



**Dún Laoghaire Rathdown**  
**County Sports Participation Strategy**  
**2018 - 2022**



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## WELCOME MESSAGES

### **Message from An Cathaoirleach, Dún Laoghaire-Rathdown County Council**

As Cathaoirleach, I am delighted to introduce this County Sports Participation Strategy 2018-2022, the 3<sup>rd</sup> of Dún Laoghaire Rathdown Sports Partnership. The objective of the plan is to increase participation in sport and physical activity within the County and to give each and every one the opportunity to lead a healthier and more active lifestyle. The potential benefits in terms of quality of life, social connectedness, improved health and mobility throughout our lives cannot be underestimated.

Dún Laoghaire-Rathdown County Council has a long tradition of developing and supporting sport and physical activity in the County. It is an essential element that contributes to the quality of life and wellbeing for those who live in, work in and visit. I have seen at first hand the impact that all of the agencies, sports clubs and volunteers are having on individuals and communities across the County.

The time and energy volunteers in particular put into their groups every week provides the opportunity for communities, but in particular young people, to play sport and reap the benefit of being active. I believe that the work and commitment of Dún Laoghaire Rathdown Sports Partnership and its partner agencies, sports clubs and groups, schools and other interested parties will ensure the success of this strategy.

I would like to thank John Treacy and Sport Ireland for their continued funding and guidance in developing sport and physical activity. With the publication and support of this participation strategy Dún Laoghaire-Rathdown County Council confirms its commitment to promote the development of sports and physical activity for all.

**Cllr. Ossian Smyth**

### **Message from Chief Executive Sport Ireland**

I would like to congratulate Dún Laoghaire Rathdown Sports Partnership on the development of their 2018 – 2022 County Sports Strategic Plan. Sport Ireland has always placed a particular emphasis on a community led approach to increase participation and ensure sustainability and I am delighted to note the particular emphasis Dún Laoghaire Rathdown Sports Partnership have placed on this throughout their strategy.

Dún Laoghaire Rathdown Sports Partnership successfully delivered a number of programmes which have helped to foster community engagement in sport and physical activity. The Woodlands for Health programme is proving to be a true

success for adults with a mental illness, combining time outdoors with physical activity to optimise health benefits. Furthermore, targeted inclusion programmes have seen an increase in levels of participation in sport and physical activity among people with a disability across the area.

While active participation levels have been on an upward trend, Sport Ireland recognises that participation in sport and physical activity differs between communities. Dún Laoghaire Rathdown Sports Partnership, has outlined in their strategy how they will continue to pioneer targeted programmes which seek to understand the needs of communities, and employ opportunities to engage with communities through their consultation findings.

The National Sports Policy 2018-2027 highlights the importance of prioritising the development of participation sports such as running, cycling and swimming, in having great potential for generating higher levels of physical activity. Dún Laoghaire Rathdown Sports Partnership have been noteworthy in this area, the DLR Community 5k being just one example, and I hope that the development of this latest strategy will continue to deliver results.

I commend Dún Laoghaire Rathdown Sports Partnership on the extensive consultation, evaluation and research carried out during the strategy development. This process ensures that the final strategy has a broad reach as well as buy in and support across the county. I would like to thank, in particular, the staff and Board of Dún Laoghaire Rathdown Sports Partnership, as well as all stakeholders and partner organisations who were involved in developing this strategy and who will contribute to its success.

**John Treacy**

### **Message from Chairman Dun Laoghaire Rathdown Sports Partnership**

Dun Laoghaire - Rathdown is an active and vibrant County home to approx. 300 clubs across 48 different types of sport and physical activity. Firstly as Chairperson of Dun Laoghaire- Rathdown Sports Partnership I want to congratulate all those wonderful volunteers who unselfishly contribute so much to the enriched quality of life of all those sporting clubs / groups. They are the real heroes of modern society.

The Sports Participation Strategy 2018 - 2022 aims to build and further enhance all this positive energy and activity in the most dynamic way possible and to particularly work in partnership with all the relevant Local and Statutory Agencies in the County to deliver the best possible outcomes for all communities.

Thanks to all the members of the Sports Partnership Board and to all who continue to engage in the Partnership's actions and activities. A very special thank you to the Sports Partnerships Staff for their constant unstinting and high quality work. Finally a message of warm appreciation to Sport Ireland for their continued support and guidance.

**Pat Smith**

## Chapter 1. Introduction

Dún Laoghaire – Rathdown is a vibrant and dynamic hub for sports and physical activity. It is home to approximately 300 sports clubs across 48 different types of sport and physical activity. There are over 120 separate sporting facilities across the county in addition to sporting facilities at the 79 primary schools and 38 secondary schools. Dún Laoghaire – Rathdown also has one of the highest rates of participation in sport and physical activity amongst those over the age of 16 in the country as highlighted in the 2017 Irish Sports Monitor. Central to this success has been the commitment, leadership, support and investment of a wide range of organisations and community leaders across the County that includes:

- Local Sports clubs where thousands of volunteers engage in administration and coaching in all areas of the County
- Statutory organisations at local and national level including Dún Laoghaire - Rathdown County Council, HSE, Dublin & Dun Laoghaire Education & Training Board, An Garda Síochana, and Sport Ireland
- Education institutions at all levels including Pre-School, Primary, Post-Primary and Third Level
- The Sports Forum where members work together to tackle mutual issues and identify new opportunities
- Community groups and organisations such as Youth Clubs and Active Retirement Groups
- Representative bodies such the Public Participation Network, Ethnic Minority Integration Forum and Disability Groups
- Sports facilities providers (private, public and community) including indoors and outdoors such as parks, swimming pools, walking routes among others

However, there is still much work to do to ensure that sport and physical activity is available to all, in particular amongst population groups that research consistently shows face additional participation barriers.

The 2018-2022 County Sports Participation Strategy has been co-created in partnership with all of these diverse community groups and statutory organisations (See Appendix A). It sets out a direction for a community-led approach to increasing participation in sport and physical activity in the County based on diversity and inclusion. It has been informed by international policy and practise to inspire innovation and new ideas. The strategy provides a mandate for Dún Laoghaire - Rathdown Sports Partnership to continue its role to facilitate and enhance the great work that is already being done by partner organisations and communities, identifying gaps and opportunities where it can add value to this important work.

## 1.1 About the Local Sports Partnerships Initiative

The Local Sports Partnership (LSP) Initiative was developed by Sport Ireland to create a national structure to co-ordinate and promote the development of sport and physical activity at a local level. The first eight LSPs were set up in 2001 with full national coverage achieved in 2008. The key aims of the LSPs are to increase participation in sport and physical activity to ensure that local resources are used to best effect.

### **The 3 main functions of the Local Sports Partnerships nationally are:**

- **Information:** establish a consultative forum, initiate research, compile a sports directory and database, identify needs and resources to form the basis of local planning
- **Education:** provide quality opportunities for education and training at local level, provide training courses targeting volunteers, provide access to sports specific courses through the National Governing Bodies of Sport
- **Implementation:** develop a strategic plan for local sport, select participation programmes for LSPs modified to suit local needs, increase impact of national programmes delivered locally, market and promote sport

## 1.2 Dún Laoghaire-Rathdown (DLR) Sports Partnership

Dún Laoghaire-Rathdown Sports Partnership (DLR Sports Partnership) was set up in 2007. DLR Sports Partnership works closely with the Dún Laoghaire-Rathdown County Council and other key partners to promote participation, inclusion and coordination in sport and physical activity at local level.

### **The key tasks of DLR Sports Partnership include:**

- Building on the work already being carried out by partner agencies
- Establishing a sustainable structure to assist all those involved in local sports development (e.g. quality training)
- Rolling out Sports Ireland participation programmes
- Increasing the usage of existing local resources and
- Creating and implementing a strategic plan for long-term local sports and physical activity development

### **Structure of DLR Sports Partnership**

DLR Sports Partnership is made up of a Board whose members represent all those statutory bodies, organisations and groups operating in Dún Laoghaire-Rathdown with a responsibility for or interest in sports participation and physical activity. The Board sets the priorities for the work of the co-ordinator and the Sports Partnership staff.

