

# 2016 Community Recreation Survey Report



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## Background to Survey

The Nation's Recreation Department is committed to responding to community needs. As part of this commitment, the Recreation Department is developing a Community Recreation Plan to guide and support the development of programs, facilities and infrastructure to support healthy, active living, sports and play in the community.

Patrick Lucas was engaged by the Nation to complete a community recreation survey and prepare this report as part of developing the Community Recreation Plan.

## Author Qualifications

Patrick is an award winning registered professional planner with fifteen years experience in community and economic development, land use planning, recreation and tourism. He has extensive experience in developing and implementing creative and effective community consultations and engagement processes. His most notable quality is an ability to bring diverse stakeholders together to create a shared and mutually beneficial vision for development and then facilitate actions to make that vision a reality.

Patrick has worked with numerous communities throughout Alberta and British Columbia providing comprehensive community planning services. His specialty is working on regional initiatives that bring multiple communities and stakeholders together to develop collaborative plans and strategies for economic development, recreation and tourism. Patrick has extensive experience in working with First Nation communities and building relationships that are based on mutual trust and respect.

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## Survey Procedures

The community recreation survey was developed by Patrick Lucas in consultation with Alphonse Wallace, Recreation Manager, as well as the Lil'wat Administration Directors. The survey was distributed through the online survey software program Survey Monkey and was posted on the Lil'wat Nation website and Facebook page. The survey was also sent out via email to all administrative staff. Print copies of the survey were distributed at community meetings as well as during a one - day information table in the lobby of Ullus Community Centre. 82 surveys were completed.



