



FOR APPROVAL

PUBLIC

OPEN SESSION

TO: University Affairs Board

SPONSOR: Professor Sandy Welsh, Vice-Provost, Students

CONTACT INFO: Phone: 416-978-3870 / Email: vp.students@utoronto.ca

PRESENTER: See Sponsor

CONTACT INFO:

DATE: February 14, 2022 for March 3, 2022

AGENDA ITEM: 7c

ITEM IDENTIFICATION:

Operating Plans & Fees: Faculty of Kinesiology and Physical Education: U of T Sport and Rec Programs, Services, and Facilities

JURISDICTIONAL INFORMATION:

The Terms of Reference of the University Affairs Board provide that the Board is responsible for policy concerning student services and for overseeing their operations. Changes to the level of service offered, fees charged for the services and categories of users require the Board's approval. Section 5.1.2 of the Terms of Reference provides that the annual approval of the Faculty of Kinesiology and Physical Education: U of T Sport and Rec Programs, Services, and Facilities operating plan is the responsibility of the University Affairs Board. The Board receives annually from its assessors reports on matters within its areas of responsibility, including statements of current issues, opportunities and problems, along with recommendations for changes in policies, plans or priorities that would address such issues.

Pursuant to the terms of the *Memorandum of Agreement between The University of Toronto, The Students' Administrative Council, The Graduate Students' Union and The Association of Part-time Undergraduate Students for a Long-Term Protocol on the Increase or Introduction of Compulsory Non-tuition Related Fees*, approved by Governing Council on October 24, 1996, the Council on Student Services (or the relevant body within a division of the University) reviews in detail the annual operating plans, including budgets and proposed compulsory non-academic incidental fees, and offers its advice to University Affairs Board on these plans.

GOVERNANCE PATH:

1. **University Affairs Board [For Approval] (March 3, 2022)**
2. **Governing Council [For Information] (March 31, 2022)**

PREVIOUS ACTION TAKEN:

The Operating Plans for the Faculty of Kinesiology and Physical Education: U of T Sport and Rec Programs, Services, and Facilities for the current fiscal year were approved by the University Affairs Board on March 4, 2021.

HIGHLIGHTS:

The 2022-23 Operating Plans for the Faculty of Kinesiology and Physical Education: U of T Sport and Rec Programs, Services, and Facilities have been approved by the Council on Athletics and Recreation.

The current fees for the Faculty of Kinesiology and Physical Education: U of T Sport and Rec Programs, Services, and Facilities are as follows:

St. George campus: \$196.71 per session (\$39.34 for part-time students)

UTM and UTSC: \$22.82 per session (\$4.56 for part-time students)

See separate memorandum concerning consideration of the proposed plans by the Council on Student Services (COSS).

The experience of this past year and plans for the coming year are summarized in the attached material from Beth Ali, Executive Director, Athletics and Co-curricular Physical Activity.

FINANCIAL AND/OR PLANNING IMPLICATIONS:

The Faculty draws University operating budget support of \$275,753.

RECOMMENDATION:

Be it Resolved,

THAT the 2022-23 operating plans and budget for the U of T Sport and Rec Programs, Services and Facilities at the Faculty of Kinesiology and Physical Education, as presented in the documentation from Beth Ali, Executive Director, Athletics and Co-curricular Physical Activity, be approved;

THAT the sessional fee for a full-time student on the St. George campus be increased to \$200.77 (\$40.15 for a part-time student), which represents a year-over-year increase of \$4.06 (\$0.81 for a part-time student) or 2.06%; and

THAT the sessional fee for a full-time student at UTM or UTSC be increased to \$23.29 (\$4.66 for a part-time student), which represents a year-over-year increase of \$0.47 (\$0.09 for a part-time student) or 2.06%.

DOCUMENTATION PROVIDED:

Faculty of Kinesiology and Physical Education: U of T Sport and Rec Programs,
Services, and Facilities Presentation to the Council on Student Services

Find Your Fit: 2020-21 Sport & Rec Year in Review



FIND YOUR FIT

2022-23 BUDGET PRESENTATION
TO THE COUNCIL ON STUDENT SERVICES



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

JANUARY 24, 2022

Sport and Rec – Our Purpose

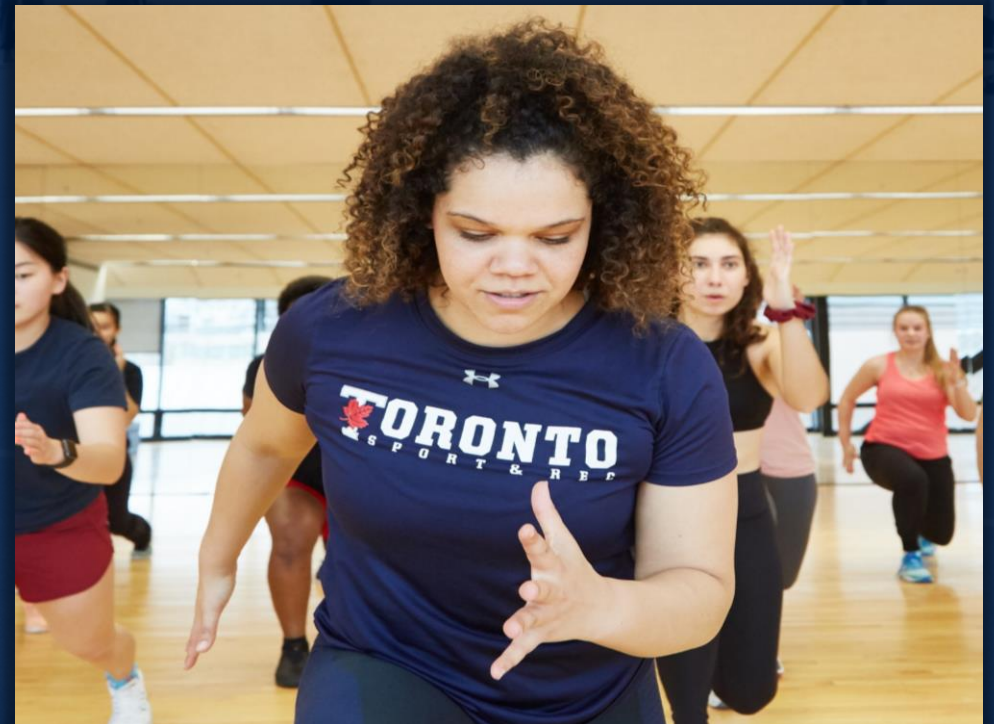
Sport and Rec contributes to and promotes a healthy, active U of T campus through the provision of outstanding opportunities in sport, recreation, physical activity and leadership which engages the University of Toronto community, improves the physical, mental, academic and social well-being of our students and fosters a sense of community, belonging and pride.



Guiding Principles

- Recognize students as the most important stakeholder on campus.
- Encourage student engagement in Sport & Rec as a strategy to:
 - Advance academic success,
 - Enhance physical, mental and social wellbeing,
 - Build a sense of community,
 - Acquire skills for post-university success.
- Work in collaboration with our partners at Hart House, St. George Student Life, UTM Athletics and UTSC Athletics & Recreation.

- Be mindful that U of T Sport & Rec is dependent on the student ancillary fee to fund the program
- Cultivate non-student revenue streams to reduce dependence on the student ancillary fee while ensuring that programs and services are student focused.



All Things Sport and Rec - Programs Services and Facilities

**Black Excellence
Kiki Week**
Feb. 22-26, 2021

Featuring:

- Snoopy
- Cookie 007
- Ebony Hndrix
- GunShow PinkLady
- Jujū PinkLady
- Maldita Siriano
- Mother SlimThick PinkLady
- Mother Tamar Louboutin
- Marvel 007
- Paris Louboutin
- Seven Magnifique
- Twysted Siriano
- Vixen

T SPORT & REC **DIVERSITY MOVES US**

REFINE YOUR REPS.
On your own time.

We offer women-only hours as part of our strategy to reduce barriers to being active, and to foster inclusivity across ability, culture, religion and gender.

Learn more about the program and the activities available at uoft.me/womenonlyprograms

T SPORT & REC



DROP-IN: IT FITS YOUR SCHEDULE!

From strength training to yoga, choose your drop-in sport and group fitness classes. Staff on site to provide assistance. Some women-only sessions available. Come on your own or bring a friend. Everyone welcome!

Go to uoft.me/dropinfitness for more details

Equity, Diversity, Inclusion & Belonging

Our Diversity & Equity team is made up of undergraduate and graduate students from across campus. This highly engaged team plans and implements student-led initiatives that promote equity, diversity, inclusivity and physical and mental health.

BLACK EXCELLENCE KIKI WEEK

In partnership with the Toronto Kiki Ballroom Alliance, our team organized and offered a full week of virtual programming for Black History Month from February 22–26, 2021, in lieu of the annual in-person Black Excellence Kiki Ball, which had to be cancelled due to COVID-19. Programs included panel discussions on the culture and history of ballroom, dance and movement workshops, and table discussions on Black bodies, health, and gender expression. Every session amplified Black voices and experiences and was planned with Black members from the Kiki Ballroom community. Throughout the week, **105 members of the U of T community attended**, including students, staff and faculty.

DIVERSITY IN MOTION CONFERENCE

This year, the Diversity in Motion conference took place virtually and included four different workshops **engaging 115 participants**. There was a table talk on race and sport featuring members of the BIPOC Varsity Association along with Tamara Tatham, U of T's Varsity Blues women's basketball coach; there were also discussions around anti-fat bias and fatphobia, disability justice and the impact of colonization on sport and recreation. Each workshop brought in experts in the field, allowing students and participants to have the opportunity to ask questions of and learn from people who dedicate themselves to improving equity and accessibility.

EQUITY IDEAS FUND

The Diversity & Equity team administers and approves the Equity Ideas Fund, distributing a total of \$10,000 per year. Student groups and clubs can apply for up to \$500 in funding for initiatives that align with the program's strategic objectives surrounding diversity, equity and inclusion. In 2020–21, the team received 15 applications, with 11 receiving funding and support and engaging 519 students in funded events/programs.

519
students in funded
events/programs

HIGHLIGHT INITIATIVES:

1. Yalda Night: Cultural event with music, dance and poetry with the Iranian Association at the University of Toronto.
2. KPE Community Night: An event aimed to provide support and foster community among BIPOC KPE students.
3. UTM Black Students Association: "Blackout" panel and workshop on mental health practices and wellness.
4. Women in Computer Science: Q&A with self-identifying female STEM professionals.

MOVE WITH CULTURE WORKSHOPS

HOSTED **3** WORKSHOPS | **69** STUDENTS

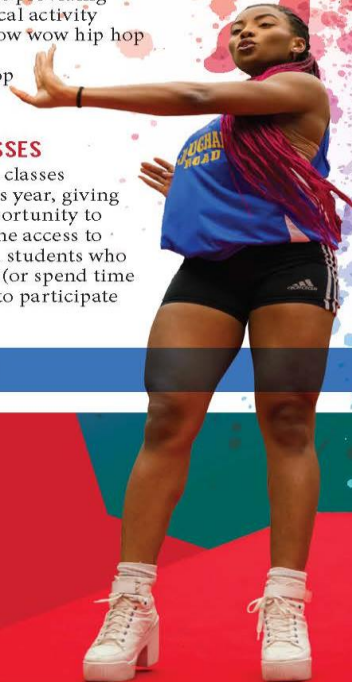
In 2020–21, the Diversity & Equity team hosted three separate Move with Culture workshops providing **69** students with opportunities to experience physical activity from other cultures. These workshops included a pow wow hip hop class led by pow wow dancer and U of T student Nichole Leveck, an Afro-Caribbean dance workshop and a capoeira workshop.



VOGUE DANCE CLASSES

Weekly vogue dance classes continued online this year, giving **237** students the opportunity to learn remotely. Online access to these classes enabled students who commute to campus (or spend time on other campuses) to participate more easily.

237 students



VACCINE CLINIC POW WOW

The University of Toronto's Varsity Stadium was transformed into the site of a vaccine pow wow in June 2021, with volunteers dancing and playing hand drums while community members received their shots. Devon Bowyer, a former Varsity Blues soccer player and graduate of Dalla Lana's master of public health program, helped run the clinic. The clinic provided nearly 200 First Nations, Inuit and Métis people with a culturally safe place to receive their vaccinations.



