

ActiveChances ActiveChoices

**Dundee Sport & Physical Activity Strategy 2010-2015
(Technical Appendix 1)**



**The Contribution to Dundee
Single Outcome Agreement**

DUNDEE SPORT & PHYSICAL ACTIVITY
DELIVERING NATIONAL & LOCAL OUTCOMES

Theme: WORK AND ENTERPRISE	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>National Outcome:</p> <p>1 We live in a Scotland that is the most attractive place for doing business in Europe</p>	<p>Boasting a wide variety of recreational pursuits increases desirability to live, work and visit an area, adding to the opportunity and vibrancy of a nation.</p> <p>Access to sports and recreation through a working environment creates opportunities for a dynamic, active and healthy workforce.</p> <p>Excellent sporting facilities, both natural and built, make Scotland an attractive place to do business.</p>	<p>Dundee is well placed to exploit access to world renowned golf courses and outdoor pursuits, attracting many business conferences and adding to the attraction of the area as a place to live.</p> <p>Local partners want to:</p> <ul style="list-style-type: none"> • Further develop the facility infrastructure with new and improved facilities. • Promote facility use locally and to visitors and business. • Improve accessibility, including to our natural resources.
<p>2 We realise our full economic potential with more and better employment opportunities for our people</p>	<p>The sport sector is already a significant employer through education and training, national/ regional team's athletes, tickets sales, development and merchandise, equipment manufacture and sales, sports facilities construction and maintenance, media and tourism.</p> <p>Sports development creates wider opportunities for people to make achievements, gain qualifications and reach their potential.</p>	<p>The topography of Tayside provides wide ranging desirable opportunities for significant growth in the leisure industry, particularly outdoor pursuits.</p> <p>Dundee's Ancrum Outdoor Education Team already has the skills, knowledge and expertise to offer outdoor education experiences to a wider cross-section of the city's population.</p>

Theme: WORK AND ENTERPRISE	How does 'sport and physical activity' contribute to achieving this aim?	Comments
	Additional economic benefits of sport and physical activity include services industry's e.g. accommodation, transport, food, drink, advertising and recruitment + tertiary spending within area	Support is required in the professionalism of local sports organisations, youth development and qualification attainment to achieve our nations potential as specialists in sport and active recreation. E.g. Commonwealth Games 2014 presents an excellent opportunity for positive Scottish sport representation with potential economic gains.
3 We are better educated, more skilled and more successful, renowned for our research and innovation	Sporting role models are celebrated examples of excellence and inspiration. Dundee's Universities and college offer a range of excellent sports related courses. Dundee has well established sporting partnerships and area institutes.	Coaching & competing in sport is a profession to be celebrated. For example, more people volunteer in sport than in any other sector. We can increase opportunities in skills development and continued education for participants, coaches, volunteers and supporters. Cross partnership working can develop community clubs and local sport structures.
Dundee Outcome: 1 Dundee will be a strong regional centre and a modern Scottish city with a thriving knowledge based economy	The geographically location and city amenities offer great potential for Dundee to be a central gateway for outdoor pursuits. Through increased 'active' travel we can help reduce CO ² emissions. Dundee can host Regional / National / International sporting events with its facilities, expertise and reputation.	Requires investment in sporting facilities, sporting industry specialist's development and consideration for accommodating/ attracting spectators. The facilities strategy identifies priorities for investment.

Theme: WORK AND ENTERPRISE	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>2 Dundee will have a skilled workforce, job opportunities and greater employability across the city</p>	<p>By making Dundee more accessible without cars, through 'active' travel promotion, we make it easier for people to travel to work across the city.</p> <p>Dundee has two excellent universities as well as colleges offering a variety of high quality sporting courses leading to potential employment.</p> <p>Organised sports coaching, volunteers, qualifications and clubs create long-term job opportunities and industry growth potential.</p>	<p>Developing links with educational institutions and qualification centres to up-skill both paid and voluntary workforces in a wider range of sports will improve career pathway for players, students and volunteers through courses, placements and modern apprenticeships.</p> <p>Requires community and regional support for local sports clubs to encourage sustainability, development and creation of employment opportunities.</p>