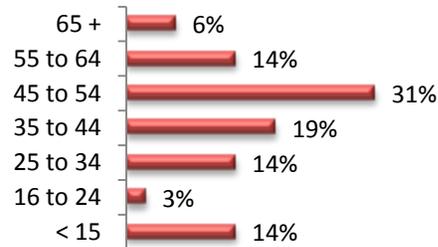
# Graphic Summary of Survey Results

## Profile of Survey Respondents

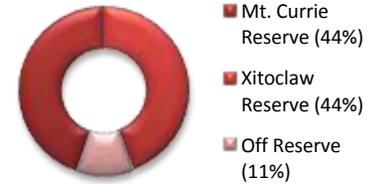
**Gender**



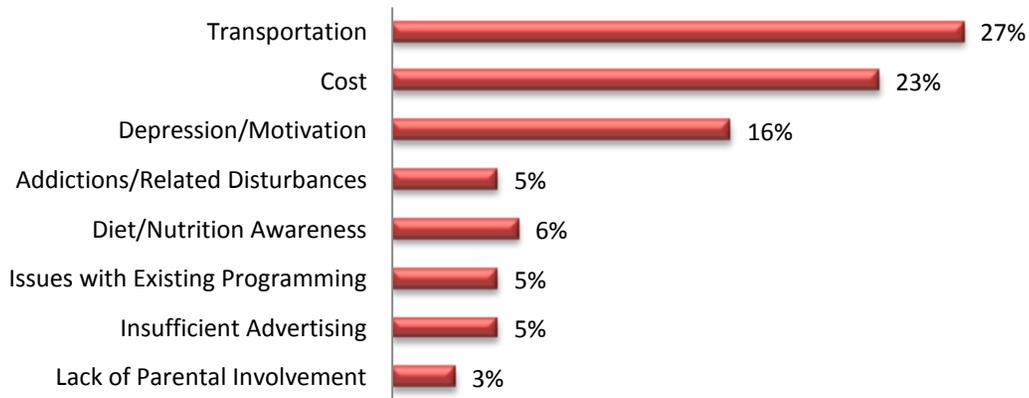
**Age**



**Residency**



### What are the Challenges & Barriers to Healthy & Active Living?

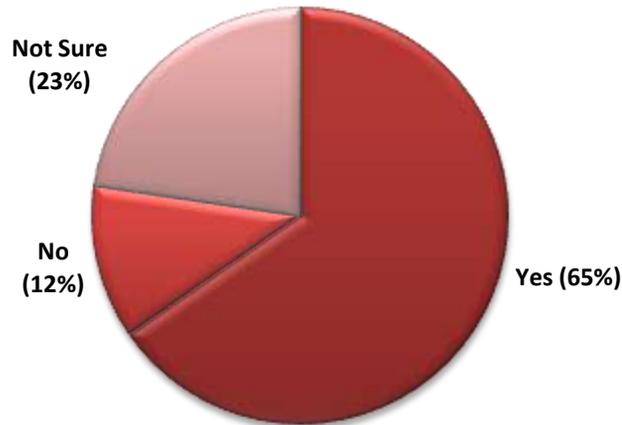


### How can Líl'wat support Healthy Living & Participation in Sports?

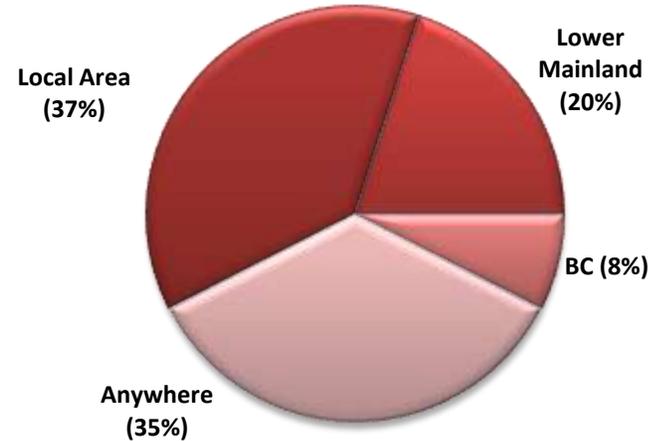
- Provide Transportation
- Reduce/ Eliminate User Fees and Costs
- Create Activities for the Whole Family
- Create Inclusive Recreation Opportunities
- Increase Capacity of Recreation Department
- Increase Accessibility & User-Friendliness of Activities
- Foster Awareness about Healthy Living
- Improve Communication/Event Advertising



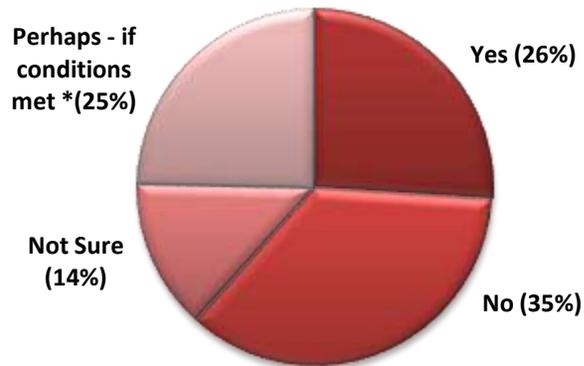
### ***Are Members Willing to Travel for Recreation?***



### ***Places Members are Willing to Travel***



## ***Should Líl'wat Consider Partnering with Pemberton to Develop Shared Facilities?***



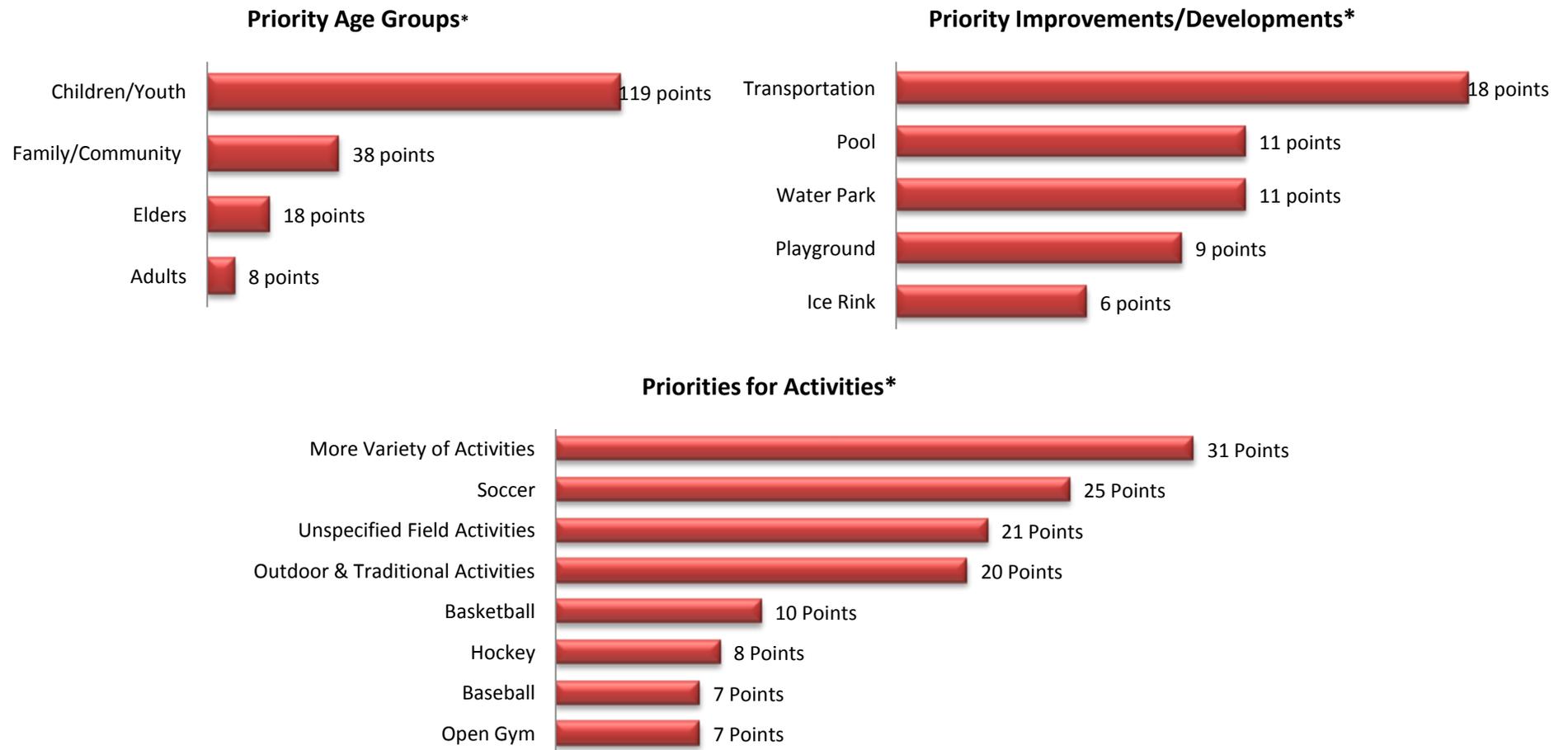
*\* If facilities close to Líl'wat & Access is Assured*

