



2022 Alberta Recreation Survey Report



Alberta
Recreation & Parks
Association

Alberta

Research conducted by



ADVANIS

Framework and Methodology

Alberta Recreation Survey - Overview

The Alberta Recreation Survey has been **conducted every four years since 1981** and has been a **key tool for connecting research, policy, and practice across a variety of sectors**. The survey collects information related to **participation patterns** of Albertans and the factors which influence their participation in **sport, recreation, and cultural activities**, with a focus on:

- Participation of household members and respondents
- Favourite settings for participation
- Motivations and barriers to participation
- Volunteer participation
- Benefits of participation

The Alberta Recreation Survey increasingly enables the assessment of longitudinal trends, which can inform and enhance:

- Design, marketing, and management of infrastructure (indoor and outdoor facilities/trails/parks), programs and services throughout the provincial sport, recreation, parks, cultural, and tourism sectors (i.e., public, not-for-profit, and private);
- Forecasting future demand on municipal, regional, and provincial infrastructure and transportation systems, inclusive of active transportation pathways and provincial trail networks;
- Forecasting future demand on sport, physical activity, and recreation leadership needs and related pressures on workforce training systems (i.e., education and accreditation) for optimizing participant safety, public safety, and quality of experience; and
- Forecasting future outdoor recreation demand on all Crown lands (i.e., national parks, provincial parks and provincial public lands) for optimizing responsible recreation behaviors and conservation outcomes.

Interpretive Note: The Alberta Recreation Survey has always been inclusive of 'sport', 'physical', and 'creative-cultural' activities. "Recreation", in this context, overlaps with and is inclusive of, this broader range of activity labels. Which enables research, policy and practice across a variety of sectors; and can inform investments in infrastructure, operations, and services.

Alberta Recreation Survey - Overview

The 2022 Alberta Recreation Survey was completed through a collaborative effort led by the Alberta Recreation and Parks Association, with funding and design support from the Alberta Government* (Ministries of Tourism and Sport and Forestry and Parks) and the municipalities of Calgary, Edmonton, Medicine Hat, and Red Deer.

The design of the 2022 version of the Alberta Recreation Survey was additionally informed by an ad hoc provincial advisory committee, comprised of leaders in the fields of sport, physical activity, and recreation, with membership from post-secondary institutions, municipalities, not-for-profit organizations, and the Alberta Government*.

Further information on the Alberta Recreation and Parks Association can be found by visiting the Association's website: <https://arpaonline.ca/>

* While government advisory committee input was through the ministry responsible for sport, physical activity and recreation, draft materials were also reviewed by the government areas responsible for the arts, parks and tourism.

Technical Advisory Committee Members:

Steve Allan, ARPA
Brad Babiak, City of Fort Saskatchewan
Dawn Burke, City of Calgary
Heather Chapple, Active City Collective (Calgary)
Heather Cowie, ARPA and Outdoor Play Canada
Glen Cowper, Government of Alberta
Eoghan Curran, City of Edmonton
Nicole Genereux, City of Calgary
Elizabeth Halpenny, University of Alberta
Ryan Harasem, City of Edmonton
Michelle Kilborn, University of Calgary
David Legg, Mount Royal University
Jennifer Leo, The Steadward Centre
Kerry McAndrews, Government of Alberta
Candace Nykiforuk, University of Alberta
Kelly Santarossa, Alberta Municipalities
Nadine Van Wyk, Mount Royal University
Cynthia Watson, Vivo for Healthier Generations
Lindsay Wright, InMotion Network

Framework - Policy Context

The 2022 Alberta Recreation Survey report is designed around the goals of “The Framework for Recreation in Canada”*, endorsed in 2015 by Provincial, and Territorial Ministers of Sport, Physical Activity, and Recreation. This policy acknowledges the important role recreation plays in the lives of people and communities by enhancing mental, physical, and social wellbeing; and its relative importance to building strong families and communities, helping people connect with nature, and enhancing tourism, the economy, and the quality of life for all Albertans. The Framework for Recreation in Canada focuses on the following five goals:

- **Active Living:** foster active living through physical recreation
- **Inclusion and Access:** increase inclusion and access to recreation for populations that face constraints
- **Connecting People and Nature:** help people connect to nature through recreation
- **Supportive Environments:** ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities
- **Recreation Capacity:** ensure the continued growth and sustainability of the recreation field.

Definition of Recreation: Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing.

* While this report is designed around the goals of “The Framework for Recreation in Canada”, it also supports the following federal and provincial policies:

- A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let’s Get Moving (2018)
- The Canadian Sport Policy (renewal due in 2023)








Recreation Classification

Connecting People with Nature



Land-based recreation

-  Birdwatching
-  Hiking
-  Horseback riding/trail riding
-  Hunting
-  Mountain biking (off-road)
-  Mountain/rock climbing
-  E-biking
-  Camping (front country)
-  Camping (backcountry)
-  Picnicking (within a city)
-  Picnicking (in the countryside)

Water-based recreation

-  Canoeing/kayaking
-  Fishing
-  River rafting
-  Sailboarding/windsurfing/sailing
-  Stand-up paddle boarding
-  Swimming (e.g., in lakes, rivers, ponds)
-  Water skiing/wakeboarding

Snow-based recreation

-  Cross-country skiing
-  Snowshoeing

Active Living


























-  Fitness/aerobics
-  Bicycling
-  Gardening
-  Geocaching
-  Ice skating (not hockey)
-  In-line skating
-  Jogging/running
-  Martial Arts (Judo, Karate, Tae Kwon Do)
-  Orienteering
-  Skateboarding
-  Table tennis
-  Walking a pet
-  Walking for pleasure or exercise
-  Weight training
-  Yoga/Pilates

Other Recreation Activities

-  Attending a sports event as a spectator
-  Attending non-credit educational courses
-  Attending a theme/amusement park
-  Visiting a provincial park in Alberta
-  Playing bingo, casinos
-  Playing video, computer or electronic games
-  Playing board/card games
-  Watching TV or movies on a TV screen
-  Watching TV or movies on a mobile device











Supportive Environments

Facility-based recreation (indoor/outdoor)

-  Archery
-  Basketball
-  Bowling
-  Ice hockey
-  Lacrosse
-  Para-ice hockey
-  Pickleball
-  Soccer
-  Swimming/aquafitness (in pools)
-  Tennis
-  Track and field
-  Trampoline
-  Ultimate frisbee
-  Wheelchair basketball
-  Wheelchair boccia
-  BMX Racing
-  Cricket
-  Downhill skiing
-  Disc Golf
-  Football
-  Golf (other than driving range or mini golf)
-  Para-skiing
-  Rugby
-  Shooting (trap/skeet/target)
-  Snowboarding
- Softball/baseball

Supportive Environments (cont'd)

Indoor facility-based recreation

-  Badminton
-  Curling
-  Figure skating
-  Gymnastics (artistic, rhythmic)
-  Racquetball
-  Ringette
-  Squash
-  Volleyball
-  Wall climbing
-  Dancing (e.g., social, folk, ballet, jazz)

Creative/Cultural

-  Attending a fair/festival/cultural event
-  Attending an Indigenous event or performance
-  Attended a live performance such as music, theatre or dance
-  Attending a movie
-  Doing a craft or creative hobby (e.g., photography, woodworking, sewing)
-  Doing other hobbies (e.g., genealogy)
-  Taking part in the arts (e.g., drama, music, drawing, writing)
-  Visiting a historic site or museum
-  Visiting a library
-  Visiting an art gallery or exhibit

Methodology

Target Respondents

A random sample of Albertans, 18 years or older (Statistics Canada population estimates were used to generate a demographically representative sample). Sample was distributed based on Alberta Land Use Framework Regions: Lower Peace, Upper Peace, Lower Athabasca, Upper Athabasca, North Saskatchewan, Red Deer, and South Saskatchewan

Age is distributed by 18 to 34 years of age, 35 to 54 years of age, and 55 years of age and older.

Questionnaire Design

A questionnaire consistent with the 2017 survey was used to ensure comparability with historical results. However, some questions were added or altered, and some were removed. The questionnaire asked a combination of open and closed ended questions.

Data Collection

Survey invitation letters that included a link to the survey and a unique survey code to access the survey were sent out to the target respondents. As an alternative to accessing the online survey, invitation recipients could request a paper version of the survey along with a self addressed stamped envelope. Although this method of data collection matched closely to the method used in 2017, very few Albertans aged 18 to 34 completed the survey. Weighting (discussed later in this methodology) and selecting a random subset of responses were both completed to help ensure results are as representative as possible, it is highly recommended that future iterations of this survey use another data collection methodology that better reaches this age group.

Methodology

Statistical Reliability

Aggregate results are based on 3000 completed surveys and have a margin of error of $\pm 1.8\%$, 19 times out of 20. For the sub-regions, the margins of error are:

- | | |
|---|---|
| 1. Lower Athabasca (n=424): $\pm 4.8\%$, 19 times out of 20 | 5. Red Deer (n=751): $\pm 3.6\%$, 19 times out of 20 |
| 2. Upper Athabasca (n=443): $\pm 4.7\%$, 19 times out of 20 | 6. North Saskatchewan (n=1197): $\pm 2.8\%$, 19 times out of 20 |
| 3. Lower Peace (n=47): $\pm 14.3\%$, 19 times out of 20 | 7. South Saskatchewan (n=1807): $\pm 2.3\%$, 19 times out of 20 |
| 4. Upper Peace (n=473): $\pm 4.5\%$, 19 times out of 20 | |

Margins of error may be higher for other subgroups with smaller base sizes.

Analysis

Two levels of analysis are used in this report to determine participation in recreation.

1. **Respondent level:** proportion of survey respondents participating in a certain recreation; and
2. **Household level:** proportion of households participating in a certain recreation (at least one person in household participated).

The results are weighted to the region proportions within Alberta as well as the age and gender proportions in Alberta as a whole. The weighting corrects for an overrepresentation of older adults within the data. However, base sizes for younger adults are lower and should be interpreted with caution.

Note that the individual recreation activities from 2017 have been re-grouped to match the categories used in 2022. This means that the 2017 recreation category results may not match the results shown in the 2017 report.

Key Insights

Key Insights

TOP RECREATIONAL CHOICES:

Nearly all individuals and households participate in recreation, with active living and creative/culture choices being the most common.

- Top individual choices include walking for pleasure, hiking, doing a craft or hobby, and attending a fair, festival, or cultural event.
- Walking and hiking, along with camping, are the most popular choices, most often done in provincial and national parks in Alberta.

Top reasons for participating include for fun (70%), to relax (53%), for physical (50%) or mental (44%) health, and to enjoy nature (40%).

COVID-19 EFFECTS:

Three-in-ten Albertans started a new form of recreation during the COVID-19 pandemic with 'craft or hobby', 'walking for pleasure', 'watching TV/movies', and 'visiting a provincial park' being the top four choices.

ACCESSIBILITY:

Nearly all individuals with a visual or mobility disability find the settings where they recreate to be at least 'somewhat accessible', however only about one-third feel the settings they use are 'completely accessible'.

BARRIERS TO PARTICIPATION:

Top barriers identified include the cost of equipment, material and supplies (35%), being too busy with other activities (29%) or work (25%).

NEW INTERESTS:

About three-in-eight would like to participate a new form of recreation, with pickleball, cross-country skiing, and fitness being the top 3 mentioned.

VOLUNTEERISM:

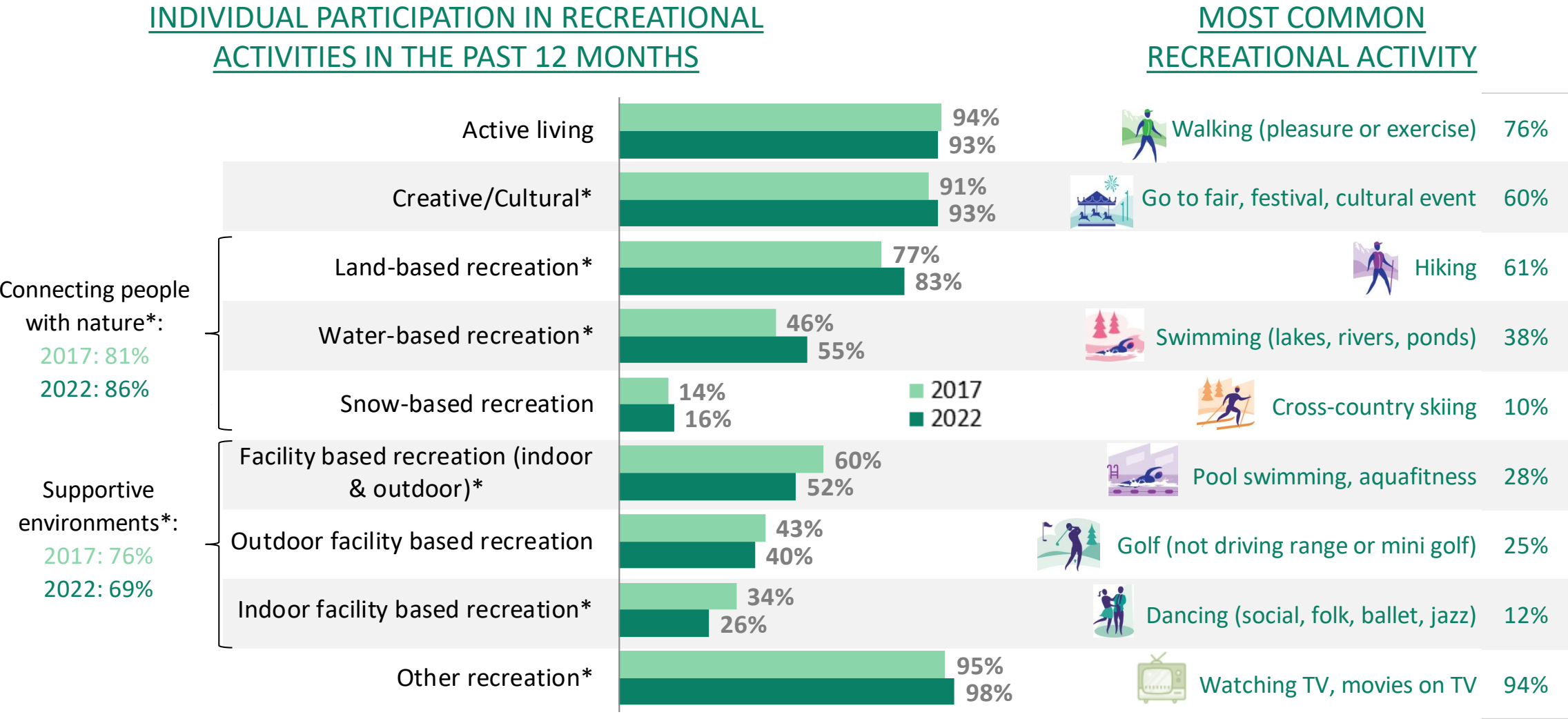
About one-third of individuals volunteer with sports, culture or creative organizations being the most common.

- Event and program volunteers are the most common roles people participate in.
- Individuals spent just under five hours a week on average volunteering over the past year.

BENEFITS TO PARTICIPATION:

Improving quality of life, spending time with family, and exposing youth to a variety of recreation are all viewed as equally important benefits of recreation and are very important to about two-thirds of individuals.

Key Highlights: PARTICIPATION IN RECREATIONAL ACTIVITIES

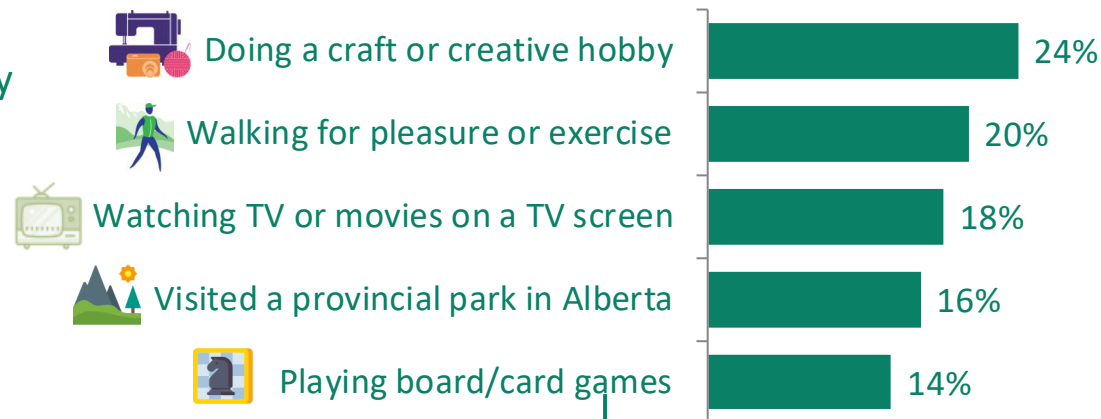


Refer to slide 4 for recreation group definitions
*2022 was statistically different than 2017 (at a 95% confidence level)

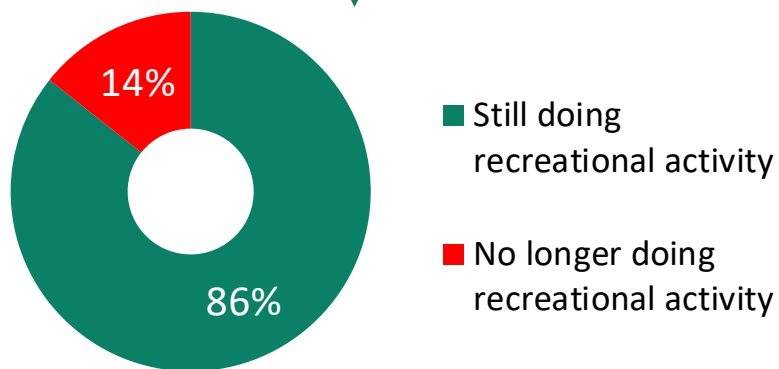
Key Highlights: COVID-19 EFFECTS ON RECREATIONAL ACTIVITIES



