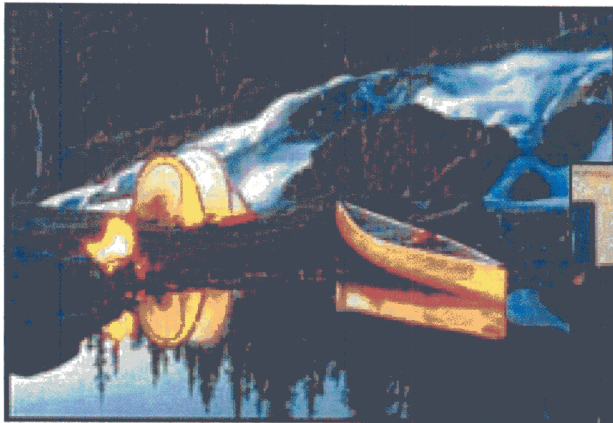


# The Northwest Territories Sport, Recreation and Physical Activity System



Government of the Northwest Territories  
Department of Municipal and Community Affairs  
Honourable Vince R. Steen, Minister  
November 2003



Northwest  
Territories Municipal and Community Affairs

## Context

The Northwest Territories (NWT) is at a very exciting and dynamic time in its history. Citizens, government and organizations are facing enormous challenges and unprecedented opportunities in a time period characterized by major economic expansion and significant social and political development. NWT Aboriginal communities have experienced massive social changes over the last century, including the shift from a physically demanding nomadic lifestyle to a more sedentary community-based way of life. Sport, recreation and physical activity programs play a significant role in allowing residents to adapt to these changes and build stronger communities.

Research shows that regularly participating in sport, recreation and physical activity is one way that people can improve the quality of their lives. In addition to the physical activity benefits, sport and recreation programs provide people with an opportunity to build pride and self-esteem and develop values such as fair play and good citizenship. Sport and recreation programs are also important to economic development and tourism.

Physical activity has also been shown to reduce the chances of getting diseases like diabetes, high blood pressure, heart disease and others. Other benefits include lower health care costs for government, fewer days off work and greater independence for older adults.

The delivery of quality sport, recreation and physical activity programs in the NWT is a complex challenge to the people and organizations involved. Many partners are responsible for delivering these programs in the NWT, including:

- Community Governments;
- Sport North (including its member Territorial Sport Organizations);
- The Aboriginal Sport Circle of the Western Arctic;
- The NWT Recreation and Parks Association
- Regional Recreation Associations;
- Community sport and recreation clubs and groups;
- Community volunteers; and
- Other clubs and groups (e.g. Boy Scouts, Girl Guides, Cadets).

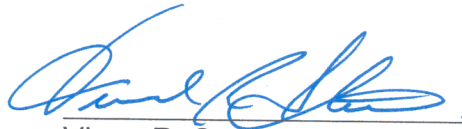
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The Northwest Territories Sport, Recreation and Physical Activity System

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These organizations along with the Department of Municipal and Community Affairs (MACA) must deal with the considerable challenges of geographic distance and isolation, a high cost of living, economic access barriers and other factors unique to Canada's second largest jurisdiction. Our advantages include our cultural diversity, a strong Aboriginal heritage, the closeness of our communities and one of the highest volunteer rates in the country.

The Government of the Northwest Territories is committed to support sport, recreation and physical recreation activity programs for their intrinsic value as well as their social and health benefits.



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Vince R. Steen  
Minister

November 14, 2003

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Date

### **Statement of Purpose**

MACA recognizes that sport, recreation and physical activity programs are essential to the health and well being of individual citizens and NWT communities in general. MACA encourages and supports community governments and organizations involved in the development and delivery of sport, recreation and physical activity programs.

The purpose of this document is to outline the government's commitment to sport, recreation and physical activity. It should guide the partners, who separately and together, provide sport, recreation and physical activity opportunities for the citizens of the NWT.