### ***Top Concerns of Members who are Unsure about or Who Do Not Support potential Pemberton Partnership:***

- **Concerns that Facilities would not be Shared Fairly**
- **Lack of Transportation**
- **Lack of Affordability**
- **Racism and Lack of Understanding of Líl'wat**
- **Desire to Build Recreation within Community**
- **Desire to Foster Relationships within Community and With Other First Nations**



# What are the Nation's Top Recreation Priorities?



\* Note: Survey respondents were asked to identify their top 3 recreational priorities. Responses were given weighted score, with top priorities being assigned the most points and third priorities being assigned the lowest points. Points for each response (e.g. all points for soccer) were added up to determine priorities. Higher scores indicate an item is a high priority for respondents. See a more detailed explanation regarding this calculation on page X.



## Executive Summary of Survey Results

As mentioned above, the community recreation survey was conducted as part of developing a Community Recreation Plan for the Nation. The purpose of the community recreation survey is to learn more about the following:

- What are members' priorities for recreation?
- What challenges and barriers to recreation exist and what can the Nation do to support healthy, active living and participation in sports?
- Are members willing to travel for recreational purposes?
- What do members think about partnering with Pemberton to develop recreation facilities?

The purpose of this report is to summarize findings from the community recreation survey.

### ***Recreation Priorities***

Respondents' recreation priorities can be divided into three categories: high priority age groups, high priority activities and high priority improvements/infrastructure developments.

Responses indicate that children and youth are by far the Nation's highest priority age group, receiving over 3 times as much support from respondents than any other group. In terms of groups, the next highest priority is family and community. Many respondents expressed a desire to see or participate family activities or activities for the whole community, such as a community sports day or community family day.

The highest priority for respondents in terms of activities is having a greater variety of activities available to community members. Suggestions for activities provided in response to the question regarding ways that the Nation can support healthy, active living include the following: inclusive activities suitable for all ability levels (gardening, nature walks, yoga, dancercize); outdoor activities (running, camping, hiking, biking, horseback riding, skiing and snowboarding); communal activities (movie nights, drumming nights, Lil'wat Sports Day or Health Days); and traditional activities (picking/preserving, cultural skills, beading, dancing, mushrooming, fishing, canoeing).

Soccer, a well-established sport in the community, was the next highest priority for activities. The third highest priority for respondents is field activities. Most responses did not suggest the type of activities that should take place on available fields. The responses to this question (as well as responses to other questions in the survey) do highlight the fact that community members view the community's fields as a central part of recreation in the community.



The highest priority for respondents in terms of improvements/infrastructure developments is transportation. Transportation was mentioned frequently in responses to several survey questions. Lack of transportation is seen as both a barrier to participation in recreation and a priority for improving recreation in the Nation.

Responses also included suggestions for new facilities (such as a pool, water park, playground or ice rink). It is worth noting that support for new facilities is mixed and priorities among community members regarding new facilities are unclear.

## ***Challenges and Barriers to Recreation and Support from Nation***

The top three challenges/barriers to recreation identified by respondents are lack of transportation (27%), the cost of participation, (23%) and depression or lack of motivation (16%).

