

Utah Recreation & Parks

Official publication of the Utah Recreation & Parks Association

Leisure Insights
e-newsletter, August 2015

Directors Retreat!

With Former Mayor
Ted Wilson

Around the State

Check out happenings
from Hurricane to Park City

Spotlight

Bear Lake State Park

Our Mission....

*Actively promoting and supporting the growth,
development and preservation of recreation, leisure, parks,
and natural resources in the state of Utah.*



URPA Leisure Insights is published in May, August & December.
Articles and photos should be submitted to URPA President-Elect,
Kristin Riker at Kriker@slco.org

The Grand Rescue

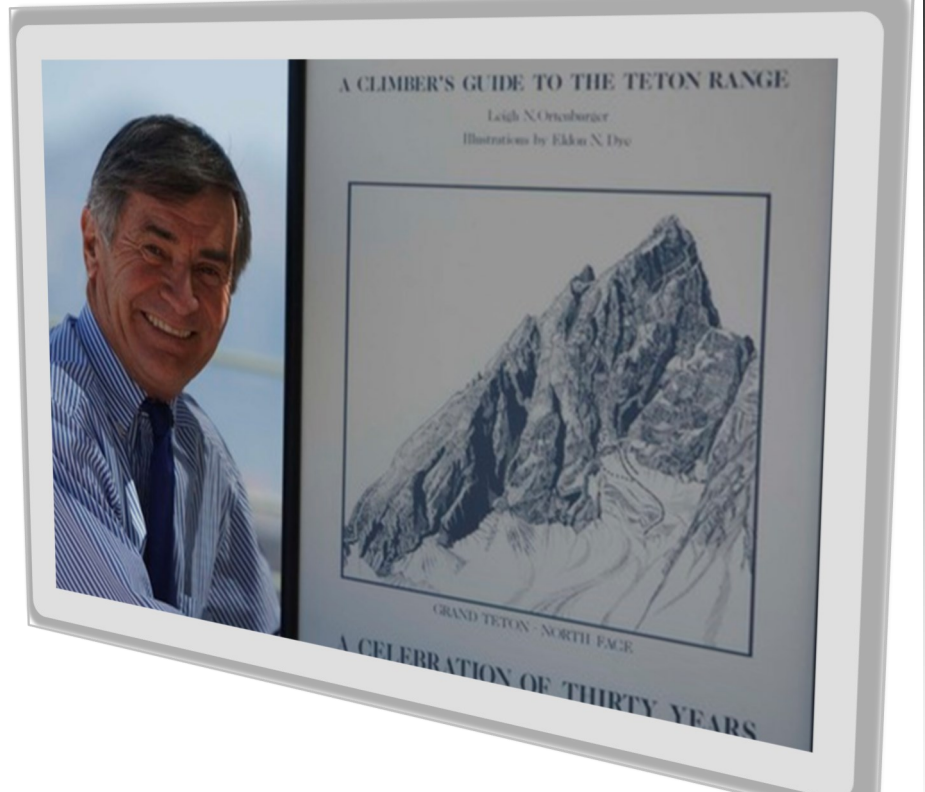
2015

Directors Retreat

keynote speaker

Former SLC Mayor

Ted Wilson



Ted Lewis Wilson, (born May 18, 1939) was the 30th mayor of Salt Lake City, from November of 1975 until July 1985. He won three elections. That's the part of Mayor Wilson's life we all know, but there is much more.

Wilson, a Salt Lake City native, loves the sport of mountaineering and has made many first ascents on mountain climbing routes in Utah, in the Teton, and has climbed in other ranges including the Alps, Alaska, Andes, and the Himalaya. Wilson has established three climbing schools still in operation, was a climbing ranger in Grand Teton National Park, and is currently a part owner of Utah Mountain Adventures, a climbing and skiing

guide service. Between 1995 and 2002, Wilson summer guided for Exum Mountain Guides in Grand Teton National park. He received the Department of the Interior Valor award for a mountain rescue on the North Face of the Grand Teton in 1967.

Join the URPA Professionals retreat where Mayor Wilson will share insights from his life experiences as a climbing ranger, Mayor, human rights and environmental advocate.



