

The official publication of the Recreation Facility Association of Nova Scotia (RFA NS)

FACILITY FOCUS



**Dartmouth Sportsplex:
Lessons Learned on the Construction Site**

**Shoot to Score with ENERGY STAR
Portfolio Manager!**

**Four Technologies to Reduce Cost
and Improve Water Quality**

Fall/Winter 2017



**Recreation Facility
Association
of Nova Scotia**

Supporting you – from the ground up

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**Recreation Facility
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Facility Focus is the official publication of the Recreation Facility Association of Nova Scotia. It is published twice per year and is issued to members of RFA NS and others, associated with the operations of recreation facilities in the Atlantic Provinces.

Articles within this magazine do not necessarily reflect the opinions or policies of the Board of Directors or the Association as a whole.

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RFA NS Mission Statement

To provide leadership in developing, promoting and advocating excellence in recreational facilities, operations and personnel.

Our commitment is:

- To promote and encourage the professional development of recreation facility personnel and provide opportunities for this development;
- To act as a unified voice for recreation facility personnel regarding issues affecting facilities and their management;
- To improve communication between facilities;
- To promote the provision of high quality, safe recreation facilities.

PROGRAMS AND EDUCATION

ATLANTIC RECREATION & FACILITIES CONFERENCE AND TRADE SHOW

The 2018 Atlantic Recreation & Facilities Conference and Trade Show will be held May 30th - June 1st, 2018 at the Rodd Charlottetown in beautiful Charlottetown, Prince Edward Island. The Trade Show will take place on May 30th at the Convention Centre of the Arts.

This year's conference theme is "Oceans of Opportunities". Be sure you join us and other recreation facility professionals from across Atlantic Canada at the conference. It will be great time for networking, getting innovative ideas and learning about new products and services available to recreation facilities.

With 50 plus exhibits from across Canada, the Trade Show will showcase and demonstrate the latest products, services and market trends affecting recreation facilities. Visit our website at www.rfans.com for details on how to become an exhibitor.

For more details visit www.arfc.ca/ or contact RFA NS at 902-425-5450 x 330

LOGBOOKS

The Recreation Facility Association of Nova Scotia sells a variety of logbooks to suit the many needs of recreation facilities in Nova Scotia. Logbooks available for order are as follows:

- Pool Inspection & Maintenance Logbook
- Arena Inspection & Maintenance Logbook
- Skateboard Park Inspection & Maintenance Logbook
- Playground and Sport Court Inspection & Maintenance Logbook

To order your logbooks call 902-425-5450 x 330 or e-mail rfans@sportnovascotia.ca.



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PROGRAMS AND EDUCATION

AUTOMATED EXTERNAL DEFIBRILLATOR GRANT PROGRAM

The Recreation Facility Association of Nova Scotia is pleased to announce that the Automated External Defibrillator (AED) Grant Program will continue this year. More than 35,000 Canadian lives are lost each year due to cardiac arrest. Defibrillation improves survival rates by up to 30 percent if delivered in the first few minutes. With each passing minute, the probability of survival declines by 7 to 10 percent. Making defibrillators easily accessible in major sport and recreation facilities could save the lives of dozens of people across Nova Scotia in the coming years.

Through this grant program owners of major sport and recreational facilities will be eligible to receive up to one third of the total cost of the purchase of an Auto External Defibrillator or a replacement battery for previously acquired AED's purchased through the program (taxes included) to a maximum of \$1,500.00.

CSA HOCKEY HELMET PROGRAM

With another school year and ice skating season coming to a start the Recreation Facility Association of Nova Scotia is happy to resume the CSA Hockey Helmet Program. It is becoming more and more common that CSA hockey helmets are now mandatory for all children participating in school sponsored skates and for all participants taking part in public skates.

The CSA Hockey Helmet Program will ensure that participating local arenas can provide participants with the proper headgear needed to take part in school sponsored skates and public skates, allowing everyone to stay active and stay safe.

For more information on either of these programs check out our website at www.rfans.com or call Brittany Hunter, Executive Director at 902-425-5450 x 330.

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A huge thank you goes out to the Nova Scotia Department of Communities, Culture and Heritage. Their valuable support of the Recreation Facility Association of Nova Scotia provides the Association with the ability to continue offering training, programs and educational workshops to recreation facilities across Nova Scotia.