Respondents identified the following ways that the Nation can support healthy, active living:

- Provide transportation,
- Reduce or eliminate user fees and costs,
- Create activities for the whole family or make arrangements to allow family members to participate, such as by providing childcare,
- Create inclusive recreation opportunities that do not depend on skill levels or ability to pay,
- Increase the capacity of the Recreation Department, such as by creating volunteer-led programming, hiring a youth support worker and youth to coach younger athletes,
- Increase the accessibility and user-friendliness of events, such as by offering demonstrations to encourage beginners, creating and enforcing a zero tolerance policy for drugs, alcohol and intoxication at sporting events and addressing dogs that bite and chase walkers,
- Foster awareness about healthy living, such as through offering seminars, publicly recognizing healthy role models, encouraging the Nation's leaders to set examples and creating competitions, and
- Improve communications and event advertising so that community members are more aware of events and activities.



## ***Are Members Willing to Travel for Recreational Purposes?***

Despite respondents indicating that transportation is a barrier to participating in recreation, a clear majority of respondents (65%) are willing to travel for recreational purposes. Respondents indicated that they are willing to travel within the local area (37%), to the Lower Mainland (20%); within British Columbia (8%) and anywhere (35%). It is worth noting that 12% of respondents who are willing to travel indicated that they are motivated to travel to support or benefit their children and/or grandchildren.

## ***Partnering with Pemberton to Develop Shared Recreation Facilities***

The community is divided over whether to consider partnering with Pemberton to develop shared recreation facilities, with 35% of respondents saying no to partnership, 14% being unsure about partnership, 25% being willing to consider partnership if shared facilities are close to Líl'wat and access to shared facilities is assured and 26% of respondents saying yes to a partnership.

Respondents who are uncertain about and who do not support a potential partnership are concerned about the following:

- inequitable access to and control over shared facilities, such as no control over programming, desirable time slots and registration procedures,
- difficulty travelling to shared facilities,
- lack of affordability at shared facilities,
- being made to feel unwelcome at shared facilities and facing racism, and
- desire to focus on building recreation and relationships within the community or with other First Nations prior to considering a partnership with Pemberton.



# Demographics of Survey Respondents

## Gender of Respondents

82 respondents responded to the community recreation survey. Of these 67% were women and 33% were male.

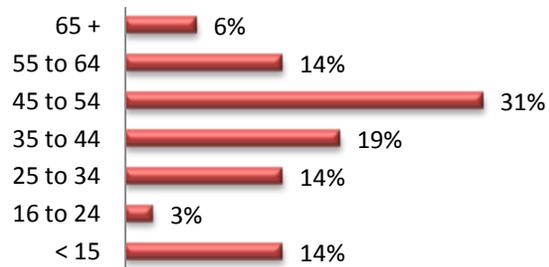
Gender of Respondents



## Age of Respondents

Respondents represented a broad cross section of the community from youth to elders. The largest cohort was between the ages of 45 to 54 (31%). This was followed by 35 to 44 (19%), 55 to 64, 25 to 34, and under the age of 15 (each 14%). The two smallest cohorts included those aged 16 to 24 (3%) and over the age of 65 (6%).

Age of Respondents



## Residency of Respondents

89% of the community recreation survey respondents indicated that they live on reserve (44% each from either Mount Currie or Xitoclaw). 11% indicated they were from off reserve including from Darcy, NQuatqua, 100 Mile house, Pemberton, Whistler.

Residency of Respondents



## Community Recreation Priorities

Respondents were asked the following open-ended question:

*What should be the top three priorities for recreation for Lil'wat?*

Priority One: \_\_\_\_\_

Priority Two: \_\_\_\_\_

Priority Three: \_\_\_\_\_

### ***How Priorities Were Calculated***

Prior to summarizing the responses regarding priorities, it is important to understand how the results were calculated.

As part of analyzing responses to this question, Priority 1-3 responses were assigned points, points were calculated and then points for the same response were added together. For example, the following calculation shows how points were calculated for all Priority 1-3 survey responses that identified children/youth as the Nation's top, second and third priorities:

#### ***Calculation of Recreation Priorities***

Priority 1:	29 youth/children responses x 3 points	= 87 points
Priority 2:	14 youth/children responses x 2 points	= 28 points
Priority 3:	4 youth/children responses x 1 point	= 4 points
<b>TOTAL POINTS (YOUTH/CHILDREN)</b>		<b>= 119 POINTS</b>