Welcome to Meadow Brook Golf Course

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Fun over Fifty Park City

encourages an active lifestyle for residents of every age. Since recreation is what we do best, we're always developing ways for you to recreate throughout our community. Check out what we came up with for our patrons to have Fun Over Fifty! Basin Recreation maintains a stellar trail system – let's take advantage of both paved and mountain trails in the area! Join our hiking club, which features a variety of difficulty levels depending on your ability, from June 19th through August 28th. They're designed to ease you into hiking as exercise, and our instructors can guide you to the next level if you're ready for the challenge. Whether you're up for a casual stroll on a flat trail or ready to trek Mount Timpanogos, we're here to help you stay active and enjoy our trail system. Hiking club meets at the fieldhouse on the designated day (weekly or bi-weekly), and cost for each of the three levels varies. As much as we love our own facilities, we know that the entire area offers amazing outdoor recreation op-



portunities. We'd love to take you to some of our favorite spots during our Outdoor Adventure Days! Come along with us for one, two, or all six adventures we've planned throughout the summer. A full or half day float down the Weber River is the perfect way to relax on the water. Rock climbing will keep your body pumping as you ascend local climbing hotspots. And stand-up paddle boarding will engage your body as you enjoy a bit of tranquility. If you're looking for an indoor activity to socialize with

other community members over fifty, our Painting Parties will do just the trick! We've partnered with the Paint Mixer to host instructed painting classes for our patrons at their location. They'll

provide food, drinks, and music for the ideal atmosphere to create your masterpiece. We're excited to have you join us for all of these exciting activities. Let us know what we can do to make your summer great with Basin Recreation! For more information about the Fun Over Fifty programs, contact Patrick Saucier at patrick@basinrecreation.org or call (435) 649-1564 ext. 45.

Around the State



URPA honored key volunteers at our annual banquet in Spanish Fork. Great volunteers are keys to our success.



Springville City's Kim Francom, Parks Superintendent, cooling off with the kids at the Spanish Fork splash pad after the volunteer appreciation event.

CPSI Course

URPA will be hosting the 2015 Certified Playground Safety Inspector's Certification Course and Exam that will be held in North Salt Lake on November 4-6, 2015. This is an outstanding course that will assist you or your staff in be-

coming a Certified Playground Safety Inspector or in renewing your certification. Nationally trained and experienced instructors will be here in Utah to train those seeking this specialized certification. It is not an easy course by any means but it is one that fully prepares an individual to competently evaluate and inspect playgrounds for possible

safety violations and life-threatening conditions. Please consider your employees for this outstanding training to become certified or to recertify. For more information, please go to our web site, www.urpa.org or contact Kim Olson at 801-782-5512 or by email at kimo@urpa.org. See last page of newsletter for flier and registration form.



Park City Recreation and the Park City Tri Club hosted the 3rd Annual Tiny Tri on June 13, 2015. An addition to the event this year was having it be a part of Olympic Day. We divided into two divisions, using Olympic gold and silver for youth age 7 – 16. Jillian Vogtli, our Olympic athlete, inspired the athletes and warmed them up prior to the start. The Olympic Proclamation was read by Mayor pro tem, Tim Henney. We had over double the number of participants as 2014. Volunteers and parents lined the race course and cheered on the athletes. Staff handled music, timing and awarded “Finisher” medals. It was festive and fun for all participants and we know it’ll GROW!



Around the State



Hurricane Recreation Volleyball players get coaching from Sami Stuart, Utah State Volleyball Coach

Summer Days...



Salt Lake County’s Summer Jamboree at Wheeler Farm hosted 350 youth. Activities included relays, making lava lamps & Fear Factor eating contest!



Leadership Academy 2015 get’s an introduction to Utah Olympic Park Operations by Brent Sheets and Carl Roepke.

Carl Roepke was a member of the USA Luge Team from 1983 to 1988. Roepke is the 2008 and 2009 U.S. Luge National Masters Champion. He became a commentator for the Olympics in 2002, 2004 and 2006. He helped develop the public tour program at the Utah Olympic Park in Park City, Utah and works there as a host. He also is a commentator for the Miller Motor Sports Park in Tooele, Utah.

