

Implementing and Cost of A Quiet Space

Tent at Festivals

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Introduction

When the word festival comes to mind, it typically sparks the feeling of a vibrant gathering where a community can come together to celebrate culture, music, and community. With that said, it is important to acknowledge how having a designated quiet space for those who may require respite from a sensory overload, or for those who may just need a multi-space spot for whatever reason that may be. This report is meant to help examine the advantages of integrating a quiet space tent into these types of festival environments, as well as address the possible cost, and action plan for the tent.

Mental Health and Well-being

It should be noted how academics may feel when it comes to how this tent may help to promote mental health and well-being of those who may need the space. According to a study done in the *Journal of Affective Disorders*, exposure to loud noise at festivals can help to spike stress and anxiety levels, especially in individuals who may already be predisposed to those conditions (Shepherd et al., 2015). Also, the incorporation of a space like this also is recommended by clinical psychologists like Dr. Sarah N. Wilson, who suggests that such spaces provide individuals with a vital opportunity to regulate their emotions and recharge from overwhelming stimuli (Wilson,

2019)

Accessibility and Inclusivity

Research that has been possibly conducted by Accessibility Canada, where they have a set of guidelines and recommendations that specializes in the advocating for inclusivity in live entertainment, underscores the importance of providing sensory-friendly accommodations at festivals. They suggest that a festival should consider a quiet space for rest, if your event may attract large crowds and is longer than a couple of hours (Accessibility Canada, 2016).

Rough Action Plan

Ideally, this tent would hopefully have a trained staff or volunteer stationed within the quiet space tent that could offer emotional support, and hopefully de-escalation techniques for individuals in

need. The tent itself should be enclosed when in use, but have a door open that another staff or volunteer could be at for safety purposes, as well as to help sanitize the tent after usage. Inside the tent there should be a foldable chair, or two, a table, and possibly a safe disposal bin for needles, as we can not guarantee that there would not be people who may want to use the space for drug administration, and hopefully this space would be able to also be used for that. A table may also be a good idea for inside the tent, however there should be a barrier like paper that can be replaced after each usage of the tent. It may also be a good idea to have a small bin with fidget toys, that ideally can be used for grounding an individual who may be using the space in distress.

Costs for Tent

Attached is a list of possible items needed for the space, based on prices off of Amazon Canada, with links included. The prices are also in the Canadian dollar, but do not include shipping or taxes as well. It should be noted that these items can be reused for other purposes for the outreach team and the ACPD, like possible pop up events. Some of these items may also be previously available as well, and may be able to be found for cheaper.

- 1. VEVOR 10x10 FT Pop up Canopy with Removable Sidewalls, Instant Canopies Portable Gazebo & Wheeled Bag, UV Resistant Waterproof, Enclosed Canopy Tent for Outdoor**

Events, Patio, Backyard, Party, Camping - 279.99

https://www.amazon.ca/VEVOR-10x10-FT-Pop-Canopy/dp/B0C1BKP85K/ref=sr_1_20?crid=QKY9LY0WX3HQ&dib=eyJ2ljojMSJ9.BOArpkpHWWWhFMSU6wxSmTmZw7nR7WAynyHiNAsseZDfpgTYrTdVD1Wqb0Z2dccv3od9U7dsv0SZ_U4EB3Jw3b8JwnGV0OqWmRmwkdfUAepZZZVXfX1hhpmQ0K2bdjH3ojKN2wAqbXO2Jhm9pRGBhvCSxDvr0xwDYokGmRdaWnm28AcVbOEJbP4-Qls7KJurMYb1Jp-5og4JJUSdEUqQqYDVuNO_RuJFida2Rr6cll4YBW-YKsaeyk8W0VVLGvoGinaKRlraK7pY-e64uM_wDcosj9AkJCag97f2CN7wtGAM.dhfoHCpF6M-NCnVgRBCAK4rp0KH9ttJPgJ8R5e_clrU&dib_tag=se&keywords=pop+up+canopy&qid=1718411015& sprefix=pop++up%2Caps%2C105&sr=8-2