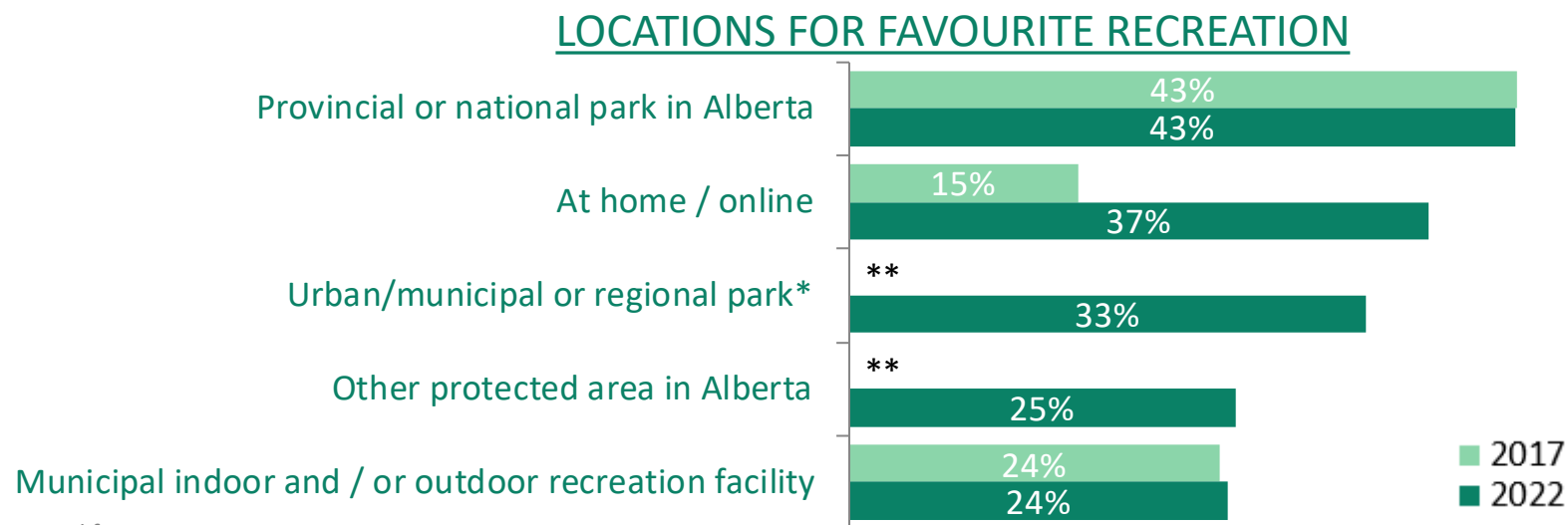
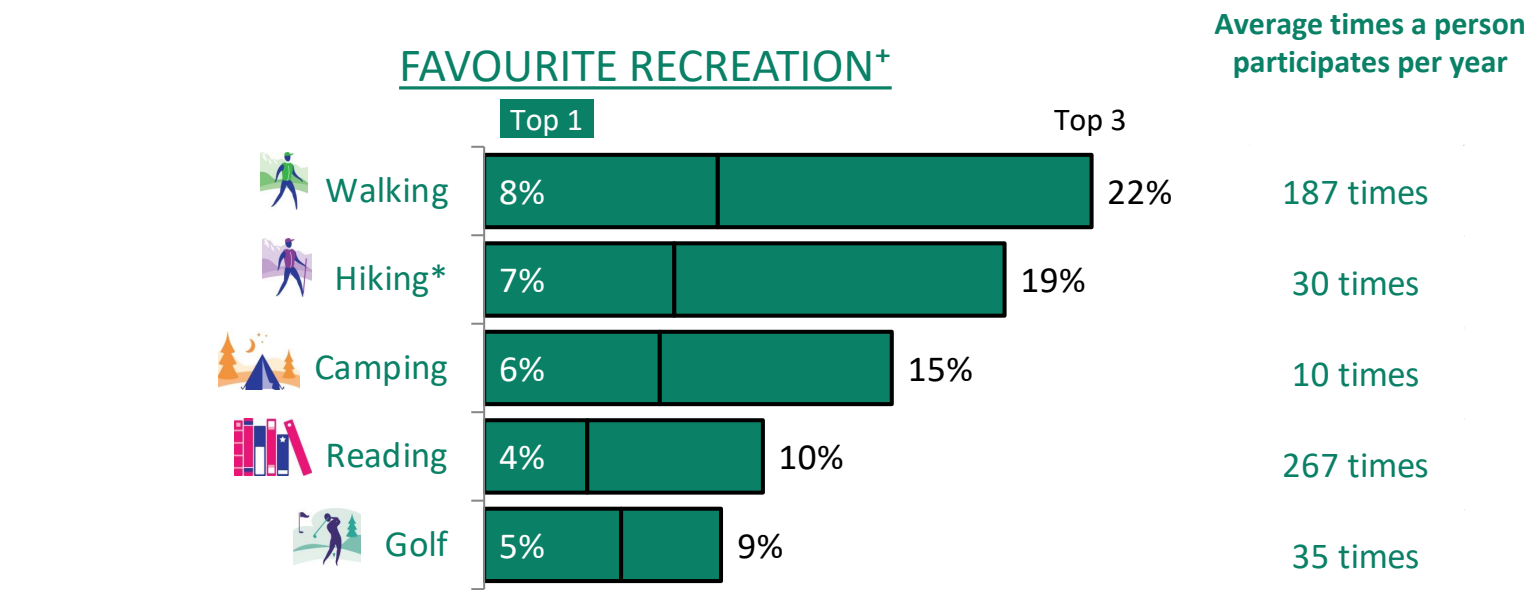
TOP NEW RECREATIONAL ACTIVITIES STARTED DURING COVID



TOP NEW RECREATIONAL ACTIVITIES PEOPLE ARE STILL DOING



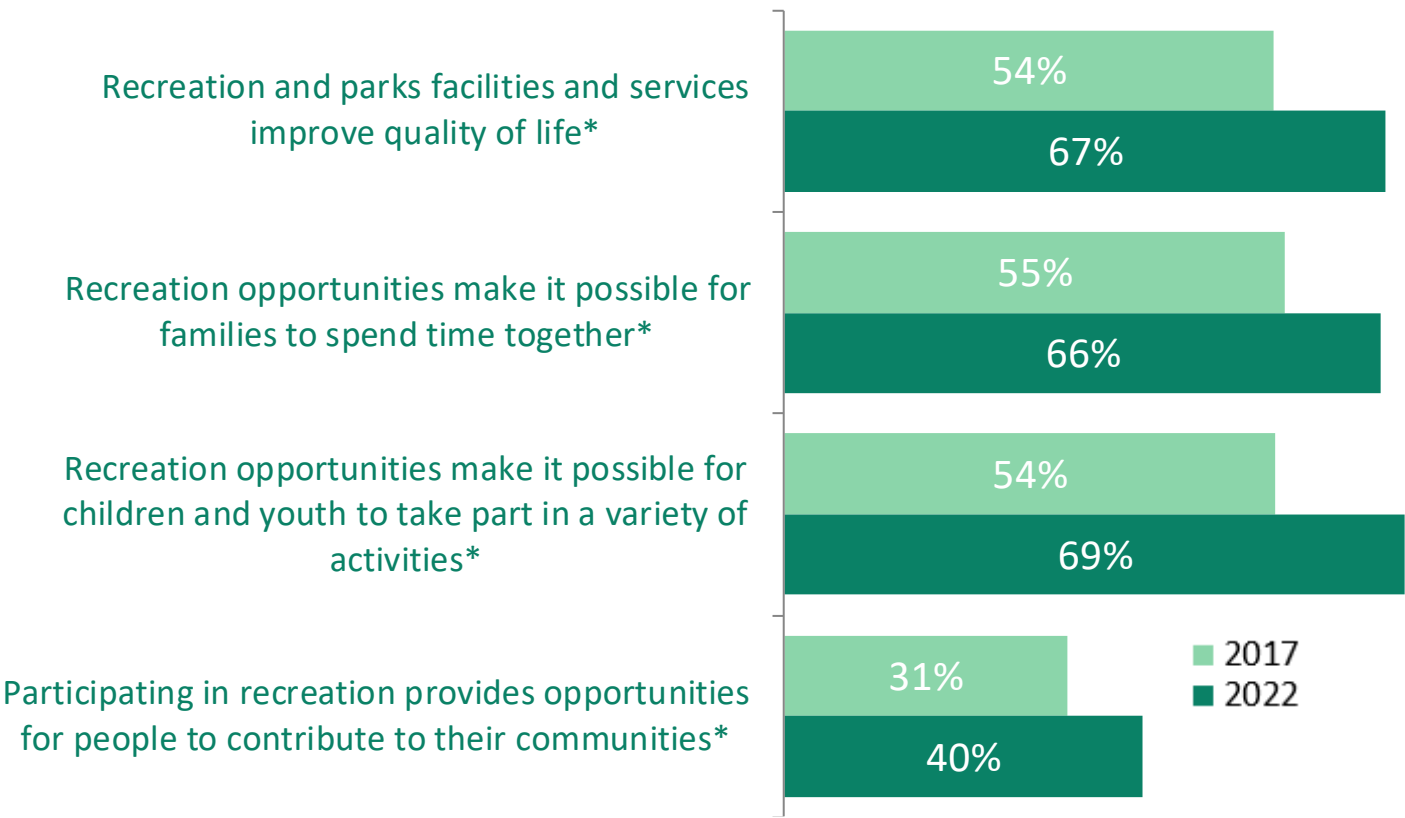
Key Highlights: FAVOURITE RECREATIONAL ACTIVITIES AND LOCATIONS



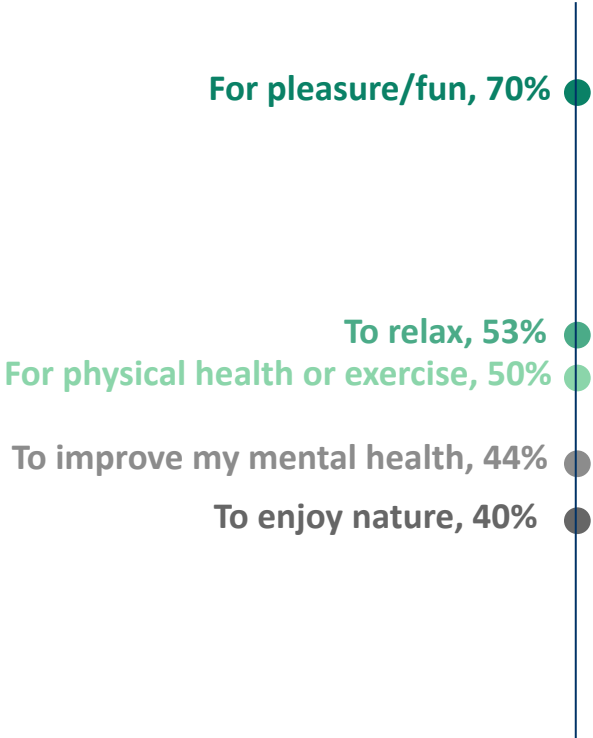
⁺ Statistical differences are reported for Top 1 percentages
^{*}2022 was statistically different than 2017 (at a 95% confidence level)
^{**}Response levels not present in 2017

Key Highlights: RECREATIONAL ACTIVITIES BENEFITS & PARTICIPATION REASONS

BENEFITS OF RECREATIONAL ACTIVITY SEEN AS VERY IMPORTANT



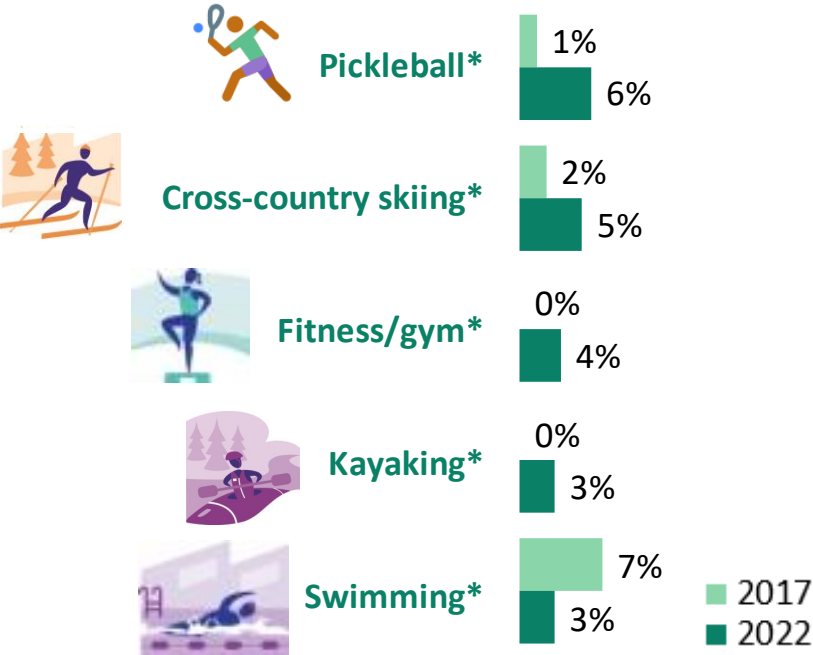
TOP REASONS FOR TAKING PART IN FAVOURITE RECREATIONAL ACTIVITY



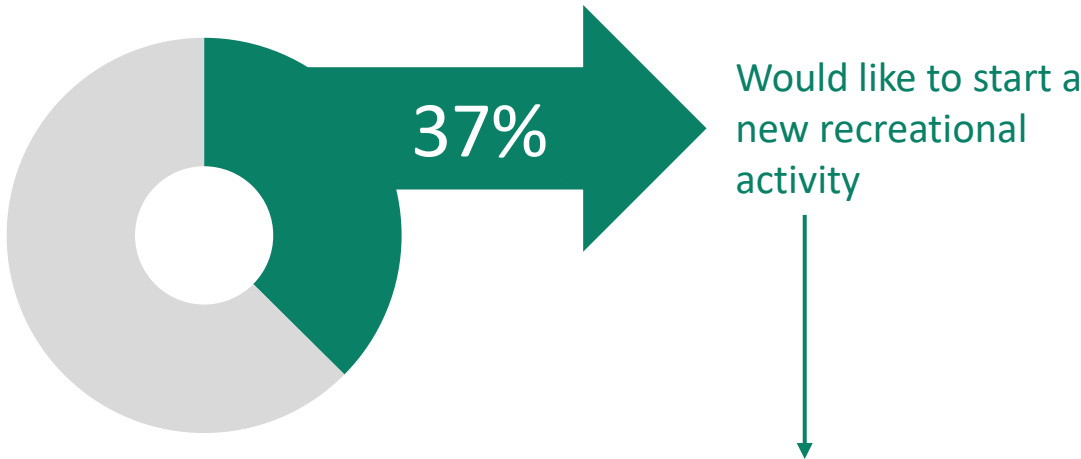
*2022 was statistically different than 2017 (at a 95% confidence level)

Key Highlights: NEW RECREATIONAL ACTIVITIES & BARRIERS

NEW RECREATIONAL ACTIVITIES THAT I WOULD LIKE TO START



WOULD LIKE TO START A NEW RECREATIONAL ACTIVITY THEY DO NOT CURRENTLY DO?



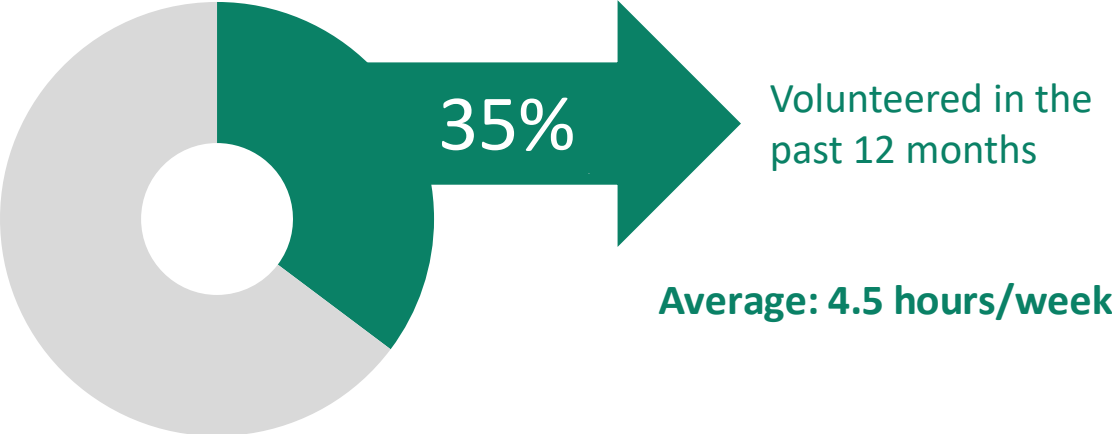
TOP BARRIERS TO STARTING A NEW RECREATIONAL ACTIVITY



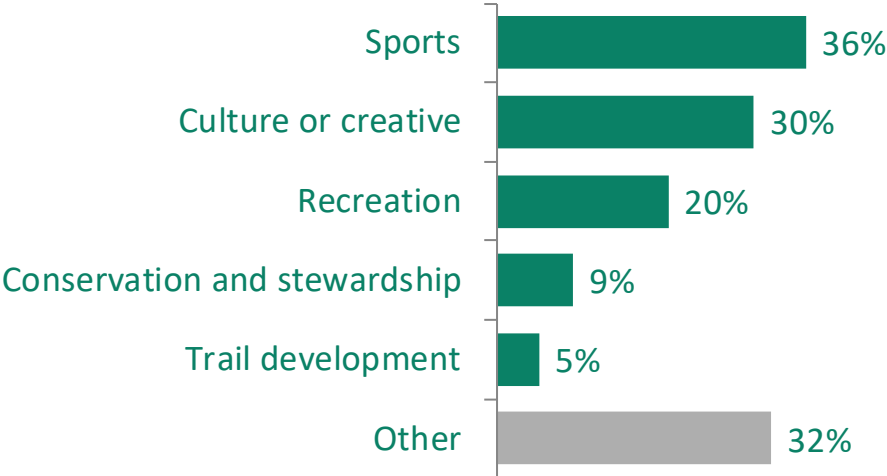
*2022 was statistically different than 2017 (at a 95% confidence level)

Key Highlights: VOLUNTEERING

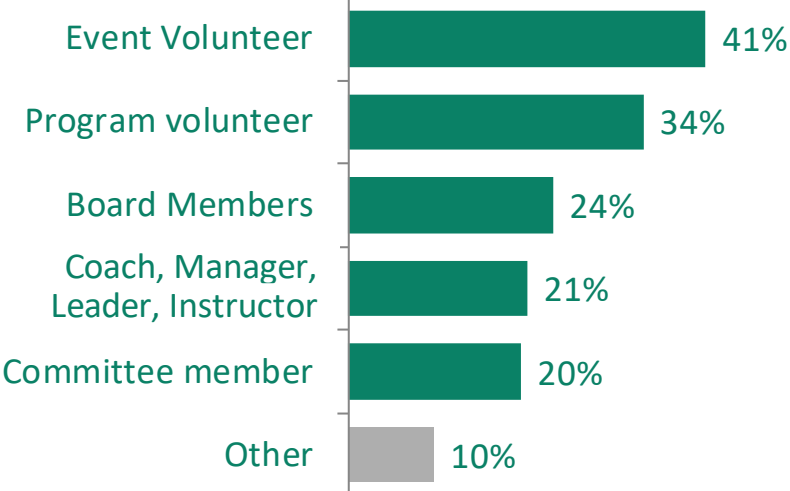
HAVE YOU VOLUNTEERED IN THE PAST 12 MONTHS?



TYPE OF VOLUNTEER ORGANIZATION



VOLUNTEERED AS...

