2014 GREAT LAKES PARK TRAINING INSTITUTE
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INTRODUCTION

Participants from the Great Lakes region gathered in Indiana’s Pokagon State Park February 24-27, 2014 to attend the 68th annual Great Lakes Park Training Institute (GLPTI). GLPTI is a week filled with education, training opportunities, social networking, and a relaxation.

The Great Lakes Park Training Institute is deeply rooted in the heart of the park and recreation training history. In the mid-1940s, amidst the rapid growth of park districts, state parks, and recreation departments throughout the Midwest, an awareness of the need for a professional training program arose. At the invitation of Dr. Garrett Eppley at Indiana University, the summer of 1946 ushered in a meeting of representatives from Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin. Dr. Eppley proposed an educational institute to include general sessions and detailed workshops. The group supported the idea and arranged for a pilot program in late 1946. A total of 116 delegates attended the pilot program held at McCormick’s Creek State Park in Indiana. The pilot was a huge success and provided much service to those departments in attendance.

The representatives met again, this time adopting the name Great Lakes Park Training Institute, and agreed to continue the program. Throughout the years, the program has been polished and tailored to become what it is today.

The Eppley Institute for Parks and Public Lands at Indiana University administers GLPTI in its current format. Eppley Institute personnel staff GLPTI and work with the Board of Regents to conduct the event.

This document contains the proceedings of the 2014 Institute. Session information, PowerPoint slides, and handouts have been provided for all speakers who submitted the information to the Great Lakes Park Training Institute.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 24 February</th>
<th>Tuesday 25 February</th>
<th>Wednesday 26 February</th>
<th>Thursday 27 February</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 AM</td>
<td>State Association Executive Directors</td>
<td>Models for Sustainable Park Development</td>
<td>Hands-on Workshops 8:15 AM-10:30 AM</td>
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<tr>
<td>- 9:45 AM</td>
<td>Great Lakes Region Challenges and Solutions</td>
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<td>Disc Golf Planning and Design</td>
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<td>10:00 AM</td>
<td>The Registration Table will open at 9:00 AM on Monday.</td>
<td>So You've Got to Give a Speech...”</td>
<td>Developing a Sustainable Sign Program for Your Park</td>
<td></td>
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<tr>
<td>- 11:30 AM</td>
<td>Positioning Parks and Recreation in Public Health</td>
<td>Interpretive Services – Connecting People to Place and Purpose</td>
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<tr>
<td></td>
<td>Is Oil or Gas on Park Land a Boom or Bust?</td>
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<td>What’s Really in Your Tank? The Proper Measurement and Use of Pesticides</td>
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<td>11:30 AM</td>
<td>Lunch on Your Own in Dining Room</td>
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<td>10:45-Noon</td>
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<tr>
<td>- 1:00 PM</td>
<td>Lunch in Dining Room</td>
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<td>Say What? Eight Critical Thoughts about Words and those who Say/Hear Them</td>
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<tr>
<td>1:00 PM</td>
<td>Hands-on Workshops 1:00 PM-3:15 PM</td>
<td>Build it and They Will Come-Stories of a Natural Playscape</td>
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<tr>
<td>- 2:00 PM</td>
<td>The Not-So-New ADA Requirements and Strategies for Your Agency</td>
<td>High Risk Recreation Management and Maintenance</td>
<td>Playground Maintenance and the “Dirty Dozen”</td>
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<td></td>
<td>Chainsaw Use and Maintenance</td>
<td>Maintenance Management Systems: Are They For You?</td>
<td>A Community Trail Impact Assessment</td>
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<td></td>
<td>In Pursuit of the Traveler: Navigating the “New” Tourism Landscape</td>
<td>Registration Systems</td>
<td>Food, Farms, and Parks: Opportunities for Agriculture in Park Operations</td>
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<td>2:15 PM</td>
<td>Build it and They Will Come-Stories of a Natural Playscape</td>
<td>High Risk Recreation Management and Maintenance</td>
<td>The Health and Park Connection</td>
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<tr>
<td>- 3:15 PM</td>
<td>High Risk Recreation Management and Maintenance</td>
<td>Maintenance Management Systems: Are They For You?</td>
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<tr>
<td></td>
<td>Maintenance Management Systems: Are They For You?</td>
<td></td>
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</tr>
<tr>
<td>3:30 PM</td>
<td>Team Building</td>
<td>Registration Systems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 5:00 PM</td>
<td>Dinner in Inn Dining Room at 5:30 PM Toboggan Run Contest / Social 6:30 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NIGHT</td>
<td>Awards Reception in Lake James at 6:00 PM Dinner 6:30 PM Awards Presentation 7:00 PM</td>
<td>Vendors/Staff/Board eat at 6:00 PM Dinner Buffet in Lake James at 6:30 PM Vendor Social at 7:00 PM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
INSTITUTE HOSTS

The Eppley Institute is Indiana University’s unique outreach program for the park, recreation, and public land management professions and works to enhance the quality of natural, cultural, and recreational experiences for all people. With the resources of Indiana University, the Eppley Institute has access to experts and a technology support system that are difficult to duplicate. The

Eppley Institute provides expertise in several areas, including technical assistance and research, planning and design, and training and education for the National Park Service and other similar organizations around the world.

As a unit of the Department of Recreation, Park, and Tourism Studies, the Eppley Institute has a rich history and legacy in park and recreation management. Indiana University, one of the first park and recreation management degree granting universities in the nation, has been a leader in parks, recreation, and public lands education, research, and technical assistance since 1946.

SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY

Department of Recreation, Park, and Tourism Studies
Bloomington

The Department of Recreation, Park, and Tourism Studies was founded on July 1, 1946. The Department offers specializations in Park and Recreation Management, Recreational Sport Management, Therapeutic Recreation, Tourism Management, and Outdoor Recreation and Resource Management. There are over 300 undergraduates and over 90 graduate students. It offers an online master’s degree program and has 30 doctoral programs. The Department works closely with local, state, and national agencies in cooperative research, education, and internship opportunities. The Department has a variety of external activities and initiatives, including Bradford Woods and the Eppley Institute for Parks and Public Lands.
INSTITUTE SPONSORS

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The Disc Golf Company
The Not-So-New ADA Requirements and Strategies for Your Agency
1:00 PM-3:15 PM
Crooked Lake Room

- Tracey Crawford, Executive Director (Northwest Special Recreation Association)

This session will give an overview of the ADA laws impacting park and recreation agencies and provide information on the newest ADA laws, which require all park and recreation agencies to be compliant by March 15, 2012.

THE NOT-SO-NEW ADA REQUIREMENTS AND STRATEGIES FOR YOUR AGENCY

February 24, 2014
Great Lakes Park Training Institute
Indiana University

Tracey M. Crawford, CTRS, CPRP, Executive Director,
Northwest Special Recreation Association
3000 West-Central Road, Suite 205
Rolling Meadows, IL 60008
(847) 535-2648 x 252 Office

LOOK AT THE PERSON STANDING NEXT TO YOU

SESSION HIGHLIGHTS

Part 1:
- Review the Americans with Disabilities Act
- Review of Inclusion and how it affects recreation programming & services

Part 2:
- Review Existing ADA Guidelines
- Learn about the new 2010 ADA Standard changes and compliance requirements

WITHOUT TALKING ANSWER THESE QUESTIONS:

- What type of music does the person like to listen to?
- How old is the person?
- What is the person’s cultural or ethnic background?
- What does the person like to do for fun?
- What is the persons disability?
PART ONE
ADA and Inclusion

LAWS ABOUT DISABILITY ARE NOT NEW

On January 23, 1990, the 101st Congress passed the “Americans with Disabilities Act of 1990” (ADA), which was then signed by President George Bush and became effective January 26, 1992.

- ADA grew out of the Civil Rights Movement of the 1960's.
- No use of federal funds? Still must comply!
- Over 54,000,000 Americans are protected under the ADA.
- 89,000 states and local governments must comply
- 7,000,000 businesses and nonprofits must comply

WHY?

- Some 43,000,000 Americans had one or more physical or mental disabilities, and that number was increasing as the population as a whole grew older.
- Society tended to isolate and segregate individuals with disabilities, such forms of discrimination against individuals with disabilities continued to be a serious and pervasive social problem.
- Discrimination persisted in employment, housing, public accommodations, education, transportation, communication, recreation, institutionalization, health services, voting, and access to public services.

AND...

- Individuals with disabilities experiencing discrimination had no legal recourse to redress such discrimination.
- The nation’s goals for regarding individuals with disabilities was to assure equality of opportunity, full participation, independent living, and economic self-sufficiency.
- The continued existence of unfair and unnecessary discrimination and prejudice denied people with disabilities the opportunity to compete on and pursue those opportunities for which the free society is justifiably famous!

AMERICANS WITH DISABILITIES ACT OF 1990 (ADA)

- A civil rights law to prohibit discrimination solely on the basis of disability in employment, state and local government, public accommodations, commercial facilities, transportation and telecommunications.
- There are no federal funds but limited tax credits may be available for removing architectural or transportation barriers. Also, some federal agencies provide grant funds to support training and to provide technical assistance to public and private institutions.

ADA CONTINUED...

- The ADA specifies provisions of reasonable accommodations for individuals with disabilities in activities and settings. Reasonable accommodations may include, but not limited to, redesigning equipment, assigning aides, hiring interpreters, providing written communication in alternative formats, modifying tests, changing rules, moving programs or services to accessible locations, altering existing facilities, and building new facilities.
AND...

The ADA does not delineate specific due process procedures. People with disabilities have the same remedies that are available under Title VII of the Civil Rights Act of 1964, as amended in 1991. Individuals who are discriminated against may file a complaint with the relevant federal agency or sue in federal court.

LEGAL REQUIREMENTS

- Notice to the public
  - Welcoming Language, ADA statement
- Complaint process
  - 50 or more employees must have a procedure/process for complaints in place
- Transition plan
  - You and your employer should have had every physical change necessary to accommodate people with disabilities as of January 26, 1995 but...

ADA TITLE I: EMPLOYMENT

- Requires employers with 15 or more employees to provide qualified individuals with disabilities an equal opportunity to benefit from the full range of employment-related opportunities available to others.
- For example, it prohibits discrimination in recruitment, hiring, promotions, training, pay, social activities, and other privileges of employment.
- It restricts questions that can be asked about an applicant’s disability before a job offer is made, and it requires that employers make reasonable accommodations to the known physical or mental limitations of otherwise qualified individuals with disabilities, unless it results in undue hardship.
- Charges of employment discrimination on the basis of disability may be filed at any U.S. Equal Employment Opportunity Commission field office.

ADA TITLE II: STATE AND LOCAL GOVERNMENT ACTIVITIES

- Covers all activities of State and local governments regardless of the government entity’s size or receipt of Federal funding.
- Requires that State and local governments give people with disabilities an equal opportunity to benefit from all of their programs, services, and activities (e.g. public education, employment, transportation, recreation, health care, social services, courts, voting, and town meetings).
- State and local governments are required to follow specific architectural standards in the new construction and alteration of their buildings. They must also relocate programs or otherwise provide access in inaccessible older buildings, and communicate effectively with people who have hearing, visual, or speech disabilities.
- Public entities are not required to take actions that would result in undue financial and administrative burdens.

ADA TITLE II: CONTINUED

- They are required to make reasonable modifications to policies, practices, and procedures where necessary to avoid discrimination, unless they can demonstrate that doing so would fundamentally alter the nature of the service, program, or activity being provided.
- Complaints of Title II violations may be filed with the Department of Justice within 180 days of the date of discrimination.
- In certain situations, cases may be referred to a mediation program sponsored by the Department. The Department of Justice may bring a lawsuit where it has investigated a matter and has been unable to resolve violations.
- Title II may also be enforced through private lawsuits in Federal court. It is not necessary to file a complaint with the Department of Justice (DOJ) or any other Federal agency.
ADA TITLE II: PUBLIC TRANSPORTATION

- The transportation provision of title II cover public transportation services, such as city buses and public rail transit (e.g. subways, commuter rails, Amtrak).
- Public transportation authorities may not discriminate against people with disabilities in the provision of their services.
- They must comply with requirements for accessibility in newly purchased vehicles, make good faith efforts to purchase or lease accessible used buses, remanufacture buses in an accessible manner, and unless an undue burden, provide para-transit where operating fixed-route bus or rail systems.
- Complaints about public transportation should be directed to the Office of Civil Rights Federal Transit Administration in the US Department of Transportation.

ADA TITLE III: PUBLIC ACCOMMODATIONS (AND COMMERCIAL FACILITIES)

- Covers businesses and nonprofit service providers that are public accommodations, privately operated entities offering certain types of courses and examinations, privately operated transportation, and commercial facilities.
- Public accommodations are private entities who own, lease, lease to, or operate facilities such as restaurants, retail stores, hotels, movie theaters, private schools, convention centers, doctors' offices, homeless shelters, transportation depots, zoos, funeral homes, day care centers, and recreation facilities including sports stadiums and fitness clubs.
- Complaints of title III violations may be filed with the Department of Justice. In certain situations, cases may be referred to a mediation program sponsored by the Department. The Department is authorized to bring a lawsuit where there is a pattern or practice of discrimination in violation of title III, or where an act of discrimination raises an issue of general public importance.

