

Council on Student Services (COSS)
Minutes of Meeting – October 21, 2019

Goldring Centre, Room 221
3:00 – 5:00 pm

ATTENDANCE:

Voting Members:

Present:

- Beth Ali, Executive Director, Athletics & Physical Activity, Faculty of Kinesiology & Physical Education
- Heather Kelly, Executive Director, Student Life Programs & Services, Student Life St. George
- John Monahan, Warden, Hart House
- David Newman, Executive Director, Student Experience, Student Life St. George
- Meredith Strong, Director, Office of the Vice-Provost, Students
- Desmond Pouyat, Dean of Student Affairs, UTSC
- Richie Pyne, Association of Part-Time Undergraduate Students (APUS)
- Jaime Kearns, Association of Part-Time Undergraduate Students (APUS)
- Joshua Bowman, University of Toronto Students' Union (UTSU)
- Ameera Karim, University of Toronto Students' Union (UTSU)
- Lwanga Musisi, Graduate Students' Union (GSU)
- Branden Rizzuto, Graduate Students' Union (GSU)

Absent:

- Mark Overton, Dean of Student Affairs and Assistant Principal, Student Services, UTM
- Kai Ng, Quality Service to Students (QSS)
- Tebat Kadhem, Council on Student Services (CSS)
- Arjun Kaul, University of Toronto Students' Union (UTSU)
- Avani Singh, University of Toronto Students' Union (UTSU)

Non-voting Members:

- Julia Smeed (Secretary)
- Jim Webster (KPE)

Guests:

- Tiffany Tiu (Co-Chair of CAR)
- Brie Berry-Crossfield (staff)

Chair:

- Hanie Yousefi

Recording Secretary:

- Sarah Matias

AGENDA ITEMS

1. Introductions

Chair Yousefi welcomed the members and guests, and everyone introduced themselves.

2. Meeting Called to Order

Chair called the meeting to order at 3:25 pm.

3. Approval of Agenda

Chair sought mover to approve agenda. Monahan motioned, Ali seconded. All in favour, none opposed. The motion passed.

4. Approval of Minutes from Meeting #1

Chair sought mover to approve the minutes from the meeting of September 23, 2019. Newman motioned, Pyne seconded. 1 abstention (Rizzuto). All approved, none opposed. The motion passed.

5. KPE Sport & Rec Presentation

Yousefi introduced Beth Ali. Ali proceeded to show the KPE Sport & Rec presentation.

Ali listed the priorities that provide the framework to U of T Sport and Rec:

- Recognize students as the most important stakeholder on campus
- Enhancing the student experience through provision of outstanding programs, facilities and services in sport, recreation and physical activity.
- Encourage participation in U of T Sport & Rec as a strategy to:
 - advance academic success,
 - enhance physical, mental and social wellbeing,
 - build a sense of community, and
 - acquire skills for post-university success
- Mindful that U of T Sport & Rec is dependent on the student ancillary fee to fund the program.
- Seek out alternate funding sources that will reduce dependence on the student ancillary fee.
- Work in collaboration with partners at Hart House, St. George Student Life, UTM Athletics and UTSC Athletics & Rec.
- Ensure that the values of equity, inclusivity, accessibility and diversity inform all programs, facility operations, services, policies and resources.

Ali further listed the factors impacting the student university experience, highlighting that at Sport & Rec there is a focus on four factors which shape the student experience (Mental Wellness, Accessibility and Inclusion, Engagement, and Future Success).

The programs and services provided by Sport & Rec are intentionally designed and managed to positively impact these factors. Mental health is of utmost importance and is a priority for all three student unions, U of T Sport & Rec, Hart House, Student Life and the university as a whole. Each of us contribute to the mental health strategy in different ways and Sport & Rec's contribution is delivered through physical activity, recreation and sport.

