



JEFF WAGNER  
MAYOR



# 2021 TRAPS WORKSHOP

PRESENTED BY  
LONESTAR RECREATION





# PLAY

Play never told me you can't  
or don't  
or you shouldn't  
or you won't.

Play never said be careful!  
You're not strong enough.  
You're not big enough.  
You're not brave enough.

Play has always been an invitation.  
A celebration.  
A joyous manifestation.  
Of the cans  
and wills  
and what ifs  
and why nots.

Play isn't one thing. It's everything. Anything.

Play doesn't care what a body can or cannot do.  
**Because play lives inside us. All of us.**

Play begs of us:  
Learn together.  
Grow together.  
Be together.  
Know together.

And as we grow older.  
As the world comes at us with you can't  
or don't  
or you shouldn't  
or you won't.  
We come back to what we know.  
That imagination will never fail us.  
That words will never hurt us.  
**That play will always shape us.**

*LSR*  
landscape  
structures®

©2019 Landscape Structures Inc. All rights reserved.

To see the new We-Go-Round®, visit [playlsi.com/we-go-round](http://playlsi.com/we-go-round).



Exclusive Southeast Texas Representative

281.970.9010  
[lonestarrecreation.com](http://lonestarrecreation.com)





## A WORD FROM TRAPS REGIONAL LEADERSHIP



When asked to write a letter to the region to reflect on the year 2020, I hesitated. My first thoughts were, I do not ever want to look back, it was awful for us all and I only want to move forward. However, if I did not, I would be passing up the opportunity to acknowledge the amazing things our industry and each of our TRAPS East Region parks and recreational professionals have accomplished in the past year.

The year of 2020 has been challenging for us all, to say the least. While parks and recreation professionals are not always recognized as essential personnel, we are! Our employees have been serving the community throughout this pandemic by maintaining our park systems, so our residents had a place to exercise, decompress, and engage with others safely. We were constantly developing innovative programs that engaged youth, families, assisted seniors to reduce isolation and helped other essential workers in need of childcare. Some may ask, how was your industry so resilient during this time? To them I say, we played the cards we were dealt, we listened to our residents, we

made a Plan A, B, C and sometimes even D, we adjusted our goals, expectations and revenue projections, we rode it out as a team, we were confident in the decisions we made collectively, we were flexible and creative, we never stopped moving forward and we celebrated our successes. What a successful TRAPS East Region year we have had! Not all, or even most, TRAPS regions were able to offer an amazing Maintenance Rodeo and Golf Tournament, but we did! We continue by forging ahead with a virtual workshop, which quite possibly is our new virtual reality.

We should all be proud of what we have accomplished as a TRAPS East Region family in 2020. Each of our employees have contributed to our success in providing for the communities we serve during this pandemic. Each of you are essential and valued professionals in the TRAPS East Region. We have prevailed and will continue to, not only in 2020 through a pandemic but beyond!

Megan Mainer, TRAPS East Region Director  
Parks and Recreation Director, City of Angleton



## KEYNOTE SPEAKER SPOTLIGHT PRESENTED BY LSI

### INGRID KANICS, MOT, OTR/L



The Brain-Body Wellness Connection: An Occupational Therapist Perspective on how Parks are great places to develop Health and Wellness across the Lifespan

#### DESCRIPTION

Obesity and sedentary lifestyles are growing at a staggering rate. As an occupational therapist I am always looking for ways and places to get individuals and families up and moving. In a COVID-19 world I've found that well designed parks and playgrounds are great places to get children and their families active and playing together. This can lead them to healthier lives on all levels; physically, intellectually, socially and emotionally. In this session I will share the latest research into how getting outside and active in local parks primes the brain for learning, mental health and overall wellness for all regardless of age and ability.

#### LEARNING OUTCOMES

- List and analyze complex society issues behind the obesity epidemic.
- Discuss the science behind the physical activity and overall physical, intellectual, social and emotional health at all ages.
- Plan a park and play environment designed to maximize physical activity for everyone in the community.