ADA TITLE IV: TELECOMMUNICATIONS RELAY SERVICES

- Addresses telephone and television access for people with hearing and speech disabilities.
- Requires common carriers (telephone companies) to establish interstate and intrastate telecommunications relay services (TRS) 24 hours a day, 7 days a week.
- TRS enables callers with hearing and speech disabilities who use telecommunications devices for the deaf (TDDs) which are also known as teletypewriters (TTs), and callers who use voice telephones to communicate with each other through a third party communications assistant.
- Also requires captioning of Federally funded public service announcements.
- More Information: Federal Communications Commission

ADA TITLE V: MISCELLANEOUS PROVISIONS

Title V includes information regarding the ADA’s relationship with other federal and state laws, including the Rehabilitation Act of 1973, requirements relating to the provision of insurance, construction and design regulations by the U.S. Access Board, prohibition of state immunity, Inclusion of Congress as a covered entity under the law, promotion of alternative means of dispute resolution, and establishment of technical assistance resources.

WHAT IS THE INTENT OF ADA FOR PARKS AND RECREATION?

To provide equal opportunity for people with disabilities to participate in programs, services and activities.

ADA DEFINES A PERSON WITH A DISABILITY AS SOMEONE...

- with physical or mental impairments that substantially limits one or more of the major "life activities" (caring for oneself, performing manual tasks, walking, seeing, speaking, breathing, learning, or working);
- with a history or a record of such an impairment (for example, a child who has cancer but is now in remission),
- regarded as having such an impairment (for example, a child with a cranio-facial condition)
WHAT IS INCLUSION?

Let's make this personal...

Take a few minutes to think of someone who is close to you. This person can be your mother, boyfriend, significant other, spouse, etc.

Now, imagine if...

One

This person was in a horrible car accident, and now is paralyzed from the waist down. After extensive rehabilitation, he or she is now ready to participate in his or her favorite recreational or leisure activity.

What does inclusion really mean to you NOW?

Inclusion provides OPPORTUNITIES
For people with and without disabilities to experience recreation together.

Two

Inclusion provides SUPPORT
In the form of extra staff, sign language interpreters, adapting rules and policies, behavior management support, disability awareness training, and other services necessary to include people with disabilities in recreation.

Three

Inclusion looks at the NEEDS, INTEREST, and ABILITIES of people instead of focusing on their disabilities.
FOUR

Supports the process of PREPARING, LEARNING, EXPERIENCING, and GROWING with each person, each family and each recreation staff.

FOUR CORNERS

exercise

NEWREGULATIONS, NEW POLICIES, & FINALLY, RECREATION DESIGN STANDARDS

• US DOJ issued amended regulations in 2010
• Became effective for governments, businesses, and nonprofits on March 15, 2011 for policies
• Include recreation design standards effective for new sites on March 15, 2012

FIVE

Inclusion provides a RECREATIONAL CHOICE!

PART TWO

New Regulations, New Policies, & Finally, Recreation Design Standards

SAFE HARBOR – WHAT DOES THAT MEAN?

• If you had been consistently and accurately using the original American’s with Disabilities Act Accessibility Guidelines, that is acceptable... until you make updates, renovations or remove barriers.

• There is still no such thing as a “Grandfathering” clause in the ADA. Every department should actively be removing accessibility barriers.
GOALS OF NEW STANDARDS

- Meet the needs of people with disabilities.
- Improve the format and usability of the guidelines to facilitate compliance.
- Harmonize the guidelines with model building codes from the International Building Code (IBC) and the American National Standards Institute (ANSI).
- Make the requirements of the ADA and Architectural Barriers Act of 1968 (ABA) facilities consistent.

AREAS **UNCHANGED** FROM THE ORIGINAL ADA ACCESSIBILITY GUIDELINES (ADAAG)

REQUIRED STRUCTURAL CHANGES UNDER THE ADA

- All new construction should meet new construction standards.
  - Must now meet the 2010 ADA guidelines can be used.
- Must identify barriers at existing buildings
  - To provide for accessibility of programs and services.
- Transition plans recognize accessibility barriers at existing buildings and facilities.
  - Provide information for future modifications/renovation of facilities.

TRANSITION PLANS

- They recognized physical barriers that prevent people with disabilities from participate in programs and services.
- Under the Americans with Disabilities Act Transition Plans were to be developed by July 26, 1992.
- Completion of barrier removal were to be completed by January 26, 1995.

ACCESSIBILITY REQUIREMENTS:

Meet the requirements of:
- 2010 Americans with Disabilities Act Accessibility Guidelines (ADAAG)
- State and Local codes

With the codes the more stringent is required to be complied with:
- For Example: Illinois Accessibility Code (IAC) is more stringent with parking then ADAAG.
- Chicago Building Code (CBC) more stringent than IAC.

BARRIER REMOVAL

**Four Levels of Priority**
**Priority Level One**
Accessible route up to and through entrance.

**Priority Level Two**
Access from entrance to programs and services.

**Priority Level Three**
Restrooms

**Priority Level Four**
Drinking fountains, telephones, mirrors, coat hooks, etc.

**Priority Level One Accessible Route**
- From the parking space connecting to an accessible route up to and through the entrance

**Areas Covered Under Priority One**
- Parking
- Curb Ramps
- Accessible Route
- Protruding Objects
- Ground & Floor Surfaces
- Ramps
- Stairs
- Handrails
- Platform Lifts
- Elevators
- Doors
- Entrances

**Handrail Non-Circular Cross Section**

![Handrail Diagram](image)
PRIORITY LEVEL TWO
PROGRAM ACCESS

- Access to programs and services

AREAS COVERED UNDER
PRIORITY TWO

- Accessible Route
- Protruding Objects
- Ground & Floor Surfaces
- Ramps
- WINDOWS
- Stairs
- Platform Lifts
- Elevators
- SIGNAGE
- DOORS
- Entrances

PRIORITY LEVEL THREE
ACCESS OF RESTROOMS

- Provide access into and through the restroom and its elements.

AREAS COVERED UNDER
PRIORITY THREE

- WATER CLOSETS
- Toilet Stalls
- Urinals
- Lavatories
- Bathtubs
- Shower Stalls
- Toilet Rooms
- Grab Bars, and Tub and Shower Seats
- Sinks
- SIGNAGE
- TOILET PAPER DISPENSERS
PRIORITY LEVEL FOUR
ACCESS TO REMAINING ELEMENTS

- Provide access to remaining elements not previously covered (e.g., drinking fountains, telephones, etc.)

AREAS COVERED UNDER PRIORITY FOUR

- Telephones
- Mirrors
- DRINKING FOUNTAINS
REACH RANGE REQUIREMENTS

- The reach range requirements have been changed to provide the side reach range must now be no higher than 48 inches (instead of 60 inches) and no lower than -15 inches (instead of 9 inches).

- The side reach requirements apply to operable parts on accessible elements, to elements located on accessible routes, and to elements in accessible rooms and spaces.
AMUSEMENT PARKS

ACCESSIBLE AMUSEMENT RIDES

AMUSEMENT RIDES TRANSFER POINTS CONNECTED TO ACCESSIBLE ROUTES

AMUSEMENT RIDES

RECREATIONAL BOATING FACILITIES (SECTION 235, 1003)

- If boat slips are provided at a boating facility, the minimum number that must be accessible depends upon the size of the facility. Accessible boat slips must be dispersed throughout the various types of boat slips.

- When boarding piers are provided at a boat launch ramps, at least 5% (but no fewer than one) must be accessible.
ACCESSIBLE BOATING FACILITIES

MINIMUM BOAT SLIPS REQUIRED

<table>
<thead>
<tr>
<th>Total Number of Boat Slips Provided in the Facility</th>
<th>Minimum Number of Required Accessible Boat Slips</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 15</td>
<td>1</td>
</tr>
<tr>
<td>16 to 50</td>
<td>2</td>
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<tr>
<td>51 to 100</td>
<td>3</td>
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<tr>
<td>101 to 150</td>
<td>4</td>
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<td>151 to 200</td>
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<td>201 to 400</td>
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<td>401 to 500</td>
<td>7</td>
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<tr>
<td>501 to 600</td>
<td>8</td>
</tr>
<tr>
<td>601 to 700</td>
<td>9</td>
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<tr>
<td>701 to 800</td>
<td>10</td>
</tr>
<tr>
<td>801 to 900</td>
<td>11</td>
</tr>
<tr>
<td>901 to 1000</td>
<td>12</td>
</tr>
<tr>
<td>1001 and Over</td>
<td>12, plus 1 for every 100, or fraction thereof, over 1000</td>
</tr>
</tbody>
</table>

BOAT SLIP DEMARCATED SLIPS OR 40’ OF PIER EDGE

BOAT RAMP – BOARDING PIER AT RAMP

- Provide 5% but at least one accessible

FISHING PIERS AND PLATFORMS
FISHING PIERS AND PLATFORMS
(SECTION 237, 1005)
- Newly designed, newly constructed, or altered fishing piers must provide accessible routes, subject to the same exceptions permitted for gangways. At least 25% of guardrails or handrails must be no higher than 34 inches and must be dispersed. Clear floor or ground space must be provided at each accessible railing, and turning space must be provided on the pier.

ACCESSIBLE FISHING PIERS AND PLATFORMS

ROUTE TO FISHING
RAMP MUST BE 8.3% MAXIMUM OR AT LEAST 30’ MINIMUM

TRANSITION PLATES

GOLF COURSES
**Golf Facilities (Sections 238, 1006)**

- Newly constructed and altered golf facilities must have either an accessible route or golf car passages with a minimum width of 48 inches connecting accessible elements and spaces within the boundary of the golf course.
- An accessible route must be provided to the golf car rental area, bag drop-off areas, and other elements that are outside the boundary of the golf course.
- One or two teeing grounds (depending on the total number provided) per hole must be accessible.
- If weather shelters are provided, a golf car must be able to enter and exit the shelters.
- Certain percentages of practice teeing grounds, practice teeing stations at driving ranges, and putting greens must be accessible.

**Accessible Golf Courses**

**Weather Shelter**

60” Minimum by 96” Minimum

**Golf Cart**

Accessible  
Accessible Spacing

**Miniature Golf**

Golf Practice Tees provide 5% but no less than one
MINIATURE GOLF (SECTION 239,1007)

- Must provide an accessible route to the start of play
- At least 50% of all holes on a miniature golf course must be accessible. These holes must be consecutive, and they must be on an accessible route.
- One break in the sequence is allowed.
- The last accessible hole must be on an accessible route that connects to the course entrance or exit without going back through other holes.

ACCESSIBLE MINIATURE GOLF

START OF PLAY – 48” BY 60”

REACH RANGES – WITHIN 36” REACH

MINIATURE GOLF SLOPES

No handrails required
ACCESSIBLE ROUTE – 36” MINIMUM

INTERSECTION OF ACCESSIBLE ROUTE AND PLAYING SURFACE

1” Maximum Curb
½” Maximum Gap

EXERCISE MACHINES AND EQUIPMENT (SECTIONS 206, 236, 1004)

At least one of each type of exercise equipment must be on an accessible route and must have a clear floor space positioned to enable an individual with a disability to use the equipment.

SPACING AT TYPE OF FITNESS EQUIPMENT
SWIMMING POOLS, WADING POOLS, AND SPAS

SAUNAS AND STEAM ROOMS (SECTIONS 241,612)

- Where provided, saunas and steam rooms must be accessible, having appropriate turning space, doors that do not swing into the clear floor space, and, where provided, an accessible bench.

- A readily removable bench is permitted to obstruct the turning space and the clear floor space.

POOL ACCESS GUIDELINES

<table>
<thead>
<tr>
<th>Pool Type</th>
<th>Sloped Entry</th>
<th>LIR</th>
<th>Transfer Wells</th>
<th>Transfer Systems</th>
<th>Stairs</th>
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<tbody>
<tr>
<td>Swimming Pools with less than 300 Linear Feet of Pool Wall</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Swimming Pools - 300 or more Linear Feet of Pool Wall / 2 means of entry required</td>
<td>x*</td>
<td>x*</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Wave Action, Leisure River, Other Pools where User Entry is Limited to 1 Area</td>
<td>X</td>
<td></td>
<td>X</td>
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<td></td>
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<tr>
<td>Wading Pools</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Spas</td>
<td>X</td>
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<td>X</td>
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</tbody>
</table>

* Requires two means of access. Primary means must be by sloped entry or pool lift; secondary means can be any of the permitted types.

