



RESEARCH AND TECHNICAL REPORT

Recreation Plan 2017-2021

September 2017

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Introduction

Prior to drafting the 2017-2021 Banyule Recreation Plan, significant time was spent by the community providing feedback to Council on the current state and future vision for recreation in Banyule. Council also analysed relevant strategic information to gain an understanding of how government policy sat alongside this community feedback.

This technical report summarises all information gathered as we prepared the 2017-2021 Recreation Plan.

We thank and acknowledge all contributors to the Recreation Plan.

Summary of engagement opportunities

A variety of opportunities, from December 2016 to May 2017, raised awareness about developing a new Recreation Plan and gathered information to help inform the draft plan, including:

- Shaping Banyule - Banyule's community engagement tool kit
- Awareness of plan, surveys and/or short conversations:
 - Twilight Sounds / Kids ArtyFarty Fest - postcards
 - Household Survey to 500 randomly selected residential properties
 - Older Adults Outings - surveys
 - Watsonia pop-up park events – surveys/postcards
 - Maternal Child Health Immunisation Sessions at Bellfield, Watsonia and Greensborough – surveys/postcards
 - Rosanna, Ivanhoe and Greensborough train station morning commute – postcards
 - Libraries, leisure centres, Banyule primary and secondary schools – postcards
 - Local sporting clubs and sporting associations - email
 - Neighbouring Councils - phone
 - Sport and Recreation Victoria - email
 - Neighbourhood Houses – meeting
 - Diamond Creek Park run - postcards
- 4 Community Forum events integrated with Council Plan forums – 90 attendees
- Community Reference Group (Recreation Plan) established, comprising 12 community members and councillor representative, Cr Tom Melican, with 3 meetings as the draft plan was developed
- Older Adults Think Tank Workshop
- Somali Leaders Discussion
- Chinese Grandparents Playgroup session discussion
- Issues and Opportunities workshops with:
 - Sporting clubs/associations – 22 attendees
 - Leisure facilities – 6 attendees
 - Neighbourhood houses and libraries – 6 attendees

Input and information was also provided by Banyule staff and departments, including:

- World Café workshop with various departments
- Youth discussion
- Disabilities discussion
- Environment discussion
- Early years – consultation summary provided for plans
- Older adults – consultation summary provided for plans
- Banyule Leisure Leadership meeting – awareness and opportunities for input

Summary of the Previous Recreation Plan 2013 – 2017

Banyule City Council developed a Recreation Plan 2013 - 2017 with a four year action plan, setting out key directions and priorities for sport, leisure and recreation facilities and services.

The Plan's vision was:

To create a safe, healthy and inclusive community by encouraging people to actively participate in a diverse range of recreational opportunities to improve health and wellbeing.

There were five main goals:

- Opportunities for All – Have affordable, accessible and inclusive opportunities for the whole community to participate in a variety of activities.
- Environmental Sustainability – Provide opportunities for community groups and sporting clubs to gain knowledge, ideas and funding to become more sustainable.
- Participation and Community Connection – Strengthen community connections with a variety of groups to create a wide range of opportunities for participation.
- Facilities – Be proactive in maintaining and upgrading Council's wide range of sporting facilities.
- Informing the Community – Have quality communication processes with the community and Council partners and empower our community groups and clubs to govern effectively.

The four year action plan included 85 actions, with 79% completed during the four year period. Actions not completed were largely because of funding and resource limitations. For example, the State Government's decision to stop funding the Access for All Abilities program in 2013 significantly impacted on staff resources.

The 2013-2017 actions were reviewed as part of the 2017-2021 Recreation Plan development process and, if relevant, included in the new plan.

Some achievements from the previous plan include:

- The development of the female friendly change room program with upgrades at Simms Road Pavilion, Ivanhoe Park Pavilion, Cartledge Reserve Pavilion, Olympic Park Pavilion and NJ Telfer Reserve Pavilion.
- Continued input into Stormwater Harvesting Practice on park reserves, Banyule's Litter Strategy and Public Toilet Strategy.
- A major events program including Movies on the Move and the Free Leisure Program.
- Inclusion of the new play space principles in the 2016-2031 Public Open Space Plan.

