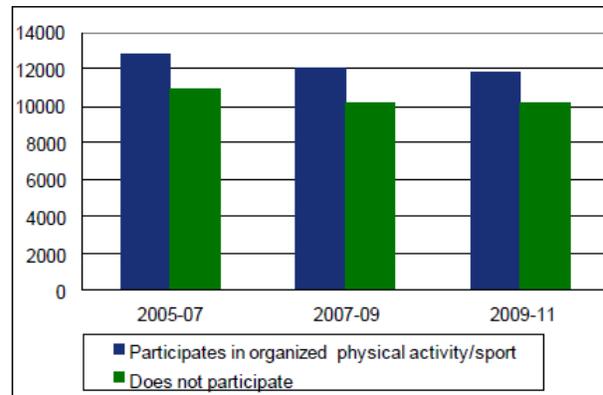
In all years of the CANPLAY study in Saskatchewan, it was evident that boys take more steps than girls (i.e., currently 1,600 more steps). The age-related decrease in steps appears within all study years, and also appears for both boys and girls. The gender differences within specific age groups vary over time. During the first couple of years of the CANPLAY study (i.e., years 1 and 2 combined), younger boys (aged 5 to 10) and older boys (aged 15 to 19) took significantly more steps than girls of the same ages. However, in the later years of the study, significant gender differences only appeared among 11 to 14 year olds.



**Average daily steps of children and youth in Saskatchewan by age and sex of child, 2009-2011**

**Sport participation:**

The relationship between a child’s participation in organized sport and physical activity and a greater number of steps appears within all study years in Saskatchewan.

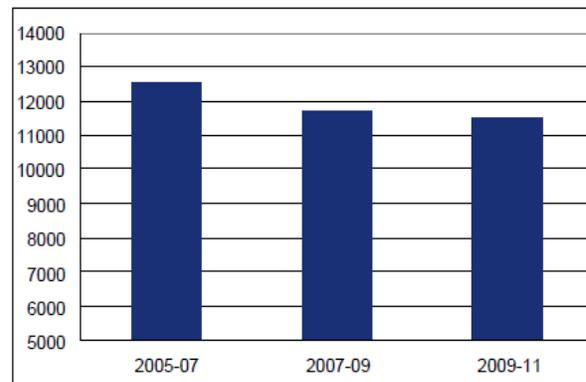


**Average daily steps of children and youth in Saskatchewan by participation in organized sport and physical activity, 2009-2011**

In Saskatchewan, children who participate in organized physical activities and sport take significantly more daily steps on average compared to children who do not participate in these types of activities (i.e., roughly 1,700 more steps). This relationship is similar to that found nationally.

**Parent and household characteristics:**

In Saskatchewan, there is no significant association between children’s daily steps and household income. However, this differs nationally as children from the highest household incomes (i.e., ≥\$100,000 per year) take more daily steps on average than those from households with incomes between \$40,000 and \$59,999.



**Average daily steps of children and youth in Saskatchewan, trends, 2005-2011**

In the earlier years of this study, there appeared to be a lack of a relationship between a child’s daily steps and parents’ education levels. However, it was later uncovered that these determinants in fact affect their step count. It was evident that children whose parents have a university education take more steps than children whose parents have less

than a high school education (in years 5 and 6 combined).

**Trends in activity level over time:**

Compared to the first two years of this study (i.e., years 1 and 2), there has been a decrease in overall steps taken by children and youth residing in Saskatchewan.

## Wynyard

Located on the Yellowhead Highway (No. 16), the Town of Wynyard is a community of approximately 2,000 people. Nestled between Big Quill Lake and Little Quill Lake, Wynyard offers both residents and visitors many options in the areas of tourism, recreation, culture, agriculture, industry and retail. In fact, Wynyard's distance from major city centres (commutes less than 2 hours), lower cost of living, and friendly residents makes our community a great place to live and raise kids.

We strongly believe that Wynyard is a shining example of the Saskatchewan motto, "Strength through Diversity". By promoting our business sector (which has a strong emphasis on agriculture), offering lots of recreational opportunities (like fishing and golfing), and further establishing our arts and culture community, Wynyard strives to continue "growing for tomorrow".