The following organisations make up the current membership of the Board of DLR Sports Partnership (as of August 2018):

- Dún Laoghaire-Rathdown Sports Forum – Pat Smith (Chair), Derek McArdle, Miriam Fahey
- Dún Laoghaire-Rathdown County Council – Barry Dempsey
- Dún Laoghaire-Rathdown Chamber – Tom Dalton
- Irish Wheelchair Assoc. Sport – Mark Barry (Vice Chair)
- dlr Leisure – Niall Cull
- UCD Sport – Suzanne Bailey
- Dublin & Dún Laoghaire Education & Training Board – Mairin Ui Riain
- HSE (Health Promotion & Improvement) – Michelle Hardie Murphy
- Elected Representatives – Cllr. Lynsey McGovern, Cllr. Jim Gildea
- An Garda Síochana - Eibhear Donnellan
- Network for Older People – John O'Neill
- DLR Sports Partnership – Shane McArdle (Secretary)

### **Responsibilities of the Board of DLR Sports Partnership**

The seven main areas of responsibility of the Board are as follows:

1. To govern through the proper administration of its affairs
2. To provide leadership for the organisation
3. To plan the strategy for the development of the organisation
4. Establish partnerships with other organisations who can help develop the LSP
5. To manage the people involved in running the organisation
6. To implement strategic plans and monitor their progress
7. To ensure a realistic programme of participation and performance in the organisation as a consequence of the previous six responsibilities

### **DLR Sports Partnership Management Team**

DLR Sports Partnership is currently run by a team of four people which include the following roles:

- Sports Coordinator
- Sports Administrator
- Sports Inclusion Disability Officer
- Community Sports Development Officer

### 1.3 DLR Sports Partnership Strategy 2013-2017 – Achievements & Ongoing Actions

Since the first DLR Sports Participation Strategy from 2009-2012 a range of new projects, programmes, events, initiatives and services have been rolled out in partnership with groups and communities engaged in sport and physical activity in the county. Over the course of the 2013-2017 strategy, a wide range of challenges faced the sports community which included the economic recession and growing challenges due to increased demands and expectations on clubs and volunteers in areas such as GDPR, Child Protection, Governance, Sponsorship and Fund-raising.

Despite these challenges, in the five years 2013 to 2017, DLR Sports Partnership worked with all of its partners to facilitate, co-ordinate and deliver a wide range of training courses, workshops and targeted physical activity programmes across the county for all ages, levels of ability and sporting types. Some key achievements included:

- **Over 20,000 participants in Participation Programmes and Events** including
  - Flagship events such as the dlr Community 5k
  - Targeted weekly programmes with partners such as The Daily Mile
  - Roll-out of interventions for at risk groups such as Woodlands for Health
  - A wide range of programmes across sporting types and population groups.
  
- **4,300 Volunteers/Coaches availed of Training & Development Programmes** across a wide range of areas from
  - Child Protection in Sport
  - Governance and Information Seminars as well as
  - the collaborative work of member clubs in the Sports Forum
  
- **1,600 People with a Disability involved in Sport** through targeted programmes, working with local clubs/schools/agencies and training workshops to provide opportunities across all ages and disability types

A comprehensive list of the actions and achievements is included in Appendix C.

### 1.4 Innovation in Participation in Sports and Physical Activity - Case Studies

Since its inception, DLR Sports Partnership has pioneered a range of targeted programmes and events designed to add value to the immense work already taking place throughout the community. A select number of case studies are included throughout this strategic plan to illustrate the impact of this work.

### **1.5 Case Study 1: The Daily Mile**

The Daily Mile was first introduced to schools in the County in 2016 and 29 schools have participated in this initiative since then. A profoundly simple but effective concept wherein the children run, jog or roll a mile within their school yard, field or local park for 15 minutes each day. The activity is inclusive and doesn't require any equipment, set up, clean up or teacher training. Initiated in 2012, Elaine Wyllie, Head Teacher of a large Scottish primary school, realised that her pupils, like many others, were unfit. She introduced the concept of every class doing 15 minutes of a walk, jog or run daily and found the results hugely beneficial. The Daily mile initiative was born and now has become so popular that hundreds of schools in the UK participate in the programme and is also in countries such as Belgium, Holland, the US and now Ireland. The impact is remarkable, improving not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing. Our aim is to instil the importance of regular and continuous activity to our children at a young age.



## Chapter 2. DLR Sports Participation Strategy 2018-2022

### 2.1 Context

The development of this strategic plan was a collaborative process that included extensive consultation with the community of sports clubs, volunteers/coaches, statutory agencies, disability groups, ethnic minority groups, schools and the public. It also reflects the key findings of research into participation levels and patterns at local and national level and consideration of local and national policy documents and plans including the *National Physical Activity Plan*, *National Sports Policy*, *Draft DLR Healthy County Strategy 2018-2022*, *Dun Laoghaire Rathdown Sports Facilities Strategy* and the *DLR Local Economic & Community Plan*.

At its core, this strategic plan embodies a community - led vision for participation in sport and physical activity based on leveraging off past successes and adopting a new framework for increasing participation in sport and physical activity across Dún Laoghaire Rathdown.

The strategic plan provides direction for DLR Sports Partnership to continue to build on the work that has been achieved in the previous strategy to facilitate, broker and add value to the enormous partner, agency and community work through inclusion, innovation and collaboration.

### 2.2 Consultation Process

The process of developing this plan has been robust with input and engagement from a wide range of local stakeholders and partners including sports clubs, community groups, parents, volunteers, active retirement groups, the public and statutory agencies. The key elements to the consultation process included:

- Analysis of local and national research (including demographic projections, physical activity levels and trends)
- Consultations with the Board and staff of Dún Laoghaire Rathdown Sports Partnership, key stakeholders in the community and statutory bodies
- Extensive deliberations with the Strategic Planning Sub –Committee appointed by the Sports Partnership Board
- International Benchmarking
- Analysis of an online Public Survey
- Consultation with Priority target groups as identified by Sport Ireland and the National Physical Activity Plan
- The main thrust and focus of the Corporate Plan, Local Economic and Community Plan and Strategy for Sporting Facilities for the county

On completion of the Draft Strategy, further consultation took place with key partners, statutory agencies and community groups to gain input and feedback which was incorporated into the final Strategy Document.

### 2.3 Case Study 2: dlr Community 5k

This annual 5k event takes place each October in Kilbogget Park and is organised by Dún Laoghaire- Rathdown Sports Partnership and a range of local partners. It is a fun inclusive event for the entire community. The key difference in this event is the range of ages, abilities and ethnic backgrounds that take part with 1,200 participants in 2017. A not-for-profit event, registering costs just €5 per adult (children are free) with participants receiving a t-shirt and medal as well as refreshments at the finish line. Kicking off the Festival of Inclusion, the five kilometer route is suitable for all levels of ability and fitness. This is proven in the number of individuals with a disability participating, the ages ranging from newborns in prams to 85-year-old and the finishing times ranging from 16 to 45 minutes. While everyone is encouraged to attend there are population groups that are particularly targeted such as those with a disability, under-active individuals and ethnic minorities. All participants receive follow-up communication and encouragement to facilitate their continued physical activity.



## Chapter 3. Physical Activity and Sport

### 3.1 Benefits of Participation in Physical Activity and Sport

The World Health Organisation<sup>1</sup> research shows that physical inactivity is now identified as the fourth leading risk factor for global mortality. Physical inactivity levels are rising in many countries with major implications for the prevalence of non-communicable diseases (NCDs) and the general health of the population worldwide.

The National Guidelines on Physical Activity for Ireland are based on international expert evidence and describe appropriate levels of health enhancing physical activity for the Irish population. The recommended physical activity levels for each of the three age groups are as follows:

- **2- 18 years old:** All children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day. This should include muscle-strengthening, flexibility and bone-strengthening exercises 3 times a week.
- **Adults aged 18–64:** Adults should be active for at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week).
- **Older People aged 65+:** Older people should be active for at least 30 minutes a day of moderate intensity activity on 5 days a week, or 150 minutes a week with a focus on aerobic activity, muscle strengthening and balance.

### 3.2 Socio-Economic Profile of DLR – At a Glance

Dún Laoghaire Rathdown has a population of 218,018<sup>2</sup>. Almost a quarter of the population are aged 19 and younger which makes up approx. 51,000 people. Dún Laoghaire Rathdown also has a high proportion of persons aged 50 years and over (72,353), which represents a third of the population. A high proportion of the population aged 15 years and over have a third level Hours Degree or higher qualification (57,689 or 27%). There are 27,266 persons (12.5%) with a disability in the County.

The number of visits to Dun Laoghaire Rathdown County Council facilitated leisure amenities totalled 5,168 per 1,000 of population<sup>3</sup>. This is significantly higher than most other Dublin and Mid-East local authority areas, except for Wicklow.

<sup>1</sup> Global recommendations on physical activity for health, WHO, 2010

<sup>2</sup> Central Statistics Office, Census 2016

<sup>3</sup> Dún Laoghaire-Rathdown Local Economic & Community Plan 2016-2021

### 3.3 Participation in Sport and Physical Activity

Dún Laoghaire - Rathdown has among the highest rates of participation in sport and physical activity of adults (those aged 16+) in the country based on the 2017 Irish Sports Monitor report. The Irish Sports Monitor is an annual telephone survey of participation in sport and physical activity in Ireland carried out through Sport Ireland. Begun in 2007 and continued throughout the next decade and most recently 2017, the Irish Sports Monitor is primarily designed to track levels of participation in sport and recreational exercise, both for the population as a whole and various subpopulations of interest. Within the Irish Sports Monitor, sport is defined as any physical activities that are undertaken for exercise, recreation or sport (excluding walking). The key findings for participation in sport and physical activity in Dún Laoghaire – Rathdown in 2017 are as follows:

#### **Active Participation in Sport**

- **Over half** (55.1%) of respondents **take part in regular** physical activity which is considerably higher than the national average.
- **Men are more likely** to take part in sport and exercise (59.9%), participation among women is also high with slightly over half (50.9%) taking part.
- **Younger age groups more likely** to take part in sport & exercise (73% of those aged 16-24) compared to over a third of those aged over 65 years (37.8%).
- Those with an **illness/disability are less likely to take part** in sport and exercise. However, this gap is not as large as the national figures.
- **Popular sports and activities in DLR** are gym/personal exercise (18.6%), swimming (10.2%), running (9.3%), cycling (4.7%), golf (4.4%) and Soccer (3.8%).