DUNDEE SPORT & PHYSICAL ACTIVITY
DELIVERING NATIONAL & LOCAL OUTCOMES

Theme: CHILDREN & YOUNG PEOPLE	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>National Outcome:</p> <p>4 Our young people are successful learners, confident individuals, effective contributors and responsible citizens</p>	<p>Sport and physical activity participation raises the confidence, self-esteem, skills, ambitions and abilities of our young people.</p> <p>Sporting activities create opportunities for social interactions and collaboration, which can reduce gender and race inequalities through respect and understanding.</p> <p>Volunteering provides opportunities for young people to contribute as citizens to their school and local community as coaches and volunteers.</p>	<p>Particularly useful with young offender's rehabilitation or with young people with behavioural problems/ lack interest in academic-focused school programmes.</p> <p>Participation offers young people opportunities to grow and learn: Curriculum for Excellence.</p> <p>Development of work placement/ experience leading to sports accreditation programmes</p>
<p>5 Our children have the best start in life and are ready to succeed</p>	<p>Physical activity provides children with essential skills in mobility, function and exploration during early development.</p> <p>Being physically active helps children to maintain a healthy weight and strengthen their immunity, musculoskeletal system & cardiovascular health.</p> <p>Promotes mental well-being and social development through active-play and physical interaction which develops imagination skills, awareness of self, interpersonal skills, potential for educational attainment and sense of fun.</p>	<p>Requires development of physical activity and sports programmes/ education for parents and children, specifically targeting the early years.</p>

Theme: CHILDREN & YOUNG PEOPLE	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>8 We have improved the life chances for children, young people and families at risk</p>	<p>Well designed physical play is the building block for a healthy lifestyle.</p> <p>Sports provide positive role models particularly for those at risk and can create learning opportunities and skills development for children who lack interest/ ability in academic areas.</p> <p>Quality physical education is essential in building confidence and striving to improve overall attainment.</p> <p>Sport is part of the overall programme of Health and Well-Being and contributes greatly towards this, as physical activity is an effective mechanism to promote health among deprived groups, often with reduced life-expectancy.</p>	<p>In December 2009, Dundee City Council approved a Play Strategy which provides a strategic framework against which play and play facilities will be developed.</p> <p>Present examples:</p> <p>We have provision of over 8,000 physical activity sessions to children and young people, with over 93,000 attendances at sports development programmes, reducing inequalities through increased opportunities.</p> <p>Sport and physical activity programmes specifically targeting low income families, JAT referrals etc.</p> <p>There is evidence to show that physical activity benefits academic performance.</p>
<p>Dundee Outcome:</p> <p>3 Our children will achieve their full potential at school</p>	<p>Being physically active can improve concentration, sleep patterns, health and academic attainment.</p> <p>Quality physical education is an essential element of a balanced curriculum and for enjoyment in the school experience.</p> <p>Schools sports and physical activity clubs offer areas where children can excel, increasing opportunities for excellence and achievement.</p>	<p>Targeted accreditation programmes for school aged children and young people, referred through JAT, pupil support worker or LSU, or in offsite units.</p> <p>Senior pupils can be encouraged towards coaching, creating employability potential through leadership and teaching skills</p>

Theme: CHILDREN & YOUNG PEOPLE	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>4 Our children will be safe, nurtured, healthy, achieving, active, respected responsible and included</p>	<p>Participation in activity is a healthy, positive and fun recreation for young people to channel their energy, independence and creativity. Creating opportunities for progression, competition and success, and can teach children respect for others, dedication and discipline.</p> <p>Activities and events that bring families and communities together, break down socio-economic, racial and gender barriers.</p>	<p>Presently, children will be encouraged to be healthy and active - through schools cycle training, play facilities, walking buses, outdoor education activities & physical education.</p> <p>The targets set out in Dundee's Play Strategy aim to provide opportunities for children to experience physically stimulating play at no cost within easy reach of their homes.</p>

DUNDEE SPORT & PHYSICAL ACTIVITY
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Theme: HEALTH AND WELLBEING	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>National Outcome: 6 We live longer, healthier lives</p>	<p>Regular physical activity promotes long, healthy lives through improved immunity, cardiovascular fitness, musculoskeletal health and reduces risk of cancers, obesity, high blood pressure and mental illness.</p>	<p>Present examples: Easily accessible active travel routes, GreenSpaces, parks and allotments and health walk groups.</p> <p>Local partners want to increase regular participation in sport across all parts of the local population and within specific groups at the greatest health risk including:</p> <ul style="list-style-type: none"> • Engaging older people in sport. • Encouraging children to adopt sport as part of a healthy lifestyle from a young age. • Providing specific support to those at risk, eg overweight or obese. • Those recovering from, or at risk of, serious illness.
<p>Dundee Outcome: 6 Our people will have improved physical and mental well being</p>	<p>Physical health, fitness and strength can be improved, and maintained, through physical activity and sports' participation.</p> <p>Regular exercise can improve mental health and well-being, and reduces the risk of depression, stress and anxiety.</p>	<p>Providing easily accessible opportunities for all age groups, encouraging uptake of low intensity physical activity through to competitive sport.</p>