THURSDAYS 6:00 - 6:45 P.M.
ATHLETIC CENTRE
25 YD BENSON POOL

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

DIVERSITY MOVES US.



**MoveU.
HappyU**

Improving student
mental health through
physical activity



MOVE WITH CULTURE:

**AFRO-CARIBBEAN
DANCE**

led by Kay-Ann Ward

OCT. 20, 2020 (5 - 6:30 P.M.) via ZOOM

Register at uoft.me/diversitymovesus





MOVEU IS A TRI-CAMPUS INITIATIVE WITH STUDENT TEAMS ON THE ST. GEORGE, SCARBOROUGH AND MISSISSAUGA CAMPUSES. IT IS DEDICATED TO IMPROVING THE MENTAL AND PHYSICAL HEALTH OF STUDENTS THROUGH PHYSICAL ACTIVITY AND PEER-TO-PEER ENGAGEMENT WITH THE OVERARCHING GOAL OF ENSURING THAT ALL STUDENTS FEEL WELCOME IN OUR SPACES AND PROGRAMS.



MoveU

MOVEMENT BREAKS

Movement breaks are 5–10-minute sessions that encourage students to take a break from prolonged sitting. This past year, 472 students were engaged through 15 movement breaks. Students who participated in movement breaks reported feeling better able to focus and better primed for academic success. Moreover, 73 professors and course instructors added pre-recorded movement breaks into their courses. These videos were added on Quercus, along with announcements to remind students to take breaks as they work through online coursework.

472 STUDENTS

73 PROFESSORS WERE ENGAGED

25 CLASSES 364 STUDENTS

MOBILE MOVEU

The MoveU team, in partnership with Hart House, provided virtual options for workouts and travelled to student spaces across the University to run drop-in fitness classes on request. Each faculty/college was offered four sessions. In 2020–21 the program offered 25 classes with participation by 364 students.

ORIENTATIONS & EVENTS

The MoveU crew participated in seven orientation events across campus that provided movement breaks and information related to Sport & Rec, connecting with 327 students. The Mobile MoveU Summer Series was introduced in partnership with different colleges and units across campus to bring physical activity to their spaces.

7 ORIENTATION EVENTS 327 STUDENTS

MOVEU.HAPPYU

MoveU.HappyU is a complimentary, unique, six-week program that offers behaviour-change coaching and exercise training to students for mental health support. For the Fall 2020, Winter 2021, and Summer 2021 terms, MoveU.HappyU was delivered entirely online. Preference was given to students who were not meeting physical activity guidelines (e.g. individuals who were engaged in fewer than 150 minutes of higher-intensity exercise per week). There was overall participation of 165 students, who received behaviour-change coaching, and exercise training. This year, the program was able to accommodate a much larger number of students thanks to funding from the International Student Experience Fund, and specifically targeted promotions to recruit international student participants.

165 STUDENTS PARTICIPATED



SHE MOVES

To celebrate International Women's Day, the tri-campus MoveU teams joined together to create a day full of physical activity and meaningful discussion panels to celebrate women in sport. The event ran from 10 a.m. to 8 p.m. and participants had a chance to participate in five physical activity classes and two discussion panels (Body Image in 2021 and Women in Sport). Overall, the event was a success, with 175 participants attending the conference throughout the day.

5 PHYSICAL ACTIVITY CLASSES 175 PARTICIPANTS

MOVEU ACTION GRANTS

Funded through the International Student Experience Fund (ISEF), the MoveU Action Grant program allows international students to apply for up to \$500 to put towards a physical activity initiative.

The aim of the program is to help international students improve their student experience through physical activity, while providing the MoveU team with insights into the types of programs that international students would like to see offered. In the Fall 2020 and Winter 2021 terms, the program received eight applications. One student project met the program's criteria and received funding. Being back on campus will provide more opportunities for students to develop and receive funding in 2021–22.

The MoveU team hosted a focus group with international students to better understand their unique needs and to engage them with physical activities at their desired level. 15 students attended the focus group, and many of the insights learned during the focus group will be applied for 2021–2022 ISEF grants programming. As well, further support was offered and social events organized throughout the year that focused on improving student life.

15 STUDENTS ATTENDED A FOCUS GROUP 8 APPLICATIONS

“ I joined the team during the pandemic, which helped me develop healthier habits. One of the most important ones has been understanding that physical fitness does not have to be intimidating. It broke me out of unhealthy mental habits. I no longer want to work out to be skinny or look good, but to feel stronger for myself. ”



~ Valeria Vela Mendoza, 3rd year, International Relations and Criminology

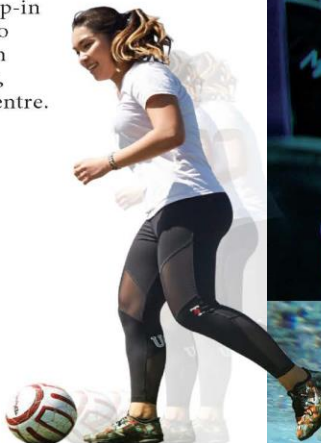
Drop-in Programming

Drop-in programs are an important gateway into physical activity for our students. For a large number of U of T students, drop-in programs are often the first experience they have with the physical activity programs offered on campus. To ensure ample opportunity for participation, our team is committed to increasing opportunities to access expert-led programs that are offered at no extra cost to students.

During the Fall 2020 term, students were welcomed back into our spaces to participate in drop-in programming. Although drop-in activities required students to register in advance in order to manage capacity limits, **12,428** students visited Sport & Rec spaces in 2020–21 to re-engage in their favourite sports and activities including table tennis, badminton, soccer and field sports, and **1,927** swimmers took advantage of lane swims in our 50m Varsity pool at the Athletic Centre.

2020–21 Program Participation:

TERM	PARTICIPANTS
Fall 2020	6,390
Winter 2021	Closed
Spring–Summer 2021	6,038
Total	12,428



12,428
students visited
Sport & Rec
spaces



Over the spring and summer terms, our Sport & Rec team leveraged outdoor spaces to provide programming that would permit students to stay active while indoor spaces were closed. Between June and August 2021, **453** students enjoyed fresh air, open spaces and programs such as workout of the day, sports drills and jogging on the Varsity track.

453 students enjoyed fresh air, outdoor activities in our open spaces

“ One of the key benefits I experienced with drop-in soccer was a sense of community! The ability to attend a weekly program is truly great for meeting new people while continuing to see old friends. Aside from drop-in, intramurals were a great place to meet other students in the Faculty of Law that I had yet to interact with. Participating in drop-in and intramurals provided me with a well-needed opportunity to burn off stress! ”

~ Christos Kakalettris, 1st year, Law



1,927
swimmers took
advantage of
lane swims

“ Sport & Rec programs have given me a great way to take a break from academics and be active. It can be easy to be swept up in school; it's important to make sure you prioritize time to have fun and be active. I've found it really helps to improve my mood and my productivity during the week. ”

~ Kieran Wheatley,
Gymnastics program coach,
1st year, MSc Rehabilitation Sciences Institute

Fitness & Performance

Our Fitness & Performance (F&P) team engages the U of T community with a full complement of expert-led health, fitness and performance-enhancing physical activities and exercise opportunities. These programs aim to provide members of the U of T community with the knowledge they need to be healthy, physically literate and active for life.

Despite barriers presented by the global pandemic, our commitment to providing our students and community with opportunities to enhance their physical and mental wellness was stronger than ever. From the online adaptation of existing programming to the creation of all-new COVID-safe outdoor programming, our offerings adapted to best serve the diverse needs of our student body and the greater U of T community.

FALL 2020

F&P was excited to welcome students back to in-person training in September 2020, after having been closed since March of that year. The F&P team converted the Athletic Centre Field House into a safe, physically distanced fitness space that had a little something for everyone. Group fitness classes were taken to the beautiful Back Campus fields, where students and members of our U of T community showed up to sweat in the sun!

During September and October 2020, participants were able to book 45-minute individual indoor workouts at the Field House to use squat racks, free-weights, cardio equipment and body weight. In this time, 684 training time slots were offered and 3,439 students checked in to get active and do a workout. The team also took advantage of our available spaces to safely bring back group fitness workouts. In total, 623 students came out to sweat with us across Barre, Cardio Dance Party, Mindful Moments Yoga, JOGA, Big HIIT, Squad Training & Studio HIIT workouts.

Squat Racks | Free-Weights | Cardio | Body Weight



684
training time slots

3,439
students checked in

623
students joined group workouts in 2020



Barre | Cardio Dance Party | Mindful Moments Yoga | JOGA | Big HIIT | Squad Training & Studio HIIT

Taking Workouts to the Great Outdoors

When one door closes, another one opens. In response to the closure of indoor training facilities from October 2020 to June 2021, our team reimagined our outdoor spaces, converting the Varsity Centre concourse into an outdoor training space. Equipped effectively with bars, plates, kettlebells, mats and heaters, along with options for group fitness workouts, our team created a safe and engaging training space for 509 students who came to work out. The F&P team continued to optimize use of the Varsity Centre and Back Campus Fields to bring group fitness workouts into the Spring and Summer 2021 terms. In total, 545 students enjoyed our outdoor group fitness workouts during this time.

“

Big HIIT is frankly the best workout program offered here. The staff successfully built a very inclusive, supportive and educational program for everyone. The instructors made everyone, regardless of their previous experience, skin colour, body type and gender, feel positive and motivated in this program. They have a lot of exercise knowledge and helped participants improve by correcting our form. I made friends with the lovely coaches, I gained muscle, and mostly importantly I felt good.”

”

~ Derrick Yang,
Student, Math,
Computer Science & Statistics

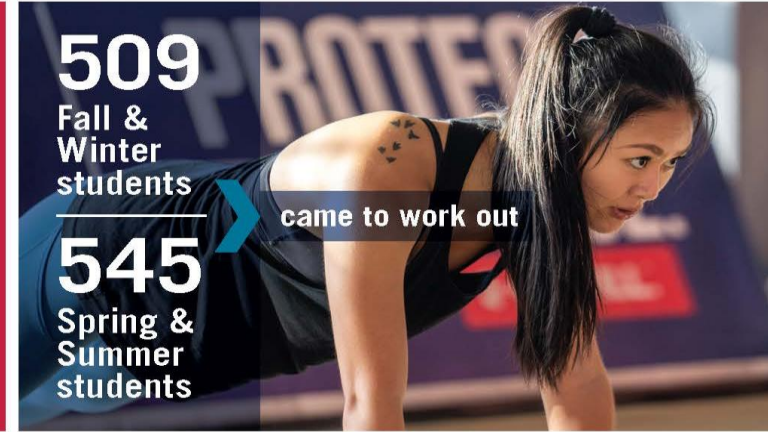
509

Fall & Winter students

545

Spring & Summer students

came to work out



Squad Training Fitness FOUNDATIONS: Collaboration with MoveU

In partnership with MoveU, the F&P team offered a series of Squad Training workouts created to provide a fun outdoor opportunity to keep students active while emphasizing inclusivity, showing that F&P training is accessible for all levels. In total, 167 students participated in this series. In addition, FUNday Friday workout events were organized to add a little excitement to the week with prizes and giveaways. The MoveU and F&P teams hosted four different FUNday Friday events and had a total of 51 students attend during this time.

167
students participated

4
different events
51
students participated

Online Training: Virtual Fitness Studio (VFS)

Despite not being able to use some of our physical spaces during the COVID-19 related closures, students enjoyed a variety of online fitness opportunities through our virtual training portal. With live workouts and an on-demand library, students had the ability to join workouts from wherever they were and kept the movement going at home. Continuing from the summer into Fall 2020, and with strong partnerships with Hart House and U of T Mississauga, the Virtual Fitness Studio offered 26 different weekly online workouts and inspired the participation of a total 13,325, staff, faculty and community members. The F&P team offered their signature Barre, Big HIIT, Cardio Dance Party, Squad Training, Vogue Dance, and Mindful Moments Yoga online workouts to 2,504 participants.

13,325
participated

“

I had just started seeing a personal trainer at the U of T gym before the pandemic started, and before that, I didn't know HOW to work out! Now, several months later, I'm still logging onto the Big HIIT training, but I find myself doing these moves with ease; I'm the fittest I've ever been thanks to your coaches ... Who would have thought this could happen during a lockdown, when I am stuck at home, and it is so easy to be lazy? I have the online workouts to thank for that.

