



## 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 Lighthouse Point Recreation Department

Contact Name: Becky Lysengen, Recreation Director

Contact Email: [lhprec@lighthousepoint.com](mailto:lhprec@lighthousepoint.com)

Contact Phone with Area Code: 954-784-3439

### **Area of Best Practice:**

COMMUNITY BUILDING PILLAR: **Assessing Community Needs and Resources**

ex: assessment of built environment and sense of community, how do you gather input

**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.)

- 1) We contact via email all of the participants' parents at the end of each sports program asking for their suggestions on improving the program and/or comments on their satisfaction thereof.
- 2) We sent out a survey via SurveyMonkey to the Tennis Center members for their opinion on the reservation system of the courts

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

- 1) This practice is applied at the end of each sports program.
- 2) Bi-Annually

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

- 1) In-house department staff sends out emails.
- 2) SurveyMonkey

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

- 1) We receive knowledge of what the parents want for their children so that we can build a better sports program with and a greater attendance rate
- 2) We received only about a 10% response. We will send another survey out when we know most of the out-of-state residents have returned for the winter months since the response to the survey was about ½ favorable to ½ unfavorable.

**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):

NA

**Grants or Funding Received (if any):**

NA

**What other Best Practices would you suggest we collect?**

NA

**Submit this Form electronically to [charla@frpa.org](mailto:charla@frpa.org)**

Type directly onto this document, copy and paste form for as many practices as you would like to submit, and submit as a Word Document. Please DO NOT pdf the form.