Theme: HEALTH AND WELLBEING	How does 'sport and physical activity' contribute to achieving this aim?	Comments
7 Dundee will have reduced health inequalities	Sports can be used to target specific groups, and are useful mechanisms in reducing inequalities, particularly in gender.	Health walks Promoting walking and cycling to greenspaces – improves physical and mental wellbeing. Health walks take place across the city – the majority are organised by the Dundee Healthy Living Initiative and target those who stand to gain most from support to engage in exercise.
8 Dundee will provide effective care for those who need it	Physical activity and exercise groups can be lead by health professionals as a positive means of rehabilitation and social integration for those with special needs or from vulnerable health groups to ensure enjoyment in safe, appropriate and beneficial exercise.	

DUNDEE SPORT & PHYSICAL ACTIVITY
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Theme: COMMUNITY SAFETY	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>National Outcome:</p> <p>9 We live lives safe from crime, disorder and anger</p>	<p>Sport provides an effective diversionary activity from crime and antisocial behaviour.</p> <p>Sport can be used to rehabilitate offenders and drug users, improving confidence and skills, and opening up employment opportunities to keep people out of crime.</p>	<p>Dundee has developed a wide range of diversionary activity through partnership working between youth workers, community safety officers and sports development coaches.</p> <p>Supporting local clubs to create a safe, inclusive environment, attracting volunteers and members while ensuring child protection and Disclosure support.</p> <p>Research health, justice and education to develop specific programmes for those particularly at risk.</p>
<p>Dundee Outcome:</p> <p>9 Dundee will have communities which are safe and feel safe</p>	<p>Physically active communities, that walk or cycle regularly, create safe path networks to make communities interactive, vibrant and engender a sense of place.</p> <p>Sport and physical activity is a great mechanism to increase community interactions and create social networks.</p>	<p>Safe clubs through the Club Dundee scheme provide safe environments.</p> <p>Partnership work with communities and professional authorities targeting antisocial behaviour are established. e.g. Midnight League, Street Football</p>

DUNDEE SPORT & PHYSICAL ACTIVITY
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Theme: BUILDING STRONGER COMMUNITIES	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>National Outcome</p> <p>7 We have tackled the significant inequalities in Scottish society</p>	<p>Sport has the potential to bring communities together through active participation, attracting participants from diverse backgrounds, producing positive role models for young Scots.</p> <p>Some form of physical activity is accessible by everyone, tackling health, travel and achievement inequalities.</p> <p>Sport can be an effective mechanism to reduce inequalities and can be used to tackle discrimination.</p>	<p>Walking is an activity that is accessible for almost everyone. By promoting this as a means of sustainable transport we are tackling inequalities.</p> <p>Local partners want to grow participation, particularly amongst groups who participate less by:</p> <ul style="list-style-type: none"> • Increasing the accessibility of sports facilities and services on offer, including through programming, pricing and transport. • Ensuring provision of opportunities across all communities, developing clubs or specific services in areas of deprivation or where none exist. • Working with clubs to ensure open membership and promotion of membership to communities. • Delivering targeted approaches and running events which can break down barriers.
<p>10 We live in a well-designed, sustainable places, where we are able to access the amenities and services we need</p>	<p>Well used, fit for purpose path networks will help to make communities vibrant, pleasant places to live, contributing to social inclusion & cohesion.</p> <p>Quality sporting facilities and services should be accessible for all people across Scotland, as they are an important element in people's view of the quality of the place in which they live.</p>	