ACCESSIBLE SWIMMING POOLS AND SPAS

MEANS OF ENTRANCE FOR POOLS OVER 300 LINEAR FEET
PLAYGROUND SURFACES

Slopes and Kick-out  Settling of Materials

GROUND LEVEL COMPONENTS

<table>
<thead>
<tr>
<th>Number of Elevated Play Components Provided</th>
<th>Minimum Number of Ground Level Play Components Required to be on an Accessible Route</th>
<th>Minimum Number of Different Types of Ground Level Play Components Required to be on an Accessible Route</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Not Applicable</td>
<td>Not Applicable</td>
</tr>
<tr>
<td>2 to 4</td>
<td>5</td>
<td>1</td>
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<td>5 to 7</td>
<td>2</td>
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<td>8 to 10</td>
<td>3</td>
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<tr>
<td>11 to 15</td>
<td>4</td>
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<td>14 to 19</td>
<td>5</td>
<td>3</td>
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<td>17 to 19</td>
<td>6</td>
<td>3</td>
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<tr>
<td>20 to 22</td>
<td>7</td>
<td>4</td>
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<tr>
<td>23 to 25</td>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>26 and over</td>
<td>8 plus (1 for each additional 10) fraction thereof of over 25</td>
<td>5</td>
</tr>
</tbody>
</table>

WHAT ARE TYPES OF GROUND LEVEL PLAY COMPONENTS?

- Rocking – Spring rockers, Sway Fun, etc.
- Swinging – Bucket swings, accessible molded bucket swings, belt swings, etc.
- Climbing – Climbing walls, climbing poles, web or Space Net Climber, etc.
- Spinning – Seated spinner, multiple person pull spinner
- Sliding – Single or multiple slides, spinning slides, etc.
- Interactive – Store counters, house panels, gear panel, etc.
- Etc.

WHEELCHAIRS AND OTHER POWER DRIVEN MOBILITY DEVICES (OPDMD)

- Wheelchairs and manually powered mobility aids
  - Mobility aids such as wheelchairs, and manually powered mobility aids for people with mobility disabilities; maybe used in any areas open to the public and for pedestrian use.

- Wheelchair definition – “manually operated or power-driven device designed primarily for use by an individual with a mobility disability for the main purpose of indoor or of both indoor and outdoor locomotion.”

- These are allowed any where that foot traffic is allowed.

The rule adopts a two-tiered approach to mobility devices, drawing distinctions between wheelchairs and “other power-driven mobility devices.” Wheelchairs must be permitted in all areas open to pedestrian use. “Other power-driven mobility devices” must be permitted to be used unless the covered entity can demonstrate that the class of devices cannot be operated in accordance with legitimate safety requirements.
WHEELCHAIR TYPES

- Manual
- Power-Driven

NOT A WHEELCHAIR BUT AN OPDMD

- Tank Chair
- ATV

NOT A WHEELCHAIR BUT AN OPDMD

- Segways
- Golf Cart

OPDMD ASSESSMENT FACTORS

Assessment factors include:

(1) The type, size, weight, dimensions, and speed of the device.

(2) The facility’s volume of pedestrian traffic (which may vary at different times of the day, week, month or year).

(3) The facility’s design and operational characteristics (e.g., whether its service program, or activity is conducted indoors, its square footage, the density and placement of stationary devices, and the availability of storage for the devices, if requested by the user).

ASSESSMENT FACTORS - CONTINUED

(iv) Whether legitimate safety requirements can be established to permit the safe operation of the other power-driven mobility device in the specific facility; and

(iv) Whether the use of the other power-driven mobility device creates a substantial risk of serious harm to the immediate environment or natural or cultural resources, or poses a conflict with Federal land management laws and regulations.
EXAMPLES OF RESTRICTIONS

- Can not use an internal combustion engine
  - Some areas limit all internal combustion engines.
  - Some areas limit them to internal buildings.
- Limit the speed
  - Many to only 5 miles per hour
  - One up to 20 miles per hour
- Limit the size of GPDMR
  - 32" wide up to 6' long weight up to 150 lbs.
  - 36" width
  - 34" wide, 60" length and 550 lbs.
- Trail Limitations
  - Only operated on trails with running slopes of 12% or less.

WHAT IS CONSIDERED A SERVICE ANIMAL?

SERVICE ANIMALS

The rule defines “service animal” as a dog that has been individually trained to do work or perform tasks for the benefit of an individual with a disability. Other animals, whether wild or domestic, do not qualify as service animals. Dogs that are not trained to perform tasks that mitigate the effect of a disability, including dogs that are used purely for emotional support, are not service animals. The rule permits the use of trained miniature horses as an alternative to dogs, subject to certain limitations.

DEFINITION AND TASK EXAMPLES

Service Animals are trained to do work or perform a task for a person with a disability.

What are Specific Tasks?
- Guide a person with a visual impairment (Guide Dog)
- Assist a person related to their seizures (Seizure Dog)
- Alert a person related to their noises such as a phone or door bell (Hearing Ear Dog)
- Assists a person that falls often and needs the dog to lean on as they push up to stand up (Support Dog)
MINIATURE HORSE REQUIREMENTS

- General height between 24” to 34” to the shoulders
- Weight is between 70 lbs. and 100 lbs.

- Assessment factors:
  1. Is house broken
  2. Is under control by the owner
  3. If the facility can accommodate a miniature horse’s type, size and weight.
  4. Will the horse compromise legitimate safety requirements for safe operation of the facility.

CANNOT ask if the service animal has a vest!
CANNOT ask where the service animal was trained!
CANNOT ask for the service animal’s graduation certificate!
CANNOT ask the handler’s disability...
CANNOT charge a fee for the service animal...

WHAT CAN BE ASKED ? 2 QUESTIONS

If a disability is not readily apparent...

1. Is the dog a service animal required because of a disability?
2. If yes, what work or task has the dog been trained to perform?

COMPLIANCE REQUIREMENTS AND STRATEGIES FOR EXISTING SITES

First, conduct an access audit. This is required by 35.105 and should address built or shaped environments, policies, and programs.

Second, identify each barrier & solution for each.

Third, create a plan to remove barriers at some, not necessarily all sites as soon as is possible.

WHEN IS “AS SOON AS IS POSSIBLE?”

March 15, 2012 was the date by which a plan should have been in place

At the very least have your audit team selected and trained and ready to go...

Make corrective work the highest priority to be completed no later than 3 years from now...

BEST APPROACH?

No single access audit approach is best for all agencies...

Know your staff capability and capacity...

Ask whether you want or need a third party look at your sites...

Know your agency history and culture...
Timber Take-Down
1:00 PM-3:15PM
Snow Lake Room

- Tim Glasper, Maintenance Foreman (Pokagon State Park)
- Gene Huss, Maintenance Repair (Pokagon State Park)
- Brady Givens, Assistant Property Manager (McCormick’s Creek State Park)

The Pokagon Crew is adding McCormick’s Creek State Park into the mix this year with more tips for managing a park’s timber resources. This will be a hands-on session, as you will go into the park to try out tools used for timber removal, including a stump grinder! Make sure to bring your coat! The session will also cover safety procedures that all employees should follow when handling equipment.

In Pursuit of the Traveler: Navigating the “New” Tourism Landscape
1:00PM-3:15PM
Wigwam Room

- Brenda Myers, Executive Director (Visit Hamilton County, Indiana)

The tourism landscape is changing rapidly thanks to new media and swiftly changing visitor types. Explore trends in outdoor and parks-related travel, what these travelers look like; what motivates them, and how to reach them through the various marketing channels available. Finally, because tourism agencies often don’t understand the role that parks can play in developing destinations, learn how being “in the know” can help make local parks departments be better advocates.
In Pursuit of the Traveler: Navigating the “New” Tourism Landscape
Great Lakes Park Training Institute
Indiana University
Brenda Myers, Hamilton County, Indiana Tourism

Why tourism and parks?
- Parks are paid for with local dollars and thus should be used by locals, right?
- Parks are a challenge to maintain without the "wear and tear" from tourists.

Session Format:
1:00-1:05 Overview
1:05-1:30 Trends in Outdoor Travel
1:30-1:45 Hands-On Exercise
1:45-2:00 Profile Outdoor Traveler
2:00-2:15 Hands-On Exercise
2:15-2:30 Break
2:30-3:00 Marketing 101
3:00-3:15 Hands-On Exercise

Why tourism and parks?
- Parks are paid for with local dollars and thus should be used by locals, right?
- Parks are a challenge to maintain without the "wear and tear" from tourists.
- Trip spending for outdoor recreation totals $525 billion annually
- 1 in 4 leisure person-trips includes outdoor recreation
- Outdoor recreation travel is the fastest growing niche leisure market

Why tourism and parks?
- Can be an alternative revenue generator for you.
- Can provide a catalyst for grants that provide better amenities for residents while also serving visitors.
- Certain markets can help activate product during "shoulder seasons" (fall & spring weekdays).
- Can be a great collaboration between you and your local tourism bureau.

Hamilton County, Ind.
Trends in Outdoor Travel
Adapting to a Whole New World

Top Trends in All Tourism
- Technology
  - OTAs, Mobi Sites, Smart Phones
- Social Media
  - Peer-to-Peer Sales, Brand Management
- Time Perceptions
  - Busy Families
- Tight Money
  - Confidence Low

Technology
- Trip Advisor, a metasearch, number one outlet for travel research on line – 260 million unique monthly visitors
- 1 out of every 2 travel searches now comes from a mobile device – often on the way to the site
- 55% of American adults have a smart phone
- 70%+ of all Americans plan their vacations on line

Social Media
- “Collaborative Economy,” or Peer-to-Peer Marketing
- Everyone’s a Travel Expert (e.g. Vayable.com)
- Trip-Advisor Receives 70 Reviews Per Minute
- “Air B&Bs” and Sharing Like “Cookening.com”
- Facebook, Twitter, Instagram, etc.
- Opportunities are Endless
Time Perceptions

- Americans take fewer vacations than any other country
- Only 57% of American workers use up all their vacation days
- American average paid vacation days actually dropped between 2011 and 2012 by two days, to 12 and even then most only took 10
- Americans generally take "weekend getaways," or 3 days or fewer

Tight Money

- 76% of Americans cite money as a leading cause of stress, only second to job pressures
- Lower-wage workers (e.g. middle class and lower) have actually seen a decline in value of wages
- 2008 biggest negative impact on travel (including 9/11) in 40 years – still recovering
- Average major vacation trip expense per person is $1,145 in America; average weekend trip expense per person in Indiana is

‘Experience Economy’

Exercise:
Capitalizing on the Trends
Outdoor Traveler

- Average age is 36
- 21% prefer to travel in groups or clusters
- 37% travel as couples
- 30% travel as families
- 12% travel as singles
- 67% are married
- 52% of all Americans travel for outdoors

Outdoor Traveler

- Choose destinations based on natural beauty, activities and climate
- Seek physical activity, cultural exchange and interaction with the environment
- Annual growth rate of sector spending since 2009 is 65%
- Tend to like longer trips

Outdoor Travel

- Hard Adventure – Climbing, caving, mountaineering
- Soft Adventure – Cultural, bird watching, canoeing, cycling, horseback riding
- Mainstream – Sand, sun, water

Outdoor Travel

- Outdoor trips are likely to be taken by car (76%)
- One in six outdoor trips includes camping
- One-half of American adults take at least one weekend trip a year, with almost one third taking five or more
- Visiting cities (33%) and small towns (28%) are favored destinations for weekend travelers, followed by beaches (16%), mountain areas (10%), lake areas (4%), state or national parks (3%) and theme or amusement parks (3%)

Baby Boomers

- Boomer parents (born between 1946-1964) like ecotourism, adventure travel, bring their families along for trips so lots of multi-generational travel, are combining their “passions” with their vacations (cooking, golf, learning a new language)
- “Non-denominational spiritual” travel – a seeking of peace or a life context
- Refuse to grow old (new knees = new lease!)
**Gen-X “Families”**

- These “busters,” are sandwiched between boomers and millennials (born 1965-1983) and the smallest generation
- “Planners,” more than half book 6+ months ahead – dramatic compared with their Gen-Y counterparts
- Average first child had at age 30 – a busy group
- Like luxury but at a discount (good shoppers)
- Comfortable camping, outdoor experiences desired

**Millennials/Gen “Y”**

- Millennial travelers (born between 1984 and 2002) will outspend their baby boomer parents
- Now at 79 million in population compared to their parents at 76 million
- Seek immediate gratification and want speed and efficiency (Panera rather than tableside service)
- Very visual, peer focused, very social, shorter booking window, authentic local experiences, social responsibility, volunteer travel, pod hotels (limited size, IKEA)

**Outdoor Travel $$**

- Camping ($125.7 billion)
- Bicycling ($70.7 billion)
- Trail Sports ($68.3 billion)
- Water Sports ($66.7 billion)
- Off-Roading ($54.4 billion)
- Snow Sports ($45.3 billion)
- Cycling ($32.5 billion)
- Fishing ($25.7 billion)
- Wildlife ($22.5 billion)
- Hunting ($14.6 billion)