#### **Social Participation in Sport** *(covers club membership, volunteering and attending a sporting event).*

- **Over half** (53.1%) of respondents in DLR took part in some form of social participation.
- **46% of respondents belonged to a club** with men more likely to be club members than women (50.3% compared to 42.1%). The most popular club sports were Gyms/Exercise (20.7%), Golf (6.6%), GAA (5.7%) and Soccer (2.5%).
- **10.9% volunteer for sport** with a similar proportion of men and women volunteering (11.4% compared to 10.4%). Volunteering is **closely linked to children's sport** with over three times as many parents volunteering than non-parents (18.9% to 5.5%). The most popular sports to volunteer for are Soccer (2.7%), Gaelic Football (2.3%), Hurling/Camogie (1.4%) and Rugby (1.3%).
- **16.3% attended a sporting event** with a similar proportion of men and women (15.8% and 16.7% respectively). Attending sporting events is **linked to children's sport** with nearly twice as many parents attending (22.5% and 12.1% respectively). The most popular sporting events are Soccer (5.1%), Gaelic Football (3.2%), Rugby (2.6%) and Hurling/Camogie (2.4%).

### Broader Physical Activity

- **Over third of respondents are highly active**<sup>4</sup> (36.6%) while 5.5% are sedentary<sup>5</sup>.
- Nearly **three quarters** (72%) of respondents **took part in recreational walking**. Over three quarters (79.4%) of women and over two thirds of men (63.7%) take part in regular recreational walking. Over two thirds of those with a long-term illness/disability (69%) take part in recreational walking.
- **Over half of respondents also walk for transport** (55.9%) and one in seven (14.9%) cycle for transport.

### 3.4 Inequality in Physical Activity

While the Irish Sports Monitor show relatively high rates of participation in sport and physical activity levels among adults in Dún Laoghaire - Rathdown, there continues to be socio-economic inequalities across different social groups.

Even though Dún Laoghaire - Rathdown is seen as among the most affluent local authority areas nationally, there are a number of small areas identified as being 'very disadvantaged' or 'disadvantaged' representing a population of over 11,000.

The Global Action Plan on Physical Activity 2018-2030<sup>6</sup> shows that differences in levels of physical activity can be explained by significant inequities in the opportunities for physical activity by gender and social position, within as well as between countries. Girls, women, older adults, people of low socioeconomic position, people with disabilities and chronic diseases, marginalized populations, indigenous people and the inhabitants of rural communities often have less access to safe, accessible, affordable and appropriate spaces and places in which to be physically active. In response to this, the overarching target of the National Physical Activity Plan is to increase the proportion of the population across each life stage undertaking regular physical activity by 1% per annum across the lifetime of Healthy Ireland.

Recent research undertaken by DLR Sports Partnership to understand the issues and barriers which prevent adolescents and young people in the Ballyogan area participating in sport and physical activity, reflects the findings of the Global Action Plan on Physical Activity 2018-2030. The research was undertaken in relation to the development of a Community Sports and Physical Activity Hub (DLRSP Hub) to be located in Ballyogan, a designated area of disadvantage in Dún Laoghaire-Rathdown. The key findings of this research will be addressed through the County Sports Participation Strategy 2018-2022.

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<sup>4</sup> Meeting the activity guidelines of at least 30 minutes of moderate/vigorous activity five times a week, this can be achieved through sport and exercise or recreational walking.

<sup>5</sup> Took part in less than 20 minutes of activity in the last week.

<sup>6</sup> More Active People for a Healthier World, Global Action Plan on Physical Activity 2018-2030, WHO

### **3.5 Case Study 3: Woodlands for Health**

Based on the success of a pilot programme in Wicklow, Dún Laoghaire Rathdown Sports Partnership brought together several service providers to develop a similar programme in this County. Woodlands for Health is a 10-12-week course for adults who experience enduring mental ill health in the Dún Laoghaire Rathdown area by engaging them in activities in a woodland environment. Participants meet each week and are transported to a different location, a park initially then progressing onto mountain trails. A packed lunch is provided, and the 2-hour walks are led by a walking leader / mountain ranger. Research has shown that engagement with nature through outdoor activities can have a significant positive impact on people's mental health and well-being. Woodlands for Health is an innovative development, which sets out to identify the health value that woodland activities can provide to participants and to demonstrate its value to health professionals. Combining physical activity with spending time outdoors can optimise the benefits of that activity, in particular by enhancing mental wellbeing.



## Chapter 4. Consultation Findings

### 4.1 Public Survey

An online public survey was circulated and utilised in the development of the strategy. The public survey was widely circulated through existing databases and across community groups specifically to gain responses from those not currently accessing the Sports Partnerships services/supports. A response rate of 163 participants was generated. 44% of survey respondents came from Sports Clubs followed by Community Organisations (13%), Parents (10%), National Governing Body of Sport (9%) followed by third level institutions, primary and secondary schools, disability groups and ethnic minorities among other groups as outlined in Figure 1.

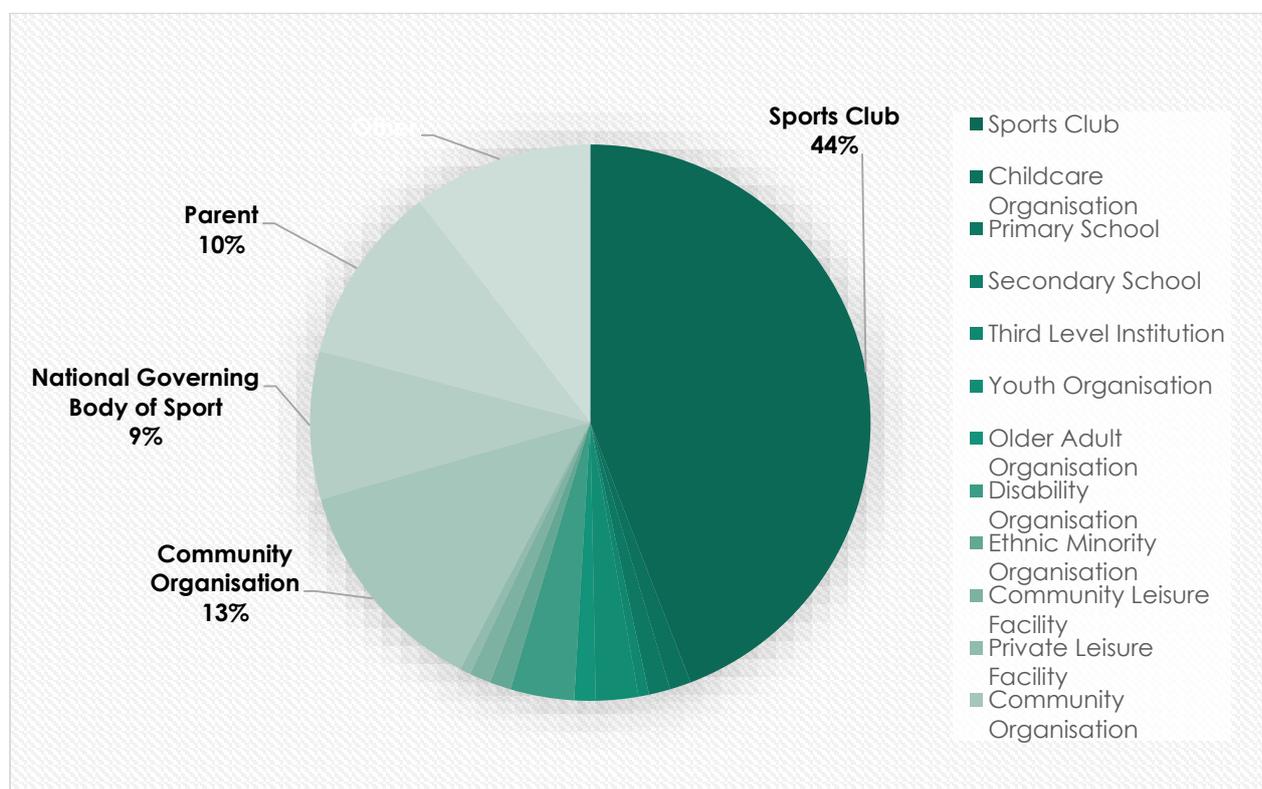


Figure 1. Profile of Respondents

### Awareness of DLR Sports Partnership

Respondents were asked to describe their awareness of *DLR Sports Partnership* and its role. While 54% of respondents had High to Very High awareness of the role of DLR Sports Partnership, 46% had low or no awareness of its role.