#### KEYNOTE SPEAKER BIO

Ingrid M. Kanics, OTR/L, FAOTA, CPSI is an occupational therapist who has worked for over 15 years helping communities create and run amazing places where all children can play together. She was senior consultant on the national advisory team for the Center for Creative Play, Pittsburgh, PA. During that time she worked with numerous communities and children's museums helping them expand their understanding of Universal Design and the importance of sensory play in every child's development. She continued this work as therapy director at Hattie Larlham, Mantua, Ohio, where she oversaw therapy and recreation programs for children of varying abilities. She has owned her consulting business, Kanics Inclusive Design Services, LLC for over 10 years and focuses on creating/developing great play spaces in communities. Besides a Master's Degree in Occupational Therapy from Duquesne University, Ingrid holds a Masters of Interior Architecture degree with an emphasis on inclusive, sustainable design from Chatham University. She has pre-sented at local, state and national conferences on the topics play, sensory integration and Universal Design. Conferences include the Association of Children's Museums, American Occupational Therapy Association, Parents As Teachers, and National Association of the Education of the Young Child (NAEYC).

# SESSION SCHEDULE

## DAY 1 - TUESDAY, JANUARY 26

Time	Track 1	Track 2
9:00 a.m. - 10:30 a.m.	Keynote <b>The Brain-Body Wellness Connection:</b> An Occupational Therapist Perspective on how Parks are great places to develop Health and Wellness across the Lifespan Ingrid M. Kanics, OTR/L, FAO-TA, CPSI	
10:35 a.m. - 11:30 a.m.	East Region TRAPS Awards Presentation	
11:30 a.m. - 1:00 p.m.	Lunch:	Lunch:
1:15 p.m. - 2:30 p.m.	Session 1: <b>Physical Activity and Self Efficacy</b> Kim Hartgraves	Session 2: <b>Programming Perseverance Amid a Pandemic</b> Lisa Henderson & Lisa Reznicek TPWD - Texas Outdoor Family
3:00 p.m. - 4:15 p.m.	Session 3: <b>Is Accessible Inclusive?</b> Leigh Walden Fun Abounds	Session 4: <b>Playground Safety Inspections and Audits**</b> Carmen Posey Environments & Co.
4:25 p.m. - 4:35 p.m.	Door Prizes	

### SESSION CATEGORY

Adaptive	Park Operations
Aquatics	Administration
Nature	



## SESSION SCHEDULE

### DAY 2 - WEDNESDAY, JANUARY 27

Time	Track 1	Track 2
8:30 a.m. - 9:45 a.m.	<b>Session 5:</b> <b>Connecting through Camp and COVID-19</b> Elizabeth Anderson & Dattrin Rogers City of Conroe	<b>Session 6:</b> <b>Driving Equitable Parks System Funding</b> Jayne Miller Jayne Miller Consulting
10:15 a.m. - 11:30 a.m.	<b>Session 7:</b> <b>The Rt's Guide to Habitual Thriving</b> Dr. Jeffrey Witman York College of PA	<b>Session 8:</b> <b>Safety Surfacing Details**</b> Jennifer Cutrona DuraPlay, Inc.
11:30 a.m. - 1:00 p.m.	Lunch	Lunch
1:15 p.m. - 2:30 p.m.	<b>Session 9:</b> <b>Play on Player: Overcoming Disability with Play</b> Jill Moore Landscape Structures	<b>Session 10:</b> <b>Creating a Culture of Innovation</b> Annie Frisoli Creating Community, LLC
3:00 p.m. - 4:15 p.m.	<b>Session 11:</b> <b>Healthy Communities, Parks &amp; Splash Pads</b> Allison Shafir Vortex Aquatic Structures	<b>Session 12:</b> <b>Environmental Education in a Pandemic</b> Jina Faith Baytown Eddie Grey Wetlands Education Center
4:25 p.m. - 4:35 p.m.	<b>Door Prizes</b>	

