

Date: 5 February 2003
Time: 9.00 – 12.30
Venue: National Assembly for Wales

**AGENDA ITEM FIVE - POLICY REVIEW OF PARTICIPATION IN SPORT :
OUTLINE STRUCTURE FOR DRAFT REPORT**

Attached is a draft outline structure for the committee report on participation in sport.

Members' comments are invited on the draft structure and on any changes/ additions to the contents.

A first draft of the committee report will be discussed at the 26th February meeting and a final bilingual draft will be presented to the 12th March meeting for Members' agreement. A plenary debate on the report has been scheduled for Tuesday 1st April.

Members' Research and Committee Services

January 2003

CULTURE COMMITTEE

POLICY REVIEW OF PARTICIPATION IN SPORT

HEADS OF REPORT / OUTLINE REPORT

DRAFT

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Interventions of benefit to all target groups

- Facilities
- Coaching/volunteering
- [Others?]

Children and Young People

- PESS Task Force
- Dragon Sports
- Improving choice
- From primary to secondary
- Tackling adolescent/post-education age drop-off rates
- transport

Women and Girls

- Current initiatives – Girls First; Football Forum;
- Media representation/self image
- Childcare/transport/personal safety

Socially Disadvantaged Groups

- [identify best practice examples]
- cost subsidies

Older People

- [experience in Finland]

Ethnic Minority Groups

- [sporting equals]

SECTION FOUR – CONCLUSIONS / NEXT STEPS – *to follow*

CULTURE COMMITTEE : POLICY REVIEW OF PARTICIPATION IN SPORT

HEADS OF REPORT – DRAFT OUTLINE REPORT

SECTION ONE - INTRODUCTION

THE REVIEW

1.1 The Culture Committee began its review of participation in sport in July. The term of reference for the review were:

To review the levels of participation in sport in Wales and how they might be increased, looking in particular at:

Barriers to Access

- The obstacles which result in lower levels of participation in sport in Wales than other comparable countries
- Opportunities for women and girls, including in the voluntary sector
- Opportunities for older people, disabled people, and ethnic minority groups

Infrastructure and Facilities

- The role of local authorities, taking account in particular of the Audit Commission report “Sport and Recreation: Learning from audit, inspection and research”
- The impact of major events on participation levels. Provision for major sporting events in Wales, including lessons to be learned from the 2002 Commonwealth Games

Elite Sports

- The impact of elite sports on participation levels. Whether the process of identifying, developing and sustaining elite athletes in individual and team sports can be improved.

During the course of review the Committee invited written submissions on the following questions:

1. What are the barriers to participation in sport for the following groups: women and girls; young people; ethnic minorities; disabled people; older people; socially disadvantaged groups?
2. How can access to sports, and participation levels, be improved generally, and for these groups?
3. What contribution do volunteers make to improving participation levels? What can be done to promote and support the role of volunteers?
4. What impact do the following have on participation levels: infrastructure and facilities; major events; elite sports?

A summary of the written responses is at annex [?]. The Committee received oral presentations from the organisations and individuals listed in annex [?]. The Committee also consulted on the review via the Assembly's regional committees. Extracts from the minutes of the regional committee meetings are at annex [?].

KEY THEMES

1.2 A number of key themes quickly emerged from the review:

Benefits

- The serious risks to people's health of inactivity / the important health benefits of regular physical activity;
- The potential social benefits of sports participation (crime reduction, social inclusion, [educational attainment]) when part of a basket of other social measures.

Participation rates

- The low levels of regular participation in sport and physical activity in Wales than in the UK and compared to other countries;
- The gap between male and female participation in sport and physical activity;
- The drop-off in sports participation and physical activity after leaving school and continued decline with age.

Barriers

- The wide range of factors affecting sports participation.

Structures

- The different sectors and groups involved in sports provision, including the private and voluntary sectors, and its links to other fields (health and education);
- The number of initiatives already in place or planned to encourage sports participation and physical activity.