## Participation in DLR Sports Partnership Event or Programme

Over 60% of respondents had previously participated in a DLR Sports Partnership event or programme.

- 51% participated in a Training Workshop or Seminar
- 49% participated in an Event
- 23% participated in a Programme

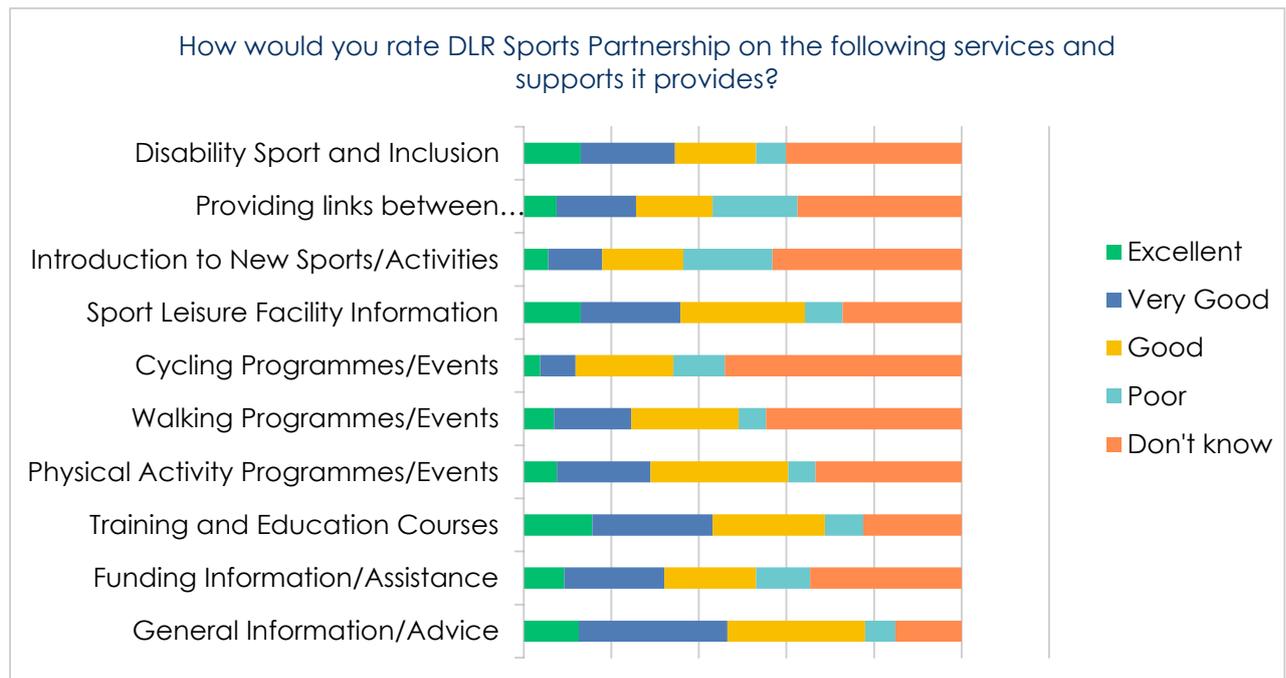


Figure 2: DLR Sports Partnership Services and Supports

Respondents were asked to rate DLR Sports Partnership across a range of services and supports as outlined in Figure 2. Overall response rates were positive, however the responses also highlight a low level of awareness of the range of services and supports provided by DLR Sports Partnership.

## Impact of Engagement with Services and Supports

Overall, those respondents that engaged in DLR Sports Partnership Services and Support rated the impact as being Excellent or Very Good (32%). Of those that scored No Impact or Other, this was due to their lack of awareness of the Services and Supports.

## Target Populations

The survey also asked respondents to identify the groups that should be targeted for the 2018-2022 strategy. The responses covered a wide range of populations including Children, Teenagers, Young Adults; Sports Clubs/Groups/Schools; Disability Groups; Older People and Females.

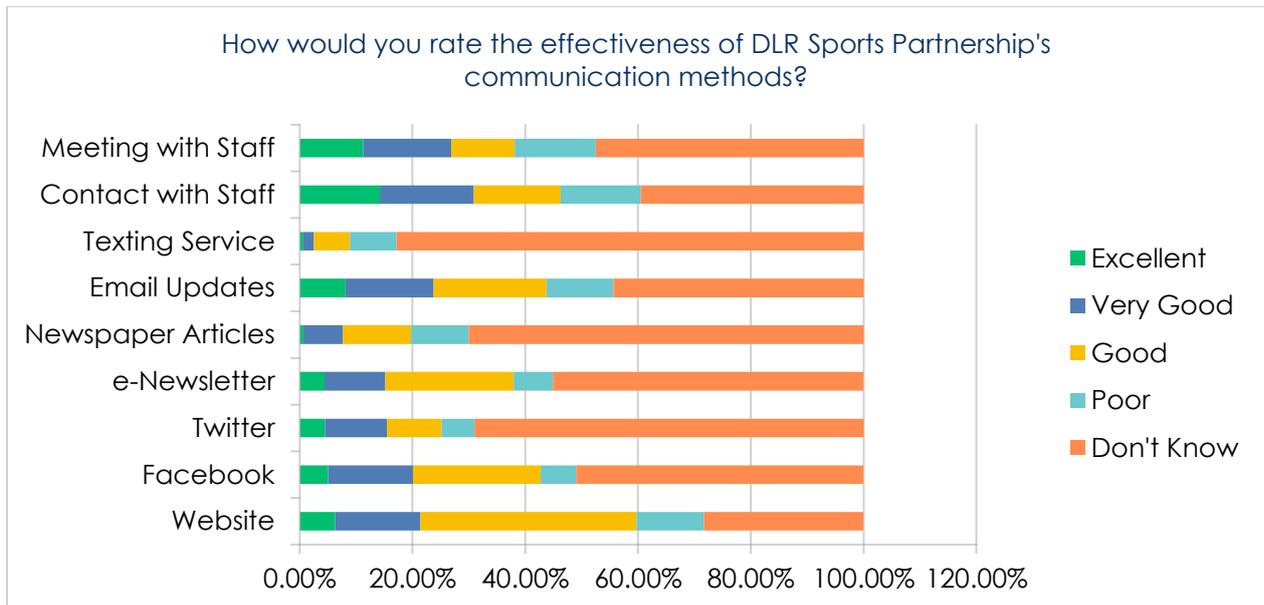


Figure 3: DLR Sports Partnership's Communication Methods

Respondents were asked to rate the effectiveness of DLR Sports Partnership's methods of communications as outlined in Figure 3. The survey responses highlighted staff and email contact in particular as being Excellent to Very Good. Overall, however, a high number of respondents answered Don't Know across all Texting Services (82%), Newspaper Articles (70%), Twitter (69%) and E-Newsletter (50%).

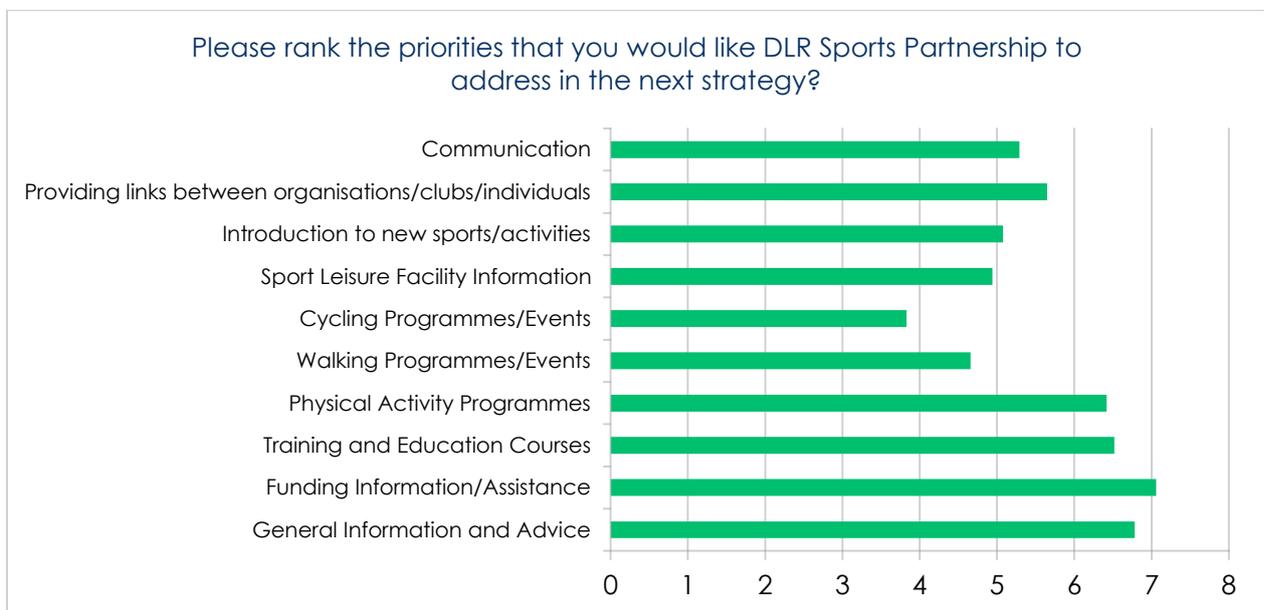


Figure 4: Priorities for 2018-2022 Strategy

Figure 4 highlights the top five priorities ranked by respondents for the 2018-2022 Strategy are in relation to Funding Information/Assistance, General Information and Advice, Training and Education Courses, Physical Activity Programmes and Providing Links between organisations, clubs and individuals.

