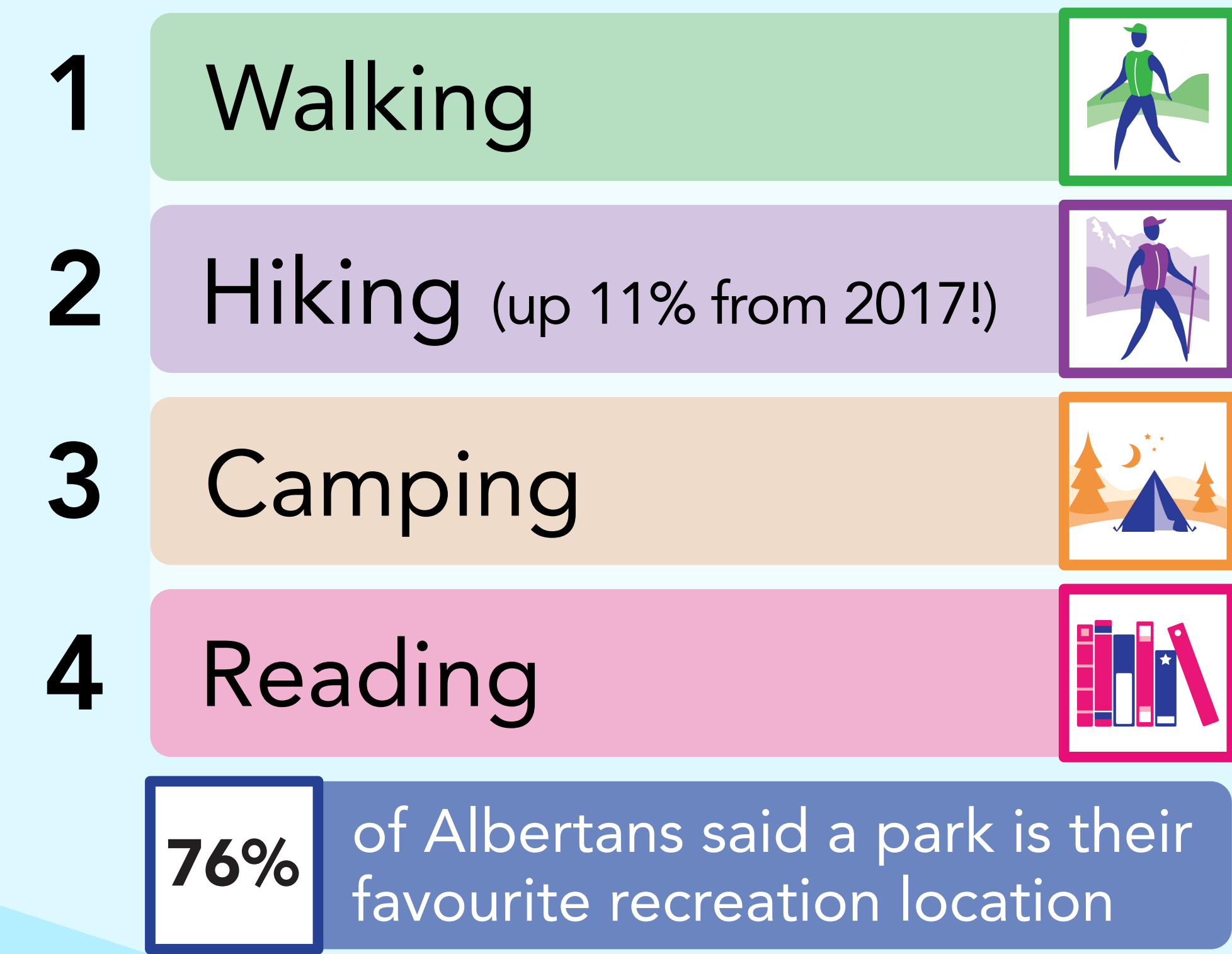


# Alberta Recreation Survey 2022

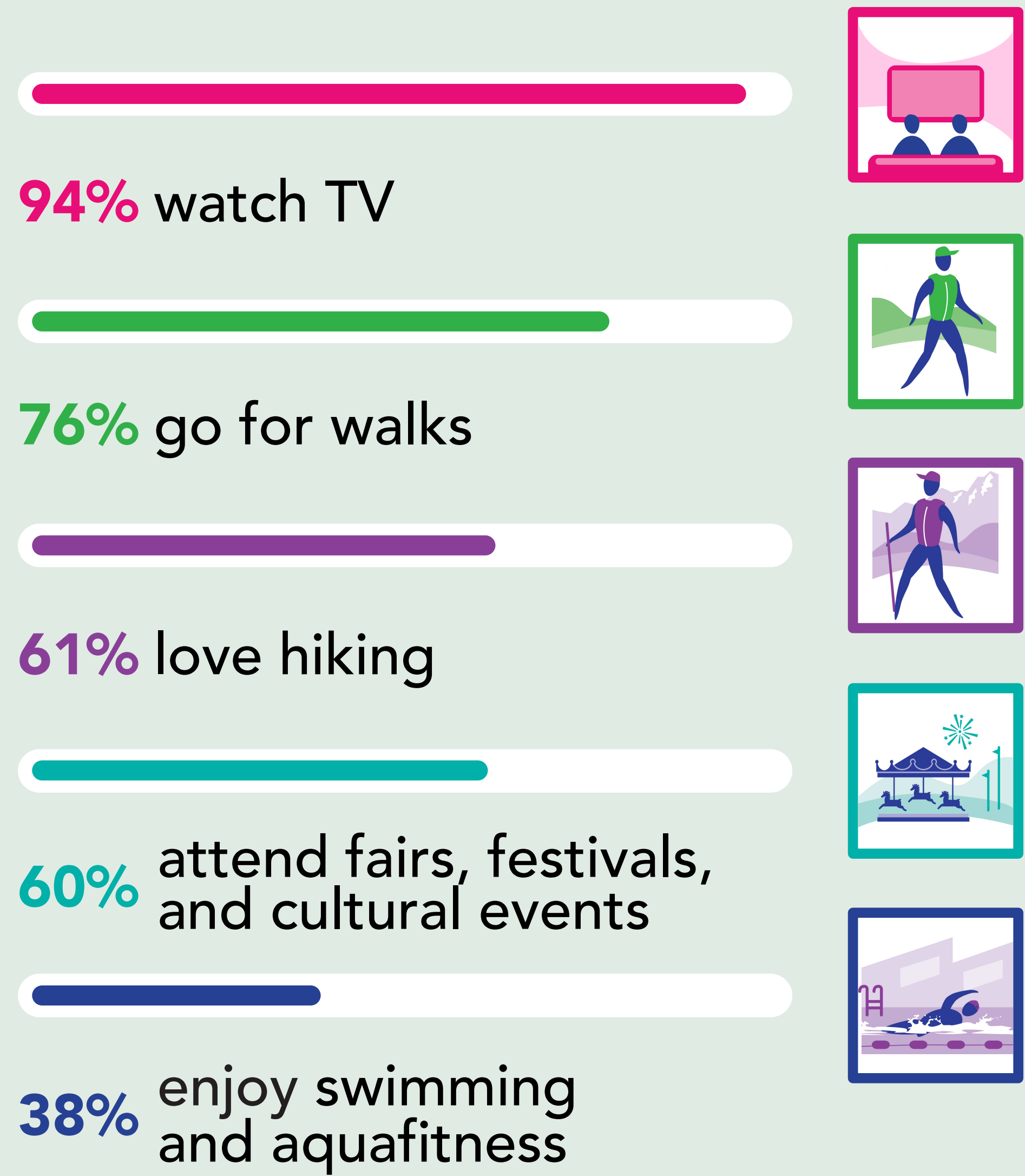
The **Alberta Recreation Survey** is Canada's longest-running recreation survey, having started in 1981. Over 5000 Albertans responded in 2022, and 98% of those participated in recreation! The survey aimed to collect current recreation participation patterns of Albertans and the factors which influence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



