

Newfoundland and Labrador Sports Centre

Activity Plan 2020-2023

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Chairperson's Message

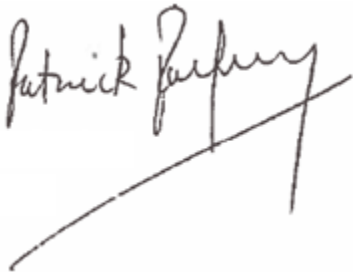
On behalf of the Board of Directors for the Newfoundland and Labrador Sports Centre Inc. (NLSC), I am pleased to submit this three-year Activity Plan for 2020-23. The plan has been prepared in compliance with the **Transparency and Accountability Act**, under which the NLSC is classified as a Category 3 Government entity.

In the development of this plan, the Board has considered the mandate of the Department of the Tourism, Culture, Arts and Recreation and the Provincial Government's strategic direction of supporting the recreation, sport and healthy living delivery systems.

As well, the Board has taken into consideration its primary objective to conduct overall management, maintenance and operation of the NLSC to ensure a high-quality facility that allows Newfoundland and Labrador Provincial Sports Organizations the opportunity to implement and develop programs through training and competition. In addition, the NLSC will endeavour to provide a high performance program that promotes and supports increased physical conditioning, skill development and overall athlete development.

My signature below is indicative of the Board's accountability for the preparation of this plan and the achievement of the objectives therein.

Sincerely,

A handwritten signature in black ink, appearing to read "Pat Parfrey". The signature is written in a cursive style with a long, sweeping underline that extends to the left and then curves back up to the right.

Pat Parfrey
Chairperson

Overview

The Newfoundland and Labrador Sports Centre (NLSC) is a world-class, state-of-the-art athlete training facility, and was officially opened in July 2008. It serves as a venue for athlete training and for hosting provincial, national and international competitions for more than 70,000 athletes, coaches and administrators that make up Sport Newfoundland and Labrador. The NLSC hosts over 250,000 athlete and user participant visits per year; not including spectators. The NLSC is operated as a Provincial Crown Corporation, and includes two separate facilities on the same site: The PowerPlex, a multi-purpose indoor training facility and The Dr. Noel Browne High Performance Centre, a world-class strength and conditioning facility. In 2017, a \$2.4 million expansion and upgrade of both facilities was completed.

The indoor training facility, The PowerPlex, provides the province's elite athletes with access to a boxing/combat room, locker and shower rooms and a 2,944-square metre (or 32,000 square foot) gymnasium, which is large enough to have four basketball, seven volleyball or seven badminton courts playable at any one time. The newest addition, completed in February 2017, is a 600-square metre turf area that includes a bleacher area and washrooms.

The high performance centre, known as the Dr. Noel Browne High Performance Centre, is an extension to the adjacent Swilers Rugby Club, and includes a multi-purpose meeting room, three offices, and a strength and conditioning room, which is on equal scale and quality to many of North America's professional sports teams' facilities. The high performance centre was also added to in February 2017 with an additional 270-square metres of strength and conditioning area.

During the 2020-23 planning cycle, the Board of Directors will support Government's mandate for the Department of Tourism, Culture, Arts and Recreation (TCAR) to increase physical activity through policy and public education; to provide protections for amateur sports organizations that follow public health guidelines to ensure people who want to

engage in physical activity feel comfortable doing so; to maintain awareness of the Healthy Active Living Action Plan and assist in the implementation; and to work with Canada Games Secretariat where necessary to facilitate the NLSC role in the 2025 Canada Summer Games.

The Board of Directors is comprised of 13 representatives from a range of the sport and recreation community who have far-reaching experience in the field. As of September 30, 2020, the Board consisted of the following members with two vacancies:

Dr. Patrick Parfrey, OC (Chair);

Tanya Haywood (City of St. John's);

Sandy Hickman (City of St. John's);

Tom Godden (Sport NL);

Vacant (Sport NL);

Dennis Clarke (Swilers Rugby Club);

Dr. Noel Browne (Swiler's Rugby Club);

Andrew Bruce

Roger Head

Sheena McCrate

Winston Jenkins

Government of NL Representatives: Deputy Minister of TCAR, or designate

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Mandate

The mandate of the NLSC Board, as described under the objects of the corporation, is:

- a) To manage, maintain and operate the Newfoundland & Labrador Sports Centre;
- b) To provide a high quality facility that allows Newfoundland and Labrador Provincial Sports Organizations the opportunity to implement and develop programs through training and competition; and
- c) To provide a high performance program that promotes and supports increased physical conditioning, skill development and overall athlete development.

Budget

The NLSC budget for 2020-21 is \$411,600. Provincial appropriations provide for the operation of the Provincial Training Centre.

Lines of Business

The three primary lines of business for the NLSC are as follows:

Operation of the Sports Centre: The NLSC operates seven days per week and as such, the daily operations of such a facility require a great deal of time and focus. This includes the management of human resource issues, maintenance of the centre, managing bookings, procuring required items and the management of information technology needs, among others.

Athlete Development and Training: The NLSC complex includes two buildings – a multi-purpose indoor training facility (the PowerPlex) and a high performance centre (Dr.

Noel Browne High Performance Centre). These facilities enable athletes and teams to access training space and to help achieve a higher level of athletic success.

Sport Event Hosting: The NLSC complex serves as a venue to host provincial, national and international competitions for Newfoundland and Labrador.

Primary Clients

The NLSC is overseen by a board and represents a partnership among two levels of government (Provincial and Municipal), the Sports Community and the Private Sector. Because of this, the Centre has a diverse range of primary clients, including:

- Provincial Sport Organizations (PSOs);
- Sport and Recreation organizations (Sport Newfoundland and Labrador, School Sport Newfoundland and Labrador, and Recreation NL);
- City of St. John's;
- Newfoundland and Labrador elite athletes;
- Newfoundland and Labrador schools;
- Memorial University of Newfoundland and Labrador, particularly the School of Human Kinetics and Varsity Athletics;
- Cardiac patients and seniors for rehabilitation;
- Law Enforcement; Royal Newfoundland Constabulary, Department of Justice and Public Safety;
- Multiple Health Care Organizations and Community Groups; and
- the public.

Strategic Issue

In consideration of the mandate and financial resources of the NLSC, the Board intends to report on the strategic issue and objective below, through its annual reports, for each fiscal year of this plan (2020-21, 2021-22 and 2022-23).

Facilitate sport development by providing safe, high quality sport programs and facilities and being a primary venue for provincial sports organizations for training, competition and athlete improvement

Objective 2020-2021

By March 31, 2021, the NLSC will have provided safe high-quality sport facilities and programs for Provincial Sports Organizations (PSO).

Indicators

- Coordinated with PSO's and developed safe return to sport plans that follow Public Health Guidelines.
- Hosted sporting activities for multiple PSO's.

