



**Active Living Strategy - Town of Annapolis Royal**  
**January 23, 2025**



## **Active Living Strategy – Town of Annapolis Royal 2023**

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# Active Living Strategy – Town of Annapolis Royal 2025

## Executive Summary

In 2023 the Town of Annapolis Royal began work on an update to the 2014 Annapolis Royal Physical Activity Strategy, a document originally created to ensure the municipality was committed to promoting and supporting active lifestyles. This update was to be renamed the Active Living Strategy to include a broader scope of considerations in guiding the municipality to value and endorse a more holistic approach towards an active and healthy community. The goal is to aid our community in understanding and inspire them to adopt Active Living.

This update process involved integrating new sources and data to guide municipalities as to how to create healthy, vibrant, active communities. New data relating to residents' opinions and needs relating to physical activity was collected, including a Physical Activity Community Survey conducted by Nova Insights in 2023, and a Community Engagement Recreation Survey conducted throughout late 2022 and the first half of 2023 by the Town of Annapolis Royal Recreation Department's Municipal Physical Activity Leader. Based on this data and sources, the following vision for this document was designed:

**The Town of Annapolis Royal is committed to Active Living and providing resources to educate, inspire, and bolster activity and movement for those who live in, work in, and visit our Town. The Town intends to foster a community where active living, physical activity, and daily movement opportunities and information are made available in an inclusive and barrier free manner.**

### Objectives for the Strategy:

**Focus on equity, accessibility, and inclusion:** Focus efforts on reaching hard to reach and under-served demographics by creating inclusive opportunities for active living regardless of physical ability or financial status.

**Individual and group self-sustainability:** Define and promote options and opportunities for active living where individuals and groups of participants become self-sustaining and intrinsically motivated.

**Promotion of Active Living:** Educate, encourage, and promote methods for improving and maintaining a healthy lifestyle and community that is founded on the principles of Active Living

**Focus on Municipal commitment to services, facilities, policy, and infrastructure that support movement:** Ensure the municipality recognizes the high importance of an active, healthy community and commits to investing in recreation and active transportation infrastructure, community leadership, and supporting facilities.

### Supports:

There are four categories of support that must be considered in creating a community that effectively supports Active Living. Special focus in the strategy is dedicated to those aged 45+ who are prone to becoming less active over time, as well as address the needs of youth, females, and newcomers to the community.

1. Supports for Individuals:

- Update and create new educational and informational materials that support Active Living as requested by community members in consultations.
- Create targeted promotional delivery networks within the Town of Annapolis Royal, focusing on utilizing strategic partnerships.
- Provide residents, members of the supporting communities, and visitors with information on opportunities for Active Living withing Town facilities and infrastructure.

2. The Social Environment:

- Promote walking, cycling, and active transportation through creation and/or support of community groups.
- Facilitate low-barrier opportunities for non-competitive recreation activities.
- Improve access and information regarding recreation facilities.
- Recognize community volunteers and sport and recreation champions.
- Define and reduce barriers to participation in organized and non-organized movement integrated into daily life.

3. The Physical Environment:

- Develop strategies to create, enhance, and maintain infrastructure that supports walking and cycling in the community.
- Invest in facilities, infrastructure, leadership, and services that support active living and movement.
- Invest in and create maintenance and upgrade plans for public recreation spaces that support both active and passive recreation. This includes parks, playgrounds, trails, sport and fitness facilities.

4. Capacity Building and Policy Development

- Develop communication standards and methods between the Town of Annapolis Royal Recreation and residents.
- Work with other Town of Annapolis Royal municipal departments, Council, and partners to ensure the goals of this Active Living Strategy are met.

Work Plan: The final section of this document is a 5-year plan that outlines a timeline for implementation of these objectives as well as key partnerships, priorities, and required actions.

## Overview of Active Living

In the Town of Annapolis Royal's 2015 Physical Activity strategy, promoting and achieving increased levels of "Physical Activity" in residents was the desired overall outcome of this community plan. This concept has since evolved and expanded to be known as "Active Living". Active living includes any physical movement in which the body uses more energy than when resting, including exercise, active transportation, sports, active work where the body is engaged, incorporating more movement into daily routines, as well as active leisure activities.

Guidelines for recommended physical activity levels have also changed in recent years; Canada has amended their previous guidelines of incorporating 150 minutes of daily physical activity for adults and 60 minutes daily for children to a more holistic approach. Now, including small bouts of movement with no focus on minimum amount is the preferred approach

Active Living is a holistic and self-managed approach to wellbeing that incorporates these physical activity goals into one's daily life. Key points to this approach are:

- Move more, sit less throughout the day, and incorporate movement into daily routines, as outlined in the **Canadian 24 Hour Movement Guidelines**.
- Opting to trade light physical effort for more vigorous ones in daily activities from understanding of the benefits of this choice.
- Get sufficient quality and quantity of sleep.
- Caring for one's mental and emotional health.
- Integrating these concepts into one's innate daily routine.