2. 4FT Camping Table Portable Folding Table Lightweight

Aluminum Picnic Table Adjustable Height Indoor Outdoor Table for BBQ RV Camping with Portable Handle - 79.88

https://www.amazon.ca/Camping-Portable-Lightweight-Aluminum-Adjustable/dp/B097419LMK/ref=sr_1_34?crid=3IUC0226L4ID9&dib=eyJ2ljojMSJ9.zKkaFg9jxmnl_iFHIzVMqzACoFLe1SVHFt6f_NoitSD2zGBMm3PT24TZ2OVVGLhb4LYCuFgv7IWAbUGaAlNHjBvFr7pEKEeuqg0sUb33RvPim_GdYLRq88E0CUqH05V_7KvOD_4mdWxvvgwL4_pf5Sf-FVOQLs9PKIj-qHIK5f

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+up+table&qid=171841
1253&srefix=pop+up+table%2Caps%2C113&sr=8-3

3. **FBSPORT 2 Pack Ultralight Floding Camping Chair, Compact and Heavy Duty Outdoors Portable Backpacking Chairs, for Camping, BBQ, Beach, Travel, Picnic, Festival - 73.99**

https://www.amazon.ca/FBSPORT-Ultralight-Outdoors-Portable-Backpacking/dp/B0BG81N99R/ref=sr_1_17?crid=7IW32KD2BBSI&dib=eyJ2IjoiMSJ9.RA-cJZoIGJN1e2CWLXvGGIANVfr012kODvHkAE4WfBbt4cqTxlyT9nCTLb9rmRSP7pWHRR8dR2AZyDm7qdzPdGbBKy7whxSDWHALVfGNDvvda8oic03hqN_iZ93aFNomRCXWnJon5eU6iRQhJN5F4BtEcQ312BfnnyGy-WVDQJLRMVRbHfqBEYQdOpbFm2iBSdiO3w5a0InvUxAKMpoJ8saY3MqC59ykSLueKUfi0Bq eGpmdZwdk0095jL4QIk--cNGHPaxe3JiFg5rW15sVfb-rnuPVahl8BkOQb-UnltQ.wCCm6CIRxaIAGrbhNks9NMZquSxgN6lzmLZyjRI8jkE&dib_tag=se&keywords=camping%2Bchair&qid=1718411437&srefix=camoing%2B%2Caps%2C93&sr=8-17&th=1

4. **Avalon Papers 24161 Crepe Examination Table Paper Rolls, 18" - 13.30**

https://www.amazon.ca/AVALON-PAPERS-Avalon-Crepe-Examination/dp/B078XY2KX6/ref=sr_1_1_sspa?crid=3GA4KBUL2BSI&dib=eyJ2IjoiMSJ9.7RhbcNfVb14xXgJ5PRzDnWHr6DnZcr DhPQOpL-wJLTF5YoHptLlrvt84XaWEI2ey60K1ssG_6ezJYbp8ORmQINoK1yVfT0l4xhsucPnGEWS_hsG2shSEDTwMW5gNymUP8a3sixFycFjAmTBdSClwVWexE4l7OjtQ8Mgsu3uMt4Pf

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V_sfOXKJmq_xhE6fqRdDcWULy_MzmQ&dib_tag=se&keywords=table+paper&qid=1718411511&srefix=table+paper+%2Caps%2C113&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hd_GY&psc=1](https://www.amazon.ca/Nestling-Fidget-Sensory-Fidgets-Anxiety/dp/B0BNPYGZTQ/ref=sr_1_1_6?crid=K7MYHAHU9FX5&dib=eyJ2IjojMSJ9.ZfLbKwrGBSWCFcl1UF_HvNe5j4p4wv2Xay3_wgHF-LiHaWQdTU0YclKM1OJwkdkoBZyaEfF9uWLqgl63hmzXzG_2ERhgo1Da2zc030ahl7Y_BeTtip1m3ak_vDf_RgNDMNkvkISSJEnUOn63MVtooFEuryqAFoW76Bo7Mrx93abzwlCh9Nhj_zR8yjeqw4bnwpNEbwoz56OvUvII2WYh_mPYKpFtaJxTIKfuubTJJwtkF_aeizFgYrMBXFwieH_I31ZjFQDbD1Q0CChYm_9vLmBt3jBhhIGssMz0bDHmtw6mKjl.NOKbXWwKC9qOqEdvpAo_12SjJ_pWs0AYO3bmtY7Asahc&dib_tag=se&keywords=fidget+toys&qid=1718411605&srefix=fidgi%2Caps%2C105&sr=8-16)

