U of T Sport & Rec Priorities

- Recognize students as most important stakeholder on campus.

- Enhance 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.
U of T Sport & Rec Priorities

- Be 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.
Factors Impacting the University Experience

MENTAL WELLNESS

ACCESSIBILITY AND INCLUSION

ENGAGEMENT

FUTURE SUCCESS
Mental Wellness

- It is a complex issue that can impact self-confidence, stress response and anxiety levels.
- Today's U of T students are faced with a highly competitive admissions process, rigorous and challenging academic programs and lives often complicated by commuting, financial responsibilities, family concerns and social interactions.
- The onset of COVID-19 has exponentially increased the mental health challenges of our student community.
Physical activity can:
- Improve self-esteem
- Improve sleep quality
- Reduce the impact of stress
- Create a support network
- Individuals feel happier
- Build a sense of community and combat isolation.

Exercise plays a significant role in facilitating mental and physical well-being, contributing to academic success and…it’s FUN!
Accessibility and Inclusion

**Breaking Down Barriers**

- Accessible facilities, programs, equipment and services.
- Specialized equipment for diverse users, skill levels and experience.
- More beginner and novice classes and drop-in programs to kick start participation.
- Knowledgeable, welcoming staff; representative of U of T community
- Staff who embrace inclusion and importance of diversity in programs.
- AODA-compliant web presence
Accessibility and Inclusion

Financial Matters

- **Drop-in (no fee)** yoga and mindful meditation to reduce cost barriers and encourage mental and physical wellness.
- **Equipment lending** at nominal/no cost to reduce barriers to participation.
- **15% discount** for U of T student parents for all Sport and Rec Camp and Junior Blues programs.

Operating Hours

- Extended hours of operation from 7 a.m. to 11 p.m., Monday through Sunday. (Depending on Provincial, City and University Health Restrictions)
Accessibility and Inclusion

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

- Partnership with Toronto Community Housing for Midnight Basketball, the 519 Community Centre for the hosting of the U of T Sport and Rec Equity and Diversity Conference and First Nations House for the hosting of the Soar Indigenous Program.

- Creation of the BIPOC Varsity Association.

- New Anti-Racism content for student, staff and coach orientations and training sessions.
Engaging Students in U of T Sport and Rec

MoveU

- Student peer teams, on 3 campuses, engaged over 9,500 students through physical activity.

- Relieves stress, boost concentration and improve academics.

- Brain Break, Mobile MoveU and Classroom Break.
Engaging Students in U of T Sport & Rec

Employment

U of T Sport & Rec is the largest employer of students on campus:

- 1,500+ students employed
- 54 active Co-Curricular Record (CCR) opportunities
- $5 million+ paid to student-staff
- 172 students employed through the U of T work-study program
Engaging Students in U of T Sport & Rec

Leadership Skill Development Through Opportunities in Student Governance

- Council of Athletics and Recreation (CAR).
- Intramural Sport Council (ISC).
- Varsity Board (VB).
- Equity Committee.
- Budget and Finance Committee.

❖ Enhance Leadership Skills!
Future Success

By participating in Sport and Rec activities and/or working with us to deliver programs and services, students prepare for post-university by enhancing their:

- Communication Skills
- Leadership Skills
- Time Management and Organizational Skills
- Employment Experiences
<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Student Participation</strong></td>
<td>40,007 unique users, 503,159 visits</td>
</tr>
<tr>
<td><strong>Instruction Program</strong></td>
<td>1,309 participants, 198 classes, 448 novice participants</td>
</tr>
<tr>
<td><strong>Development League</strong></td>
<td>658 participants, 36 teams, 151 games</td>
</tr>
<tr>
<td><strong>MoveU</strong></td>
<td>9,835 participants</td>
</tr>
<tr>
<td><strong>Student Employment</strong></td>
<td>1,500 students hired, $5 million + in earnings</td>
</tr>
<tr>
<td><strong>Facilities</strong></td>
<td>48 activity spaces, 3 pools, 2 tracks, 1 arena, 9 courts, 4 fields, 2 studios, 2 strength &amp; conditioning centres.</td>
</tr>
<tr>
<td><strong>Clubs</strong></td>
<td>782 participants, 9 clubs</td>
</tr>
<tr>
<td><strong>Drop In Yoga &amp; Mindful Meditation</strong></td>
<td>5,500+ participants</td>
</tr>
<tr>
<td><strong>Intercollegiate Program</strong></td>
<td>829 student athletes, 11 Championships</td>
</tr>
<tr>
<td><strong>Intramurals</strong></td>
<td>12,539 participants, 94 leagues, 745 teams, 2,205 games</td>
</tr>
</tbody>
</table>
By the Numbers – April to August 2020