Brent Sheets is Executive Director of Oquirrh Park Fitness Center.



Marv Jenson Fitness and Recreation Center was host to the South County track meet this summer!

2015 ASA Girls 16A Fast Pitch Western Nationals

Around the State



Salt Lake County Sports Office Hosted the 2015 ASA Girls 16A Fast pitch Western Nationals. Nineteen of the top fast pitch teams in the Western United States were in Salt Lake City from July 27-August 1. The tournament was held at the historical Larry H Miller Softball Complex, and hosted more than one hundred players and their coaches, families and friends.

The event kicked off with a Western Round Up, complete with a mechanical bull, western-themed carnival games, a giant inflatable Twister game and a DJ. The opening ceremonies recognized all of the teams, umpires and staff, and the ceremonial first pitch was thrown by Salt Lake County Councilman Max Burdick.



Utah Bullets, Western National Champions



Hitter is from All-American Mizuno Team



Idaho Crossfire team

*Every accomplishment starts with the decision to try.....
-Unknown*



Alexia Arrendondo from the Utah Bullets

UTAH STATE PARKS AND RECREATION STATE PARK SPOTLIGHT BEAR LAKE STATE PARK

AUGUST 2015

Submitted by Richard Droesbeke

Have you ever wondered about what it takes to manage and operate one of Utah's largest and most popular State Parks? Let's take a glimpse at Bear Lake State Park.

The Utah Division of State Parks and Recreation manages the recreational use, public safety, and resource management issues for nearly 1000 acres of State Park land that is separated into eight separate parcels; performs boating safety and law enforcement on the Utah portion of Bear Lake; performs OHV safety and law enforcement in Rich County and upper portions of Logan Canyon; grooms nearly 128 miles of snowmobile trails in northwest Rich County and the upper regions of Logan Canyon; and, works with the Rich County Sheriff's Office to perform law enforcement of State Lands laws on the exposed beaches of Bear Lake.

The park's full-time staff includes the Park Manager, Assistant Park Manager, and two Park Rangers. The park also hires approximately 15 Summer/Seasonal Employees, and approximately 16 Volunteers/Camp Hosts.

The park also has a concession operation, Bear Lake Fun, which rents boats, personal watercraft, and other water related play items; offers fast food items; sells on-the-water fuel in the marina; and other boating and camping related items in its stores at the Marina, Rendezvous Beach, and Cisco Beach.

Bear Lake is approximately 20 miles long and eight miles wide, which equates to approximately 112 square miles of surface area. Nearly 11 miles of the 20 is within Utah. Bear Lake's deepest spot is 208' deep, located between Cisco Beach and South Eden.

During the park's busiest summer weekends, we estimate that nearly 10,000 customers use the park per day. That does not include all the people that have cabins near the lake, nor does it include the number of people who visit the Idaho parts of Bear Lake. It is estimated that on those busy weekends, over 35,000 people are in the Bear Lake Valley on a daily basis.

The park helps to organize the annual "Cisco Disco" and Bear Lake Monster Plunge which takes place on the Saturday following the Martin Luther King/Human Right Holiday in January. The park also organizes the Boat Light Parade as the last activity of the annual Bear Lake Raspberry Days Festival which occurs during the first weekend in August. The "Bear Lake Shake" event takes place at the Marina early each June. The park also hosts the annual Bear Lake Brawl triathlons at Rendezvous Beach in each mid-September.