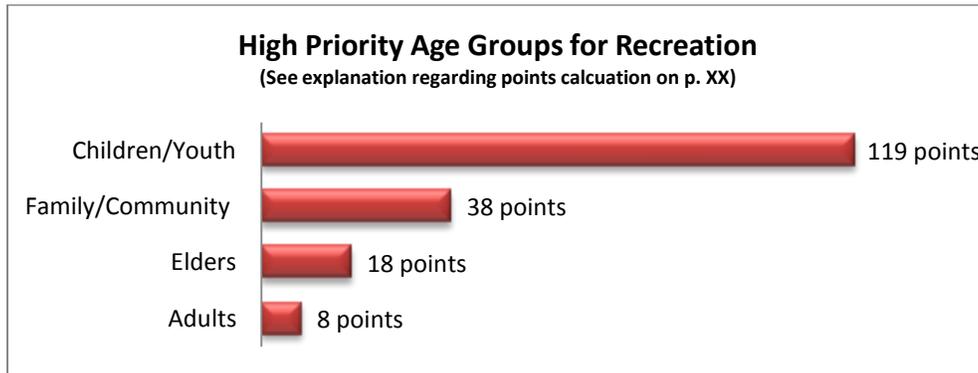
### ***Summary of Top Recreation Priorities***

Responses to this question revealed three types of priorities for the Nation: high priority age groups, high priority activities and high priority improvements/infrastructure developments. Detailed information regarding each of these priorities is provided below. By way of summary, the top priorities in each of these categories are as follows:

- **Top Priority Age Group:** Youth/Children,
- **Top Priority for Activities:** More variety of activities,
- **Top Priority for Infrastructure/Development:** Transportation.



## High Priority Age Groups

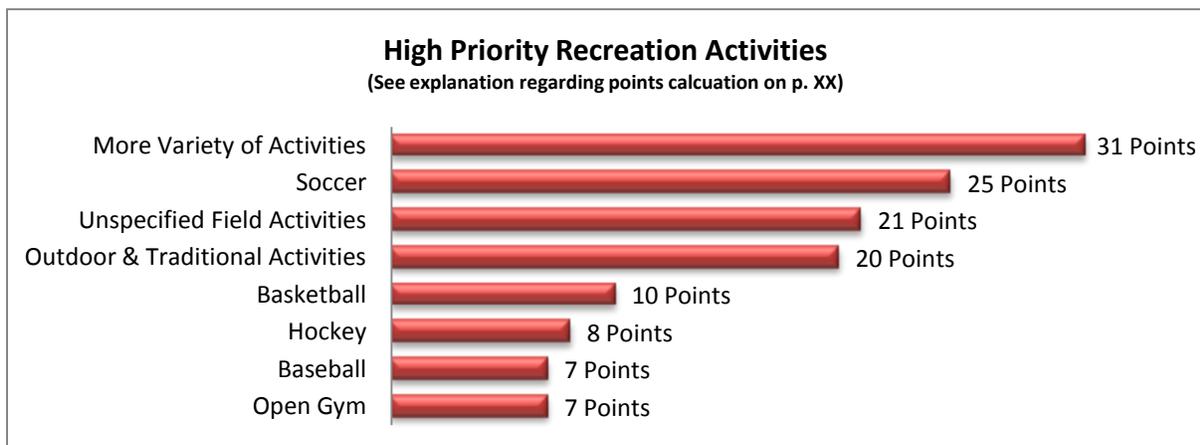


In terms of age groups, the Nation's children and youth are clear top priorities (119 Points: top priority - 37%; second priority - 14%; third priority - 6%). Most responses pertaining to children/youth were generic, indicating only that "youth activities" or "needs of the children" should be priorities. A limited number of responses included suggestions for activities or infrastructure developments that would benefit children/youth, such as building a playground in Mt. Currie, a water park, a skate park, a drop-in centre or creating outings for youth.

Recreation opportunities that are inclusive - or suitable for families, all ages and/or the entire community as a whole - are also high priorities among respondents (38 Points: top priority - 9%; second priority - 7%; third priority - 11%).

There was more limited support by respondents for recreation opportunities for elders (18 Points: top priority - 3%; second priority - 7%; third priority - 3%) and adults (8 Points: top priority - 0%; second priority - 3%; third priority - 6%).

