



Best Practices

The Florida Recreation and Park Association adopted a comprehensive Strategic Plan in 2015. That Plan is based on four foundational pillars – Health, Community Building, Environmental Sustainability and Resiliency, and Economic Impact/Development.

The Association is in search of Best Practices in each of these four areas, which can serve as a resource for parks and recreation professionals. We realize that “Best Practice” can be broadly applied and the meaning varies depending on the environment and industry one works within.

For the purposes of the FRPA Strategic Plan, the Association’s Board of Directors has adopted and will apply the following definition:

FRPA Strategic Best Practices – Methods, professional guidance, benchmarks and technical expertise centered around a FRPA strategic pillar (Health, Environment, Community Building, Economic Impact) that are evidence-based or proven through experience to support positive results and may be replicated or utilized by other parks and recreation agencies toward achieving a similar desired outcome.

“Evidence-based or proven through experience” indicates that the best practice has had some research, or long term monitoring conducted to show that the practice is having a positive outcome when applied. For example: When applying the best practice of mowing and over-seeding in this manner, for a period of one year, we have been able to extend the life of our turf by 6 months thus reducing expenses \$X; OR When integrating physical activity and nutrition education in our after school programming, we partnered with the University of XYZ to measure increased health of participants, and have shown a 24% reduction in BMI of participants.

We realize that there may be a plethora of “success stories” that are not evidence based, but have produced positive results for an agency, and may also have value as a shared resource.

Submissions will be evaluated by the Best Practice Workgroup to determine if the submission meets the criteria of “Best Practice” as we have defined, or if it should be catalogued as a “success story”.



Best Practice Submission

Agency: City of Hialeah Department of Parks and Recreation

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Area of Best Practice: **HEALTH PILLAR:** Training staff on safe, physical activity and trends in play.

Summary of Best Practice: (include description of the practice, reason for adopting/implementing best practice, measurement of effectiveness of the practice, what is your evidence that the practice is working, etc.)

- We have implemented several new safety protocols and training sessions to increase employee safety. These protocols are organized into a series of trainings to focus on specific operations and duties that address practices that are put into action on a daily basis by our staff. These include, but not limited to, PowerPoint presentations, safety consultants, and internal and external instruction. These courses cover:
 - Operation of motor vehicles (i.e. club cars, work trucks, vans, sand pros, heavy equipment, etc.)
 - Proper Lifting Techniques
 - Proper Usage of Power Tools
 - Safety Precautions to ensure that all staff use proper safety equipment (Eye and Ear Protection, Hi-Viz Vests, Gloves, etc.). These precautions are not only for those conducting the work, but for those working around these individuals as cross training
 - Proper hydration and nutrition education is provided to employees and participants.
 - Training to keep work spaces clean and organized.
 - Our safety consultant tours all of our facilities to conduct random safety inspections to identify potential safety issues we may have missed.
 - We conduct daily facility checks at all parks and aquatic facilities.
 - Aquatics department provides First aid and CPR training to all employees.

Frequency Best Practice is Applied: (daily, weekly, monthly, quarterly, bi-annually, annually)

- Daily

Who Performs the Best Practice Function within your Agency: (contracted, in-house parks staff, in-house recreation staff, citizens, etc.)

- These services are provided by contracted and in-house police, aquatic, and parks and recreation staff.

Positive Outcome of the Best Practice (please summarize the evidence based benefit that has been derived by the agency from the best practice):

- Through the efforts above, we have reduced work related injuries and educated our staff on better safety practices.

Awards/Recognitions/Designations Received as a Result of the Best Practice (please share any awards or designations received, or publications that have featured this best practice):

- N/A

Grants or Funding Received (if any):

- Risk Management funds instructors to come in

What other Best Practices would you suggest we collect?

- N/A

Submit this Form electronically to charla@frpa.org

Type directly onto this document, and submit as a Word Document. Please DO NOT pdf the form.