Examples of how to adopt this lifestyle include:

- Choosing to walk or cycle.
- Scheduling exercise into daily routines.
- Committing to Individual or group recreation activities.
- Recognize the health benefits of activity that comes from active work; gardening, yard work, housework etc.
- Choosing to take the stairs or the more challenging path from point A to B.

Understanding and integrating the practice of Active Living into one's life addresses the need to make the choice to utilize and exercise the body to maintain and improve physical and mental health. Municipalities that prioritize this in turn create strong communities. Active Living executes the task of improving individual and community health in a manner that is less intimidating and more manageable within the requirements of daily life than just regimented times allotted for physical activity.

## **The MPAL Program**

The Municipal Physical Activity Leadership (MPAL) program is an initiative that was developed by the Nova Scotia Department of Communities, Culture, Tourism and Heritage, Community Sport and Recreation Division (CCTH-CSR) to reduce the prevalence of inactivity in Nova Scotia. Funding is made available to municipalities to support hiring an MPAL. The municipality is responsible for hiring the MPAL, who is then guided by a set of provincial guidelines, resources, and mandates.

The Municipal Physical Activity Leader/Active Living Coordinator (MPAL/ALC) is to be the catalyst for this change towards communities adopting a culture of Active Living. Collaboration, partnerships, and teamwork are the keys to generating the momentum required for a ripple effect to drive a positive change to be felt in the community. The MPAL is responsible for leading the development, implementation, and monitoring of an Active Living Strategy to guide this process. The MPAL program was designed based on research and best practices, which show that local-level initiatives have the greatest potential to impact communities in a positive way.

## **Community Profile**

The Town of Annapolis Royal has a population of ~530 residents. The Town serves as a hub of activity, amenities, and services for the western Annapolis Valley and serves a larger population than its residents living within Town limits. The downtown core consists of 2km of a highly walkable shopping and amenities area, with well-maintained natural parks and trails integrated into the active transportation and recreational walking network of the Town. Residents are highly engaged and invested in the community, with a vibrant culture of recreational, cultural, artistic, and social activities. Seasonal tourism for sight seers and those interested in history also plays a crucial part in sustaining the Town's economy. Further community profile information can be found in Appendix B.



high cost to communities. The negative impacts of an inactive culture are costly in all senses of the word.

A Physical Activity Community Survey (Citizen Survey) was conducted in 2023 by Nova Insights Inc., and it notes that in Annapolis Royal that frequently mentioned barriers to activity levels are lack of social connections, poor infrastructure (infrastructure and facilities, especially for walking and cycling) and lack of nurturing social environments (having someone to be active with and finding the time to work activity into daily life and schedules). This survey also noted a need for more community sport and recreation opportunities, which has been somewhat improved since the opening and gained popularity of the Community Hub Gym in 2018.

From Fall 2022-Summer 2023, a community consultation process managed by the MPAL took place requesting input on the activities, satisfaction levels, and wants and needs in relation to recreation and Active living. Of the 117 responses, social connection, barrier free resources, and the need to create and improve infrastructure was most noted.

Links to both studies have been appended in Appendix B. This strategy aims to incorporate these findings, interests, and requests into tangible goals and a sustainable 5-year action plan.



## **Annapolis Royal Strategy for Active Living Vision:**

**The Town of Annapolis Royal is committed to Active Living and providing resources to educate, inspire, and bolster activity and movement for those who live in, work in, and visit our Town. The Town intends to cultivate a community where Active Living, physical activity, and daily movement opportunities and information are made available in an inclusive and barrier free manner.**

## **Objectives of the Strategy**

The following objectives are incorporated into the concepts, goals, and action plan of this strategy.

**Focus on Equity, accessibility, and inclusion:** Focus efforts on connecting with hard to reach and underserved demographics by creating inclusive information and opportunities for active living.

**Individual and group self-sufficiency** create and promote options and opportunities for active living where individuals, groups of participants, and partners become self-sustaining as the recreation department moves away from programming and management and towards a facilitation role.

**Active Living Promotion** – educate, encourage, and promote methods for improving and maintaining this healthy lifestyle choice.

**Municipal commitment to services, facilities, and infrastructure that support Active Living** – Ensure the municipality recognizes the high importance of nurturing an active, healthy community and commits to investing in and supporting recreation and active transportation infrastructure, community leadership, and facilities.

## **Outline for the Strategy**

### **Supports for individuals**

To provide support for the residents of Annapolis Royal in building the knowledge, attitudes, and skills they need to pursue active living.

### **Social Environment**

To foster a social environment in the Town of Annapolis Royal that supports active living and makes this practice part of daily life.

### **Physical environment**

To provide a physical environment in the Town of Annapolis Royal that supports active living and makes its principles safe, easy, and accessible.

### **Capacity and Policy Building**

Capacity designed to ensure there are adequate resources to implement the Active Living Strategy and that it remains effective and sustainable. Policy should be built that supports accessibility designs throughout recreation facilities, address needs of marginalized groups, and guarantees equitable facility and opportunity access to all.