### **Distance to other major city centers (one way):**

- Yorkton – 141km (northwest)
- Melfort – 154km (southeast)
- Regina – 175km (north)
- Saskatoon – 188km (east)

## Demographics

### Population

<b>Total Population</b>	1,723 (2016)	<b>Diversity</b>	
Total Private Dwellings	903	Total visible minority	100
		Aboriginal identity	50
<b>Age</b>			
Median Age	46.9	<b>Family Information</b>	
% population over 15 years	82.5	Total Number of Families (private households)	465
% population 0-14 years	17.8	1 family without children	225
<b>Education</b>		Lone parent	70
No certification	335	2 parent family	395
High School Certificate	535		
College	550	<b>Occupation</b>	
Apprenticeship	170	Sales & Service	210
University Degree	115	Trades & Transport	140
		Business, Finance & Administration	80
<b>Field of Study</b>		Management	95
Health & Related Fields (Recreation, Fitness)	150		
Business Administration	90	Social Science, Education, Government Services	75
Architecture, Engineering	105		
Education	75	Health	100
Personal, Protective & Transportation Services	25	Natural Resources (Ag)	70
Agriculture, Natural Resources, Conservation	35	Art/Culture/Sport/Rec	10
		Natural & Applied Science	30
<b>Employment</b>			
Employed	890	<b>Income</b>	
Unemployed	40	Median/individual (2015, after taxes)	\$31,360
Not in labor force	485	Median/household (2015, after taxes)	\$50,731

Source: Statistics Canada, Census Profile, 2016 Census for Wynyard, SK

## Government

<b>Municipal</b>	Mayor	Albert Boylack
	Council Members:	Fern Swinburnson
		Tracy Jordan
		Mike Prystai
		Danny Kucey
		Jerome Karakochuk
		Greg Kostyk
<b>Provincial</b>	Constituency of Arm River	MLA Greg Brkich
<b>Federal</b>	Regina – Fort Qu’Appelle	MP Hon. Andrew Scheer

## Schools

- Wynyard Elementary School (Grades K-6)
- Wynyard Composite High School (Grades 7-12)
- Pre-School Program – run both private and through the elementary school
- Carlton Trail Regional College
- Wynyard C.A.R.R.E.S (Community Access to Respite, Rehabilitation and Educational Services)

## Industry

Business Services (Finance & Insurance, Real Estate, Professional Services, Management, and Administrative & Support Services)	75
Retail Trade	150
Health Care & Social Services	75
Education Services	115
Agriculture and Other Resource Based	55
Construction	40
Other	25

## Health Care

Wynyard is part of the Saskatoon Health Region in Saskatchewan	
<b>Facility</b>	
Wynyard Hospital	<ul style="list-style-type: none"> <li>• Integrated facility that supports acute, respite and long-term care</li> <li>• 24 hour emergency/collaborative emergency care services</li> <li>• Outpatient Services</li> <li>• Laboratory</li> <li>• Pharmacy</li> </ul>

	<ul style="list-style-type: none"> <li>• Palliative Care</li> <li>• Dietitian</li> <li>• Child and Youth Worker</li> <li>• Home Care Office</li> <li>• Public Health Office</li> <li>• Acute &amp; Outpatient Therapy Services</li> <li>• Consulting Services</li> <li>• Primary Health Care Clinic (Nurse Practitioner &amp; Physician Services)</li> <li>• Volunteer Coordinator</li> </ul>
Wynyard & District Community Health Centre	<ul style="list-style-type: none"> <li>• Physician(s)</li> <li>• Nurse – blood pressure and foot care clinics, desensitization shots, and other services as directed by doctors</li> <li>• Public Health nurse</li> <li>• Optometrist</li> <li>• 2 Lioness programs</li> <li>• “Buckle Up Baby” seat program</li> <li>• “Eye Glass Collection” program</li> </ul>
Nursing Home	<ul style="list-style-type: none"> <li>• Home Care</li> <li>• Golden Acres (within Wynyard Hospital) – 59 long-term beds</li> </ul>
Ambulance Services	<ul style="list-style-type: none"> <li>• Midway Ambulance Care Ltd. – 2 vehicles, 1 paramedic and 4 E.M.T.’s on staff</li> </ul>
Physiotherapy & Occupational Therapy	<ul style="list-style-type: none"> <li>• Bourassa &amp; Associates Rehabilitation Centre</li> </ul>
Chiropractor	<ul style="list-style-type: none"> <li>• Chiropractic and Massage Therapy Clinic</li> </ul>
Massage Therapy	<ul style="list-style-type: none"> <li>• Chiropractic and Massage Therapy Clinic</li> <li>• Aurora Day Spa</li> <li>• Laura’s Massage &amp; Wholistic Health</li> <li>• Lynne’s Massage</li> </ul>
Wynyard Pharmacy	<ul style="list-style-type: none"> <li>• Independent pharmacy providing the highest level pharmaceutical services</li> <li>• After-hour prescription service</li> <li>• Free blood pressure checks</li> </ul>

