

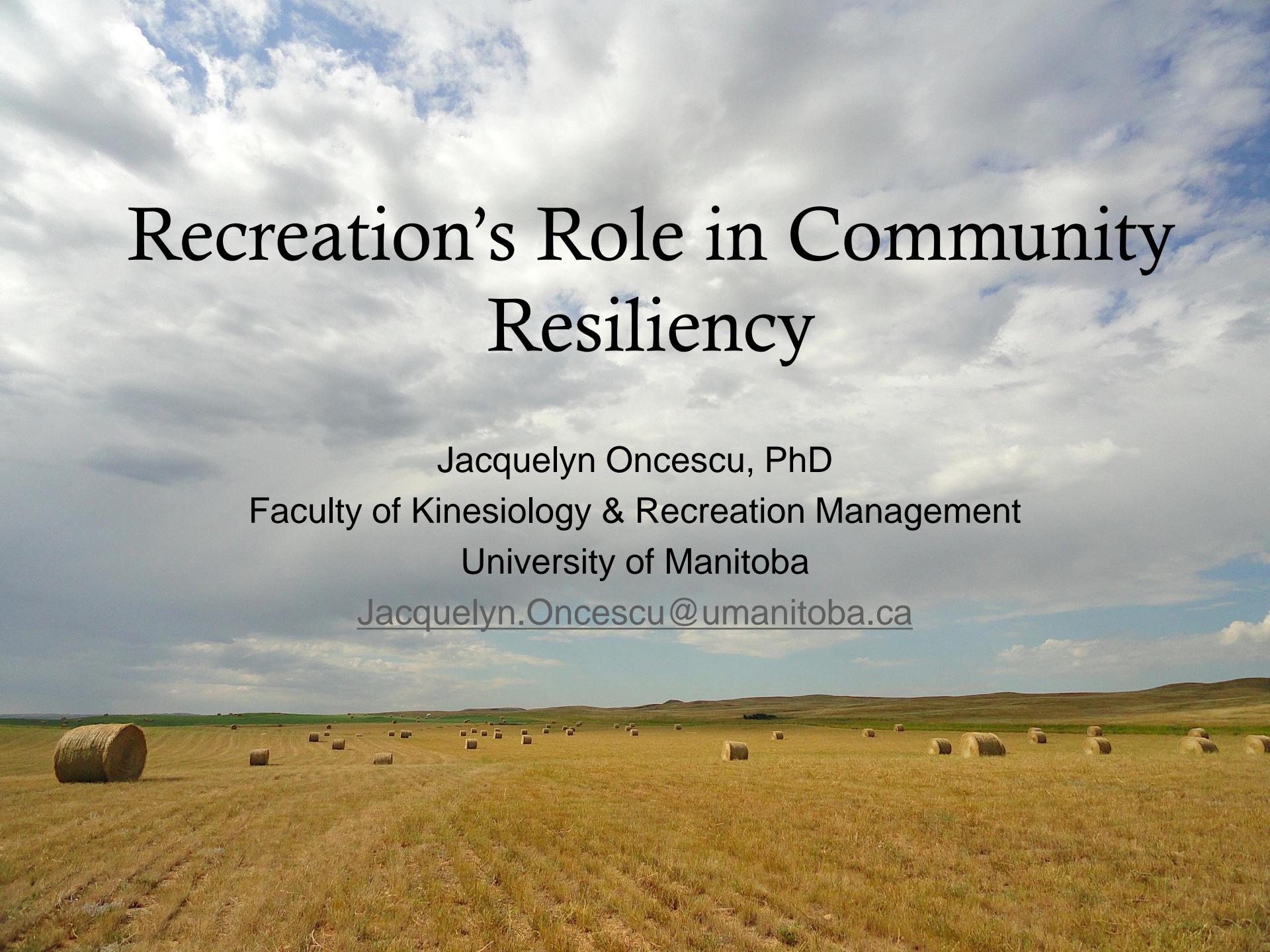
# Recreation's Role in Community Resiliency

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# Agenda

- What is community resilience?
- Why community resilience is important?
- What, why and how of recreation and community resilience
- Case studies of recreation's role in community resilience
- Creating Resilience: Best Practices
- Final Thoughts



# What is Community Resilience

“The capacity of community members to engage in projects of coordinated action within the context of their community despite events and structures that constrain such projects”  
(Brown & Kulig, 1997, p. 43).

“Intentional action to enhance the personal and social collective capacity of its citizens and institutions to respond to, and influence the course of social and economic change”  
(Colussi, 2000, p. 43).

It is anticipating change and having policies and programs in place that make positive outcomes possible.

