

# Build Your Own Fun This Winter.

# Make a Rink!



Skating, hockey, and curling are all common past times for Nova Scotians. But have you tried building the rink you play on? This is a fast growing activity that more and more Canadians are doing every year. Creating your own rink is a way to bring family and friends together in a comfortable environment – your own backyard or community. Nova Scotia has an exceptional winter that very few other places in the world get to experience, so take the time out of your day to have fun outside with loved ones while getting in some healthy physical activity.

The fun of rink building has recently been revived by Ice Dreams, a national program that encourages and supports the development and use of new and existing outdoor rinks in Canada. "Ice Dreams provides resources for people of all ages to get active outdoors in the winter by playing hockey or other games on ice surfaces, such as frozen ponds, lakes, or even your own backyard," says Jody Conrad, Go for Green consultant with Nova Scotia Health Promotion. "We have built about 30 community rinks in Nova Scotia, and we are

still going strong." Go for Green, which Ice Dreams is part of, is a national non-profit, charitable organization that encourages Canadians to engage in healthy outdoor physical activities in an environmentally friendly way.

This fun and easy winter activity couldn't come at a better time. More than half of Nova Scotians report getting less than 15 minutes per day of moderate exercise – not enough to achieve health benefits. How active are you and your family?

Nova Scotia Health Promotion is working together with Ice Dreams and Go for Green to achieve the goal of improving the health of Nova Scotians. Conrad believes that taking advantage of Nova Scotia's exceptional winter season is a great way to start. "Being active doesn't take a lot of time, money or equipment. All you need is warm clothes and the great outdoors."

You do not have a big backyard? No problem. Collaborate with neighbours, friends, and community members to build a rink in a

location where all children can enjoy it. Whether you live in downtown Halifax or rural Nova Scotia, building your own rink is a fun and simple project.

Although fun is the ultimate goal, safety is just as important. For all outdoor winter activities, make sure you are dressed warmly for the weather with something to cover your head and ears, comfortable footwear, and layers of clothing. Stay hydrated when you are being active. Make sure your rink is completely frozen before skating on it and always skate with a friend.

Visit [www.taketherooftowinter.ca](http://www.taketherooftowinter.ca) for more safety tips and fun winter activity ideas. For more information on ice skating and how to build your own outdoor rink, visit [www.icedreams.ca](http://www.icedreams.ca). For information on rink building workshops, contact the Recreation Facilities Association of Nova Scotia (RFANS) at [rfans@sportnovascotia.ca](mailto:rfans@sportnovascotia.ca).

**All you need to build your own rink is a few tools and supplies, and a little enthusiasm. You'll need:**

- Level space (20x40 feet is a good size)
- Lumber (2x6 or 2x8 pieces are great)
- Screws, shovels, brushes, hose
- Tarp (must be 2 feet wider and two feet longer than your actual rink)

For construction details make sure to visit [www.icedreams.ca](http://www.icedreams.ca)