PROGRAMS AND EDUCATION

SECOND CLASS REFRIGERATION ARENA COURSE

The Recreation Facility Association of Nova Scotia Second Class Refrigeration Committee is preparing to offer the next On-line Second Class Refrigeration Arena course. If your facility needs a ticketed operator for your refrigeration plant to meet current labour standards, then this course is for you!

The course has a start date of January 3, 2018 with the 2 day orientation taking place at the NSCC Akerley Campus in Dartmouth, Nova Scotia. This course is limited to 15 participants. Apply early to ensure your spot!

The cost of the course for participants from Nova Scotia will be around \$200.00 plus tax.

You can find more information and all application material at www.rfans.com. For general inquiries regarding the course feel free to contact one of the following Second Class Refrigeration Committee members:

Committee Chair – Bud MacInnis – 902-863-1469

Executive Director – Brittany Hunter – 902-425-5450 ext 330

ICE FACILITY OPERATIONS COURSES

The Recreation Facility Association of Nova Scotia has partnered with the Ontario Recreation Facilities Association with the hopes of bringing a new Certificate in Ice Facility Operations to Nova Scotia.

In May 2017 we offered one of the four courses that will be needed to complete this certificate. The courses which will be required for successful completion are as follows:

- Basic Arena Refrigeration
- Ice Making and Painting Technologies
- Ice Maintenance and Equipment Operations
- Legal Awareness - Health and Safety for Supervisors in Recreation

Courses for the 2018 year will be posted soon so keep an eye on our Facebook Page and website for more details!



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DARTMOUTH SPORTSPLEX: LESSONS LEARNED ON THE CONSTRUCTION SITE

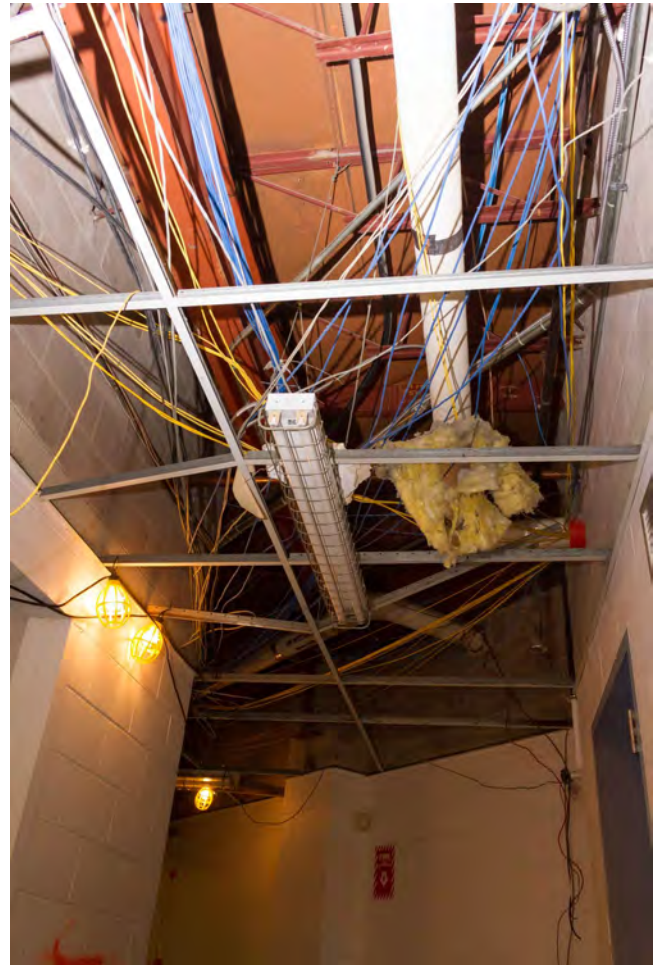


later you will give your eye teeth for them. Also, label the wires ... no one will know what anything is 10 years from now (likely not even next week).

The Dartmouth Sportsplex is undergoing the largest municipal building renovation ever attempted by the Halifax Regional Municipality. Starting in May 2017 the Dartmouth Sportsplex closed to make several changes to the facility including the addition of a gymnasium, several new pool features, new public meetings space and a new fitness centre. Four months into the process we have already learned a number of key things that may help others facing the daunting task of completing major upgrades on their facility.

Lesson #1: You never know what you will find.