### Health Status (SHR)

	Total	Male	Female
<b>Well Being</b>			
Perceived health, very good or excellent (%)	60.3	62.7	57.9
Perceived mental health, very good or excellent (%)	69.2	70.4	68.0
Perceived life stress (%)	17.1	16.2	18.0
<b>Health Conditions</b>			
Overweight or obese (%)	56.6	66.5	46.3
Overweight (%)	33.6	40.3	26.6
Obese (%)	23.1	26.2	19.7

Arthritis (%)	15.7	13.0	18.4
Diabetes (%)	4.3	5.4	3.3
Asthma (%)	11.2	9.4	13.0
High Blood Pressure (%)	13.0	13.4	12.6
Mood disorder (%)	7.8	6.1	9.4
Pain or discomfort, moderate to severe (%)	12.0	9.5	14.5
Pain or discomfort that prevents activities (%)	12.7	9.8	15.5
Low birth weight (% of live births)	5.8	5.7	5.9
Chronic obstructive pulmonary disease (COPD) (%)	4.0	F	5.0
Injuries within the past 12 months causing limitation of normal activities (%)	..	..	..
Injuries within the past 12 months, sought medical attention (%)	..	..	..
Hospitalized stroke event rate (per 100,000 pop'n)	131	155	113
Hospitalized acute myocardial infarction event rate (per 100,000 pop'n)	171	253	98
Injury hospitalization rate (per 100,000 pop'n)	544	589	485
Cancer incidences (pre 100,000 pop'n)	382.4	460.2	324.1
<b>Personal Resources</b>			
Sense of community belonging (%)	72.0	71.9	72.1
Life satisfaction, satisfied or very satisfied (%)	92.6	92.7	92.5
<b>Well Behaviors</b>			
Current smoker, daily or occasional (%)	18.6	19.8	17.5
Current smoker, daily	12.3	12.3	12.4
Heavy drinking (%)	22.2	26.7	17.8
Leisure-time physical activity, moderate active or active (%)	55.7	58.5	53.0
Fruit and vegetable consumption, 5 times or more per day (%)	32.3	23.9	40.5
Bike Helmet Use (%)	..	..	..

.. not available for a specific reference period

## Physical Activity Facilities

### Outdoor Spaces

- Wynyard & District Regional Park
- 3 Parks (Lions, Kinsmen, Pelepian)
- Wynyard Golf Club
- Wynyard & District Swimming Pool
- Wynyard Paddling Pool
- Wynyard Kinsmen Outdoor Rink
- Wynyard Centennial Park (2 soccer pitches, 4 ball diamonds – 1 senior/midget baseball diamond, 2 minor/fast ball/slo-pitch diamonds, and 1 minor ball diamond)

### Indoor Spaces

- Wynyard Memorial Arena
- Wynyard Curling Club
- Wynyard School of Dance
- Sports Service Centre
- Ukrainian Hall
- Civic Centre