# 3 Key Factors to Community Resilience

- Getting along
  - Social networks
- Community togetherness
- Collective problem solving
  - Leadership

1. Interactions as a collective unit

2. Expressions of a sense of community

- Sense of belong
- Community Pride

3. Community Action

# Characteristics of Community Resilience

- A continual development process
- Adapting and changing
- Asset & strength based
- Collective/collaborative
- Creative
- Flexible
- Community driven
- Embedded in social capital, networks and support

# Why Community Resilience is Important

- Communities are encountering a number of challenges that are changing their social and economic landscapes.
- Community-driven efforts are often the best approach to solving community issues.
- Resilient communities often equate with healthier individuals.

# Why Recreation

Recreation [i.e.. events, festivals, programs, etc.] add to the viability and vitality of communities, and also their resiliency, by enhancing a sense of self, place, and community (Porter, 2000).

Resiliency is dependent on community recreation because it creates social networks and capital that involves active community agencies.

Recreation is a source of community pride.

Recreation can link all generations of a community.

Recreation cultivates community social wellbeing

Recreation promotes and cultivates community leadership.

How do we use recreation  
to create community  
resilience?

# Positioning Recreation For Community Resilience

Think of recreation in terms of.....

1. Balancing & investing in community capitals.
2. Creating collective interactions & sense of community.

Expressions of a sense of belonging

Collective Interactions

Community Action

Community Action



Collective Interactions

Expressions of a sense of belonging

# Human Capital

## Components

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- ⦿ Skills
- ⦿ Health & wellbeing
- ⦿ Abilities
- ⦿ Education
- ⦿ Values
- ⦿ Leadership

- ### Recreation's Contribution
- ⦿ Programs that promote physical movement.
  - ⦿ Programs that enhance leisure skills and abilities.
  - ⦿ Leadership in recreation, arts, culture and sport.
  - ⦿ Promote the benefits of recreation in terms of health and wellbeing.

# Social Capital

## Components

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- Social & support networks
- Formal & informal organizations
- Social participation
- Community engagement

## Recreation's Contribution

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- Recreation events, programs and experiences connect residents to one another.
- Recreation organizations and agencies are sources of community social networks.
- Spaces and places for civic engagement.
- Recreation is about social participation and community engagement.

# Institutional Components

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## Recreation's Contribution

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- Policies
- Programs
- Services
- Community organizations
- Public agencies
- Private enterprises
- Recreation boards, clubs & associations.
- Libraries
- Arts and culture centres
- Heritage societies & Museums
- Libraries & learning centres
- Senior clubs
- Health & fitness centres
- Family resource centres
- Tourism
- Sport leagues and clubs

# Built & Natural Capital

## Components

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### Recreation's Contribution

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#### Natural

- ⦿ Access to natural environment and resources.
- ⦿ Quality biophysical environment.

#### Built

- ⦿ Buildings
- ⦿ Equipment
- ⦿ Infrastructure

- ⦿ Parks
- ⦿ Playgrounds
- ⦿ Sidewalks & Trails
- ⦿ Sport fields
- ⦿ Heritage spaces
- ⦿ Pools, rinks, arenas
- ⦿ Schools
- ⦿ Lakes and rivers

# Case Studies

How have communities used recreation to create community resilience?