”

~ Valerie Kindarji,
Doctoral student, Political Science



Intramurals, Clubs & Tri-Campus Sports

As one of the largest intramural programs in Canada, our leagues play a fundamental role in our students' university experience. The intramural program offers a wide range of sports at varying levels of play to meet the diverse interests of the student population. These programs aim to benefit the physical and mental health of our students through physical activity and the building of community.

In response to the changing restrictions related to the COVID-19 pandemic, our team adapted to provide physically distanced programming and remote activities in order to offer **1,648** roster spots and opportunities for students to stay active and engaged in sport during the 2020–21 school year.

Fall 2020

Our team offered select in-person physically distanced programming, specific to individual and doubles competition, introducing new sports such as bocce ball, spike ball, washer toss and kanjam. Our team also introduced a weekly Amazing Race competition, running for eight weeks in total with **34** teams participating with great interest and enthusiasm.

34 teams participated

Winter 2021

With in-person activity restricted, our team shifted to offering E-sports tournaments. Sport & Rec became a founding member of the Ontario Post-Secondary Esport League, and the intramural Esport team became its first League of Legends champion.

1st League of Legends Champion

Spring/Summer 2021

In-person programming resumed whenever possible, bringing back activities introduced during the fall such as bocce ball, spike ball, cornhole, soccer tennis and kanjam.

Fall 2020–Summer 2021 INTRAMURALS PARTICIPATION

85
Leagues

615
Teams

531
Games

1,648
Total Participation

TRI-CAMPUS LEAGUE

The Tri-Campus League is open to U of T students and represents the highest level of sport competition within the intramural program. Participants from all three campuses develop their sport skills with the help of coaches, scheduled practices and competitive play with officiated games. Unfortunately, the COVID-19 restrictions imposed on our Tri-Campus League resulted in the cancellation of the season during the 2020–21 school year.

TRI-CAMPUS SPORTS OFFERED:

- Basketball (M & W)
- Hockey (M)
- Soccer (M & W)
- Volleyball (M & W)

M = men's
W = women's



COMPETITIVE CLUBS

Club sports offer U of T students and community members the opportunity to participate in a competitive club environment. In 2020–21, club sports programming engaged **287** U of T students, alumni and community members across eight competitive clubs, training virtually when unable to gather in person.

- Karate Club
- Kendo Club
- Dance Team
- Masters Swim Club
- Nordic Ski Team
- Pom Team
- Synchronized Swimming Club



287 students engaged

“The dryland training (as well as some online yoga I did) saved me during the pandemic. In fact, I rarely did anything in addition to swimming prior to the dryland training sessions, but I now see how important they are to accompany my swimming. I feel I am a stronger swimmer now than I was before the pandemic because of the dryland training and yoga that I was able to do.”

~ Kelly Lyons, Professor, Faculty of Information

“I started participating in intramural sports in my first year as well as playing on the D-League Women's Soccer team since first year. I've been an athlete from a young age, so these programs have greatly benefitted my mental and physical health. These programs have also been where I've had some of the happiest moments I've shared with friends on campus. There's a myth that your university is all about academics, but playing sports to maintain a balanced lifestyle and having a sense of community is important too.”

~ Sophia Gutierrez, 4th year, Kinesiology

GOVERNANCE



2020-21 BIPOC VARSITY ASSOCIATION MEMBERS

At Sport & Rec, we believe that we have an important role to play in providing students with opportunities to be a part of the governance process. By participating in committees, boards, reviews and councils, students have the chance to share their insights and experiences. This helps us to evolve our programs and policies to better meet the needs of U of T's diverse student community, and guides students to develop leadership skills, which will serve them well post-university.

INTRAMURAL SPORT COUNCIL (ISC)

The ISC includes student representatives from all colleges, faculties and divisions of the St. George campus, as well as representatives from UTM and UTSC. The council provides input on the procedures and policies of the intramural program and selects annual award recipients.

COUNCIL OF ATHLETICS AND RECREATION (CAR)

CAR provides oversight of the co-curricular programs offered through the Faculty on the St. George campus, as well as university-wide programs such as intercollegiate sports, intramurals and the Tri-Campus Leagues. CAR is responsible for overall athletics and recreation policy, and annually reviews and approves the co-curricular budget.

BIPOC VARSITY ASSOCIATION

Following the horrific murder of George Floyd in May 2020, a group of current and former student-athletes met with Varsity Blues administrators, and the BIPOC Varsity Association was formed.



The BVA works to ensure equity, diversity and inclusion in the University of Toronto Varsity Blues program. The BVA is committed to building community for BIPOC student-athletes, increasing racial diversity within all aspects of the program, ensuring mandatory anti-racism training for student-athletes, coaches and staff, and establishing avenues for education and mentorship to enhance the experience of BIPOC student-athletes.

VARSITY BOARD

Varsity Board includes student representatives from each of the 42 varsity teams, along with staff and a coach representative, and provides input on the operation of the intercollegiate program. The board also determines the winners within the annual awards program and represents student-athletes on CAR.

Despite not being able to meet in person, Varsity Board was in full operation during the 2020-21 academic year. Led by co-presidents Justin Brand (hockey) and Jessica Muha (basketball), Varsity Board hosted many virtual events, including a series called "First-Year Connect" to help first-year student-athletes navigate academics, athletics and life at U of T. They also hosted a virtual paint night, step challenge, cooking class and career night.



CO-CURRICULAR RECORD

The Co-Curricular Record (CCR) officially documents student activity beyond the classroom, and many of the jobs and volunteer opportunities at the Faculty of Kinesiology and Physical Education, including Sport & Rec, are CCR-validated. The CCR demonstrates official recognition of the skills and competencies learned in sport and recreation settings and how these skills contribute to students' overall educational experiences and personal development.



“

My time as a Co-Chair of the Council of Athletics and Recreation has been invaluable. Having experienced sport governance as a previous Co-President of our Varsity Board, chairing CAR has given me a greater perspective of the incredible work our administration provides for athletes and the greater U of T community.

Over the past two years, my role on CAR has provided me the opportunity to develop my professional skills through communication and teamwork with various executive branches of the University, grown my creativity and problem solving through work on our impactful subcommittees, and promoted my adaptability and time management as a student-athlete while balancing school and extra curriculars. I can confidently say that this position is one of the most impactful roles a student can take outside of genuine employment within our Faculty.

”

*~ Grant Shantz,
5th year, Kinesiology &
Physical Education*

Employment & Leadership



If you have ever registered for a Sport & Rec class, played a game of intramurals or filled out a survey about your customer experience, chances are you've met one of our student employees. Sport & Rec continues to be the largest employer of students at U of T, providing opportunities to students from all faculties and colleges. In 2020–21, we experienced a reduction in our hiring of casual staff due to facility closures. However, we were able to hire **403** students in work study positions to provide opportunities to strengthen their skills and explore how their academic studies can translate to career possibilities. Student employees were all provided with comprehensive training and orientation. Working in a wide range of roles, students gained business skills that will serve them well long after they graduate.

➤ **Hired 403 Students**

CAMP U OF T

Camp U of T is one of the University's largest student employers. As COVID-19 restrictions eased, we were able to open select Camp U of T programs for the Summer of 2021. Although the capacity was greatly reduced as compared to a typical summer due to the ongoing public health restrictions in place at the time, we were able to host **639** campers over the course of the summer. The Camp U of T team offered five different programs in Adventure, Multisport, NOT Sport, Track and Field and Basketball. The camp employed 38 staff, 23 of whom were current students, with another four being alumni. Camp U of T counsellors received 10 hours of virtual training this year in keeping with our commitment to offer the highest quality of instruction. Student-staff competencies were validated through the Co-Curricular Record (CCR).

JUNIOR BLUES

Junior Blues programs provide year-round opportunities for children to improve their competence and confidence in how they move. Scheduled primarily during off-peak hours, these programs provide an important community service for children and youth, and train and develop student leaders. We started Fall 2020 with 13 different program offerings in junior development track, competitive gymnastics, and virtual programs in women's volleyball and basketball, engaging a total of **234** participants and 30 student-athletes who volunteered their time to help run the virtual programs. Over the Winter 2021 term, while our facilities were closed, we were able to offer 11 different virtual programs in soccer, junior development track and volleyball, engaging **172** participants led by a team of 10 energized staff.

“

I actually started in Sport & Rec programs at U of T when I was four years old, doing recreational gymnastics. I grew up in their competitive gymnastics program and later returned to work as a coach. I worked at the gym all the way through my undergraduate degree and still now while I complete my master's degree. I am very fortunate to be part of this U of T community and get to share a common interest with other students and staff. Working in my various roles with Sport & Rec, I have really gotten to develop my leadership, critical thinking and social skills. I've gotten to share my ideas to improve our programs while simultaneously learning to manage multiple priorities.

”

~ **Kieran Wheatley,**
1st year MSc, Rehabilitation Sciences Institute

“

I joined the team during the pandemic, which helped me develop healthier habits. The team has been very supportive about work-life balance, as well as their overall support for developing healthy habits (physical, nutritional, mental and personal), which has led to a better student experience and improved academics.

”

~ **Valeria Vela Mendoza,**
3rd year, International Relations and Criminology



Hosted **639** Campers
Employed **38** Staff



FACILITIES

The Faculty of Kinesiology & Physical Education, and Sport & Rec team, operate a wide range of activity spaces for sport and recreation, including the Goldring Centre for High Performance Sport, Back Campus Fields, Varsity Centre and Arena, Athletic Centre, as well as the playing fields on Front Campus and Robert Street. We provide complimentary day lockers at the Goldring Centre and Athletic Centre to make physical activity as convenient as possible.

Our facilities welcome students, academic programs and research participants, children and community members. We host a wide range of programs including intramurals, intercollegiate sports, drop-in sports and recreation, and registered programs. Student and community groups also frequently rent space in our facilities for special events.

Due to the unprecedented circumstances of the pandemic, closures throughout the year and change in programming, we were unable to consistently track visits to Sport & Rec facilities in the same way as previous years.

“



Given my athletic background prior to coming to U of T as a first-year student, it was really important that I continue maintaining my fitness and athleticism throughout my studies. It did not take long to find opportunities that fit my wellness goals. Discovering the sheer amount of available programming provided by Sport & Rec really gave me peace of mind. There is a wide range of activities to choose from, and you can always find something that fits within your schedule. Sport & Rec truly goes above and beyond in ensuring students can meet their health and wellness goals while having fun and making great memories!

”

~ **Rheannon Demeter**,
5th year, French Language Learning,
Education & Society and French Studies

MACINTOSH SPORT MEDICINE CLINIC (GC)

The clinic provides sport medicine services to U of T students, student-athletes and community members. Our team includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians and an orthopaedic surgeon.



Due to the pandemic and the provincial and University regulations, our primary student population commenced virtual campus activities, which reduced the demand and access to our services. As a result of these changes, there was a reduction in staff, and the clinic provided virtual services to the student population from March 2020 until August 2020. In September 2020, the clinic gradually increased in-person services and recalled a therapy staff member and two administrative staff to support the caseload. During the period from July to September 2021, the clinic was able to recall the rest of the team and increased both in-person and virtual services to the student population.

- Operates 50 weeks per year, **2,700** hours per year
- Performed **4,391** client services (1,405 virtual/2,986 in-person) in 2020–21
- In August 2021, resumed concussion services for students with the expertise of various health care professionals (sport physicians, therapists and a kinesiologist)
- Due to the pandemic, there were limited student teaching opportunities but included **33** student therapists (KIN), one Rehabilitation Science student, three Sport and Exercise Medicine residents and one work study student

FEATURES:

- Preventative, diagnostic and therapeutic sport physician consultations and programs
- Electrical muscle stimulation (EMS), laser, acupuncture, ultrasound, and bracing
- Comprehensive concussion management and C3 Logix testing

ATHLETIC CENTRE (AC)

Home to various Varsity Blues sports teams, intramural leagues and sport and fitness opportunities, the AC is the University's highest trafficked sporting facility on campus. The facility provides students and the community with a world-class sporting facility in the heart of Toronto.



FEATURES:

- An indoor 200-metre track and four multi-purpose courts
- A large, modern strength and conditioning centre
- Free, convenient day lockers
- Steam rooms
- One dance studio
- Cardio machines
- Eleven squash courts
- Three gyms
- Three pools



RENTALS AND EQUIPMENT LENDING

We encourage students to get active by providing drop-in equipment rentals. Not only does this make sports and recreation affordable, but it also makes it convenient. Unfortunately, equipment rentals and lending were not available in 2020–21. However, when operations resume, we will likewise resume equipment lending.