**ACTIVE LIFESTYLES**

- 12 million participants in fishing, hunting, and water sports activities that often lead to the outdoors participatory
- 1/3 million people participate in more than one outdoor activity
- 51% of outdoor participants are employed
- 55% of outdoor participants report that they get outside to get exercise

**OUTDOOR PARTICIPATION**

- 50% of American adults participate in outdoor activities
- 25% participate in less than 6 times per year
- 25% participate in more than 12 times per year
- 50% participate in 6-11 times per year
- 25% participate in less than 2 times per year
- 25% participate in more than 12 times per year
- 50% participate in 6-11 times per year
- 25% participate in less than 2 times per year
- 25% participate in more than 12 times per year
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- 25% participate in more than 12 times per year
- 50% participate in 6-11 times per year
- 25% participate in less than 2 times per year
- 25% participate in more than 12 times per year
- 50% participate in 6-11 times per year

Source: The Outdoor Foundation

**Exercise:**

*Identifying your key audiences.*
Targeting Audiences

1. Frequency
- Web content needs to stay fresh
- E-blasts need to walk the line between memorable and annoying
- Newsletters need to be more than quarterly if possible (short attention spans)
- As many ads as you can buy – smaller but more often
- Blogs, social media, regularly paced to stay relevant
- Story placements (earned media)

2. Reach
- Gather as many qualified names as you can – never pass up an opportunity to collect an e-mail
- Measure your e-mail open rate to determine your reach and look for ways to increase it, as well as your click-through rates
- Look for partnership opportunities to cross-promote e-mail sign-ups with other like audiences (link strategy)
- Incentivize sign-ups with contests, promotions

3. Layers
- Channels of communication should include multiple layers so they don’t just hear from you one way
- Print is not dead – people still like guidebooks, but make them easy to carry, easy to store, easy to read and entertaining (little feature stories, did you know?)
- Blogs, e-blasts, Twitter and Facebook posts, print materials, advertisements if you can afford it, earned media (editorial is considered credible), testimonials, video if you can afford it … all about frequency and reach through layers

4. Niches
- Technology allows for, and customers demand, tailored messages (remember time concerns) if at all possible, for example:
  - Demographics (no-children, families)
  - Interests (learning, adventure, passive, active)
- Visually connect as well as through the written word – people like to “see themselves” in their ads
- Look for connections to explore possible niches (commercial ventures, clubs, with built-in audiences)
Measure!

- Metrics are Important – Create a Metrics Dashboard
  - Google Analytics (unique visitors, time on site, page views, forwards, etc.)
  - Program Participation
  - Earned Media in Inches and Placement (ad value)
  - Social Media Engagement (Facebook “Likes,” Twitter Followers, Re-Tweets, Instagram Posts, etc.)
  - E-Newsletter Followers
  - Brochures Distributed (control costs, do not overprint)
  - In-bound calls for information, etc.

Handouts:

Handout Source: Marketingtechblog.com

Marketing Strategy Development Matrix

The End

Questions?
Team Building
3:30PM-5:00PM
Lake James Room

- Fritz Harbridge, Owner (Team Effect, Inc.)
- Amanda Harbridge, Owner (Team Effect, Inc.)

This general session will be fast moving and lively and will provide the conference group the opportunity to establish new relationships. Friendly rapport and laughter highlight this session, which will prove to be a great kick-off to the 2014 GLPTI!

Toboggan Run Contest and Social
6:30 PM
Toboggan track

The first annual Toboggan Run Contest and Social is brought to you by Miracle Midwest! Be sure to wear warm clothes for this fun event. Hot chocolate, s’mores, snacks, and drinks will be available. Awards will be presented to teams that record the fastest time and who have the best costume.
TUESDAY, FEBRUARY 25, 2014

Great Lakes Region Challenges and Solutions Panel with State Park and Recreation Directors
8:15-9:45AM
Lake James Room

- Ann Conklin, Chief Operating Officer, Michigan Recreation and Park Association
- Chris Owens, Executive Director, Indiana Park and Recreation Association
- Debbie Trueblood, Executive Director, Illinois Park and Recreation Association

In recent years, park and public lands agencies have had to adapt to lower budgets and increased demands for services. This situation has created challenges for these agencies regarding staffing, benefits, facility maintenance, and programs. This session will feature a panel discussion with the executive directors of the recreation and park associations from Illinois, Indiana, Michigan, and Ohio and will focus on the pressing challenges that face park and public lands agencies. The session will identify the top challenges in each state, detail generally how the states are addressing these challenges, and provide opportunities for dialogue between the executive directors and attendees. This dialogue will hopefully generate new ideas and solutions in the Great Lakes region. This 90-minute session will feature 45 to 60 minutes of information provided by the executive directors and conclude with a 30- to 45-minute question/answer session with attendees. Attendees are encouraged to come to the session with questions and examples of challenges that they experience with their agency.

Gadgets
10:00AM-11:30AM
Lake James Room

- Various Presenters

Do not miss this show-and-tell that has been a part of the Institute since its earliest years! This session is a show and tell event that features gadgets from the Great Lakes Region that people have invented or bought to make their work more efficient. The person who presents the most interesting gadget will be recognized during a general session at the Institute.
Quick Connect Adapter

- The quick connections are used to help in the process of winterizing equipment. The quick connect is connected to equipment and an air hose.
- The 2" quick connect will take around 30 seconds to drain the water from the equipment.
- The garden hose quick connect will take less than 10 seconds to drain the water from the equipment.

Water reel with 2" connection

Garden hose on Water Wagon

Quick Connect for hoses

Quick Connect for hoses
Positioning Park and Recreation in Public Health
10:00AM-11:30AM
Crooked Lake Room

- Dr. Bryan McCormick, Professor and Chair (Department of Recreation, Park, and Tourism Studies, Indiana University)
- Dr. Rasul Mowatt, Associate Professor (Department of Recreation, Park, and Tourism Studies, Indiana University)

The purpose of this session is to identify and explore the linkages of parks and recreation services and resources to public health. Participants will be presented with basic knowledge of public health as a profession and will be guided in identifying how their resources, assets, and services may be positioned to assess and promote public health.
Recreation as Health Enhancement
- Organized Recreation Movement
  - Boston Sand Gardens (1885)

Physical Culture Movement:
- The Turner Gymnasium (1867)
- To combat the "diseases of affluence"
- The promotion of physical activity
- The German Turnverein (Clubs)
  - McFadden, Physical Training, 1900

Parks as Health Enhancing
- US National Parks (1872)
- "For over 150 years it has been unrecognized that there is a connection between our public lands and public health."
  - Jonathan Jarvis, Director, National Park Service.

What is Public Health?
- What's Your Definition?
- American Public Health Association
  - "Public health is the practice of preventing disease and promoting good health within groups of people, from small communities to entire countries."
- Institute of Medicine - Mission of Public Health
  - "The fulfillment of society's interest in assuring the conditions in which people can be healthy."

The Language of Public Health
- Key Concepts
- Core Disciplines

Determinants of Health
- Policy Making
- Social Factors
- Health Services
- Individual Behavior
- Biology and Genetics
- Determinants of Health

Healthy Community Design
- Healthy community design can improve people's health by:
  - Increasing physical activity.
  - Reducing injury.
  - Increasing access to healthy food.
  - Improving air and water quality.
  - Minimizing the effects of climate change.
  - Decreasing mental health stressors.
  - Strengthening the social fabric of a community.
  - Providing fair access to livelihood, education, and resources.

Five Core Disciplines of Public Health
Behavioral Science (Health Education)

- WHO Definition of Health (1948):
  - “Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease and infirmity.”
- A focus on the determinants of health are factors that contribute to a person’s current state of health:
  - Genes and biology
  - Health behaviors
  - Social environment or social characteristics
  - Physical environment or total ecology
  - Health services or medical care
- Acknowledging that 80% of deaths are due to preventable causes (McCormick & Forge, 1963):
  - 50% from unhealthy behaviors
  - 20% from environmental exposures
  - 10% from lack of access to health care services

Biostatistics

- Public health biostatisticians use mathematical and scientific methods to determine the cause of disease and injuries and to identify health trends within communities.
- For instance, it may include estimating the number of deaths from gun violence or determining trends in drunk driving injuries. It may also include (among other tasks):
  - Analyzing the effectiveness of new drugs
  - Analyzing risk factors for different illnesses
  - Planning health care interventions
  - Explaining biological phenomena

Environmental Health

- Health: The complete state of physical, mental, and social wellbeing – not just the absence of disease. The four basic determinants of health:
  - Biological factors
  - Medical care
  - Lifestyle
  - Environment
- Environment: “All the physical, chemical and biological factors external to a person, and all the related behaviors.” (WHO)

Epidemiology

- An investigative method that relies on Biology, Sociology, Psychology, Ecology & Genetics to detect the cause or source of diseases, disorders, syndromes, conditions, or peril that cause pain, injury illness, disability, or death in human populations or groups and uses the principles of Biostatistics to document the amount of disease in those populations.
  - Descriptive Epidemiology – Uses three essential characteristics – Time, Place, and Person to examine disease distribution.
  - Analytic Epidemiology – Focuses on three phenomena – Host, Agent, and Environment.

Health Administration

- The broad based public health system to improve population health through prevention, policy and systems change.
- The field of health services administration combines politics, business, and science in managing the human and fiscal resources needed to deliver effective public health services. Specialization can be in planning, organization, policy formulation and analysis, finance, economics, or marketing.

Healthy People 2020 Mission

- Identify nationwide health improvement priorities.
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress.
- Provide measurable objectives and goals that are applicable at the national, State, and local levels.
- http://www.healthypeople.gov

Key Public Health Documents
Healthy People 2020 Mission (continued)

- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.
- Identify critical research, evaluation, and data collection needs.

Involving Non-Health Sectors To Address Determinants of Health

- Healthy People 2020 will emphasize involving sectors outside health, including:
  - Education
  - Housing
  - Environment
  - Transportation
  - Labor
  - Agriculture

Healthy People 2020 Topic Areas

1. Access to Health Services
2. Adolescent Health*
3. Arthritis, Osteoporosis, and Chronic Back Conditions
4. Blood Disorders and Blood Safety*
5. Cancer
6. Chronic Kidney Disease
7. Dementia, Including Alzheimer’s Disease*
8. Diabetes
9. Disability and Health
10. Early and Middle Childhood*
11. Educational and Community-Based Programs
12. Environmental Health
13. Family Planning
14. Food Safety
15. Genomics*
16. Global Health*
17. Healthcare-Associated Infections
18. Health Communication and Health Information Technology
19. Health-Related Quality of Life*
20. Hearing and Other Sensory or Communication Disorders
21. Heart Disease and Stroke
22. HIV
23. Immunization and Infectious Diseases
24. Injury and Violence Prevention
25. Lesbian, Gay, Bisexual and Transgender Health Issues*
26. Mental illness, Infant and Child Mental Health
27. Medical Product Safety
28. Mental Health and Mental Disorders
29. Nutrition and Weight Status
30. Occupational Safety and Health
31. Older Adults*
32. Oral Health
33. Physical Activity
34. Preparedness*
35. Public Health Infrastructure
36. Respiratory Diseases
37. Sexually Transmitted Diseases
38. Sleep Health*
39. Social Determinants of Health*
40. Substance Abuse
41. Tobacco Use
42. Vision

Healthy People 2020 Topic Areas (continued)

The Precede-Proceed Model of Intervention

A PUBLIC HEALTH APPROACH TO PROGRAM DESIGN

Precede-Proceed Model

- Program/Intervention Planning Model
- Assumes an ecological approach
- The ecological approach to health program planning recognizes that any serious effort to improve the health status and quality of life of a population must take into account the powerful role played by the ecosystem and its subsystems such as family, organizations, community, culture and physical environment. (Green and Kreuter, p. 2)
Phase 1: Social Analysis & Assessment
- "Subjectively defined problems or priorities of individuals or communities"
- What are the community's wants and needs?
- What outcome does the community find most important? i.e. Addressing homelessness / racial inequality / environmental protection / increasing recreational and cultural opportunities.

Phase 2: Epidemiological Assessment
- Vital health indicators such as: disability, fitness, mortality, obesity, chronic disease
- Environmental determinants such as: access and availability of economic, physical, social resources
- Behavioral factors such as: consumption patterns, compliance with reg's, 
- Genetic factors such as: genetic causes, environmental interaction, or genetic predispositions.

Phase 3: Educational & Ecological Assessment
- Consider:
  - Predisposing factors- intellectual and emotional "givens" that tend to make individuals more or less likely to adopt healthful or risky behaviors
  - Reinforcing factors- internal and external conditions directly related to the issue that help people adopt and maintain behavior (healthy or unhealthy)
  - Enabling factors- internal and external conditions directly related to the issue that help people adopt and maintain behavior.

Phase 4: Administrative & policy assessment and intervention alignment
- Identifying "best practices" and other sources of guidance for intervention design (community guide)
- Administrative, regulation, and policy issues that can influence the implementation of the program or intervention.