## **Part 1: Supports for Individuals**

Part 1. of the outline of the Active Living Strategy is all about providing people of all ages and abilities with the information they need to build interest in engaging in more movement, physical activity, and integrated healthy lifestyle choices to make an integrated active living lifestyle part of daily life. The key to achieving the goals in this section will be for the MPAL to develop an outreach strategy that is educational and inspiring. Important considerations in designing this outreach strategy include focusing on activities that individuals were most interested in in both surveys in Appendix B. These materials will be rolled out to residents by communicating with them using both online and analogue materials and partnering with community organizations to get information into the places where people already go (e.g. the library, health center, seniors home and apartments, Board of Trade, etc.).

### **Goal 1. Curate and update educational and informational materials**

Action 1.1 - Create inspirational and educational campaign materials and no-barrier walking programs.

Action 1.2 – Produce multi-post online promotional campaign for various locations in Town, noting the Town’s intrinsic walkability such as wayfinding signage and rest area signs and locations.

Action 1.3 - Develop an outreach presentation highlighting the 2023 Physical Activity survey results that is promoting and encouraging free unstructured play, open space activities, and pick-up sport location opportunities.

### **Goal 2 Target communication of materials by working with partners and developing distribution methods.**

Action 2.1 – Create outreach a 20-30 minute outreach presentation the MPAL can deliver to partners and offer simple analog documents. The focus of this presentation should be:

2.1.1. Walking for physical activity and developing and installation of AT mapping throughout community.

2.1.2. Promotion of Participaction Community Challenge campaign and/or other relevant campaigns that may be released

2.1.3. Develop or update printed materials that identify all trail systems for active transportation.

2.1.4. Distribute information available through a variety of media (e.g. social media, website, calendar, through MPAL, mailing list, online mailing list, Town Crier monthly newsletter).

2.1.5. Post information on social media platforms as well as provide printed materials throughout the community.

2.1.6. Promote and track usage of equipment loan program to community members.

### **Goal 3 Provide residents with access to inclusive opportunities to learn new skills and develop their interests**

Action 3.1 - Develop and update materials for activities both offered by Town of Annapolis Royal Recreation Department and independent groups and practitioners (Climbing Gym, YMCA, AVRIL, Innovation lab).

Action 3.2 Promote outdoor movement and walking activities that are year-round.

3.2.1. Provide snowshoe hiking events throughout the winter.

3.2.2. Provide materials on constructing a backyard rink.

## **Part 2: Social Environment**

Part 2 of this section focuses on fostering social environments that have a positive influence on residents and encourages the creation of strong community connections and adopting an Active Living lifestyle. These opportunities should be designed as not to discriminate based on income level, which can impact the ability to participate due to fees, transportation costs, and equipment required. Opportunities should target key demographics including children, girls in grades 6-8, adults over 45, and those with mobility and accessibility requirements.

The key to the success of these initiatives is to create self-sustaining social connections that build on the passion and enthusiasm of community champions willing to step forth as leaders.

### **Goal 4 - Coordinate and facilitate low barrier program and sport opportunities to be run by community volunteers.**

Action 4.1 Improve and develop more noncompetitive and free community activity opportunities led by volunteers and assist them in program organization and management.

Action 4.2 - Outreach assistance for external programs and group creation and procuring funding for motivated community champions and organizations. Assist them with logistical, educational, and organizational development

Action 4.2.1. Work with Annapolis Royal Community Pool

Action 4.2.2 Work with NS Walks walking group

Action 4.2.3 Work with local cycling groups and initiatives and events

Action 4.2.4 Annapolis Royal Tennis Club

Action 4.2.5 Annapolis Valley Skippers

Action 4.2.6 Junior Hoops organization

Action 4.2.7 Annapolis Valley Climbing Club

Action 4.2.8 External Fitness Class Practitioners such As Transworld Dance

Action 4.3 – Implement automated public online registration and facility booking system to improve efficiency of residents' ability to access and utilize facilities such as gym, market plaza, and amphitheater as well as recreation programs.

**Goal 5 – Support community groups and organizations that promote walking for recreation.**

Action 5.1 Create social supports that encourage active transportation – encourage walk to work and school programs, feature active transportation in community events (group walks on Canada Day), Collaborate with Health Center on walking initiatives.

Action 5.1.1 Partner with Make Your Move at Work to encourage community members to increase their daily movement

5.1.2 Collaborate with the Ecology Action Centre to provide support for walking/wheeling to school days that will encourage active transportation.

