Scottish Sports Association

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Sport for Everyone

The Scottish Sports Association (SSA) thanks the Health and Sport Committee for the invitation to attend and to submit to this Inquiry.

The Scottish Sports Association (SSA) exists to represent and support Scottish Governing Bodies (SGBs) of Sport as the independent and collective voice for SGBs. We represent their interests and currently have 52 full members and 15 associate members. SGBs are responsible for the governance, development and delivery of their individual sports and provide a formal structure for the over 900,000 individuals in Scotland who are members of one of Scotland’s 13,000 sports clubs. Most of these organisations are run on a not-for-profit basis and are managed by volunteers. They provide coaching, competition and participation development opportunities for their local communities and most of the 195,000 people who volunteer in sport do so within the club structure.

The SSA has, as usual, compiled this submission in consultation with our members. Our members welcome this Inquiry as both an opportunity to highlight the many significant successes within SGBs since the Committee’s last inquiry on sport and as an opportunity to seek collective input to further breaking down barriers and achieving greater collaborative successes. Our members also welcome the Committee’s continual consideration of ‘legacy’, appropriately recognising that the true benefits of a legacy from 2014 will be in the longer term. The Glasgow 2014 Commonwealth Games broke records – it was the best Games ever, it toppled all records for recruiting volunteers and it smashed all previous medal records for Team Scotland. In addition to celebrating the successes, of which there are many, we must continue to work towards common goals, a key feature in the successes to date. Our members want Scottish sport to keep breaking records in optimising the legacy opportunities and ensuring that these are sustainable to maximise long term benefits for sport and for communities across Scotland.

Since Scotland won the bid to host the Commonwealth Games in 2007, there was a nationwide focus, from all partners, driven by the Scottish Government, to secure a legacy from the Games. Most importantly of all, this focus, and the political will to make it succeed, must continue and must be prioritised and appropriately resourced.

Since 2007 our members, both directly and via the SSA, have been working with the Scottish Government, and other key partners, around the consistent theme: ‘Glasgow 2014 – delivering a lasting legacy for Scotland’. Upon review, our members’ conclusions as to the key factors in securing a lasting legacy show considerable progress – along with still further opportunities to optimise legacy. These key factors are also the fundamental linchpins for enabling access to community sport.
COMMONWEALTH GAMES LEGACY
PE and School Sport – physical literacy

What was required: Two hours of high quality PE for all school children (including those with a disability) focusing on two key strands:

- Quality teaching of basic physical literacy skills; ensuring that every child can run, jump, throw, catch and swim
- Establishing a culture of regular participation in sport and being active.

Progress to date: 99% of primary schools are delivering a minimum of 2 hours of PE to all pupils and 95% of secondary schools are delivering at least 2 periods (100 minutes) of PE to all S1 – S4 pupils (98% of schools in total).

This progress is significant and will pay dividends for future generations. However, focus is still required to achieve the 100% target (especially for pupils with a disability).

The next step: an entitlement for every child to be equipped with the skills to be active for life;

- Through the primary school curriculum, and significant aspects of learning, every child develops the fundamental skills to allow them to be physically literate (run, jump, throw, catch and swim)
- The teaching of PE is prioritised within initial teacher training and CPD to ensure the confidence and competence of all teachers in quality delivery for all pupils
- Scottish Disability Sport’s award winning Disability Inclusion Training is prioritised within teacher training and CPD to ensure quality and inclusive PE for all pupils
- Educational structures ensure that every child, in every school is active every day, supported by specialist teachers.

The benefit: Enjoying being active throughout childhood and developing key fundamental skills are vital to instilling positive habit forming behaviours - there is also a high risk of childhood inactivity leading to poor health in later life.

People – changing the culture of volunteering

What was required: A culture change around Employer Supported Volunteering; that more businesses in Scotland will consider ways to support and encourage their employees to frequently volunteer. This ambition is shared by the Scottish Volunteering Forum in their ‘Case for Change’ document.