The Benefits

1.3 There is firm evidence of the health benefits of sport and physical activity [facts and figures to be added]. A more active population would experience significantly lower rates of obesity, cardiovascular disease and type two diabetes, as well as reductions in the incidence of some cancers, greater mobility and fewer injuries associated with ageing in the elderly and fewer mental health problems. Evidence suggests that the potential health benefits in adults can be achieved through a total of 30 minutes of moderate intensity activity (brisk walking, cycling, swimming, dancing) at least five days per week. For children and young people up to the age of 18 the recommended rates are 60 minutes of moderate intensity activity on most days. The evidence suggests that greater health benefits arise from encouraging non-active people to take up exercise than from active people taking more strenuous exercise.

1.4 There is [anecdotal evidence] of the social benefits of sport in terms of providing an alternative to anti-social behaviour for disengaged young people. However, [the evidence seems to suggest that] sport can be a positive element within a basket of social measures but will not necessarily, by itself, deliver social benefits such as crime reduction and social inclusion.

[drafting note – add footnotes to research evidence]

Participation Levels

1.5 Surveys indicate that both sports participation and physical activity levels are:-

- lower in Wales than in the rest of the UK and than in other countries;
- lower among women than men;
- lower among certain ethnic minority groups;
- lower among socially disadvantaged groups than among economically advantaged groups;
- and decrease with age.

Sports participation (any activity other than walking in previous month)

	Male	Female	All
Wales	46%	31%	38%
GB	54%	39%	46%
[Add int comparator]			

30 minutes of moderate activity five times per week

	Male	Female	All
Wales	36%	19%	28%
England	37%	25%	31%
Australia	58%	56%	57%

[Drafting note – tables to be added for other groups]

1.6 Higher participation levels in other countries can be attributed to cultural and social factors *[examples to be added]* but also to government intervention *[text on older peoples' initiative in Finland to be added]*.

Barriers

1.7 A number of barriers were mentioned repeatedly by different organisations and individuals. They can be divided into barriers relating to lack of opportunities (“supply side”) and barriers relating to lack of motivation (“demand side”).

Opportunities

- Facilities - lack of local facilities (e.g. netball courts);
 - Personnel - coaches and volunteers *[add text]*
 - cost of facilities for some groups;
 - lack of transport to facilities in rural areas;
- [drafting note -add detailed analysis in separate section?]*

Motivational barriers

- sport not seen as a priority, or even suitable, for certain groups;
- lack of role models;
- lack of supportive family environment;
- negative experiences of sport when young;
- lack of prowess in competitive sports leading to low confidence/enthusiasm;
- lack of time, especially for women with work and family responsibilities.
- concerns about personal safety travelling to facilities.

Structures

Providers

1.8 The Committee heard from a range of sectors and organisations involved in sports provision: the Sports Council for Wales, sport governing bodies, local authorities, the private sector and voluntary bodies. These bodies have differing remits and priorities and accordingly have a greater or lesser interest and involvement in increasing mass participation in sport. [This represents a fairly complex picture and the levers for government intervention in this field are not necessarily either direct or straightforward therefore. However, most of the organisations we heard from were united by enthusiasm and commitment although a number expressed funding concerns.]

Current Initiatives

[1.9 Over view of current initiatives.....]

- Physical Education and School Sports Task Force report
- Safe Routes to School Initiative
- Welsh Network of Healthy Schools
- Walking and Cycling Strategy
- Healthy and Active Lifestyles Action Plan
- Dragonsports
- Girls First
- Disability Sport Cymru
- [Game Plan]

[Details to be added]

OUR APPROACH

1.10 Given the range of existing initiatives this report seeks to:

- bring together and build on the activities already underway or planned in the health and education sectors;
- identify what the Committee considers the priorities to be;
- endorse those existing activities which it supports; and
- identify any gaps/areas where the Committee considers further action is required.

SECTION TWO - AREAS FOR ACTION: OVERVIEW

PRIORITIES

[Drafting note - detailed action points to be included in a later section]

2.1 The Committee identified the following priority areas in relation to sports participation and physical activity.

- i. Scope - the approach should focus on the broader issue of encouraging all forms of physical activity, not just competitive sports.
- ii. A strategic co-ordinated approach – ensuring effective links between the sports, health, and education sectors.
- iii. Children and young people -
- iv. Tackling the drop-off in participation rates amongst adolescents and after leaving school. [This may require research into the factors which cause this and successful strategies for counteracting it].
- v. Improving physical activity and sport participation rates amongst girls and women
- vi. Improving access to sports and activity levels amongst socially disadvantaged groups, for whom there will be greater potential health benefits than for more advantaged groups.
- vii. Encouraging increased activity levels among more mature age groups, for whom there will be particular health benefits.
- viii. Identifying and tackling barriers to participation for those ethnic minority groups for whom participation rates are particularly low.
- ix. Continuing support for initiatives to assist disabled people to participate in sport.