5.1.3 Incorporate physical activity opportunities during community events such as a group walk during Canada Day celebrations in partnership with the Walk NS group

5.1.4 Partner with the Health Center on walking initiatives.

Action 5.2 Create monthly Annapolis Royal “Make your Move” Community Champion profile for Social Media/Monthly newsletter. Recognize community champions, partners, businesses, and any individuals that promote walking and movement via their volunteer efforts as it relates to the Make Your Move Campaign

**Goal 6 – Reduce barriers to participation for hard-to-reach demographics such as those with reduced ability, accessibility requirements, and limited finances.**

Action 6.1 Decrease barriers to participation in organized and non-organized activity -

Update policy for adaptable registration fees for programs, work with staff to define reduced rate policy,

Action 6.1.1 Review registration fee policy that includes reduced rate policy.

Action 6.2.1 Define long range goals to create an inclusive and accessible infrastructure that will allow for more movement throughout the day.

### **Part 3: Physical Environment**

Annapolis Royal's physical environment must be designed and maintained in a manner that provides a welcoming, accessible, and safe infrastructure for Active Living. As noted in the Town of Annapolis Royal Strategic Plan – 2022, section 5's value to our way of life includes greens space and trails, a safe and clean environment, and infrastructure and resources. We must commit to investing in our facilities and infrastructure to ensure these assets are sustained and these values honored.

- In both the Physical Activity Citizen Survey and Recreation Activities Surveys are that residents are most interested in walking and cycling as forms of recreation. These low barrier activities must be valued in our Town planning.
- Many of our facilities, parks, and infrastructure are dated and require major updates to create the necessary cultural shift for users to incorporate walking and cycling into their daily lives. The importance of accessibility, safety, and active transportation best practices must be addressed moving forward.
- Partnerships are another key component to the overall success of creating an active living culture that best utilizes our facilities and infrastructure. Relationships that focus on utilizing infrastructure owned by the Municipality but under management of partners such the Annapolis Community Pool which is owned by the municipality but managed by the Friends of the Annapolis Pool Society and sports friends under the care and control of the Annapolis West Education Center/Annapolis Valley Regional School Board must be clearly defined and valued. Partnerships with external organizations such as the Fundy YMCA, Annapolis Valley Climbing Club, and Annapolis Royals Tennis Club that utilize municipal recreation facilities and infrastructure must also be included in planning to mee the vision of achieving a community that effectively offers active living opportunities.

A list of recreation assets can be found in Appendix C with additional information on utilization and management, as well as a list of strategic partnerships with external organizations in Appendix D.

#### **Goal 7 – Design and implement maintenance and upgrade plans for public recreation spaces including parks, playgrounds, and trails that supports both active and passive recreation.**

Goal 7.1 - Update or generate maintenance and projected refurbishment plans for parks, playgrounds, and trails to ensure safety, accessibility, and sustainability.

Goal 7.2 – Develop regulations and memorandums of understanding for use of public space and facilities outside the standard Recreation Parks & Facilities public spaces, such as First Lake, AWEC Sports Fields under care and control of AVRSB, and Tennis Court usage for Annapolis Royal Tennis Club.

Goal 7.3 - Work with Public Works and CAO to define the concept of adding year-round maintenance and adding lighting to enhance trails and to increase safety.

**Goal 8 - Develop strategies to create and maintain infrastructure that supports walking and cycling in the community**

Action 8.1 – Procure grants for infrastructure improvements annually via Active Living Fund, Regional Facilities Grants, Community Recreation Capital Grants, Planning Assistance, Provincial and Federal accessibility funding, and other sources. Increase crosswalks, bench seating to meet accessibility standards in advance of 2030 at our trails and parks.

**Goal 9 - Invest in Facilities, infrastructure, partnerships, and services that support Active Living and movement among residents and visitors.**

Action 9.1 - Procure grants for infrastructure and facility improvements annually via Active Living Fund, Regional Facilities Grants, Community Recreation Capital Grants, Provincial and Federal accessibility funding, and other sources. Focus on trails, crosswalks, seating, and meeting 2030 Accessibility Standards.

Goal 9. 2 – Work with Town Planning department to align infrastructure upgrade programs with existing infrastructure repairs plan through the Town Planning Department ex: Blue Route Hubs Core AT project.

Goal 9.3 - Develop partnerships and custom agreements to maximize use of facilities and provide opportunities for additional recreation services - partner with YMCA for youth day camps at Hub Gym, provide access to Hub rooms to community groups. Reduce barriers to accessing these facilities.

## **Part 4: Capacity Building and Developing Policy**

Capacity building is increasingly important as the Annapolis Royal Recreation Department/MPAL moves away from direct program management and towards a facilitation role. This role, with the adoption of this Strategy, will be to provide promotion, capacity building, and facilitation between organizations and community members. The following goals pertain to easing this transition and providing guidance to Town staff and Council in order to implement policy that reflects these values.

### **Goal 10 - Provide clear communication to residents as to what the Recreation Dept can provide.**

Action 10.1 – Development, promotion, and communication of active living, promotion via website, social media, analog materials

### **Goal 11 – Focus on integration of Active Living concepts in Town Planning and Policy Building.**

Action 11.1 - Collaborate with Town Staff and Council to ensure facets Active Living is considered in strategic development, infrastructure maintenance, policy making and capital planning.