Some days on a renovation it is like opening Pandora's box. Each time you open a wall, remove a ceiling or take up a floor you may find what you expect, what the original building plans indicate, or you may find something very different. One of the most interesting finds so far in the Dartmouth Sportsplex demolition phase is several 15ft concrete pits underneath the front concrete slab. This is not what anyone expected to find. It is not on any plan. Were they for water drainage, for extra support, maybe someone thought we needed a dungeon. I am not sure, but one thing we have learned is the importance of keeping accurate and complete as built plans. They will be invaluable later on when you come to do repairs or renovations. No one cares about them today but 10 years



Lesson #2: Old systems and new systems don't always fit together smoothly.

It sounds easy. Replace section 'B' and 'C' and just attach it to 'A' and it will just work. When pigs fly. Pipes sizes have changed, joints have rotted, wiring requirements are different and/or the technology has changed 10 times since you installed it. Don't be fooled by promises it will work with your existing systems. The square peg doesn't fit in the round hole, no matter how many times people swear they will. Take the time to talk about integration with other systems and processes. Find someone who has done it before and learn from them.

DARTMOUTH SPORTSPLEX: LESSONS LEARNED ON THE CONSTRUCTION SITE CONTINUED...

Lesson #3: Pack rats here, pack rats there, pack rats everywhere.

After 35 years it is amazing what you have kept because it might be useful one day. Broken seats, parts for a broken piece of equipment that hasn't been used in 20 years and even old broken flutter boards. I'm sure we had great plans for these treasures. Storage is at a premium in every facility and I'll guarantee that 75% of you have junk hiding in the back corners of your facility. In preparing for this project we shredded old paper for two days, filled 4 construction bins with garbage, and recycled a dozen loads of waste metal. If its broken or you don't need it ... get rid of it. Sell it, donated it, recycle it or throw it out. Just don't stuff it in the corner. Some day you will have to move everything single thing and you will wish you had done it years before. Save you back, save your pocket book ... throw the garbage out!

Max Chauvin
General Manager
Dartmouth Sportsplex



SHOOT TO SCORE WITH ENERGY STAR PORTFOLIO MANAGER! ENERGY BENCHMARKING FOR YOUR ICE/CURLING RINK

How much energy your facilities use matters! If you can measure its energy consumption, you can control it. If you can control it, you can manage it more efficiently.

What is energy benchmarking?

Energy benchmarking is the ongoing review of your organization's energy consumption to determine if your building's energy performance is getting better or worse. Energy benchmarking has many benefits, including the ability to obtain reliable and objective data regarding your facility's energy use. As an energy management best practice, it provides information that can lead you to energy savings and ultimately lower energy costs.

What is ENERGY STAR Portfolio Manager?

Portfolio Manager is a free, secure, online, user-friendly energy benchmarking tool for commercial/institutional buildings adapted and launched in Canada by Natural Resources Canada.

This easy-to-use tool provides powerful metrics for building owners and managers to track the energy use in their buildings over time.

Whether you own, manage, or hold properties for investment, Portfolio Manager can help you set investment priorities, identify under-performing buildings, verify efficiency improvements, facilitate accreditation in Canadian green building programs, and more.

Since its launch in Canada, the use of Portfolio Manager has exploded, and the tool now contains energy consumption information for almost 20,000 buildings, with more signing on every day.

What does this mean for your ice/curling rink?

Building the business case to save energy and reduce your facility's operating costs just got easier. In September 2017,

SHOOT TO SCORE WITH ENERGY STAR PORTFOLIO MANAGER! ENERGY BENCHMARKING FOR YOUR ICE/CURLING RINK CONTINUED...

NRCAN released a new 1–100 energy performance score customized exclusively for ice/curling rinks.

This powerful performance metric provides an external reference that can help energy managers assess how efficiently their ice/curling rinks use energy relative to similar ice/curling rinks across the country. For example, a score of 50 out of 100 indicates average energy performance of a facility, while a score of 75 or higher indicates that a facility is a top performer in terms of its energy usage.

Because of the high energy demands of creating and maintaining ice surfaces, energy management is important for your facility. The 1–100 energy performance score for ice/curling rinks is a tool that you can use to identify poorly performing facilities, spot opportunities and build a sound business case for targeted investments that will ultimately reduce energy costs.

Any facility that has one or more ice rinks that is used for

public, private, recreational, or professional skating, hockey, or other similar activities can obtain a 1–100 ENERGY STAR score to assess energy management goals over a period of time and optimize energy performance.