FEATURES:

- A 2,000-seat, international-standard Field House for court sports
- A state-of-the-art strength and conditioning centre
- Sport science laboratories for teaching and research
- The David L. MacIntosh Sport Medicine Clinic

GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT (GC)

Goldring Centre has increased the University's capacity to provide recreation, physical activity and sport for all students. Staff provide orientations and work to create a welcoming, positive environment. The Field House offers drop-in basketball and volleyball, as well as intercollegiate, Tri-Campus Development League and intramural programming.

VARSITY CENTRE AND ARENA (VC/VA)

Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre also hosts recreational and instructional classes, children's programs and high-performance athlete training.

FEATURES:

- A 5,000-seat stadium
- A 400-metre eight-lane track
- An artificial turf field with a dome for winter use that provides additional space for intramurals, drop-in sport and a driving range
- A 4,000-seat arena

BACK CAMPUS FIELDS (BCF)

The Back Campus Fields are available for use by individuals and groups for physical activity and sport. The fields are comprised of two synthetic turf fields and provide state-of-the-art outdoor facilities on our downtown campus.

FEATURES:

- Two all-weather turf surfaces

By the Numbers – Looking Ahead

Student Participation

42,789 unique users

617,694 visits

29,845 group fitness participants

Instruction Program

1,603 participants

263 programs

504 novice participants

Tri-Campus Development League

642 participants,

32 teams, **119** games

Student Employment

1,112 students hired

\$5 million + in earnings

Facilities

48 activity spaces

3 pools, **2** tracks, **1** arena,

9 courts, **4** fields,

2 studios, **2** strength & conditioning centres.

Intercollegiate Program

826 student athletes

42 teams

229 coaches (**70%** volunteers)

Clubs

685 participants, **9** clubs

MoveU

10,916 + participants

Court Bookings

20,000+ bookings
(**38%** increase)

Intramurals

12,460 participants

62 leagues, **811** teams

2,221 games

Sport Medicine Clinic

20,891 student visits

2022-23 Proposed Sport and Rec (KPE) Budget



- The Council of Athletics and Recreation (CAR) Budget Committee is annually tasked with the responsibility of reviewing the Sport and Rec (KPE) budget as prepared by the staff. CAR is one of the oldest governance committees at the University and is comprised of students representing the three student governments and multiple student constituencies. Faculty and staff are also represented at CAR and the Council is supported by Sport and Rec staff.
- The preparation of the program, facilities and services plan and budget begins each May after a thorough review of the budget actuals of the previous year and the results of the program evaluations and surveys, and information gathered through focus groups and meetings.
- Compensation and occupancy costs are the primary cost drivers in the Sport & Rec budget.

2022-23 Proposed Sport and Rec (KPE) Budget



- At the conclusion of the annual review process, staff start their planning process in alignment with Sport and Recs purpose and guiding principles. Once the plans are completed, the budget is prepared.
- The annual budget goes through a number of iterations and approvals at each step of the process and the final draft is confirmed by the end of October.
- Much of the annual budget consists of fixed costs, with compensation and occupancy being the primary cost drivers in the Sport & Rec budget.

2022-23 Proposed Sport and Rec (KPE) Budget

- The draft budget is presented to the CAR Budget Committee for review and consideration throughout the month of November. The CAR budget committee is chaired by one or both of the student co-chairs of CAR and is composed of students from across the university and staff from all three campuses.
- The CAR Budget Committee approved the draft 2022-23 Sport and Rec (KPE) budget unanimously and sent it to CAR for consideration and approval.
- CAR unanimously approved the 2022-23 Sport and Rec (KPE) budget as presented to Council on January 5, 2022.



2022-23 Proposed Sport and Rec (KPE) Budget

Considerations

- KPE Sport and Rec is presenting a balanced budget for 2022-23.
- The calculations include 2% CPI (consumers price index), 3.5% increase in full time compensation and a 1% increase in part time compensation.
- There is a 4% increase in budget expenses from 2021-22 to 2022-23. Increased occupancy costs, an increase in the student ancillary fee transfer back to UTM and UTSC and an increase in the facility renewal lines have contributed to the increase in expenses.
- The amount of non-student revenue in the 2022-23 budget is \$9,675,492, which is \$255,972 more than 2021-22 budget.
- Restricted Funds (non-operational budget) contribute an additional \$670,000 directly to student accounts in the form of athletic scholarships. These funds are generated through alumni donations & fundraising and can only be used for athletic scholarships.
- Proposed 2022-23 student ancillary fee increase is 2.06%.

2022-23 Sport and Rec Budget

FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION
2022-23 Co-Curricular Budget

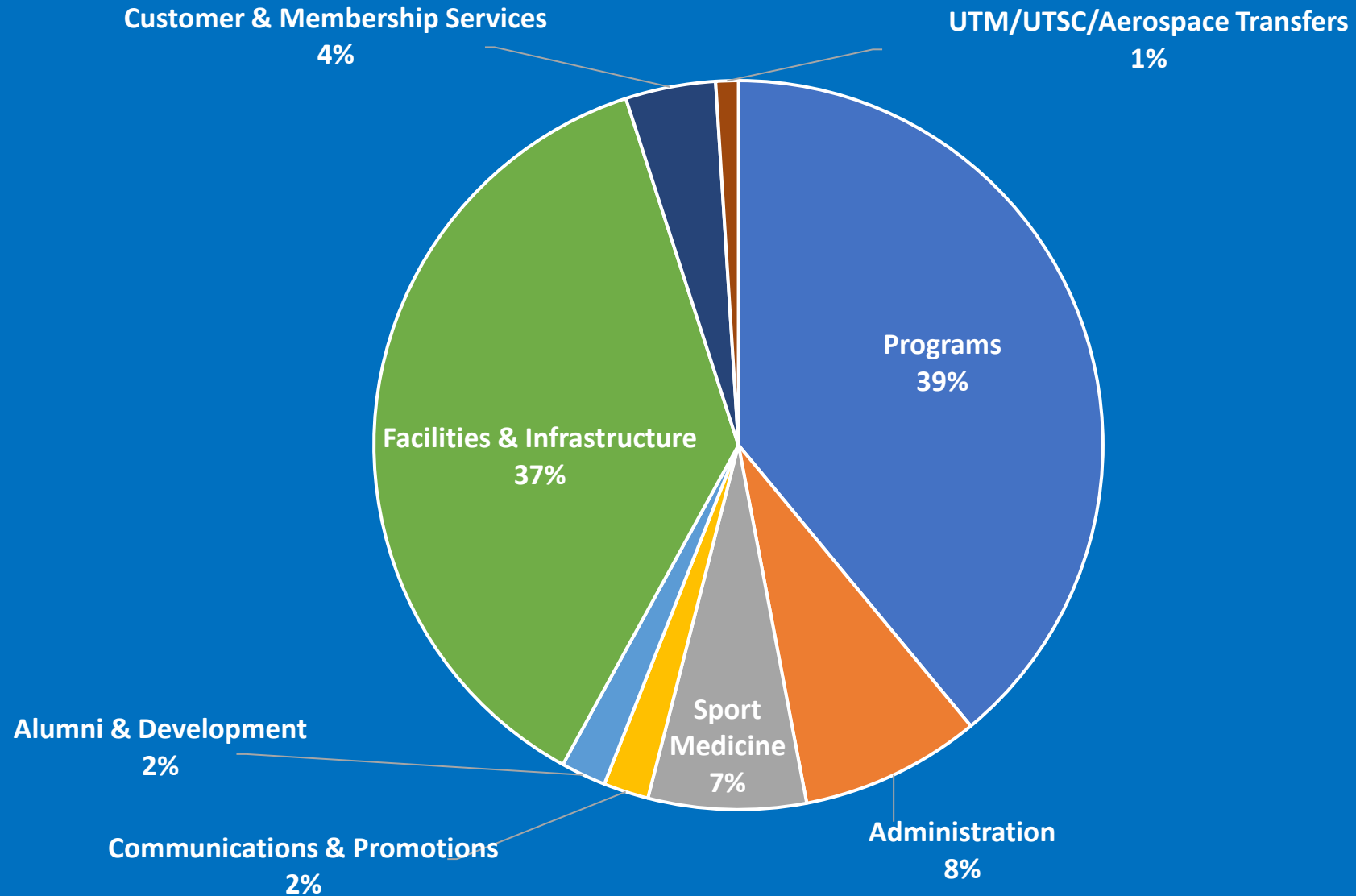
January 5, 2022

	A	B	A-B	C	D=C-A	E	F	G=F-E				
	2022 - 2023 Budget Plan - D R A F T					2021 - 2022 Budget Plan - Approved						
	Operating Expenses	Compensation *	Comp as a % Op Exp	Non Compensation Expenses	Income	Net Operating (expense) / Income	Operating Expenses	Compensation *	Comp as a % Op Exp	Non Compensation Expenses	Income	Net Operating (expense) / Income
Co-Curricular Operations												
Programs												
Children & Youth	1,855,405	1,628,487	87.8%	226,918	2,577,000	721,595	1,709,433	1,432,233	83.8%	277,200	2,503,299	793,866
Physical Activity & Equity	2,544,467	1,683,096	66.1%	861,371	719,400	(1,825,067)	2,321,720	1,695,514	73.0%	626,206	687,842	(1,633,878)
Athletics	4,553,319	2,651,026	58.2%	1,902,293	249,000	(4,304,319)	4,580,752	2,775,289	60.6%	1,805,463	277,500	(4,303,252)
Program Business	5,114,204	4,667,029	91.3%	447,175	294,108	(4,820,096)	4,552,820	4,367,420	95.9%	185,400	48,254	(4,504,566)
Sub-total - Programs	14,067,395	10,629,638	75.6%	3,437,757	3,839,508	(10,227,887)	13,164,725	10,270,456	78.0%	2,894,269	3,516,895	(9,647,830)
Services												
Administrative Services	2,889,042	2,295,946	79.5%	593,096	367,751	(2,521,291)	2,548,546	2,122,065	83.3%	426,481	320,286	(2,228,260)
Sports Medicine Clinic	2,696,915	2,114,418	78.4%	582,498	1,286,611	(1,410,305)	3,106,402	2,643,528	85.1%	462,874	1,520,828	(1,585,575)
Communications	860,762	680,362	79.0%	180,400	45,314	(815,448)	650,795	523,495	80.4%	127,300	52,511	(598,284)
Development and Alumni Affairs	847,895	576,995	68.1%	270,900	351,705	(496,190)	965,011	694,111	71.9%	270,900	347,001	(618,010)
Customer & Membership Services	1,291,961	1,259,371	97.5%	32,590	2,257,750	965,789	1,344,461	1,305,321	97.1%	39,140	2,256,250	911,789
Sub-total - Services	8,586,575	6,927,091	80.7%	1,659,484	4,309,131	(4,277,444)	8,615,215	7,288,520	84.6%	1,326,695	4,496,876	(4,118,339)
Facilities & Infrastructure												
Facilities - Athletic Centre	3,672,038	1,109,568	30.2%	2,562,470	109,890	(3,562,148)	3,549,580	1,196,824	33.7%	2,352,756	83,727	(3,465,853)
Facilities - Pools	1,462,993	843,569	57.7%	619,424	529,445	(933,548)	1,358,235	756,114	55.7%	602,121	488,727	(869,508)
Facilities - Varsity, Goldring & Fields	4,678,195	1,587,111	33.9%	3,091,084	724,043	(3,954,152)	4,584,980	1,655,181	36.1%	2,929,799	723,950	(3,861,030)
Facility Renewal	2,000,000			2,000,000	0	(2,000,000)	1,769,000			1,769,000	0	(1,769,000)
Information Technology	1,359,348	709,767	52.2%	649,581	163,476	(1,195,872)	1,159,195	671,554	57.9%	487,641	105,345	(1,053,850)
Sub-total - Facilities & Infrastructure	13,172,574	4,250,015	32.3%	8,922,559	1,526,853	(11,645,720)	12,420,990	4,279,674	34.5%	8,141,317	1,401,750	(11,019,240)
Total Co-Curricular Operations	35,826,543	21,806,744	60.9%	14,019,799	9,675,492	(26,151,051)	34,200,930	21,838,649	63.9%	12,362,281	9,415,520	(24,785,409)
Co-Curricular Funding												
Student Fees - St. George					25,121,086	25,121,086					23,784,608	23,784,608
Student Fees - UTM					781,000	781,000					753,586	753,586
Student Fees - UTSc					658,323	658,323					637,304	637,304
Student fee transfer to UTM	218,540			218,540		(218,540)	204,900			204,900		(204,900)
Student fee transfer to UTSc	184,818			184,818		(184,818)	179,189			179,189		(179,189)
Student fee transfer to UTIAS (Aerospace)	6,000			6,000		(6,000)	6,000			6,000		(6,000)
Total Funding	409,358			409,358	26,560,409	26,151,050	390,089			390,089	25,175,499	24,785,410
Net Co-Curricular Operations	36,235,901	21,806,744	60.2%	14,429,157	36,235,901	(0)	34,591,019	21,838,649	63.1%	12,752,370	34,591,020	(0)