Exercise:
1. Identify a health issue relevant to your community & agency

Step 2
- What are the vital indicators that might be related to your issue?
- What environmental determinants may contribute to the issue?
- What behaviors or lifestyles contribute to the issue
Is Oil or Gas on Park Land a Boom or Bust?
10:00AM-11:30AM
Snow Lake Room

- Dale Alexander, Executive Director (Caroll County Park District)

The boom in domestic oil and gas exploration across the country may make your state seem like Texas or Alaska; big oil could be sitting under your park. If oil is found in your park, how does a manager justify drilling or not drilling on park land? The session will include information for park professionals to make their own decisions regarding the exploration of oil and gas within their parks. Videos, a PowerPoint presentation, and participant interaction will be included. Developing park improvements negotiated into an oil/gas lease will be determined based on park needs that the participants provide.
IS OIL AND GAS ON PARK LAND A BOOM OR BUST?

Dale A. Alexander, Executive Director
Carroll County Park District, Ohio
www.ccparkdistrict.org

Keith McClintock, Vice President of Conservation
Western Reserve Land Conservancy
www.wrlcconservancy.org

OBJECTIVES

• Gain a better understanding of the oil and gas industry
• Develop a park plan utilizing oil and gas as a beneficial partner
• Make recommendations regarding oil and gas on park property
• Justify those recommendations

DEVELOP OR NON-DEVELOPMENT

Are there benefits to permitting oil and gas drilling on park land?

Free gas
Deep wells have large footprints
Reclamation and restoration benefits

Non-Development Leases
No surface impact on park lands
Substantial Income
- Up to $200 / Acre
- 15.5% in Royalties

Mandatory Pooling
Requested when an operator is unable to secure all the property necessary in a specific unit
Operator has assembled 50% within a unit
Those who are mandatory-pooled receive equitable revenue

IMPACT OF OIL AND GAS

• Traffic/Noise
• Influx of people
• New or improved roads
• Increase of sales / income taxes
• Horizontal drilling requires 10-15 acres to draw from a 650 acre unit
• Environmental

Shale Gas Basins
Mississippian Shale Fairway

Utica-Point Pleasant Core Play Area in Ohio
Environmental Safety at the Well Site

A strong regulatory framework enables the Division of Mineral Resources Management to ensure the safety of Ohio’s citizens and environment, as well as the safety of all of its employees.

Regulatory Framework:

- The Division of Mineral Resources Management is responsible for regulating:
  - Oilfield drilling, production, and reclamation operations
  - Mine drainage operations
  - Soil erosion and sediment control
  - Underground injection well programs

Can well site safety be improved?

- A strong regulatory framework enables the Division of Mineral Resources Management to ensure the safety of Ohio’s citizens and environment, as well as the safety of all of its employees. In 2011, Ohio amended the rules regulating oil and gas wells to help ensure safety.

- The amendments strengthen the regulations by focusing on the critical phases of well construction and operation. This includes the building, testing, and operation of oil and gas wells, with particular emphasis on the most critical well construction and operation phases.

- Regulations, passed in 2011, strengthened the oil and gas well production inspection process. These rules require operators to conduct inspections of all oil and gas wells, including those that are not being actively produced. The inspections are intended to ensure that the wells are being operated in a safe and environmentally responsible manner.

- The Division of Mineral Resources Management inspects all oil and gas wells to ensure compliance with the regulations and to identify any potential safety hazards.

The Facts about Hydraulic Fracturing

Production of the state’s shale gas deposits will help lower Ohio’s energy costs to consumers and grow our economy.

- What is hydraulic fracturing?
  - The process enables energy companies to tap into underground shale gas reservoirs, such as the Marcellus, Utica, and Madison formations. In Ohio, the Marcellus Shale formation is located in the eastern part of the state, and the Utica Shale formation is located in the southeastern part of the state. Both formations are rich in natural gas, which is extracted through a process called hydraulic fracturing.

- The facts about hydraulic fracturing:
  - Hydraulic fracturing fractures used safely more than 3,500 wells in Ohio.
  - The Marcellus Shale formation has been hydraulically fractured more than 100 times in Pennsylvania.
  - Hydraulic fracturing fractures used safely more than 1,000 wells in Pennsylvania.
  - Since 2008, more than 15,000 Ohio wells have used hydraulic fracturing. During that time, the Division of Oil and Gas Resources Management has conducted a number of successful investigations without finding any cases of groundwater contamination due to hydraulic fracturing.

- How deep is a shale gas well?
  - A typical shale gas well is between 8,000 and 10,000 feet deep.

- Independent studies confirm Ohio regulations:
  - A recent study by the Ohio Department of Health found that the Marcellus Shale formation is safe for human health and the environment. The study concluded that the Marcellus Shale formation is safe for human health and the environment.

- The following provides a brief overview of natural gas drilling in the Marcellus and Utica Shale regions of Ohio and the potential environmental impacts associated with these activities.

Truthland: A Pennsylvania Mom’s Search for Answers about the Safety of Fracking

We found Truthland on YouTube at www.youtube.com/watch?v=ITJaeliuzSU.

The video presents interviews with scientists, environmentalists, government officials and residents of other oil producing areas.

Together, the Marcellus and Utica Shale regions extend across New York, Pennsylvania, Maryland, West Virginia, Ohio and parts of Kentucky and Tennessee. The deposits sit between 7,000 and 13,000 feet below ground.

Both are important geologic formations because they hold large reserves of natural gas. Researchers estimate the Marcellus Shale alone could contain as much as 200 trillion cubic feet of natural gas, enough to supply U.S. energy demands for about 14 years.

Most drilling is now occurring in the Marcellus Shale region of Pennsylvania, growing interest in West Virginia and New York. Because the Marcellus Shale is much larger in the eastern region, Ohio is experiencing far less Marcellus Shale drilling than other states. However, Ohio will likely see a significant increase in future drilling, as much of the state sits over the Utica Shale formation, which experts also predict holds large natural gas reserves and potentially oil.
How is natural gas extracted from a shale formation?

Natural gas is extracted from the shale through a two-step process of horizontal drilling and hydraulic fracturing. To start, a production well is drilled thousands of feet downward and then gradually angled horizontally through the shale deposit. The well is then hydraulically fractured to maximize the ability to capture natural gas once the shale is hydraulically fractured.

After the well is drilled, a mixture of water, sand, and chemical additives is injected at high pressure to fracture the shale. This process, called hydraulic fracturing (or hydraulic fracturing), is a technique used in the oil and gas industry since the 1940s. The sand keeps the fractured shale open and serves as a conduit for extracting the natural gas.

The chemical additives reduce potential problems during drilling and gas production, such as bacterial build-up and the formation of scale, mineral deposits, and rust. After it is injected, it can take up to four million gallons of fresh water to fracture a single well. The water used in the fracturing process usually comes from a stream, river, reservoir, or lake near the drill site, or in some cases, from a local municipal water plant.

Horizontal drilling process
NORM – Naturally Occurring Radioactive Material

- Monitored at all well sites
- Low level radiation also found in marble, brazil nuts, and peanut butter
- Drill cuttings are separated from drilling mud and disposed of at licensed solid waste facilities
- Methane in drinking water
- NO methane has been found in Carroll County drinking water

Transportation of Liquid Gases

ODNR 3rd Quarter Production Report by county

Carroll Continues to Lead Ohio Counties In Number of Utica/Point Pleasant Wells

The Ohio Department of Natural Resources has released an updated status report for Utica/Point Pleasant Shale Well activity. The total number of producing wells increased from 291 to 301. The total number of permitted wells increased from 548 to 561. Carroll County continues to have the most permits (297) and the most producing wells (144) in the state.

The ODNR report identifies the location of each permitted well, the date the permit was issued, the well location, status (permitted, drilling, drilled, producing), well name, operator, and other comments.

DEVELOP A PARK PLAN UTILIZING OIL AND GAS AS A BENEFICIAL PARTNER

Broadview Heights, Ohio

Shallow Wells
12.5% methane

New retention basin excavation protecting the Chippewa Creek
300 feet of park asphalt drive

Carroll County, Ohio

Utica Shale Oil and Gas
4,000 to 8,000 feet

$2.5 million lease for Atwood Ranch
Energy Companies Spend $40 Million to Upgrade Carroll County & Township Roads

The four energy companies drilling Carroll County’s Utica Shale have spent approximately $40 million for improvements to county and township roads, according to Carroll County Engineer, Brian Wise. Carroll County’s annual road repair budget is approximately $500,000, so the investment the equivalent of 80 times the county’s annual repaired budget.

(Carroll County Gusher)

Carroll County’s Taxable Sales Up $7.2 Million in 2013

How is oil and gas drilling affecting the local economy?

Carroll County Auditor, Larry Van Horn, reports the county’s 2013 taxable sales reached $335,643,100—an increase of approximately $72.9 million over 2012 taxable sales. This comes on the heels of a $62.8 million increase in 2012, and a $20.1 million increase in 2011, when the first Utica Shale well permits were issued.

As a result, the collection of the county’s one percent sales tax increased from approximately $2 million in 2011 to $2.6 million in 2012 and to 3.36 million in 2013.

BP, Colo. strike deal to allow San Juan Basin drilling

Scott Stravato, B&G reporter published: Thursday, June 6, 2013

The state of Colorado is expanding its focus on balance oil and gas drilling with natural resource protection by amending the state’s risk-management circular for the West Elk watershed. Under an agreement announced last week, BP America Production Co., has agreed to a number of water conservation measures to offset impacts from a planned oil well development in the West Elk/Uncompahgre watershed.

Among the terms that BP will accept: property in water drainage and habitat of wildlife; a more water-friendly road design eliminates the need for riparian fences that can harm native riparian and wildlife species; and other steps. Drilling related activities such as tanks, well pads, and natural gas depositories in Colorado is portion of the San Juan Basin. Under a new agreement between the state of Colorado and BP America Production Co., a new plan for the area of activity, including placement of tanks and natural gas depositories, will be reviewed.

Jerry Austin, B&G San Juan Oil & Gas Operations Manager, said in a statement that the company is “proud to enter into a plan that not only incorporates operational efficiencies, but also provides actual best practices.”

The agreement, coming under pressure from the state, is in line with the state’s plans to reduce impacts of oil and gas drilling. The state, which has been a leader in oil and gas drilling regulation, has been working to reduce impacts of oil and gas drilling.

“We expanded the best available science to identify impacted species and priority mitigation areas,” said Austin.

Allegheny County could get $73M in park gas drilling deal

Lindsey Lazarevic/WNYT

A Cabot Oil & Gas rig now reeled in the landscape in Kingstons, Pa. Allegheny County could receive as much as $73 million by leasing a public park for natural gas drilling, including a $3.5 million signing bonus.

The Pittsburgh Post-Gazette obtained documents from Range Resources that details the company’s proposal to buy county land. Executive Rich Fitzgerald wants the county to lease an 89-acre plot of Belle Lake Park for horizontal drilling and promises they will not have an impact on the surface.
Build It and They Will come: Stories of a Natural Playscape
1:00PM-2:00PM
2:15PM-3:15PM
Lake James Room

- Daniel Olson, Executive Director (Champaign County Forest Preserve District)
- Mary Ellen Wuellner, Deputy Executive Director (Champaign County Forest Preserve District)
- Jerry Pagac, Retired (Champaign County Forest Preserve District)

This session will examine the reasons agencies should consider implementing a natural playscape and will offer suggestions for planning, installing, and operating the playscape. We will present concepts from across the Midwest and will draw examples from our own experiences at the Homer Lake Natural Playscape in Champaign County, Illinois. We will mix stories and personal observations throughout the presentation.

High Risk Recreation Management & Maintenance
1:00PM-2:00PM
2:15PM-3:15PM
Crooked Lake Room

- Fritz Harbridge, Owner (Team Effect, Inc.)
- Amanda Harbridge, Owner (Team Effect, Inc.)

Zip lines and challenge recreation are popping up all over the country. This session will explore the risk involved in the operation, program management, and overall resources associated with these activities.
Maintenance Management Systems: Are They for You?
1:00PM-2:00PM
2:15PM-3:15PM
Snow Lake Room

- Alan Welk, Superintendent of Parks (Arlington Heights Park District)
- Daniel Otto, Deputy Director (Schaumburg Park District)

This session will look at maintenance management software, how to use it, and what data can be gathered. Additionally, discussion will include how data can be used to help plan your yearly budgets and daily activities.

Reservation System Industry Trends & Benefits
1:00PM-2:00PM
2:15PM-3:15PM
Wigwam Room

- Susan Grant, Director of Client Services (The Active Network, Inc.)
- TJ Mahoney, Client Services Manager (The Active Network, Inc.)

During this session the speakers will review trends in the camping and recreation industry today. Focus will be on reservation systems and services and their evolution to meet the needs of today’s customer. With the current focus on self-sufficiency and sustainability, the speakers will review the ways in which reservation systems can support agency goals and objectives in partnership. Key concepts will include how a reservation system can help increase revenue, reduce cost and enhance the consumer experience. The session will conclude with an eye to the future; discussing the future needs of consumers and ways in which a reservation system can leverage technology to influence consumer behavior.

