Camanachd Association

Sport for Everyone

1. Can you provide examples where a community based approach has been successful in removing barriers to participation in sport and physical activity? A community based approach is the foundation of our work in shinty and we do this by working in partnership people in the community to provide opportunities at an appropriate time, by working in partnership via Shinty Stalls/Taster sessions/Skill challenges at School Activity Days & Community events, Community Sports Hubs Open sessions and Club open days.

2. What were the key ingredients to that success? Providing easily accessible participation opportunities in environments where people are comfortable. This means providing opportunities locally in some of Scotland’s most rural communities. The key ingredients include the resource to provide development staff that supports and liaises with local clubs to provide these opportunities for young people.

3. Were there any approaches that were particularly successful in increasing participation among certain social groups, like women, ethnic minorities, certain age-groups? The most successful approaches are targeted opportunities for the individual groups identified above. E.g. Girls only events – coaching courses – officiating course.

4. To what extent are these approaches unique to a particular area and set of circumstances, or replicable in other parts of the country? Remote Rural areas are a greater challenge due to the smaller numbers available and the greater distance and cost required to reach opportunities.

Community and volunteers

5. What are the barriers facing volunteers, (either those wanting to volunteer for the first time or sustaining ongoing volunteering)? Our focus in the Camanachd Association is to recruit, support and retain volunteers to enjoy their role and provide opportunities for the long term. Major barriers in club and community based volunteering is that existing volunteers lead on so much and thus become ‘Too busy’ to a) look/advertise for new volunteers b) Train new/existing volunteers c) Recognise/value/reward volunteers. There is a lack of resources to promote opportunities that are available and manage the scale of the role to suit new volunteers capacity.

6. How might these barriers be overcome? Supporting clubs in their organisation and recruitment of new volunteers will help reduce the barriers that exist. Clarity around the roles volunteers have or may take up - Clarity around the commitments involved – Improved promotion and advertising.

7. What are the challenges in retaining volunteers beyond the short term? Volunteers are busy people adding volunteering to their busy schedules. The challenge clubs have is delegating roles to a wide range of
volunteers to reduce the pressure placed on individuals. This way volunteers can focus on specific roles and be recognised for this. Personal circumstance change – Parents move on with children.

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? One example of good practice is in Kinlochshiel Shinty Club they established a governance structure that delegated roles to a range of directors and reduced the workload on any one individual. This way the work was spread out and the club has gone from strength to strength securing new facilities and a pitch as well as winning the Marine Harvest Premiership.

9. Can you provide examples of innovative joint working between clubs and public bodies that are utilising available sources of funding? sportscotland: Awards for All – Facilities Fund – Direct Club Investment. Local Authorities: Ward Discretionary Funds. Trusts: Club and Training grants

School estate

10. To what extent is the school estate currently being used effectively to increase opportunities for sport and physical activity participation? After school and Active Schools activities are available but evening, weekend and Holiday period lets are a challenge due to cost, access and availability.

11. In what ways has access to the school estate for communities improved in recent years? Access to the school estate has improved with increased structure following a move to Trusts and on some occasions a slightly easier process to booking facilities (E.g. Highlife Highland).

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. Cost and availability is the biggest challenge. As Scotland's most iconic team sport it is frustrating that no pitches in this part of the world where shinty is so popular has developed a suitable all weather pitch. Additionally the weather and number of games postponed due to weather hugely impacts our sport in the north and the far west. This is unfortunately the case even in communities where shinty is the main sport.

13. How might these barriers be overcome? Challenging developers to consider the longer term benefits of a schools facilities reflecting the history and heritage of sport over the last 150 years. More community consultation and actually responding to this or at least planning provision to extend these facilities when suitable monies are available.

Commonwealth Games Legacy

14. How would you assess the active legacy of the Commonwealth Games for:
Community benefits and
Participation rates

We are currently a non-Commonwealth Games sport however we would say that the Commonwealth Games provides an iconic moment once every four years to celebrate the sports taking part. Given our history and heritage in shinty we would like to see more investment go into traditional Scottish events like the Camanachd Cup, MacTavish Cup that already exist and need additional resources to sustain and provide opportunities to the people of Scotland on a regular basis.