Recreation Plan full literature review

Following a review of the previous plan, Council developed a brief and engaged Outside the Square Creative Consulting and LMH Consulting Group to undertake a comprehensive review of key internal and external documents. A review of a range of current Council policies, strategies and plans along with external strategic documents from a variety of bodies was completed to identify key issues, recommendations and themes. These issues, recommendations and themes were considered in developing the Recreation Plan draft. The detail relating to the information gathered from each document review is below:

Section 1 - Council Documents

Document 1 – City Plan

Summary of findings relevant to the project:

- Key statements
 - By providing a range of popular community events and activities, and investing in recreation, leisure and arts, we are helping to support a vibrant, connected community p3
- Vision, p16 (What we strive for)
 - Banyule, a green, liveable and prosperous city, sustaining a healthy and engaged community.
- Principles, p16
 - Sustainability for our future
 - Community wellbeing
 - Community participation
 - Fairness in all we do
 - Maintaining our community's trust
- Objectives particularly relevant to the Recreation Plan
 - 1.0 PEOPLE – Community Strengthening
 - 1.1 Promote and support health and wellbeing
 - Focus - 1.1.1 Develop engaged and responsive recreation, leisure and arts p32
 - Key Initiatives p32
 - Work in partnership with the state government to leverage opportunities for investment and development projects which create opportunities for girls and women in Banyule e.g. female friendly change rooms at Olympic Park pavilion (\$100,000 budgeted in 2016/2017)
 - Adopt and implement a Play-space plan that provides a strategic vision for appropriate play spaces for our community to meet and recreate at
 - Provide affordable recreation opportunities through libraries, community halls, parks, community hubs and leisure centres
 - Commence construction of the Ivanhoe Library
 - Continue investment in developing, improving and maintaining Council's Aquatic and Leisure Centres (\$229,000 budgeted in 2016/2017).
 - 1.4 Celebrate and promote Banyule's diversity and heritage
 - Focus - Support leisure, arts and cultural activities that strengthen connection to place, heritage, diversity and community
 - Key Initiatives p35
 - Maintain active community engagement programs to encourage greater use of leisure centres by underrepresented groups such as people from culturally diverse backgrounds, people with disabilities and those from Aboriginal and Torres Strait Islander background, and provide an annual report to Council in relation to the success of the 'active engagement' program in June 2017
 - 2.0 PLANET- Environmental Sustainability, p46
 - 2.2 Conserve water and improve stormwater quality and impact
 - Focus - 2.2.1 Increase Council's water use efficiency
 - Key Initiatives p44
 - Provide ongoing development and maintenance of warm season grassed playing surfaces, and maintenance of oval and sports field irrigation
 - 2.5 Act as environmental stewards
 - Focus - 2.5.1 Manage recreation and open spaces in an environmentally sustainable way
 - Focus - 2.5.2 Support community and business to protect and enhance the environment
 - Key Initiatives p47
 - Deliver on open space strategic plan and reserve master plan priorities
 - Manage sporting users to ensure the ongoing viability of sports playing surfaces
 - 3.0 PLACE - Sustainable Amenity and Built Environment