### **Principles**

MACA will adhere to the following principles:

1. The promotion, development and delivery of safe sport, recreation and physical activity programs should be encouraged and supported for the benefit of all residents of the NWT; regardless of location, ability or skill level.
2. Participation in sport, recreation and physical activity programs from the developmental through high performance levels should be promoted to develop positive leadership role models and enhance the image of the NWT nationally and internationally.
3. The promotion, development and delivery of traditional Aboriginal sport, recreation and physical activity programs should be encouraged and supported to help preserve and strengthen northern Aboriginal traditions and culture.
4. Governance and financing of the NWT sport, recreation and physical activity system should be reflective of community and partner needs. There should be a reasonable balance in financing of programs and services such that all citizens have equitable opportunities regardless of their ability to pay or geographic location.
5. Staff, volunteers and participants play important roles in sport, recreation and physical activity programs in the NWT and should be encouraged and supported to develop, deliver and/or participate in skill development and/or training opportunities from the developmental through high performance levels.

6. Community governments play an important role in promoting, developing and delivering sport, recreation and physical activity programs and services in their communities and should be encouraged and supported to continue these efforts.
7. Local, regional and territorial organizations play an important role in promoting, developing and delivering sport, recreation and physical activity programs. They should be encouraged and supported to continue these efforts.

### **Goals**

MACA will strive to achieve the following goals:

1. To guide the development of an effective sport, recreation and physical activity governance structure.
2. To promote increased participation in sport, recreation and physical activity programs through policy and promotional initiatives.
3. To support initiatives that encourage planning and the development of self-reliant organizations and individuals.
4. To cooperate with other levels of government on policy and program initiatives that benefit NWT communities and their residents.
5. To conduct research and support the distribution of information on the benefits of sport, recreation and physical activity programs.
6. To provide direct support to partners through the Western Canada Lottery program and contribution assistance.
7. To support volunteers and the development of a strong volunteer sector.
8. To support the development of sport, recreation and physical activity leaders.

9. To support initiatives that reduce the economic and social barriers that exclude some residents from participating in sport, recreation and physical activity programs.
10. To support the establishment of success indicators and regular evaluations of sport, recreation and physical activity programs and services.

### **Scope**

The relationship between government, communities and partners is a crucial factor in the positive development of sport, recreation and physical activity programs and services for all NWT residents. To facilitate this relationship, the Department will be responsible for the following:

1. To support the NWT Council of Sport and Recreation Partners in the development of a governance system that accounts for community and partner needs and is reflective of democratic and ethical values.
2. To encourage participation in sport, recreation and physical activity programs to improve the health and general well being of citizens and communities.
3. To stimulate, encourage and support cooperative planning and self-reliance of sport, recreation and physical activity services at the territorial, regional and local level.
4. To facilitate interdepartmental and intergovernmental cooperation in support of sport, recreation and physical activity programs and services.
5. To represent the NWT at the national and international levels in sport, recreation and physical activity policy development and cooperation.
6. To encourage research into and communicate the benefits of sport, recreation and physical activity programs from the development through high performance levels.

7. To study and analyze social, economic and other trends affecting sport, recreation and physical activity to ensure programs and services remain relevant.
8. To provide support for community and partner programs and services.
9. To encourage a volunteer lead system and stimulate sport, recreation and physical activity volunteer and professional leadership and role model development.
10. To decrease the barriers related to the participation of all citizens in sport, recreation and physical activity programs and services.
11. To make available resources from the Western Canada Lottery program and contribution assistance to fund the sport, recreation and physical activity system and to ensure that the resources are equitably allocated to address the goals noted in this document.

### **The Role of Citizens**

The ultimate goal of this commitment is to improve the quality of life for all people in the NWT; however, it is something that government does not have complete control over. The personal actions and choices of all NWT citizens play a major role in social conditions. Citizens are encouraged to take advantage of sport, recreation and physical activity opportunities appropriate to their circumstances and contribute to the development of programs and services as volunteers and community leaders.

### **The Role of Communities**

Community governments own and operate most NWT sport, recreation and physical activity facilities and have the primary responsibility to provide local programs and services in cooperation with citizens, volunteer groups and other organizations. NWT community governments must play a lead role in developing and providing quality opportunities for their residents.

## **The Role of Partners**

NWT sport, recreation and physical activity partners are integral to the effective delivery of programs and services within their mandate area including their support for related citizen and community actions. They also share a responsibility with the Minister and Department for overall system governance and the effective use of the public resources dedicated to the development of programs, services and policy development.

## **Support**

The Department of Municipal and Community Affairs provides support and assistance to the NWT Sport, Recreation and Physical Activity system through staff support and policy leadership. Financial support is offered through proceeds from the Western Canada Lottery Program and departmental appropriations.



