1. **Can you provide examples where a community based approach has been successful in removing barriers to participation in sport and physical activity?**

There are numerous great examples around Scotland including:

- Greystone Rovers (Dumfries)
- Streetfit Scotland (Edinburgh)
- Fairfield Sports Club (Dundee)
- Blantyre Soccer
- Auld Reekie Roller Derby
- Active Communities (Renfrew)
- Ardroy (Lochgoilhead)
- Let's get sporty (Dumfries)
- ACE – Adventure Centre for Education (Girvan)
- Atlantis Leisure / Healthy Options (Oban)
- Newmilns Ski Slope (East Ayrshire)
- Crags Sports Centre (Edinburgh)
- Fighting Chance (Fife)
- Ardroy Outdoor Education Centre (Argyll & Bute)
- Spartans (Edinburgh)
- Drumchapel Sports Centre

2. **What were the key ingredients to that success?**

- Passionate groups or individuals driven by a desire to make a difference
- Understanding of the needs of people in their community
- Tenacious and determined in their endeavours

3. **Were there any approaches that were particularly successful in increasing participation among certain social groups, like women, ethnic minorities, certain age-groups?**

- Listen / Try / Tweak
- Adapt when necessary e.g. walking football, women only swim sessions
- Run sessions where people are confident enough to go. It is a daunting prospect for many to walk into the Emirates Arena or an established club for the first time.
Local and easily accessible – Let’s Get Sporty started after school clubs out in small community centres – parents were happy to let their kids attend as they could walk to the activities.

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

It is vital to note that not everything is needed or will work in every community, however

1/ Gather the learnings from each of the different organisations delivering successful activities

2/ Design a suite of programmes from the learnings - the what and the how

2/ Identify the active anchor organisations in each different community e.g. sports club, youth club, uniformed group, development trust etc.

3/ Ask the Community Anchor Organisation which if any of the programmes are appropriate for their communities

3/ Support that organisation to implement chosen programmes e.g. by the use of peer learning as a starting point.

Community and volunteers

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.

5. What are the barriers facing volunteers, (either those wanting to volunteer for the first time or sustaining ongoing volunteering)?

People involved in sports club often don’t think of themselves as doing volunteering work, they are just “coaches”

Sports organisations don’t always know what they need in terms of volunteers i.e. it’s not always about coaching
Sports organisations have not historically connected with the national network of Third Sector Interfaces whose role it is to connect volunteers with volunteering opportunities.

Volunteers don’t always see how their life and work skills could be useful / valuable to a club

The legislative and administrative burden is increasingly onerous hence few are keen to take on key committee roles.

6. How might these barriers be overcome?

Design and use of a matchmaking database

Understand that event volunteers can be quite different from those who wish to take on a regular weekly role

Use Third Sector Interfaces as a local connector

Encourage clubs to connect with Third Sector Interfaces

Require Third Sector Interfaces to actively connect with and ultimately support sports club

Sports Governing Bodies to build relationships and help Third Sector Interface staff understand the needs of clubs

7. What are the challenges in retaining volunteers beyond the short term?

Clubs need to have a role for new volunteers

Each club needs a volunteer focused committee member – to welcome, support, recruit etc.