Hardy Lake’s Dwight Chamberlain Center: Raptors of Indiana
3:30PM-5:00PM
Lake James Room

- Leslie Grow, Naturalist (Hardy Lake, Indiana Department of Natural Resources)

Hardy Lake State Recreation area is home to the Dwight Chamberlain Raptor Center. This center is the only State of Indiana-owned bird-of-prey rehabilitation facility. In addition to rehabilitating birds of prey, the center keeps non-releasable birds of prey for the purposes of education. The Naturalists of Hardy Lake travel throughout Indiana with these education birds to teach people about our natural resources.
AWARDS RECEPTION AND DINNER

The Awards Reception and Dinner honored winners of the Great Lake Park Training Institute’s awards and scholarships. Information about the award winners follows.

2014 Garrett G. Eppley Scholarship

Description
Named in honor of Dr. Garrett Eppley, a pioneer in park and recreation education. He served in various roles with the National Park Service and was a faculty member at Indiana University’s Department of Recreation, Park and Tourism Studies. The purpose of the scholarship is to provide stimulation and motivation for continuing education. Scholarship winners are selected by the Great Lakes Awards Committee.

Awardees

- Nathan Hambel, Senior Ranger, Forest Preserve District of DuPage County
- Jessica Rosier, Interpretive Naturalist, Indiana DNR
- Justin Woldt, Visitor Services Manager, U.S. Fish and Wildlife Service- Ottowa National Wildlife Refuge
2014 Great Lakes Park, Facility, and Recreation Program Award

Description
This award, in part, is in honor of Daniel L. Flaherty. In the 1930s and early 1940s, Flaherty worked in the Chicago Park District. During WWII he was the director of Chicago’s service men’s center. After the war he returned to the Chicago Park District, eventually becoming general superintendent. During his term, the Children’s Zoo in Lincoln Park was constructed. He had a commitment to in-service training to the parks field. In 1948 he became chairman of the Great Lakes Park Training Institute. To honor his work, this award is presented to recognize facilities and programs completed within the last five years that represent the cutting edge of the leisure movement throughout the United States. The facilities and programs selected demonstrate innovative cost effective design, the utilization of community input and resources, and provide a significant impact on their community and agency. This year, we are proud to honor two exemplary facilities.

Awardees
- Champaign County Forest Preserve District for Homer Lake Natural Playscape
- St. Joseph County Parks and WNIT Public Television for Outdoor Elements
2014 Richard Lawson Award

Description
In 2013, we lost a man who had a terrific impact on the Great Lakes Park Training Institute. For 37 years, Richard Lawson taught at Indiana University. He was a pioneer in the analysis of fees and charging for public park and recreation services. He was also a strong advocate for continuing education for parks professionals. His commitment is evinced by serving as director of the Great Lakes Park Training Institute for 25 years. He was a Distinguished Life Member of Indiana Park and Recreation Association, after serving for many years as Executive Secretary of the organization. He was a 50+ year member of Indiana University I-Men’s Association, Past President of the Indiana University Alpha Chapter of Phi Delta Kappa, and a member of St. Mark’s United Methodist Church. His name is carried on at Great Lakes, as the Lawson Award has become the highest individual honor that the Institute has to bestow. Please join me in honoring Richard with a moment of silence. Now, let us continue to honor Richard by moving to his award.

This award is named in honor of Richard Lawson. It is presented annually to individuals who exemplify continued and significant contributions to the parks and recreation profession in the Great Lakes region. This year, we received nominations for a wide range of candidates from Indiana, Illinois, Ohio and Michigan.

Awardee
- Ginger Murphy, State Coordinator, Division of State Parks, Indiana DNR
Trustee Awards

Description
This award recognizes members of the GLPTI Board of Regents who have complete their terms on the board. With the presentation of this award, Regents become Trustees of the Institute and serve as their schedule allows. In 2014 the following Regents were recognized for their service and became Trustees.

Awardees
- Evelyn Kirkwood
- Jerry Pagac
**Midwest Institute of Park Professionals Scholarship Winners**

- Neal Bahnsen  
  Woodridge Park District
- Vari Duran  
  Waukegan Park District
- Ken Kerfoot  
  Geneva Park District
- Eric Krueger  
  Waukegan Park District
- Cliff Philis  
  Park Ridge Park District
- Jason Waters  
  Geneva Park District

**Great Lakes Park, Facility, and Recreation Program Award**

Champaign County Forest Preserve District  
Homer Lake Natural Playscape

- Designed to create nature play and learning opportunities for kids of all ages and abilities.
- Promotes active unstructured play with hands-on learning activities.

**Great Lakes Park, Facility, and Recreation Program Award**

St. Joseph County Parks and WNIT  
Public Television

**Great Lakes Park, Facility, and Recreation Program Award**

Champaign County Forest Preserve District  
Homer Lake Natural Playscape

- Over one acre in size.
- Collaboration of Champaign County Forest Preserve District, Urbana Park District, University of Illinois Recreation Sport & Tourism Department, and the UI Landscape and Human Health Lab.

**Great Lakes Park, Facility, and Recreation Program Award**

Outdoor Elements

- Host: Evie Kirkwood  
- Producers/Directors: Kelsy Zumbrun and Brenda Bowyer

- Goal: To connect viewers with the vast natural and cultural resources of the region.
- Topics
  - Native flowering trees
  - Testing stream capacity
  - Recycling
  - Fishing
  - Creating rain gardens
In Memorial
Richard W. Lawson 1928-2013

Richard Lawson Award
Ginger Murphy
- Indiana DNR
- State Coordinator, Division of State Parks and Reservoirs

Richard Lawson Award
Ginger Murphy
- Began as a front line interpreter at Salamonie Reservoir
- Chief of Interpretation
- Assistant Director for Stewardship

Trustee Awards
Evie Kirkwood  St. Joseph County Parks  1995-2014
Jerry Pagac  Champaign County Forest Preserve District  1988-2014

Awards Reception and Dinner  2014
2015 Nominations
See you again next year!
WEDNESDAY, FEBRUARY 27, 2013

Lake Vermilion State Park: Models for Sustainable Park Development
8:15AM-9:45AM
Lake James Room

- Peter Hark, Field Operations Manager (Minnesota State Parks)

This session will give an overview of Minnesota’s state park and trail system and its three-part mission. The overview will highlight state park user trends and the budget layout and its challenges. This includes the impacts of the state’s 2008 Clean Water, Land and Legacy Amendment. It will cover new opportunities in the system, with special emphasis on Minnesota’s newest state park—Lake Vermilion—and highlight key energy conservation initiatives that have helped reduce operational costs. The session will provide examples and insights to help parks address important questions such as, “How do we lower operational costs and increase revenue?” and “How do we stay relevant as society changes and budgets are highly stressed?”
Three-part Mission: Outdoor Recreation

Three-part Mission: Resource Management

- Preserve/perpetuate natural features present prior to European settlement.
- Preserve/perpetuate other significant natural, scenic, scientific & historic features.
- Maintain a balance of plant/animal life.
- Reintroduce desirable species.

Three-part Mission: Conservation Education/Interpretation

Annual Resource Mgmt. Accomplishments

- Initiate restoration of 900 acres of prairie, forest and wetlands.
- Control invasive species on 8,800 acres.
- Review/approve approx. 70 research permits.

- Conduct prescribed burns on 5,700 acres.
- Assess > 120 proposed projects for potential natural/cultural resource impacts.
Table 8
Household income of Minnesota visiting MN State Parks

<table>
<thead>
<tr>
<th>Income class</th>
<th>Park visitors, 2003 (percent)</th>
<th>MN households, 2011* (percent)</th>
</tr>
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<tbody>
<tr>
<td>Less than $20,000</td>
<td>4%</td>
<td>10%</td>
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<tr>
<td>$20,000 to $29,999</td>
<td>4%</td>
<td>10%</td>
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<td>$30,000 to $39,999</td>
<td>5%</td>
<td>12%</td>
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<td>$40,000 to $49,999</td>
<td>7%</td>
<td>13%</td>
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<td>$50,000 to $59,999</td>
<td>9%</td>
<td>14%</td>
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<tr>
<td>$60,000 to $69,999</td>
<td>11%</td>
<td>15%</td>
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<td>$70,000 to $99,999</td>
<td>14%</td>
<td>16%</td>
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<tr>
<td>$100,000 to $149,999</td>
<td>18%</td>
<td>17%</td>
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<tr>
<td>$150,000 or more</td>
<td>15%</td>
<td>18%</td>
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<tr>
<td>Total</td>
<td>100%</td>
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*Source: U.S. Census Bureau, 2011 American Community Survey 5-Year Estimates

Table 15
Type of State Park Visitor

<table>
<thead>
<tr>
<th>Type of visitor</th>
<th>Visitors 2003 (percent)</th>
<th>Visitors 2007 (percent)</th>
<th>Visitors 2012 (percent)</th>
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<tbody>
<tr>
<td>Day use from home</td>
<td>49%</td>
<td>57%</td>
<td>59%</td>
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<tr>
<td>Day use on 1/2/4 away from home</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
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<tr>
<td>Day use national</td>
<td>41%</td>
<td>42%</td>
<td>37%</td>
</tr>
<tr>
<td>Campers</td>
<td>4%</td>
<td>4%</td>
<td>3%</td>
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<tr>
<td>Total percent</td>
<td>100%</td>
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Figure 2
Satisfaction with visit to a Minnesota state park

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<td>Percent of visitors</td>
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Table 21
Over the years you have visited the parks, has the quality of your park experience declined or improved?

<table>
<thead>
<tr>
<th>Response</th>
<th>Park visitors, 2007 (percent)</th>
<th>Park visitors, 2012 (percent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greatly improved</td>
<td>12%</td>
<td>19%</td>
</tr>
<tr>
<td>Improved</td>
<td>50%</td>
<td>40%</td>
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<tr>
<td>Stayed about the same</td>
<td>25%</td>
<td>24%</td>
</tr>
<tr>
<td>Declined</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>Greatly declined</td>
<td>4%</td>
<td>1%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Total percent</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>
**Division of Parks and Trails: FY14-15 Budget Overview by Fund**

FY2014-15 Governor’s Recommendation

- Parks and Trails Fund: $31,000
- Federal Fund: $5,950
- Special Rev Funds: $8,001
- General Fund: $15,560
- Other & Fish Fund: $6,358

**Natural Resources Fund**: $59,988

**Dedicated Funds Can Only be Used for Purposes Specified in Statute**

11 funds totaling $48M/year

**Parks and Trails Legacy Fund**

- Partners: $407
- Connect People to the Outdoors: $5,066
- Take Care of What We Have: $15,318
- Acquire Land, Create Opportunities: $13,909

**Legacy Highlights:**

Connect People to the Outdoors

- I Can! Series of Skill-building Programs
Legacy Highlights:
Acquire Land, Create Opportunities

Legacy Highlights:
Take Care of What We Have

Accelerating Natural Resource Management
- Increased # of acres of native plant communities restored annually by 53%.
- Increased # of acres of invasive species controlled annually by 91%.
- Increased # of acres of prescribed burns conducted annually by 34%.

Establishment of a Conservation Herd of North American Plains Bison in Minnesota
1. To reestablish a Minnesota bison population of sufficient size to sustain genetic diversity over the long term and contribute to North American bison conservation efforts.

2. To provide increased opportunities for visitors to see/experience bison in a landscape resembling pre-settlement Minnesota.

Legacy Highlights:
Coordinate with Partners

Division of Parks and Trails: History of Expenditures

<table>
<thead>
<tr>
<th>Parks and Trails</th>
<th>Expenditures by Fund (in thousands)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roads and Trails</td>
<td>$300k</td>
</tr>
<tr>
<td>Metro Parks and Trails</td>
<td>$250k</td>
</tr>
<tr>
<td>Natural Areas</td>
<td>$200k</td>
</tr>
<tr>
<td>General Fund</td>
<td>$150k</td>
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</table>
Division of Parks and Trails: History of General Fund

FY 2012-13 Total Expenditures: $207 million

Community Partnerships
(Grants to local, regional and Greater Minnesota parks and trails)

25%

Parks and Trails Management
(operations and maintenance, strategic planning, acquisition and development, resource management, outreach and interpretive services)

Additional Challenges:
Jay Cooke State Park 2012

Additional Challenges:
Willard Munger State Trail 2012

Additional Challenges:
La Salle Lake SRA 2012

Additional Challenges:
Jay Cooke State Park 2013

Additional Challenges:
La Salle Lake State Recreation Area

Willard Munger State Trail
Lake Vermilion

Process for Establishing a New State Park

Moving forward, the process for establishing a new state park will be followed:

- Identify lands to include as part of the new park
  Work with U.S. Steel on property descriptions, etc.
- Work with the Minnesota State Legislature and local officials to establish the new state park
  All state parks are established and their boundaries determined by acts of the State Legislature.
- Purchase the lands for the new state park
  Finalize an agreement with U.S. Steel for the acquisition of the land.