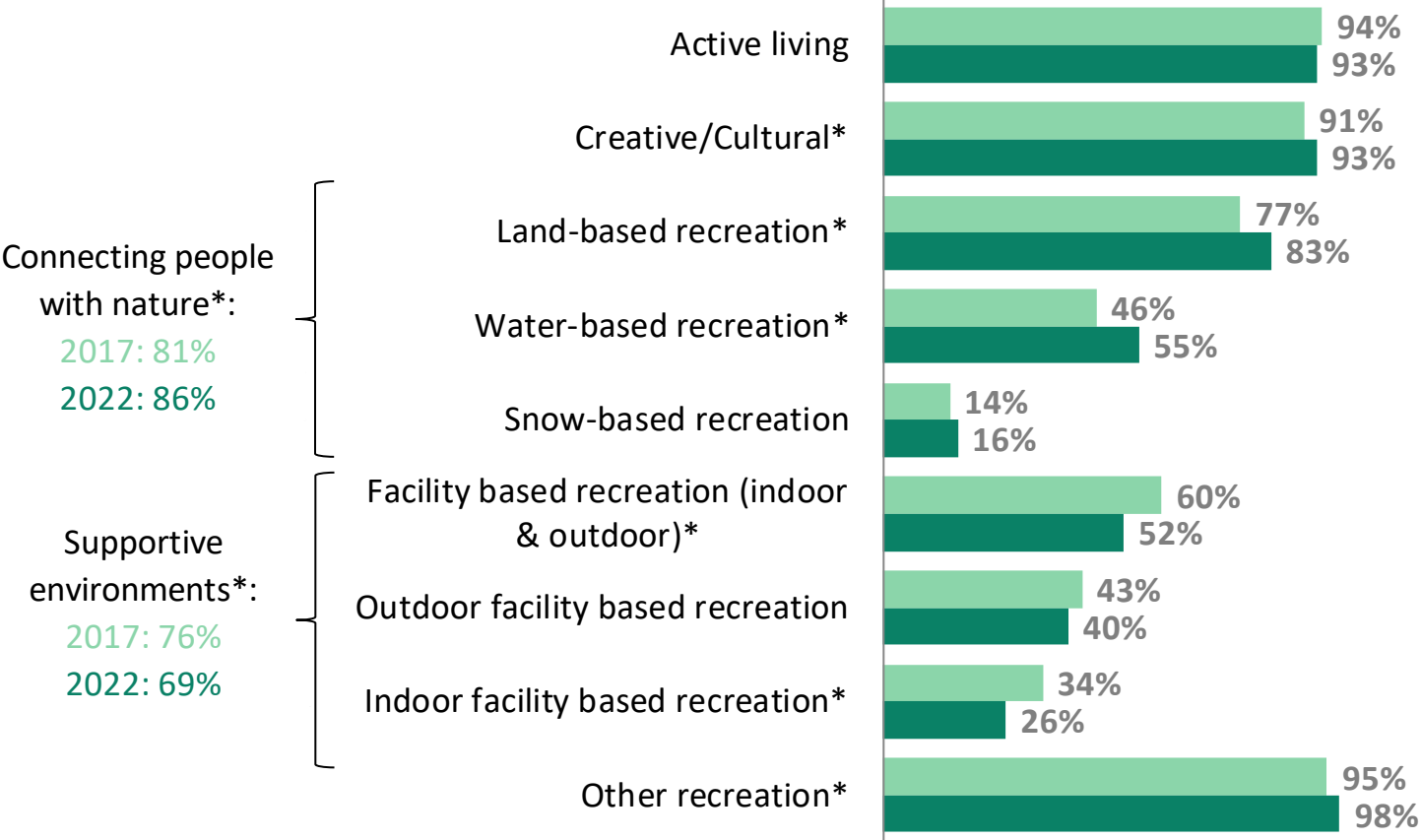


Note that trending for volunteering is not shown since response levels changed.
*2022 was statistically different than 2017 (at a 95% confidence level)

Participation in Recreational Activities

Participation in Recreational Activities

Individual participation in the past 12 months



Refer to slide 4 for recreation group definitions
*2022 was statistically different than 2017 (at a 95% confidence level)
Which of the following activities did you personally take part in during the past 12 months? (n=3000) (Q1abcindsubnet/Q1abcindnet)

Participation in Recreational Activities

Individual participation in the past 12 months

	Gender		Age			Education	
	Male	Female	18-34	35-54	55+	Primary/ secondary	Post secondary
Active living	93%	95%*	90%	94%	93%	92%	94%*
Creative/Cultural	92%	96%*	92%	96%*	91%	88%	96%*
Connecting people with nature	88%	85%	87%	90%*	83%	82%	88%*
Land-based recreation	86%*	82%	84%	86%*	80%	77%	85%*
Water-based recreation	57%	54%	60%	64%*	44%	46%	58%*
Snow-based recreation	17%	15%	9%	17%	18%*	4%	19%*
Supportive environment	75%*	65%	77%*	75%*	59%	61%	71%*
Facility based recreation (indoor & outdoor)	55%*	50%	66%*	59%*	39%	45%	54%*
Outdoor facility based recreation	52%*	29%	44%	42%	36%	28%	43%*
Indoor facility based recreation	26%	27%	35%*	29%	20%	20%	28%*
Other recreation	98%	99%*	97%	98%	98%	97%	99%*
n=	1275	1602	247	971	1782	502	2339

Refer to slide 4 for recreation group definitions

*Statistically higher than combinations of other columns in group (at a 95% confidence level)

Which of the following activities did you personally take part in during the past 12 months? (n=See table) (Q1abcindsubnet/Q1abcindnet)

Participation in Recreational Activities

Individual participation in the past 12 months

	Income			People with disabilities		Families	
	\$60,000 or less	\$60,001 to \$100,000	\$100,001 or more	People with disabilities	People without disabilities	Household w/children	No children
Active living	83%	94%	96%*	91%	94%*	93%	93%
Creative/Cultural	89%	92%	96%*	94%	93%	93%	93%
Connecting people with nature	80%	84%	92%*	80%	88%*	90%*	83%
Land-based recreation	76%	81%	89%*	76%	86%*	86%*	81%
Water-based recreation	44%	53%	65%*	46%	57%*	65%*	47%
Snow-based recreation	10%	11%	21%*	10%	18%*	15%	17%
Supportive environment	50%	68%	79%*	59%	72%*	78%*	61%
Facility based recreation (indoor & outdoor)	37%	47%	62%*	46%	54%*	63%*	43%
Outdoor facility based recreation	21%	37%	51%*	27%	44%*	45%*	36%
Indoor facility based recreation	22%	24%	30%*	21%	28%*	30%*	23%
Other recreation	95%	98%	99%*	99%	98%	98%	98%
	n= 492	574	1128	651	2250	1054	1946

Refer to slide 4 for recreation group definitions

*Statistically higher than combinations of other columns in group (at a 95% confidence level)

Which of the following activities did you personally take part in during the past 12 months? (n=See table) (Q1abcindsubnet/Q1abcindnet)

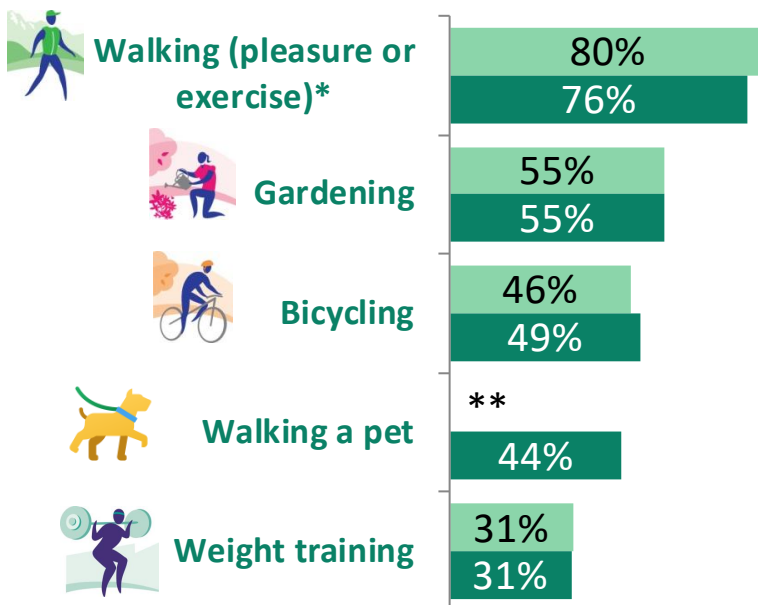
Participation in Individual Recreational Activities

Individual participation in the past 12 months

Top recreational activities

% of individuals participating

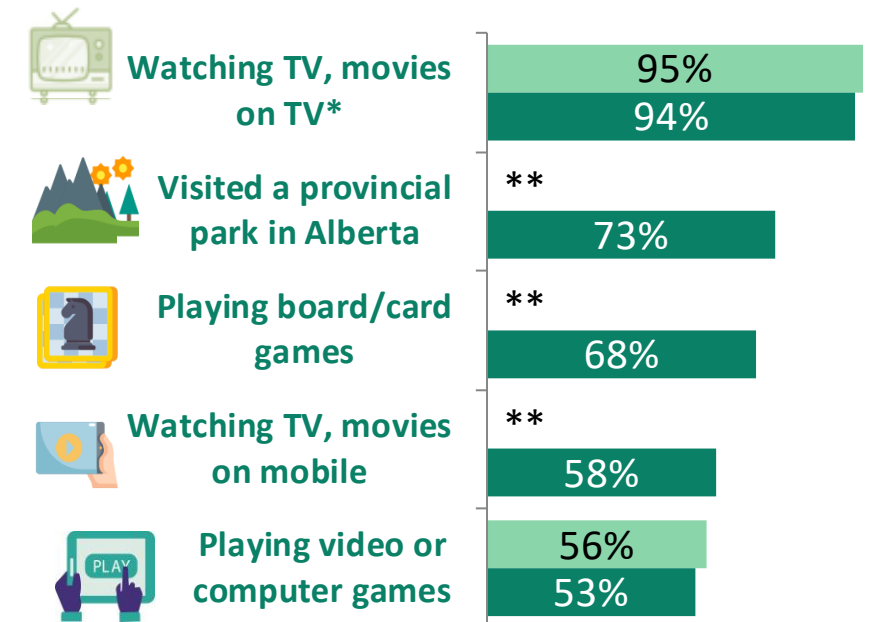
Active living



Creative / Cultural



Other activities



■ 2017
■ 2022

*2022 was statistically different than 2017 (at a 95% confidence level)

**Response levels not present in 2017

Which of the following activities did you personally take part in during the past 12 months? (n=3000) (Q1a4/Q1c3)

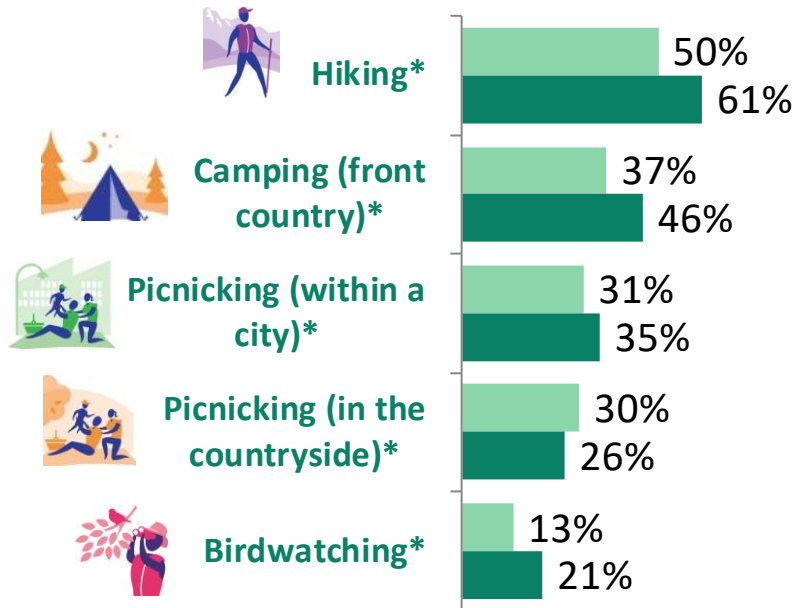
Which of the following activities did you personally attend or visit during the past 12 months? (n=3000) (Q1b3)

Participation in Individual Recreational Activities

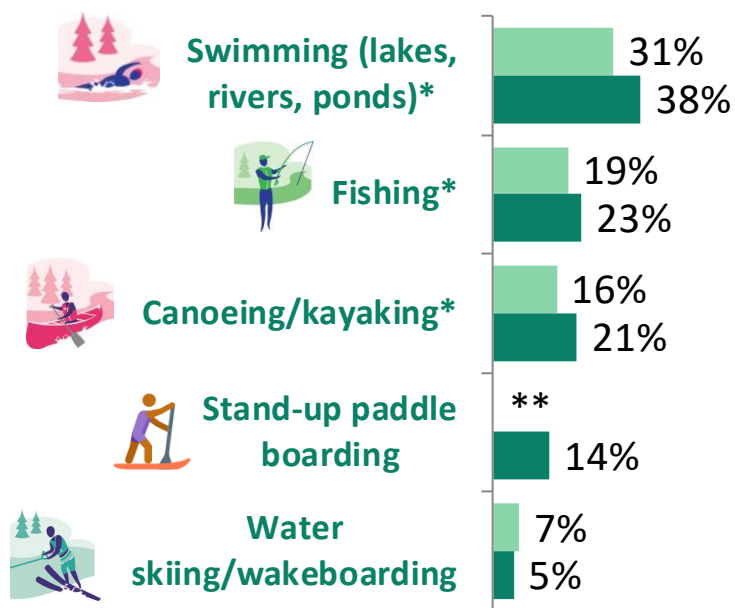
Individual participation in the past 12 months

Top recreational activities
Connecting people with nature
% of individuals participating

Land-based recreation



Water-based recreation



Snow-based recreation



2017
2022

*2022 was statistically different than 2017 (at a 95% confidence level)

**Response levels not present in 2017

Which of the following activities did you personally take part in during the past 12 months? (n=3000) (Q1a4/Q1c3)

Which of the following activities did you personally attend or visit during the past 12 months? (n=3000) (Q1b3)

Participation in Individual Recreational Activities

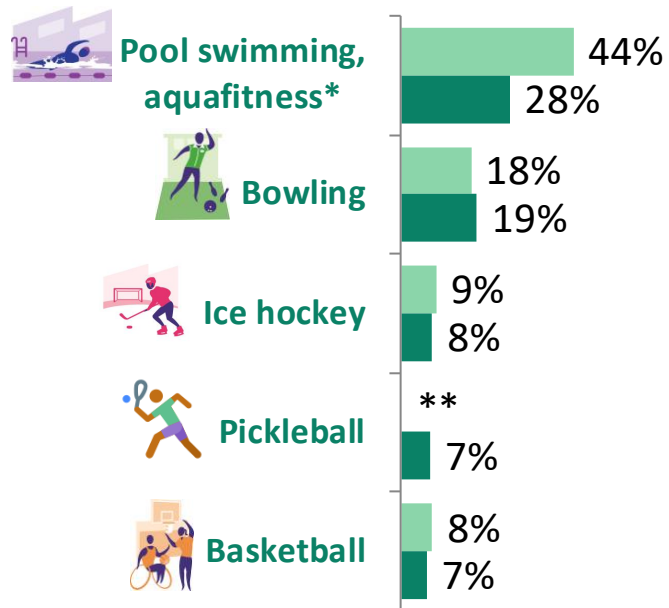
Individual participation in the past 12 months

Top recreational activities

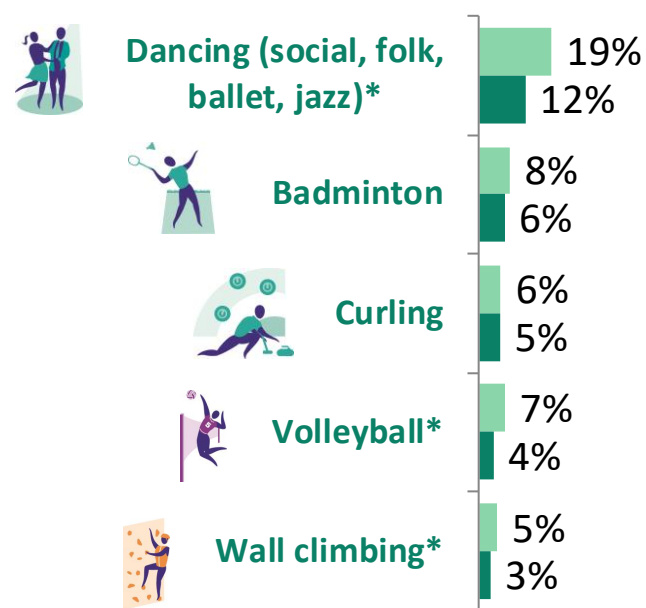
Supportive environments

% of individuals participating

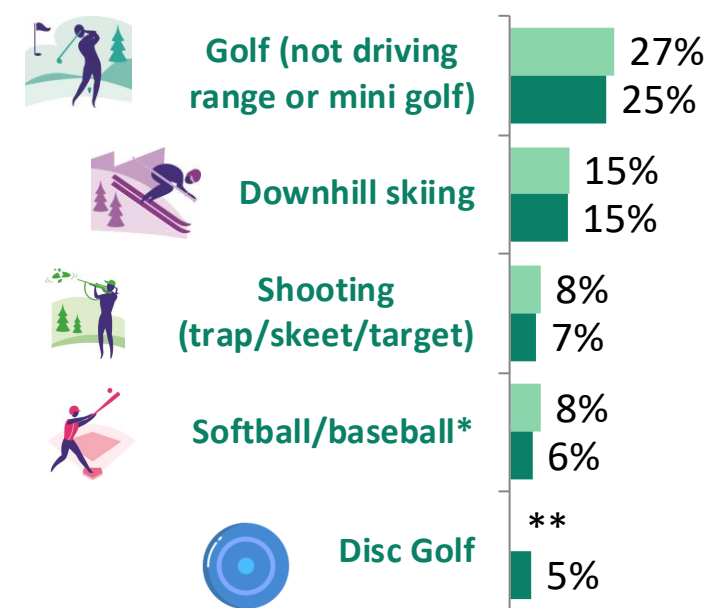
Facility-based recreation (indoor and outdoor)



Indoor facility-based recreation



Outdoor facility-based recreation



2017
2022

*2022 was statistically different than 2017 (at a 95% confidence level)

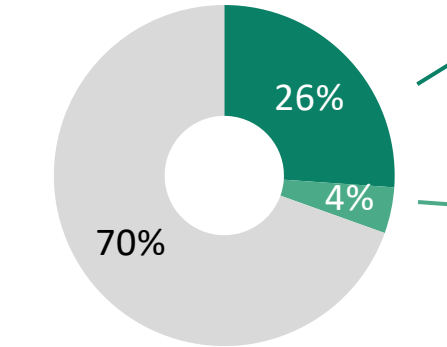
**Response levels not present in 2017

Which of the following activities did you personally take part in during the past 12 months? (n=3000) (Q1a4/Q1c3)

Which of the following activities did you personally attend or visit during the past 12 months? (n=3000) (Q1b3)

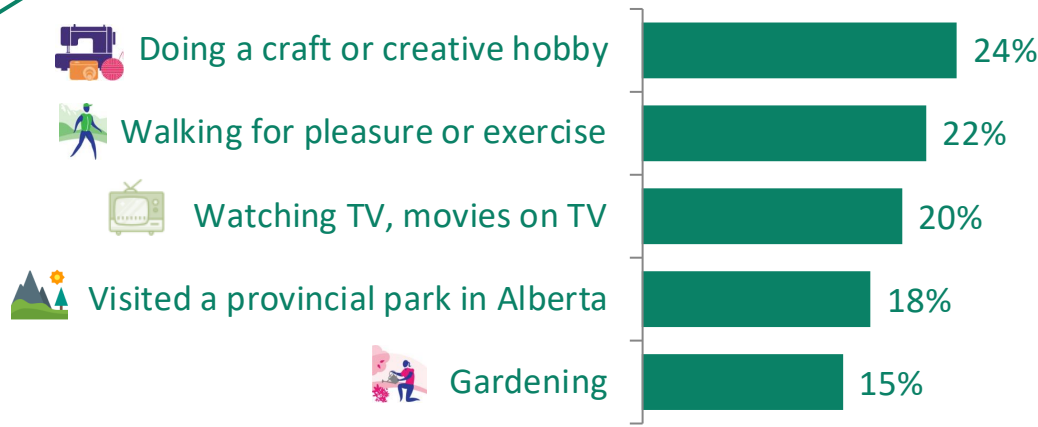
COVID-19 and New Recreational Activities

Tried a new recreational activity during the pandemic



- Yes, still doing activity
- Yes, no longer doing activity
- No

Top new recreational activities started during the pandemic that people are still doing



Top new recreational activities started during the pandemic that people are no longer doing



Did you try any new leisure or recreational activities during the COVID-19 pandemic that you had never done before? (n=3000) (QCovid1)
Which new leisure or recreational activity(ies) did you try during the COVID-19 pandemic that you are [still/no longer] doing? (Still doing = 748; Stopped doing = 130) (QCovid2)