## Description of Major Facilities

Facility	Description
Wynyard Memorial Arena	Since its establishment in the 1950's, the Arena is considered by many to be a significant facility in Wynyard. The Arena is home to the Wynyard Monarchs Senior Hockey Club, Wynyard Minor Hockey, Wynyard Skating Club, and the Wynyard Rec Hockey League; however, this facility hosts a number of tournaments and other special events throughout its season (mid-October to end of March) as well.
Wynyard Curling Club	Located at 308 Avenue D East, the Curling Club is a four sheet curling rink with artificial ice. Wynyard Elementary School runs an after-school program at this facility (Mondays), and Wynyard Composite High School holds practices here after school (Tuesdays and Thursdays). Lastly, the Curling Club has the Rec Curling League available to residents as well.
Wynyard & District Swimming Pool	Just down the street from the Curling Club, the Wynyard & District Swimming Pool is opened to residents and visitors from the May long weekend (weather permitting) until the end of August. It's a Junior Olympic sized pool (25m X 12.25m – four lanes), and has both 3m and 1m diving boards. Various programs are offered, which include: public swimming, lane swims, aquacise classes, Red Cross Lessons, RLSS Lessons, special interest clinics, and the Wynyard Stingrays Synchronized Swimming Club.
Wynyard Paddling Pool	Located adjacent to the Swimming Pool, the Wynyard Paddling Pool is a heated outdoor pool for children 8 years old and under. Play toys are provided, and a lifeguard is always on duty. The paddling pool is open from 10:30AM to 7:00PM.
Wynyard Golf Club	Considered one of the best 9-Hole courses in Saskatchewan, Wynyard Golf Club is a significant recreational opportunity in our community. The course itself has various swells, is bordered in many places by trees, and has water in play on two holes. Further, its numerous sand traps (22 in all) makes accuracy on the approach to the greens critical for Wynyard residents and visitors. The Club has a putting green, as well as a lounge and outdoor patio.
Sports Grounds	Centennial Park, located north of the Golf Club, is the hub of all baseball, softball, fastball, and slo-pitch in Wynyard. The diamonds are busy throughout

	the season with boys' baseball and girls' softball, and Wynyard Minor Ball plays the majority of its home games at Centennial Park. Our community also has a recreational co-ed slo-pitch league. The diamonds are open in May, and some of the teams extend their seasons into August. A tournament fastball team also plays out of the park. In the fall, Centennial Park's field are converted into practice soccer pitches for the high school. Lastly, the Park hosts a number of special events throughout the summer season. For example, the Father's Day weekend sees the grounds come alive with Carnival Days, featuring the famous "Chicken Chariot Races".
Wynyard & District Regional Park	Located at Wynyard's west entrance (2.5km south off the Yellowhead Highway on Grid #640) is the Wynyard & District Regional Park. For residents and visitors of Wynyard, having this park so close by provides them with the opportunity to enjoy the great outdoors. The Park has quiet, well-tread trails, and provides park visitors the opportunity to fish, canoe, kayak and boat on the reservoir. The Park also boasts 22 camp sites (with 15 and 30 amp service), modern washrooms and showers for campers, 2 RV sewage dumping stations, picnic tables, fire pits, barbeques, and free firewood.
Wynyard Kinsmen Outdoor Rink	Located at 500 3rd Street East (by Wynyard Elementary School) is the Wynyard Kinsmen Outdoor Rink. During the winter season, this rink is open daily for public skating from 8AM to 10PM. The rink is available to be scheduled for practices and outdoor tournaments as well.
Civic Centre	In addition to the Library, Auditorium, and Interpretive Centre, the Civic Centre is housed inside of Wynyard's Town Office. The Civic Centre specifically offers its basement to community recreational groups (e.g., Girl Guides, Girl Scouts, and the Pottery Club), and can be rented out by residents for dances, meetings, banquets, and weddings.
Cornerstone Arts & Culture Centre	The Cornerstone Arts & Culture Centre was recently renovated and is now home to the Wynyard School of Dance and Music Corner.
Ukrainian Hall	On the north end of town, the Ukrainian Hall (218 Avenue B East) is available for Wynyard residents to rent for weddings, reunions, auction sales, stags/stagettes, birthday parties, teas, suppers and socials.