* compensation includes full-time, part-time and appointed staff salaries and benefits where applicable

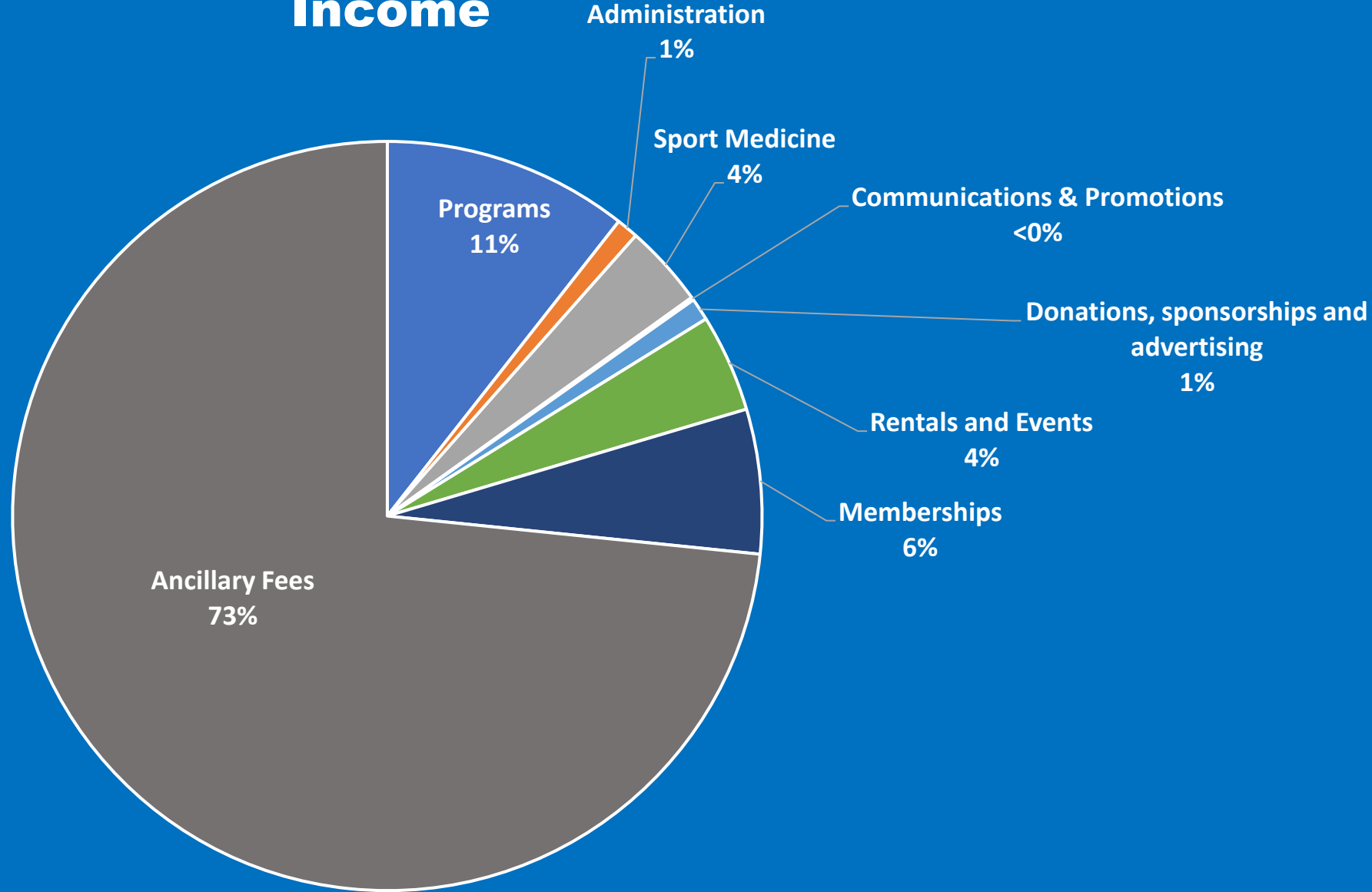
2022 – 2023 BUDGET

Expenses



2022 – 2023 BUDGET

Income



2022-23 Sport and Rec Budget – CPI / UTI Calculation

Faculty of Kinesiology and Physical Education
 2022-23 Co-Curricular Budget
 Student Fee Calculation
 January 4, 2022

Long-Term Protocol on Student Fee Calculation			
Adjusted Fee Base			
Fee per Session (previous year)	\$		196.71
Less: Removal of temporary fee (three years previous)			0.00
Adjusted fee base	\$		196.71
CPI - Consumer Price Index			
CPI Index Percent	2.0%		3.93
\$ Amount of CPI based increase	\$		3.93
UTI - University of Toronto Index			
Appointed Salary Expenditure Base (previous year budget)	\$		13,118,043
Average merit/step increase/decrease for appointed staff	3.50%		459,132
Indexed salaries			13,577,175
Average Benefit Cost Rate	24.50%		3,326,408
Indexed appointed salary expenditure base	\$		16,903,582
Casual/PT Salary Expenditure Base (previous year budget)	\$		5,135,382
Average ATB Increase/Decrease for casual/part time staff	1.00%		51,354
Indexed salaries			5,186,736
Average Benefit Cost Rate	10%		518,674
Indexed Casual/PT Salary Expenditure Base	\$		5,705,409
Severance			240,215
Indexed Salary and Benefits Expenditure Costs	\$		22,849,207
Subtract the Amount of Net Revenue budget from Other Sources (previous year)	\$		(9,415,520)
Add the Non-Salary Expenditure Base (previous year, excluding previous year occupancy)			8,407,473
Add the estimated Occupancy costs			4,561,158
Subtract the ratio of non student use (joint, community memberships) to total fee revenue			(362,990)
Subtract the proportion attributed to UTM and UTSC (current year enrolment, previous year's fee)			(1,410,223)
Cost for UTI purposes	\$		24,629,105
Divide the difference by the projected weighted FTE enrolment - per term			62,562
UTI Indexed Fee - per term	\$		196.84
\$ Amount of UTI Based Increase (over adjusted fee)	\$		0.13
Combined Fee Increase			
Adjusted Fee	+ \$		196.71
CPI Based Fee increase	+		3.93
UTI Based Fee increase	+		0.13
Indexed Full Time Fee per Term	\$		200.77

Detail of resulting fee under UTI and CPI

	St George FT	St George PT	UTM/UTSc FT	UTM/UTSc PT
Previous year fee	196.71	39.34	22.82	4.56
Less removed temp fee	0.00	0.00	0.00	0.00
Adjusted fee base	196.71	39.34	22.82	4.56
Plus CPI	3.93	0.79	0.46	0.09
Plus UTI	0.13	0.03	0.01	0.00
New fee based on UTI/CPI	200.77	40.15	23.29	4.66
Actual \$ per term per student increase - CPI	3.93	0.79	0.46	0.09
Actual \$ per term per student increase - UTI	0.13	0.03	0.01	0.00
Total	4.06	0.81	0.47	0.09
as a %	2.06%	2.06%	2.06%	2.06%

	Details of Fee Calculation under CPI and UTI	STG Full Time	STG Part Time	UTM/UTSC Full Time	UTM/UTSC Part Time
A	Previous Year Fee (2021-22)	196.71	39.34	22.82	4.56
B	Less Removed Temp. fee (2019-20)	N/A	N/A	N/A	N/A
C	Adjusted Fee Base	196.71	39.34	22.82	4.56
D	Plus CPI	3.93	0.79	0.46	0.09
E	Plus UTI	0.13	0.03	0.01	0.00
F	Proposed 2022-23 Fee (C+D+E)	200.77	40.15	23.29	4.66
G	CPI per term/student	3.93	0.79	0.46	0.09
H	UTI per term/student	<u>0.13</u>	<u>0.03</u>	<u>0.01</u>	<u>0.00</u>
I	Total \$ increase per term/per student (G+H)	4.06	0.81	0.47	0.09
J	Total % increase	2.06%	2.06%	2.06%	2.06%

Questions





FIND YOUR FIT

2020–2021 SPORT & REC YEAR IN REVIEW



FOREWORD

In 2020–21, the reduction of student ancillary fees and the loss of any self-generated revenue for a year and a half had a significant impact on the fiscal stability of the Sport & Rec program, and forced us to make some very difficult decisions, including staff layoffs.

While the pandemic is not yet behind us, we are encouraged to see activity cautiously resuming on our campuses, in accordance with public health guidelines.



TABLE OF CONTENTS

Letter of Welcome.....	ii
Land Acknowledgement & Commitment Statement.....	1
Equity, Diversity, Inclusion & Belonging	2
MoveU	3
Drop-in Programming	5
Fitness & Performance	7
Intramurals, Clubs & Tri-Campus Sports	9
Varsity Blues	11
High Performance Sport	13
Governance	15
Employment & Leadership.....	17
Facilities.....	19

Sport & Recreation is a part of the Faculty of Kinesiology & Physical Education that offers sport and physical activity programs to the entire University of Toronto community.

LETTER OF WELCOME

WELCOME TO THE 2020–21 SPORT & RECREATION YEAR IN REVIEW.

While not without challenges imposed by the ongoing COVID-19 pandemic, the last year and a half has taught us many valuable lessons and strengthened our resolve to continue providing our students and community with the best possible opportunities to enhance their physical and mental wellness.

Before the pandemic forced us off campus in March of 2020, Sport & Rec was already exploring ways of delivering parts of our programming remotely to accommodate our students' diverse circumstances, such as having to commute to campus, working or being a student parent. The pandemic accelerated the shift to a virtual training portal, which proved to be so popular and successful that we've decided to continue with it as part of our regular programming.

While committed to maintaining the connections we fostered online, we are also excited about the return to in-person programming, which we have creatively adapted to be both safe and enjoyable. We've added some new classes to old favourites, so there's bound to be something for everyone – a simple click through the Sport & Rec website is all it takes to find your true fit.

The year behind us has also seen the expansion of our equity, diversity, inclusion and belonging portfolio, as we continue to focus on removing barriers to participation for all equity-deserving communities and providing diverse and inclusive programs, services and spaces for our stakeholders across the three campuses.

The adoption of a commitment statement to complement the University's Land Acknowledgement Statement was an important milestone in 2020–21. The commitment statement recognizes and frames not only our past transgressions but also illuminates a way forward in partnership with the Indigenous community.

Before the pandemic forced us to shut down, the number of students using our facilities and services was at an all-time high. This is not surprising given the growing awareness of the overall health and academic benefits of sport and physical activity. It was also a result of the uniqueness of our programming, which is informed by the academic research of the Faculty of Kinesiology and Physical Education and benefits all U of T students.

We are well on our way to restoring those numbers and we owe it all to our committed staff and engaged students, who have been using the many available opportunities to get involved – either through the governance process or as program leads. The future is looking bright and we've learned that we truly are stronger together.



Gretchen Kerr
Dean
Faculty of Kinesiology &
Physical Education



Beth Ali
Executive Director
Athletics and Physical Activity

Land Acknowledgement & Commitment Statement



Sport & Rec is committed to providing an inclusive, welcoming and safe environment for everyone. We understand the value of student diversity and recognize individual differences in the creation of opportunities within our programs and services. We acknowledge that disparities in opportunities within education, sport and recreation are rooted in historical and contemporary injustices related to race, ethnicity, national origin, sex, gender identity, religion, socio-economic status, ability and age. Through a continuous strategic effort, we work to create meaningful opportunities and experiences for equity-deserving communities.