### SESSION CATEGORY

Adaptive	Park Operations
Aquatics	Administration
Nature	

## SESSION SCHEDULE

### DAY 3 - THURSDAY, JANUARY 28

Time	Track 1	Track 2
8:30 a.m. - 9:45 a.m.	Session 13: <b>Building Facilities and Programs that Reflect Inclusiveness &amp; Diversity</b> Jim Browne & Stephen Springs Brinkley Sargent Wiginton Architects	Session 14: <b>Opening "Out"doors: Providing Nature Accessibility to Combat the Growing Nature Deficit</b> August Vandiver & Kristen Boughal Pearland Parks and Recreation
10:15 a.m. - 11:30 a.m.	Session 15: <b>A Return to Abnormal</b> Jason Elissalde Celebrate Your "WHY" Consulting	Session 16: <b>Walk this Way!</b> Christina Butcher Baytown Nature Center
11:30 a.m. - 1:00 p.m.	Lunch sponsored by:	Lunch sponsored by:
1:15 p.m. - 2:30 p.m.	Session 17: <b>How to Make Your Customer Journey Impeccable</b> Lacy Stole Clear Lake United Methodist Church, Formerly City of Deer Park	Session 18: <b>From Work to Play Part 1</b> Jordan Kieffer & Kyle O'haver Texas Parks and Wildlife Department
3:00 p.m. - 4:15 p.m.	Session 19: <b>Data...Way Easier Than You Think!</b> Kyle Livesay Pearland Parks and Recreation	Session 20: <b>From Work to Play Part 2</b> Jordan Kieffer & Kyle O'haver Texas Parks and Wildlife Department
4:25 p.m. - 4:35 p.m.	<b>Door Prizes</b>	

### SESSION CATEGORY

Adaptive	Park Operations
Aquatics	Administration
Nature	



## SESSION DESCRIPTIONS

### SESSION 1

#### **Kim Hartgraves, Physical Activity and Self-Efficacy**

Proven modalities of physical activity have created inclusive environments. Participate in a workout of the day to explore the importance of physical activity and improved self-efficacy for all populations.

#### Learning Outcomes

Identify the importance of inclusive physical activity by being able to report at least 1 outcome of participating in physical activity including but not limited to; improved mood, motivation, weight loss, and socialization.

Identify barriers for those with a disability or special circumstance by reporting at least 1 modification or adaptation for physical activity participation at their site including but not limited to; ramps, peer support, rail, and equipment.

Identify importance of self-efficacy by allowing learners to report rating 1-3 ( 1 bad, 2 so/so, 3 good) how learner feels prior to exercise, after exercise and assess any change between ratings.

### SESSION 2

#### **Lisa Henderson & Lisa Reznicek, Programming Perseverance Amid a Pandemic**

The Texas Outdoor Family team will discuss how they shifted their outdoor educational programs from the field, to virtual, and then back to the field with COVID-19 safety in mind. Join us to collaborate and create new solutions to keep audiences engaged!

#### Learning Outcomes

Analyze at least three examples of how the pandemic brought their programming to a halt and asked via chat box to discuss ways to circumvent new challenges.

Identify 3 things that are hard to endure during virtual presentation/meetings/ programs and will discuss tips and tricks to ensure effective, engaging virtual content.

Collectively create a risk management scenario by writing down three new strategies for managing risk at their own site.

### SESSION 3

#### **Leigh Walden, Is Accessible Inclusive?**

Accessible and inclusive are interchanged when discussing playgrounds. There are differences and it is important for a community to understand the impact those differences, including not only the equipment but surfacing and layout, can make.

#### Learning Outcomes

Identify the differences between accessible and inclusive in terms of design language.

Identify accessible vs. Inclusive structures and detailing what feature makes a structure one or both.

Identify different types of surfacing and list how maintenance needs are impacted by the choice of surfacing while considering use of space.

### SESSION 4

#### **Carmen Posey, Playground Safety Inspections and Audits**

The presentation will discuss playground safety inspections and audits. Priority 1 and 2 safety hazard potentials and regular maintenance items in regard to compliance with current safety guidelines and standards will be discussed.