COVID-19 and New Recreational Activities

	Gender		Age			Education	
	Male	Female	18-34	35-54	55+	Primary/ secondary	Post secondary
Yes, still doing activity	25%	26%	32%	28%	22%	21%	27%
Yes, no longer doing activity	5%	4%	5%	5%	4%	4%	4%
No	70%	70%	63%	68%	74%*	74%	68%
<i>n (covid1)=</i>	1275	1602	247	971	1782	502	2339
Doing a craft or creative hobby	16%	31%*	26%	21%	25%	33%	22%
Walking for pleasure or exercise	21%	17%	22%	14%	26%*	32%*	17%
Watching TV or movies on a TV screen	19%	16%	17%	13%	24%*	25%	15%
Visited a provincial park in Alberta	19%	11%	14%	17%	16%	20%	14%
Playing board/card games	14%	13%	17%	11%	16%	19%	11%
Gardening	12%	14%	14%	12%	16%	16%	12%
Watching TV or movies on a mobile device	15%	11%	18%	11%	11%	23%*	10%
Playing video, computer or electronic games	11%	12%	13%	10%	12%	20%*	9%
Virtually attended a live performance	9%	13%	10%	11%	12%	9%	11%
Hiking	13%	10%	15%	7%	13%	12%	11%
Doing other hobbies	12%	10%	12%	11%	10%	14%	9%
Camping (front country)	11%	9%	10%	11%	8%	9%	11%
Walking a pet	11%	9%	8%	10%	12%	12%	10%
Bicycling	10%	9%	8%	10%	8%	8%	8%
Visited a historic site or museum	11%	7%	3%	12%	8%	3%	9%
<i>n (covid2)=</i>	351	485	95	316	467	121	713

*Statistically higher than all other columns within group combined (at a 95% significance level)

Did you try any new leisure or recreational activities during the COVID-19 pandemic that you had never done before? (n=See table) (Covid1)

Which new leisure or recreational activity(ies) did you try during the COVID-19 pandemic that you are [still/no longer] doing? (n=See table) (Covid2)

COVID-19 and New Recreational Activities

	Income			People with disabilities		Families	
	\$60,000 or less	\$60,001 to \$100,000	\$100,001 or more	People with disability	People without disability	Household w/children	No children
Yes, still doing activity	26%	23%	29%	24%	26%	28%	25%
Yes, no longer doing activity	4%	5%	5%	7%*	4%	5%	4%
No	71%	72%	67%	69%	70%	67%	71%
<i>n (covid1)=</i>	492	574	1128	651	2250	1054	1946
Doing a craft or creative hobby	20%	29%	21%	39%*	20%	21%	26%
Walking for pleasure or exercise	24%	20%	17%	17%	20%	15%	25%*
Watching TV or movies on a TV screen	34%*	18%	13%	14%	19%	15%	21%
Visited a provincial park in Alberta	25%*	20%	13%	15%	17%	14%	18%
Playing board/card games	15%	18%	13%	11%	15%	14%	14%
Gardening	20%	15%	9%	12%	14%	13%	15%
Watching TV or movies on a mobile device	22%*	16%	9%	12%	12%	11%	14%
Playing video, computer or electronic games	22%*	13%	7%	11%	11%	11%	12%
Virtually attended a live performance	11%	6%	9%	11%	11%	11%	11%
Hiking	11%	11%	10%	5%	13%*	10%	11%
Doing other hobbies	14%	10%	8%	14%	9%	10%	11%
Camping (front country)	16%	10%	10%	10%	10%	7%	13%*
Walking a pet	11%	17%*	8%	10%	10%	9%	11%
Bicycling	14%	9%	9%	2%	11%*	10%	8%
Visited a historic site or museum	12%	9%	7%	6%	9%	6%	11%*
<i>n (covid2)=</i>	144	154	374	190	654	355	523

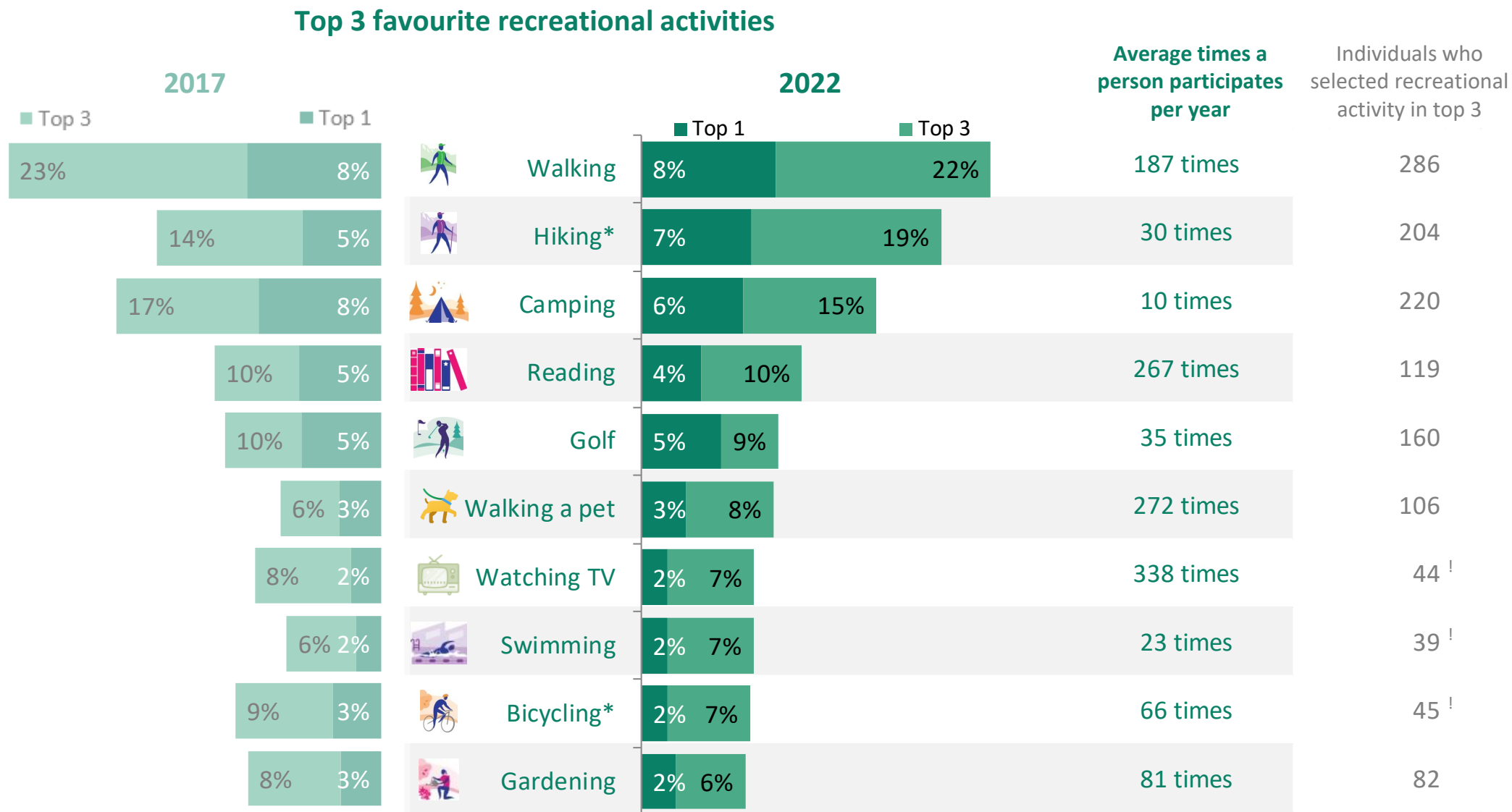
*Statistically higher than all other columns within group combined (at a 95% significance level)

Did you try any new leisure or recreational activities during the COVID-19 pandemic that you had never done before? (n=See table) (Covid1)

Which new leisure or recreational activity(ies) did you try during the COVID-19 pandemic that you are [still/no longer] doing? (n=See table) (Covid2)

Favourite Recreational Activities

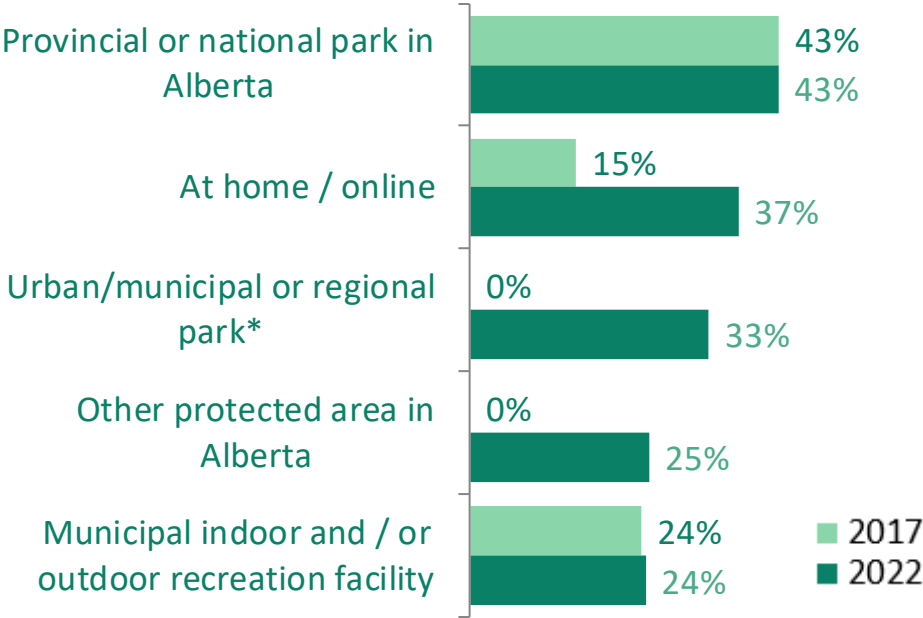
Favourite Recreational Activities



[!] Low base size, interpret with caution.
*2022 was statistically different than 2017 for the top 3 selected recreational activities (at a 95% confidence level)
Please enter your favourite leisure or recreational activity. (Base: 2017 = 3000, 2022 = 2993). (Q3a1)

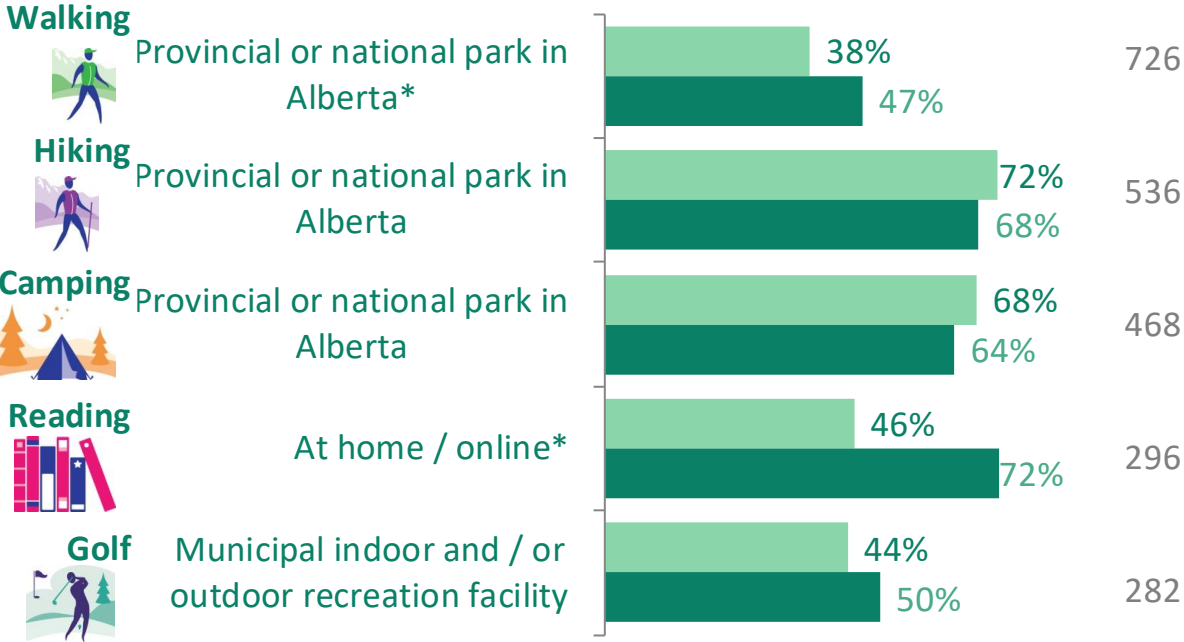
Location of Favourite Recreational Activity

Top locations of favourite recreational activity



Location by top favourite recreational activity
(Participants were able to make multiple selections)

Individuals who selected recreational activity in top 3



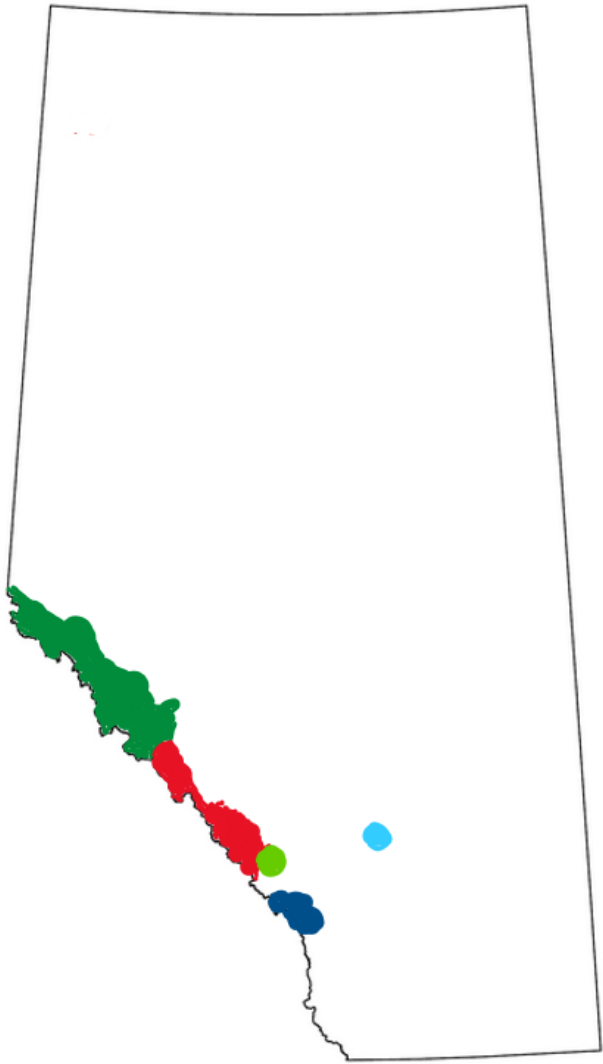
*2022 was statistically different than 2017 (at a 95% confidence level)

**Response levels not present in 2017

Do you participate in your [favourite activity] at: (n=2617) (Q3b1)

Location of Favourite Recreational Activity

Top provincial/national parks where favourite recreational activities take place



Location of Favourite Recreational Activity

Locations where favourite recreational activity take place	Gender		Age			Education	
	Male	Female	18-34	35-54	55+	Primary/ secondary	Post secondary
Provincial or national park in Alberta	42%	43%	36%	47%*	41%	30%	45%*
Urban/municipal or regional park	31%	36%	27%	33%	35%	27%	35%*
At home / online	31%	44%*	43%	35%	37%	48%*	36%
Municipal indoor and / or outdoor recreation facility	26%	21%	23%	26%	23%	18%	24%
Other protected area in Alberta	28%*	22%	24%	26%	24%	23%	25%
Private indoor and / or outdoor facility	25%*	19%	23%	24%	19%	14%	23%*
School, university or college indoor and / or outdoor recreation facility	7%	7%	13%*	7%	4%	5%	7%
Not for profit indoor and / or outdoor recreation facility	7%	5%	6%	8%*	4%	5%	6%
Somewhere else	13%	14%	5%	13%	18%*	15%	14%
<i>n=</i>	1116	1416	226	885	1506	423	2080

*Statistically higher than all other columns within group combined (at a 95% confidence level)

Do you participate in your [favourite activity] at: (n=See table) (Q3b1)

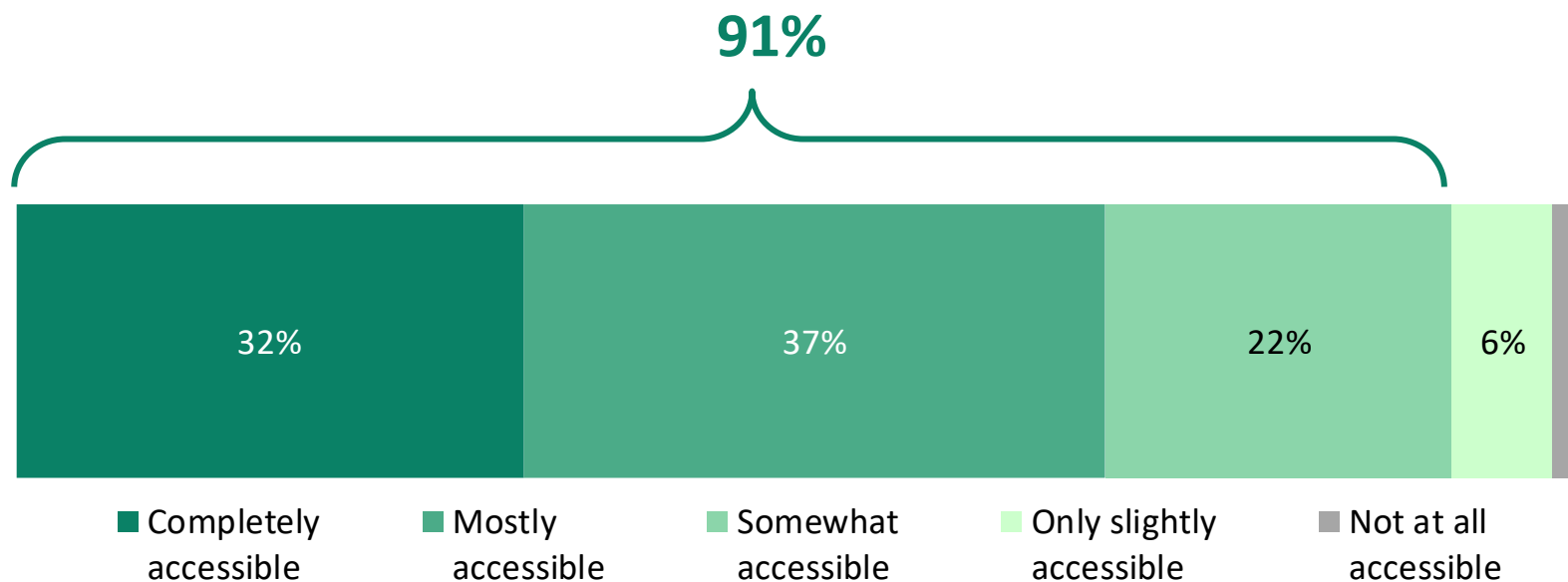
Location of Favourite Recreation

Locations where favourite recreational activity take place	Income			People with disabilities		Families	
	\$60,000 or less	\$60,001 to \$100,000	\$100,001 or more	People with disabilities	People without disabilities	Household w/children	No children
Provincial or national park in Alberta	38%	41%	46%*	35%	45%*	45%	41%
Urban/municipal or regional park	26%	36%	34%	29%	34%	32%	34%
At home / online	46%*	38%	33%	48%*	34%	35%	39%
Municipal indoor and / or outdoor recreation facility	25%	24%	25%	21%	25%	28%*	21%
Other protected area in Alberta	23%	23%	27%	21%	26%	25%	24%
Private indoor and / or outdoor facility	21%	21%	24%	18%	23%	25%*	19%
School, university or college indoor and / or outdoor recreation facility	3%	8%	7%	7%	7%	8%	6%
Not for profit indoor and / or outdoor recreation facility	6%	5%	6%	6%	6%	10%*	3%
Somewhere else	13%	14%	12%	16%	14%	10%	17%*
n=	398	502	1057	548	1992	950	1667

*Statistically higher than all other columns within group combined (at a 95% confidence level)
Do you participate in your [favourite activity] at: (n=See table) (Q3b1)

Accessibility of Recreational Settings as Evaluated by Albertans Living with a Disability

Perception of recreational setting accessibility among respondents with a visual impairment and/or a mobility disability



Values below 3% are not labeled.