Progress to date: A number of organisations continue to operate policies around Employer Supported Volunteering, predominantly giving 1-2 days per year for volunteering activity. While lots of employers provided additional flexibility for employees to volunteer at the Games, after the Games these policies tended to revert to the standard 1-2 days per year of volunteering, leaving no sustainable
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legacy against the more frequent volunteering which sustains civic society across Scotland.

A positive exception to this is the Scottish Government which has recently extended its employee volunteering policy to 3 flexible days per year.

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 next step: an entitlement for everyone to be supported as a volunteer;

- Everyone is able to contribute to their communities through volunteering
- Every employer and educational establishment provides regular Supported Volunteering options for all as part of wider ongoing support for the voluntary sector.

The benefit: Exposure to volunteering is vital to creating a sense of community; it helps to promote citizenship behaviour, community responsibility and community involvement; individuals who volunteer have increased life satisfaction and enhanced well-being; volunteering can result in a 20% reduction in premature mortality.

Places – maximising existing facilities

What was required: for better use to be made of existing sports facilities, including Scotland’s natural environment. A key strand of this was opening up the school estate for community use, by sports clubs and other community clubs.

Progress to date: in 2013 sportscotland published a report on access to and use of the school estate. This report showed that while the majority of this estate is available for public use (79% of facilities in primary schools and 98% of facilities in secondary schools), less than one-fifth of it is utilised during school holidays and only one-third of it is utilised during term time (35% of indoor space during term time and 17% in school holidays; 19% of outdoor space during term time and 11% in school holidays). While these appear to be the most up to date figures, they demonstrate that enhanced programming and management of the facilities could significantly increase use of this existing estate within the heart of local communities.

The next step: an entitlement for everyone to easily access local, inclusive, quality sporting places;

- Everyone has access to an appropriate range of indoor and outdoor sporting places in their communities
- Facilities which receive public investment should provide easy and affordable (a rate which is not financially prohibitive) access to community sports clubs
- Facilities which receive public investment should provide priority access to community sports clubs.
The benefit: People who participate in sport through a club participate more often and for longer than non-club members with further benefits including social cohesion.

Performance – building on success

What was required: maintain current investment in the sports performance system, including in the sportscotland Institute of Sport, performance coaches and competition opportunities.

Progress to date: record breaking Scottish medal-winning tally across the London 2012 Olympics and Paralympics and the 2014 Commonwealth Games – the most successful cycle ever for performance sport in Scotland.

The next step: an entitlement for all talented individuals to achieve their potential through the sporting system;

- World class performance sporting system for everyone in Scotland
- Increased and long term investment planning into performance sport in Scotland
- Every athlete will have access to a level of facilities, competition, coaching and support which is appropriate for their ability and commitment to sport.

The benefit: Scottish sporting successes provide inspiration; following the Glasgow Commonwealth Games 84% of people had participated in sport since the Games (December 2014) and 94% of people planned to be more active in 2015 (December 2014).

Partnerships - the key enabler

Awareness as to the significant contribution of sport, and more people participating in sport/being active, has developed since the Games bid was won – principally focused around the preventative spend agenda and the opportunity for more strategic partnership working.

What is required: an entitlement for everyone to realise the benefits of sport/being active;

- Partnerships between sport/activity organisations are prioritised with and resourced from health, education, justice and transport organisations to lead to a “radical shift towards preventative public spending”
- To agree with the health, justice, education and transport departments that a percentage of their budgets are apportioned to sporting/activity organisations through strategic partnership working
- The benefits and opportunities provided by a more active nation are appropriately recognised, prioritised and resourced across all aspects of public policy.
The benefit: Increasing physical activity levels by 1% each year for five years would save 157 lives per year, with a positive economic impact of £85 million.

BARRIERS TO SPORT

In addition to the barriers highlighted above, our members also report the following current barriers to sport:

- **Investment in Sport - National**: our members have expressed significant concerns over the intimated cut to the sportscotland budget, which will have a direct impact on the funding and/or support available to our members.

- **Investment in Sport - Local**: investment concerns are further amplified by recent year on year cuts to local authority/trust sports budgets impacting on the support which is available locally to sports clubs and outdoor education programmes.