5. **30 Pcs Fidget Toys Pack - Party Favors Autism Sensory Toy Bulk - Adults Kids Stress Relief Stress Autistic ADHD Anxiety Fidgets Set - Carnival Classroom Treasure Box Prizes - 14.99**

https://www.amazon.ca/Nestling-Fidget-Sensory-Fidgets-Anxiety/dp/B0BNPYGZTQ/ref=sr_1_1_6?crid=K7MYHAHU9FX5&dib=eyJ2IjojMSJ9.ZfLbKwrGBSWCFcl1UF_HvNe5j4p4wv2Xay3_wgHF-LiHaWQdTU0YclKM1OJwkdkoBZyaEfF9uWLqgl63hmzXzG_2ERhgo1Da2zc030ahl7Y_BeTtip1m3ak_vDf_RgNDMNkvkISSJEnUOn63MVtooFEuryqAFoW76Bo7Mrx93abzwlCh9Nhj_zR8yjeqw4bnwpNEbwoz56OvUvII2WYh_mPYKpFtaJxTIKfuubTJJwtkF_aeizFgYrMBXFwieH_I31ZjFQDbD1Q0CChYm_9vLmBt3jBhhIGssMz0bDHmtw6mKjl.NOKbXWwKC9qOqEdvpAo_12SjJ_pWs0AYO3bmtY7Asahc&dib_tag=se&keywords=fidget+toys&qid=1718411605&srefix=fidgi%2Caps%2C105&sr=8-16

6. **Elipenico Comic Storage Box, Extra Large Storage Bin with Lid, Office Organizer Storage, Storage Chest Foldable with Handle for Files, Clothes, Towels, Books, Office Supplies (Green, 1 Pack) - 13.09**

<https://www.amazon.ca/Storage-Collapsible-Waterproof-Window-Comics/dp/B0BQYLJ5ZC/ref=>

[sr_1_23_sspa?crid=BDQCMZ5YBG1O&dib=eyJ2ljojMSJ9.LBsHCcOzL2X3-hHIDtYwWnY25](https://www.amazon.ca/sr_1_23_sspa?crid=BDQCMZ5YBG1O&dib=eyJ2ljojMSJ9.LBsHCcOzL2X3-hHIDtYwWnY25)

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7. **Zytec Germ Buster Hand Sanitizer Foam With Moisturizers -**

Clear-550ml - 6.99 https://www.amazon.ca/zytec-Germ-Buster-Sanitizer-Moisturizers/dp/B01E3XTUTQ/ref=sr_1_1

[5?crid=3OS2IBY98RDW9&dib=eyJ2ljojMSJ9.twHrXSzMabTUX89UfgCJeBfKpnbABJwHKX](https://www.amazon.ca/5?crid=3OS2IBY98RDW9&dib=eyJ2ljojMSJ9.twHrXSzMabTUX89UfgCJeBfKpnbABJwHKX)

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[BBPiOultv9Fm7IGTdeJhjR0&dib_tag=se&keywords=sanitizer&qid=1718411948&srefix=sani](https://www.amazon.ca/BBPiOultv9Fm7IGTdeJhjR0&dib_tag=se&keywords=sanitizer&qid=1718411948&srefix=sani)

[%2Caps%2C95&sr=8-15](https://www.amazon.ca/%2Caps%2C95&sr=8-15)