### Learning Outcomes

Determine if a safety audit or a safety inspection is needed by analyzing the difference between the two forms and writing down usage indicators for each.

Identify which safety documents are needed to review compliance with current playground safety guidelines and standards by writing down the documents, discussing the differences and identify indicators for using each form.

Identify which tools are needed to check for playground and safety and list them.

\*\*This session is not eligible for CEUs.

## **SESSION 5**

Elizabeth Anderson & Datin Rogers, Connecting through Camp and COVID-19

Was your summer day camp closed due to COVID-19? Learn how we successfully opened our summer day camp program following protocols and guidelines, while also connecting with campers, parents, and community organizations through the COVID-19 pandemic.

### Learning Outcomes

Write down changes that had to be made for summer day camp to follow COVID-19 protocols and discuss.

Discuss ideas to effectively train staff through changing times and understand the importance of the need for a shift in staff mindset to ensure all guidelines are followed.

List potential collaboration opportunities using the chat box to type businesses and organizations to offer activities and services and still follow guidelines.

## **SESSION 6**

Jayne Miller, Driving Equitable Park System Funding

In this session, park leaders will learn how to drive equitable investments in their park systems through data-driven and transparent decision-making, based on Minneapolis and Pittsburgh's equitable investment initiatives.

### Learning Outcomes

Articulate why park investments need to be made based on equity and data and gain insight into why it is important.

Make data driven decisions to ensure equitable parks investment decisions by being able to articulate what datasets they need to look at for making equitable park investment decisions.

Articulate how to ensure equal representation through community engagement.

## **SESSION 7**

Dr. Jeffrey Witman, The Rt's Guide to Habitual Thriving

Based on evidence from Hardiness, Resilience, Grit and Positive Psychology grounded in Psychiatric Rehab Practice the HT (Habitual Thriving) perspective proclaims and explains a model/framework for positive change for you and your clients.

### Learning Outcomes

Identify assessments tools specific to well-being of individuals and promoting well-being in RT programs by citing 3 tools/scales on a post-test.

Recognize the characteristics of habitual thriving specific to themselves and their programs and identify

one of each through comment on Zoom.

Share application of habitual thriving specific to their personal growth/development and the grow/development of their clients and identify one of each through comments on Zoom.

## **SESSION 8**

### **Jennifer Cutrona, Safety Surfacing Details**

In this session we will discuss the installation process of safety surfacing. We will touch on site access, substrate, edge conditions, design intent, surfacing maintenance, and warranties.

\*\*This session is not eligible for CEUs.

#### Learning Outcomes

Identify stages and layers of installation and demonstrate knowledge of order of installation.

Classify edge conditions and when they are used and determine when a Rollover Edge is appropriate.

Explain how to properly maintain your surface by demonstrating what year a roll on a seal coat would be necessary?

## **SESSION 9**

### **Jill Moore, Play on Player: Overcoming Disability with Play**

Play is critical for all, and for those with disabilities – it's a lifeline that provides critical life skills such as independence, social skills, and mastery. We'll look at play through each stage of youth and how communities can integrate play for all.

#### Learning Outcomes

Identify how adaptive play uniquely impacts each stage of development from childhood to young adulthood through discussion surrounding needs of attendees' involvement in programming, design, or personal connections (if willing to share).

Develop an understanding of the challenges faced in fostering and creating adaptive play opportunities and how to overcome them by listing examples of involvement opportunities and discussion on unique adaptive activities and happenings in attendee's local area.

Discover adaptive recreation opportunities in their communities from school settings to competitive level teams through group discussion on what to do with this information and how to find participants/combat hesitant parents for programming opportunities.

## **SESSION 10**

### **Annie Frisoli, Creating a Culture of Innovation**

Deliberate time for creativity and innovation can become lost in the hustle and bustle of daily operations. When we do not dedicate time for innovation with employees, it can leave individuals feeling uninspired and community members disengaged. Fortunately, there are strategies, even in our day to day interactions, to drive creativity and develop a culture of innovation.

