Sport for Everyone – Phase 2

Additional Written Submission

Health and Sport Committee – Notes

Phase 1 of Committee inquiry found evidence of barriers to participation across age and gender. Barriers included caring/family commitments, shortage of suitable nearby facilities and cost.

Phase 2 of Committee inquiry seeks to consider community based approaches to remove barriers to participation in sport and physical activity.

Participation – Community & Volunteers – School Estate – Commonwealth Games Legacy

PARTICIPATION

1. Can you provide examples where a community based approach (assess needs and resources in an area and involve community stakeholders) has been successful in removing barriers to participation in sport and physical activity?

- Jog Scotland
- Parkrun
- Walking Football
- Bounce Back to Netball
- Community Cycling Groups – yet to trial
- Walking and Cycling Paths
- BALL groups (Be Active Life Long) 60yrs + (physical activity)
- New coach moves to area/new sport to offer
- Exercise referral/signposting system
- Daily Mile

Although some of the above are not necessarily community based approaches as they have been created by national agencies and rolled out but the community engagement and support to them has been self evident. Success of one of these initiatives in one area in Moray has resulted in other areas of Moray asking for them! In Sweden you get an extra weeks annual leave if you exercise a minimum of 3hrs per week across the year – Scotland needs to be innovative like this. Employers need to do more to have an active workforce.

2. What were the key ingredients to that success?

- Low cost
- Flexibility
- No strict attendance regulations
- Caters for wide range of abilities
- Outdoor environment
- Family orientated
- Identified need from within community/local choice
- Using skills of people within community
• Recreational or competitive option depending on motivation of each individual

3. Were there any approaches that were particularly successful in increasing participation among certain social groups, like women, ethnic minorities, certain age-groups?
   • Jog Scotland – female population
   • Park run – all ages, families
   • Walking Football – males
   • Netball/BALL groups – female

4. To what extent are these approaches unique to a particular area and set of circumstances, or replicable in other parts of the country?

Don’t think they are unique to a particular area.

However we do have local differences and therefore ‘one size doesn’t fit all’. For example the Parkrun/Jog Scotland app – can clearly see benefits for those in cities where parkrun takes place on doorstep but in rural areas this link is not going to be as appropriate.

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Phase 1 heard from the Scottish Sports Association that “another significant legacy opportunity from the Games was converting the unparalleled interest in volunteering at the Games (50,811 applications in total) into sustained volunteering interest; to date our understanding is that this supported conversion has been minimal.”

The Session 4 Committee Inquiry into Community Sport also highlighted the importance (and challenges) of retaining volunteers by ensuring adequate training and development opportunities.

COMMUNITY & VOLUNTEERS

5. What are the barriers facing volunteers, (either those wanting to volunteer for the first time or sustaining ongoing volunteering)?
   • Lack of time
   • All the forms and training now required – extensive
   • Work and family commitments
   • Level of responsibility (blame culture now and law suits)
   • Cost to attend all training and also distance to travel to these courses sometimes
   • Lack of facilities to expand club (particularly sports halls)
   • Lack of links with school PE – in some schools the PE curriculum does not correlate with the sports clubs available in local community therefore not embedding the player pathway at school.
   • Behaviour of youngsters – lack of respect
   • Funding – travel expenses – cost to travel to events etc
   • Burnout – existing volunteers get pushed to do more (ends up being a chore rather than enjoyable)
- Additional pressures – some clubs/groups are now having to take over the running of their facilities which requires a different set of skills and greater responsibility and finance.
- Focus on equalities and inclusion now – this could relate to getting people with mental health issues, disabilities, long term medical conditions or from socially deprived areas more active. However volunteers may need additional training to work with this target groups to ensure they are appropriately qualified and ensure they can develop good relationships etc. This training may require additional finance.

6. How might these barriers be overcome?
   - Simpler process to get volunteers on board
   - Reduce costs of training courses
   - Employers should give staff time off to volunteer (RAF do this well)
   - Need a greater incentive to volunteer or make it compulsory somehow!

7. What are the challenges in retaining volunteers beyond the short term?
   - Parent volunteers remain only whilst children at school
   - People don’t stay in same area/job for as long as previously so circumstances may change more frequently
   - Work pressures
   - Greater expectations than initially anticipated

8. What examples are there of good practice to encourage and maintain volunteers in community sport and are there lessons to learn from other sectors around attracting and retaining Volunteers in sport?
   - Saltire Award for 12-24yr olds (simple scheme)
   - Annual Recognition Awards
   - Volunteer of the Week/Month
   - Reward them by covering costs of training courses etc
   - Support and mentoring vital
   - Time off work for volunteering

   Too many Awards Schemes operating, better if local community nominated people/teams/clubs etc to local Awards and then winners of these were put through to National Awards. Sportscotland have their Awards scheme open the same time as our Awards scheme so diluting the potential pool of nominees for each.

9. Can you provide examples of innovative joint working between clubs and public bodies that are utilising available sources of funding?
   - Sports Hubs are trying to do this – no major funding success as yet
   - Walking football/netball
SCHOOL ESTATE

The Committee has heard evidence during phase 1 that there remain on-going difficulties in communities accessing the school estate. Similar problems were raised by the Session 4 Health and Sport Committee in its 2013 report on Community Sport. These include problems around janitorial time out of school hours and issues around PPP (Public Private Partnership) contracts. The Committee is interested in hearing views as to what the problems are and solutions for how they might be overcome.

10. To what extent is the school estate currently being used effectively to increase opportunities for sport and physical activity participation?

- Majority of Secondary PE facilities are community venues. We only have 2 sports halls in Moray outwith the school PE curriculum. We have a limited number of schools available after 6pm – many Primary Schools not big enough for clubs.
- The PPP school we have has limitations in evenings/weekends to community.
- School facilities are available to Active Schools and Sports Development as a priority prior to 6pm then open to community from 6pm onwards.
- Holiday access to schools can be limited due to reduced caretaking or maintenance work/

11. In what ways has access to the school estate for communities improved in recent years?

12. What are the remaining barriers to use of the school estate? Please also note any particular issues around term-time compared with school holiday time.

- Limited access during holidays due to maintenance work
- Not getting access although in the main we need large sports halls rather than school gyms.
- Potential reduction in school estate due to Local Authority financial pressures this will have a knock on effect on sport/physical activity.
- Booking system could be improved.

13. How might these barriers be overcome?

COMMONWEALTH GAMES LEGACY

A key driver in Scotland's bid to host the 2014 Commonwealth Games was to achieve an "Active Legacy" through excellent sporting infrastructure increasing access to sport and increased levels of sporting activity across Scotland.

14. How would you assess the active legacy of the Commonwealth Games for:

- Community benefits and
o Participation rates

- Sports Hubs going well although still needs Officer support
- Limited legacy in North of Scotland as no events up in this direction
- Clubs/orgs did access funding to put on events/activities so at least felt a connection
- Communities/clubs more aware of Team Scotland athletes due to publicity
- Volunteer legacy from Games not evident.

15. To what extent are the new facilities being used to maximum capacity?
   - No new facilities in Moray

16. Are there any examples of innovative uses of the new facilities benefitting the community?
   - N/A

17. Is the physical infrastructure built for the Commonwealth Games being used effectively to increase opportunities for sport and physical activity; and increasing rates of sport and physical activity participation?
   - N/A

Supplementary notes;
PE in schools is often first experience yet seems to have limited importance in schools compared to literacy and numeracy.

NGB’s are supporting/more focussed on clubs being business like – losing the community ethos – needs to be fun and people need a work/life balance. Some volunteers don’t want to be entrenched in running a club as it can end up being a full time job in essence!