Public process already supports the concept:

“Continue to work with U.S. Steel Group concerning the possibility of adding the properties east of the park to the statutory park boundary.”

Lake Vermillion

Department of Natural Resources Proposal:

Goal - Preserve the undeveloped lands along Lake Vermillion and create a flagship state park that showcases Minnesota’s classic lake country.

Action - Develop a "Next Generation Park" with new facilities and amenities:
- Meets growing demand for overnight use
- Attracts new users
- Complements opportunities offered at Soudan Underground Mine State Park

Lake Vermillion State Park

The state park next door...

Soudan Underground Mine State Park

Complementary opportunities:
- Historic mine and mine tours
- Old growth forest

Operational support:
- Combined management structure
- Shared equipment and staff

Lake Vermilion

When proposal moves forward, the process for establishing a new state park will be followed:

- Identify lands to include as part of the new park
  Work with U.S. Steel on property descriptions, etc.
- Work with the Minnesota State Legislature and local officials to establish the new state park
  All state parks are established and their boundaries determined by acts of the State Legislature.
- Purchase the lands for the new state park
  Finalize an agreement with U.S. Steel for the acquisition of the land.

Public Involvement:

Commissioner’s Advisory Task Force

Park Management Plan
- Citizen Advisory Committee
- Online surveys
- Public review - open houses and web-based opportunities
Lake Vermilion State Park

A “Next Generation” State Park

Sustainable development
  • Energy efficiency
  • Greener construction

Making connections with new generations of visitors
  • Facility design
  • Learning opportunities
  • Technology
  • Adventure activities

Estimated Annual Economic Benefits:

<table>
<thead>
<tr>
<th>Economic benefit/visitor spending</th>
<th>Overnight</th>
<th>Day Use</th>
<th>Total</th>
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<tbody>
<tr>
<td>On-site</td>
<td>$1,220,770</td>
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<tr>
<td>Off-site</td>
<td>$7,425,000</td>
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<tr>
<td>Total</td>
<td>$8,645,770</td>
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Direct Income –

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<th>Type</th>
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<tbody>
<tr>
<td>Camping</td>
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<tr>
<td>Camper cabins</td>
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<tr>
<td>Day Use</td>
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<tr>
<td>Total</td>
<td>$515,190</td>
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</table>

* Additional tour revenue at Soudan Underground Mine State Park $75,000

Lake Vermilion State Park

Extensive Natural & Cultural Resource Inventories Needed to Assist Division in Developing the Park

Natural Resources
  • Land cover mapping - 1/3 park wetlands.
  • Bioblitz documented @ 270 species of wildlife (birds, mammals, herps, invertebrates)

Cultural Resources
  • Archaeological sites – campsites, stone quarrying and tool-making.
  • Hundreds of mine pits – early iron ore exploration

Lake Vermilion State Park

Future Projects and Challenges:

Planning and design
  • Campground
  • Boat launch
  • Welcome plaza

Site challenges
  • Water source
  • Sulfide-bearing rock

Operations challenges
  • Scaling up to manage new facilities

Lake Vermilion State Park

Energy Reduction
How do we cut costs/generate revenue?

How do we cut costs/generate revenue?

The future of our system...

Questions – Comments - Thoughts
Thanks
Peter Hark
Peter.hark@state.mn.us
So You Have to Give a Speech...
10:00AM-11:30AM
Lake James Room

- Scott J. Watson, Founder (Heartland Intervention, LLC)

Join GLPTI veteran presenter Scott J. Watson for an unconventional look at public speaking. Whether you present to large groups or just your staff, this session is designed to help you convey your message, engage your audience, and help you survive without turning red and needing a diaper! Participants should expect a little humor and an opportunity to actually practice during the session.

Interpretive Services- Connecting People to Places and Purpose
10:00AM-11:30AM
Crooked Lake Room

- Fred Wooley, Park Interpreter (Pokagon State Park)

Interpretive service can make meaningful connections for property staff, visitors, and public at-large that support the mission of a park or agency. Though it helps to have a Nature/Visitor/Interpretive Center, it is the interpreter in the field and at the computer that gives the personal touch for a successful educational and public relations program. This session will allow participants to evaluate their interpretive programs, identify free interpretive techniques, and understand how new technology can enhance programs.

Giant Hogweed and Friends
10:00AM-11:30AM
Snow Lake Room

- Peter Carrington, Assistant Curator (W. J. Beal Botanical Garden)

Giant Hogweed is the most notorious of a group of species that can deliver toxic furanocoumarins to the skin of the unsuspecting. It is much more common than most think. This session will describe how to eradicate this pest and offer solutions for preventing its growth.

Playground Maintenance and the “Dirty Dozen”
1:00PM-2:00PM
2:15PM-3:15PM
Lake James Room

- Linda Glick, Sales Representative (Snider & Associates)
- Jeff Snider, Sales Manager and Representative (Snider and Associates)
This session is based on “The Dirty Dozen” video that is produced by the National Recreation and Park Association (NRPA). The dirty dozen are the twelve leading causes of injuries on playgrounds that NRPA has published as a checklist for safe playgrounds. The presenters will review this checklist and discuss procedures for inspecting and maintaining playgrounds.

Playground Safety and Maintenance

Linda Glick
Jeff Snider

The Dirty Dozen

1. Improper Protective Surfacing
2. Inadequate Use Zone
3. Protrusions & Entanglement Hazards
4. Entrapment in Openings
5. Insufficient Equipment Spacing
6. Trip Hazards
7. Lack of Supervision
8. Age Inappropriate Activities
9. Lack of Maintenance
10. Crush, Shearing, and Sharp Edge Hazards
11. Platforms with No Guardrails
12. Equipment not recommended for Public Use

Improper Protective Surfacing

• Falls are leading cause of injuries
• Acceptable surfaces
• Unacceptable surfaces
• Entire use zone not just equipment
Inadequate Use Zone

- New play equipment - manufacturer should provide use zone information
- Six feet around all equipment
- Swings require more use zone

Protrusions & Entanglement Hazards

- Typically hardware that may be capable of impaling or cutting child
- Increased diameter can create a ‘hook’

Entrapment in Openings

- General rule no openings between 3.5” and 9”
- 95th percentile head size
- 5th percentile torso size

Insufficient Equipment Spacing

- Equipment less than 30” high – 6’
- Equipment over 30” high – 9’
- Swings, slides, standing rockers, merry go rounds – no overlapping use zones

Trip hazards

- Exposed concrete, tree roots, etc.

Lack of Supervision

- Signage
- Warning labels
- Design for easy parent observation

Age Inappropriate Activities

- 2-5 age group equipment
- 5-12 age group equipment

Lack of Maintenance

- Create a maintenance program
- Routine, monthly or quarterly, seasonal, complaints
- Maintenance check list
Crush, Shearing, and Sharp Edge Hazards
• Check moving parts or mechanisms that might crush a child’s fingers

Platforms with No Guardrails
• Elevated surfaces need guardrails
• Guardrails versus protective barriers

Equipment Not Recommended for Public Use
• Heavy swings – i.e. animal figure swings
• Free swinging rope that may fray or can create a loop
• Swinging exercise rings or trapeze bars

Resources
• NPSI – National Playground Safety Institute
  – They conduct CPSI courses (Certified Playground Safety Inspector)
• CPSC – Consumer Product Safety Commission
• ASTM – American Society for Testing and Materials
• IPEMA – International Playground Equipment Manufacturers Association
• NRPA – National Recreation and Park Association
• Equipment’s Manufacturer
Playground Winter Maintenance/Tips

Cold weather is on its way. Winter can sometimes do strange things to our facilities. Playgrounds are not exempt from experiencing these freezing effects. We have listed below a couple of occurrences you may encounter. Please be aware as some may pose a safety issue.

- Plastic play components tend to contract or shrink in cold temperatures. This can lead to bolts that were once tight and secure to be loose. This danger could mean a failure in the play piece and potential injury to a child. Be on the look-out for loose hardware and correct if necessary.
- If there is moisture retention in your loose fill safety surfacing (i.e. sand, pea gravel, engineered wood fiber, etc.), it will freeze when the temperature drops below the freezing mark. When the surface is frozen, the impact attenuation (head impact criteria) properties of your loose fill system are lost. Please check your surface frequently in the winter weather. If it is frozen the play area should not be used.
- Frost can also shift the soil. Most playgrounds have a containment system for their loose fill surfacing. Typically they are wood or plastic timbers that use a stake to keep it in place. If you have one of these systems please check periodically to make sure the stakes have not shifted upwards. If they have shifted they can cause trip hazards and other potential
problems. During your periodic surveys of the playground check the stakes and correct if necessary.

- If your playground is near a parking lot or driveway that is snow plowed...be ready. You may want to incorporate some type of marker or warning for the plow trucks. With piles of snow it is hard for the plow truck to decipher when the asphalt ends and the playground begins. With markers you could avoid broken containment systems, damage to play surfacing, or damage to the play equipment.
- Branches are more likely to fall in winter time, so remove foreign objects from your playground as soon as they appear.
- In cooler weather, kids sometimes wear jackets and coats that have drawstrings. These can become entanglement hazards when kids are on playground equipment. Be careful. Supervision is always recommended.

### A Community Trail Impact Assessment

1:00PM-2:00PM  
2:15PM-3:15PM  
Crooked Lake Room

- Ya-Ling Chen, Doctoral Candidate (Indiana University)

This session will provide participants the opportunity to become acquainted with methods for assessing community impacts. Additionally, participants will become familiar with the SOPARC methodology and will be able to understand the preferences and use patterns of community trails.

### Food, Farms, and Parks: Opportunities for Agriculture in Park Operations and Programming

1:00PM-2:00PM  
2:15PM-3:15PM  
Snow Lake Room

- Bernadette Whitworth, Community Ecology Program Manager (Five Rivers MetroParks)

Many park districts are charged with protecting, developing, and managing large amounts of green space including agricultural land. In many cases, food and farming can play a role not just in the past but also in the future use of park land. As self-sustainability, local food, and farming continue to be part of a lasting trend, there may be opportunities to infuse or augment the role of agriculture in park operations and outdoor recreation programming. This session will delve into one agency's approach to agriculture, conservation, and land management. An overview of existing parks, facilities, and programs will be presented as examples of how cross-departmental
planning, community partnerships, and targeted programming can improve operations, visitor satisfaction, and overall park success.
Carriage Hill and Possum Creek Farms
Connecting people to nature through history, farming and food.

Carriage Hill Historic Farm

Possum Creek Farm

Our Farm Parks
What Makes Them Successful?

- Multigenerational
- Families with young children
- History buffs

Our Farm Parks
Challenges

- High competition for people’s time
- Frequent updates are needed to keep things fresh

Novel and Unique Experiences

Preserve and Celebrate Heritage

Create Vibrancy

Connect to New Audiences

Why Agriculture?
- Demonstrations
- Personal engagement
- Special events

- Immersion
- Home life
- Farm animals
- Gardening

- Arnold family diaries
- Atmosphere
- Personal stories

Reinventing Possum Creek
The Interpretive Planning Process

- Talk to people about SWOTs and their vision for what the place could be.
- Inventory
- Define Mission, Relevancy, Audience, Themes and Goals
- Action plan for how to get there
Reinventing Possum Creek
Mission and Vision

Mission:
Possum Creek Farm will promote and foster the sustainable use and appreciation of natural resources through food systems education by building awareness of the direct impact our food choices have on our local economy, environment and culture.

Vision:
Experiences at Possum Creek Farm inspire visitors to make conservation a part of their daily lives by getting involved with our local food system.

Dayton Area Community Gardens
80+ and growing

- Vegetable Gardens
- Habitat Gardens
- Partnerships
- Green Schoolyards

Community Gardening
Helping urban residents in Montgomery County develop and maintain community gardens and green projects, transforming vacant lots into productive open spaces.

Unique Projects
Community Gardens, 2nd Street Market, City Beets

Dayton Area Community Gardens
80+ and growing

- Training and consulting
- Leadership development
- Community organization
- Construction oversight
- Educational materials and workshops
- Seeds, plants, and soil amendments
- Lots of encouragement

Community Gardening in Our Parks
Challenges and Rewards

2nd Street Market
Striving to promote sustainable, local food systems in order to shrink the ecological footprint of Montgomery County.

2nd Street Market
About the Facility
- Local food & Locally made products
- Gathering Place
- Sustainability

2nd Street Market
Relationships
- Manager knows the vendors
- Your neighbor isn’t your competitor
- Customers know the vendors

2nd Street Market
Atmosphere
- Comfortable
- Welcoming
- Part of a Tribe
2nd Street Market
Local Food and Products
- Produce vendors (most seasonal)
- Milk, eggs, bread, meat, bulk grains
- Specialty products: cheese, saiga, syrup
- Jewelry, pottery, toys

2nd Street Market
Sustainable and Local
- People shop here to be more sustainable
- Product selection
- Personal Footprint
- Support local businesses
- Green Business Certification

Success
What makes it work?
- Treating the facility like a business, not a program
- Focus on quality
- Special Promotions
- Understanding what works

Challenges
Continuous Improvement
- Making the business profitable
- Transitioning to a new business model
- External Competition

City Beets
Creating active youth leaders that are knowledgeable, skilled and empowered through the process of growing, sharing and selling food.