INTERVENTIONS

2.2 The following areas for intervention were identified during the review:

- Costs of accessing sports facilities for certain user groups;
- Transport to venues, particularly in rural areas;
- Lack of facilities for certain sports (e.g. fewer netball courts and hockey pitches than rugby, football and cricket pitches);
- Improved coaching provision;
- Support for volunteers;

- Complex funding sources.
[others?]

ROLES AND RESPONSIBILITIES

[Drafting note – possibly include this section in a later part of the report]

2.3 As noted above, there are a number of bodies who have a role to play in encouraging participation in sport and physical activity.

[text on NAW, SCW, LAs, NGBs, Has, private sector etc to be added.....]

[Possible points to make in this section:-

- Importance of holistic / co-ordinated approach across various sectors and players. Assembly at an advantage as it has responsibility for education, health, local government, transport, lifelong learning and therefore able to promote cross-cutting policies more effectively.
- NHS - While strong evidence of health benefits of active lifestyle, limited health authority intervention to promote this at present. Need for more effort here; welcome Healthy Active Lifestyles Action Plan.
- Local authorities - not a statutory requirement. Do not propose that statutory requirement be introduced. Partnership working with health and other bodies important.
- Education sector – burdens on schools and teachers; pressure on curriculum; need for good support to be provided; need for links between LEAs and other bodies.
- Voluntary sector – accessing match funding and sponsorship difficult; new legal requirements (health and safety, child protection) affecting volunteering levels.
- Private sector – Audit Commission warning against local authorities competing with private sector providers.
- Role of SCW – quinquennial review underway; Committee supports SCW role in increasing participation as well as supporting elite athletes.]

SECTION THREE - ANALYSIS AND RECOMMENDATIONS

[Drafting note – more detailed discussion of each of the priority areas above to be included here with any detailed recommendations the Committee feels able to make. The proposed approach is, for each area:

- explain why this issue is a priority for action;*
- explain what the current position/initiatives are;*
- endorse them (and encourage effective evaluation and dissemination of best practice); and/or*
- identify gaps and areas which should be addressed in the future.]*

[text to be added.....]

Interventions of benefit to all target groups

- Facilities
- Coaching/volunteering
- [Others?]

Interventions for Specific Target Groups

Children and Young People

- PESS Task Force
- Dragon Sports
- Improving choice
- From primary to secondary
- Tackling adolescent/post-education age drop-off rates
- transport

Women and Girls

- Current initiatives – Girls First; Football Forum;
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Socially Disadvantaged Groups

- [identify best practice examples]
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Older People

- [experience in Finland]

Ethnic Minority Groups

- [sporting equals]

Funding Issues [include this?]

[Committee has received limited evidence on this]

Recommendations for Specific Organisations

- Role of Assembly Minister
- SCW
- Local authorities
- Education authorities
- Health boards
- [Others?]

[again Committee has not had very detailed evidence about certain sectors/ bodies]

SECTION FOUR - CONCLUSIONS / NEXT STEPS

ANNEX

ORAL PRESENTATIONS TO COMMITTEE – LIST OF ORGANISATIONS AND INDIVIDUALS

1. Sports Council for Wales
2. Audit Commission
3. Welsh Local Government Association
4. PE and School Sports Taskforce
5. Llandarcy Park Ltd
6. Caerphilly County Borough Council
7. Sports Council for the Deaf
8. Nigel Walker, BBC Wales
9. Golf Development Wales
10. Welsh Development Agency (Ryder Cup)
11. Commonwealth Games Council for Wales
12. Health and education officials from Finland
13. Ginney Blakey, Assembly official, Health Active Lifestyles Action Plan
14. Ceri Breeze, Assembly official, Wellbeing in Wales
15. Welsh Sport Association
16. Welsh Schools Athletics Association
17. Welsh Athletics Association
18. Cabinet Office official, Game Plan
19. Federation of Sports Associations for the Disabled