## High Priority Activities

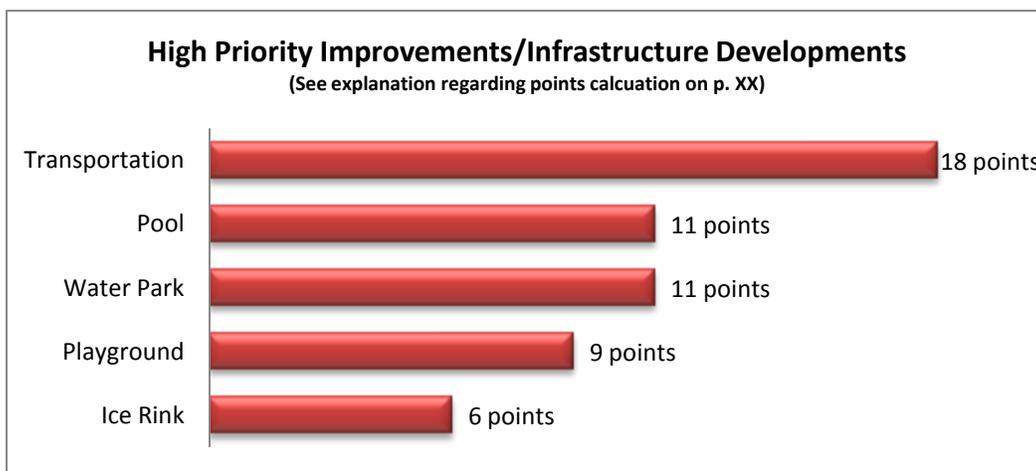


In terms of activities, the top priority for respondents is more activities or a greater variety of activities (31 Points: top priority - 3%; second priority - 8%; third priority - 20%). Respondents also named a variety of specific activities as priorities. Soccer received the most support from respondents (25 Points: top priority - 8%; second priority - 4%; third priority - 2%). Field-related activities received almost as much support as soccer (21 Points: top priority - 8%; second priority - 1%; third priority - 2%). It is noted that field-related responses did not name activities that are important, but instead contained suggestions regarding fields. Suggestions included opening the field in front of the Band office, increasing use of field in Úlúus, fixing the "back soccer field", creating turf fields for year-round use and granting free access to fields. These suggestions demonstrate that field related activities are central to the Nation's ideas about recreation.

Other activities that received more limited support from respondents include:

- Outdoor & traditional activities (including outdoor programs, hiking & exploration, hunting, fishing, gathering, pow wow grounds, cultural events, sliding/tobogganing) (20 Points: top priority - 3%; second priority - 4%; third priority - 13%),
- Basketball (10 Points: top priority - 3%; second priority - 1%; third priority - 3%),
- Hockey (8 Points: top priority - 1%; second priority - 3%; third priority - 2%),
- Baseball (7 Points: top priority - 1%; second priority - 3%; third priority - 0%), and
- Open gym (7 Points: top priority - 3%; second priority - 0%; third priority - 2%).

### **High Priority Improvements/Infrastructure Developments**



In terms of high priority improvements/infrastructure developments, as mentioned above, many respondents expressed a desire for more activities and a wider variety of activities. Respondents also identified the following additional items as priorities for improvement/infrastructure development:



- Transportation (18 Points: top priority - 1%; second priority - 7%; third priority - 8%),
- Pool (11 Points: top priority - 4%; second priority - 1%; third priority - 2%),
- Water park (11 Points: top priority - 4%; second priority - 1%; third priority - 0%),
- Playground (9 Points: top priority - 4%; second priority - 0%; third priority - 0%), and
- Ice rink (6 Points: top priority - 1%; second priority - 0%; third priority - 5%).

## How can Líl'wat support Healthy Living & Participation in Sports?

Respondents were asked the following open-ended questions:

*How can Líl'wat support and encourage healthy active living?*

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*How can Líl'wat support participation in sports?*

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Given significant overlap in responses to both questions, the responses will be summarized together. Recurring themes in the answers to both questions are as follows:

- **Create Activities for the Whole Family.** Responses signal a strong desire for activities for the whole family or arrangements that would allow all family members to participate (such as provide childcare during activities for parents; schedule child and parent classes simultaneously; provide transportation for children and youth to activities),
- **Create Inclusive Recreation Opportunities.** Responses indicate a strong desire to create inclusive recreation opportunities for everyone. Suggestions include creating opportunities to participate in activities that are not dependent on skill or ability to pay, activities for people with disabilities and demonstration events to teach community members about new activities and show them what is possible, and
- **Increase Capacity of Recreation Department.** Responses support increasing the capacity of the Nation's Recreation Department in various ways. Suggestions include pursuing additional funding, creating volunteer-led programming and encouraging more community members to volunteer, hiring workers to support Alfonso; hiring youth to coach younger athletes and offering more activities. Respondents expressed a desire for more open gym nights and the following types of activities:



- Inclusive activities suitable for all ability levels (gardening, nature walks, yoga, dancercize)
  - Outdoor activities (running, camping, hiking, biking, horseback riding, skiing and snowboarding)
  - Communal activities (movie nights, drumming nights, Lil'wat Sports Day or Health Days)
  - Traditional activities (picking/preserving, cultural skills, beading, dancing, mushrooming, fishing, canoeing).
- **Increase Accessibility and User-Friendliness of Activities.** Responses support increasing the accessibility and user-friendliness of activities. The two most frequent suggestions on this point are providing transportation and reducing/eliminating user fees/costs. Other suggestions included supplying healthy snacks and water, providing support to young athletes beyond existing age limits and funding tournaments, creating and enforcing zero tolerance policy for drugs, alcohol and intoxication at sporting events; addressing issues with dogs that chase and bite people who are walking in the community.
  - **Foster Awareness about Healthy Living.** Responses recommend fostering awareness about and encouraging healthy and active living. Suggestions include:
    - offering sport demonstrations and educational seminars on diet and nutrition
    - identifying and publicly recognizing healthy role models in the community through Facebook and newsletters
    - encouraging Chief and Council to set examples and publicize their wellness efforts
    - creating health competitions that include give-aways such as Fit Bits, swim passes, water bottles, jogging strollers, bike seats for children, sport equipment.
  - **Improve Communication/Event Advertising.** Responses recommend improving on advertising. Suggestions include advertising on Facebook, bulletin boards throughout the community and in newsletters; creating a central community calendar listing all events and field availability; advertising events well in advance and engaging the Youth Council to promote youth events.



# Barriers or Challenges to Healthy, Active Living and What Can Lil'wat Do to Address Them?

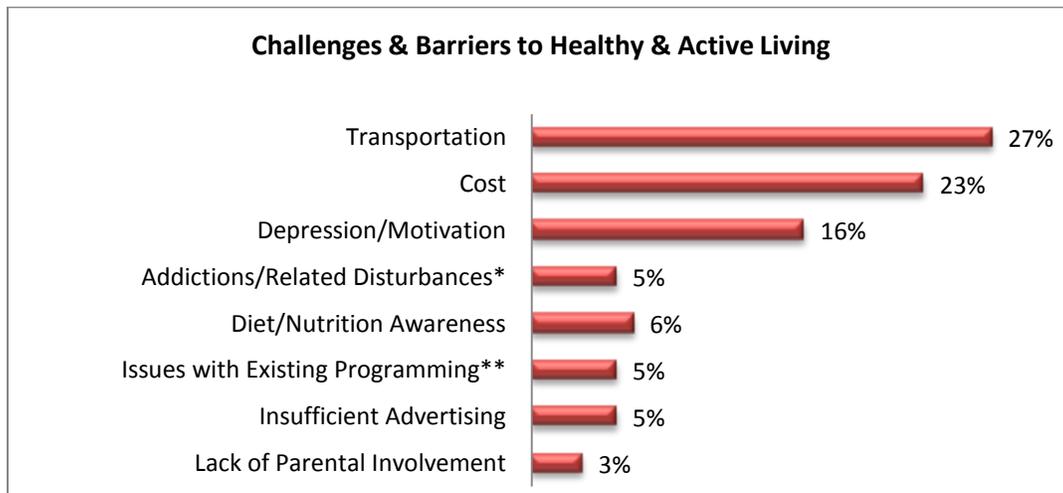
Respondents were asked the following open-ended questions:

*What are the main barriers or challenges for healthy active living in Lil'wat?*

*What can Lil'wat do to address them?*

## Challenges and Barriers to Recreation

Respondents identified the following challenges and barriers to recreation:



\* Note: respondents indicated lack of policies/policing of intoxicated persons at sporting activities interfered with enjoyment of activities.

\*\* Note: Issues with existing programming included lack of access to fields, garbage, limited availability of knowledgeable staff in exercise room and timing of open gyms.

## Suggestions for Overcoming Challenges & Barriers to Recreation

Very few responses included suggestions for overcoming challenges and barriers. Suggestions included the following:

- Fostering community pride, connections to the community and volunteerism (5%),
- Creating more activities for youth (3%), and
- Offering nutrition programming (3%).



## Are Members Willing to Travel for Recreation?

Respondents were asked the following questions:

*Are you willing to travel for recreational purposes?*

\_\_\_\_\_

*If yes, how far?*

\_\_\_\_\_

*If no, can you explain why?*

\_\_\_\_\_

94% of survey respondents (75 respondents) answered the question regarding their willingness to travel for recreation purposes. A clear majority of respondents indicated that they are willing to travel:



58 respondents (or 77%) who answered the question regarding their willingness to travel also indicated how far they would be willing to travel, commented on why they are unsure about travelling or commented on why they are not willing to travel.

Respondents who are willing to travel for recreational activities fall into four categories: those willing to travel within the local area, to the Lower Mainland, within British Columbia or anywhere.



It is worth noting that 12% of respondents who are willing to travel indicated that they are motivated to travel to support or benefit their children and/or grandchildren.

In terms of respondents who are unsure about travel or do not want to travel, several themes emerged in their comments:



- Several respondents expressed desires to remain in the community. Reasons included convenience, limitations on time available for recreation and beauty within the community.
- Several respondents indicated that transportation and costs of travel would be problematic or prohibitive.
- Several respondents indicated that health reasons would prevent them from travelling or wanting to travel.