## 4.2 Stakeholder Consultation

An extensive Stakeholder Engagement Consultation was undertaken with a wide range of individuals and organisations in the county (See Appendix A for list of Stakeholders consulted). The key themes that emerged from this process are outlined below.

### **Partnerships and Joined-Up Thinking**

- Overall, there was a strong view that DLR Sports Partnership needs to continue to play a pivotal role in facilitating a co-ordinated and partnership approach to sports participation across agencies, stakeholders, schools, clubs and other groups, making them collectively stronger and better.
- There is an opportunity for DLR Sports Partnership to facilitate Sports Clubs to work together, to share knowledge, learning and expertise in problem solving and creative thinking through enhanced networking supports.
- There is also an opportunity to strengthen the connection between facilities, clubs and communities in relation to access and communication.

### **Target Populations**

- There are a number of population groups not as active or engaged in physical activity and sport which needs to be addressed in the strategy.
- For ethnic minority groups, language is perceived as a potential barrier. Equally there is a view that there is a need for greater awareness raising and measures for adults to improve integration.
- The Traveller population, of which there are approximately 120 families in the county (approx. 500 people) have reported difficulty accessing sports and leisure opportunities.
- The key challenge identified for the over 55 adult population related to access to information, the need for greater promotion and the need for a safe environment in which to participate in sport and physical activity.
- A continued focus on Sports Disability Inclusion was identified as a priority and the need to develop opportunities for new sports/opportunities in this area.
- The importance of increasing participation levels among females, children & young people, ethnic minorities and older adults was also identified as an area that required specific focus.

### **Training and Supports**

- With growing demands on the role of volunteers in clubs there is an increased requirement for capacity building programmes to support individuals and groups in the organisation and management of clubs.
- Support with sponsorship and funding was also identified as an area that needed additional resources and expertise.
- With increased demands on school resources, the opportunity to empower students to do their own training/coaching, linking in with the curriculum was considered important.

### **4.3 Case Study: Active Dance**

An ongoing successful initiative, which is held twice a year in local secondary schools is our Active Dance Programme. This is a 5-week programme to increase participation in physical activity among teenage girls in Transition Year through a mix of activity, dance and fun learning to generate an interest and awareness in a healthy active lifestyle. Dance sessions last for one hour based within the school and the key element of each of the sessions is to have fun while being active. A small grant is provided to the participating schools (which they must match) to assist in covering the tutor costs for the 5 weeks. This programme gives approximately 400 girls per year the chance to learn a dance routine with their class and showcase it at a final event on front of other participating schools. The girls have reported a sense of achievement and comradery while learning the dance routine with their class mates and a desire to continue to take dance classes.



## Chapter 5. The Way Forward

Key decisions and actions set out in the document are based on the analysis and consultation that was undertaken. The action plan supporting this strategy will focus on County and local responses or initiatives that will endeavour to influence or change people's activity levels and behaviour resulting in increased and sustained participation in sport and physical activity.

DLR Sports Partnership, working in conjunction with partner organisations, will advocate, network, lead, coordinate, deliver, research and communicate the sustainable opportunities for sport and physical activity development and participation in the County.

The following are the Vision, Mission, Values and Goals that will underpin the County Sports Participation Strategy 2018-2022.

### 5.1 Vision

That everyone in Dun Laoghaire Rathdown has the opportunity to be physically active, having access to activities and facilities suitable for their interests, needs and capabilities while enjoying the positive health and social benefits of that activity.

### Mission

To work in partnership with stakeholders to improve access to participation for all and to create, deliver and promote a diverse range of local programmes and initiatives aimed at encouraging target groups that have lower participation rates.

### Values

- Inclusiveness, fairness and equity in all our dealings
- Fun and enjoyment in participation
- Innovation in our approach to our mission
- Working in co-operation with others to deliver results
- Adding value to complement the work being done by others
- Openness and transparency

### 5.2 Strategic Goals

The six strategic goal themes that follow have been informed by the findings of our extensive consultation process.

Strategic Goal 1 - **Strengthen & Develop Community Capacity**

Strategic Goal 2 - **Promote Equality of Opportunity**

Strategic Goal 3 - **Communication & Promotion**

Strategic Goal 4 - **Partnership & Collaboration**

Strategic Goal 5 - **Targeted Events & Programmes**

Strategic Goal 6 - **Governance & Management**

## Strategic Goal 1 – **Strengthen and Develop Community Capacity**

To continue to improve the capacity of communities to facilitate sustained increases in sport and physical activity levels and, thereby, enhance wellbeing and improve quality of life.

### *Objectives*

- 1.1 To engage communities in increasing sport and physical activity levels across their members
- 1.2 To facilitate the provision of relevant training for voluntary leaders organising community-based sport and physical activity
- 1.3 To facilitate networking between clubs to share knowledge, expertise and best practice

## Strategic Goal 2 - **Promote Equality of Opportunity**

To contribute to equality of opportunity by supporting people of all ages and abilities to access sport and physical activity.

### *Objectives*

- 2.1 To support initiatives that enable low-participation populations and marginalised groups be included in sport and physical activity
- 2.2 To facilitate people with disabilities to participate and develop their potential in sport and physical activity
- 2.3 To support initiatives that contribute to the wellbeing and quality of life of target groups and older adults through life long participation in sport and physical activity

## Strategic Goal 3 - **Communication and Promotion**

To communicate the benefits, opportunities and pathways for sustainable sport and physical activity.

### *Objectives*

- 3.1 To increase awareness of the role of DLR Sports Partnership
- 3.2 To increase awareness of the opportunities for sport and physical activity in the county
- 3.3 To communicate the impact and benefit of participation in sport and physical activity through a wide range of communication channels

#### Strategic Goal 4 – **Partnership and Collaboration**

To work in partnership with all stakeholders to increase participation in sport and physical activity.

##### *Objectives*

- 4.1 To assist current participants on their pathway, by supporting sports clubs and community groups in quality events and programmes
- 4.2 To work with sports clubs and community groups to reach out to new members and participants and to grow the quality of their sports events and programmes
- 4.3 To work with other agencies and sports partners to identify and progress new opportunities
- 4.4 To identify new avenues for support and funding

#### Strategic Goal 5 – **Targeted Events and Programmes**

To coordinate and support a range of appropriate sports and physical activity participation programmes in response to the identified needs of the community.

##### *Objectives*

- 5.1 To support programmes, where appropriate, that meet the needs of set target groups
- 5.2 To expand existing programmes and develop new programmes to promote participation and access to sport and physical activity
- 5.2 To emphasise inclusion and family focus in events and programmes

#### Strategic Goal 6 – **Governance and Management**

To operate to the highest standards of openness, transparency, good governance and accountability.

##### *Objectives*

- 6.1 To strengthen the LSP Governance and Management Structures
- 6.2 To achieve alignment of partner strategies and plans with this participation strategy
- 6.3 To monitor and evaluate the 5 year strategic plan throughout its lifetime

## 5.3 Implementation and Monitoring

### Governance and Structures

DLR Sports Partnership operates to the highest standards of openness, transparency and good governance. This involves delivering on its commitments to a wide range of corporate and management responsibilities such as financial management, administration, staff development and programme development. The prudent and efficient management of these internal responsibilities directly impacts on our ability to deliver on our vision, mission and action plan to the benefit of all our stakeholders. DLR Sports Partnership achieves this in the following way:

- Maintaining an effective structure and strategic oversight via the DLR Sports Partnership Board
- Financial prudence working within the limits of available annual funding and financial procedures of Dún Laoghaire Rathdown County Council
- Operating to appropriate procedures and national standards
- Maintaining and developing staff

### Monitoring and Evaluation

We are committed to ongoing monitoring and evaluation of this 5 year strategic plan as we progress with implementation. We propose to develop a formal system to measure our progress which will include:

- Qualitative and quantitative feedback from participants in our evidence based programmes, events and activities.
- Gathering feedback from lead agencies in all our joint initiatives.
- Bi-monthly and yearly updates to the Board of DLR Sports Partnership.
- Regular reporting to Sport Ireland and other funding agencies.
- Preparation (and production on our website) of an annual operational plan.

We will undertake ongoing external evaluation of the impact of this 5 year strategic plan with a full review in 2022. Our evaluation process will focus on the following key measures:

- Any increase in the number of people partaking in physical activity.
- Any decrease in the proportion of the population that is sedentary.
- Formal input from our partner agencies, stakeholders, providers, participants and non-participants.