## Organized Groups in Wynyard

### Sports Groups

- Wynyard Monarch's (Senior's Men's Hockey Team)
- Wynyard Minor Hockey
- Wynyard Skating Club
- Recreation Commercial Hockey
- Wynyard Ladies Hot Wings (Women's Hockey Team)
- Stingrays Synchronized Swimming Club
- Wynyard Minor Baseball
- Wynyard Slo-Pitch
- Wynyard Blues Fastball
- Wynyard Elementary School Curling
- Wynyard High School Curling
- Rec Curling League
- Wynyard KidSport Chapter

## Recreational Groups

- Wynyard Trails Club
- Forever...in Motion
- Girl Guides
- Girl Scouts
- Wynyard Pottery Club
- Wynyard Kinette Club
- Kinsmen Club of Wynyard & District
- Knights of Columbus
- Quill Plains Regional Arts Council
- Royal Canadian Legion, Branch #101
- Treads & Tracks (4-H Club)
- Wynyard & District Lioness Club
- Wynyard Air Cadets

## Other Sector Groups

### Local Businesses

Business listings:

- A & W
- AmBuilt Concrete and Construction
- Arrowhead Motor Inn
- Aurora Day Spa
- Bank of Montreal
- Bolt Seed Farm
- Bourassa & Associates Rehabilitation Centre
- Briden Service
- Broad Grain
- Brooks Tire
- Cargill Ltd.
- Central Tree Cutting
- Century 21 Diamond Realty – Denette Bergquist
- Century 21 Diamond Realty – Jesse Kazakoff
- Chiropractic and Massage Therapy Clinic
- Cornerstone Credit Union
- Custom Trucking Service
- Dafoe North Trucking Ltd.
- Dudley & Co. Chartered Accountants
- Farmland Legacies
- Faye's Auction Services
- Gene's Electric
- Georgie's Greenhouse
- Golden Scissors Beauty and Tanning Salon
- Good-Hall Memorials
- Green Tea Design
- Harold's Furniture
- Here and There Photography by Ron Richardson
- Homestead Restaurant
- Hookers Towing
- Insurance Matters
- J.D. Financial
- Jack Mally Chrysler/Dodge/Jeep/RAM
- Jenn's Perfect Presents
- John's General Contracting
- KDL Contracting
- Klebeck Law Office
- Lakeside Machinery Co-operative Ltd./Lakeside Seeds
- Lamb & Hunter Hardware Ltd.
- LARS Photography
- Laura's Massage & Wholistic Health
- LorMar Orchard
- Lynne's Massage
- McDougall Computer Services
- Maple Farm Equipment
- Midway Ambulance Care Ltd.
- NAPA Auto Parts
- Narfason's Funeral Chapel & Crematorium
- Natalie's Beauty Boutique
- Paulson & Ferraton Law Office
- Pepper Tree Restaurant



- Quill Septic Services
- Quillside Place
- Sarcan
- Scotia Bank
- Seven Bell's Bed N' Breakfast/RV Park
- Shaker's Styles
- Sofina Foods
- Southshore Motor Lodge
- Speedy's Plumbing, Heating, Air Conditioning Ltd.
- Stone House Lodge
- Subway Restaurant
- The Bargain! Stop
- The Liquor Store
- The Music Corner
- TLF Dirt Worx Inc.
- Triangle Accounting Service
- United Sales & Services Ltd.
- V & A Embroidery
- Viking Manufacturing
- Waggin' Wheelz Veterinary Services
- Wee Care Playschool
- Wynyard & District Community Health Centre
- Wynyard & District Regional Park
- Wynyard Advance/Gazette
- Wynyard Bakery & Cafe
- Wynyard Car Was
- Wynyard Concrete Ltd.
- Wynyard Co-operative Association Limited
- Wynyard Corner Service Ltd.
- Wynyard Dental Centre
- Wynyard Electric
- Wynyard Equipment Sales Ltd.
- Wynyard ESSO (Food n' Fuel)
- Wynyard Family Foods
- Wynyard Hi-Way Service
- Wynyard Home Building Centre
- Wynyard Hotel
- Wynyard Industrial Welding
- Wynyard Pharmacy
- Wynyard Realty
- Wynyard Technologies Inc.
- Wynyard Tire
- Wynyard Travel
- Wynyardigans Daycare
- Your Dollar Store and More

## Programs

### Description of Physical Activity Programs

#### Toddler Programs

- 

#### Children & Youth Programs

- 

#### Adult Programs

- 

#### Fitness Classes

-

## Supporting Policies

### Description of Policies

#### Official Community Plan

In 2011, the Town of Wynyard had an Official Community Plan prepared by Advoco Consulting Ltd. This document was established to provide the Town with goals, objectives and policies relating to the future growth and development of the community.