For more information, visit NRCAN's website to learn about:

- How you can join the Canadian energy benchmarking movement using ENERGY STAR Portfolio Manager
- Energy benchmarking for ice/curling rinks
- Success stories of other organizations with superior energy performance
- Training on Portfolio Manager
- How to register for NRCAN's monthly newsletter HUBEE (Heads Up: Building Energy Efficiency). This is the best way to keep informed of updates to the program.

ENERGY STAR Portfolio Manager tool:

<http://www.nrcan.gc.ca/energy/efficiency/buildings/energy-benchmarking/3693>



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SHOOT TO SCORE WITH ENERGY STAR PORTFOLIO MANAGER!

ENERGY BENCHMARKING FOR YOUR ICE/CURLING RINK CONTINUED...

For more information on Energy benchmarking for ice/curling rinks:

<http://www.nrcan.gc.ca/energy/efficiency/buildings/energy-benchmarking/update/19957>

Still have questions?

Please contact NRCan at 1-877-360-5500 or by email at info.services@nrcan-rncan.gc.ca

Natural Resources Canada



FOUR TECHNOLOGIES TO REDUCE COST AND IMPROVE WATER QUALITY



When it comes to today's pools there are many components involved in the circulation of the pool water. Technological advancements have improved the quality of the water treatment as well as reduced the operating costs. Modern upgrades involving Variable Frequency Drives (VFD'S), automated chemical controllers, UV systems and regenerative media filtration (RMF) systems help to maintain higher levels of disinfection, and better control of water chemistry. This allows facilities to offer a safer environment for patrons, and reduce operating cost and building deterioration.

Replacing existing systems with newer technology is the best way to improve water quality and meet stricter health standards. Upgrading or installing VFD'S, chemical controllers,

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FOUR TECHNOLOGIES TO REDUCE COST AND IMPROVE WATER QUALITY CONTINUED...

UV systems, and RMF systems can improve operating efficiency to the point where the return on investment is usually in the 1-3 year range. These improvements also improve the buildings environmental foot print, reducing the water consumed, and the amount of waste produced.

Traditional systems relied on a large manual labour input for managing chemical levels. This creates an yo-yoing cycle with pool water, which can be costly for chemical consumption, as well as dangerous for water born illness outbreaks. By automating more parts of the process, like chemical controllers, not only can costs be reduced, but the work load on operations staff can be reduced. With automation, also comes the ability to monitor remotely or to tie into building systems, further allowing operations staff to maintain better control of the pool chemistry. All four of these technologies have the ability to reduce a facilities waste, whether it is multiple trips down into a mechanical room to read a meter, or energy that is literally being flushed down the drain. These technologies are also becoming essential in meeting the stricter health regulations and water quality standards that are coming into effect across North America.

VFD (Variable Frequency Drives) work to control the speed at which your circulation pump operates. Typical systems have



a simple on or off switch for the pump. These can create spikes in the buildings power consumption when they are turned on and off, bumping you into a different demand pricing bracket, as well as wearing out pump motors

over time. By installing a VFD you can soft start, slowly ramp the motor speed up, reducing demand spikes, and extending motor life. VFD's also allow the motors to operate a lower RPM's, drastically improving the motors efficiency, reducing the pump speed to 80% can cut your electrical cost by 50%. Combined with a flow meter and the curve for the pump operation, the pump can be set to operate in a much happier place on its pump curve, reducing noise, vibration, and wear on the pump. All of these items have a huge impact on down

time, and energy consumption. A VFD has one of the fastest return on investments since motor driven equipment accounts for about 65% of the electrical costs in a facility.

VFD Benefits:

- Soft start to avoid electricity spikes and extend motor
- Reducing motor speed by 20% reduces electrical consumption by 50%
- More efficient pump operation to reduce noise and wear and tear

Regenerative Media Filters (RMFs) are a compact form of media filter, similar to old screen style DE systems. RMF's can filter down as low as 1 micron, 20 to 30 times smaller than sand filters. They significantly reduce the water consumption



of a pool by extending the period of time between backwashes. This reduces how much water is going down the drain, as well as chemicals and all that embodied energy. By running bump cycles to shake free and reconstitute the media on the screens, facilities that had sand filters and were backwashing every week, now backwash every 3 months or more. A backwash cycles also

involves only dumping the water that is held in the tank, no need to run the system to drain for 10-15 minutes. RMF's can be fully automated, allowing operations staff to monitor media life and cycle times from an app on smart phone or table. These filters have a much smaller footprint, making them an ideal candidate for retrofit applications where space or egress is limited, as well as reducing the size of mechanical rooms for new construction, further reducing the capital cost of projects. Today's RMF's are also designed to work with Perlite, a much safer media that is just as effective as DE for filtering. By using a media that is as inert as baking flour, you are improving the work environment for staff, as well as the impact the pool has on the environment via the waste water system. In today's environmental conscious world, there is no better option for pool filtration to help reduce your environmental impact.