## 5.4 The Action Plan 2018-2022

### Strategic Goal 1: Strengthen and Develop Community Capacity

Objectives	Action	Partners	Timeline	Outcome
<b>1.1 To engage communities in increasing sport and physical activity levels across their members</b>	<ul style="list-style-type: none"> <li>Respond to community sports and physical activity initiative requests for support as resources allow</li> </ul>	LSP Office, LSP Board, All Partners	Continuous	<ul style="list-style-type: none"> <li>Increase in number of communities involved in planning, development &amp; implementation of initiatives</li> <li>Increase in the number of volunteers involved in planning and leading a wider range of events and programmes</li> </ul>
	<ul style="list-style-type: none"> <li>Support the recruitment, retention and training of volunteers in sports to grow resources and capacity</li> </ul>	LSP Office, LSP Board, All Partners	Continuous	
<b>1.2 To facilitate the provision of relevant training for voluntary leaders organising community-based sport &amp; physical activity</b>	<ul style="list-style-type: none"> <li>Design and deliver targeted coach/volunteer training supports</li> </ul>	LSP Office, All Partners	Ongoing	<ul style="list-style-type: none"> <li>Delivery of targeted coach/volunteer training</li> <li>Delivery of training to support best practise club management</li> <li>Design/delivery of new training programmes that respond to needs of clubs and communities</li> </ul>
	<ul style="list-style-type: none"> <li>Identify and promote club management and volunteer best practice guidelines</li> </ul>	LSP Office, LSP Board, All Partners	Ongoing	
	<ul style="list-style-type: none"> <li>Identify important topics that arise and facilitate relevant training/workshops in these areas</li> </ul>	LSP Office, Sports Forum, All Partners	Ongoing	
<b>1.3 To facilitate networking between sports clubs to share knowledge, expertise and best practise</b>	<ul style="list-style-type: none"> <li>Maximise the opportunity of the Sports Forum to facilitate the sharing of knowledge, expertise and problem solving among members</li> </ul>	Sports Forum, LSP Office, LSP Board, Clubs	Ongoing	<ul style="list-style-type: none"> <li>Increased co-operation and learning among members of the Sports Forum and clubs</li> <li>Increased numbers of member clubs in the Sports Forum</li> </ul>
	<ul style="list-style-type: none"> <li>Expand the membership of the Sports Forum</li> </ul>	LSP Office, Sports Forum, Clubs	Ongoing	

## Strategic Goal 2: Promote Equality of Opportunity

Objectives	Action	Partner	Timeline	Outcome
<b>2.1 To support initiatives that enable low-participation populations and marginalised groups be included in physical activity</b>	<ul style="list-style-type: none"> <li>Build on existing and new partnerships to support participation among target groups and populations</li> </ul>	LSP Office, LSP Board, All Partners	Ongoing	<ul style="list-style-type: none"> <li>Increased levels of participation in physical activity by identified low-participation and marginalised groups</li> </ul>
<b>2.2 To facilitate people with disabilities to participate and develop their potential in sport and physical activity</b>	<ul style="list-style-type: none"> <li>Continue to build capacity among sports clubs to maintain and develop sports inclusion disability programmes</li> </ul>	LSP Office, LSP Board, All Partners, Clubs	Continuous	<ul style="list-style-type: none"> <li>Improved range of activities for people with disabilities in a variety of settings.</li> </ul>
	<ul style="list-style-type: none"> <li>Continue to deliver the Sport Inclusion Disability programme</li> </ul>	LSP Office, LSP Board, All Partners	Continuous	<ul style="list-style-type: none"> <li>Successful delivery of the Sports Inclusion Disability programme</li> </ul>
<b>2.3 To support initiatives that contribute to the wellbeing and quality of life of target groups and older adults through life long participation in sport &amp; physical activity</b>	<ul style="list-style-type: none"> <li>Provide practical expertise for clubs and community groups in designing programmes for target groups including females and older adults</li> </ul>	LSP Office, LSP Board, All Partners	2019 and Onwards	<ul style="list-style-type: none"> <li>Increased active participation in a wide range of physical activities by target groups</li> </ul>
	<ul style="list-style-type: none"> <li>Provide support for and promote all opportunities for target groups to participate in sustainable sport and physical activities</li> </ul>	LSP Office, LSP Board, All Partners	2019 Onwards	<ul style="list-style-type: none"> <li>Increased opportunities for sport and physical activity among target populations</li> </ul>

### Strategic Goal 3: Communication and Promotion

Objectives	Actions	Partner	Timeline	Outcomes
<b>3.1 To increase awareness of the role of DLR Sports Partnership</b>	<ul style="list-style-type: none"> <li>Work with partners to ensure the opportunities presented through DLR Sports Partnership reach as wide a public as possible</li> </ul>	LSP Office, LSP Board, All Partners	Ongoing	<ul style="list-style-type: none"> <li>Increased awareness of the role of DLR Sports Partnership and the programmes it provides</li> </ul>
<b>3.2 To increase awareness of the opportunities for sport &amp; physical activity in the county</b>	<ul style="list-style-type: none"> <li>Development of an LSP Communications Strategy</li> <li>Increased use of traditional and social media outlets to provide effective channels of communications</li> <li>Manage, maintain and make available directories of existing sports clubs, facilities, events &amp; initiatives in the County</li> </ul>	LSP Office, LSP Board  LSP Office  LSP Office, LSP Board	2019  2019 onwards  2019 onwards	<ul style="list-style-type: none"> <li>Delivery of an effective LSP Communications Strategy</li> <li>Increased use of and engagement with all LSP media channels</li> <li>Updated, maintained and accessible directories</li> </ul>
<b>3.3 To communicate the impact &amp; benefit of participation in sport &amp; physical activity through a range of communication channels</b>	<ul style="list-style-type: none"> <li>Capture and circulate research on the impact and benefits of participation in physical activity and sport</li> </ul>	LSP Office, LSP Board, All Partners	Ongoing	<ul style="list-style-type: none"> <li>Increased awareness of the positive impacts and benefits of participation in physical activity and sport</li> </ul>

## Strategic Goal 4: Partnership and Collaboration

Objectives	Action	Partner	Timeline	Outcomes
<b>4.1 To assist current participants on their pathway by supporting clubs and community groups in quality events &amp; programmes</b>	<ul style="list-style-type: none"> <li>Provide support to sports clubs and community groups to maximise their potential to assist participants on their pathway</li> </ul>	LSP Office, LSP Board, All Partners	Continuous	<ul style="list-style-type: none"> <li>Increased number of participants achieving PA guidelines and their potential in sport &amp; physical activity</li> </ul>
<b>4.2 To work with sports clubs and community groups to reach out to new members and participants and to grow the quality of their sports events and programmes</b>	<ul style="list-style-type: none"> <li>Work in collaboration with sports clubs to grow their membership through promotion &amp; awareness raising initiatives</li> <li>Provide opportunities for partners to communicate &amp; identify projects to work on together to achieve mutual goals</li> <li>Link with facility providers and Sports Forum to maximise the use of physical resources and plan for the future</li> </ul>	<p>LSP Office, Clubs, All Partners</p> <p>LSP Office, LSP Board, All Partners</p> <p>LSP Office, Sports Forum, DLRCC, Facility Providers</p>	<p>2019 and 2020</p> <p>2019 and Ongoing</p> <p>2019 and Ongoing</p>	<ul style="list-style-type: none"> <li>Increased number of members in local sports clubs</li> <li>Increased collaborative initiatives among partners, sports clubs and community groups</li> <li>Meeting gaps in facilities to enable increased participation</li> </ul>
<b>4.3 To work with other agencies and sports partners locally &amp; nationally to identify &amp; progress new opportunities</b>	<ul style="list-style-type: none"> <li>Develop relationships with agencies &amp; groups not currently engaged with DLR Sports Partnership</li> <li>Ensure all partners are aware of each other's roles &amp; responsibilities in relation to achieving the participation strategy</li> <li>Develop events and programmes that are in line with national initiatives</li> </ul>	<p>LSP Office, LSP Board, All Partners</p> <p>LSP Office, LSP Board, All Partners</p> <p>LSP Office, LSP Board, All Partners</p>	<p>2019 Onwards</p> <p>Continuous</p> <p>2019 Onwards</p>	<ul style="list-style-type: none"> <li>Increased number of new agencies and clubs working with DLR Sports Partnership</li> <li>Clarity of roles and responsibility among partners</li> <li>Initiatives that deliver on local/national objectives</li> </ul>
<b>4.4 To identify new avenues for support and funding</b>	<ul style="list-style-type: none"> <li>Work with partner agencies to secure funding and support to achieve strategic goals</li> </ul>	LSP office, All partners and agencies	2019 Onwards	<ul style="list-style-type: none"> <li>Resources available to action strategic goals</li> </ul>

