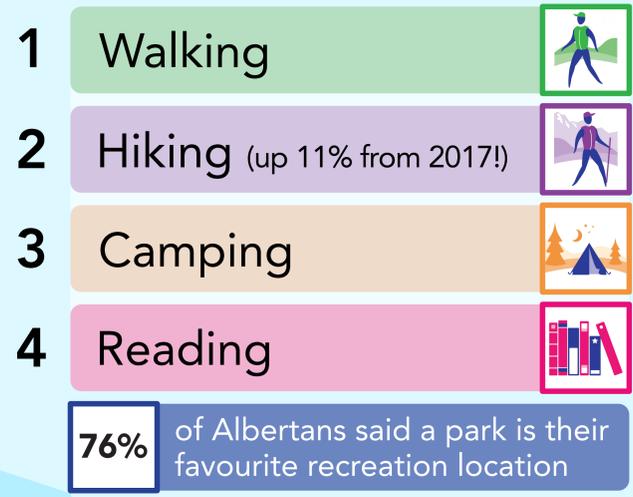


Alberta Recreation Survey 2022

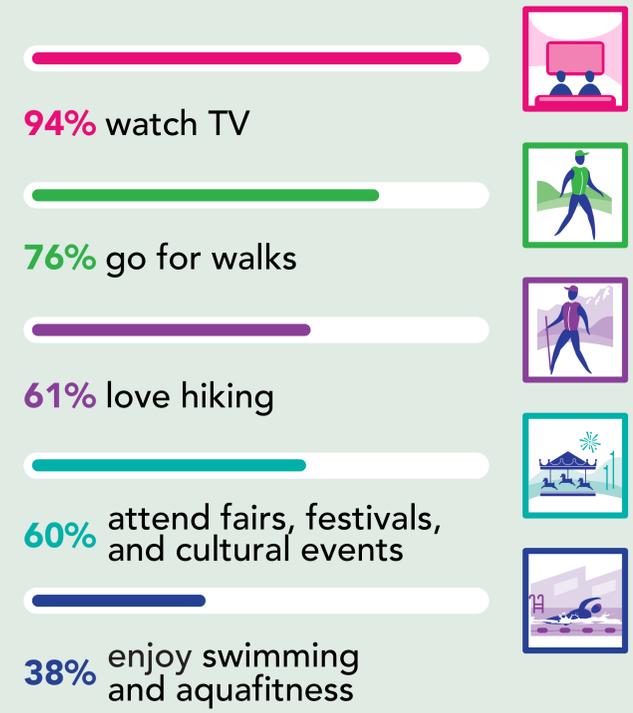
The Alberta Recreation Survey is Canada's longest-running recreation survey, having started in 1981. Over 5000 Albertans responded in 2022, and 98% of those participated in recreation! The survey aimed to collect current recreation participation patterns of Albertans and the factors which influence their recreation activity choices.



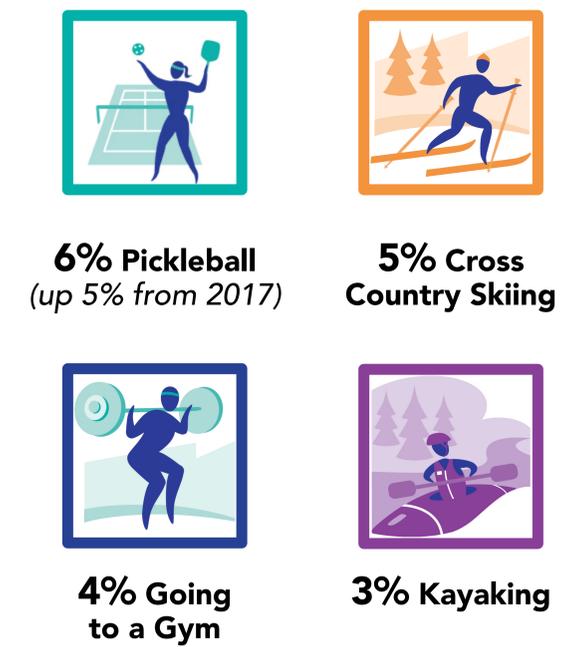
Albertans favourite recreational activities



Most common recreational activities



New activities Albertans want to try



Outdoor recreation and the value of nature

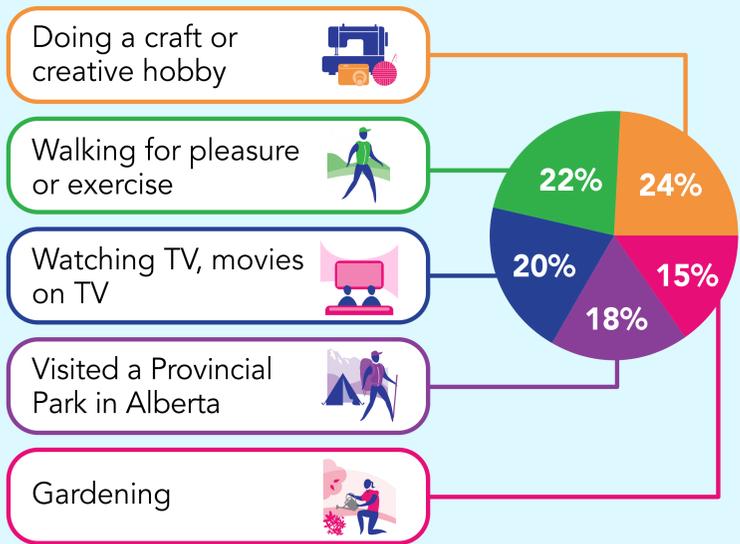
Outdoor recreation is more popular than ever, with 86% of Albertans enjoying the outdoors.

5% Land-based activities increased by more than 5% since 2017

Water-based activities are up by almost 10%

Impact of COVID-19

30% of Albertans decided to try a new recreational activity during the pandemic. The activities they are still doing include:

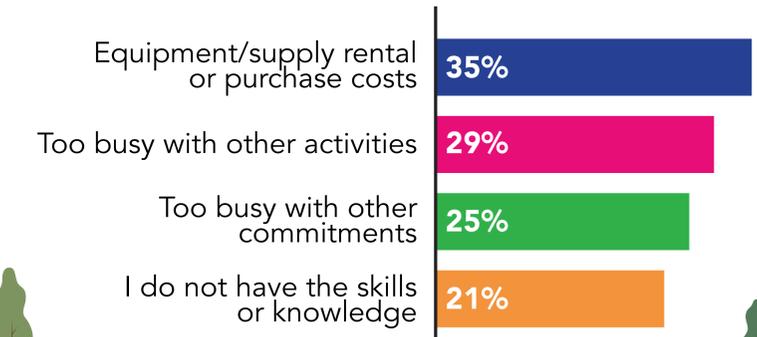


Barriers to Recreation Participation

Barriers hinder Albertans' meaningful participation in recreation, particularly for families with children, individuals with lower incomes, lower education levels, and disabilities.

Only 32% of Albertans living with a disability rate recreation as completely accessible

Albertans who want to participate in new recreational activities face common barriers including:



The Benefits of Recreation

Recreation is incredibly beneficial; it brings joy to many Albertans and enhances quality of life.