#### Learning Outcomes

Identify key factors to develop a culture of innovation by completing the Innovation Survey Assessment.

Identify barriers to innovation within organizations by completing Innovation Strategy 1.

Gain knowledge of innovation strategies to bring back to their organization by completing Innovation Strategy 2.

## **SESSION 11**

### **Allison Shafir, Healthy Communities, Parks, and Splashpads**



Are today's public parks up to the challenge? Explore effective community infrastructure through the lens of aquatic play. Discover how splashpads increase park usage, promote inclusion, and build social capital that help communities grow and flourish.

#### Learning Outcomes

Analyze through academic studies the factors that contribute to park's attractiveness and usage and identifying how playground elements affect park use.

Define and discuss Accessibility, Universality and Inclusion and the accompanying design approaches specific to splashpads.

Explain how splashpads build social capital and contribute to the welfare of communities by listing inclusive approach to splashpads design: Water; a whole new dimension of play, providing a spectrum of play experiences, thinking beyond the splashpad, and building social capital.

### **SESSION 12**

#### **Jina Faith, Environmental Education in a Pandemic**

Discover the tools the Eddie V. Gray Wetlands Center has used to continue offering in-person and virtual education programs during the COVID-19 pandemic.

#### Learning Outcomes

Discuss effective ways to modify group activities used in summer camp settings during a pandemic and list how to modify activities for social distancing, reducing shared material, and creating alternatives when shared materials must be used.

Examine conditions to determine whether pre-recorded or live virtual programming best suits their organization needs through group polls and discussion on example topics and audiences.

Discuss how to develop an engaging live virtual program including identifying presentation style, tools, etc.

### **SESSION 13**

#### **Jim Browne & Stephen Springs, Building Facilities & Programs That Reflect Inclusiveness & Diversity**

Enlightened communities understand their programs must reflect the diversity of their citizenry. Do your buildings meet expectations for inclusive design?

Learn programming, special event, and public art ideas to improve your community's inclusivity score.

#### Learning Outcomes

Discuss the history of inclusiveness and diversity in parks and recreation and identify the various categories of diversity to be considered when designing facilities and programming recreation activities.

This session will include case studies on staff training and programming initiatives to address diversity issues and inclusiveness opportunities.

Discuss facility design opportunities and programming techniques to achieve optimal inclusiveness and evaluate opportunities in the design process to positively impact diversity and inclusiveness.

Discuss numerous programming opportunities to meet community needs for celebrating diversity and encouraging inclusiveness and list tools and tips for implementation by the participants in their communities.

### **SESSION 14**

#### **August Vandiver & Katherine Boughal, Opening "OUT" doors: Providing Nature Accessibility to Combat the Growing Nature Deficit**

With the growing nature deficit seen in children and adults, many communities need guidance to engage

with nature. As Parks & Rec professionals, we are here to open doors and provide those experiences for them in a safe, fun, and controlled environment.

#### Learning Outcomes

Identify natural areas of programming, in both large-scale and micro-habitats, by using critical thinking to identify programming/learning opportunities they could use based on the provided image and Kahoot word cloud.

Discuss programming options for limited budgets and/or resources by listing everyday items and/or items from nature into tools, crafts, or other ideas that could be used in a nature program through hands on activity (on virtual platform).

List resources, networking connections, and pre-developed programs, that will aid in the process of programming nature and outdoor programs that can provide quality opportunities that require very little development from staff.

### **SESSION 15**

#### **Jason Elissalde, A Return to Abnormal**

With so much that has happened in a very short period of time, we may have not had time to talk about how it has impacted us. We will discuss what it is we have gone through, how we have dealt with it, and most importantly, where we go from here.

#### Learning Outcomes

Discuss the events of 2020 and the impact it has had on all of us and share their perceptions identifying similar circumstances.

Define the “5 stages of grief” and the importance of a 6th stage of Action and list how they personally have navigated through them during 2020.

Identify the difference between dictate change and dictated change and their own perceptions of change and how our perception of change directly affects the impact we make.