- 3.4 Enhance Banyule's public and open spaces p54
 - Focus - 3.4.1 Provide and maintain beautiful open space across Banyule for passive and active use
 - Focus - 3.4.2 Provide and maintain well designed public spaces that have great public amenity, are accessible and strengthen community connections
 - Focus - 3.4.3 Provide suitable community gathering spaces and look for opportunities
 - Key Initiatives p55
 - Finalise and commence implementation of the renewed Open Space Strategy
 - Maintain and improve equipment for sporting facilities
- 3.5 Support sustainable transport p55
 - Focus - 3.5.2 Provide shared trails that help to link key public open spaces and community facilities
 - Focus - 3.5.3 Encourage walking, cycling and public transport use
 - Key initiatives p56 / 57
 - Plan for and deliver a major shared path bicycle link through Banyule from the Plenty River trail to Plenty Road
 - Develop a Walking Strategy in line with the International Charter for Walking
 - Implement travel behaviour change programs to improve walking, cycling and public transport use in priority areas
- 4.0 PARTICIPATION - Community Involvement in Community Life p
- 4.2 Encourage diverse and inclusive community participation p63
 - Focus - 4.2.2 Encourage people to participate in volunteer and community activities
 - Focus - 4.2.3 Ensure the access and connectedness of under-represented groups
 - Key Initiatives p64
 - Continue to implement and support the age-friendly champions program
 - Work with our community and other levels of government to pursue opportunities for women to participate in sport, with a focus on community organisations where women and girls are under-represented in key decision making roles and where the organisations have access to council facilities and funding.
- 4.3 Advocate on behalf of our community p64
 - Focus - 4.3.1 Work in partnership with community, groups, local agencies and different levels of government to advocate for improved services, infrastructure and social outcomes
- 5.0 PERFORMANCE - Use our Resources Wisely
- 5.1 Develop and deliver best value services and facilities
 - Key initiatives that impact recreation / leisure, p 73:
 - Implement key recommendations from the Banyule Leisure Facility Management (Banyule Leisure) operational service review
 - Review the Sporting Reserve Allocation Policy and Sporting Reserve Terms and Conditions of Use in consultation with sporting clubs
 - Continue to improve asset management plans by confirming asset work develop asset plans for:
 - Sports field & surface (synthetic) and irrigation systems
 - Sports field and reserve lighting
 - Trees (streets & parks)
 - Park facilities
 - Review Service Level Agreements for Council facilities - e.g.: sporting pavilions, child care centres, etc. p 73
- Health and Wellbeing Planning p 27
 - BCC obligations relating to health and well-being is integrated in the City Plan (e.g. how places and spaces are designed) to minimise duplication of administration

▪ **Key themes relevant to the Recreation Plan**

- Review of service levels and associated asset management / development plans e.g. for development of facilities (hierarchy of provision for pavilions, trails etc.), maintenance levels,
- Review of existing policies, including service agreements, and consideration of additional policies required
- Finalise the Open Space Strategy
- Develop a Walking Strategy
- Strategies / initiatives for engaging with / engaging under represented groups (e.g. culturally diverse populations, women) and activities where females are under represented
- Clarify as to the role council will play in delivering actions e.g. Advocate, service delivery, facility development
- Clarifying the role of Recreation Services in delivering against key indicators for the Health and Wellbeing Plan

Document 2 – Banyule People: Health and Wellbeing Policy 2013-2017

Summary of findings relevant to the project:

- Key directions as articulated in under the 'People Pillar' of the City Plan p10
 - Promote and support health and wellbeing.
 - Provide services for people at important life stages.
 - Develop and promote safety and resilience in our community.
 - Celebrate and promote Banyule's diversity
 - Support people to achieve their economic potential.
 - Plan and prepare for emergency events.
- Principles p10
 - Integration – of health and wellbeing into all planning / policy
 - Partnerships – Cross sector, collaboration, advocacy
 - Whole-of-life planning of services, activities and resources
 - Evidence-based planning
 - Community engagement □
- Council role p10
 - Planner
 - Funder
 - Advocate
 - Service provider
- Around 39% of Banyule residents participate in organised sport, which is lower than the metropolitan average of 44%.
- Relevant Key directions
 - Key Direction 1 - □ Promote and support health and wellbeing
 - Relevant area of focus - Develop passive and active recreation, leisure and arts p31
 - Key Direction 2 - Provide services for people at important life stages □ □
 - Relevant area of focus - Promote healthy development of children, young people and their families □ p31
- **Key themes relevant to the Recreation Plan**
 - Recreation Plan research considerations:
 - Do we need to establish whether Banyule residents participate in unstructured physical activity as opposed to structured (refer to lower than metro average participation in sport)?
 - Do we need to understand issues around access to opportunities, information about opportunities, and the factors that are likely to motivate people to be more active (e.g. setting an example for children etc.)?
 - Identifying key 'return to physical activity' stages in life and support
 - What can be / will be the most effective role council can play given the resources

available to recreation e.g. advocate, funder (of spaces environments, or trial programs, initiatives via existing groups / agencies)?