LAND ACKNOWLEDGEMENT & COMMITMENT STATEMENT

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit River. Today, this meeting place is still the home to many Indigenous people from across Turtle Island, and we are grateful to have the opportunity to work on this land.

As part of an institution complicit in contributing to colonial processes, we are committed to reconciliation by building relationships with Indigenous communities in order to learn about the diversity of Indigenous Nations, create Indigenous spaces, and enact anti-colonial practices.

Equity, Diversity, Inclusion & Belonging

Our Diversity & Equity team is made up of undergraduate and graduate students from across campus. This highly engaged team plans and implements student-led initiatives that promote equity, diversity, inclusivity and physical and mental health.

BLACK EXCELLENCE KIKI WEEK

In partnership with the Toronto Kiki Ballroom Alliance, our team organized and offered a full week of virtual programming for Black History Month from February 22–26, 2021, in lieu of the annual in-person Black Excellence Kiki Ball, which had to be cancelled due to COVID-19. Programs included panel discussions on the culture and history of ballroom, dance and movement workshops, and table discussions on Black bodies, health, and gender expression. Every session amplified Black voices and experiences and was planned with Black members from the Kiki Ballroom community. Throughout the week, **105 members of the U of T community attended**, including students, staff and faculty.

DIVERSITY IN MOTION CONFERENCE

This year, the Diversity in Motion conference took place virtually and included four different workshops **engaging 115 participants**. There was a table talk on race and sport featuring members of the BIPOC Varsity Association along with Tamara Tatham, U of T's Varsity Blues women's basketball coach; there were also discussions around anti-fat bias and fatphobia, disability justice and the impact of colonization on sport and recreation. Each workshop brought in experts in the field, allowing students and participants to have the opportunity to ask questions of and learn from people who dedicate themselves to improving equity and accessibility.

EQUITY IDEAS FUND

The Diversity & Equity team administers and approves the Equity Ideas Fund, distributing a total of \$10,000 per year. Student groups and clubs can apply for up to \$500 in funding for initiatives that align with the program's strategic objectives surrounding diversity, equity and inclusion. In 2020–21, the team received 15 applications, with 11 receiving funding and support and engaging 519 students in funded events/programs.

519
students in funded
events/programs

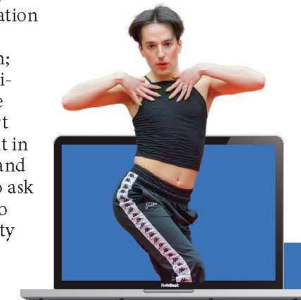
HIGHLIGHT INITIATIVES:

1. Yalda Night: Cultural event with music, dance and poetry with the Iranian Association at the University of Toronto.
2. KPE Community Night: An event aimed to provide support and foster community among BIPOC KPE students.
3. UTM Black Students Association: "Blackout" panel and workshop on mental health practices and wellness.
4. Women in Computer Science: Q&A with self-identifying female STEM professionals.

MOVE WITH CULTURE WORKSHOPS

HOSTED **3** WORKSHOPS | **69** STUDENTS

In 2020–21, the Diversity & Equity team hosted three separate Move with Culture workshops providing **69** students with opportunities to experience physical activity from other cultures. These workshops included a pow wow hip hop class led by pow wow dancer and U of T student Nichole Leveck, an Afro-Caribbean dance workshop and a capoeira workshop.



VOGUE DANCE CLASSES

Weekly vogue dance classes continued online this year, giving **237** students the opportunity to learn remotely. Online access to these classes enabled students who commute to campus (or spend time on other campuses) to participate more easily.

237 students



VACCINE CLINIC POW WOW

The University of Toronto's Varsity Stadium was transformed into the site of a vaccine pow wow in June 2021, with volunteers dancing and playing hand drums while community members received their shots. Devon Bowyer, a former Varsity Blues soccer player and graduate of Dalla Lana's master of public health program, helped run the clinic. The clinic provided nearly 200 First Nations, Inuit and Métis people with a culturally safe place to receive their vaccinations.



moveu.ca

MOVEU IS A TRI-CAMPUS INITIATIVE WITH STUDENT TEAMS ON THE ST. GEORGE, SCARBOROUGH AND MISSISSAUGA CAMPUSES. IT IS DEDICATED TO IMPROVING THE MENTAL AND PHYSICAL HEALTH OF STUDENTS THROUGH PHYSICAL ACTIVITY AND PEER-TO-PEER ENGAGEMENT WITH THE OVERARCHING GOAL OF ENSURING THAT ALL STUDENTS FEEL WELCOME IN OUR SPACES AND PROGRAMS.



MoveU

MOVEMENT BREAKS

Movement breaks are 5–10-minute sessions that encourage students to take a break from prolonged sitting. This past year, 472 students were engaged through 15 movement breaks. Students who participated in movement breaks reported feeling better able to focus and better primed for academic success. Moreover, 73 professors and course instructors added pre-recorded movement breaks into their courses. These videos were added on Quercus, along with announcements to remind students to take breaks as they work through online coursework.

472 STUDENTS

73 PROFESSORS WERE ENGAGED

25 CLASSES 364 STUDENTS

MOBILE MOVEU

The MoveU team, in partnership with Hart House, provided virtual options for workouts and travelled to student spaces across the University to run drop-in fitness classes on request. Each faculty/college was offered four sessions. In 2020–21 the program offered 25 classes with participation by 364 students.

ORIENTATIONS & EVENTS

The MoveU crew participated in seven orientation events across campus that provided movement breaks and information related to Sport & Rec, connecting with 327 students. The Mobile MoveU Summer Series was introduced in partnership with different colleges and units across campus to bring physical activity to their spaces.

7 ORIENTATION EVENTS 327 STUDENTS

MOVEU.HAPPYU

MoveU.HappyU is a complimentary, unique, six-week program that offers behaviour-change coaching and exercise training to students for mental health support. For the Fall 2020, Winter 2021, and Summer 2021 terms, MoveU.HappyU was delivered entirely online. Preference was given to students who were not meeting physical activity guidelines (e.g. individuals who were engaged in fewer than 150 minutes of higher-intensity exercise per week). There was overall participation of 165 students, who received behaviour-change coaching, and exercise training. This year, the program was able to accommodate a much larger number of students thanks to funding from the International Student Experience Fund, and specifically targeted promotions to recruit international student participants.

165 STUDENTS PARTICIPATED



SHE MOVES

To celebrate International Women's Day, the tri-campus MoveU teams joined together to create a day full of physical activity and meaningful discussion panels to celebrate women in sport. The event ran from 10 a.m. to 8 p.m. and participants had a chance to participate in five physical activity classes and two discussion panels (Body Image in 2021 and Women in Sport). Overall, the event was a success, with 175 participants attending the conference throughout the day.

5 PHYSICAL ACTIVITY CLASSES 175 PARTICIPANTS

MOVEU ACTION GRANTS

Funded through the International Student Experience Fund (ISEF), the MoveU Action Grant program allows international students to apply for up to \$500 to put towards a physical activity initiative.

The aim of the program is to help international students improve their student experience through physical activity, while providing the MoveU team with insights into the types of programs that international students would like to see offered. In the Fall 2020 and Winter 2021 terms, the program received eight applications. One student project met the program's criteria and received funding. Being back on campus will provide more opportunities for students to develop and receive funding in 2021–22.

The MoveU team hosted a focus group with international students to better understand their unique needs and to engage them with physical activities at their desired level. 15 students attended the focus group, and many of the insights learned during the focus group will be applied for 2021–2022 ISEF grants programming. As well, further support was offered and social events organized throughout the year that focused on improving student life.

15 STUDENTS ATTENDED A FOCUS GROUP 8 APPLICATIONS

"I joined the team during the pandemic, which helped me develop healthier habits. One of the most important ones has been understanding that physical fitness does not have to be intimidating. It broke me out of unhealthy mental habits. I no longer want to work out to be skinny or look good, but to feel stronger for myself."



~ Valeria Vela Mendoza, 3rd year, International Relations and Criminology

Drop-in Programming

Drop-in programs are an important gateway into physical activity for our students. For a large number of U of T students, drop-in programs are often the first experience they have with the physical activity programs offered on campus. To ensure ample opportunity for participation, our team is committed to increasing opportunities to access expert-led programs that are offered at no extra cost to students.

During the Fall 2020 term, students were welcomed back into our spaces to participate in drop-in programming. Although drop-in activities required students to register in advance in order to manage capacity limits, **12,428** students visited Sport & Rec spaces in 2020–21 to re-engage in their favourite sports and activities including table tennis, badminton, soccer and field sports, and **1,927** swimmers took advantage of lane swims in our 50m Varsity pool at the Athletic Centre.

2020–21 Program Participation:

TERM	PARTICIPANTS
Fall 2020	6,390
Winter 2021	Closed
Spring–Summer 2021	6,038
Total	12,428



Over the spring and summer terms, our Sport & Rec team leveraged outdoor spaces to provide programming that would permit students to stay active while indoor spaces were closed. Between June and August 2021, **453** students enjoyed fresh air, open spaces and programs such as workout of the day, sports drills and jogging on the Varsity track.



453 students enjoyed fresh air, outdoor activities in our open spaces

“ One of the key benefits I experienced with drop-in soccer was a sense of community! The ability to attend a weekly program is truly great for meeting new people while continuing to see old friends. Aside from drop-in, intramurals were a great place to meet other students in the Faculty of Law that I had yet to interact with. Participating in drop-in and intramurals provided me with a well-needed opportunity to burn off stress! ”

~ Christos Kakalettris, 1st year, Law

12,428
students visited Sport & Rec spaces



1,927
swimmers took advantage of lane swims

“ Sport & Rec programs have given me a great way to take a break from academics and be active. It can be easy to be swept up in school; it's important to make sure you prioritize time to have fun and be active. I've found it really helps to improve my mood and my productivity during the week. ”

~ Kieran Wheatley,
Gymnastics program coach,
1st year, MSc Rehabilitation Sciences Institute

Fitness & Performance

Our Fitness & Performance (F&P) team engages the U of T community with a full complement of expert-led health, fitness and performance-enhancing physical activities and exercise opportunities. These programs aim to provide members of the U of T community with the knowledge they need to be healthy, physically literate and active for life.

Despite barriers presented by the global pandemic, our commitment to providing our students and community with opportunities to enhance their physical and mental wellness was stronger than ever. From the online adaptation of existing programming to the creation of all-new COVID-safe outdoor programming, our offerings adapted to best serve the diverse needs of our student body and the greater U of T community.

FALL 2020

F&P was excited to welcome students back to in-person training in September 2020, after having been closed since March of that year. The F&P team converted the Athletic Centre Field House into a safe, physically distanced fitness space that had a little something for everyone. Group fitness classes were taken to the beautiful Back Campus fields, where students and members of our U of T community showed up to sweat in the sun!

During September and October 2020, participants were able to book 45-minute individual indoor workouts at the Field House to use squat racks, free-weights, cardio equipment and body weight. In this time, 684 training time slots were offered and 3,439 students checked in to get active and do a workout. The team also took advantage of our available spaces to safely bring back group fitness workouts. In total, 623 students came out to sweat with us across Barre, Cardio Dance Party, Mindful Moments Yoga, JOGA, Big HIIT, Squad Training & Studio HIIT workouts.

Squat Racks | Free-Weights | Cardio | Body Weight



684
training time slots

3,439
students checked in

623
students joined group workouts in 2020



Barre | Cardio Dance Party | Mindful Moments Yoga | JOGA | Big HIIT | Squad Training & Studio HIIT

Taking Workouts to the Great Outdoors

When one door closes, another one opens. In response to the closure of indoor training facilities from October 2020 to June 2021, our team reimagined our outdoor spaces, converting the Varsity Centre concourse into an outdoor training space. Equipped effectively with bars, plates, kettlebells, mats and heaters, along with options for group fitness workouts, our team created a safe and engaging training space for 509 students who came to work out. The F&P team continued to optimize use of the Varsity Centre and Back Campus Fields to bring group fitness workouts into the Spring and Summer 2021 terms. In total, 545 students enjoyed our outdoor group fitness workouts during this time.