## Should Líl'wat Consider Partnering with Pemberton to Develop Recreation Facilities?

Respondents were asked the following questions:

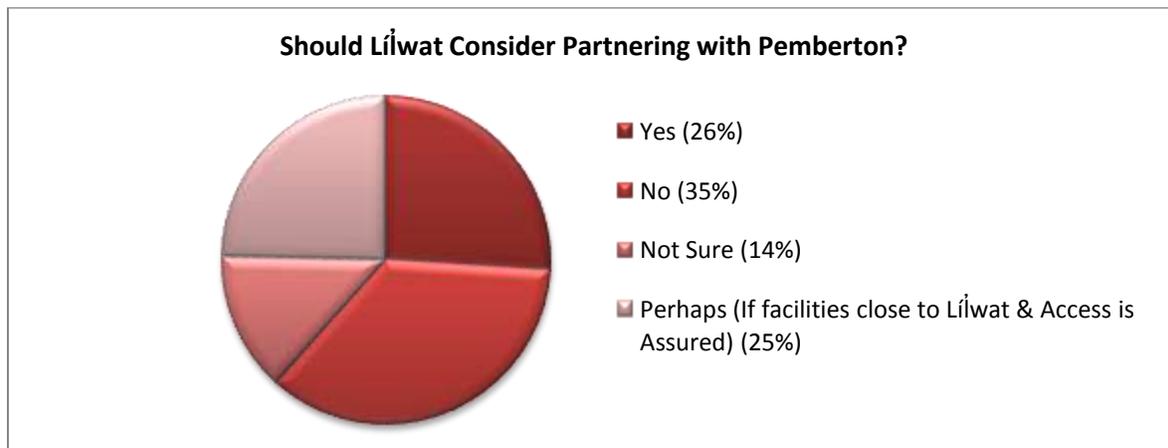
*In your opinion, should Líl'wat consider partnering with Pemberton to develop recreation facilities?*

- \_\_\_\_\_ Yes
- \_\_\_\_\_ Perhaps - if the facilities are closer to Líl'wat and we can be assured access
- \_\_\_\_\_ No - focus on Líl'wat first
- \_\_\_\_\_ Not Sure

*Can you tell us why or why not?*

\_\_\_\_\_

91% of survey respondents (73 respondents) answered the question regarding partnering with Pemberton. Responses indicate that the community is divided over partnering with Pemberton, with a majority of respondents indicating no or expressing reservations about doing so:



55 respondents (or 75%) who answered the question regarding partnering with Pemberton also commented on why they support, do not support, or are uncertain about a potential partnership with Pemberton.

Comments regarding a potential partnership included the following sentiments and themes:

### ***Comments Supporting Potential Partnership with Pemberton***

Respondents who support a potential partnership with Pemberton believe that it may allow the Nation to build and gain access to better facilities (such as an arena, swimming pool, ice rink or bowling alley), to offer different types of programming, to create more sporting teams and to host more sporting events and tournaments. It is also hoped that a partnership would help break down barriers between the communities and allow the communities to grow together.

### ***Comments Expressing Uncertainty or Lack of Support of Potential Partnership with Pemberton***

Given significant overlap in comments from respondents who do not support a potential partnership with Pemberton and who are uncertain about such a partnership, their responses will be summarized together.

Recurring themes in comments from respondents who are uncertain and who do not support a potential partnership are as follows:

- **Concerns that Facilities would not be Shared Fairly.** Comments strongly suggest that respondents are concerned about being disadvantaged at shared facilities. They are concerned about inequitable access to facilities (including desirable time slots), lack of control over programming and registration procedures and lack of employment opportunities. Respondents also anticipate that information would not be shared with them and feedback from them would not be taken into account,
- **Transportation Difficulties.** Comments indicate that respondents believe that it will be difficult to arrange travel to shared facilities,
- **Lack of Affordability.** Comments indicate that respondents anticipate that costs and fees at shared facilities will not be affordable,
- **Racism and Lack of Understanding.** Comments indicate respondents are concerned about racism and lack of understanding of Líl'wat culture and history. It is believed that members



may not feel be welcome at shared facilities and that stronger working relationships with Pemberton need to be built prior to partnering to develop shared facilities,

- **Desire to Build Recreation within Community.** Comments indicate preferences for keeping recreation local for several reasons: to build a sense of pride and ownership in Líl'wat and to foster relationships among members (rather than between communities), and
- **Desire to Foster Relationships within Community and with Other First Nations.** Comments also signal preferences for prioritizing relationships with other First Nation communities over fostering relationships with Pemberton and considering alternative means of funding the development of facilities prior to considering partnering with Pemberton.