- Priorities – Need to determine whether the highest priority will relate to structured activity or unstructured activity

Document 3 - Public Open Space Plan 2016-31

Summary of findings relevant to the project:

- Vision p5
 - A green City that provides high quality, sustainable, accessible and well maintained public open space within 5 minutes walk of residents.
- Objectives (Pillars) p5
 - The Guiding Principle and Vision are supported by six objectives. These are in line with the Melbourne Metropolitan Public Open Space Strategy (Metropolitan Planning Authority)
 - Quantity (Is there enough?)
 - Quality (How good is it?)
 - Access & Connectivity (Can I get there to use it?)
 - Equitable distribution (It is available throughout Banyule?)
 - Diversity (Will it provide different experiences?)
 - Sustainably (Will it affect the environment & will it last?)
- Strategic Actions
 - Pillar 1 – Quantity p36
 - Develop joint use agreements with local schools to enable after hours community access to school open space and recreation facilities, such as sports fields, playgrounds; etc. particularly in areas identified as having limited access to public open space p36
 - Develop joint use agreements with public authorities such as Ministry of Housing, Parks Victoria, Melbourne Water, Vic Track etc. to facilitate access to open space managed by these authorities and/or the joint development of facilities
 - Pillar 5 – Diversity p41
 - When preparing reserve masterplans, consider the latest industry trends in recreation and where possible, include new, different or innovative experiences
 - Pillar 06. Sustainability p42
 - Explore opportunities with Latrobe University, and Darebin City Council for jointly developing sporting facilities. In particular specialised high use facilities, such as synthetic sports fields to meet the growing demand for sports such as soccer
 - Explore opportunities along the Darebin Creek Corridor for joint sporting and recreation facility development with Darebin City Council, particularly in the Northland, Olympic Reserve area
 - Develop and upgrade Olympic Park into a major regional sport and recreation hub
 - Work with Latrobe University and Darebin Council to improve access from the West Precinct to the Latrobe Sports Fields, Olympic Park and to Sullivan Reserve from both sides of the Darebin Creek continue to look at strategies such as stormwater harvesting and alternative sporting surface s in order to position itself well for potential long regular dry spells p43
 - Develop a broadly based long-term synthetic sports field strategy and prepare a 10-year prioritised capital program to implement the strategy
- Key relevant findings for the 7 planning precincts
 - Mid precinct - Heidelberg, Rosanna and Macleod p27
 - Good quality and unique open space
 - Key recommendations:
 - Explore the potential for developing community use agreements with local schools in areas within the precinct identified as having poor access to local public open space; e.g. the Rosanna Primary School and the Heidelberg Primary School
 - West precinct - Heidelberg West, Heidelberg Heights and Bellfield p28
 - Well endowed with public open space, however is unevenly distributed and is a growth