- **Designation of Sport**: a culture change is required in how national and local governments, and related arms-length organisations, recognise and account for sport/being active; sport/being active needs to be recognised as an investment in the current and future wellbeing of our nation and not as a mechanism to generate income and to help to balance the books.

- **Profile – Benefits of Sport**: the many benefits to individuals, society and our nation through people participating in sport/being active need to be better recognised and communicated; only 4% of the population know the Chief Medical Officer’s physical activity guidelines as to how active individuals should be for their own health (both physical and mental health). This requirement also extends to the benefits of outdoor recreation and the benefits of volunteering.

- **Profile – Sporting Opportunities**: there is a lack of awareness of the many sporting opportunities available within local communities. We need to increase awareness of the plethora of local sporting opportunities available across Scotland’s 13,000 sports clubs in communities across Scotland, especially increasing awareness for the non-active and under-represented groups.

- **Affordable and Accessible Facilities**: much of community sport is reliant upon voluntary sector clubs accessing local facilities at an affordable rate. This is true across a broad range of facilities but the reliance is most prevalent across the portfolio of local authority owned facilities (including the school estate) which remains a significant challenge. Access to affordable facilities provides a capacity barrier for many sports clubs.

- **Embedding Inclusion**: everyone, especially people with a disability, has an entitlement to realise and enjoy the benefits of sport/being active. We must ensure that individuals with a disability, who are currently the least active,
enjoy equitable access and support to sport/being active through explicit inclusion across policies, process and delivery opportunities.

- **Erosion of Rights of Responsible Access**: our Outdoor Pursuits Group has reported concerns over an erosion of the rights provided under Scotland’s world-leading access legislation. This is exacerbated by the loss of access points and amenities which are critical to helping to increase people’s use of Scotland’s outdoors.

- **Burdening Volunteers**: more people volunteer in sport than any other activity (195,000 people, approximately a sixth of all adult volunteers in Scotland). We need to ensure that support continues to be provided to volunteers in sport and that we do not overburden them with additional bureaucracy. This support also needs to extend to sports coaches as the availability of qualified sports coaches is a further capacity barrier identified by our members.

**SPORT PARTICIPATION**

Every SGB is working to deliver every possible opportunity for more people to try, enjoy, take up and stay involved in sport. The breadth of this involvement includes playing sport, volunteering, coaching and officiating.

The following examples from across a number of our members demonstrate the enormous progress of SGBs and clubs in increasing the number of people who engage in sport in Scotland.

- **Scottish Athletics (2014-2016)**:
  - 15 new clubs
  - 18% increase in individual members
  - 25% increase in coaches
  - 10% increase in officials

- **Badminton Scotland**
  - 11% increase in individual memberships
  - 17% increase in number of clubs
  - 55% increase in number of coaches
  - 502% increase in number of volunteers

- **Basketball Scotland (2013-2015)**:
  - 17% increase in members
  - 40% increase in membership of 30 clubs supported by Regional Development Managers

- **Scottish Canoe (2016)**
  - 5 new clubs
  - Increase in individual members by over 80 individuals
  - Increase of 78 new coaches

- **Cricket Scotland (2016)**
  - Increase in individual members by over 500 individuals
  - Increase of 100 new coaches

- **Scottish Croquet (2016)**
  - 20% increase in individual members
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- **Scottish Cycling:**
  - 10% growth in individual membership in 2015 to ~10,000 members. Many clubs have long waiting lists; the challenge remains in developing traffic-free dedicated cycling facilities
  - 21 coach education courses delivered in 2015 (33% increase from 2014)
  - 176 coaches trained in 2015 (22% increase from 2014)
  - 20 new clubs in 2015 (from 164 to 184 clubs)

- **Scottish Disability Sport**
  - 13 local disability sport branches supporting disability sport throughout Scotland
  - 1,848 young people involved in regional parasport and engagement days in last 5 years
  - Over 500 education and training opportunities involving over 7,000 participants in last 5 years
  - 939 children and young people have attended 18 para sport festivals across 6 regions of Scotland
  - 461 children and young people have participated in 41 development days in 8 sports across 5 regions
  - 434 athletes have been supported into club sport
  - 95 clubs across Scotland supported by Regional Managers to become inclusive
  - 91 coaches supported through sportscotland Coaching Connect and Coaching Talent Programmes last year