Your community's planning goals are as follows:

- To strengthen the Town's role as a **Regional Hub** where people can live, work, learn and recreate.
- To maintain or improve upon the Town's current **Quality of Life** by fostering an environment that offers: high levels of safety and protection, recreational opportunities (both passive and active), a healthy lifestyle, social programming and spaces, a mix of affordable housing options and strong employment opportunities.
- To **Co-operate and Collaborate** with other groups, agencies, institutions and governments, both within and beyond the Town.
- To foster **Economic Growth** by attracting and providing opportunities for commercial and industrial development and through the provision of regional economic opportunities.
- To attract Sustainable Development that makes efficient use of land and municipal infrastructure.
- To achieve a **Diverse, Healthy and Sustainable Economic Base** on which the community can build upon.

The following objectives and policies address the enhancement of health, recreation and leisure services and opportunities in Wynyard:

- Policy 4.3: Ensure the following themes are considered when evaluating sustainable development:
  - b: Transport – use of alternative forms of transportation and a reduction in single car use.
- Policy 4.10: Aim to meet a wide range of recreational, cultural and community needs to increase the levels of community wellness.
- Policy 4.12: Maintain the safe and secure atmosphere of the Town of Wynyard.
- Policy 5: Recreation – reflects existing and future parks, recreational facilities and open space. This use may occur in any neighbourhood where it is compatible with the character of the area. Lands that are dedicated as environmental reserve or municipal

reserve due to environmental sensitivity, or as identified as hazardous land will also be designated within this category.

- Objective 9.1: To support community service delivery agencies in the provision of services, and where appropriate, to assist in programming services to the public.
- Policy 9.1: The Town of Wynyard will work with service agencies, other municipalities, First Nations communities and other jurisdictions, by:
  - d: supporting, as appropriate, the joint use of community facilities as a means of providing cost efficient services to the public;
- Objective 10.1: To encourage the coordination and integration of community facilities where appropriate.
- Objective 10.2: To provide park and outdoor recreation space that meets the diverse need of the community.
- Objective 10.3: To work in conjunction with other municipalities and other service delivery agencies and in the joint provision of recreation facilities, parks, open spaces, programs and services.
- Policy 10.1: The Town of Wynyard will continue to maintain and improve the quality of existing parks, playgrounds and open spaces.
- Policy 10.2: The Town will work with the Board of Education supporting:
  - a: the joint use of school and community facilities as a means of providing cost efficient services to the public;
  - b: the delivery and development of enhanced educational services to the community and area residents in response to growth;
  - public awareness of local educational opportunities; and
  - d: potential joint funding of community and recreation projects on a regional basis.
- Policy 10.6: Every subdivision servicing agreement will fulfill the requirements for dedicated lands regarding recreational and park space in accordance with the requirements set out in the *Planning and Development Act, 2007*.
- Policy 10.7: The following factors will be considered in making decisions on the provision of dedicated lands in the form of municipal reserve and environmental reserve:
  - b: Where cash-in-lieu is taken, the money may be used to upgrade existing recreational facilities, parks, open spaces, programs and services.
- Objective 14.2: Provide a balanced and diverse range of social, educational, environmental, health, recreational and cultural opportunities.
- Objective 14.4: Provide an equitable distribution and accessibility to community facilities and services.

- Objective 14.7: Coordinate the provision of protective, emergency, social, recreational and cultural resources to provide residents with the most efficient programs and services.
- Objective 14.8: Maintain a community which promotes the healthy social, emotional and physical development of its children and youth.
- Policy 14.4: Provide affordable and accessible public amenities and community services.
- Policy 14.11: Encourage the development of public parkland, recreational and cultural facilities that are distributed in a suitable manner throughout the community.
- Policy 17.3: Ensure there is adequate bicycle parking in commercial areas.
- Policy 17.7: Maintain existing and support future trail development within the Town – with consideration of undertaking a study for developing a pedestrian circulation plan and pedestrian pathway system.
- Policy 17.8: Promote the use of alternative forms of transportation such as walking and bicycling through the provision and maintenance of trails.
- Policy 17.9: Consider new bicycle and pedestrian routes as an integral component of the transportation system to serve both recreation and transportation needs.

