

A wide-angle, fisheye photograph of a large group of students posing in a circle on an ice skating rink. The students are dressed in winter clothing. In the center of the ice rink is a large, stylized white 'U' logo with a red maple leaf inside it. The rink is surrounded by red stadium seating. On the left side of the rink, a banner reads 'HOME OF THE VARSITY BLUES'. Various other logos and signs are visible around the perimeter of the rink.

2019-20 U OF T SPORT & REC PRESENTATION FOR THE COUNCIL ON STUDENT SERVICES

November 26, 2020

U of T Sport & Rec



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**

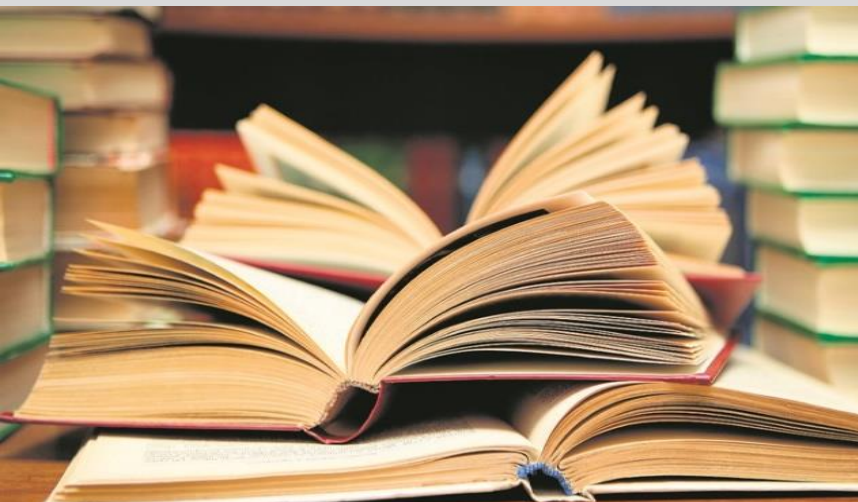
ENGAGEMENT

FUTURE SUCCESS



Mental Wellness

- It is 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.



Mental Wellness

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.



**MOVE WITH CULTURE:
POW-WOW
HIP-HOP**
led by Nichole Leveck

THURS. OCT. 1, 2020
5 - 6:30 P.M.
BACK CAMPUS FIELDS

Register at: uoftme/diversitymovesus

DIVERSITY MOVES US
SPORT & REC



BVA
BIPOC VARSITY ASSOCIATION



TRANS-POSITIVE SWIM

**THURSDAYS
1:45 - 2:30 P.M.
ATHLETIC CENTRE
50M POOL
REGISTRATION
REQUIRED
uoft.me/diversitymovesus**

Inclusive swim time for trans, gender non-conforming, non-binary and two-spirit students and members. Anyone willing to participate in creating a positive space for trans folks is welcome! Private change spaces available and blinds are drawn for increased privacy.

DIVERSITY MOVES US
SPORT & REC

Positive Space

BIPOC Varsity Association



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**

By the Numbers

September 2019 to March 2020

Student Participation
40,007 unique users
503,159 visits

Instruction Program
1,309 participants
198 classes
448 novice participants

Development League
658 participants,
36 teams, 151 games

MoveU
9,835 participants

Student Employment
1,500 students hired
\$5 million + in earnings

Facilities
48 activity spaces
3 pools, 2 tracks, 1 arena,
9 courts, 4 fields,
2 studios, 2 strength & conditioning centres.

Intercollegiate Program
829 student athletes
11 Championships

Clubs
782 participants
9 clubs

Drop In Yoga & Mindful Meditation
5,500+ participants

Intramurals
12,539 participants
94 leagues, 745 teams
2,205 games

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

Student Participation

Week 1 **1329** in person, **357** online

Week 2 **2381** in person, **328** online

Week 3 **3997** in person, **212** online

Week 4 **4028** in person, **315** online

Total **11,735** in person, **1,212** online

12,947 participants over 4 weeks

Intramurals

1,464 over 2 weeks

Facilities

Athletic Centre and Pool

Goldring Centre

Dome

Back Campus Fields

Student Employment

96 Work Study staff

25 Student Casual staff

By the Numbers – October 9 to November 22, 2020

Student Participation

Oct. 12-18	1025
Oct. 19-25	1642
Oct. 26 – Nov. 1	2017
Nov. 2 – 8	1526
Nov. 9 – 15	1485
Nov. 16 – 22	2922
Total	7695

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