FOUR TECHNOLOGIES TO REDUCE COST AND IMPROVE WATER QUALITY CONTINUED...

RMF Benefits:

- Up to 90% water and waste saving
- 30% less fuel (heating) and chemical consumption
- 75% space saving and reduce construction costs
- Reduced foot print, allowing for tight space installations.
- Superior water quality



Chemical Controllers

Automation of the chemical disinfection is the only way to reduce the yo-yoing of manual chemical additions. By reducing the fluctuations in chemical levels,

chemical consumption can be reduced by as much as 30%. This also translates to a higher quality product for your patrons and a reduced chance of a water born illness outbreak. Automated chemical controllers can monitor more variables, be remotely operated, and be programmed to run chemical levels based on demands and scheduling. Increasing levels during peak demand, and reducing during long periods of inactivity. Much like you set a programmable thermostat in your house, these new chemical controllers can be programmed to reduce chemical levels when the water is clean and the pool is empty. The ability for operations staff to remote in via smart phone or tablet app improves response time to pool contamination, allowing you to start disinfecting sooner and getting back open sooner

Benefits of Automated Chemical Control:

- Reduced man hours for chemical adjustments
- Greater monitoring
- Faster Response time to contamination incidents.



Ultraviolet (UV) Disinfection is the best defense in preventing a waterborne illness outbreak, where some pathogens, viruses, and bacteria may take many hours for chlorine to kill them, UV is

instantaneous. By killing all the organics and destroying the chlorides and chloramines on a steady small scale's basis it eliminates the need for super chlorination to burn off the build up of contaminants. Eliminating super chlorination is a large

saving in chemical cost for a facility, as well as improving the work load for operations staff. This translates to cleaner water, healthier air, and more cost-effective operation. Poor air quality is a growing concern in the pool world, for everything from the lifeguards working on deck, to the deterioration of the facility, to athletes having breathing issues during training and swim meets. Reducing chloramines can help improve the life of stainless steel, reduce the amount of illness experienced by your staff on a cyclic basis, and improve your swimmers' health.

Benefits of UV Technology:

- Less odor, corrosion, and athletic asthma
- No need to shock or super chlorinate
- Treats 100% of filtered water
- Significant reduction in the HVAC load

NCAquatics is the Exclusive distributor for Neptune Benson Defender filtration systems, and industry leader in innovative design and products to improve the operating costs and improve the versatility of aquatic facilities. For more information on any of the systems we have spoken about above please feel free to contact us at: connect@ncaquatics.com.



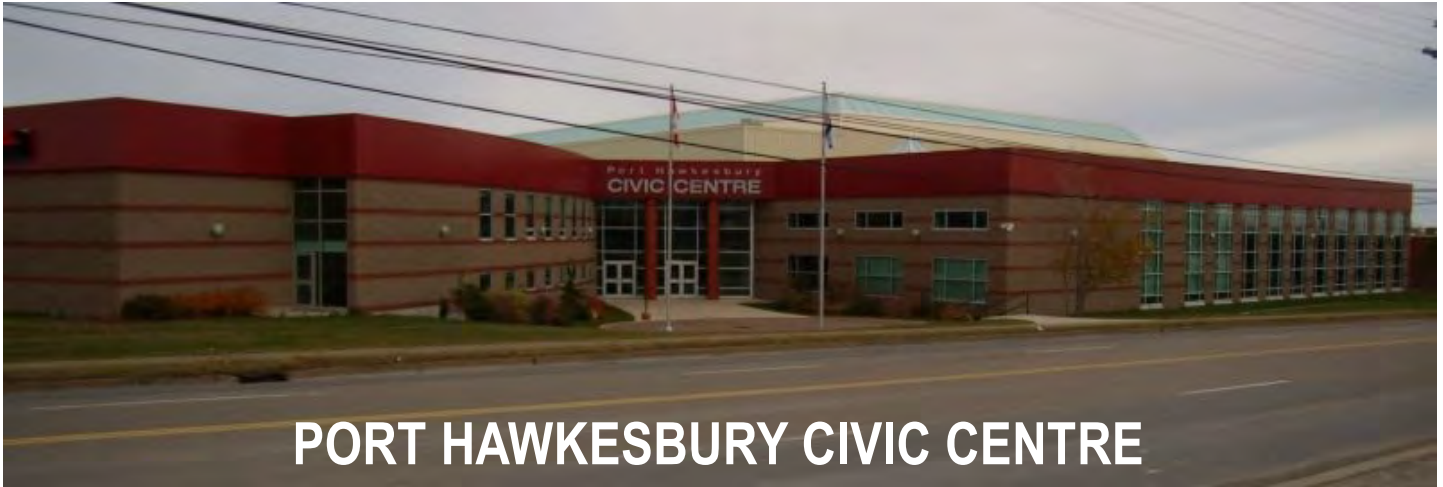
The best ways to reduce cost and improve water quality in new or existing pools