-
- area
- Key recommendations:
 - Provide a "nature" based play experience within at least one of the West Precinct's existing playspaces
 - Prepare masterplans for key reserves in the precinct including, Ford Park, Olympic Reserve
 - South precinct - Ivanhoe, Ivanhoe East and Eaglemont p29
 - High quality open space along Darebin Creeklands and along shared trails
 - Key recommendations:
 - Prepare a local open space strategy for the Ivanhoe Activity Centre in order to identify strategies to address the specific needs in this designated high growth area
 - Increase the quantity and the standard of play infrastructure in reserves that are substantial in size and well located to service a reasonably large residential catchment
 - Establish a nature based play experience in at least one playspace within the precinct
 - East precinct – Lower Plenty, Viewbank and Yallambie p30
 - Generally well catered for in terms of public open space but there are pockets where ease of local access to public open space is made difficult by barriers
 - Key recommendations:
 - Investigate the feasibility of providing a horse riding trail to connect Lower Plenty and the community horse riding facilities in View Bank
 - Identify locations for providing greater variety of play experiences within the precinct, in particular nature based play opportunities, accessible play elements and at least one fully fenced play facility
 - Explore the potential for developing "local play networks" in neighbourhoods where there are a series of small parks within walking distance of each other
 - Upgrade the sections of the Plenty River Trail within the Eastern Precinct which still don't comply with current shared trail standard
 - North-East precinct – Montmorency, Briar Hill, St Helena and Eltham North p31
 - Key recommendations:
 - Work towards creating enhanced play experiences by developing "local play networks" in neighbourhoods where there are a series of small parks within walking distance of each other
 - Investigate potential of Settlers Linear Reserve for an outdoor gym stations
 - Identify an appropriate location or locations within the precinct to establish a range of facilities for teenagers and young adults
 - North precinct – Greensborough p32
 - Key recommendations:
 - Investigate potential of Partingtons Flat for an outdoor gym stations
 - Develop further strategies to strengthen pedestrian and cyclist connection between the Greensborough Activity Centre, public open space and the Principle Bicycle Network
 - Investigate the feasibility of establishing a regional family play space in Kalparrin Gardens Reserve
 - North-West precinct – Bundoora, Watsonia and Watsonia North p33
 - Key recommendations:
 - Explore the feasibility of strengthening Warrawee Park's role as a sporting reserve
 - Explore strategies including to potential for the development of joint community school agreements, in areas identified as needing improved access to public open space
 - Play:
 - Increase the amount of imaginative, sensory, tactile and nature based play experiences within the precinct.
 - Increase the number of accessible items of play equipment within the precinct.
 - Identify a playground within the precinct to be fully fenced
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- **Key themes relevant to the Recreation Plan**

- Development of joint use agreements with:
 - local schools to formalise community access to sportsfields, playgrounds etc. where required
 - public authorities to facilitate relevant access
- Innovation when developing master plans for reserves
- Investigation of shared use and / or development of sporting facilities with e.g. Latrobe University, Darebin Council, particularly in relation to land along the Darebin Ck corridor
- Upgrading of Olympic Park
- Synthetic Surface Strategy
- Recommendations relating to the 7 planning precincts
- Planning for outdoor gyms. Noting wider industry investigation around design and risk management
- Recreation role in the planning for play spaces and other open space assets.

Document 4 – Banyule Integrated Transport Plan 2015 – 2035

Summary of findings relevant to the project:

- Travel for work
 - 65% of the population drive by private vehicle (car, truck and motorcycle), a 14% travel by public transport., 3.5% 'active travel' (e.g. walking and cycling). Active travel is more popular for educational and recreational trips p8
- Ch 3 - Walking and cycling – The Plan p26
 - Objective - Walking and cycling will be encouraged and become a mainstream transport choice for short trips in Banyule p26
 - Measures p51
 - Number of students involve in the Walk To School program
 - Kilometres of on-road cycling lanes within Banyule
 - Walking - Strategic Directions and Actions p29
 - SD7 A consistent and strategic approach will be used to manage walking
 - A15 Develop and implement a Banyule Walking Strategy that incorporates the principles of 'Healthy by Design'
 - A16 Develop a Banyule Principal Pedestrian Network to identify key walking routes in Banyule
 - Cycling - Strategic Directions and Actions p31
 - SD10 A consistent and strategic approach will be used to manage cycling
 - A26 Review and update the Banyule Bicycle Strategy
 - A27 Review the existing cycling network to identify missing routes, gaps and deficiencies
 - A28 Support the implementation of the Northern Regional Trails Strategy to improve links through and beyond Banyule
 - SD11 The cycling network will cater for all ages and abilities
 - A30 Develop and extend the existing bicycle network of links between key destinations, and work with neighbouring councils and the state government to strengthen the suburban bicycle network
 - A31 Develop a bicycle accessibility map to help promote riding routes within and beyond Banyule
 - A32 Provide end of trip facilities at key destinations, including bicycle parking and charging points for electric bicycles
 - A33 Improve cyclist navigation through directional signs
 - SD12 Council will promote a cycling culture p29
 - A35 Support schools to participate in Bicycle Network's Ride to School program
 - A36 Promote cycling as a fun, practical and healthy transportation choice through the development and implementation of behavioural change programs