## Outcomes

# Understanding Your Community

## CAP Indicators

Community



**Strengths, Assets and Opportunities to provide 30 minutes of physical literacy enriching physical activity for children and youth in the community**

[Will insert brief synopsis]

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Data has been collected to inform decision-making</li> <li>• Physical literacy, physical activity and health-supportive Town Council</li> <li>• Dedicated Recreation Director</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Better understand physical literacy (via public awareness campaign/communication plan)</li> <li>• Maximize the support of the P4PL and of other regional/provincial partners</li> <li>• Encourage and celebrate success of physical literacy enriching initiatives</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Good at sharing physical activity opportunities through traditional and social media                             <ul style="list-style-type: none"> <li>○ Town of Wynyard’s Facebook page(s), Town of Wynyard website, local newspapers, school newsletters, etc.</li> </ul> </li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Develop and implement a coordinated communications strategy with both municipality and schools</li> <li>• Explore different ways to promote new and any pre-existing physical literacy opportunities</li> <li>• Increase residents’ awareness of unstructured outdoor opportunities available in Wynyard (e.g., trails, Coulee)</li> </ul>

## PROGRAMS



<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Local leaders willing to coach/volunteer for various programs and opportunities</li> <li>KidSport and Jumpstart is available to Wynyard residents</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Consider ways to provide program facilitators/coaches/volunteers physical literacy training</li> <li>Offer more recreational, multi-sport options, especially for youth in Wynyard (10+ years old)</li> <li>Consider way to offer current programs in different environments (e.g., outside, during all seasons) to enhance residents' physical literacy</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Pre-existing infrastructure, parks, trails, etc. that support physical literacy and physical activity.</li> <li>Residents viewed Wynyard as walkable/bikeable</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Continue to develop community connectivity (e.g., trails) for more opportunities to increase residents' physical literacy and to increase walkability/bikeability in Wynyard</li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Great partnership with schools via joint use agreement</li> <li>An Official Community Plan that supports residents</li> <li>Policies (e.g., facility fees waved by Town) to encourage physical literacy and physical activity opportunities</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Continue to develop and enhance Town's partnership with schools</li> <li>Review existing bylaws with lens of increasing physical literacy</li> </ul>

*A Strong Foundation*

In the area of community, the following points were identified as overarching elements that provide a strong foundation for success:

- Facility infrastructure and greenspace for sport and recreation
- Community is walkable and bikeable
- Support and engagement of the municipality
- Residents reported its easy to be active in Wynyard



## Strengths, Assets and Opportunities to provide 30 minutes of physical literacy enriching activity for children and youth at school

[Will insert brief synopsis]

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Administrators and educators understand the benefits of quality physical education and physical activity, and are willing to offer these opportunities during and outside of school hours</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Help educators and administrators better understand physical literacy (i.e., what it is, benefits, etc.)</li> <li>Help students' parents and families better understand physical literacy (i.e., what it is, benefits, etc.)</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Share physical literacy information and opportunities in the Town with students' parents and families.</li> <li>Increase awareness of opportunities to be active in the Town (e.g., bike/walk to school, unstructured play, etc.)</li> <li>Increase awareness of open spaces available for activity</li> <li>Support parents to develop physical literacy</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>A number of activities offered to students through curricular and extra-curricular opportunities (before, during and after school)</li> <li>Have 2 physical education specialists (at the Wynyard Composite High School)</li> <li>Many teachers volunteer to coach throughout the year</li> <li>Great student engagement</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Provide educators with lesson plans, workshops, etc. to equip them with the tools and resources to enhance students' physical literacy</li> <li>Ensure current before- and after-school programs develop and enhance participants' physical literacy</li> <li>Offer Wynyard's youth (10+) with more physical literacy enriching opportunities before, during and after school</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Facilities available in (and outside of) the school, which enables students engage in physical literacy and physical activity opportunities</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li></li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Great partnership with the Town via joint use agreement</li> <li>Physical education curriculum</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Continue to develop and enhance schools' partnership with Town</li> <li>Educators are supported to teach the physical education curriculum</li> </ul>

*A Strong Foundation*

In the area of school, the following points were identified as overarching elements that provide a strong foundation for success:

- Good facilities within and near schools
- Physical education curriculum
- Supportive administration and teachers



## Strengths, Assets and Opportunities to provide 30 minutes of physical literacy enriching physical activity for children and youth at home

[Will insert brief synopsis]