City Beets
About the Program
- Grow vegetables at the Community Garden
- Sell food at the 2nd Street Market
- Learn about where food comes from and food systems
- Prepare & eat snacks from harvested food
- Develop leadership skills
Grow and Sell

Prepare, Eat and Learn

Leadership and Team Building

Success
What makes it work?

- Energetic and knowledgeable staff
- Interviewing
- Variety of activities and real examples
- Sponsorship and community contributions
- Understanding our scope

Challenges
Continuous Improvement

- Staff intensive
- Sponsorship
- Site constraints
- Maintaining the garden before and after the program

Conclusion

- Agriculture can be a great way to diversify how you engage the public
- Understanding organizational mission and the role of agriculture in carrying out that mission is critical to success
- There are a lot of resources and organizations out there that can help you be successful
The Health and Park Connection
1:00PM-2:00PM
2:15PM-3:15PM
Wigwam Room

- Mark A. Young, Consultant and Advisor (Parks Forever Consulting)
- Jason Scherzinger, Community Health Initiatives Consultant (Anthem)

The health care paradigm is progressively shifting to an outcome-based prevention model, and exercise and nutrition are chief drivers of the change. Parks play an important role in preventive health care. Walk with a Doc is a grassroots program organized by physicians to bring the benefits of exercise, health nutrition with medical professionals in a park. Learn how to organize and initiate Walk with a Doc in your park and how it benefits your community.

Goals of this session
1. Understand the current health epidemic and learn why we need to take action as a profession;
2. Learn how to organize a walking program in your park system, from getting started to resources available and marketing techniques; and
3. Hear about how others are promoting health and wellness in their communities.

Why do we want our community members to exercise?

- Exercise is at the root of other health issues
- Aids with smoking cessation
- Improves mood
- Eases nicotine withdrawal symptoms
- Helps deal with stress and increase energy
- Reduces obesity
What exercise does – Quick review

- Decreases obesity but also...
- Cardiovascular
- Pulmonary
- Cancer (breast, colon, GI, blood, lung,...)
- Endocrine (osteoporosis)
- Mental Illness (anxiety, depression,...)
- Self-Esteem
- MIRACLE DRUG!!

The value of a walk in the park

“People are more likely to stick with a workout regime when they exercise outdoors”

Ohio State University study

Why is it that only 5% of us are exercising?

Why isn’t it easier?

Top 7 Excuses Not to Exercise

- I’m Too Tired
  - 10 minutes can give you 2 hours of energy
- I’m Too Busy
  - Not true
- Weather
  - Dress for the weather
- I exercise enough at work
- Often not the case

Top 7 Excuses (continued)

- Can’t achieve what I need to
  - i.e. I’m not fast enough or don’t have enough energy

- Embarrassed

- Don’t feel like it/bad mood
  - Endorphins and serotonin!

How do we draw interest to something that is:

- Fun
- Easy
What is Walk with a Doc?
...in a nutshell
- Fitness
- Nutrition
- Education
- Family
- Friends
- Humor
- Empowerment

Why Dr. Sabgir started Walk with a Doc
- 97% leading unhealthy lifestyles
- Majority of what doctors treat can be ameliorated with regular activity
- Frustrated with his inability to motivate
- Improve the quality of life of patients...and doctors

A Typical Walk with a Doc
- Go to a beautiful park
- Doctor(s) and nurse(s)
- Coffee, water, healthy snacks
- Blood pressure checks
- Pedometers
- Medical discussion
- Share a quick message on the benefits, misc
- Walk in pairs or small groups
- It’s that easy

Topics of Discussion
- Over 100 different talks to this point
- Various experts of medical subspecialties, e.g. Cardiologist, primary care, pediatrician, chiropractor, psychologist...whatever gets people out
- Topics range from A to Z...Alcohol to Zinc
Impact – Why Walk with a Doc?

• Out in nature
• No wait, no fee
• Second opinion
• Respect for the profession of health care personnel
• Part of a unique growing program
• Large group of people who care about each other

Example of a WWAD Start up

• A doctor, parks director, or health advocate in a community hears about WWAD and contacts them for more information.
• WWAD sends a 7 page PDF, video and paperwork
• Paperwork (Marketing and Licensing Agreement, Waiver of Liability, talking points, sponsorship ideas, newsletter sign-up)

Example of a WWAD Start up

• If interested, WWAD sends a toolkit and set up a conference call
• When new team member decides they want to walk and pick a park and date, WWAD sets up their webpage and send a “Launch Kit”
  • Banner, T-shirts, pedometers, etc.
  • Posted on WWAD FaceBook, Tweet, mention in newsletter
  • Press release...

Tool-Kit

www.walkwithadoc.org
Prescription Pads

How to Grow and Sustain Participation in WWAD
- Doctors write prescriptions
- Include in your agency’s program calendar
- Posters, cards, flyers in the office, community bulletin boards
- Newsletter

Reasons to start a WWAD program
1. Saves lives – why we are all in the business of improving quality of life.
2. Improve relationship between park and healthcare system
3. Marketing component – increase attendance at your parks
4. No risk, so why not

e-Newsletter
- Constant Contact
- Weekly
- 1/3 medical, 1/3 inspiration, 1/3 humor
- Keep track of what’s going on
- Friendly reminder to keep moving

Grow and Sustain Participation in WWAD
- Print and Social Media
- www.Meetup.com
- Banner at event

What’s The Catch?
- There is none
- We have an extreme need
- We have something that works
- Our partnerships allow us to fulfill our dream of rolling this out at a bare minimum cost
Vision:
Better health and productivity for employees and communities.

Health starts where you live, work and play:
- Schools
- Places of worship
- Neighborhoods

Let’s empower people to make better choices wherever they are.

The power to connect

Our mission:
- To improve the lives of the people we serve and the health of our communities.

Through community collaboration:
- We empower people to make informed health decisions.
- We measure the impact of activities.

One in three Americans rely on a Blue Cross and Blue Shield brand health plan.*
We help bring public, private and nonprofit leaders together

- Broker meaningful commitments
- Develop strategies to improve community health

Our parent company’s foundation funds programs that help improve several state health index measures, including:

**Reducing**
- Childhood obesity
- Risk of cardiac death
- Adult diabetes
- Numbers of low birth-weight babies

**Increasing**
- Adults’ activity levels
- Adult flu prevention and immunization rates
- First-trimester prenatal care among at-risk mothers

---

Communities have the power to mobilize resources and influence positive change

**Business community –**
key to community health
**national reach, local presence**

---

Preventable chronic diseases are wasting our resources – and our lives

133 million
Americans live with one or more chronic diseases.

75%
of the nation’s total medical costs.

Half
of the deaths associated with chronic diseases are due to preventable behaviors, like poor diet and lack of physical activity.

---

Results of unhealthy behaviors are alarming

Here is part of the problem – and you can see how broad its impacts are.

- Currently, 35.7% of adults – 78 million people – and 17% of children and adolescents in America are obese; many more are overweight.
- This alarming trend has led to increased rates of Type 2 diabetes and many other adverse health outcomes.

---

Results of unhealthy behaviors are alarming

Costs the U.S.:
- An estimated $190 billion a year in medical expenditures.
- $4.3 billion in business losses

This poses a threat to our nation’s future.
A community approach: better for employees, better for business

- Reduces costs
- Improves lives
- Increases productivity

Community programs help people stay healthy – and stay out of the hospital.

Shaping healthier communities

Equitable health outcomes require:
- Social, cultural and physical environments that prevent illness and injury
- A commitment to racial and social justice
- Strong leaders
- Engaged communities
- Advocacy
- Innovation
- Practice and policy changes

Working together we can:

- Find opportunities
- Implement evidence-based strategies
- Save money
- Involve employees in their health care
- Help connect everyone to a better solution

Community engagement strategies

**Direct** them to community resources

**Encourage** them to be health advocates in their communities

walkwithadoc.org

Harness the desire to fit in

- Reduce consumer's stress
- 40% more likely to decrease their BMI if they had lean friends
- Students 56% more likely to make the BMI if they had lean friends
- Students 56% more likely to make the BMI if they had lean friends
No one is an island

Social network, more than genetics, predicts obesity

<table>
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<th>With a family member</th>
<th>With a group</th>
<th>By oneself</th>
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<tbody>
<tr>
<td>Likelihood of becoming obese (%)</td>
<td>57%</td>
<td>40%</td>
<td>37%</td>
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Framingham Heart Study

What's the ROI on a healthy lifestyle?

- **Invest $1 in biking or walking opportunities**
  - Benefits up to $11.80

- **For every $1 in food and nutrition education**
  - Save $10 in reduced health care costs
  - Save $5.6 million in heart disease costs

10% of adults walked regularly

How can we influence change together?

- **Increase awareness**
- **Provide support to evidence-based programs/policies:**
  - Provide supplies to school health programs
  - Partner with other agencies to develop healthy environmental strategies
  - Promote public policies to prevent illness, injury, death
  - Encourage employees to participate in health promotion programs

Ski with a Doc in Madison Parks

Results are in!

- **90.8%** of participants feel they are **more educated** since starting Walk with a Doc.
- **75.2%** of participants get **significantly more exercise** since starting Walk with a Doc.
- **70.1%** of participants feel more empowered.
- **98.5%** enjoy the refreshing concept of pairing physicians with communities outside the traditional setting.

Additional benefits of the walk include: high level of camaraderie, increased energy, safer communities, participants are happier, makes them want to make difference, and much more!

Questions to Explore

1. How are you connecting your parks to health and wellness (initiatives, programs, built environment, etc.)?
2. What new ideas will you take back to your agency?
Security 2014: Now What?
3:30PM-5:00PM
Lake James Room

- Doug Kettel, Superintendent of Facility Services (Schaumburg Park District)

Across the country, public agencies struggle with tightening budgets and increasing risks. The public now expects agencies to take added precautions and have systems in place for their protection and safety. Agencies need a mature process to identify risk and vulnerability and then eliminate the threat, utilizing various techniques that are available. Precautions, systems, and a process will be presented to attendees for consideration and discussion.
The 2014 Vendor Social featured a “school spirit” theme. Participants were encouraged to wear their old letter jackets, sweatshirts, and other items from high school or college. The social featured a dinner, bar, comhole/bags contest, eukre tournament, and vendor booths set up by GLPTI sponsors.
THURSDAY, FEBRUARY 28, 2013

Developing a Sustainable Sign Program for Your Park
8:15AM-10:30AM
Crooked Lake Room

- Don Meeker, Principal (Terrabilt, Inc.)

Signage in parks poses a challenge for park management. It is often said, “We know it is not perfect, but where do we start, and what are the benefits in tight times?” This session will provide park staff and managers with a clear understanding of the components and benefits of a sustainable, manageable, and visually coherent sign program to identify, guide, inform, and protect visitors. The session will illustrate a logical approach to packaging park resources for visitors as they come through the front door and use park facilities.

What’s Really in Your Tank? The Proper Measurement and Use of Pesticides
8:15AM-10:30AM
Snow Lake Room

- Fred Whitford, Coordinator, Purdue Pesticide Program (Purdue University)

This workshop is divided into two parts. Part One goes beyond the old adage, “read and follow label instructions,” for pesticide use. People often look at the big picture in spray technology; however, the subtleties of measuring the product being used are often neglected. The purpose of this section is to urge participants to investigate and, if necessary, correct this often overlooked first step in the pesticide application process. Part Two will cover the quality of water used for spray pesticides. This section will discuss pH and water hardness and their effects on pesticides. Participants will gain an understanding of water testing methods that will increase the efficacy of pesticide treatments.

A Better Understanding of Disc Golf and Course Design
8:15AM-10:30AM
Wigwam Room

- Dennis Byrne, Owner and Professional Disc Golf Association Senior Designer (The Disc Golf Company)

This session will provide and introduction to disc golf and explore the benefits of professionally designed courses. The workshop will begin with an overview of the game,
including equipment, terminology, and the differences in Recreational, Intermediate, and Championship level courses. The costs of designing, building, and operating a disc golf course will be highlighted. Attendees will also learn about working with professional designers and local disc golf clubs to boost use and interest in courses. Finally, the health, social, and economic benefits of disc golf will be examined to show how courses can benefit park agencies and fit with their strategic plans.

Say What? Eight Critical Thoughts about Words and Those Who Say/Hear Them
10:45AM-12:00PM
Lake James Room

- Scott J. Watson, Founder (Heartland Intervention, LLC)

Words matter! Participants will be challenged and encouraged to evaluate and consider the impact of what they say. Specifically, we will examine eight phrases and how using them will enhance relationships at work and at home while also strengthening boundaries.