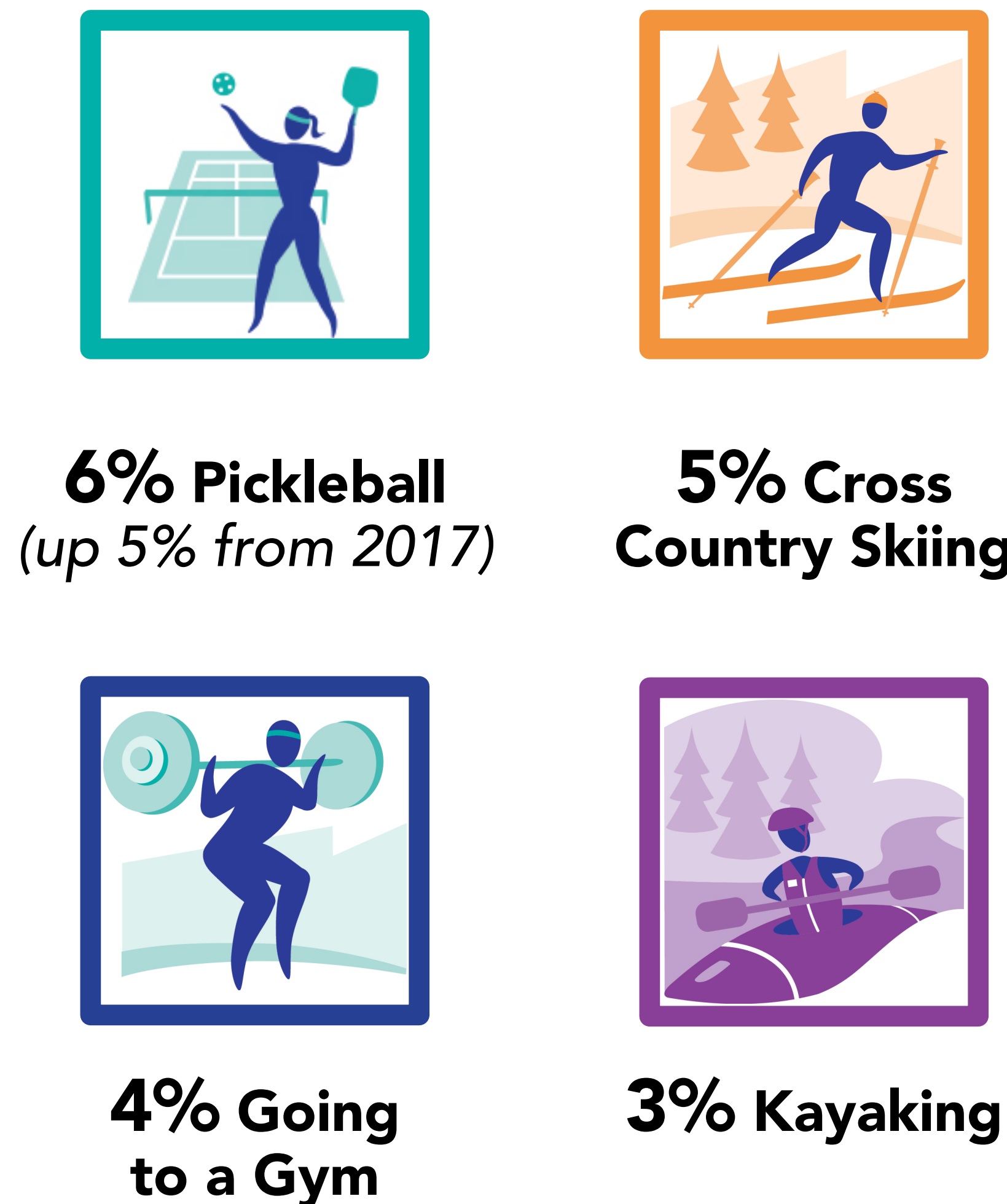
## Albertans favourite recreational activities



## Most common recreational activities



## New activities Albertans want to try



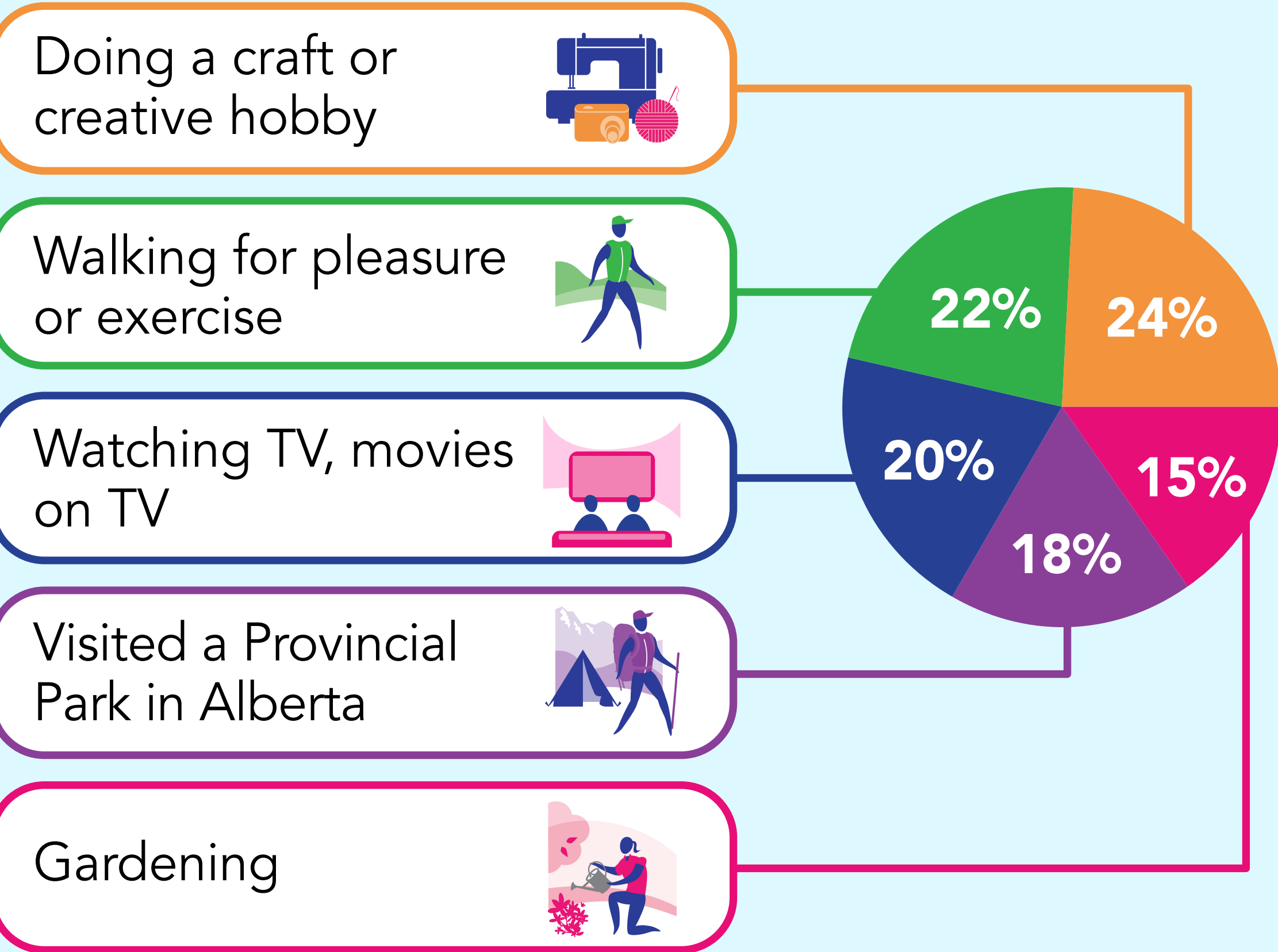
## Outdoor recreation and the value of nature