Theme: BUILDING STRONGER COMMUNITIES	How does 'sport and physical activity' contribute to achieving this aim?	Comments
11 We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others	<p>Sport can develop a sense of belonging, strengthen bonds within communities, offer community hub, often a support mechanism.</p> <p>We can develop skills and a sense of responsibility through team and outdoor sports, enhanced by achievement of leadership and coaching qualifications.</p>	<p>Present Example:</p> <p>Path Network Volunteer Rangers - Community members audit key paths and routes to ensure they are of a good standard for walking and cycling.</p>
Dundee Outcome: 10 Dundee will have reduced social inequalities	<p>Affordable community centres with sporting facilities can help to tackle inequalities in health and opportunity.</p> <p>By promoting active travel we are reducing the need for people to own a car.</p>	<p>Example initiatives:</p> <p>Reduce barriers for children from areas of poverty to access mainstream activities.</p> <p>Professional support provided to the Dundee Disability Sports Association.</p> <p>Disability-specific programmes as well as integration-focused activities are delivered.</p> <p>Working with Club Dundee to create open memberships.</p>
11 Dundee will have stable, attractive and popular neighbourhoods throughout the city	<p>Protection of green/ open spaces and path networks in Dundee help to make communities vibrant, pleasant, safe & attractive places to live.</p>	
12 Our people will be satisfied with the quality of, and access to, local services and facilities	<p>Support to help people to walk or cycle to local services will improve community access.</p> <p>Sports facilities are an important component of local communities to many people, creating opportunities for networks and recreation.</p>	<p>Community plans detail local needs which sport contributes to delivering ensuring local services are quality and relevant.</p>

DUNDEE SPORT & PHYSICAL ACTIVITY
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Theme: CULTURE AND LEARNING	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>National Outcome 13 We take pride in a strong, fair and inclusive national identity</p>	<p>Supporting Scottish and GB teams in competitive sport provides a focal point to bring the nation together, celebrate our identity and generate national pride.</p> <p>Sport raises our awareness and common understanding of other nations.</p>	<p>Both the Olympics and Commonwealth Games present opportunities for sport to increase global awareness and connections.</p>
<p>Dundee Outcome: 13 Dundee will have a strong and vibrant cultural life</p>	<p>The wide variety of outdoor pursuits and sports accessible across Scotland add to the appeal for tourists and visitors, in addition to residents for regular recreation.</p>	

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Theme: ENVIRONMENT AND SUSTAINABILITY	How does 'sport and physical activity' contribute to achieving this aim?	Comments
<p>National Outcome</p> <p>12 We value and enjoy our built and natural environment and protect it and enhance it for future generations</p>	<p>Outdoor learning and sports utilises our natural environment, increasing our understanding, enjoyment and respect.</p> <p>Developing active lifestyles also encourages more sustainable transport and reduces energy consumption.</p> <p>Outdoor Education can create a new relationship between children, the natural landscape and environment.</p>	<p>Key considerations: Outdoor education development Outdoor access particularly in early years. Golf courses. Play Strategy Open Space Strategy/ Core Paths Plan Provision of bike trails and upgrading of changing/shower facilities.</p>
<p>14 We reduce the local and global environment impact of our consumption and production</p>	<p>Sports are based on human endeavour and require little, if any, other energy sources, generating a low impact on the environment.</p> <p>Influencing travel behaviour towards more sustainable modes, such as walking and cycling reduces the local and global impact of consumption and production.</p>	<p>Existing good practice promotes models which minimise the impact of any energy consumption from sports and exercise on the environment.</p> <p>Example initiatives: Core Paths Plan Dundee Travel Active project</p>
<p>Dundee Outcome:</p> <p>14 Dundee will have a sustainable environment and environmental justice</p>	<p>By providing path networks, and encouraging people to use them through physical activity, we can make a valuable contribution to the proportion of adults visiting the outdoors regularly, adding interest and understanding of their environment.</p>	

Dundee Outcome 1: Dundee will be a regional centre with better job opportunities and increased employability for our people

Intermediate & short term outcomes	Outdoor Access Contribution
<p>Our people will have access to employment opportunities and support</p>	<ul style="list-style-type: none"> • Volunteering programmes can help people to build up the skills and confidence they need to gain employment. • By encouraging active travel we make it easier for people to travel to work without the need to own a car.
<p>Dundee is a popular tourist destination</p>	<ul style="list-style-type: none"> • Development of 'trails' of natural and cultural heritage interest • Participation in existing and proposed regional, national and international routes e.g. North Sea Trail, North Sea Cycle Route, National Cycle Route, Scottish Coastal Way, Tay Trail • Signposting from arrival points - train station, bus station, airport, car parks • Interpretation - information boards on routes, printed materials

Dundee Outcome 3: Our children will be safe, healthy, active, nurtured, achieving, respected, responsible and included

Intermediate & short term outcomes	Outdoor Access Contribution
<p>All Dundee children and young people have more active lifestyles</p> <ul style="list-style-type: none"> • Provide more opportunities to increase the number of pupils walking and cycling to school. 	<ul style="list-style-type: none"> • Core paths and community path networks provide safe routes for children walking and cycling to school. • Children are actively involved in helping to look after path networks. • Core paths and community path networks provide safe routes for children to access parks, play areas and recreational facilities. • We encourage children to be healthy and active - through schools cycle training, walking buses, outdoor education activities and the promotion of active travel.