FACTS ABOUT BEAR LAKE STATE PARK:

BEAR LAKE STATE PARK - MARINA

43.5 acres of land

The park's year-round office, maintenance facility, & entrance station

Moors 380 rental slips, including 21 transient/overnight rental slips

A seven lane concrete launch ramp and courtesy docks

53 vehicle & trailer parking stalls & 225 single vehicle parking stalls

A vessel pump-out facility with two pumps

A crane platform with a mast lift

A group day use pavilion

Two restroom buildings which include showers

A fish cleaning station

Overflow parking for vehicles & boat trailers

A secure dry storage area

Open year round



BEAR LAKE STATE PARK - RENDEZVOUS BEACH

90.2 Acres of land

An entrance station

Four Campgrounds – Willow, Birch, Cottonwood, and Big Creek which includes:

5 group camping areas – 3 in Willow,

1 in Cottonwood, & 1 in Big Creek

111 full hook-up campsites

32 tent/non hook-up campsites

Two RV/trailer dump stations

A large day use area with 290 paved, single vehicle parking stalls

10 restroom buildings which include showers

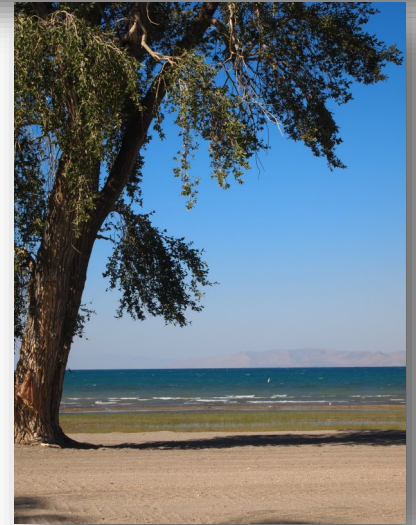
A two lane concrete launch ramp with courtesy dock

A small amphitheater

Five camping cabins operated by the park's concession operation

Operates a public water system that serves the park area along with some private homes

An equipment storage and lite maintenance facility



BEAR LAKE STATE PARK – EASTSIDE AREAS:

FIRST POINT

287.8 acres of land – most undeveloped

Two lane concrete launch ramp with courtesy dock

Two vault/pit (CXT/SST) toilets

Considered “Primitive” and only used for day use

Open year round

SOUTH EDEN

154 acres of land

20 “Primitive” campsites with drinking water

Two group camping areas

Two vault/pit (CXT/SST) toilets

Operates a public water system

Open approximately May 1 through October 31



CISCO BEACH

21 acres of land

An entrance station

56 “Primitive” campsites - all first-come first-serve

11 vault/pit (CXT/SST) toilets

A single lane launch ramp with courtesy dock

Open year round

RAINBOW COVE

136.8 acres of land – most undeveloped

13 “Primitive” campsites - all first-come first-serve

Three vault/pit (CXT/SST) toilets

Two lane concrete launch ramp with courtesy dock

Open year round

NORTH EDEN

33 acres of land

10 “Primitive” campsites - all first-come first-serve

Two vault/pit (CXT/SST) toilets

Open approximately May 1 through September 30

The park also includes an undeveloped section of land, known as the “SOUTHWEST PROPERTY,” which is 164 acres in size.

America's Health Crisis

Submitted by Tate Shaw,
URPA Health and Wellness Representative



America continues to feel the strain of a serious health crisis affecting adults and young alike. One in which we are plagued by poor nutrition, sedentary lifestyles, and unhealthy habits. But there is a solution with little to no cost and is available in nearly every town, city and community – local parks and recreation.

The U.S. Health and Human Services, Centers for Disease Control and Prevention – validate that parks and recreation are a critical solution for our nation's health epidemic. The time is now to demonstrate how parks and recreation are effectively able to create healthy and prosperous communities.

-September 2012 Utah Study by CDC showed the following data:

Utah Adults- Overweight- 56.9%; Obese- 22.5%

Utah Youth- Overweight- 10.5%; Obese- 6.4%

How do we combat statistics like this?

Here in Park City, we have actively taken part in community focused health programming by collaborating with other entities. Through partnerships with local health care providers, the Health Department and other non-profits we continually look for ways to educate our community and share one message. Recently, we were asked to participate in a Summit County Health initiative for active families. The marketing materials for their program- 'Eating on the Go' have been placed in parent packets, camp newsletters, community boards, social media and sport program materials. This is a community wide effort and the response from so many entities sharing the same information has been productive.

NRPA is focused as stated by, 'Leading the nation to improved health and wellness through parks and recreation.' From the small and simple health fair to that of collaborative efforts with others such as the Health Department our efforts will be beneficial.