## Strategic Goal 5: Targeted Events and Programmes

Objectives	Actions	Partners	Timeline	Outcomes
<b>5.1 To support programmes, where appropriate, that meet the needs of set target groups</b>	<ul style="list-style-type: none"> <li>Identify any gaps in existing events and programmes and determine appropriate response</li> </ul>	LSP Office, LSP Board, All Partners	2019 onwards	<ul style="list-style-type: none"> <li>Events and Programmes that respond to the needs of target populations</li> </ul>
	<ul style="list-style-type: none"> <li>Facilitate discussions on how existing or possible future facilities can be used to meet these requirements</li> </ul>	LSP Office, LSP Board, All Partners, DLRCC	2019 onwards	<ul style="list-style-type: none"> <li>Increased availability and use of facilities by target groups</li> </ul>
<b>5.2 To expand existing programmes and develop new ones to promote participation &amp; access to sport and physical activity</b>	<ul style="list-style-type: none"> <li>Continue to participate in national initiatives such as <i>Operation Transformation, Get Ireland Walking etc.</i></li> </ul>	LSP Office, LSP Board, All Partners, DLRCC, SI	2019 onwards	<ul style="list-style-type: none"> <li>Mass participation events and programmes in line with national programme</li> </ul>
	<ul style="list-style-type: none"> <li>Promote sports and physical activities that involve the use of available coastal and land based natural resources</li> </ul>	LSP Office, LSP Board, All Partners, DLRCC	2019 onwards	<ul style="list-style-type: none"> <li>Increase in sports and activities using coastal and land based natural resources</li> </ul>
	<ul style="list-style-type: none"> <li>Monitor the emergence of new programmes and trends to launch new initiatives where appropriate</li> </ul>	LSP Office, LSP Board, All Partners, DLRCC	Ongoing	<ul style="list-style-type: none"> <li>Launch of new initiatives to meet trends and new opportunities</li> </ul>
<b>5.3 To emphasise inclusion and family focus in events and programmes</b>	<ul style="list-style-type: none"> <li>Provide supports such as advise &amp; training to partners to help include new populations</li> </ul>	LSP Office, LSP Board, All Partners, DLRCC	Continuous	<ul style="list-style-type: none"> <li>Advise and Training supports provided where required</li> </ul>
	<ul style="list-style-type: none"> <li>Support annual flagship participation events that reach as wide and inclusive a community as possible</li> </ul>	LSP Office, LSP Board, All Partners, DLRCC, Business Community	Continuous	<ul style="list-style-type: none"> <li>Participation by diverse communities in annual flagship events</li> </ul>
	<ul style="list-style-type: none"> <li>Develop an accessible directory of sport and physical activity options available for each target population</li> </ul>	LSP Office	2019	<ul style="list-style-type: none"> <li>Creation of an accessible directory of sport and physical activity</li> </ul>

## Strategic Goal 6: Governance and Management

Objectives	Actions	Partners	Timeline	Outcomes
<b>6.1 To strengthen the LSP Governance and Management Structures</b>	<ul style="list-style-type: none"> <li>Meet compliance and reporting requirements of funding agencies</li> </ul>	LSP Office, LSP Board, Funding Partners	Annual	<ul style="list-style-type: none"> <li>Continued and increased levels of funding and support</li> <li>Engaged &amp; effective management and staff</li> </ul>
	<ul style="list-style-type: none"> <li>Support management &amp; staff to ensure they are equipped with resources to deliver on roles and responsibilities</li> </ul>	LSP Office, LSP Board	Ongoing	
<b>6.2 To achieve alignment of partner strategies and plans with this participation strategy</b>	<ul style="list-style-type: none"> <li>Develop annual workplan based on strategic goals &amp; resources available</li> </ul>	LSP Office, LSP Board	Annual	<ul style="list-style-type: none"> <li>A SMART work plan reflective of resources</li> <li>Alignment of strategies across stakeholders to achieve mutual goals and actions</li> </ul>
	<ul style="list-style-type: none"> <li>Facilitate communication among stakeholders to maximise resources and avoid duplication</li> </ul>	LSP Office, LSP Board, Partner Agencies	Ongoing	
<b>6.3 To monitor and evaluate the 5 year strategic plan throughout its lifetime</b>	<ul style="list-style-type: none"> <li>Develop a plan for monitoring and evaluating the impact of the strategic plan</li> </ul>	LSP Office, LSP Board	2019 & Annually	<ul style="list-style-type: none"> <li>Annual Monitoring and Evaluation Process and Plan delivered</li> </ul>

## 5.5 Case Study: Safeguarding Training

In line with the Children's First Act 2015, the Sport Ireland Safeguarding (Child Welfare & Protection) courses continue to be a key training programme for local clubs. In 2017 alone, Dún Laoghaire Rathdown Sports Partnership held 45 courses for nearly 600 volunteers at venues spread across the County. Adults working with children on an on-going basis and in a sporting capacity must first complete the Safeguarding 1 workshop to comply with safeguarding regulations. There are three workshops, which are available to book on line through our website with each workshop lasting 3 hours. They help educate participants on the implementation of best practice in protecting the welfare of children and themselves. It advises the Club Children's Officers on how to carry out the functions of their role in the club and informs the designated officer how to deal with any concerns. This training is part of the range provided to sports clubs to support them in their work with children and adults in local communities.



## Appendices

### Appendix A -

#### List of Relevant Publications & Research

- Dún Laoghaire-Rathdown County Council Sports Facilities Strategy 2017-2022
- Dún Laoghaire-Rathdown Local Economic & Community Plan 2016-2021
- Dún Laoghaire-Rathdown Healthy County Strategy 2018-2022 (Draft)
- Youth Participation in Sports & Physical Activity in Ballyogan, July 2018
- Dún Laoghaire-Rathdown Sports Monitor Summary Report 2017
- National Sports Policy 2018-2027
- Irish Sports Monitor Report 2017
- Sport Ireland Interim Strategy 2016
- Local Sports Partnerships 2017 Speak Report
- Get Ireland Active, National Physical Activity Plan
- Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025
- Better Outcomes Brighter Futures 2014-2020
- WHO Global Recommendations on Physical Activity for Health
- Physical Activity Strategy for the WHO European Region 2016-2025,WHO

#### List of Stakeholders in Consultation Process

- Dún Laoghaire-Rathdown Sports Partnership Board & Strategy Steering Group
  - Regular consultations and discussion
- Dún Laoghaire-Rathdown Sports Forum
  - Workshops in April and September 2018
- Sports Development Officers Forum
  - Facilitated meeting in March 2018 in Samuel Beckett Centre, Ballyogan
- DLR Public Participation Network
  - Presentation and Public Survey at meeting in April 2018
- Active Retirement Groups
  - Workshop in Larch Hill in May 2018
- Dún Laoghaire-Rathdown Local Economic Development Committee
- Dún Laoghaire-Rathdown Dun Laoghaire and Dundrum Area Committees
- Dún Laoghaire-Rathdown Strategic Policy Committee
- Sport Ireland
- Dun Laoghaire Rathdown Volunteer Centre
- Disability Support Services & Agencies
- Ethnic Minority Integration Forum
- Southside Travellers Action Group
- All partner organisations through an online feedback and review survey

## Appendix B -

### List of Supports Available to Sports Clubs

Dún Laoghaire Rathdown Sports Partnership provides support for the establishment of new sports clubs and the development of existing clubs. The Sports Partnership advise that the club is affiliated to the appropriate National Governing Body of Sport (NGB) and is committed to the Code of Ethics and Good Practice for Children's Sport. Support is provided in key areas of volunteer training, information sharing and club development seminars.

#### **Coach/Volunteer Training**

- Safeguarding (Child Protection in Sport) – 3 hour Sport Ireland workshops in Basic Awareness, Children's Officer, Designated Liaison Person
- Sports First Aid – 1 day workshop covering the range of first aid issues that can arise in a sporting environment
- Coaching Children – Understanding children's sport and physical activity and best ways to optimise their enjoyment, participation and positive outcomes
- Disability Inclusion Training – provide participants with the knowledge, skills and ideas on how to adapt and modify your sport sessions to make them more accessible and inclusive for people with disabilities.
- Autism in Sport – provide attendees with an understanding of Autism focussing on the delivery of sport. Recognise and understand key areas of difference as well as looking at practical strategies to include people with autism in sport
- Sports Leader - The programme targets young learners aged 12 years up to develop leadership skills through sport

#### **Development & Support**

- Sports Forum – increasing communication among the various clubs and sports in the County to share information and assist in maximising resources.
- Sports Partnership Board – club representation on the Dun Laoghaire Rathdown Sports Partnership Board (through the Sports Forum) to increase participation among all.
- Grants & Funding – awareness and advice on grant programmes that arise and how best to make your application successful
- Conferences & Seminars – organised for a range of important topics including; Mental Health,
- Website & Social Media – information source and one stop shop on sport/physical activity in the County
- Promotion of your Club – for individuals looking for club contacts and local availability through website, social media, database etc.
- Increasing participation - promoting sport in the Dun Laoghaire-Rathdown County especially among target groups
- Event Equipment Pack – availability of a range of equipment and tools for clubs hosting a large event