Action 11.2 Manage implementation and maintenance of the Active Living Strategy – review strategy every five years with community input, manage resident surveys, regularly update Town Council and CCTH on the progress made in implementing the strategy.

Action 11.3 Ensure that accessibility concerns relating to recreation and active transportation assets are included in Public Works maintenance plans.



## Implementation & Evaluation

The following section lists each of the Actions from the previous section and assigns a priority level, timeline, role/responsibility, and suggested measurable indicators for each action.

In the following table priority has been divided into HIGH, MEDIUM, and LOW.

The timelines assigned are based on a five-year implementation of the Strategy within fiscal years (e.g. April 2024-March 2025; April 2025-March 2026). The following actions are designed and scheduled to achieve defined goals, but are not exhaustive or a unchangeable. The following implementation plan may be reviewed and updated by MPAL and staff as required.

<b>PART 1. Supports for Individuals</b>				
<b>Action</b>	<b>Priority</b>	<b>Timeline</b>	<b>Responsibility</b>	<b>Indications</b>
1.1 Campaign Materials	Medium	Winter 2025	MPAL, CAO	Materials Created
1.2 Online Promotions	Medium	Spring 2025	MPAL	Materials Created
1.3 Outreach Presentation – Survey Results	Medium	Spring 2025	MPAL	Materials Created
2.1 Outreach Presentation – Walkability	Medium	Summer 2025	MPAL	Materials Created
2.1.1 Walk Route Mapping	Medium	Spring 2025	MPAL	Materials Created
2.1.2 Participacion Community Challenge Promo	Medium	Winter 2025	MPAL	Materials Created
2.1.3 Print Materials	Medium	Winter 2025	MPAL	Materials Created
2.1.4 Social Media Campaign	Medium	Winter 2025	MPAL	Materials Created
2.1.5 Physical Distribution of Materials	Medium	Winter 2025	MPAL	Deployed
2.1.6 Equipment Loan Promo	Medium	Summer 2025	MPAL	
3.1 Private Practitioner Materials collection and promotion	Medium	Summer 2025	MPAL	Materials created

3.2 Snowshoe Walk series promo	Medium	Winters 2025-2030	MPAL	Promotions posted on website and social media
3.2.1 Hiking Events List	Medium	Winters 2025-2030		
3.2.2 Skating Options Info	Medium	Winters 2025-2030		
<b>PART 2. Social Environment</b>				
<b>Action</b>	<b>Priority</b>	<b>Timeline</b>	<b>Responsibility</b>	<b>Indications</b>
4.1 New Partnerships	High	Winter 2025	MPAL	
4.2 Outreach Existing Partnerships	Medium	Summer 2025	MPAL	
4.2.1 Community Pool	Medium	Summer 2025	MPAL	
4.2.2 NS Walks	Medium	Summer 2025	MPAL	
4.2.3 Cycling Groups	Medium	Summer 2025	MPAL	
4.2.4 Annapolis Royal Tennis Club	Medium	Summer 2025	MPAL	
4.2.5 AR Skippers	Medium	Summer 2025	MPAL	
4.2.6 Junior Hoops	Medium	Summer 2025	MPAL	
4.2.7 Annapolis Valley Climbing Club	Medium	Summer 2025	MPAL	
4.2.8 Transworld Dance	Medium	Summer 2025	MPAL	
4.3 Registration System	High	Fall 2025	MPAL	
5.1 Encourage Social Supports for AT among Groups	Medium	Fall 2025	MPAL	
5.1.1 Make Your Move	Medium	Fall 2025	MPAL	
5.1.2 ECA	Medium	Fall 2025	MPAL	
5.1.3 Walk Group	Medium	Fall 2025	MPAL	
5.1.4 Health Center	Medium	Fall 2025	MPAL	
5.3 Community Make Your Move Profiles	Medium	Spring 2025	MPAL	Profiles launched
6.1 Decrease Participation Barriers	High	Spring 2025	MPAL, CAO	partner with schools to offer promotion and student rates.

6.2	High	Fall 2025	MPAL, other members of Inter Municipal Accessibility Committee (in development 2023)	Process initiated and sustained
<b>PART 3: The Physical Environment</b>				
<b>Action</b>	<b>Priority</b>	<b>Timeline</b>	<b>Responsibility</b>	<b>Indications</b>
7.1 Parks and Playgrounds Maintenance Plan	High	2025	MPAL, CAO, Public Works, CCTH for funding sources	Define 5 year timeline and budgetary needs within the plan. Address key concerns blocking Active Living opportunities. Procure grants for design consultations as required.
7.2 MOUs for public used spaces	High	Winter 2025	MPAL/CAO/AVRSB/Friends of Annapolis Pool Society/Tennis Club	Agreements and Memorandums of Understanding created and adopted
7.3 Year-Round Maintenance of Public Spaces	Medium	2025	MPAL/CAO/Public Works	Discussions and concept plan completed
8.1 Procure Funding – Active Living	High	2025-30	MPAL/CAO/CCTH/Provincial and Federal Govt	Continued development and installation of walkability and Active Living goals as defined in Goal 6.2
9.1 Procure Funding - Infrastructure	High	2025-30	MPAL/CAO/CCTH	Projects defined and funding secured
9.2 Town Planning Collaboration	High	2025-28	MPAL/CAO/Public Works/Contractors	Projects completed
9.3 External Partnerships to support Town Facilities	Medium	Summer 2025	MPAL/Outside partners	Agreements defined and signed