- **Scottish Fencing’s membership has increased by ~60% from 2013-2015**

- **Scottish Gymnastics (2016):**
  - 1 new club
  - 22% increase in individual members
  - 31% increase in coaches
  - 33% increase in volunteers

- **Scottish Hockey (2016):**
  - 42% increase in individual members
  - 35% increase in coaches
  - 200% increase in volunteers
  - New participation opportunities with 90% of participants saying they’d keep playing hockey
  - Uddingston Hockey Club won European Hockey’s Club of the Year Award 2016 for their extensive youth and development programmes

- **Judo Scotland (2008-2014):**
  - 22% increase in membership
  - 80% increase in gradings
  - 78% increase in coaches
  - 248% increase in officials

- **Mountaineering Scotland**
  - 8% increase in individual membership in 2016
  - Over 1,000 young people introduced to climbing since autumn 2015
  - 200% increase in youth focused climbing clubs since summer 2014
  - 20% increase in youth climbing competitors since 2014
  - Significant increase in female youth membership to 54% of junior club members
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- Netball Scotland, Bounce Back to Netball (October 2014 – December 2015)
  o 700 new athletes recruited via the programme
  o 58% more people playing netball since the Commonwealth Games
- Scottish Orienteering (2016)
  o 3 new clubs
  o 20% increase in individual members
  o 20% increase in coaches
  o 40% increase in officials
- Ramblers Scotland:
  o 3% increase in membership (2015)
  o 8,000 users of medals routes app
- Snowsport Scotland:
  o Schools Ski Racing series 2015 – 1,600 children taking part from 250 schools (increased from 1,200 in 2014)
  o Event Crew Development – 70 new volunteers in 2015
  o Indoor Alpine Race Series – 205 entrants in 2015 (increased from 120 in 2014)
  o Freestyle programmes – girls participation increase of 5% in 2015
  o Nordic – participation in Nordic clubs increase of 15% in 2015
- Table Tennis Scotland
  o 43% increase in registered clubs in last 18 months
  o 28% increase in individual members in last 18 months
  o 100 new coaches in last year
  o A growing market for fifth-plus active and healthy table tennis clubs nationwide; 1,000 new players identified throughout Scotland in last 18 months
- Tennis Scotland:
  o 67% increase in Places to Play membership (2007 - 2015)
  o 198% increase in Glasgow’s free tennis programmes (2012 – 2015)
  o Increase of 100 participants in weekly disability tennis sessions (summer 2014 – December 2015) via disability tennis networks
- Scottish Volleyball: 700 new members (2014-15)
- Waterski and Wakeboard Scotland:
  o Four fold increase in UKCC qualified coaches in 2015
  o 23% increase in individual membership
  o 63% increase in officials
  o Doubling of participation in the National 'Cutting Edge' youth programme

Membership across the 17 sports directly involved in the Commonwealth Games increased by 16,000 (8%) between 2011/12 - 2014/15. As demonstrated above, significant increases have also been achieved in non-Commonwealth Games sports.

The responsibility of continuing to increase participation in sport and ensuring a sustainable active legacy is one which is shared by everyone; we need to make sure everybody plays their part in it.
SUMMARY

SGBs have demonstrated significant increases in the number of people participating in and engaging with their sports.

Progress has been made in relation to a number of our members’ priorities for legacy, but further focus and partnership working is required to optimise the continuing legacy opportunities.

Our members are highly concerned at the intimated cuts to the sportscotland budget. Investment in and a focus on sport must be retained to harness the benefits of sport further to ensure that we continue to inspire more people to participate in sport and to reap the benefits of being active. We cannot be complacent, further efforts, focus, resources and political will are required to optimise the legacy, to ensure that we take every possible opportunity – to create a true legacy, not just for sport in Scotland, but for an improved Scotland.