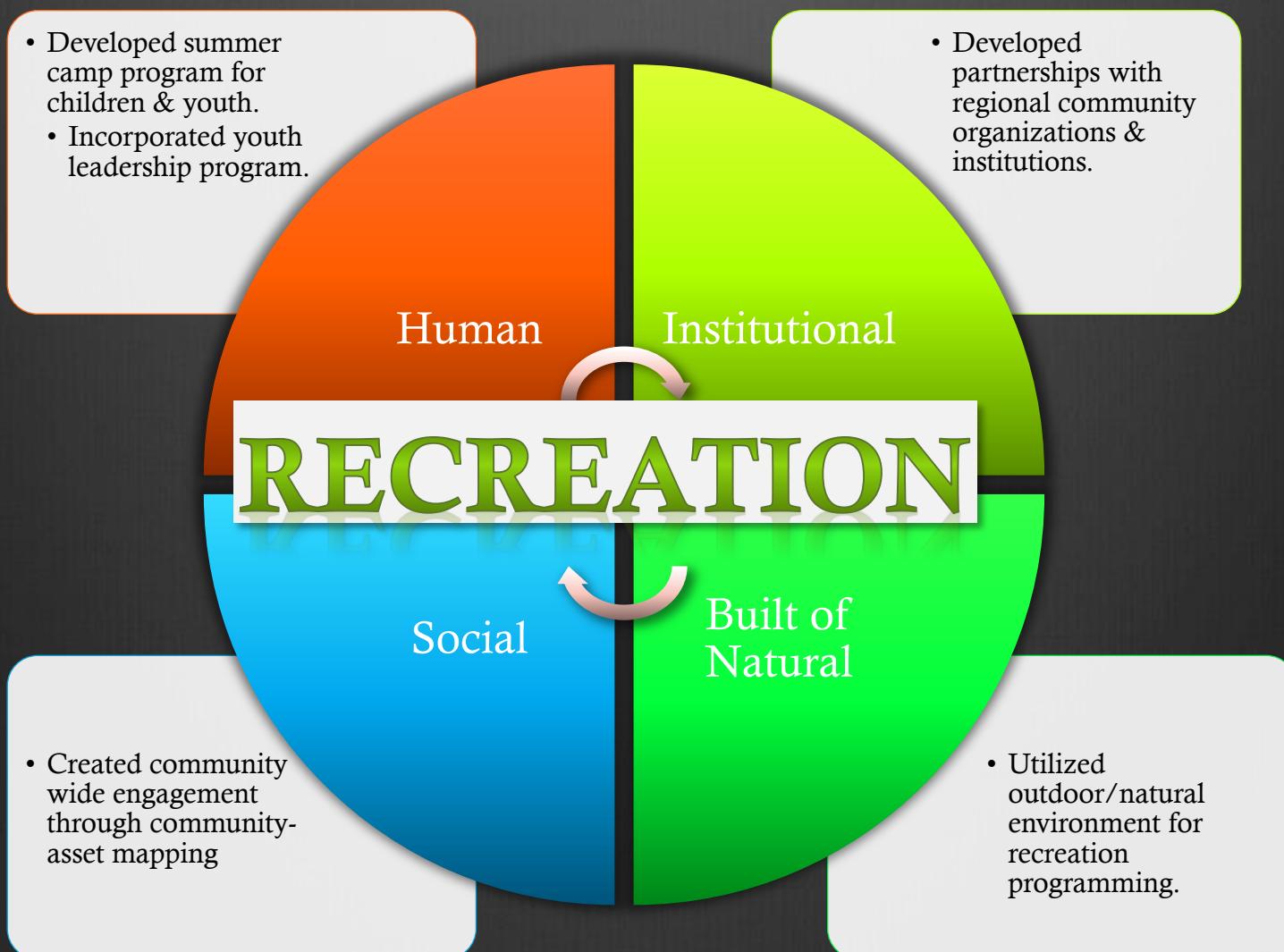
# School Closure

Rural community loses their school. The community is fearful for their future as residents disconnect from one another.



# Declining Industry

Rural isolated fishing village dealing with declining sense of community and poor quality of life after developing a very successful eco-tourism industry.



# Creating Resilience: Best Practices

- **Assessing** recreation for community resilience:
  - Connect recreation to community values.
  - Do a community-wide asset map.
- **Developing** recreation for community resilience:
  - Use place-based planning
  - Use asset-based community development.
  - Utilize partnerships & collaborations
- Recreation **leadership** for community resilience:
  - Use recreation as a way to develop leadership.
  - Harness leadership capacity with those you aren't seeing.
  - Collective & community-driven problem solving & decision-making

# Creating Resilience: Best Practices

- Types of recreation for community resilience:
  - Collective experiences
  - Events that harness community pride and tradition
  - Outdoor recreation experiences
  - Focus on recreation experiences that cultivate meaning & purpose (leisure education)
- Recreation partnerships for community resilience:
  - Local government
  - Health agencies
  - Voluntary community organizations (arts, tourism, environment, seniors, etc.)
  - Local sport leagues & associations

# Questions To Think About

- Are you investing in one community capital more than others?
- Does your community provide a sense of belonging for all residents? If not, who are you not seeing engaged in your community?
- Are there partnerships you need to create or leverage to balance your community capitals?
- When was the last time you asked your community what mattered to them?
- When was the last time you assessed your community's assets?

# Take Away Messages

- ❖ Resilience is=Adapting & changing, which means breaking from **TRADITION!**
  - ❖ Don't think just because you build it they will come.
    - ❖ Not all recreation is created equally.
- ❖ Community economic viability comes from **INVESTING** in social, human, and built & natural capital.
- ❖ Community planning must involve recreation if you want to create a resilient community.
  - ❖ Stop thinking from a deficit mindset.

“A community built around a strong foundation of human, social, and [built & natural] capital will provide a base upon which to build strong and well supported public structural capital. When people understand the real costs, benefits, and purposes of public spaces and services (development of human capital), they tend to respect them more” (Callaghan & Colton, 2008, p. 937).



# Thank You