### **SESSION 16**

#### **Christina Butcher, Walk This Way!**

Learn the ins and outs of a hiking/walking program with Baytown Nature Center Naturalist. Crissy will lead a hike and will point out flora and fauna, demonstrate hiking safety, and facilitate an open discussion on how to modify your hike on the fly.

#### Learning Outcomes

Participants will be able to analyze their trail systems and identify specific safety needs through discussion and demonstration.

Participants will analyze needs of their audience and detail how to adapt their hike and accompanying activities.

Plan a hike/walk with a small group of people by listing steps to the hike and safety considerations using discussion and virtual demonstrations.

### **SESSION 17**

#### **Lacy Stole, How to Make the Customer Journey Impeccable**

Customer S.E.R.V.I.C.E. broken down into 7 ways to make the customer service journey impeccable. How to create an experience that keeps customers coming back and make them feel connected to you as a company. Don't just sell a product, don't just be a face, but be a connection.



### Learning Outcomes

Examine why customer service matter and list 7 ways to create a customer journey worth repeating. Through small group discussion, participants will determine 3 ways to be selfless in customer service. Demonstrate problem solving through various customer service experiences of major companies and explain how to implement the soft skills necessary to interact with customers. Game and Customer Service quizzes will allow participants to detail how well you know your community, how close do you listen and pay attention to detail and how selfless are you.

## **SESSION 18**

### **Jordan Kieffer & Kyle O'haver, From Work to Play: Backyard Habitats Part 1**

In the first session, we will introduce backyard habitats and how to get one started to help you create a project that best fits your site.

### Learning Outcomes

Identify what a backyard habitat and its relationships to the natural resources at their site. Discuss potential projects for their sites, develop a master plan and develop a timeline. Assess their site and design by identifying key parameters including growing conditions and creating a planting map. Listing needs and creating a budget will help participants prepare the site and consider short and long term maintenance.

## **SESSION 19**

### **Kyle Livesay, Data...Way Easier Than You Think!**

Data doesn't have to be complicated to be useful. This session is intended to help to simplify the concept of data driven decision making while providing easy approaches to collecting usable information for the purpose of better serving the community.

### Learning Outcomes

Identify, examine and share at least one past decision they made using data in an effect to overcome the "I am not a data person" barrier.

Through a group exercise, participants will be able to identify "usable" data points to be collected vs. Data collected for data's sake in order to accomplish their goals.

Through small group discussion, participants will be able to identify a simple data collection method to support decision making related to their goal and leave with specific tools and approaches.

## **SESSION 20**

### **Jordan Kieffer & Kyle O'haver, From Work to Play: Backyard Habitats Part 2**

In the second part of this session, you will learn how to create connection to your backyard habitat.

### Learning Outcomes

Examine the benefits of Natural Resource Program at their site. Identifying resources currently available or outside including grants, funding sources and volunteer groups. Tool and equipment needs are addressed by creating a budget and detailing use and maintenance of equipment.

Analyze the best way to document and get out information.

**THANK YOU TO ALL OUR 2021 SPONSORS!**

**PRESENTING:**



[www.lonestarrecreation.com](http://www.lonestarrecreation.com)

**KEYNOTE:**



[www.playlsi.com](http://www.playlsi.com)

**CONFERENCE SPONSORS:**



[www.playwellgroup.com](http://www.playwellgroup.com)



[www.tfharper.com](http://www.tfharper.com)



[fabplaygrounds.com](http://fabplaygrounds.com)



[www.kraftsmanplay.com](http://www.kraftsmanplay.com)





# H2O!



## Oh, the endless days!

Gathered together  
Reveling in the joy of play.  
Where watery wonders excite us  
Unite us  
And invite us to set our imaginations free.

To learn more and inspire your outdoors,  
visit [aquatix.playlsi.com](http://aquatix.playlsi.com).



281.970.9010  
[lonestarrecreation.com](http://lonestarrecreation.com)

©2020 Landscape Structures Inc. All rights reserved.

Exclusive Southeast Texas Representative

## ROOM SPONSORS:

