



BC Athletics Board of Directors

October 29, 2025 Election

Nominee: Denise Bonin

Region: Nanaimo

Please outline any professional experience that you feel would be relevant to a position on BC Athletics Board of Directors:

Prior to retirement, I co-owned a software development company specializing in library, archive, and museum database systems. This experience has sharpened my skills in strategic planning, stakeholder engagement, and systems thinking.

I hold master's degrees in library science and marine botany. I'm also a certified BCRPA group fitness instructor, having led classes from senior's homes to outdoor boot camps.

Please outline any personal experience that you feel would be relevant to a position on the BC Athletics Board of Directors:

I'm a master athlete (sprinter, plus the occasional road race), a coach (trained athletes for track and road racing), and a track and field official (primarily a starter, but I jump into almost any role where I'm needed).

I continue to nurture my curiosity through gardening, reading (book club), community theatre, and storytelling (weekly children's story time), plus recording children's books for my YouTube channel. I am a regular contributor to my personal Instagram and Facebook pages as well as the Nanaimo Track Masters Instagram feed. I like to offer inspiration, encouragement, and humour in most of my posts.

Please provide a brief statement (max 250 words) outlining why you are interested in serving on the BC Athletics Board of Directors:

I am a huge proponent of lifelong fitness. I love to work with and encourage people of all ages to move and stay active throughout their lives. By serving on the BC Athletics Board of Directors I feel I can contribute to continue BC Athletics' ongoing goal of making this possible, but at a level higher than our athletes, coaches, and officials. These folks are clearly our audience and it is therefore our role to create new and/or review current policies that encourage participation in a fair, equitable, and inclusive manner.

While initially I feel a bit apprehensive about serving on a province-wide board, I'm sure that through careful listening and reading, I can rise to the occasion and bring my work and play experience to the table. I'm a life-long learner - always taking courses to improve my knowledge and to satisfy my curiosity and being on the BCA Board of Directors will allow me to bring this forward.

How do your values and experiences reflect and support BC Athletics' vision and values of integrity, connection, accessibility, respect and excellence across all levels of the sport?

I am all about supporting athletes from Track Rascals to Master athletes. I officiate at track meets to ensure that everyone has a fair and safe race. One of my favourite events at local track meets is to start the 50m fun run. I love to chat to the kids, tell them about the race, make them feel comfortable about how far they have to run and about the start commands, including the sound of the pistol. These youngsters are our future and need a great place to start to ensure ongoing participation in athletics and movement in general for their own health's sake.

At local meets, I often like to jump into a 100m race if time allows (after a warm-up of course) and then switch back to being a starter. This way younger kids who race can see me setting an example by my participation. It makes my heart sing when they let me know that they saw me run and cheered for me.

In addition, I am frequently invited to drop my official's role and join relay teams with pre-teens or masters; a joyful reminder that sport is a shared language across ages. I can't begin to tell you how much I love relays with athletes of all ages. This past summer I was privileged enough to run with a team of BC women in a 4x100m relay and break a national record in the 65-69 yr category. All four of us have run against each other for years and despite being from different clubs we have developed a lifelong friendship with each other.

On multiple occasions I have had the privilege of being a starter at Special Olympic track and field events and have enjoyed that immensely. It brings me great joy to connect with the athletes and to ensure that they have a fun and safe environment to participate in their events.

Safe Sport is a growing priority across amateur sport. From a governance perspective, how do you think BC Athletics can continue to strengthen policies and practices that ensure a sport environment that is safe, accessible, and inclusive for all participants?

It's essential that officials, coaches, meet organizers, and others involved in our sport, are trained and have a good understanding through the various courses offered by BC Athletes and Athletics Canada on the issue of Safe Sport. In addition, they should be well aware of the BC Athletics Code of Ethics and Conduct Policy. Whilst we cannot expect athletes, parents, and audiences, etc. to know these guidelines, as leaders we can show and lead by example. We need to call out poor behaviours, nip a potentially bad situation in the bud, and use our better judgement to provide a clear and fair decision in an unsafe situation.

We have to also call out situations involving people who should know better, such as coaches, officials and meet organizers, etc. Disciplinary actions should be taken and consequences

should be enforced. Those who have been harassed or mistreated in any way should be encouraged to report the situation - in writing (or have a scribe assist) - as soon as possible after the situation has arisen and have the Athletics Canada Commissioner's Office review the case as outlined in the BC Athletics Complaints, Dispute Resolution and Discipline Policy.

As a board of directors member, I would hope that we would hear about these cases (from all provinces) sent to the Commissioner's Office or at least a summary, including the final decision. Then as a board we can take any necessary steps to help eliminate future occurrences of said events in our province. If it has not been done previously, I think a committee could be set up to review past complaints to see if there is any pattern and to issue a report as well as recommendations.

If elected to the Board of Directors, what do you see as the most significant contribution you can make to the organization?

I'm a good listener, reader, and researcher and I bring a wealth of experience from being a coach, official and athlete. I'm ready to pitch in and help to make BC Athletics an organization that other provincial Athletic groups across Canada can look up to in terms of excellence and good governance.