- **Key themes relevant to the Recreation Plan**

- Develop and implement a Walking Strategy
- Determining the role of recreation:
 - In relation to implementing the Transport Strategy
 - Behavioural change programs relating to cycling as an alternative mode of transport.

Document 5 - Banyule City Council Physical Activity Mapping Paper 2016

Summary of findings relevant to the project:

- Mapping paper presents an overview as to how council provides information and education, services and programs, infrastructure and advocacy relating to physical activity p1
- 125,000 people live in Banyule with a significant proportion over 50 years old. The growing age groups in Banyule are the preschool age group (0-4 years), the 60-69 and 85 plus age groups. By 2031 the population is projected to increase to 140,000 p1
- Banyule health status:
 - 35.7% of residents in Banyule are classed as not sufficiently active compared to the state average of 32.1% and ranked 12th among the other 79 LGA's in Victoria.
 - Obesity is increasing - 21.5% of females reported as obese and 33.5% of males
 - 3.6% of Banyule residents report type 2 diabetes, 6.8% with heart disease and 26.5% with high blood pressure
 - Increasing physical activity for Banyule residents is identified as one of the most effective initiatives to improve health and wellbeing.
- Information relating to physical activity provided via council services:
 - MCH – Information provided via:
 - MCH Key Ages and Stages visits (0—3.5 yr olds) and New Parent Group (NPG) sessions (2-6 mnth olds)
 - brochures, posters and flyer resources in waiting rooms and foyer displays e.g. **Eat Well and Play Well** and **Active Play for Young Children** p3
 - 3 and 4 year old preschool programs
 - health information via a regular newsletter (Early Years Bulletin) and social media updates
 - Youth Services (10 – 25 years) p4
 - Information and education is provided through school programs, community events and via social media sites (Facebook, Twitter, Instagram) and general health promotion is provided by Link U youth workers
 - Older People
 - Information is incorporated through Social Support Programs, Commonwealth Home Support Program, Regional Assessment Program, Age-friendly Banyule initiative
 - Disability
 - refer people to Reclink Australia
 - Recreation, Leisure and Cultural Services p4
 - information and education in conjunction with schools or government initiatives such as the Premiers Active Challenge, Children's Week events, Walk and Ride to School Days
 - 5 council facilities provide a range of community activities, programs and services that encourage active lifestyles e.g. Ivanhoe Aquatic and Olympic Leisure Centre, Banyule Netball Stadium
 - Sports Clubs p7 - 70 different sporting clubs operate weekly at council sporting grounds (10,932 active participants)
- p7 physically active initiatives and events coordinated by various council departments. These include:
 - Older Adults programs; Free exercise in the park (Yoga/ Tai-Chi); Premiers Active April challenge - Recreation, Leisure and Cultural Services
 - Walk to School program - Transport Services Unit
 - Annual Ivanhoe 4 kilometre walk - Economic Development Services Unit p8
 - Staff Yoga, My challenge 10 week pedometer challenge; 8 week boot camp program; Walking team challenge - Human Resources p8/9