PART 4: Capacity Building and Quality Improvement				
<b>Action</b>	<b>Priority</b>	<b>Timeline</b>	<b>Responsibility</b>	<b>Indications</b>
10.1 Public Communications of Policy and Mandates		Summer 2025-30	MPAL	
11.1 Collaborate with Staff and Council to ensure Active Living is valued	High	Summer 2025-30	MPAL/CAO/Council/Public Works/Bicycle Nova Scotia	Finalized designs created and considered
11.2 Manage implementation of Active Living Strategy	Medium	2025-30	MPAL/CAO/CCTH	Review workplan annually, adapt Goal/Action timeline if required
11.3 Manage ongoing Accessibility improvements and meeting standards	Medium	2025-30	MPAL/CAO/CCTH	

## Appendix A: Supporting Documents

This strategic plan for integrating movement into an active living lifestyle has been informed by and supports the goals of two provincial documents, **Let's Get Moving Nova Scotia** and the **Shared Strategy for Recreation in Nova Scotia**, both which emphasize the importance of incorporating movement into daily routines. Both provide a toolkit to take these practices from theory to daily life.

Let's Get Moving Nova Scotia is a plan to encourage Nova Scotians to include more movement into their daily lives. The goals and themes within this action plan were shaped by a cross-departmental committee and informed by the public, and physical activity stakeholder organizations and leaders, including participants in the Creating Active Communities Together event and Vibrant Active Nova Scotia Symposium, Mi'kmaw, and municipal physical activity leaders, key partners such as the Mi'kmaw Sport Council, the Nova Scotia Health and the Workers' Compensation Board of Nova Scotia, Nova Scotia citizens (through survey data collected as part of the Municipal/Mi'kmaw Physical Activity Leadership Program).

The goals of this strategy are:

Goal 1: Redefine movement. The goal is to have Nova Scotians form new habits that make regular movement part of our daily lives.

Goal 2: Reach Nova Scotians where we learn, work, and access healthcare. The goal is to integrate more movement into these settings.

Goal 3: Advance Quality Community Leadership by fostering community champions.

Goal 4: Enhance Opportunities and Address Inclusion. We must be mindful of accessibility and inclusion in our how we choose to integrate movement into Nova Scotian's daily lives.

Goal 5: Measure Progress. Tracking physical activity rates and creating clearly defined measurables for success are a priority.

The complete Let's Get Moving Nova Scotia plan can be viewed at:

<https://novascotia.ca/letsgetmoving/docs/letsgetmoving-en.pdf>

### **Recreation Nova Scotia's Shared Strategy for Recreation in Nova Scotia:**

The purpose of the Shared Strategy for Advancing Recreation in Nova Scotia is to clarify a shared vision and set of priorities that reflects the aspirations and the broader potential of the recreation sector in the province. It is also intended to strengthen alignment of plans and policies and facilitate even richer opportunities for collaboration and resource sharing. It is meant to foster innovation, and the development of complementary initiatives. It is also intended to provide a blueprint for how governments, NGO's, community organizations and others might contribute to the recreation system. At the core of this strategy is a way to advance the impacts of recreation in Nova Scotia.

Goal 1: Active Living To foster active, healthy living through recreation.

Goal 2: Inclusion and Access To increase inclusion and access to recreation for populations that face constraints to participation.

Goal 3: Connecting People and Nature To help people connect to nature through recreation.

Goal 4: Supportive Environments To ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities.

Goal 5: Recreation Capacity To ensure the continued growth and sustainability of the recreation field.

The complete document can be found here:

<https://recreationns.ns.ca/documents/initiatives/344-shared-strategy/file>

### **Town of Annapolis Royal Strategic Plan 2022:**

In 2022, the Town of Annapolis Royal updated their strategic plan. Considerations were made to ensure the health, environment, quality of life, and long-term prosperity of the Town and its residents. The strategy is summarized based upon the following vision statement:

To encourage, support, and promote the Town's long-term economic vitality. To provide a safe, inclusive, and diverse community while maintaining its deep-rooted history and culture. To preserve and protect the Town's natural and built heritage, environment, and small-town atmosphere, while enhancing the quality of life for its community - current and future.

Summary of the vision statement: To be where 550 people want to live, work and play by 2026.