Engaging in physical activity improves self-esteem, improves sleep quality, reduces impact of stress, creates community and a sense of belonging, and can make an individual feel happier overall. Research shows that exercise plays a significant role in facilitating mental and physical wellbeing, contributing to academic success.

The importance of accessibility, equity, diversity and inclusion cannot be overstated within U of T Sport & Rec. Being committed to student's health and well-being means programs, facilities and services must accommodate as many student schedules as possible.

To enhance accessibility, Sport & Rec offers:

- equipment rentals at nominal or no cost so participants can enjoy their desired activity or sport
- ensure equipment, programs and facilities are accessible and welcoming for participants with varied skill levels and experience
- offer a wide array of beginner and novice programming as a kick start to participation
- knowledgeable, welcoming staff who are representative of the U of T community
- staff who embrace inclusion and the importance of diversity in programs

Sport & Rec have extended hours of operation to accommodate the schedules of full and part time undergraduate and graduate students. At the Athletic Centre, operating hours are 7am to 11pm weekdays and 9 to 5 on weekends. The Goldring and Varsity Centre operates 7am to 11pm seven days a week during the academic year and 7am to 9pm in the spring and summer terms.

Sport & Rec continues to offer yoga and mindful meditation in the drop in program at no additional cost. Social media is used to promote, engage and advertise programs and services, send notifications of upcoming daily events, direct students to open spaces. Weekly trans-positive swim times offer dedicated pool time with privacy measures to reduce barriers that may prevent our transgender community from participating in swimming. Gender Neutral washrooms are available at each facility.

Sport & Rec encourages participation for under-represented U of T communities through programs such as women-only hours, trans-positive swim, the Indigenous swim initiative and Launch to Leadership.

Sore Program: 21 Indigenous youth, Grade 9 – 11, from communities across Ontario spend March Break at U of T.

Partnership with Toronto Community Housing for Midnight Basketball and the 519 Community Centre for the hosting of the U of T Sport & Rec and Diversity Conference.

Engaging Students

The Move U Program is a key initiative to engage students on all three campuses in physical activity, recreation and sport (over 10,900 students).

Move U peer teams connect with students through physical activity to help relieve stress, boost concentration and improve performance in the classroom. Move U teams operate on all three campuses and collaborate with Student Life and Hart House. These teams facilitate special events, give away fitness-focused materials and help students participate in fun and accessible physical activities.

Mobile Move U

The Move U crew, in partnership with Hart House, travel to student spaces to run drop in classes across the St. George campus. Faculties and colleges can book free sessions of Mobile Move U.

Movement Breaks

This program brings Move U to the classroom offering a 5-15 minute movement session for students sitting for prolonged periods of time. Student participating in these breaks are left better to focus and primed for academic success

Brain Break

Brain Break is an event to bring physical activity to students in their “natural habitat” – the library. MoveU offers group stretching, activities and food to encourage students to take short breaks from their studying leading up to the exam period in early December and April and again in late June.

Additionally, the Diversity and Equity team, who are made up of undergraduate and graduate students from across campus, plan and implement student led initiatives that promote equity, diversity, inclusion and physical and mental health. There is also an “Equity Ideas Fund” that support initiatives that promote equity in sport and physical activity. Student groups apply for grants of up to \$500 to support events and programs. A total of \$10,000 is available annually.

Employment

Ali noted that Sport and Rec is the largest employer of students on campus with over 1100 students employed annually. Sport & Rec is also connected to the co-curricular record with 78 active opportunities and over 1100 validations. Over \$5 million is paid to student staff each year and 149 students are employed through the U of T work-study program.

Leadership Skill Development through Opportunities in Student Governance

Council of Athletics and Recreation (CAR)

Provides oversight of the sport and recreation programs, facilities on the St. George campus as well as university wide programs such as intercollegiate, intramurals and tri-campus development league. CAR is responsible for overall athletics and recreation policy and annually reviews and approves the co-curricular budget.

Intramural Sport Council (ISC)

Student representatives from all colleges, faculties and divisions and across the three campuses manage the intramural program through the ISC.