- Infrastructure provided by council that supports active lifestyle
 - Open space – parks, sporting reserves, playspaces
 - Amenities
 - Transport – infrastructure that encourages active transport' choices and optimises accessibility
 - Safety – amenities and environments that enhance safety and perceptions of safety p 9
- Advocacy - In the area of physical activity council advocates for p11:
 - Upgrades and access of sporting venues
 - Support for vulnerable population groups in the community to have improved access and opportunity to physical activity opportunities
 - Advocate for safe design and surveillance for new and existing playgrounds and open spaces
 - Advocate for local sporting clubs and organisations to develop opportunities for physical activity and access for all.
 - Advocate for increased use of public and sustainable transport
 - Advocate for supported playgroups for young families
- Recommendations. The document makes a number of recommendation, of which the following are particularly relevant to the Recreation Plan: p12
 - Continued support for cheaper rates, discount nights or events at leisure centres
 - Continue to advocate for leisure activities and physical environments, which support older people's participation in physical activity
 - Increased access and promotion of physical activity for older people through working with the YMCA.
 - Sporting club upgrades
 - Increased support for women's sports e.g. football
 - Investigate reduced costs to transport school groups to access swim programs or different swim class times
 - Seek opportunities to develop partnerships and initiatives between BCH and Olympic Leisure Centre
 - Seek opportunities to connect Banyule leisure centres and the older persons program
 - Investigate the introduction of a Banyule Park Run – a free, timed 5 kilometre weekly community run (Parkrun examples e.g. Nillumbik, Albert Park, Lalor)
 - Walking Strategy due to be developed by next financial year. Provide a behaviour change program to help increase sustainable transport use in community
 - Increase off dog leash spaces (open space / local laws?)
- **Key themes / issues relevant to the Recreation Plan**
 - Need to clearly determine the role of recreation services in planning for and delivering physical activity initiatives e.g. When does it become the responsibility Recreation Services to drive the planning and implementation of programs / initiatives vs. the responsibility of another department?
 - Need to ensure full integration of service planning across all relevant departments
 - Do we need to determine the service provider and planner vs. the infrastructure manager? E.g. as in the case of planning for some open space areas e.g. sporting reserves, dog off leash areas

Section 2 – Industry Documents / papers

Document 6 – Understanding Barriers to Sport Participation: Final Report Insights for Key VicHealth Target Segments (8 Case Studies), May 2010

Ref: www.clearinghouseforsport.gov.au/__data/assets/pdf_file/0004/379957/Barriers.pdf

Summary of findings relevant to the project:

- VicHealth identified specific segments within the community where participation in sport remains problematic, including people with a disability, low income and new arrivals.
- Case Studies / qualitative research methodology. Participants for the research were selected from participants in the 2009 AMG in Geelong p1
- Segment 1 – Low Income – Findings
 - Findings
 - The majority of the people included in the low income segment, while not currently involved in formalised sport still retain a strong positive attitude towards sport and physical activity
 - Physical activity associated with their 'younger years'
 - Time constraints – family, constraints of structured sport. Sport replaced by unstructured activities including riding, running or walking
 - Social interactions powerful attractor (existing friends, making new friends)
 - Cost of involvement was rarely rated as a 'top of mind' barrier to participation
 - Learnings p 6
 - Sport needs to be more flexible in terms of time, days of week etc.
 - The social opportunities afforded through sport can be at least as, if not more, important than the competitive aspect
 - While the health and personal benefits of physical activity are generally well understood, sport is being re-prioritised below family, work etc.
- Segment 2 – Disability - Findings
 - Differences in experience, motivations and aspirations across people with different disabilities. No 'one size fits all' solution for this segment of the population
 - Physical disabilities – the major impediment are physical limitations are a major impediment including access to grounds, facilities, training, transport and social areas
 - People with intellectual disabilities - structure of the activities as a significant hurdle. Alternative forms of the sport are required
 - Need to review how we communicate to this segment p29
 - Social dimensions and opportunities of sport are a key attraction. Sport seen as an opportunity to engage with friends and make new friends)
 - The Masters Games (Geelong) provided this segment with the opportunity to see and experience other sports and activities. Extremely relevant for this segment p30
 - Sport needs to be more flexible in terms of time, days of week etc. also for this group
 - Key learnings
 - No 'one size fits all' approach will cater for this group
 - Social opportunities important for this group
 - Lack of awareness of the opportunities
 - Multiple sport 'come and try' opportunities as in the Masters Games increases awareness and opportunities to sample different sports p31
- Segment 3 - New arrival – Findings p54
 - People with family and community connections likely to be more involved. Chances of new arrivals having access to sport appears to increase substantially with these networks
 - The lack of experience of sport in Australia and how to connect was a barrier, also fear of how community groups will receive someone who is different
 - Social opportunities available through sport is a strong incentive
 - Key learnings p56
 - Sports need to establish connections with the community groups and organisations that support or interact with new arrivals. e.g. an 'introduction' to sport in Australia kit
 - Building a social network is important in helping new arrivals establish themselves