“

Big HIIT is frankly the best workout program offered here. The staff successfully built a very inclusive, supportive and educational program for everyone. The instructors made everyone, regardless of their previous experience, skin colour, body type and gender, feel positive and motivated in this program. They have a lot of exercise knowledge and helped participants improve by correcting our form. I made friends with the lovely coaches, I gained muscle, and mostly importantly I felt good.”

”

~ Derrick Yang,
Student, Math,
Computer Science & Statistics

509
Fall &
Winter
students

545
Spring &
Summer
students

came to work out



Squad Training Fitness FOUNDATIONS: Collaboration with MoveU

In partnership with MoveU, the F&P team offered a series of Squad Training workouts created to provide a fun outdoor opportunity to keep students active while emphasizing inclusivity, showing that F&P training is accessible for all levels. In total, 167 students participated in this series. In addition, FUNday Friday workout events were organized to add a little excitement to the week with prizes and giveaways. The MoveU and F&P teams hosted four different FUNday Friday events and had a total of 51 students attend during this time.

167
students
participated

4
different
events
51
students
participated

Online Training: Virtual Fitness Studio (VFS)

Despite not being able to use some of our physical spaces during the COVID-19 related closures, students enjoyed a variety of online fitness opportunities through our virtual training portal. With live workouts and an on-demand library, students had the ability to join workouts from wherever they were and kept the movement going at home. Continuing from the summer into Fall 2020, and with strong partnerships with Hart House and U of T Mississauga, the Virtual Fitness Studio offered 26 different weekly online workouts and inspired the participation of a total 13,325, staff, faculty and community members. The F&P team offered their signature Barre, Big HIIT, Cardio Dance Party, Squad Training, Vogue Dance, and Mindful Moments Yoga online workouts to 2,504 participants.

13,325
participated

“

I had just started seeing a personal trainer at the U of T gym before the pandemic started, and before that, I didn't know HOW to work out! Now, several months later, I'm still logging onto the Big HIIT training, but I find myself doing these moves with ease; I'm the fittest I've ever been thanks to your coaches ... Who would have thought this could happen during a lockdown, when I am stuck at home, and it is so easy to be lazy? I have the online workouts to thank for that.

”

~ Valerie Kindarji,
Doctoral student, Political Science

Intramurals, Clubs & Tri-Campus Sports

As one of the largest intramural programs in Canada, our leagues play a fundamental role in our students' university experience. The intramural program offers a wide range of sports at varying levels of play to meet the diverse interests of the student population. These programs aim to benefit the physical and mental health of our students through physical activity and the building of community.

In response to the changing restrictions related to the COVID-19 pandemic, our team adapted to provide physically distanced programming and remote activities in order to offer **1,648** roster spots and opportunities for students to stay active and engaged in sport during the 2020–21 school year.

Fall 2020

Our team offered select in-person physically distanced programming, specific to individual and doubles competition, introducing new sports such as bocce ball, spike ball, washer toss and kanjam. Our team also introduced a weekly Amazing Race competition, running for eight weeks in total with **34** teams participating with great interest and enthusiasm.

34 teams participated

Winter 2021

With in-person activity restricted, our team shifted to offering E-sports tournaments. Sport & Rec became a founding member of the Ontario Post-Secondary Esport League, and the intramural Esport team became its first League of Legends champion.

1st League of Legends Champion

Spring/Summer 2021

In-person programming resumed whenever possible, bringing back activities introduced during the fall such as bocce ball, spike ball, cornhole, soccer tennis and kanjam.

Fall 2020–Summer 2021 INTRAMURALS PARTICIPATION

85
Leagues

615
Teams

531
Games

1,648
Total Participation

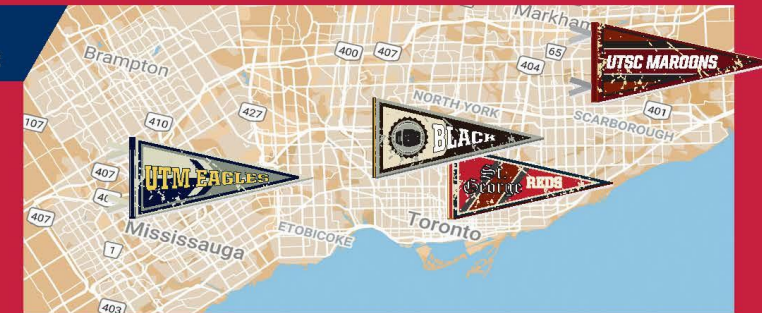
TRI-CAMPUS LEAGUE

The Tri-Campus League is open to U of T students and represents the highest level of sport competition within the intramural program. Participants from all three campuses develop their sport skills with the help of coaches, scheduled practices and competitive play with officiated games. Unfortunately, the COVID-19 restrictions imposed on our Tri-Campus League resulted in the cancellation of the season during the 2020–21 school year.

TRI-CAMPUS SPORTS OFFERED:

- Basketball (M & W)
- Hockey (M)
- Soccer (M & W)
- Volleyball (M & W)

M = men's
W = women's



COMPETITIVE CLUBS

Club sports offer U of T students and community members the opportunity to participate in a competitive club environment. In 2020–21, club sports programming engaged **287** U of T students, alumni and community members across eight competitive clubs, training virtually when unable to gather in person.

- Karate Club
- Kendo Club
- Dance Team
- Masters Swim Club
- Nordic Ski Team
- Pom Team
- Synchronized Swimming Club



287 students engaged

“The dryland training (as well as some online yoga I did) saved me during the pandemic. In fact, I rarely did anything in addition to swimming prior to the dryland training sessions, but I now see how important they are to accompany my swimming. I feel I am a stronger swimmer now than I was before the pandemic because of the dryland training and yoga that I was able to do.”

~ Kelly Lyons, Professor, Faculty of Information

“I started participating in intramural sports in my first year as well as playing on the D-League Women's Soccer team since first year. I've been an athlete from a young age, so these programs have greatly benefitted my mental and physical health. These programs have also been where I've had some of the happiest moments I've shared with friends on campus. There's a myth that your university is all about academics, but playing sports to maintain a balanced lifestyle and having a sense of community is important too.”

~ Sophia Gutierrez, 4th year, Kinesiology



Varsity Blues

The Varsity Blues program is the largest intercollegiate program in Canada, with **42** teams competing in 24 sports and supporting **745** student-athletes and over **350** coaches and support staff.

The health and safety concerns brought on by the pandemic, coupled with the move to remote learning and poor financial health of university sport programs, made the 2020–21 Fall and Winter Ontario University Athletics (OUA) and University Sport (U SPORTS) unviable. OUA and U SPORTS cancelled all provincial and national competition and sanctioned events for the fall and winter terms. This decision applied provincially and nationally to all varsity sport programs, including those that did not compete in OUA and U SPORTS.



BLUES VIRTUAL 5K

More than 300 members

of the U of T Varsity Blues community took part in the first-ever Blues Around the World Virtual 5 km run on June 26, 2021. The fundraiser, which drew participants from around the globe, was open to everyone and aimed to connect people and get them moving.



TRUE BLUE TOUR

In an effort to generate some on-campus excitement and school spirit during an otherwise somber academic year, the Varsity Blues took to the streets of campus in their first-ever True Blue Tour in October 2020.

This five-stop event gave U of T students a chance to meet True Blue and perform fun physical activities for prizes. True Blue stopped at Alumni Hall, St. Michael's and Victoria Colleges, St. George and Bloor, Robarts Library and Sandford Fleming.

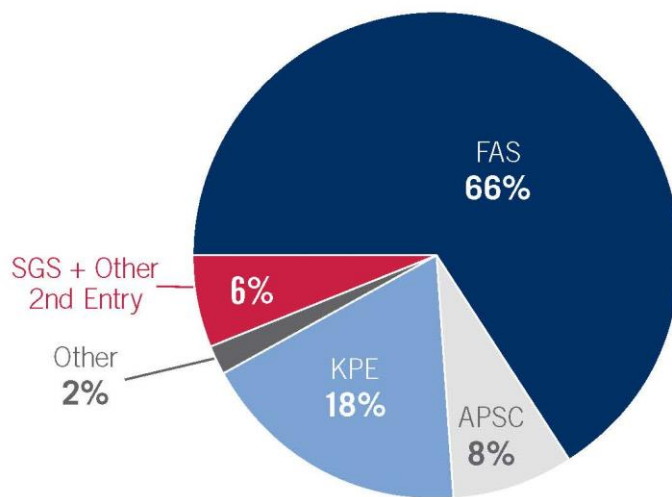


2020–21 was an unprecedented year for intercollegiate sport, but the Varsity Blues program and its large community of student-athletes, coaches and support staff are resilient and committed and now thrilled to be back in action for the 2021–22 season.

VARSITY STRENGTH & CONDITIONING

While competitions were paused, student-athletes worked closely with our Fitness & Performance (F&P) team to train indoors, outdoors and online, taking advantage of all available strength & conditioning opportunities whenever and wherever possible. The F&P team led workouts for intercollegiate athletes as well as training sessions dedicated to technical and sport-specific drills to ensure student-athletes stayed sport-ready.

STUDENT-ATHLETE AFFILIATION



VARSITY BLUES ACADEMIC EXCELLENCE

In 2020–21, the Varsity Blues boasted 321 student-athletes who achieved academic excellence award standing (GPA greater than or equal to 3.5). This represents 43 per cent of the varsity athlete population, including 53 per cent of all women's student-athletes achieving honours standing.

The intercollegiate program is also proud of its 92 per cent graduation rate, due in part to the Faculty's targeted orientation sessions for athletes and its dedicated Student-Athlete Services office.

178
women
143
men

STUDENT-ATHLETE STORIES

During the 2020–21 academic year, the Varsity Blues launched a weekly series, "Student-Athlete Stories," to highlight our Varsity Blues athletes and their academic pursuits. Each featured student achieved first-class honours with an AGPA of at least 3.5 in the previous academic year. The series was met with great regard from all three campuses and faculties around the University.



Student-Athlete Story Excerpt:

“ I couldn't be happier with the decision I made to come here and it has most certainly changed how I view my life,” he said. “Before coming to school, my ambition was fully in hockey and trying to play professional somewhere. U of T taught me how much more there is out there and how passionate I am about what I am studying.”

~ Riley Bruce, Hockey, 3rd year, Rotman Commerce

Total stories **28**
Men **13**
Women **15**

HIGH PERFORMANCE SPORT

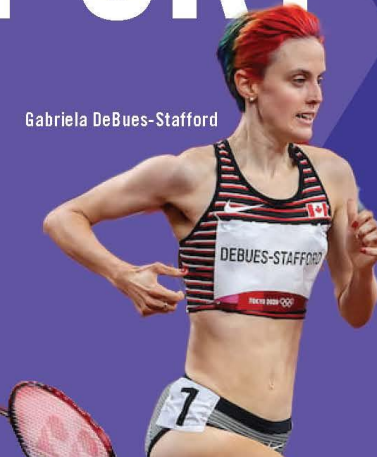
The Sport & Rec team contributes significantly to the high performance sport system within Ontario and Canada through our High Performance Mandate. For U of T student-athletes, this includes access to enhanced strength and conditioning programs and coaches, training facilities, sport medicine and admissions and academic support within the University.

U OF T AT THE 2020 TOKYO GAMES

University of Toronto Varsity Blues athletes and alumni continue to represent our community and Canada on the world stage, most recently leaving their mark on the 2020 Olympic and Paralympic Games. The U of T boasted 13 Olympians, one Paralympian and five staff members at the 2020 Tokyo Games. Leading the way was recent Faculty of Kinesiology and Physical Education graduate Kylie Masse, who earned two silver metals and one bronze medal in the pool for Canada.