**SCHEDULES**

NWT Community Governments	Schedule A-1
NWT Sport, Recreation and Physical Activity Partners	Schedule A-2
Definitions	Schedule A-3
MACA Sport, Recreation & Physical Activity Contribution Programs	Schedule A-4

**SCHEDULE A-1**

**NORTHWEST TERRITORIES COMMUNITY GOVERNMENTS**

Hamlet of Aklavik	
Hamlet of Fort Liard	
Hamlet of Fort McPherson	
Hamlet of Fort Providence	
Hamlet of Holman	
Hamlet of Paulatuk	
Hamlet of Rae-Edzo	
Hamlet of Sachs Harbour	
Hamlet of Tuktoyaktuk	
Hamlet of Tulita	
Charter Community of Deline	
Charter Community of K'asho Got'ine	(Fort Good Hope)
Charter Community of Tsiigehtchic	
Charter Community of Wha Ti	
City of Yellowknife	
Town of Fort Smith	
Town of Hay River	
Town of Inuvik	
Town of Norman Wells	
Village of Fort Simpson	
Dechi Laot'i Band	(Wekweti)
Gameti First Nation	(Rae Lakes)
Jean Marie River First Nation	
Ka'a'gee Tu First Nation	(Kakisa)
K'atlodeeche First Nation	(Hay River Reserve)
Lutselk'e Dene Band	
Nahanni Butte Dene Band	
Pehdzeh Ki Dene Band	(Wrigley)
Sambaa K'e Dene Band	(Trout Lake)
Behdzi Ahda' First Nation	(Colville Lake)
Yellowknives Dene First Nation	(Dettah)
Settlement of Deninoo	(Fort Resolution)
Settlement of Enterprise	

**SCHEDULE A-2**

**NORTHWEST TERRITORIES SPORT, RECREATION  
AND PHYSICAL ACTIVITY PARTNERS**

The organizations noted below are the recognized NWT sport, recreation and physical activity partners at this time. The NWT Council of Sport and Recreation Partners may recommend additions or deletions to the Minister at a future date.

**Volunteer Organizations**

Aboriginal Sport Circle of the Western Arctic

Beaufort Delta Sahtu Recreation Association

Mackenzie Recreation Association

NWT Recreation and Parks Association

Sport North Federation (and its member Territorial Sport Organizations)

**Other Organizations**

It is acknowledged that there is also a wide range of other affiliated organizations with a role in territorial, regional and local sport, recreation and physical programs and services. As appropriate, these other organizations will be added to the list of recognized NWT sport, recreation and physical activity partners.

## SCHEDULE A-3

### DEFINITIONS

The following terms apply to this document:

#### Community Government

See Schedule A-1.

#### Partners

See Schedule A-2.

#### Recreation

Recreation includes those activities pursued by individuals or groups to make their leisure time more interesting, enjoyable and satisfying. Recreation can include physical activity, active living, cultural (traditional games and dance), social, artistic, creative and intellectual activities that people choose to participate in during their leisure time. For the purposes of funding assistance priority is given to those activities that increase physical activity levels of residents. Further, games of chance and events where prize money is awarded are not included in this definition.

#### Sport

Sport is a physical activity carried out in an organized structure and competitive environment, whose outcome is determined by skill and not by chance. It is marked by the disciplined use of muscle groups, mental preparation and strategic methods.

Sport should promote fair play and healthy competition, discourage the use of performance enhancing substances, prohibit all forms of cheating and be free of harassment and abuse.

### Physical Activity

People need to be physically active to be healthy. Our modern lifestyle and its conveniences have made many northerners sedentary - and that's dangerous for their health. Sitting around in front of the TV, driving for a short trip to the store all contribute to our inactivity. Physical inactivity is as dangerous to our health as smoking!

There are three types of activities needed to keep healthy: endurance activities, flexibility activities, and strength activities . Scientists advise that individuals accumulate 60 minutes of physical activity every day in order to stay healthy or improve health. Sport and recreation programs are excellent ways to increase the physical activity levels of northerners.

**SCHEDULE A-4**

**DEPARTMENT OF MUNICIPAL AND COMMUNITY AFFAIRS  
SPORT, RECREATION AND PHYSICAL ACTIVITY CONTRIBUTION PROGRAMS**

1. Recreation and Sport Contributions Program
2. Community Initiatives Program
3. NWT High Performance Athlete Bursary Program