The complete document can be viewed here:

<https://annapolisroyal.com/wp-content/uploads/2022/12/Strategic-Plan-2022-Updated.pdf>

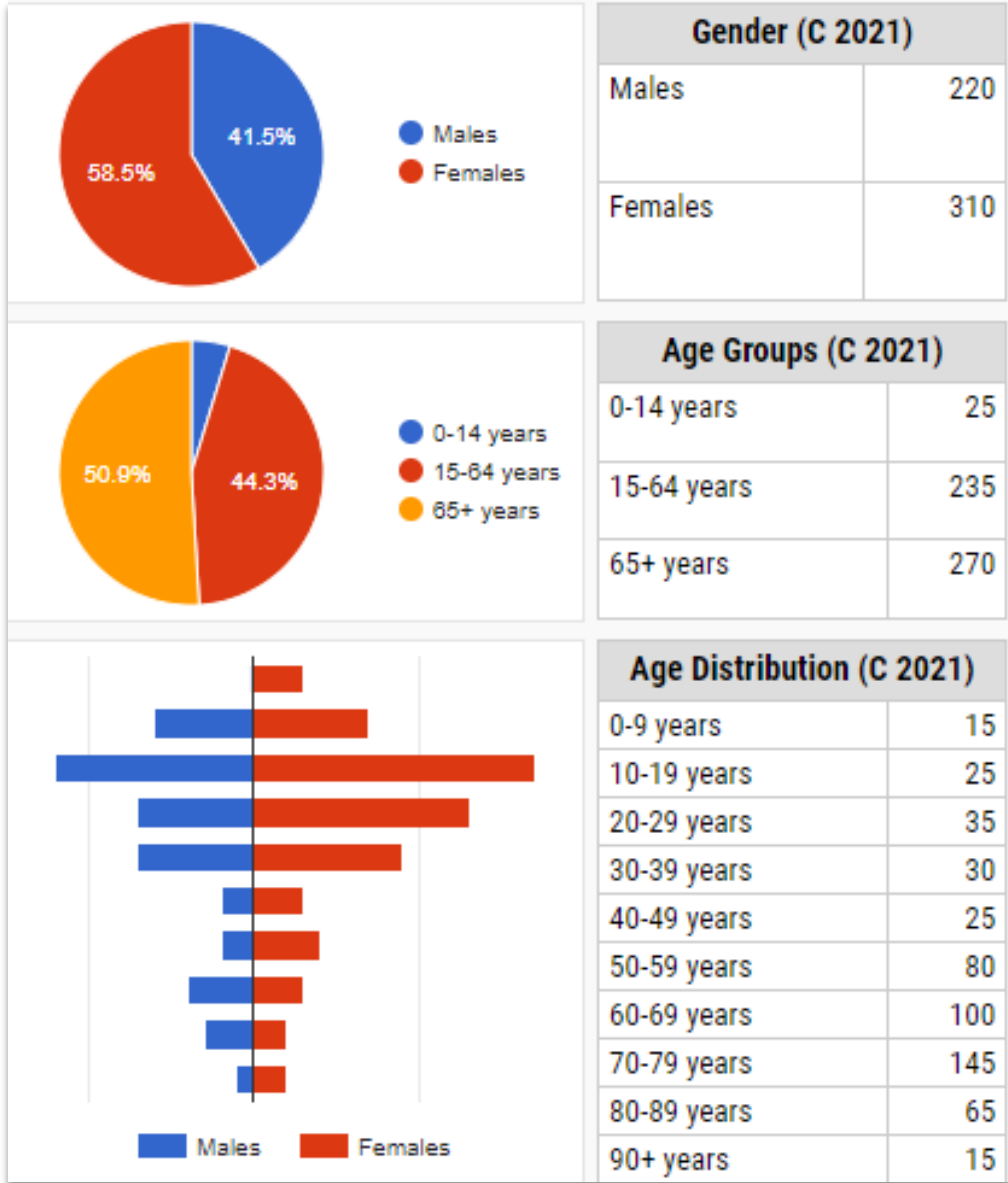
## **Appendix B: Community Profile and Consultations**

Annapolis Royal is a vibrant community steeped in history and the arts, and with its small land area and excellent infrastructure offers residents and visitors many opportunities for community recreation, sport, and adopting an active living lifestyle. As per the Town's 2022 Strategic Plan, it values green spaces and trails, a safe and clean environment, and its infrastructure and resources.

2021 Census Information:

In the [2021 Census of Population](#) conducted by [Statistics Canada](#), Annapolis Royal had a population of 530 living in 322 of its 364 total private dwellings, a change of 7.9% from its 2016 population of 491. With a land area of 1.98 km<sup>2</sup> (0.76 sq mi), it had a population density of 267.7/km<sup>2</sup> (693.3/sq mi) in 2021.

Further information about the population structure:



**2021 Census information: Town of Annapolis Royal**

<https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/details/page.cfm?Lang=E&SearchText=Annapolis%20Royal&DGUIDlist=2021A00051205008&GENDERlist=1,2,3&STATISTIClist=1&HEADERlist=0>

This Active Living Strategy utilizes data collected from residents and user of the Town’s recreation and active living resources, including and Physical Activity Community Survey conducted by Nova Insights in 2018, and an MPAL Community Engagement Recreation Survey conducted throughout late 2022 and the first half of 2023 by the Town of Annapolis Royal Recreation Department.