In general, how accessible do you find the settings used for the leisure or recreational activities that you participate in? (Base: n=443). (A1)

Understanding Best Object Scaling (BOS)

BOS allows us to collect information on reasons why people take part in a recreational activity and the ranking of those reasons. Rather than present all reasons to an individual and asking them to pick the most important one, we present only a few reasons at a time and ask them to pick among them. By randomizing the options shown and making sure that every possible combination of reasons is presented an equal number of times to each respondent, we can then measure which reasons are most preferred based on how frequently they were chosen.

Respondents are shown a series of reasons and asked to select the one they prefer the most - or they can select none. This is repeated several times, using different option combinations.

The order and magnitude of difference in preferences between options can be measured.

Respondent 1

Which of the following reasons is most important to you for taking part in your favourite activity?

- For pleasure/fun
- For physical health/exercise
- To enjoy nature
- None of these

Which of the following reasons is most important to you for taking part in your favourite activity?

- To improve my mental health
- To be with my family
- To relax
- None of these

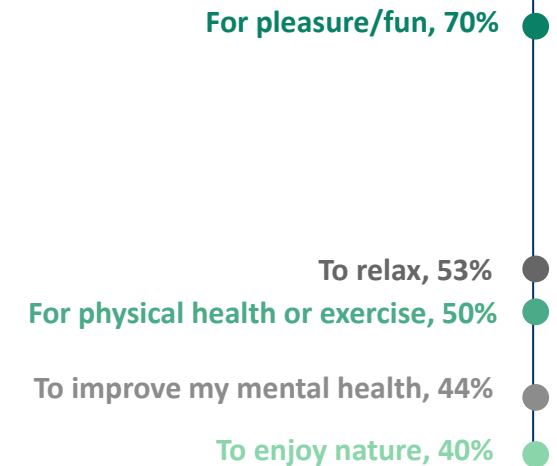
Respondent 2

Which of the following reasons is most important to you for taking part in your favourite activity?

- To relax
- To be alone
- To improve my mental health
- None of these

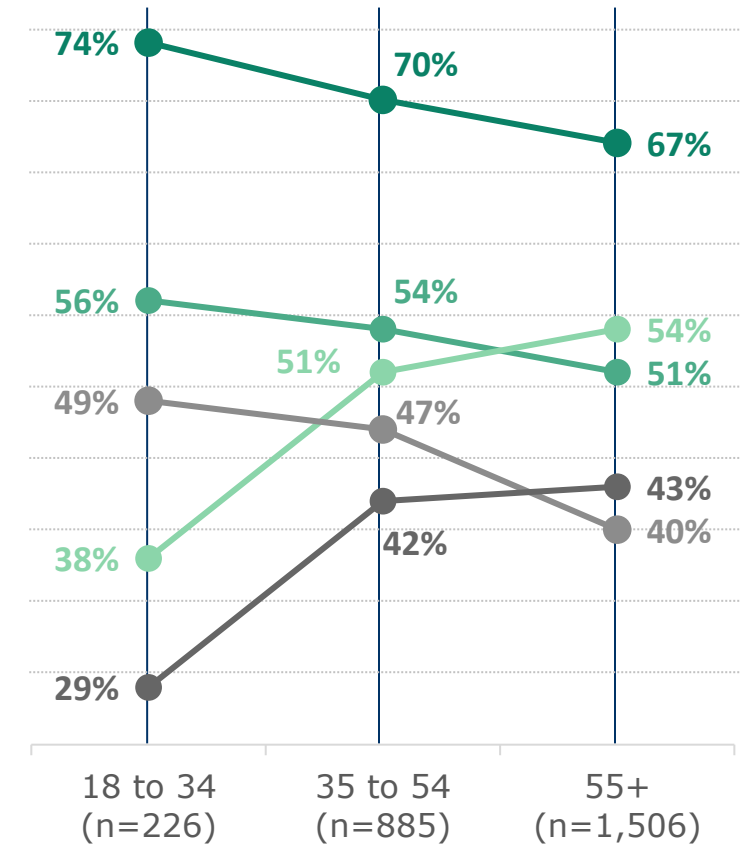
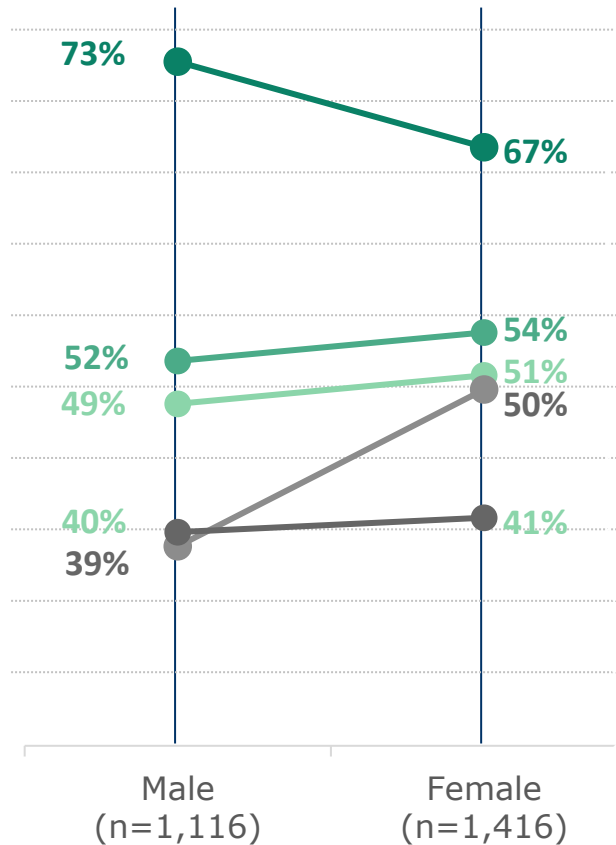
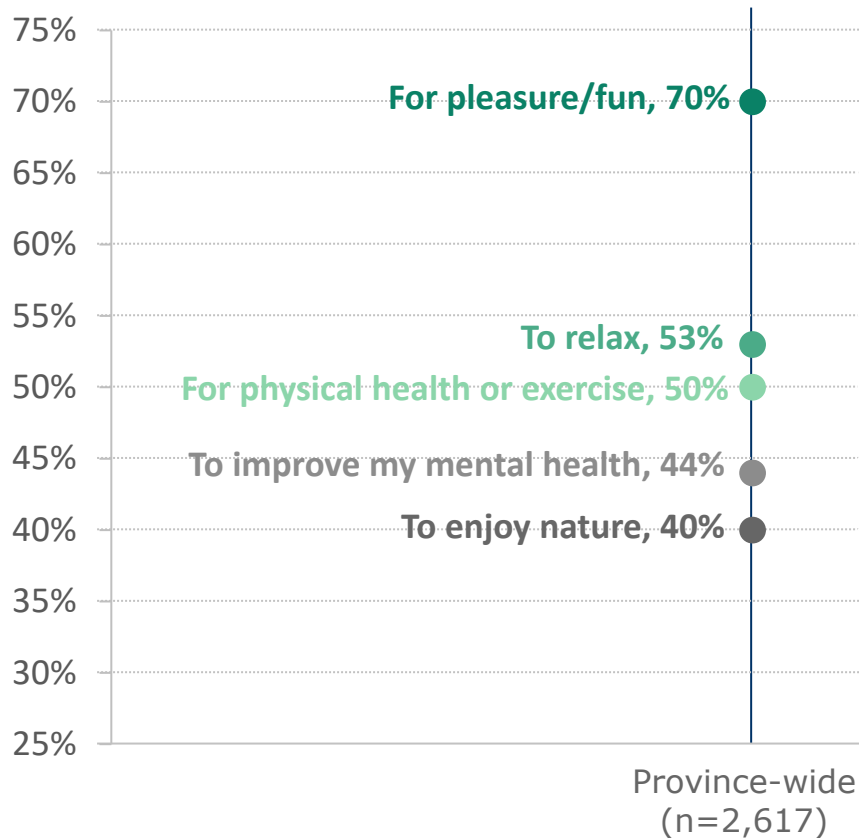
Which of the following reasons is most important to you for taking part in your favourite activity?

- For physical health/exercise
- To be with my friends
- To meet new people
- None of these



Top Reasons for Taking Part in Favourite Activities

Irrespective of gender or age, the most common reason why that the participants take part in their favourite recreational activity is for pleasure or fun. Other common reasons include to relax, for mental or physical health, and to enjoy nature.

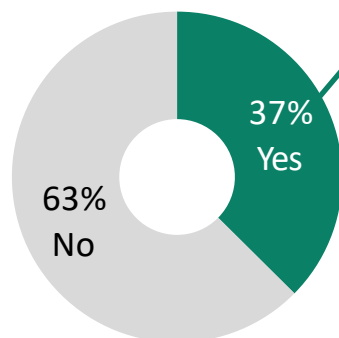


New Activities

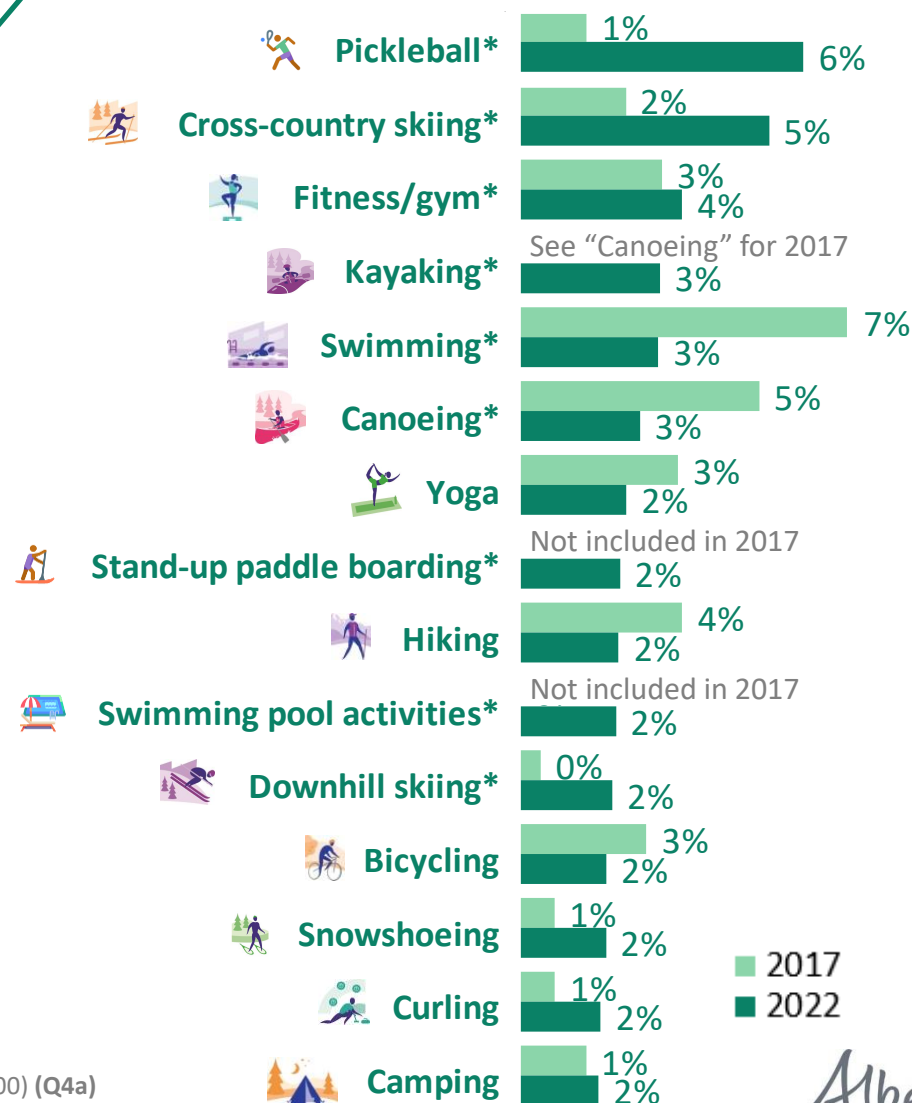
Starting New Recreational Activities

Respondents were asked if there was a recreational activity they would like to start and if so, what is the new recreational activity.

Would like to start a new recreational activity



Recreational Activities



*2022 was statistically different than 2017 (at a 95% confidence level)

Is there any leisure or recreational activity that you do not take part in, but would like to start? (n=3000) (Q4a)

Please specify which leisure or recreational activity you would most like to start. (n=1008) (Q4b)

Starting New Recreational Activities

	Gender		Age			Education	
	Male	Female	18-34	35-54	55+	Primary/ secondary	Post secondary
Yes	35%	42%*	49%*	42%*	28%	33%	39%
No	65%*	58%	51%	58%	72%*	67%	61%
<i>n (q4a)=</i>	1275	1602	247	971	1782	502	2339
Pickleball	6%	6%	1%	5%	11%*	2%	7%*
Cross-country skiing	5%	6%	8%	4%	6%	2%	6%
Fitness/gym	3%	4%	6%	3%	3%	3%	3%
Kayaking	3%	3%	1%	4%	4%	2%	3%
Swimming	2%	4%	2%	3%	4%	3%	3%
Canoeing	4%	2%	4%	3%	1%	0%	3%*
Yoga	1%	4%*	4%	1%	2%	2%	2%
Stand-up paddle boarding	1%	3%	0%	3%	3%	1%	2%
Hiking	2%	2%	0%	4%	1%	2%	2%
Swimming pool activities	1%	3%	1%	1%	5%*	3%	2%
Downhill skiing	3%	2%	5%	1%	1%	3%	2%
Bicycling	2%	2%	2%	2%	2%	3%	2%
Snowshoeing	2%	2%	3%	2%	1%	1%	2%
Curling	3%	1%	2%	2%	2%	2%	2%
Camping	2%	1%	0%	2%	2%	5%	1%
<i>n (q4b)=</i>	371	610	115	388	505	152	809

*Statistically higher than all other columns within group combined (at a 95% significance level)

Is there any leisure or recreational activity that you do not take part in, but would like to start? (n=See table) (Q4a)

Please specify which leisure or recreational activity you would most like to start. (n=See table) (Q4b)

Starting New Recreational Activities

	Income			People with disabilities		Families	
	\$60,000 or less	\$60,001 to \$100,000	\$100,001 or more	People with disabilities	People without disabilities	Household w/children	No children
Yes	38%	39%	38%	43%*	36%	42%*	34%
No	62%	61%	62%	57%	64%*	58%	66%*
<i>n (q4a)=</i>	492	574	1128	651	2250	1054	1946
Pickleball	4%	5%	7%	2%	8%*	4%	8%
Cross-country skiing	3%	7%	7%	5%	6%	5%	6%
Fitness/gym	2%	2%	4%	7%*	2%	4%	3%
Kayaking	2%	1%	5%	1%	4%	4%	3%
Swimming	3%	3%	2%	5%	2%	2%	4%
Canoeing	0%	2%	4%*	1%	3%*	1%	4%*
Yoga	2%	2%	2%	3%	2%	2%	3%
Stand-up paddle boarding	2%	1%	3%	1%	3%	2%	2%
Hiking	2%	4%	2%	4%	2%	2%	2%
Swimming pool activities	6%	2%	1%	3%	2%	1%	3%
Downhill skiing	1%	0%	2%	1%	2%	4%*	0%
Bicycling	7%*	0%	1%	1%	2%	1%	2%
Snowshoeing	0%	3%	3%	4%	1%	2%	2%
Curling	0%	1%	2%	1%	2%	2%	1%
Camping	2%	2%	2%	3%	1%	2%	2%
<i>n (q4b)=</i>	177	198	402	249	731	406	602

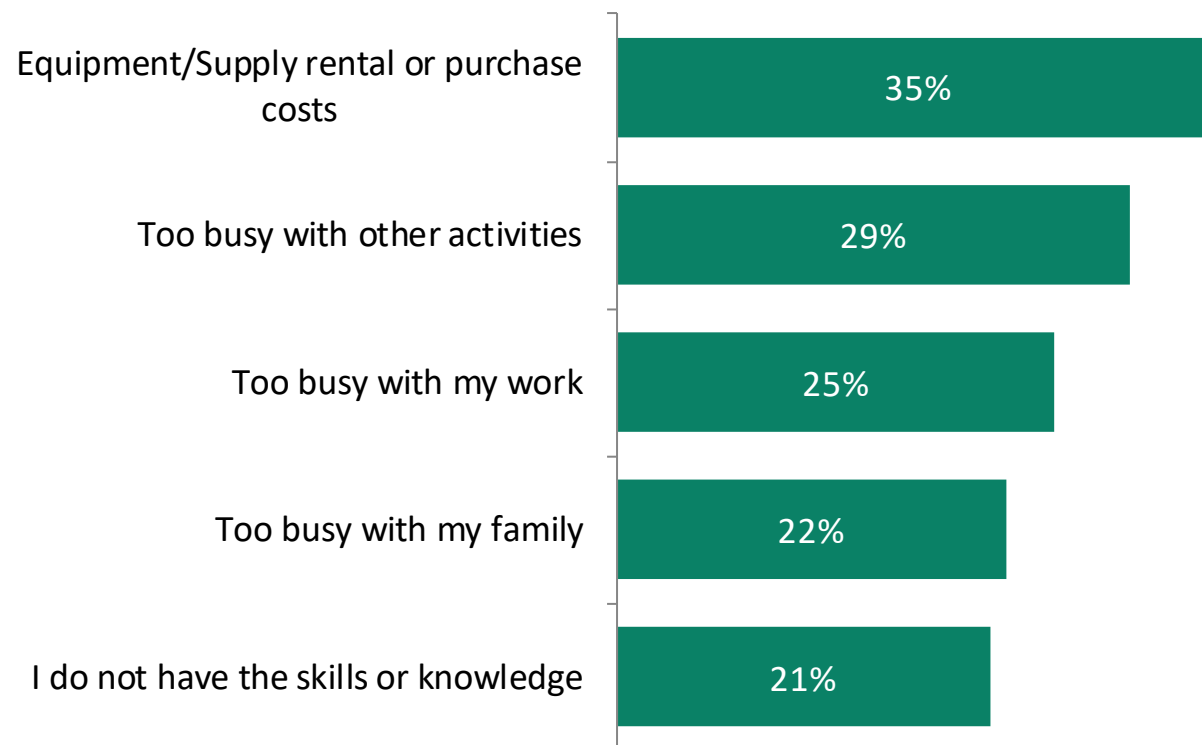
*Statistically higher than all other columns within group combined (at a 95% significance level)

Is there any leisure or recreational activity that you do not take part in, but would like to start? (n=See table) (Q4a)

Please specify which leisure or recreational activity you would most like to start. (n=See table) (Q4b)

Top Barriers to Taking Part in New Recreational Activity

Top reasons for not starting a new recreational activity



Note that trending is not shown since how this question was asked was different in 2017.
Please indicate your reason(s) for not starting [the chosen activity]. (n=1008) (Q4c1)

