

Town of Port Rexton

PUBLIC CONSULTATION NOTICE

Proposed Municipal Plan Amendment No.3, 2025

The Town Council of Port Rexton is considering an amendment to the Port Rexton Municipal Plan and Development Regulations. In accordance with Section 14 of the *Urban and Rural Planning Act, 2000*, Council is seeking input from residents on the proposed change.

Council wishes to amend the Municipal Plan to include goals, objectives and policies to incorporate the principles of physical literacy into decision-making concerning the development of public recreation lands and facilities. Physical literacy is defined as the ability, confidence, and motivation to engage in physical activities for life. A corresponding amendment to the Development Regulations will require that recreational open space and facilities be designed and constructed to support physical literacy in the community.

In considering these changes, the Town is seeking input from the public. Residents may submit their questions or concerns by notifying Council in writing, by mail, facsimile or email no later than **3:00pm, Monday, April 7th, 2025**.

The proposed amendment can be viewed at the Town Hall, or on the Town's Facebook page <https://www.facebook.com/TownofPortRexton> or website <https://www.townofportrexton.com/>. For further information, or to submit a comment, contact the Council office at:

P.O. Box 55

Port Rexton NL

A0C 2H0

PH: 709-464-2006

Email: portrexton@bellaliant.com

**TOWN OF PORT REXTON
MUNICIPAL PLAN AMENDMENT
NO. 3, 2025**

**Text amendment to support Physical Literacy for
Communities**



**Prepared by:
Mary Bishop, RPP, MCIP
February, 2025**

**RESOLUTION TO ADOPT
TOWN OF PORT REXTON
MUNICIPAL PLAN AMENDMENT NO. 3, 2025**

Under the authority of Section 16 of the **Urban and Rural Planning Act 2000**, the Town Council of Port Rexton adopts Municipal Plan Amendment No.3, 2025.

Adopted by the Town Council of Port Rexton on the x day of x, 2025.

Signed and sealed this x day of x, 2025.

Mayor: _____
Dean Bailey

Clerk: _____
Tina Toope

CANADIAN INSTITUTE OF PLANNERS CERTIFICATION

I certify that the attached Municipal Plan Amendment No. 3, 2025 has been prepared in accordance with the requirements of the **Urban and Rural Planning Act, 2000**.



Mary Bishop, RPP, MCIP



MUNICIPAL PLAN AMENDMENT NO. 3, 2025

INTRODUCTION

The Town of Port Rexton Municipal Plan and Development Regulations have been in effect since October 2023. The Town is now proposing to amend the current Plan and Development Regulations, and this report has been prepared to explain the proposed change and serve as a basis for consideration by the general public before it is approved by Council and submitted to the Department of Municipal and Provincial Affairs for registration.

BACKGROUND

In 2022, individuals and organizations in Port Rexton and the broader Bonavista Peninsula formed a committee called the Physical Literacy for Communities (PL4C). They work together to create opportunities for physical literacy and physical activity, fostering a culture of active living while simultaneously enhancing tourism and community engagement. Local groups include, among others, the Port Rexton Brewing Company, Port Rexton Church Lads Brigade, Eastern Region Wellness Commission, Vista Family Services Association, Otter Housing, Bishop White School and the Port Rexton Recreation Commission.

Physical Literacy¹ is defined as the ability, confidence, and motivation to engage in physical activities for life. It involves acquiring a broad range of movement skills, physical competence, and knowledge, which enables individuals to participate in a wide variety of physical activities, both structured and informal.

The goal of physical literacy is to empower individuals to lead active lifestyles, supporting physical, mental, and social health outcomes throughout life

The local PL4C committee has requested that the Town of Port Rexton amend its Municipal Plan to include policies supporting the integration of the principles of physical literacy in community development. It is felt that through emphasis on community involvement and cross-sector partnerships, PL4C not only enhances the physical and social fabric of the region but also addresses the root causes of health inequities by linking physical activity opportunities to the broader social and economic context. This alignment with the **Determinants of Health** ensures that PL4C's impact is felt across various aspects of life in Port Rexton, from

¹ <https://physicalliteracy.ca/physical-literacy/>

improved educational outcomes for youth to increased local employment through recreation and tourism initiatives. The PL4C Committee proposes that integrating a commitment to PL4C principles in the Town's Municipal Plan will further strengthen these efforts, supporting a community-wide approach to health that fosters a more resilient, active, and engaged population.

Municipal Plan Policy

The Port Rexton Municipal Plan contains a number of policies that addresses some elements of the principles of PL4C. The **Community Vision** set out in section 3.1 of the Municipal Plan recognizes the growth of Port Rexton.

Within the unique scenic and natural environment that defines Port Rexton, our desired future is one of a renewed, and revitalized community within the region, where our population increases to include people of all ages living, working and socializing together; where quality municipal services and opportunities for recreation continue to attract new residents, visitors, and business investment.

Community Goals include:

Community Health and Well-being - *To continuously improve quality of life for all residents, foster community pride, well-being and active lifestyles through improved municipal services and amenities.*

Section 3.3 of the Plan sets out a number of Community Land Use Objectives, including:

Facilitate healthy and active living by providing for lands for community open space, trails and recreation facilities.

The PL4C Committee has requested that these and other policies of the Plan be revised to incorporate a physical literacy lens into decisions about land use, particularly those that involve the use of lands for recreational purposes.

Council considered the proposal from the PL4C Committee and supports the principles of physical literacy and the benefits it can have on the community.