## Appendix C -

### Dún Laoghaire Rathdown Sports Partnership Summary of Actions 2013-2017

In the five years 2013 to 2017, Dún Laoghaire Rathdown Sports Partnership organised and delivered a wide range of training courses, workshops and targeted physical activity programmes across the county for all ages, levels of ability and sporting types. Some key summary actions included:

#### **Participation Programmes & Events – Over 20,000 Participants**

- **dlr Community 5K** – annual mass participation event, which attracted 6,050 people of all ages and abilities across the 5 years.
- **Operation Transformation Walk Event** – organised in January each year (total 1,630 participants). Included follow up activity programmes.
- **The Daily Mile** - 30 Primary schools (approx. 5,000 pupils) involved. 9 schools (700 kids) took part in event as part of Active Schools Week.
- **Older Adults Activity Taster Days** – two days organised each year (totaling 840 participants) taking part in a range of sport and activities.
- **Active Exercise Programme** – established weekly older adult activity programme in 3 dlr Leisure centres (approx. 110 participants weekly).
- **Go For Life Games** – dlr team of 14 each year for the National event.
- **Active Dance** – TY girls programme with total of 1,380 girls across 31 classes. Included final dance events in UCD.
- **Bike Week** – linked in with National promotion and flagship family fun cycle each year (total of 1,640 participants). Street Velodrome in 2017.
- **Woodlands for Health** – 12 week programmes targeting people with poor mental health using weekly walks to manage symptoms (27 participants).
- **Parkrun**- supported the establishment of 3 venues in the County Marlay Park (av. 450), Cabinteely (av. 120) & Shanganagh (av. 120). Also 2 new Junior Parkruns in Marlay (av. 160) and Deerpark (av. 55).
- **Walking Programmes** – 12 x 5-week walking programmes around various locations in DLR (518 participants). New walking group established from these programmes (Marlay Movers).
- **Try Sailing** – Organised Annalise Murphy to visit 5 local primary schools (over 1,000 pupils) to promote being active and sailing in April. Subsequently worked with ISA promoting Try Sailing programme.
- **Couch to 5k**- 80 participants took part in this programme with DSD Athletics Club over 3 years.
- **Physical Activity in the Workplace** – 130 County Council staff members involved in work based activities and programmes.

- **Ballyogan Buggy Brigade-** new weekly exercise sessions for new mothers in dlr Leisure Ballyogan (25 participants).
- **Be Active in Ballyogan-** come and try it event with 8 different minority sports & activities on the day with 80 people taking part.
- **Ballyogan Family Resource Centre** - 4 week afterschool crèche movers programme with 15 young children.
- **Tennis School's Development-** 5 weeks of beginner tennis development sessions with a trained tutor working with 20 girls from 3<sup>rd</sup> year in St. Tiernans Community School.
- **Community Food Initiative-** linked in with Southside Partnership providing a physical activity element to their events in 2 local primary schools.
- **Outdoor Activity Tasters** – liaised with the Outdoor Tourism Project in the development of outdoor activity participation.
- **Actovation** – supported a dlr Leisure Services gym based programme targeting families with obesity issues.
- **Traveller Women Activity Programme** – 5 week multi-activity sessions in Ballyogan (10 women).
- **Be Active ASAP** – after-school national programme with 5 schools.

#### **Training & Development (Coach/Volunteer) – 4,300 Volunteers**

- **Child Protection in Sport** - 120 x Basic Awareness workshops (1,622 volunteers), 13 x Children's Officers workshops (170 volunteers), 3 x Designated Liaison Person workshops (57 Volunteers).
- **Sports Forum** – club coordination & communication. Guides the Sports Partnership on training and development needs with 3-4 meetings each year. Average of 40 attendees at meetings (approx. 800 attendees).
- **Club Information Seminars** – 670 volunteers attending seminars across topics including; Garda Vetting Legislation, Mental Health Awareness in Sport, Volunteer Management, Participation Research, Child Protection, Tackling Bullying, Psychology & Nutrition, Membership Retention, Coaching Cultures.
- **Sports Volunteer Awards** – held in 2013 to recognise and celebrate role volunteer's play in sport. Presentation of awards in 5 categories.
- **Disability Inclusion Training** – 6 courses rolled out (127 volunteers).
- **Disability Awareness Training** - 4 courses (115 volunteers)
- **Sports Volunteer Development Programme** – 21 local sports volunteers provided with training across ten administrative topics.
- **Sports First Aid** – 9 courses rolled out (133 volunteers)
- **Buntús**– rolled out in 2 primary schools (18 teachers), 7 pre-schools & 2 refresher workshops (100 staff).
- **Sports Leader Award** – 120 TY students across three schools. 2 new tutors trained up on delivering course.

- **Physical Activity Leader Training (PAL'S)** - 14 members of local Active Retirement Groups to deliver own activity sessions.
- **Coaching Children**- 2 tutors trained up on the coaching children course to roll out programmes in 2018.
- **Community Coaching Programme** – 22 jobseekers completed 14 weeks of training and upskilling to volunteer/work in sport.
- **Schools Seminars**- Organized a seminar on engaging underactive children for primary and secondary schools (250 teachers attended).
- **Walk Leader Training** – 17 parents trained as walk leaders in 9 Primary schools in January part of Operation Transformation.
- **Y-Path** – 3 secondary schools (90 pupils) took part in intervention programme targeted at 1st years focusing on fundamental motor skills.
- **Development Officer Networking Session** - Organised information sharing seminar for 27 SDO's to discuss areas of mutual interest.

#### **Disability Sport – Over 1,600 Participants**

- **School Sports Hall Athletics** – 10 Special School classes covering 120 children. Included an end of programme Gymboree.
- **NRH Spinal Championships** – partner on this National event over the past 5 years with a total of 225 participants.
- **Inclusive Gym** – Two 6 week programmes in Meadowbrook providing gym based activities for 26 children with physical disabilities.
- **Swim Helpers Training** – 30 volunteers trained to assist in the pool.
- **Enjoy Tennis** – expansion of this programme locally, approx. 120 participants.
- **Choices For Health** – 4 x 12 week programmes targeting people with poor mental health using activity & healthy eating (42 participants).
- **Disability Inclusion Seminar** - Information seminar for coaches with sportsability programs which 20 people attended.
- **Disability Inclusion Open Evening** –28 inclusive clubs and activities showcasing good practice and advertised opportunities for people with a disabilities to get involved in sport (160 attendees).
- **Water Sports Inclusion Games** – two days of inclusive water sports for people with a disability and disadvantage backgrounds.
- **Cycling Skills Training** – 6 week cycling skills training for 92 children with mild physical disabilities, ASD and intellectual disabilities.
- **Vision Impaired Exercise Classes** – 6 week inclusive studio based classes for people with a visual impairment with 17 participants.
- **Inclusive Kayaking** – 6 week Kayaking course to build skills to enter into Special Olympics kayaking groups (4 participants).
- **Active Energise** – Activity taster day for 38 adults with disabilities.

- **Pitch and putt** – 4 week inclusive pitch and putt group looking to progress from skills based golf to main stream golf (8 participants).
- **MDI Sports Day** – for children with MDI and siblings (20 participants).
- **Wheelchair Basketball** – development of new club (18 participants).
- **Ongoing Programmes** – including Access Sailing (12 participants), Boccia (12 participants), Powerchair Football (10 participants), Special Needs Tag (26 participants) and other.
- **Special Olympics Celebration Event** – organised for the 80 dlr athletes who participated in the Special Olympics Ireland Games.
- **Walking Programme** – with RehabCare and Carmona Services.
- **Awareness Raising** - working with leisure centres, clubs, coaches, teachers and services in the area of inclusive physical activity.
- **Support Service** - assist and inform people with a disability to participate in sport and physical activity.
- **Capacity Building** – nearly 60 services for people with disabilities and other engaged as participants or partners on training & programmes.

#### **Other Key Actions:**

- **Point of Contact for Sport & Physical Activity** – website, social media, newsletters, databases, clubs, facilities, grants/funding, club development, programmes & events, Walking & Cycling Brochure.
- **Participation Research** – detailed report on participation in DLR was completed by Sport Ireland and launched in 2015.
- **DLRCC Sports Facilities Strategy** – Assisted in the consultation and development of the Councils first strategic plan for the maximization and development of sport facilities in the County.
- **dlr Leisure** – partnering up on projects around facilities, employment, training and participation programmes.
- **Promotion of Walking** - Promoted walking within the county with Get Ireland Walking working with a variety of target populations such as Men's Sheds, Schools & Older Adults.
- **Social Media Campaigns** – included use of Facebook & Twitter to highlight a different sporting activity available in DLR each day for July.
- **Event Pack** - A recourse tool kit was compiled for clubs and organizations to hire to assist them with running an event such as a 5k.
- **Sports Capital Grants**- Supported clubs in their application process.
- **Celebration of Volunteering** – managed sports element to this annual County Council event