Yours in Wellness!

Tate Shaw



SANDY CITY AMPHITHEATER PARK INTERACTIVE WATER FEATURE

Location: 1201 East 9400 South, Sandy, Utah

Budget: \$1.273 million

Water Feature Details:

This feature is designed as a recirculation system. The water will be treated to the same standards as a swimming pool.

Educational aspect of identifying the 7 major waterways entering the SL Valley from the Wasatch Front: City Creek, Red Butte, Emigration Canyon, Parleys Canyon, Millcreek, Big Cottonwood, & Little Cottonwood

Mountain Meets Urban represented in design

Total Project area: .71 acres

Hard surface area = 14,844 square feet

Wet area = 2,170 square feet

Landscaping = 16,047 square feet

Water storage tank for recirculation = 8,000 Gal.

Water Flow:

Spray Features - 620 GPM

River and Runnels – 1,225 GP



Sandy
PARKS & RECREATION

Sandy City Interactive Water Feature January 30, 2014



Why we should all STAY in this business

Submitted by Heath G. Bateman, Lindon City Parks and Recreation Director

We work when people play. What kind of person would ever agree to such shenanigans? Parks and Recreation professionals are always working when people are recreating. Saturdays, late nights, holidays, we are always working when it is time for others to play. What kind of career did I choose?! I always dreamed of being a medical doctor. As long as I could remember, even as a very young child, my earliest memory was that I wanted to be doctor. If I was a doctor, I would really be able to help people. They would come see me with their health problems and if they would take my advice, I would help them become healthier and better people. I could help with obesity and eating disorders, depression, lack of motivation, etc. I could see it now, "My diagnosis Mr. Smith. . . your 400lbs is the reason your knees hurt and you can't play soccer anymore. But if you do 'this or that', you will feel better!" or "Here is a prescription for Tommy. . . .he needs to get out of the house, away from video games and have active play every day." Now that is good bedside manner and a great diagnosis. My doctor tells me that the number one prescription he gives is activity

and exercise. I wish they could put that in a pill.

Another reason I wanted to be a doctor is to have prestige that comes with it. I wanted people to look at me years from now and say, "Wow, that guy, (or his program) changed my life for the better." Doctors seem to have the ability to be remembered. (For good and bad) Yes, being a doctor would have been a great career decision.

Why am I in Parks & Recreation? When I was a premed student, I was introduced to my first upper division organic chemistry class. I quickly determined 2 things. One, I have no interest at all in what some amoeba will do when liquid Kobalt is introduced into its environment. (Unless it grows into an enemy of Godzilla! That would be cool!) Two, the professor was one of those guys who thought he was an amazing scientist who was bound to find the cure to cancer. Right after his classes were over.

As I was studying as hard as I could, I found myself drawn to the recreation classes. I remembered how those recreation people helped me when I was a kid. I was inactive until the time I was invit-

ed to play city league baseball and basketball and private league football. I became healthier and happier. I had difficulty with shyness and was quite an introvert in groups (I know, right?) but because of team practices, interaction with kids my age and good coaching, I felt better about myself and was better able to communicate with others. I look up to my volunteer coaches. I remember them by their first names. Especially the coaches that picked me over and over again for their team (even though I wasn't very good). Wow, those guys really changed my life.

I lost interest in medical school (except for the money graduates will make) and I started to do things that help others be happy. I realize now that my parks & recreation career impacts everyone as much as my dreams of being a doctor ever would. Parks & Recreation is life changing for the positive. Be proud and love your career path. Even though we all know we will never be rich, the rewards from helping and changing lives are much better.



National Playground Safety Institute

Inspector Certification Course and Exam

November 4-6, 2015

Registration:

All participants registered prior to October 23, 2015 will receive the NPSCC textbooks and materials before arriving at the course. All registrations received after October 23, 2015 will be given their materials the first day of instruction or will be shipped their materials overnight at attendee's expense. **Less than 10 days of pre-course study can lead to exam failure.**

What Your Course Registration Covers:

15 hours of professional course instruction - 1.5 CEU Credits.
 Playground Safety Inspectors Manual for Certification Course.
 On-site Lunch and beverage breaks on Wednesday and Thursday.
 Inspector Certification Exam and 3 year certification for those who pass.