**Physical Activity Community Survey conducted by Nova Insights**



The complete document can be found here:

[https://annapolisroyal.com/wp-content/uploads/2023/09/Rpt\\_PA-Citizen-Survey-2018\\_ANNAPOLIS-ROYAL.pdf](https://annapolisroyal.com/wp-content/uploads/2023/09/Rpt_PA-Citizen-Survey-2018_ANNAPOLIS-ROYAL.pdf)

**MPAL Community Engagement: Recreation Survey**

Conducted between September 2022 and August 2023 with 118 responses from residents and users of our community's recreation services. The results of this process help reinforce the understanding that providing safe, inclusive environments for activity is a key priority, and that walking and cycling remain the top priority to support an active living community. A presentation of key findings compiled from these surveys can be viewed here:

<https://annapolisroyal.com/wp-content/uploads/2023/09/Recreation-Survey-Results-2023.pdf>

## Appendix C: Active Living Community Assets

Location	Address	Overview
Community Hub Gym	578 St George Street	Large gymnasium and stage used for recreational activities. Owned and operated by Town
AWEC Gym and Multi-Purpose/Dance Room	100 Champlain Drive	Small gymnasium and padded floor dance room. Available after school hours for children's programming through partnership with AVRCE and Town of Annapolis Royal
Soccer Fields (2) and Field Hockey Field	100 Champlain Drive	Outdoor sports fields owned by Town of Annapolis Royal and under care and control of AVRCE/AWEC. They are available for free public use when not in use by school programming
Basketball Courts at AWEC	100 Champlain Drive	2 Full-court basketball courts available outside of school hours
Grant Potter Memorial Park	167 St George St	Outdoor park containing natural play space and traditional playground equipment, available year round but closed in snow/ice risk season.
Skate Park	158 Prince Albert Road	Cement skateboard park located at head of French Basin Walking Trail.
Annapolis Royal Community Pool	62 Champlain Drive	Town owned but privately operated community pool, open Late June to Late August
Tennis Courts	62 Champlain Drive	2 public outdoor public tennis courts, available year round
Harvest Moon Trail	112 Price Albert Rd.	Western trailhead for 110km Harvest Moon Trailway, also designated as Trans Canada Trail
French Basin Trail	158 Prince Albert Road	Scenic walking trail around the French Basin
Walk Annapolis Royal Trails	Varies	Scenic walking trails through and around the circumference of town, including John Rodie Way, Membertou trail and Boardwalk
Oqwa'titek Amphitheatre	275 St. George	Large public amphitheater available for concerts, outdoor programs, and events
Upper St. George shared use sidewalk	Upper St. George St, traffic lights to Highway 201	Shared use sidewalk for cyclists/pedestrians. Site currently being considered and assessed for Blue Route Hubs cycling infrastructure project
Paddy's Park Off Leah Dog Park	112 Prince Albert Rd	1/3 acre off-leash public dog park owned and operated by Town of Annapolis Royal
First Lake	8843 Highway 8 in Lequille	Former Town water supply area located in Lequille, provides fishing, hiking, and picnic opportunities.
Historic Gardens	323 St George	Privately operated botanical gardens with extensive walking opportunities
Privately operated facilities (Yoga, Dance Studios, Adult living and Learning)	Varies	Many privately run activity opportunities, not run by but endorsed by Town of Annapolis Royal



## **Appendix D: Partnerships and Additional Resources:**

### **Additional Provincial and National Guidelines**

#### Strategic Partnerships

Nova Scotia Government – Department of Communities, Culture, Tourism and Heritage – Sport and Recreation Division

Recreation Nova Scotia

Sport Nova Scotia

Bicycle Nova Scotia – Blue Route Hubs Project

Hike Nova Scotia

Town of Annapolis Royal Accessibility Committee

AVRCE – Annapolis Valley Regional Center For Education

FAPS – Friends of Annapolis Pools Society

Schools Plus Committee

Annapolis Royal Tennis/Raquet Sports Club

Annapolis Royal Football Club

Annapolis Royal Board of Trade

Annapolis Heritage Society

Annapolis Royal Historical Gardens

Municipality of County of Annapolis

Fundy YMCA Summer Day camp Partnership

Annapolis Valley Climbing Club – The Loft Climbing Facility

Annapolis Valley Regional Library

Annapolis Royal Lions Club

AIRO – Annapolis Investment in Rural Opportunity

Parks Canada

### **Additional Resources**

Healthy School Communities Initiative

Healthy Tomorrow Foundation “Make your Move” Toolkit

Sport Nova Scotia’s Strategic Plan Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights

Canadian Physical Activity and Sedentary Behavior Guidelines

Let's Get Moving Canada