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



## Impact of COVID-19

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

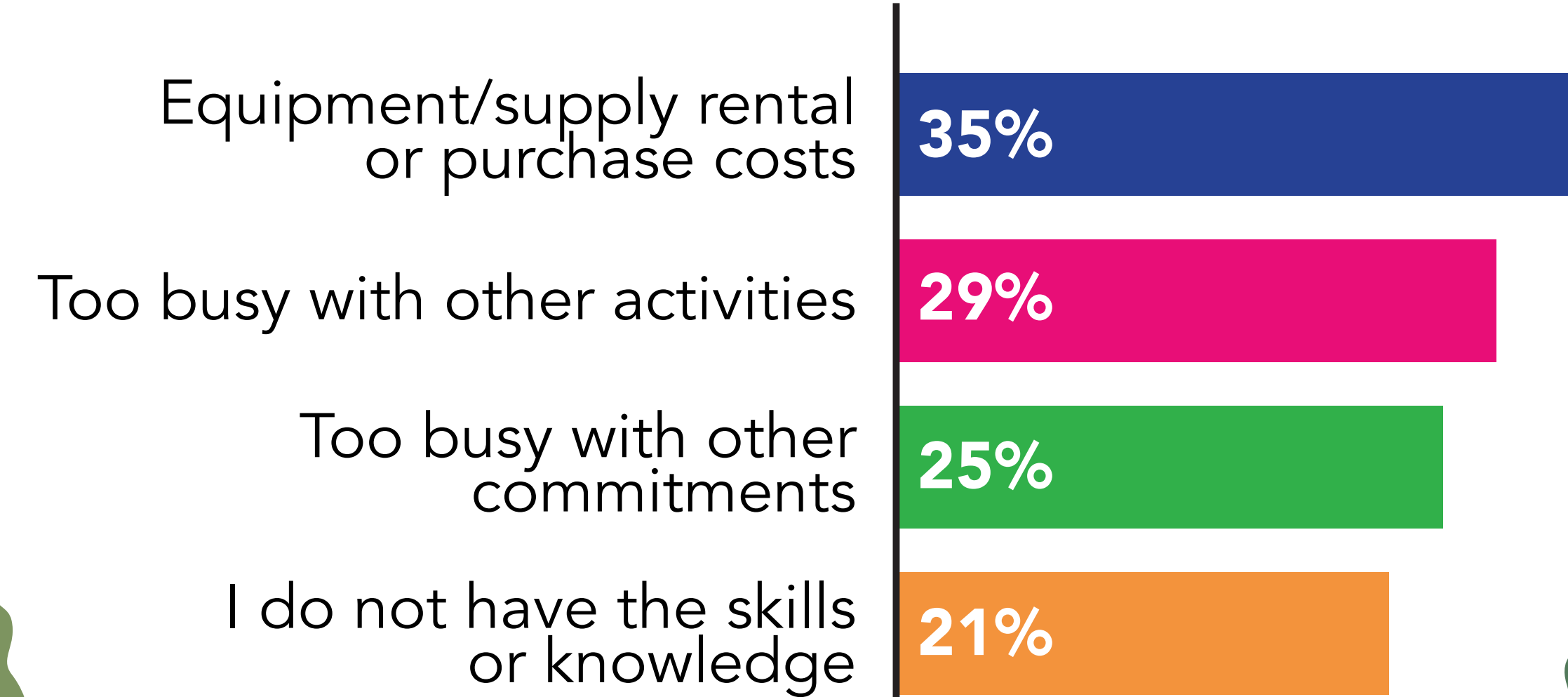


## Barriers to Recreation Participation

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



**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.