Varsity Board (VB)

Student athletes from each of the 42 teams provide input on the operation of the intercollegiate program. They are also responsible for choosing the winners within the annual sport awards program, represent the student athletes on CAR and plan and implement numerous community service projects.

Budget and Finance Committee

Students and staff from across the university work to create, review and approve the annual co-curricular budget for sport and recreation. This committee is important in terms of oversight, justification and the use of student fees.

Future Success

By participating in Sport & Rec activities and/or working with Sport & Rec to deliver programs and services, students will enhance their: communication, leadership skills, time management/organization, and personal development skills.

Plan for 2019-20

- Implementation of the new Fitness and Performance Portfolio which advances further integration between physical activity, mindful meditation, yoga and nutrition to support student physical and mental well-being. Enhanced service excellence in the strength and conditioning centers, more opportunities for small group training, a greater diversity in drop in and registered fitness classes and more opportunities for novice and underrepresented communities to participate.
- Implementation of key recommendations from the Task Force on Race and Indigeneity Report.
- Expanded use of social media for promotion and engagement and the launch of the Fusion Go App. Through this app, students will be able to access physical activity, sport and wellness programs and facility schedules for all three campuses and Hart House.
- “If these walls could talk?” and “Change Room Project” - sparking conversation about how to make students feel better about entering the spaces within Sports & Rec. An initiative of the Sport and Rec Equity Committee to use sport and physical activity spaces to speak to our participants about past and present barriers to participation; the joy of physical and mental well-being, equity programming and why we are committed to it; and inspirational quotes and stories from our own U of T students about why they love or don't love Sport and Rec.
- Installation of air conditioning in Benson building activity spaces in the spring and summer of 2020.
- Service Excellence Training for part time and full time staff.
- Respect and Inclusion – important to remember that we all play a role at the University.

Ali concluded her presentation and asked if anyone had any questions.

Pyne requested launch dates for the Fusion Go App. Ali responded that the soft launch would take place on November 1, 2019 and the hard launch would be on January 1, 2020.

Bowman asked about student job opportunities and where they're posted. Ali responded by saying that all student job opportunities are posted on the KPE website under “Sport & Rec”, on the Varsity

Blues' website and on CLNx. Jobs are open to all, but priority is given to UofT students. Bowman also asked what the minimum pay was for students. Ali explained all jobs start at 15\$/hr and depending if you are a returning staff they up in pay grids (5 million dollars a year for those 1100 jobs).

Pyne requested more about the Service Excellence Training. Ali explained Sport & Rec started a pronoun training, gender training, and implied bias training; something that came from the Race and Indigeneity Task Force recommendation.

6. Other Business

Ali noted that on October 29, 2019 from 6 – 9pm, at the Goldring centre, the Varsity program, the Raptors and NBA will be offering a program called "Everybody has a story" – program by the NBA about mental health and illness and removing the bias/stigma about speaking about it. Fred VanVleet Sr., assistant coach of the Raptors, and other special guests will be panelists. This will be a free event and everyone can register on the KPE website (opens Wednesday).

Ali also let the committee know that U of T both the men and women's soccer team will be going into playoff soccer games will be on Wednesday night at the Varsity stadium.

Rizzuto announced that he will be replaced by Sophie Gardiner-Green as of Nov. 1, 2019.

Smeed noted that Zoom is now available and reminded everyone that they can email either herself or Yousefi to participate remotely.

Kelly thanks Ali and shares how much she appreciated the Sport & Rec presentation. Kelly notes that she especially appreciated the framing around mental wellness and also the statement in the presentation that acknowledged the challenges many U of T students face. Kelly added that we really need to adopt a whole system approach to supporting student mental health and wellness.

7. Adjournment

Chair Yousefi asked for a motion to adjourn the meeting.

Karim motioned to adjourn, seconded by Pouyat. Meeting was adjourned at 4:00 pm.