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Families understand the importance of physical literacy and physical activity, and actively seek out opportunities for their kids to engage in</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Increase understanding of physical literacy, its benefits, etc.</li> <li>Encourage more active transportation to and from school/work, with an emphasis on how it can play a role in increasing family members' physical literacy</li> <li>Inform parents of outdoor unstructured play activities available in their community</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Increase awareness of unstructured activity opportunities available to Wynyard families and how they can increase physical literacy</li> <li>Increase awareness of local subsidizing programs (i.e., KidSport and Jumpstart)</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>A number of parents are willing to coach/volunteer for programs/events/etc. that are run in Wynyard</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Consider developing more family-focused physical literacy and physical activity opportunities in Wynyard (e.g., programs specifically offered to families)</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Variety of facilities and spaces (i.e., indoor and outdoor) available for families to be active</li> <li>Community is walkable/bikeable, permitting families to use active transportation to get around the Town</li> </ul>
<b>Opportunities:</b>	

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Official Community Plan addresses active transportation</li> </ul>
<b>Opportunities:</b>	

*A Strong Foundation*

In the area of home, the following points were identified as overarching elements that provide a strong foundation for success:

- Sense of belonging and community-pride in Wynyard
- Facilities and greenspaces available for families to use

## Priorities and Next Steps

### Year 1 (2019) Priority Actions

The following tables are priority actions identified and established by the Wynyard Physical Literacy Action Team. The priority actions were developed from the priorities and next steps identified by attendees at the Moving Together Symposium, as well as important tasks identified at the initial action planning meeting (April 29, 2019).

Provincial support

Community support

#### Priority: Unstructured outdoor opportunities

Action: To get more families and Wynyard residents more active outdoors and using Wynyard's trails					
Tasks	Lead	Support	Resources	Dates	Completed?
Identify pre-existing trails in the community, which includes: <ul style="list-style-type: none"> <li>Coulee</li> <li>Regional Park</li> </ul>	Sigourney Anderson	Cass McConnell		End of Summer 2019	
Identify potential additional trails/active routes in the community (to increase connectivity in Wynyard), which includes: <ul style="list-style-type: none"> <li>Service Road/Avenue A</li> <li>Exhibition/Arena Grounds (near Golf Course)</li> </ul>	Sigourney Anderson	NOTE: A call for those interested (to continue the conversation around trails in Wynyard)		End of Summer 2019	
Create a rough draft map/game plan of the pre-existing trails in Wynyard, including the potential additions for connectivity	Sigourney Anderson			End of Summer 2019	
Connect with Sask Trails, Wildness for Well-Being, Partners for Physical	Sigourney Anderson	Saskatchewan <i>in motion</i>		Fall of 2019	



Literacy, etc. to assist with developing/connecting trails in Wynyard					
Action: To promote Wynyard's trails and other outdoor activity opportunities through a community campaign					
Tasks	Lead	Support	Resources	Dates	Completed?
<p>Identify the pre-existing outdoor opportunities available in Wynyard:</p> <ul style="list-style-type: none"> <li>Great places to go, including those opportunities that go over and above physical literacy and physical activity appeal</li> <li>This information will help with creating the messages of Wynyard's promotional campaign</li> </ul>	Sigourney Anderson	<a href="#">Saskatchewan <i>in motion</i></a>			
Promote pre-existing trails during Primary Health Team's Community Pedometer Challenge (i.e., using the trails to count steps)	Alana Melsted	<a href="#">Saskatchewan <i>in motion</i></a> Sigourney Anderson		ASAP – as the Pedometer Challenge is during May 2019	
Provide the following Saskatchewan <i>in motion</i> campaign promotional materials (some of which can help with the community's action)	<a href="#">Saskatchewan <i>in motion</i></a>	To share in the community: Sigourney Anderson Stephanie Cuddington Karol Tarry	Saskatchewan <i>in motion</i> resources: <ul style="list-style-type: none"> <li>Go Out to Play and Learn poster</li> <li>Let Them Walk poster</li> <li>Tools For Teachers postcard</li> </ul>	ASAP	
Create a communication framework (that promotes outdoor opportunities and focuses on trails)	<a href="#">Saskatchewan <i>in motion</i></a>	Sigourney Anderson			