8. **Allora Disinfectant Wipes (6 x 150-wipe tubs) - 28.90**

https://www.amazon.ca/Allora-Disinfectant-Wipes-150-wipe-tubs/dp/B08XPPL7PL/ref=sr_1_3_s

[spa?crid=3G92WPK4A8C7L&dib=eyJ2ljojMSJ9.hm1fB2mpYErIRjffBh](https://www.amazon.ca/sspa?crid=3G92WPK4A8C7L&dib=eyJ2ljojMSJ9.hm1fB2mpYErIRjffBh)

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18412028&sprefix=lyso l+wipes%2Caps%2C96&sr=8-3-
spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

9. **72HRS Vinyl Disposable All Purpose Clear Gloves – 4 mil, Latex Free and Power Free, Food Grade Multipurpose Gloves - 12.45**

https://www.amazon.ca/72HRS-Vinyl-Disposable-Purpose-Gloves/dp/B0CDQWQ6ML/ref=sr_1_8?crd=1LSKPBNA7DF2O&dib=eyJ2ljojMSJ9.kv7_ubuGT6DgMOgC0K62Jzv1Do1R2pO2LxomYo2VFc6zVyg8Xt3X7gVpUHKEEoHNX7VSayFwSBMAcL3uv8yQ3ljh19OhkR762yxjQCx4g5WjToSethLH6x13ceSs7MMUls3ehtDZoN5NNsnUVodkxGM6oY_f0T5Assyazs8ib5UBv6JyebwlsW8lbUbNnkojH8YagcmL9zFDp6kt2P5rnumrJWEgB3w444V63lh98IG0cV9IMEHf0dPIWfvQMXxs3OVMrDKjEUzhvm56_APdJqN2bKdeMVVJQ5QD5KjLV0.cMgPXebH3HYI05clubGPHAOjzFMdbHuYsYS9NnXiMxU&dib_tag=se&keywords=clear+gloves&qid=1718412116 &sprefix=clear+gloves+%2Caps%2C100&sr=8-8

10. **Waste Sharps Box Bins 1L Size, Tattoo Medical Plastic Sharps Container, Biohazard Needle Disposal Waste Box (115 x 100 x 165mm)(Yellow) - 9.54**

https://www.amazon.ca/Medical-Plastic-Container-Biohazard-Disposal/dp/B0BG92JH6L/ref=sr_1_3_sspa?crid=1624BQ7DDILX7&dib=eyJ2IjoiMSJ9.1bvRCU3mnuGg56ZCckFPvAUOmXb_1Ao0uP-hbGQWKdleAg7Y3_O5D9pMPz5PwvbQM2e1yX9Bfj_JIBYVmW-_lmanWC-_vOrELJLDTXIkIIEBPxL5FjdHRVsuJx5e5wdDaWo-EnsubDfs3eqeJKeKmspaQXRnhfJMvFkOk_OObRrBBT2Hf3TLqfyXEJit6-AvyWUDz2sk_pPTDZvbhXx5u3nP01_nadxnKUgCjIB-YoTB1PZrDzm7bTVGYPAMV9TQnuVIBt3LI90ZoSm4Jhby69HS6pABcwhE-1izOljw5Gk.5hG8vTYG9_fmRcrUy12mapmmBc-fqaa2SOczZksmBhs&dib_tag=se&keywords=medical%2Bdisposable%2Bbin%2C94&sr=8-3-spons&sp_n&qid=1718412205&srefix=medical%2Bdisposable%2Bbin%2Caps%2C94&sr=8-3-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1

Total Proposed Cost without Taxes and Shipping - 533.23

Sources

- Ontario (2016) Guide to Accessible Festivals & Outdoor Events
- Shepherd, D., Heinonen-Guzejev, M., Hautus, M. J., & Heikkilä, K. (2015).
Environmental noise and sleep disturbance: Research in central, eastern and south-eastern Europe and newly independent states. *Noise & Health*, 17(76), 1–7.
- Wilson, S. N. (2019). Personal communication.