Certification Exam:

The certification exam will be given on Friday morning, November 6, 2015. The certification is valid for three years and is renewable by exam. Those passing the exam will be added to a National Roster of Certified Playground Safety Inspectors.

Directions to Training Site: 55 So. Highway 89, North Salt Lake, UT, 84054

The training: Utah Local Government Trust building in North Salt Lake, Utah . Going north on I-15, take Exit 312/US 89 North and proceed north along US 89 to the address. Coming south on I-15 take exit 315/2600 South and proceed east to US 89. Turn south and continue to address.

Lodging Information:

Attendees are responsible for making their own hotel reservations. A very nice property that is very close to our training site is the Best Western Plus - Cotton Tree Inn. A room block has been secured at this property. The special rate will be \$80.00 (1-2 adults), for a Deluxe King or Double Queen room, including a mini fridge. They provide a full hot breakfast each morning. They also have a complimentary area shuttle and they will be happy to provide shuttle service to the site of our training at the Utah Local Government Trust Office. They ask that guests confirm their shuttle needs with the front desk upon check-in. They also have a complimentary Airport shuttle that is available from 5:30 a.m. - 11:30 p.m. Please call 801-292-7666 when you arrive at the airport.

You can make your reservations by calling 801-292-7666 and request the "National Playground Safety" group rate. You must make your reservations by the cutoff date of October 20, 2015 to guarantee our special rate.

Training Schedule

Wednesday, Nov 4: Instruction 8:00a.m.–5:00p.m.; **Thursday**, Nov 5: Instruction 8:00a.m.–5:00p.m.
Friday, Nov 6: Certification Exam 8:00 a.m. – 11:00 a.m.

FEES

Certification Course & Exam	\$525.00	Certification Exam Only.....	\$115.00
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QUESTIONS ? Contact: Kim Olson, (801) 782-5512 / kimo@urpa.org

Additional forms can be printed online at: www.urpa.org



Playground Safety Inspector Course & Exam

November 4-6, 2015

Enrollment Form

(Please complete a separate form for each individual attending)

Name _____ Title _____

Agency _____ Supervisor Name _____

Mailing Address (For Course Manual) _____ City _____

State _____ Zip _____ Work Phone _____

Cell Phone _____ E-Mail _____

Please register me for:

Certification Course & Exam- \$525

Certification Exam only - \$115

Certification Course & Exam for ULGT Agencies- \$500

Agencies that are members of the Utah Local Governments Trust insurance pool will receive a discount since the course is being hosted at the ULGT headquarters, in their training room. (Membership will be checked through ULGT)

TOTAL FEE: \$ _____

PAYMENT INFORMATION

___ Check (Enclosed) ___ P. O. (Bill Me) ___ Credit Card: Card # _____

Card Expiration Date: _____ Security Code: _____ Billing Zip Code: _____

SEND REGISTRATION / PAYMENT TO: URPA, 3204 Mount Lomond Dr., North Ogden, UT 84414
(801-782-5512 for information or to register over the phone) Email: kimo@urpa.org Fax: 801-782-5513

Note: Registrants after October 23, 2015 may not receive their course resource materials and manual until they arrive on-site unless they pay over-night shipping charges. We would like to have everyone registered by the end of September to allow pre-course study time.

Cancellation Policy: If the course manual and materials are returned to URPA unopened and unused, then the full registration fee, less \$25 URPA service charge, will be refunded. If the textbook is opened and used, then an additional \$250 NRPA charge for textbook & materials will be taken off the refund amount. All refund requests must be made well in advance. Substitutions for those unable to attend will be allowed.

Class Size:

Space is limited to 80 participants. Registration is on a first-come-first-serve basis.

National Playground Safety Inspectors Certification Course and Exam Location:

Utah Local Government Trust/Conference Room, 55 S. Hwy. 89, North Salt Lake, Utah 84054

All registrants must be 18 year's old or above and have a HS diploma.