Top Barriers to Taking Part in New Recreational Activity

	Gender		Age			Education	
	Male	Female	18-34	35-54	55+	Primary/sec ondary	Post secondary
Equipment/Supply rental or purchase costs	37%	34%	55%*	34%	22%	37%	34%
Too busy with other activities	33%	28%	30%	32%	26%	12%	32%*
Too busy with my work	27%	24%	38%*	27%	13%	25%	25%
Too busy with my family	20%	25%	19%	33%*	9%	15%	23%
I do not have the skills or knowledge	19%	22%	36%*	18%	16%	26%	21%
Admission/registration fees or other charges for facilities or programs	16%	25%*	28%	19%	19%	35%*	19%
I don't know where I can take part in this activity	16%	14%	18%	15%	13%	16%	14%
There is no opportunity to do it near my home	14%	15%	20%	12%	15%	25%*	13%
The recreational facilities or areas are overcrowded	11%	7%	8%	9%	9%	11%	9%
I do not feel at ease in social situations	7%	7%	13%	7%	3%	9%	7%
The recreational facilities are not physically convenient to use	8%	6%	13%*	3%	8%	3%	8%*
I do not feel safe because of COVID-19	3%	9%*	7%	4%	10%*	7%	6%
The recreational facilities are not accessible for me or my family member	4%	7%	1%	8%	7%	7%	6%
Accessible equipment is not available	9%	5%	8%	5%	5%	1%	5%
The cost of transportation	6%	5%	9%	4%	5%	12%	4%
I am physically unable to take part	5%	6%	2%	4%	8%*	11%	4%
Lack of transportation	2%	3%	3%	2%	2%	8%*	1%
The recreational facilities or areas are poorly kept or maintained	3%	2%	5%	2%	2%	1%	3%
I do not feel welcome	0%	2%	0%	2%	1%	1%	1%
Information is not available in an accessible format for me	0%	2%	1%	0%	2%	1%	1%
Other	8%	9%	6%	7%	12%*	11%	8%
n=	371	610	115	388	505	152	809

*Statistically higher than all other columns within group combined

Please indicate your reason(s) for not starting [the chosen activity]. (Base: See table). (Q4c1)

Top Barriers to Taking Part in New Recreational Activity

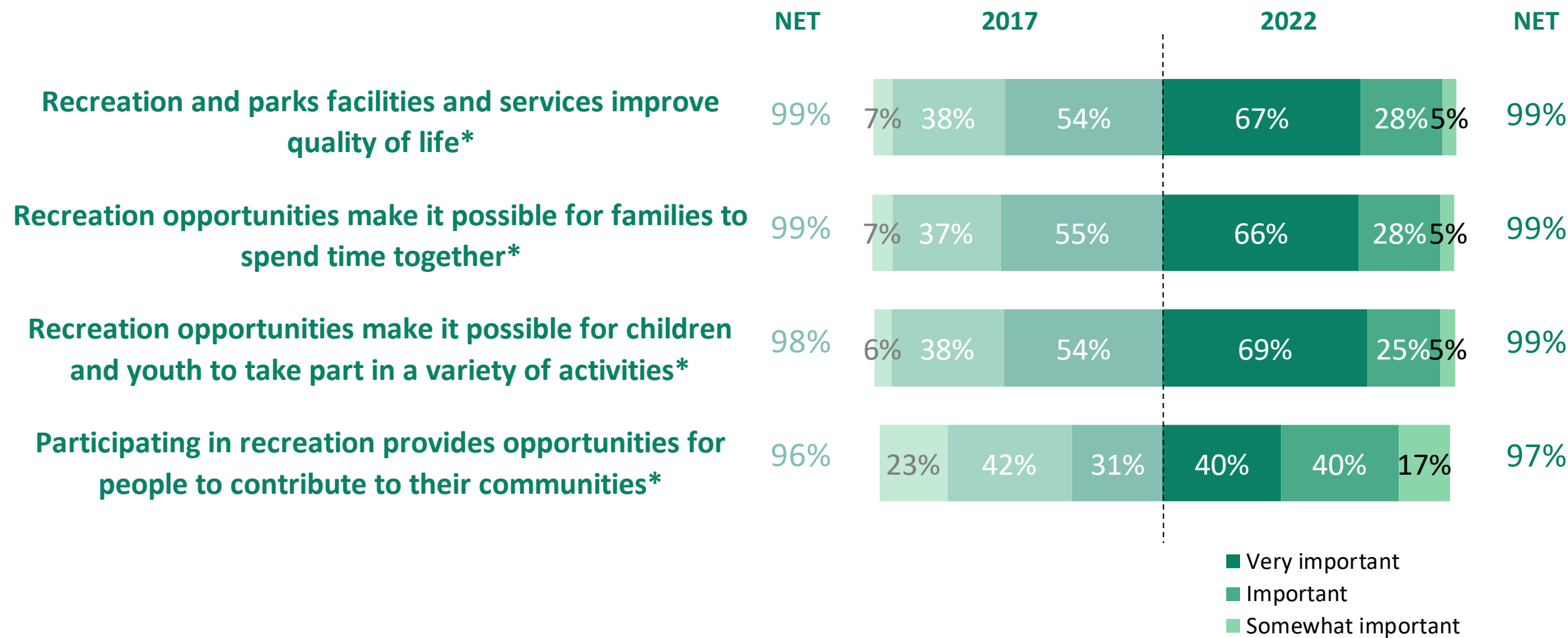
	Income			People with disabilities		Families	
	\$60,000 or less	\$60,001 to \$100,000	\$100,001 or more	People with disabilities	People without disabilities	Household w/children	No children
The cost (rental or purchase) of equipment, material and supplies	37%	38%	35%	39%	33%	38%	31%
Too busy with other activities	13%	29%	35%*	23%	32%*	35%*	23%
Too busy with my work	12%	30%	28%	23%	26%	28%	22%
Too busy with my family	19%	16%	27%*	15%	24%*	38%*	6%
I do not have the skills or knowledge	19%	15%	24%	20%	20%	25%*	18%
Admission/registration fees or other charges for facilities or programs	28%	21%	18%	32%*	17%	22%	20%
I don't know where I can take part in this activity	8%	18%	13%	13%	15%	15%	15%
There is no opportunity to do it near my home	7%	19%	13%	15%	14%	12%	17%
The recreational facilities or areas are overcrowded	8%	9%	6%	12%	8%	9%	9%
I do not feel at ease in social situations	9%	8%	6%	14%*	5%	8%	6%
The recreational facilities are not physically convenient to use	4%	6%	7%	10%	5%	6%	7%
I do not feel safe because of COVID-19	12%	4%	3%	9%	5%	5%	8%
The recreational facilities are not accessible for me or my family member	3%	13%	4%	5%	10%	7%	6%
Accessible equipment is not available	2%	2%	10%	6%	4%	6%	6%
The cost of transportation	7%	4%	5%	11%*	3%	5%	6%
I am physically unable to take part	8%	8%	3%	13%*	2%	3%	7%
Lack of transportation	5%	3%	2%	7%*	1%	1%	4%*
The recreational facilities or areas are poorly kept or maintained	0%	3%	3%	2%	2%	2%	3%
The recreational facilities or areas are poorly kept or maintained	0%	1%	1%	1%	2%	1%	1%
Information is not available in an accessible format for me	2%	0%	1%	2%	0%	2%	1%
Other	8%	10%	6%	10%	8%	6%	11%*
n=	177	198	402	249	731	406	602

*Statistically higher than all other columns within group combined

Please indicate your reason(s) for not starting [the chosen activity]. (Base: See table). (Q4c1)

Benefits of Recreation and Parks

Important Benefits of Recreation and Parks



*2022 “Very important” was statistically different than 2017 (at a 95% confidence level)
For each benefit, please rate how important you think they are. (n=3000; Albertans with Disabilities: 651) (Q6)

Important Benefits of Recreation and Parks

NET important	Gender		Age			Education	
	Male	Female	18-34	35-54	55+	Primary/ secondary	Post secondary
Recreation and parks facilities and services improve quality of life	94%	97%*	96%	95%	92%	92%	96%*
Recreation opportunities make it possible for families to spend time together	94%	96%*	93%	96%*	93%	91%	95%*
Recreation opportunities make it possible for children and youth to take part in a variety of activities	94%	95%*	95%	94%	92%	90%	95%*
Participating in recreation provides opportunities for people to contribute to their communities	77%	83%*	79%	82%	78%	78%	81%
<i>n=</i>	1275	1602	247	971	1782	502	2339

*Statistically higher than all other columns within group combined
For each benefit, please rate how important you think they are. (n=See table) (Q6)

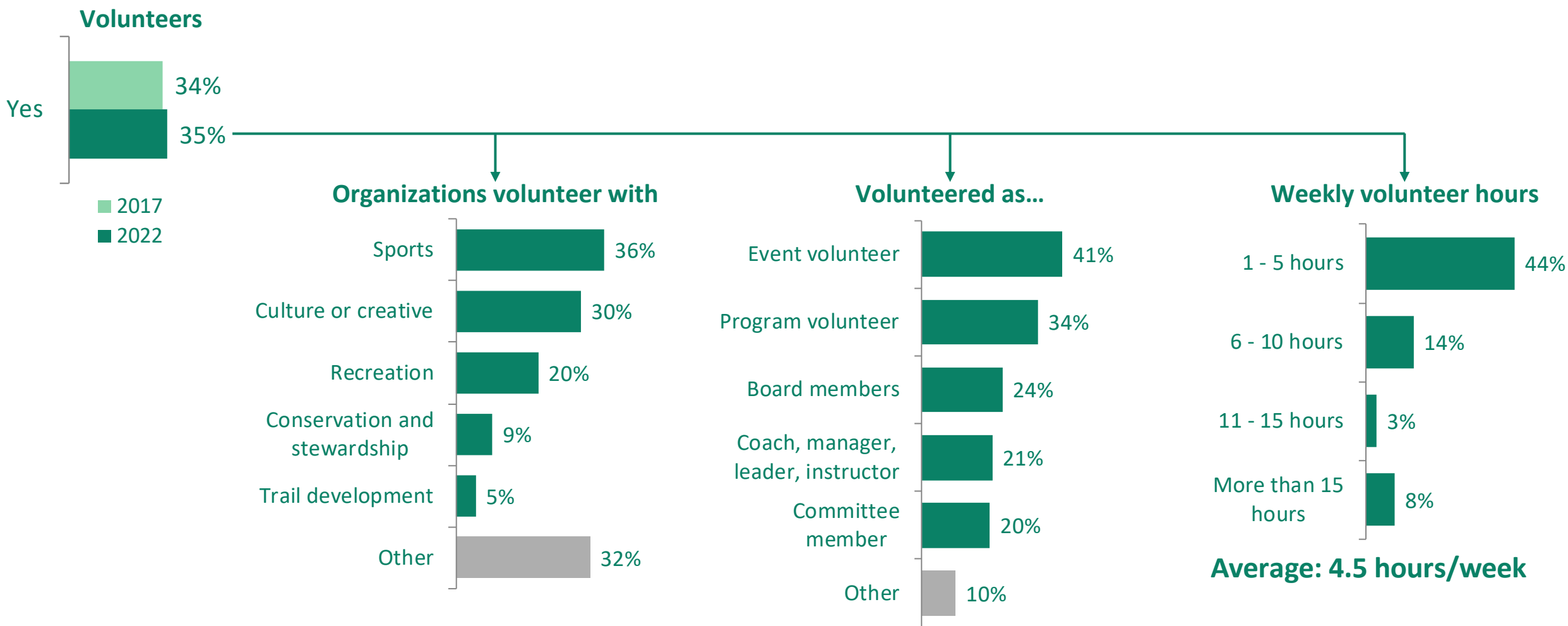
Important Benefits of Recreation and Parks

NET important	Income			People with disabilities		Families	
	\$60,000 or less	\$60,001 to \$100,000	\$100,001 or more	People with disabilities	People without disabilities	Household w/children	No children
Recreation and parks facilities and services improve quality of life	92%	95%	96%*	95%	94%	96%*	93%
Recreation opportunities make it possible for families to spend time together	91%	94%	96%*	92%	94%	96%*	92%
Recreation opportunities make it possible for children and youth to take part in a variety of activities	90%	94%	96%*	92%	94%	96%*	92%
Participating in recreation provides opportunities for people to contribute to their communities	82%	83%	79%	79%	80%	81%	78%
<i>n=</i>	492	574	1128	651	2250	1054	1946

*Statistically higher than all other columns within group combined (at a 95% significance level)
 For each benefit, please rate how important you think they are. (n=See table) (Q6)

Volunteering

Volunteer Activities in the Past 12 Months



Note that trending is not shown since response levels changed for Q5a and Q5b.

**Response level not present in 2017.

Which of the following areas, if any, have you volunteered in during the past 12 months? (n=3000) (Q5a)

In what role(s) did you volunteer? (n=1032) (Q5b)

How many hours in an average week did you spend doing volunteer work during the past 12 months? (n=1032) (Q5c)

Volunteer Activities in the Past 12 Months

		Gender		Age			Education	
		Male	Female	18-34	35-54	55+	Primary/ secondary	Post secondary
Volunteers?	Yes	36%	36%	29%	42%	31%	23%	39%
	n=	1275	1602	247	971	1782	502	2339
Organizations volunteer with	Sports	47%*	26%	27%	47%*	25%	39%	35%
	Culture or creative	27%	33%	42%	24%	35%	29%	31%
	Recreation	22%	17%	32%*	17%	19%	15%	20%
	Conservation and stewardship	11%	7%	10%	7%	12%*	8%	9%
	Trail development	6%	3%	10%	3%	5%	1%	5%
	Other	20%	44%*	20%	31%	39%*	26%	33%
n=		437	565	71	400	561	120	870
Volunteered as...	Event volunteer	38%	44%	45%	41%	40%	39%	41%
	Program volunteer	30%	37%	35%	33%	34%	41%	34%
	Board members	24%	24%	22%	25%	23%	15%	24%
	Coach, manager, leader, instructor	29%*	14%	20%	26%*	14%	19%	21%
	Committee member	18%	22%	15%	18%	24%*	21%	19%
	Other	7%	12%	5%	8%	13%*	13%	9%
n=		437	565	71	400	561	120	870
Weekly volunteer hours	Less than 1 hour per week	33%	29%	39%	32%	26%	22%	32%*
	1 - 5 hours	43%	44%	31%	43%	49%*	42%	44%
	6 - 10 hours	14%	14%	15%	15%	13%	18%	13%
	11 - 15 hours	2%	4%	8%	2%	3%	8%	3%
	More than 15 hours	9%	9%	8%	9%	8%	11%	7%
n=		437	565	71	400	561	120	870

*Statistically higher than all other columns within group combined (at a 95% significance level)

Which of the following areas, if any, have you volunteered in during the past 12 months? (n=See table) (Q5a)

In what role(s) did you volunteer? (n=See table) (Q5b)

How many hours in an average week did you spend doing volunteer work during the past 12 months? (n=See table) (Q5c)

Volunteer Activities in the Past 12 Months

		Income			People with disabilities		Families	
		\$60,000 or less	\$60,001 to \$100,000	\$100,001 or more	People with disabilities	People without disabilities	Household w/children	No children
Volunteers?	Yes	30%	37%	39%	30%	37%	43%	29%
	n=	492	574	1128	651	2250	1054	1946
Organizations volunteer with	Sports	12%	31%	47%*	30%	38%*	48%*	21%
	Culture or creative	42%*	33%	27%	34%	29%	26%	35%*
	Recreation	24%	15%	20%	16%	20%	21%	19%
	Conservation and stewardship	12%	6%	8%	6%	9%	7%	11%
	Trail development	10%	2%	5%	4%	5%	4%	6%
	Other	35%	37%	29%	38%	32%	28%	38%*
	n=	150	200	446	195	812	449	583
Volunteered as...	Event volunteer	50%	41%	43%	37%	42%	40%	43%
	Program volunteer	39%	30%	31%	41%	32%	33%	35%
	Board members	11%	23%	27%	23%	24%	27%*	19%
	Coach, manager, leader, instructor	10%	20%	25%*	17%	22%	29%*	11%
	Committee member	17%	16%	20%	22%	19%	19%	21%
	Other	8%	14%	8%	11%	9%	7%	13%*
	n=	150	200	446	195	812	449	583
Weekly volunteer hours	Less than 1 hour per week	34%	27%	36%*	28%	31%	34%	27%
	1 - 5 hours	42%	46%	43%	49%	43%	42%	45%
	6 - 10 hours	14%	14%	12%	15%	14%	14%	14%
	11 - 15 hours	2%*	4%	2%	4%	3%	2%	5%*
	More than 15 hours	8%	8%	8%	5%	10%	8%	9%
	n=	150	200	446	195	812	449	583

*Statistically higher than all other columns within group combined (at a 95% significance level)

Which of the following areas, if any, have you volunteered in during the past 12 months? (n=See table) (Q5a)

In what role(s) did you volunteer? (n=See table) (Q5b)

How many hours in an average week did you spend doing volunteer work during the past 12 months? (n=See table) (Q5c)

LUF Section

Land-use Framework (LUF) Regions

The Land-use Framework (LUF) sets direction for managing our province's land and natural resources to achieve Alberta's long-term economic, environmental, and social goals. The LUF establishes seven land-use regions and called for the development of a regional plan for each.

LUF is about:

- Improving provincial leadership on land-use issues through policy direction and guidelines;
- Managing public and private lands and natural resources to achieve Alberta's long-term economic, environmental, and social goals;
- Increasing certainty for industry through integration and coordination of provincial policy and aligned planning and decision-making;
- Encouraging stewardship and conservation on public and private lands;
- Clarifying roles and responsibilities for land-use decisions at all levels; and
- Improved information sharing.

There are seven LUF regions, as shown to the right.



Individual Participation by Category

	North Saskatchewan	South Saskatchewan	Lower Athabasca	Upper Athabasca	Lower Peace [†]	Upper Peace	Red Deer
Active living	94%	93%	92%	92%	91%	92%	93%
Creative/Cultural	95%	92%	94%	93%	92%	97%*	92%
Connecting people with nature	87%	86%	89%	90%	89%	90%	90%
Land based activities	84%	84%	85%	89%	88%	87%	87%
Water based activities	55%	54%	61%	72%*	58%	63%	63%
Snow based activities	15%	17%	11%	19%	18%	16%	15%
Supportive environment	70%	67%	68%	72%	71%	73%	69%
Indoor & outdoor facility based activities	52%	51%	49%	55%	62%	55%	52%
Outdoor facility based activities	41%	39%	37%	46%	29%	45%	40%
Indoor facility based activities	29%	23%	29%	28%	38%	28%	23%
Other activities	98%	98%	99%	99%	100%*	99%*	98%
	<i>n= 1197</i>	<i>1807</i>	<i>424</i>	<i>443</i>	<i>471</i>	<i>473</i>	<i>751</i>

[†] Low base size, interpret with caution.