Dundee Outcome 4: Our people will experience fewer health inequalities

Intermediate & short term outcomes	Outdoor Access Contribution
<p>Improve health for people living in community regeneration areas.</p> <ul style="list-style-type: none"> • reduce the risk factors for coronary heart disease for those living in deprived areas 	<ul style="list-style-type: none"> • Regular walking can reduce the risk of coronary heart disease • Health walks take place across the city - the majority are undertaken by the Dundee Healthy Living Initiative and take place in areas which are perceived to have health inequalities. • By ensuring that people have access to green spaces close to where they live we are reducing health inequalities. This can be achieved by improving path surfaces, providing seating on paths and removing barriers on paths to allow access for all.
<p>Improved health for older people</p>	<ul style="list-style-type: none"> • Health walks groups provide good form of exercise for older people and can help with good heart health, stress reduction, weight loss, and reducing blood pressure

Dundee Outcome 5: Our people will have improved physical and mental well-being	
Intermediate & short term outcomes	Outdoor Access Contribution
People will have more physically active lifestyles <ul style="list-style-type: none"> • Increase opportunities for physical activity • Increase access to physical activities 	<ul style="list-style-type: none"> • Access to parks, open spaces, recreational facilities • Promotion of activities that are free/low cost • Promotion of active lifestyles

Dundee Outcome 7: Our communities will be safe and feel safe	
Intermediate & short term outcomes	Outdoor Access Contribution
Dundee has reduced the fear of crime	<ul style="list-style-type: none"> • By encouraging people to walk or cycle more we are encouraging them to use local path networks more often. Well used path networks are safer path networks.
Improved mental health and well-being <ul style="list-style-type: none"> • Increase community well-being 	<ul style="list-style-type: none"> • Encouraging uptake of low intensity physical activity e.g. walking, cycling, and conservation volunteering will improve physical and mental wellbeing

Dundee Outcome 8: Our people will experience fewer social inequalities	
Intermediate & short term outcomes	Outdoor Access Contribution
Increased levels of community participation particularly among young people <ul style="list-style-type: none"> • Increase level of volunteering in communities 	<ul style="list-style-type: none"> • Provide volunteering opportunities such as walk leader, path network rangers, and local access forum.

Dundee Outcome 9: Our people will live instable, popular and attractive communities	
Intermediate & short term outcomes	Outdoor Access Contribution
Improved physical environments in neighbourhoods	<ul style="list-style-type: none"> • Access to parks, open spaces, recreational facilities • Removal of barriers • Green corridors • Well used, fit for purpose path networks will help to make communities vibrant, pleasant places to live.

Dundee Outcome 10: Our people will have high quality and accessible local services and facilities.	
Intermediate & short term outcomes	Outdoor Access Contribution
Transportation links to community regeneration areas. <ul style="list-style-type: none"> • Improve pedestrian facilities for the community • Improve cycling facilities for the community 	<ul style="list-style-type: none"> • Core paths plan • Community path networks • Signposted and promoted path networks will help people to walk or cycle to local services

Dundee Outcome 11: Dundee will have a sustainable environment	
Intermediate & short term outcomes	Outdoor Access Contribution
Reduced ecological and carbon footprint	<ul style="list-style-type: none"> • Encourage walking and cycling for short trips to reduce carbon footprint • Influencing travel behaviour towards more sustainable modes, such as walking and cycling reduces the local and global impact of consumption and production.
Integrated sustainable transport system <ul style="list-style-type: none"> • Minimise private car use and the impact of transport 	<ul style="list-style-type: none"> • Improved routes for walking and cycling - signposted, surfaced and promoted through maps and leaflets • Facilities at destination points to encourage active travel, e.g. cycle parking
An attractive and sustainable natural environment <ul style="list-style-type: none"> • Improve health and mental wellbeing 	<ul style="list-style-type: none"> • Improved access to greenspaces to encourage walking and cycling and improve general health and wellbeing
A protected and valued built heritage <ul style="list-style-type: none"> • Enhance the infrastructure and environmental aspects of the urban fabric 	<ul style="list-style-type: none"> • Urban infrastructure and environment enhanced by better walking and cycling connections