Public Consultation

The **Urban and Rural Planning Act, 2000** requires municipalities to provide the public with an opportunity to comment on proposed amendments to a Municipal Plan and Development Regulations.

An opportunity for public comment on the proposed amendment was provided by posting notices on the Town's social media, at the Town Hall, the Post Office, the Port Rexton Freshmart, and Value Grocery store on March 13 with a deadline for comments by April 7, 2025.

PORT REXTON MUNICIPAL PLAN AMENDMENT NO. 3, 2025

The Port Rexton Municipal Plan shall be amended as follows:

1. Adding the following paragraph to Section 2.2.2 Land-based Eco-Tourism and Recreational Resources:

Within the community there is a growing interest in Physical Literacy - the ability, confidence, and motivation to engage in physical activities for life. Strategically, development designed to improve the health, well-being, recreation, and sustainable development of the community increases the attractiveness of the community to visitors which in turn helps achieve the Town's tourism and economic development objectives.

2. Revising in Section 3.2 Community Goals

Community Health and Well-being - *To continuously improve quality of life for all residents, foster community pride, well-being and active lifestyles through improved municipal services and amenities.*

To read

Community Health and Well-being - *To continuously improve quality of life for all residents, foster community pride, well-being and active lifestyles through improved municipal services and amenities by embracing the Physical Literacy for Communities (PL4C) initiative to promote active, healthy living by offering inclusive physical activity programs for all residents.*

3. Revising the fourth objective in Section 3.3 Community-wide Land Use Objectives:

Facilitate healthy and active living by providing for lands for community open space, trails and recreation facilities.

To read:

Facilitate healthy and active living by providing for lands for community open space, trails and recreation facilities and incorporating the principles of Literacy into their development and use.

4. Adding a new objective to Section 4.2.1 Village Objectives as follows:

To support placemaking and community pride, the Town will draw on PL4C principles and proven approaches to introduce physical literacy-

inspired installations and community events in public spaces, reinforcing the area's identity as an active and engaged community.

5. Adding to Section 5.1 Municipal Asset Management Objectives
Incorporate the principles of physical literacy into the design and development of recreational parks and open spaces and programming.

6. Add the following as Policy MS-4 to section 5.2 Municipal Asset Policies:
Policy MS-4 *Development of recreation facilities and lands shall incorporate the principles of physical literacy to ensure that they are accessible and engaging for all ages.*

**TOWN OF PORT REXTON
DEVELOPMENT REGULATIONS
AMENDMENT NO. 3, 2025**

**Text Amendment to implement Physical Literacy
for Communities**



**Prepared by:
Mary Bishop, RPP, MCIP
February, 2025**

**URBAN AND RURAL PLANNING ACT
RESOLUTION TO ADOPT
TOWN OF PORT REXTON
DEVELOPMENT REGULATIONS AMENDMENT NO. 3, 2025**

Under the authority of Section 16 of the **Urban and Rural Planning Act 2000**, the Town Council of Port Rexton adopts Development Regulations Amendment No. 3, 2025.

Adopted by the Town Council of Port Rexton on the x day of x, 2025.

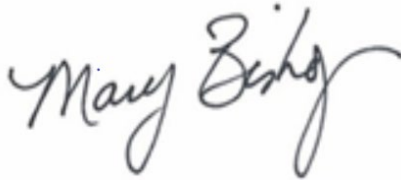
Signed and sealed this ____ day of _____, 2025.

Mayor: _____
Dean Bailey

Clerk: _____
Tina Toope

CANADIAN INSTITUTE OF PLANNERS CERTIFICATION

I certify that the attached Development Regulations Amendment No.3, 2025 has been prepared in accordance with the requirements of the **Urban and Rural Planning Act 2000**.



Mary Bishop, RPP, MCIP



TOWN OF PORT REXTON DEVELOPMENT REGULATIONS AMENDMENT NO. 3, 2025

BACKGROUND

This amendment to the Development Regulations is intended to implement Municipal Plan Amendment No. 2, 2025 by incorporating requirements for recreational facilities and parks to be designed in a manner that supports active healthy lifestyles consistent with the principles of physical literacy.

MUNICIPAL PLAN POLICY

Municipal Plan Amendment No. 2, 2024 proposes the addition of community goals, objectives and policies to the Municipal Plan to support the integration of the principles of physical literacy in community development. This includes the following policy:

***Policy MS-4** Development of recreation facilities and lands shall incorporate the principles of physical literacy to ensure that they are accessible and engaging for all ages.*

DEVELOPMENT REGULATIONS

To implement proposed Policy MS-4, an amendment to the Development Regulations is required. The amendment would require facilities and lands to be used for recreational open space, be designed and constructed to be inclusive and accessible, and in a manner that supports the principles of physical literacy.

CONSULTATION

Consultation with provincial agencies and the public for this amendment was the same as that for Municipal Plan Amendment No. 2, 2024.

AMENDMENT

The Port Rexton Development Regulations shall be amended as follows:

1. Adding the definition of Physical Literacy to Section 2 Definitions as follows:
***Physical Literacy** means the ability, confidence, and motivation to engage in physical activities for life. It involves acquiring a broad range of movement skills, physical competence, and knowledge, which enables individuals to participate in a wide variety of physical activities, both structured and informal.*

2. Adding as Section 8.6.14 in Section 8.6 the following:

8.6.14 Recreational Open Space

Where permitted, lands proposed for public recreational open space uses, including recreation facilities, shall be designed and constructed to be inclusive and accessible to individuals, and consistent with the principles of physical literacy.