*Statistically higher than all other columns within group combined (at a 95% significance level)

Refer to slide 1 for definitions of LUF regions and slide 4 for recreation group definitions

Which of the following activities did you personally take part in during the past 12 months? (n=See table) (Q1abcindsubnet/Q1abcindnet)

Starting New Recreational Activities

	North Saskatchewan	South Saskatchewan	Lower Athabasca	Upper Athabasca	Lower Peace [†]	Upper Peace	Red Deer
Yes, still doing activity	27%	24%	26%	28%	26%	24%	27%
Yes, no longer doing activity	5%	4%	4%	5%	1%	5%	3%
No	68%	71%	70%	67%	73%	71%	70%
<i>n (covid1)=</i>	1195	1805	424	443	47 [†]	473	750
Doing a craft or creative hobby	23%	20%	26%	34%		25%	28%
Walking for pleasure or exercise	17%	20%	19%	18%		21%	27%
Watching TV or movies on a TV screen	15%	15%	27%	31%*		26%	21%
Visited a provincial park in Alberta	13%	15%	22%	22%		17%	16%
Playing board/card games	13%	11%	18%	14%		15%	18%
Gardening	10%	14%	15%	14%		14%	15%
Watching TV or movies on a mobile device	11%	13%	16%	24%*		17%	12%
Playing video, computer or electronic games	8%	12%	9%	18%		16%	9%
Virtually attended a live performance	9%	12%	8%	4%		7%	11%
Hiking	12%	9%	11%	14%		12%	8%
Doing other hobbies	8%	11%	7%	16%		11%	9%
Camping (front country)	9%	12%	12%	18%		14%	10%
Walking a pet	8%	11%	11%	19%		10%	15%
Bicycling	8%	12%	10%	7%		10%	5%
Visited a historic site or museum	6%	8%	3%	12%		10%	6%
<i>n (covid2)=</i>	339	457	118	118	11 ^{!!}	120	207

[†] Low base size, interpret with caution. ^{!!} Extremely low base size (n<30), too small for analysis.

*Statistically higher than all other columns within group combined (at a 95% significance level)

Did you try any new leisure or recreational activities during the COVID-19 pandemic that you had never done before? (n=See table) (QCovid1)

Which new leisure or recreational activity(ies) did you try during the COVID-19 pandemic that you are [still/no longer] doing? (n=See table) (QCovid2)

Location of Favourite Recreational Activities

% of top 3 activities	North Saskatchewan	South Saskatchewan	Lower Athabasca	Upper Athabasca	Lower Peace [†]	Upper Peace	Red Deer
Provincial or national park in Alberta	37%	49%*	37%	46%	22%	42%	43%
Urban/municipal or regional park	33%	36%*	31%	32%	29%	32%	24%
At home / online	36%	38%	43%	36%	56%	35%	37%
Municipal indoor and / or outdoor recreation facility	31%*	18%	28%	29%	24%	31%*	19%
Other protected area in Alberta	22%	24%	24%	30%	16%	35%*	31%
Private indoor and / or outdoor facility	24%*	20%	17%	16%	11%	15%	24%
School, university or college indoor and / or outdoor recreation facility	9%*	6%	5%	4%	5%	8%	6%
Not for profit indoor and / or outdoor recreation facility	8%*	6%	5%	4%	7%	8%	3%
Somewhere else	15%	14%	14%	13%	26%	13%	14%
n=	1026	1563	366	387	39!	414	652

[†] Low base size, interpret with caution.

*Statistically higher than all other columns within group combined (at a 95% confidence level)

Do you participate in your [favourite activity] at: (n=See table) (Q3b1)

Starting New Recreational Activities

	North Saskatchewan	South Saskatchewan	Lower Athabasca	Upper Athabasca	Lower Peace [†]	Upper Peace	Red Deer
Yes	38%	37%	33%	29%	34%	33%	36%
No	62%	63%	67%	71%*	66%	67%	64%
<i>n (q4a)=</i>	1194	1799	424	442	46 [†]	472	749
Pickleball	8%	6%	5%	7%		11%	5%
Cross-country skiing	6%	5%	10%	10%		5%	3%
Fitness/gym	4%	3%	3%	0%		5%	0%
Kayaking	3%	4%	5%	8%		3%	1%
Swimming	5%	2%	4%	3%		3%	3%
Canoeing	1%	3%	3%	1%		1%	1%
Yoga	3%	2%	2%	7%		4%	3%
Stand-up paddle boarding	3%	2%	3%	3%		2%	1%
Hiking	1%	3%	3%	0%		1%	3%
Swimming pool activities	2%	2%	1%	1%		2%	1%
Downhill skiing	3%	3%	1%	0%		3%	2%
Bicycling	3%	2%	0%	1%		3%	0%
Snowshoeing	2%	2%	2%	5%		2%	0%
Curling	2%	2%	1%	1%		0%	1%
Camping	1%	2%	1%	0%		4%	10%*
<i>n (q4b)=</i>	388	551	132	106	11 ^{††}	143	208

[†] Low base size, interpret with caution. ^{††} Extremely low base size (n<30), too small for analysis.

*Statistically higher than all other columns within group combined (at a 95% significance level)

Is there any leisure or recreational activity that you do not take part in, but would like to start? (n=See table) (Q4a)

Please specify which leisure or recreational activity you would most like to start. (n=See table) (Q4b)

Top Barriers to Taking Part in Recreational Activities

	North Saskatchewan	South Saskatchewan	Lower Athabasc	Upper Athabasc	Lower Peace [†]	Upper Peace	Red Deer
The cost (rental or purchase) of equipment, material and supplies	35%	36%*	30%	26%		22%	23%
Too busy with other activities	34%*	27%	22%	20%		22%	20%
Too busy with my work	26%	26%	18%	22%		25%	31%
Too busy with my family	23%	24%	21%	15%		27%	21%
I do not have the skills or knowledge	24%	19%	18%	19%		17%	22%
Admission/registration fees or other charges for facilities or programs	25%	19%	17%	11%		21%	19%
I don't know where I can take part in this activity	18%	16%	10%	7%		11%	10%
There is no opportunity to do it near my home	11%	16%	13%	15%		9%	14%
The recreational facilities or areas are overcrowded	12%	8%	10%	2%		7%	6%
I do not feel at ease in social situations	8%	5%	6%	9%		7%	8%
The recreational facilities are not physically convenient to use	5%	9%*	5%	1%		3%	3%
I do not feel safe because of COVID-19	7%	7%	9%	2%		3%	4%
The recreational facilities are not accessible for me or my family member	4%	9%	9%	0%		0%	1%
Accessible equipment is not available	4%	9%*	0%	10%		2%	0%
The cost of transportation	4%	5%	11%	3%		6%	12%*
I am physically unable to take part	5%	6%	7%	4%		6%	6%
Lack of transportation	2%	3%	1%	5%		1%	5%
The recreational facilities or areas are poorly kept or maintained	4%	2%	0%	5%		0%	1%
I do not feel welcome	2%	1%	5%	3%		2%	0%
Information is not available in an accessible format for me	2%	2%	13%	0%		2%	1%
Other	9%	9%	10%	13%		13%	10%
n=	388	551	132	106	11 [†]	143	208

[†] Extremely low base size (n<30), too small for analysis.

*Statistically higher than all other columns within group combined (at a 95% significance level)

Refer to slide 1 for definitions of LUF regions and slide 4 for recreation group definitions

Please indicate your reason(s) for not starting [the chosen activity]. (Base: See table). (Q4c1)

Important Benefits of Recreation and Parks

NET important	North Saskatchewan	South Saskatchewan	Lower Athabasca	Upper Athabasca	Lower Peace [†]	Upper Peace	Red Deer
Recreation and parks facilities and services improve quality of life	93%	96%	95%	94%	92%	92%	94%
Recreation opportunities make it possible for families to spend time together	92%	96%*	95%	95%	97%	95%	94%
Recreation opportunities make it possible for children and youth to take part in a variety of activities	92%	94%	95%	92%	98%	95%	96%
Participating in recreation provides opportunities for people to contribute to their communities	78%	80%	84%	83%	76%	82%	79%
<i>n=</i>	1194	1807	424	441	46!	473	750

[†] Low base size, interpret with caution.

*Statistically higher than all other columns within group combined (at a 95% significance level)

For each benefit, please rate how important you think they are. (n=See table) (Q6)

Volunteer Activities in the Past 12 Months

		North Saskatchewan	South Saskatchewan	Lower Athabasca	Upper Athabasca	Lower Peace	Upper Peace	Red Deer
Organizations volunteer with	Yes	37%	32%	40%	40%	57%	38%	35%
	n=	1197	1807	424	443	47 [†]	473	751
	Sports	36%	32%	41%	37%	79%*	43%*	36%
	Culture or creative	30%	29%	39%*	35%	25%	34%	30%
	Recreation	17%	20%	25%	32%*	43%	24%	22%
	Conservation and stewardship	9%	7%	8%	9%	2%	11%	13%
	Trail development	6%	3%	4%	11%	2%	11%*	5%
Volunteered as...	Other	33%	35%	30%	33%	25%	31%	34%
	n=	400	596	166	171	26 [†]	174	260
	Event volunteer	42%	40%	43%	37%	19%	41%	41%
	Program volunteer	36%	31%	44%	46%	31%	30%	40%
	Board members	28%	23%	23%	22%	24%	29%	25%
	Coach, manager, leader, instructor	17%	22%	17%	22%	34%	29%*	21%
	Committee member	20%	18%	19%	25%	27%	20%	20%
Weekly volunteer hours	Other	9%	11%	9%	13%	15%	9%	12%
	n=	400	596	166	171	26 [†]	174	259
	Less than 1 hour per week	35%*	27%	24%	26%	42%	24%	27%
	1 - 5 hours	43%	45%	53%	46%	37%	49%	48%
	6 - 10 hours	12%	15%	13%	18%	15%	16%	13%
	11 - 15 hours	3%	3%	2%	6%	2%	3%	4%
	More than 15 hours	7%	9%	8%	5%	5%	8%	8%
	n=	400	596	166	171	26 [†]	174	259

[†] Low base size, interpret with caution.

*Statistically higher than all other columns within group combined (at a 95% significance level)

Which of the following areas, if any, have you volunteered in during the past 12 months? (n=See table) (Q5a)

In what role(s) did you volunteer? (n=See table) (Q5b)

How many hours in an average week did you spend doing volunteer work during the past 12 months? (n=See table) (Q5c)

Special Considerations for Minority Groups

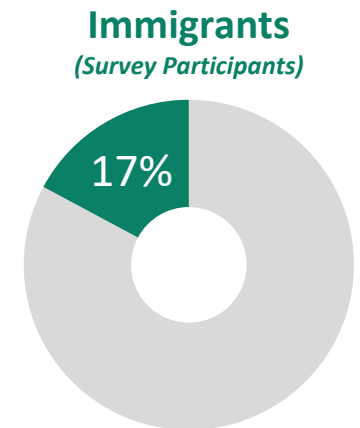
Special Considerations for Immigrants

Survey participants who were not born in Canada have some different experiences and views from those born in Canada. Some of these differences for immigrants include:

- They are less likely to participate in all recreational activities, except indoor facility-based activities.
- They are more likely to participate in their favourite recreational activity at private facilities and less likely to participate in their favourite recreational activity in other protected areas in Alberta.
- They are more likely to have visited a provincial park, started watching tv or movies on a tv screen, or started gardening during the COVID-19 pandemic.
- They are more likely to want to start canoeing.
- They are more likely to volunteer for sports organizations, become a coach, manager, leader or instructor and less likely to become board members.

However, they are very similar to participants who were born in Canada when it comes to:

- The barriers they face starting new recreational activities.
- Their views on the benefits of recreation.



Special Considerations for First Nations, Métis, and Inuit

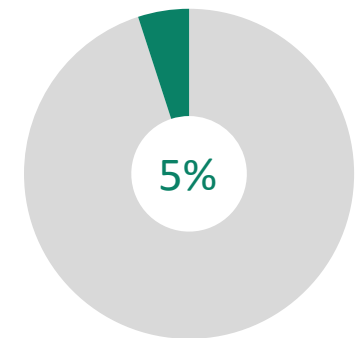
Participants who self-identified as being First Nations, Métis, and Inuit have some different experiences and views from those who did not self-identify this way. Some of these differences for First Nations, Métis, and Inuit include:

- They most frequently take part in creative and cultural recreational activities as well as active living recreational activities.
- They are more likely to not participate in recreational activities due to equipment costs, admission fees, transportation cost, or due to a lack of transportation.
- They are less likely to volunteer as committee members.

However, they are very similar to participants who do not self-identify as First Nations, Métis, and Inuit when it comes to:

- They participate in recreational activities at a similar rate to people who do not identify as Indigenous.
- The locations they use to participate in their favourite recreational activity.
- The rate and the types of new recreational activities they started during the pandemic.
- How likely they are to want to start a new recreational activity.
- Their views on the benefits of recreation.

First Nations, Métis, and Inuit
(Survey Participants)



Special Considerations for Racialized People

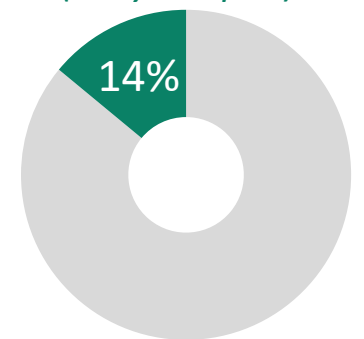
Participants who self-identified as racialized people have some different experiences and views from those who did not self-identify this way. Some of these differences include:

- They are less likely to participate in nature-based, cultural or creative recreational activities, outdoor facility-based recreational activities, but more likely to participate in indoor facility-based recreational activities.
- They are more likely to participate in their favourite recreational activity in private facilities, and less likely to participate at provincial or national parks in Alberta, other protected areas in Alberta, or “somewhere else”.
- They are more likely to have taken up gardening during the COVID-19 pandemic.
- They are more likely to want to start cross-country skiing, stand-up paddle boarding, snowshoeing, camping and curling and less likely to want to start canoeing.
- They are more likely to not participate in a recreational activity because they feel uneasy in social situations and because the feel recreation facilities are poorly kept or maintained.
- They are more likely to become a program volunteer and less likely to become a coach, manager, leader or instructor, or fill “other” positions.

However, they are very similar to participants who do not self-identify as racialized people when it comes to:

- The benefits of recreation.

Racialized People
(Survey Participants)



Household

Household Participation in Recreational Activities

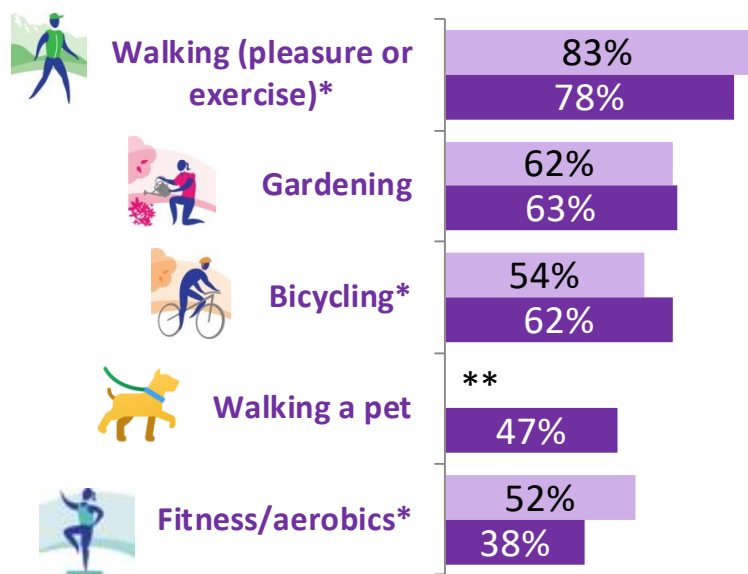
In the past 12 months



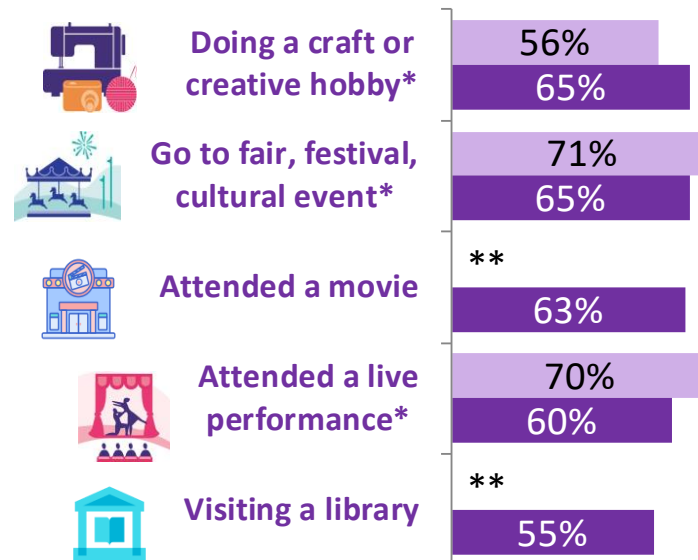
Household participation

Top recreational activities % of household participating

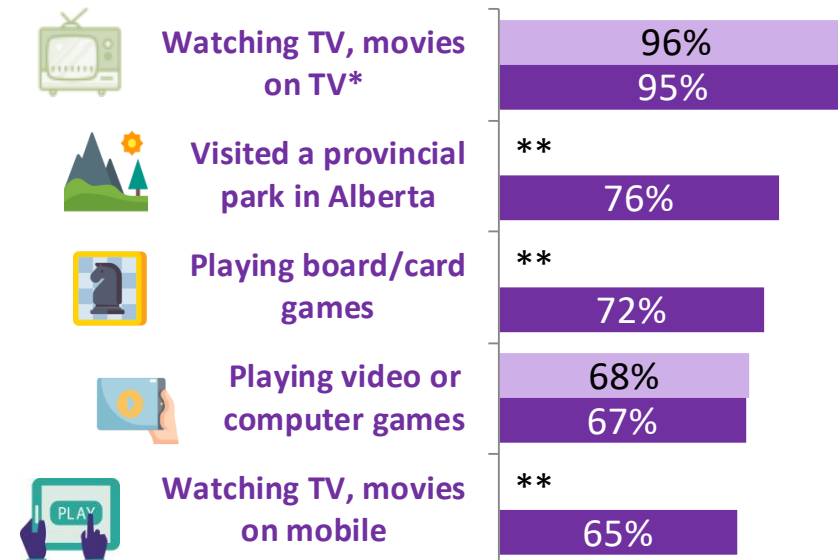
Active living



Creative / Cultural



Other activities



2017

2022

*2022 was statistically different than 2017 (at a 95% significance level)

**Response levels not present in 2017

Which of the following physical activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1a123)

Which of the following events/places have you or anyone in your household visited or attended during the past 12 months? (n=3000) (Q1b1)

Which of the following activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1c1)

Household Participation in Recreational Activities

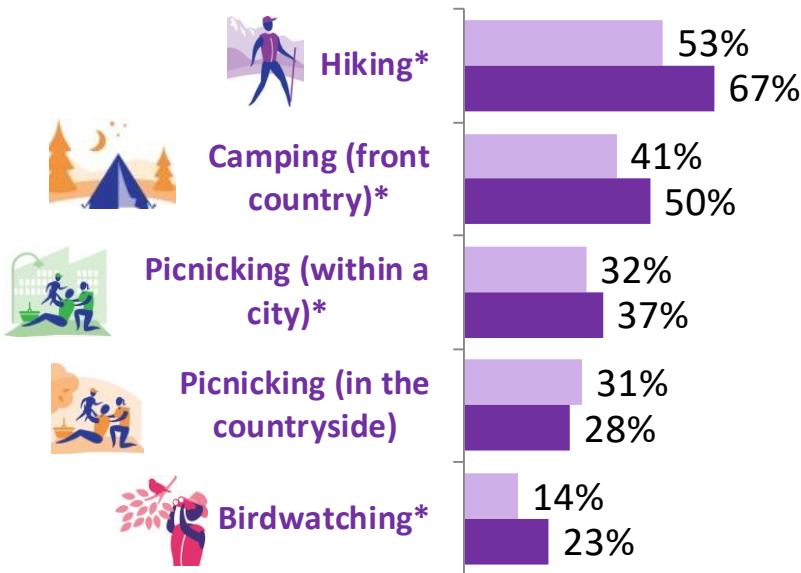
In the past 12 months



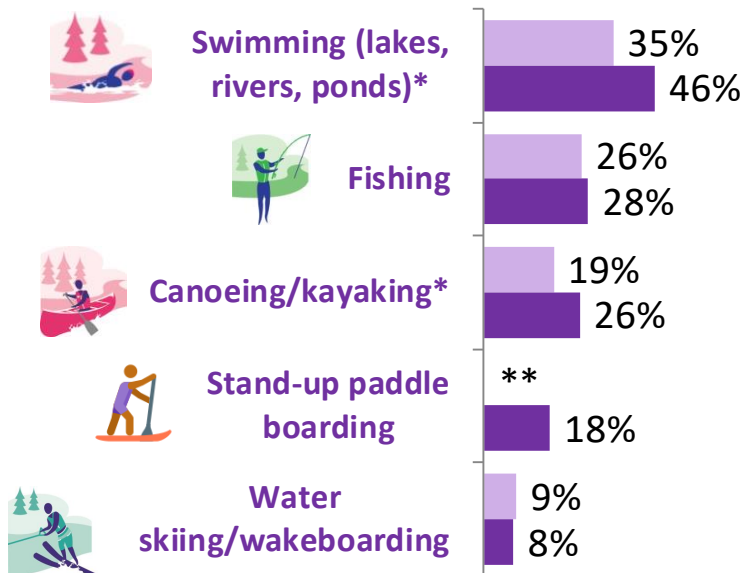
Household participation

Top recreational activities Connecting people with nature % of household participating