- Regenerative Media Filters
- Ultraviolet (UV) Disinfection
- Chemical Controllers
- Variable Frequency Drives (VFD) and more

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We are an approximately 97,000 sq. ft. multi-use civic centre facility. We have an NHL regulation size ice arena, walking track, complete two level fitness facility (YMCA), and multiple banquet, concert, and meeting rooms. We feature a geothermal ice plant which allows us to reclaim 100% of the exhausted heat from the ice surface and use it throughout the facility. We also feature glazed glass panels in the roof section of the arena, allowing us to capture natural light and increase our operational efficiencies.

What are some recent accomplishments of your facility worth noting?

We have continued to host some of the most notable events in Atlantic Canada throughout facility completion in 2004. To name a few: The Grand Slam of Curling, World Curling Tour, International Ice Hockey Federation, World Jr. Hockey, Florida Panthers NHL Training camp, AUS/CIS Hockey, Annual Celtic Colours International Music Festival Grand Opening, Olympic Torch Relay, Seasonal weekly Ceilidhs, along with countless other events and concerts.

We have upgraded our arena lighting, arena sound system, cooling tower capacity, as well as other mechanical efficiencies, some IT items etc, which allows the PHCC to stay current and efficient.

What is the greatest challenge you have had to overcome in the industry in the last 5 years?

I would say, the common challenge for any facility is to continually strive to meet operational budgets and to plan strategically to meet the requirements of evolving capital expenditures. As we know, initial funding from any outside sources such as various levels of government, usually allows for the construction of, and occasional upgrades of our facilities, and when that is depleted, most municipalities, counties, etc. are left to meet annual increasing operational & capital costs, such as Energy costs, staffing, general maintenance. Aside from finances, Human Resources, at times can be challenging.

Why did you join RFA NS, and what keeps you involved?

RFA NS is an excellent source of information and networking which is vital in the sport/rec/facility industry. We all face very similar challenges and every facility and its staff has something to contribute, not only within the RFA NS Membership group, but all facilities across the partnerships with RNB, RPEI, and RNFLD.

What do you see for the future of your facility?

I would like to have High Bay LED Lighting in the arena and fitness areas. This would increase our efficiencies beyond where they are now. This would only be possible through funding assistance, either through an RFA NS initiative or Efficiency NS.

Gordie Snook

**General Manager Facilities & Operations
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Photo from the Basic Arena Refrigeration Course in May. Course offered in partnership with the Ontario Recreation Facilities Association.



**Recreation Facility
Association
of Nova Scotia**

Supporting you – from the ground up





Recreation Facility Association of Nova Scotia

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Please contact Brittany Hunter at
rfans@sportnovascotia.ca or 902-425-5450 x 330
for the pro-rated cost for your membership.
Memberships will expire April 1, 2018.

Please note: The Recreation Facility Association of Nova Scotia's memberships are renewed annually and follow the fiscal year (April 1st to March 31st). Pro-rated rates for memberships received after April 1st can be negotiated.

Mail, email or fax your membership form and payment to:
Recreation Facility Association of Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
Fax: (902) 425-5606
Email: rfans@sportnovascotia.ca



ATLANTIC RECREATION & FACILITIES CONFERENCE AND TRADE SHOW

SAVE THE DATE!

May 30 - June 1, 2018
Charlottetown, PE



Recreation Facility Association of Nova Scotia

Supporting you – from the ground up