Alicia Brown



Gabriela DeBues-Stafford



Michelle Li



Gabe Mastromatteo



Kylie Masse

TOKYO GAMES

Duenas, Crispin	Archery	Victoria College
Brown, Alicia	Athletics	University of Toronto Mississauga
DeBues-Stafford, Gabriela	Athletics	Victoria College
Kelly, Madeleine	Athletics	New College
Stafford, Lucia	Athletics	Faculty of Applied Science & Engineering
Honderich, Rachel	Badminton	Faculty of Kinesiology & Physical Education
Li, Michelle	Badminton	Woodsworth College
Bansley, Heather	Beach Volleyball	University College
Foreman-MacKey, Annie	Cycling	Dalla Lana School of Public Health
Devaux-Lovell, Stephanie	Sailing	Faculty of Kinesiology & Physical Education
Cabraja, Matt	Swimming (Paralympics)	New College
Masse, Kylie	Swimming Silver, Silver, Bronze	Faculty of Kinesiology & Physical Education
Mastromatteo, Gabe	Swimming	New College
MacLennan, Rosie	Trampoline	Faculty of Kinesiology & Physical Education
Kiefer, Linda	Coach (Swimming)	Faculty of Kinesiology & Physical Education; Ontario Institute for Studies in Education
Gross, George Jr.	Commentator (Water Polo)	Ontario Institute for Studies in Education
MacDonald, Byron	Commentator (Swimming)	Faculty of Kinesiology & Physical Education
Au, Edison	Medical Staff (Field Hockey)	Temerty Faculty of Medicine
Drakich, Ed	Official (Volleyball)	Faculty of Applied Science & Engineering

13
Olympians

1
Paralympian

5
Staff Members

GOVERNANCE



2020-21 BIPOC VARSITY ASSOCIATION MEMBERS

At Sport & Rec, we believe that we have an important role to play in providing students with opportunities to be a part of the governance process. By participating in committees, boards, reviews and councils, students have the chance to share their insights and experiences. This helps us to evolve our programs and policies to better meet the needs of U of T's diverse student community, and guides students to develop leadership skills, which will serve them well post-university.

INTRAMURAL SPORT COUNCIL (ISC)

The ISC includes student representatives from all colleges, faculties and divisions of the St. George campus, as well as representatives from UTM and UTSC. The council provides input on the procedures and policies of the intramural program and selects annual award recipients.

COUNCIL OF ATHLETICS AND RECREATION (CAR)

CAR provides oversight of the co-curricular programs offered through the Faculty on the St. George campus, as well as university-wide programs such as intercollegiate sports, intramurals and the Tri-Campus Leagues. CAR is responsible for overall athletics and recreation policy, and annually reviews and approves the co-curricular budget.

BIPOC VARSITY ASSOCIATION

Following the horrific murder of George Floyd in May 2020, a group of current and former student-athletes met with Varsity Blues administrators, and the BIPOC Varsity Association was formed.



The BVA works to ensure equity, diversity and inclusion in the University of Toronto Varsity Blues program. The BVA is committed to building community for BIPOC student-athletes, increasing racial diversity within all aspects of the program, ensuring mandatory anti-racism training for student-athletes, coaches and staff, and establishing avenues for education and mentorship to enhance the experience of BIPOC student-athletes.

VARSITY BOARD

Varsity Board includes student representatives from each of the 42 varsity teams, along with staff and a coach representative, and provides input on the operation of the intercollegiate program. The board also determines the winners within the annual awards program and represents student-athletes on CAR.

Despite not being able to meet in person, Varsity Board was in full operation during the 2020-21 academic year. Led by co-presidents Justin Brand (hockey) and Jessica Muha (basketball), Varsity Board hosted many virtual events, including a series called "First-Year Connect" to help first-year student-athletes navigate academics, athletics and life at U of T. They also hosted a virtual paint night, step challenge, cooking class and career night.



CO-CURRICULAR RECORD

The Co-Curricular Record (CCR) officially documents student activity beyond the classroom, and many of the jobs and volunteer opportunities at the Faculty of Kinesiology and Physical Education, including Sport & Rec, are CCR-validated. The CCR demonstrates official recognition of the skills and competencies learned in sport and recreation settings and how these skills contribute to students' overall educational experiences and personal development.



“

My time as a Co-Chair of the Council of Athletics and Recreation has been invaluable. Having experienced sport governance as a previous Co-President of our Varsity Board, chairing CAR has given me a greater perspective of the incredible work our administration provides for athletes and the greater U of T community.

Over the past two years, my role on CAR has provided me the opportunity to develop my professional skills through communication and teamwork with various executive branches of the University, grown my creativity and problem solving through work on our impactful subcommittees, and promoted my adaptability and time management as a student-athlete while balancing school and extra curriculars. I can confidently say that this position is one of the most impactful roles a student can take outside of genuine employment within our Faculty.

”

~ Grant Shantz,
5th year, Kinesiology &
Physical Education

Employment & Leadership



If you have ever registered for a Sport & Rec class, played a game of intramurals or filled out a survey about your customer experience, chances are you've met one of our student employees. Sport & Rec continues to be the largest employer of students at U of T, providing opportunities to students from all faculties and colleges. In 2020–21, we experienced a reduction in our hiring of casual staff due to facility closures. However, we were able to hire **403** students in work study positions to provide opportunities to strengthen their skills and explore how their academic studies can translate to career possibilities. Student employees were all provided with comprehensive training and orientation. Working in a wide range of roles, students gained business skills that will serve them well long after they graduate.

➤ **Hired 403 Students**

CAMP U OF T

Camp U of T is one of the University's largest student employers. As COVID-19 restrictions eased, we were able to open select Camp U of T programs for the Summer of 2021. Although the capacity was greatly reduced as compared to a typical summer due to the ongoing public health restrictions in place at the time, we were able to host **639** campers over the course of the summer. The Camp U of T team offered five different programs in Adventure, Multisport, NOT Sport, Track and Field and Basketball. The camp employed 38 staff, 23 of whom were current students, with another four being alumni. Camp U of T counsellors received 10 hours of virtual training this year in keeping with our commitment to offer the highest quality of instruction. Student-staff competencies were validated through the Co-Curricular Record (CCR).

JUNIOR BLUES

Junior Blues programs provide year-round opportunities for children to improve their competence and confidence in how they move. Scheduled primarily during off-peak hours, these programs provide an important community service for children and youth, and train and develop student leaders. We started Fall 2020 with 13 different program offerings in junior development track, competitive gymnastics, and virtual programs in women's volleyball and basketball, engaging a total of **234** participants and 30 student-athletes who volunteered their time to help run the virtual programs. Over the Winter 2021 term, while our facilities were closed, we were able to offer 11 different virtual programs in soccer, junior development track and volleyball, engaging **172** participants led by a team of 10 energized staff.

“

I actually started in Sport & Rec programs at U of T when I was four years old, doing recreational gymnastics. I grew up in their competitive gymnastics program and later returned to work as a coach. I worked at the gym all the way through my undergraduate degree and still now while I complete my master's degree. I am very fortunate to be part of this U of T community and get to share a common interest with other students and staff. Working in my various roles with Sport & Rec, I have really gotten to develop my leadership, critical thinking and social skills. I've gotten to share my ideas to improve our programs while simultaneously learning to manage multiple priorities.

”

~ **Kieran Wheatley**,
1st year MSc, Rehabilitation Sciences Institute

“

I joined the team during the pandemic, which helped me develop healthier habits. The team has been very supportive about work-life balance, as well as their overall support for developing healthy habits (physical, nutritional, mental and personal), which has led to a better student experience and improved academics.

”

~ **Valeria Vela Mendoza**,
3rd year, International Relations and Criminology

➤ Hosted **639** Campers
Employed **38** Staff



FACILITIES

The Faculty of Kinesiology & Physical Education, and Sport & Rec team, operate a wide range of activity spaces for sport and recreation, including the Goldring Centre for High Performance Sport, Back Campus Fields, Varsity Centre and Arena, Athletic Centre, as well as the playing fields on Front Campus and Robert Street. We provide complimentary day lockers at the Goldring Centre and Athletic Centre to make physical activity as convenient as possible.

Our facilities welcome students, academic programs and research participants, children and community members. We host a wide range of programs including intramurals, intercollegiate sports, drop-in sports and recreation, and registered programs. Student and community groups also frequently rent space in our facilities for special events.

Due to the unprecedented circumstances of the pandemic, closures throughout the year and change in programming, we were unable to consistently track visits to Sport & Rec facilities in the same way as previous years.

“



Given my athletic background prior to coming to U of T as a first-year student, it was really important that I continue maintaining my fitness and athleticism throughout my studies. It did not take long to find opportunities that fit my wellness goals. Discovering the sheer amount of available programming provided by Sport & Rec really gave me peace of mind. There is a wide range of activities to choose from, and you can always find something that fits within your schedule. Sport & Rec truly goes above and beyond in ensuring students can meet their health and wellness goals while having fun and making great memories!

”

~ Rheannon Demeter,
5th year, French Language Learning,
Education & Society and French Studies

MACINTOSH SPORT MEDICINE CLINIC (GC)

The clinic provides sport medicine services to U of T students, student-athletes and community members. Our team includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians and an orthopaedic surgeon.



Due to the pandemic and the provincial and University regulations, our primary student population commenced virtual campus activities, which reduced the demand and access to our services. As a result of these changes, there was a reduction in staff, and the clinic provided virtual services to the student population from March 2020 until August 2020. In September 2020, the clinic gradually increased in-person services and recalled a therapy staff member and two administrative staff to support the caseload. During the period from July to September 2021, the clinic was able to recall the rest of the team and increased both in-person and virtual services to the student population.

- Operates 50 weeks per year, 2,700 hours per year
- Performed 4,391 client services (1,405 virtual/2,986 in-person) in 2020–21
- In August 2021, resumed concussion services for students with the expertise of various health care professionals (sport physicians, therapists and a kinesiologist)
- Due to the pandemic, there were limited student teaching opportunities but included 33 student therapists (KIN), one Rehabilitation Science student, three Sport and Exercise Medicine residents and one work study student

FEATURES:

- Preventative, diagnostic and therapeutic sport physician consultations and programs
- Electrical muscle stimulation (EMS), laser, acupuncture, ultrasound, and bracing
- Comprehensive concussion management and C3 Logix testing



ATHLETIC CENTRE (AC)

Home to various Varsity Blues sports teams, intramural leagues and sport and fitness opportunities, the AC is the University's highest trafficked sporting facility on campus. The facility provides students and the community with a world-class sporting facility in the heart of Toronto.

FEATURES:

- An indoor 200-metre track and four multi-purpose courts
- A large, modern strength and conditioning centre
- Free, convenient day lockers
- Steam rooms
- One dance studio
- Cardio machines
- Eleven squash courts
- Three gyms
- Three pools



GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT (GC)

Goldring Centre has increased the University's capacity to provide recreation, physical activity and sport for all students. Staff provide orientations and work to create a welcoming, positive environment. The Field House offers drop-in basketball and volleyball, as well as intercollegiate, Tri-Campus Development League and intramural programming.

FEATURES:

- A 2,000-seat, international-standard Field House for court sports
- A state-of-the-art strength and conditioning centre
- Sport science laboratories for teaching and research
- The David L. MacIntosh Sport Medicine Clinic

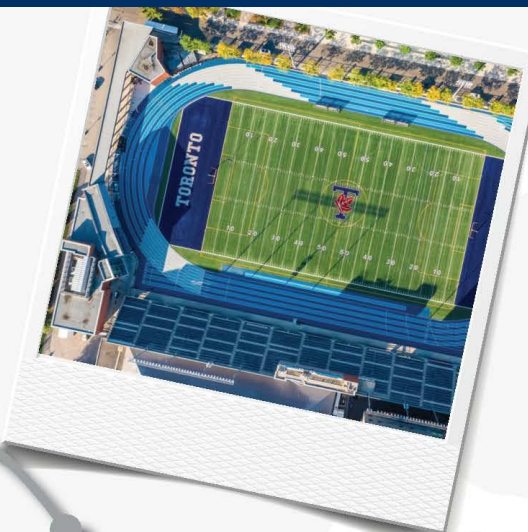


VARSITY CENTRE AND ARENA (VC/VA)

Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre also hosts recreational and instructional classes, children's programs and high-performance athlete training.

FEATURES:

- A 5,000-seat stadium
- A 400-metre eight-lane track
- An artificial turf field with a dome for winter use that provides additional space for intramurals, drop-in sport and a driving range
- A 4,000-seat arena



BACK CAMPUS FIELDS (BCF)

The Back Campus Fields are available for use by individuals and groups for physical activity and sport. The fields are comprised of two synthetic turf fields and provide state-of-the-art outdoor facilities on our downtown campus.

FEATURES:

- Two all-weather turf surfaces

RENTALS AND EQUIPMENT LENDING

We encourage students to get active by providing drop-in equipment rentals. Not only does this make sports and recreation affordable, but it also makes it convenient. Unfortunately, equipment rentals and lending were not available in 2020–21. However, when operations resume, we will likewise resume equipment lending.