Land-based recreation



Water-based recreation



Snow-based recreation



2017
2022

*2022 was statistically different than 2017 (at a 95% significance level)

**Response levels not present in 2017

Which of the following physical activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1a123)

Which of the following events/places have you or anyone in your household visited or attended during the past 12 months? (n=3000) (Q1b1)

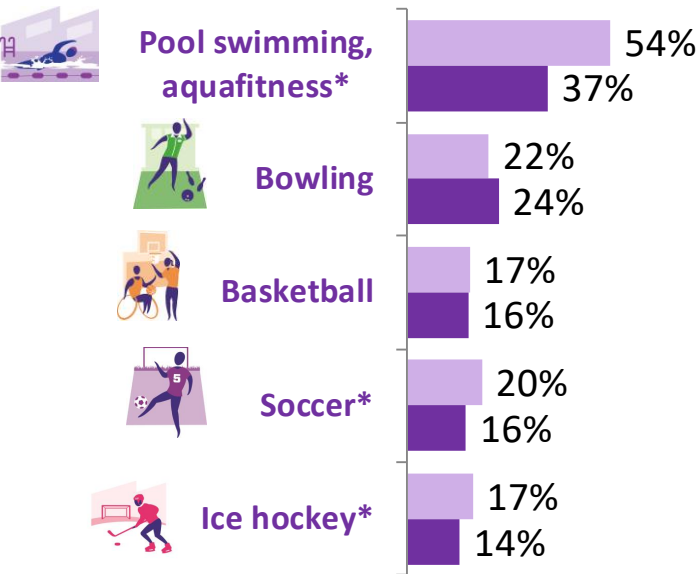
Which of the following activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1c1)

Household Participation in Recreation Activities In the past 12 months

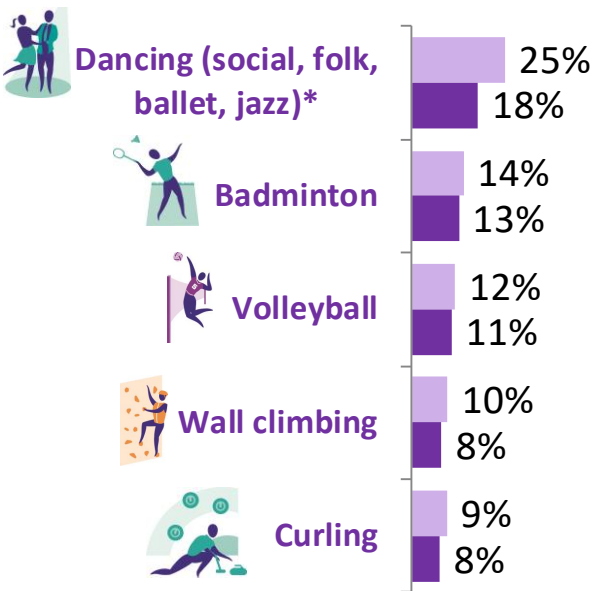


Top recreational activities
Supportive environments
% of household participating

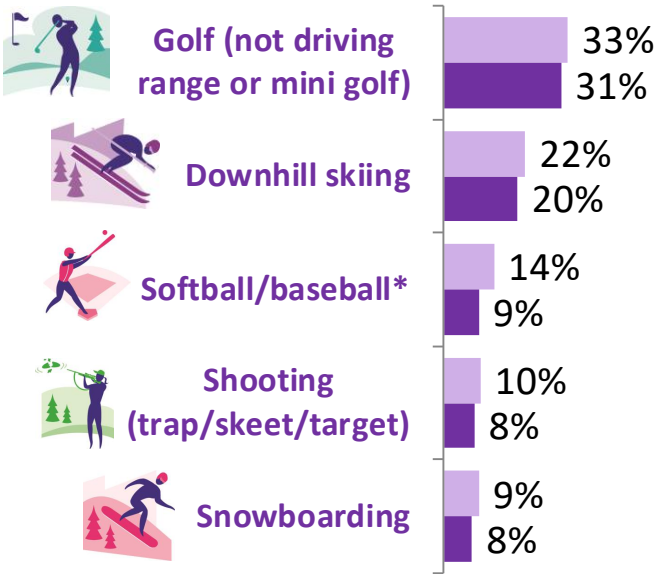
Facility-based recreation (indoor and outdoor)



Indoor facility-based recreation



Outdoor facility-based recreation



2017
2022

*2022 was statistically different than 2017 (at a 95% significance level)
Which of the following physical activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1a123)
Which of the following events/places have you or anyone in your household visited or attended during the past 12 months? (n=3000) (Q1b1)
Which of the following activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1c1)

Appendix

Frequency of Participation in Favourite Recreational Activity



The top favourite recreational activities have differing frequencies of participation: Walking (48%) and reading (61%) see the most frequent participation at 101 to 365 times a year among individuals who selected the recreational activity as one of their top 3.



Values below 3% are not labeled.
How many times have you participated in each of your favourite activities during the past 12 months? (Base: See table). (Q3a4)

Reasons for Taking Part in Favourite Recreational Activities



	Aggregate	Male	Female	18 to 34	35 to 54	55+
For pleasure/fun	70%	73%	67%	74%	70%	67%
To relax	53%	52%	54%	56%	54%	51%
For physical health or exercise	50%	49%	51%	38%	51%	54%
To improve my mental health	44%	39%	50%	49%	47%	40%
To enjoy nature	40%	40%	41%	29%	42%	43%
To be with my family	25%	26%	24%	27%	27%	21%
For a challenge	23%	28%	18%	24%	19%	25%
To be with my friends	22%	24%	19%	19%	21%	23%
To do something different from work	21%	23%	19%	30%	25%	12%
To improve my skills or knowledge	19%	19%	19%	27%	16%	19%
To be alone	11%	10%	10%	12%	12%	8%
To satisfy my curiosity	9%	9%	10%	12%	9%	8%
To be creative	9%	7%	11%	10%	7%	11%
To meet new people	8%	9%	7%	9%	6%	10%
To facilitate learning opportunities	7%	6%	7%	10%	5%	8%
None	18%	17%	19%	15%	18%	20%
	n= 2,617	1,116	1,416	226	885	1,506

 The darkest green represents highest value
 The darkest red represents the lowest value
 Cells that are left white represent the median value

Which of the following reasons is most important to you for taking part in your favourite activity? (Base: Shown above). (Q3c)

Reasons for Taking Part in Favourite Recreational Activities

	North Saskatchewan	South Saskatchewan	Lower Athabasca	Upper Athabasca	Lower Peace	Upper Peace	Red Deer region
For pleasure/fun	71%	68%	69%	66%	54%	68%	69%
To relax	52%	52%	52%	52%	52%	53%	55%
For physical health or exercise	49%	50%	47%	42%	39%	45%	46%
To improve my mental health	47%	44%	38%	41%	30%	40%	46%
To enjoy nature	37%	43%	37%	50%	52%	44%	41%
To be with my family	24%	24%	24%	36%	40%	32%	27%
For a challenge	22%	23%	22%	22%	33%	19%	23%
To be with my friends	23%	21%	22%	20%	20%	26%	20%
To do something different from work	21%	22%	24%	19%	18%	19%	24%
To improve my skills or knowledge	20%	19%	21%	17%	17%	17%	24%
To be alone	9%	11%	12%	10%	28%	10%	11%
To satisfy my curiosity	9%	10%	12%	10%	9%	10%	9%
To be creative	7%	9%	10%	10%	5%	10%	8%
To meet new people	8%	8%	7%	6%	6%	7%	8%
To facilitate learning opportunities	7%	7%	10%	7%	14%	9%	9%
None	19%	18%	19%	18%	17%	18%	16%
n=	1005	1539	364	381	37	409	639

 The darkest green represents highest value
 The darkest red represents the lowest value
 Cells that are left white represent the median value

Which of the following reasons is most important to you for taking part in your favourite activity? (Base: Shown above). (Q3c)

Individual Participation in Recreational Activity



Individual participation

Recreation activities individuals have participated in in the past 12 months

Watching TV, movies on TV	94%	Fishing	23%	Trampoline	5%
Walking (pleasure or exercise)	76%	Canoeing/kayaking	21%	Snowboarding	5%
Visited a provincial park in Alberta	73%	Birdwatching	21%	Table tennis	5%
Playing board/card games	68%	Yoga/Pilates	20%	Archery	5%
Hiking	61%	Bowling	19%	Geocaching	4%
Go to fair, festival, cultural event	60%	Ice skating (not hockey)	18%	Mountain/rock climbing	4%
Watching TV, movies on mobile	58%	Attended non-credit educational courses	17%	Volleyball	4%
Attended a movie	58%	Playing bingo, casinos	15%	Horseback riding/trail riding	3%
Doing a craft or creative hobby	55%	Attended an Indigenous event or performance	15%	Wall climbing	3%
Gardening	55%	Downhill skiing	15%	In-line skating	2%
Attended a live performance	55%	Stand-up paddle boarding	14%	Martial Arts	2%
Playing video or computer games	53%	Mountain biking (off-road)	14%	Figure skating	2%
Bicycling	49%	Camping (backcountry)	13%	Football	2%
Camping (front country)	46%	Dancing (social, folk, ballet, jazz)	12%	Squash	2%
Attended a sports event as a spectator	46%	Cross-country skiing	10%	Skateboarding	2%
Visiting a library	46%	Snowshoeing	9%	Sailboarding/windsurfing/sailing	1%
Walking a pet	44%	E-biking	9%	Orienteering	1%
Visiting a historic site or museum	43%	Hunting	8%	Ultimate frisbee	1%
Swimming (lakes, rivers, ponds)	38%	Ice hockey	8%	Racquetball	1%
Picnicking (within a city)	35%	Pickleball	7%	Track and field	1%
Weight training	31%	Shooting (trap/skeet/target)	7%	Gymnastics (artistic, rhythmic)	1%
Fitness/aerobics	30%	Basketball	7%	Cricket	0%
Pool swimming, aquafitness	28%	Badminton	6%	Ringette	0%
Doing other hobbies (e.g., genealogy)	27%	Tennis	6%	BMX Racing	0%
Taking part in the arts (e.g., drama, music, drawing, writing)	27%	Soccer	6%	Lacrosse	0%
Picnicking (in the countryside)	26%	Softball/baseball	6%	Rugby	0%
Attended a theme/amusement park	25%	Disc Golf	5%	Para-skiing	0%
Golf (not driving range or mini golf)	25%	Curling	5%	Para-ice hockey	0%
Visiting an art gallery or exhibit	25%	Water skiing/wakeboarding	5%	Wheelchair basketball	0%
Jogging/running	23%	River rafting	5%	Wheelchair boccia	0%

Which of the following activities did you personally take part in during the past 12 months? (n=3000) (Q1a4/Q1c3)

Which of the following activities did you personally attend or visit during the past 12 months? (n=3000) (Q1b3)

Household Participation in Recreational Activity



Household participation

Recreation activities individuals have participated in in the past 12 months					
Watching TV, movies on TV	95%	Visiting an art gallery or exhibit	28%	Snowboarding	8%
Walking (pleasure or exercise)	78%	Yoga/Pilates	26%	Curling	8%
Visited a provincial park in Alberta	76%	Canoeing/kayaking	26%	Disc Golf	7%
Playing board/card games	72%	Ice skating (not hockey)	24%	Archery	7%
Playing video or computer games	67%	Bowling	24%	Table tennis	7%
Hiking	67%	Birdwatching	23%	Mountain/rock climbing	6%
Doing a craft or creative hobby	65%	Attended non-credit educational courses	21%	River rafting	6%
Watching TV, movies on mobile	65%	Downhill skiing	20%	Skateboarding	6%
Go to fair, festival, cultural event	65%	Mountain biking (off-road)	18%	Martial Arts	6%
Attended a movie	63%	Dancing (social, folk, ballet, jazz)	18%	Horseback riding/trail riding	5%
Gardening	63%	Stand-up paddle boarding	18%	Gymnastics (artistic, rhythmic)	5%
Bicycling	62%	Playing bingo, casinos	18%	Geocaching	5%
Attended a live performance	60%	Attended an Indigenous event or performance	17%	Football	5%
Visiting a library	55%	Basketball	16%	Track and field	4%
Attended a sports event as a spectator	50%	Soccer	16%	In-line skating	4%
Camping (front country)	50%	Camping (backcountry)	15%	Figure skating	3%
Visiting a historic site or museum	48%	Ice hockey	14%	Squash	2%
Walking a pet	47%	Badminton	13%	Ultimate frisbee	2%
Swimming (lakes, rivers, ponds)	46%	Snowshoeing	12%	Sailboarding/windsurfing/sailing	2%
Fitness/aerobics	38%	E-biking	12%	Racquetball	1%
Weight training	38%	Cross-country skiing	12%	Orienteering	1%
Pool swimming, aquafitness	37%	Hunting	11%	Cricket	1%
Picnicking (within a city)	37%	Trampoline	11%	Lacrosse	1%
Taking part in the arts (e.g., drama, music, drawing, writing)	36%	Volleyball	11%	Ringette	1%
Golf (not driving range or mini golf)	31%	Softball/baseball	9%	Rugby	1%
Jogging/running	31%	Pickleball	9%	BMX Racing	1%
Doing other hobbies (e.g., genealogy)	31%	Shooting (trap/skeet/target)	8%	Para-ice hockey	0%
Attended a theme/amusement park	30%	Water skiing/wakeboarding	8%	Wheelchair basketball	0%
Picnicking (in the countryside)	28%	Tennis	8%	Para-skiing	0%
Fishing	28%	Wall climbing	8%	Wheelchair boccia	0%

Which of the following physical activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1a123)

Which of the following events/places have you or anyone in your household visited or attended during the past 12 months? (n=3000) (Q1b1)

Which of the following activities have you or anyone in your household taken part in during the past 12 months? (n=3000) (Q1c1)

Weighted Profile of Respondents

Gender	
Male	48%
Female	51%
Other	1%
Prefer not to answer	0%
Age	
18 to 24	4%
25 to 34	12%
35 to 44	30%
45 to 54	12%
55 to 64	22%
65 to 74	15%
75 or older	5%
Education	
Elementary, Jr. or Sr. High School	16%
Technical or vocational program	14%
College	24%
University	40%
Other	2%
Prefer not to answer	4%
Where you live	
City	79%
Town	16%
Elsewhere (village, acreage, farm, ranch, other)	4%
Prefer not to answer	1%

A least one person in home is... (n=2944)	
Under 5 years of age	13%
5 to 9 years old	16%
10 to 14 years old	17%
15 to 19 years old	13%
20 to 29 years old	17%
30 to 49 years old	50%
50 to 64 years old	39%
65 years old and over	28%
Income	
\$30,000 or less	4%
\$30,001 to \$60,000	11%
\$60,001 to \$100,000	18%
\$100,001 to \$150,000	20%
\$130,001 or more	23%
Prefer not to answer	24%
Family composition	
Couple with no children	32%
Couple with children	40%
Lone person	12%
Lone parent family	5%
Two or more unrelated lone adults	1%
Two or more related adults	7%
Other	3%

Were you born in Canada	
Yes	82%
No	17%
Prefer not to answer	1%
Years in Canada (n=443 – born outside Canada)	
Less than 3 years	2%
3 to 10 years	13%
11 or more years	85%
Prefer not to answer	1%
Indigenous Status (n=2519 – born in Canada)	
First Nations	1%
Metis	3%
Inuit	0%
None of the above	92%
Prefer not to answer	3%
Person has a disability	
Yes	21%
No	75%
Prefer not to answer	4%

Provincial Results Sample Distribution

Region	Gender & Age	Count
South Saskatchewan	Female 18-34	52
	Female 35-54	200
	Female 55 or older	384
	Male 18-34	24
	Male 35-54	150
	Male 55 or older	371
	Other/Refused	34
North Saskatchewan	Female 18-34	37
	Female 35-54	171
	Female 55 or older	342
	Male 18-34	16
	Male 35-54	119
	Male 55 or older	308
	Other/Refused	33
Red Deer	Female 18-34	27
	Female 35-54	52
	Female 55 or older	68
	Male 18-34	7
	Male 35-54	23
	Male 55 or older	65
	Other/Refused	16

Region	Gender & Age	Count
Lower Athabasca	Female 18-34	15
	Female 35-54	51
	Female 55 or older	23
	Male 18-34	6
	Male 35-54	43
	Male 55 or older	21
	Other/Refused	12
Upper Athabasca	Female 18-34	9
	Female 35-54	31
	Female 55 or older	21
	Male 18-34	5
	Male 35-54	19
	Male 55 or older	19
	Other/Refused	14
Lower Peace	Female 18-34	3
	Female 35-54	4
	Female 55 or older	7
	Male 18-34	2
	Male 35-54	1
	Male 55 or older	8
	Other/Refused	0

	Gender & Age	Count
Upper Peace	Female 18-34	166
	Female 35-54	562
	Female 55 or older	874
	Male 18-34	68
	Male 35-54	384
	Male 55 or older	823
	Other/Refused	123

Methodology Details

Research sponsor (including all financial sponsors)	Alberta Recreation and Parks Association
Research/data collection supplier	Advanis
Population represented	Albertans
Sample size	n=5142 total responses, 3000 for provincial results
Mode of data collection	Online survey (English only) and paper survey. Average survey length for online: 16.1 minutes
Source of sample	ASDE Survey Sampler
Type of sample	Mailing addresses and telephone numbers
Sample design	All sample contacted
Start and end dates of data collection	Nov. 15, 2022 to Jan. 3, 2023
Strategies used to gain cooperation	Random draw incentive offered, reminder letters, and option to receive a paper version of the survey
Margin of sampling error for total sample	1.8%, 19 times out of 20 for provincial results
Is data weighted?	Yes, by age, gender, and region
Contact for more information	Patrick Kyba, pkyba@advanis.net Advanis (780) 229-1135
Survey text	Provided in footnotes throughout the report

Advanis is a member of the Canadian Research Insights Council (CRIC) and confirms that this research fully complies with all CRIC Standards including the [CRIC Public Opinion Research Standards and Disclosure Requirements](#).

Contact

Alberta Recreation and Parks Association

Phone: 780.415.1756

Email: ARPA@arpaonline.ca



Alberta
Recreation & Parks
Association

Contact

Tourism and Sport

Sport, Physical Activity, and Recreation Branch

Phone: 780.415.1167

Email: SPAR@gov.ab.ca