Student Participation
Online Programs
60 classes per week
317 virtual classes
5187 participants

Facilities
On-Line programming only.

Student Employment
Limited casual staff hiring, summer programs reduced.

Intramurals
112 E-Sport Participants
16 Leagues
179 Games
By the Numbers – Sept. 8 to Oct. 9, 2020

<table>
<thead>
<tr>
<th>Student Participation</th>
<th>Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 1329 in person, 357 online</td>
<td>Athletic Centre and Pool</td>
</tr>
<tr>
<td>Week 2 2381 in person, 328 online</td>
<td>Goldring Centre</td>
</tr>
<tr>
<td>Week 3 3997 in person, 212 online</td>
<td>Dome</td>
</tr>
<tr>
<td>Week 4 4028 in person, 315 online</td>
<td>Back Campus Fields</td>
</tr>
<tr>
<td>Total 11,735 in person, 1,212 online</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12,947 participants over 4 weeks</td>
</tr>
</tbody>
</table>

Intramurals 1,464 over 2 weeks

Student Employment

96 Work Study staff

25 Student Casual staff
### Student Participation

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<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Oct. 12-18</td>
<td>1025</td>
</tr>
<tr>
<td>Oct. 19-25</td>
<td>1642</td>
</tr>
<tr>
<td>Oct. 26 – Nov. 1</td>
<td>2017</td>
</tr>
<tr>
<td>Nov. 2 – 8</td>
<td>1526</td>
</tr>
<tr>
<td>Nov. 9 – 15</td>
<td>1485</td>
</tr>
<tr>
<td>Nov. 16 – 22</td>
<td>2922</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>7695</strong></td>
</tr>
</tbody>
</table>

### Facilities

- Pool (Oct. 16 – November 16)
- Back Campus Fields
- Varsity Stadium Concourse
- On-line

### Student Employment

- 96 Work Study staff
- 25 Student Casual staff
Impact of COVID-19

- Closure of all Sport and Rec facilities and in-person services at end of March 2020.
- Creation and implementation of virtual fitness, training, classes and meditation programs – April to September, 2020.
- Significant loss of revenues – March Break Camp, Camp U of T, rentals, Sport Medicine Clinic, Academy Programs.
- Temporary lay-off of ~80 staff for three months.
- Student Ancillary fees – Spring and Summer 60%, Fall and Winter 70%.
- Re-opening plan implemented September 8, 2020 – 50m pool, field house fitness centre, fitness classes in sports gym and back campus fields, intramural programming, varsity training at the Varsity Centre.
Impact of COVID-19

- Equity, Diversity and Inclusion Programs continue – Women Only Hours, Trans-Positive Swim, Mental Health and Anti-Racism Panel, Vogue Workshops, BIPOC Varsity Association.

- Move with Culture: Pow-wow Hip Hop Dance Workshop, Diversity In Motion Conference, Adapted Bocce in Intramurals, Queers on Ice.

- October 9 to November 9 closure of indoor sport, physical activity and recreation spaces.

- Increased outdoor and on-line physical activity programs.

- Working directly with residences to provide additional programs.

- Closure of indoor and outdoor sport, physical activity and recreation spaces – Nov. 23 to Dec. 20.

- 2021-22 Sport and Rec (KPE) Budget preparation – start CAR budget committee meetings, finalize budget and present to CAR Council for approval.
Questions