- **Key themes relevant to the Recreation Plan**

- **Different strategies** needed if council has a desire to increase participation by adults in structures activity / sport if they have a disability, are on a low income, and are newly arrived in Australia. Note this was a small sample / case study group
- Strategies may be **resource intense** / require additional resources to support establishment of new and effective networks, particularly in the case of newly arrived groups
- **Social** aspect of participation important for these groups. Consider the opportunity to profile organisations with a strong social fabric or help organisations establish this
- Flexibility / alternative options for involvement

Document 7 - Inquiry into Women and Girls in Sport and Active Recreation: A Five Year Game Plan for Victoria, SRV, 2015

http://sport.vic.gov.au/sites/default/files/inquiry_into_women_and_girls_in_sport.pdf

Summary of findings relevant to the project:

- Four themes p7
 - Theme 1 - Commitment to Outcomes
 - Recommendations
 - 1. Drive Commitment through an Ambassador Program
 - Actions to consider
 - Implement an (Female) Ambassadors of Change Program - Open to male and female presidents, CEOs and other sector leaders p17
 - 2. Engage and empower by connecting ambassadors to women and girls
 - Actions to consider
 - An initiative that links the Ambassador of Change Program to on-the-ground efforts to recruit and develop women leaders and to enhance participation opportunities p18
 - 3. Mandate gender balance and good governance
 - Note - Australian Sports Commission (ASC) revised (March 2012) Sports Governance Principles and in 2013, Mandatory Governance Principles for National Sporting Organisations (NSOs). Mandatory Principle 2.6 'Gender Balance on Boards' supports 40% representation by women on boards.
 - Help make leadership and attractive choice e.g. many women report feeling intimidated on male dominated boards / sports
 - Barriers to women's participation on boards – unconscious bias; sex discrimination; attitudes relating to 'you have to have played the sport to understand it; lack of role models and entry points p20
 - Barriers to female participation in sport – lack of time; lack of skills; disadvantage; cost of participation; body image; uniform requirements; poor / lacking social environment p21
 - Theme 2 - Innovative Ways to Effect Change
 - 4. Reform recruitment practices (adopt different approach) and processes for leadership positions
 - Actions to consider
 - Identify different ways to identify and recruit women into senior / leadership roles; review roles; more flexibility working / participation arrangements; promote / establish pathways to leadership positions etc. p24
 - 5. Enhance participation choice and improve how opportunities are marketed
 - Actions to consider
 - Improve the experience of women and girls when they do participate and address barriers; consider modified versions of sport and flexible participation options; targeted media promotion including use of social media and through social / community networks p24 / 25
 - Theme 3 - Change the Environment

- 6. Deliver female friendly built environments and equitable facility usage policies
 - Actions to consider: p
 - Build appropriate facilities / environments; Encourage facility managers to provide equitable access (size, quality) to amenities / facilities; Address safety issues e.g. after hours access
- 7. Build an enabling environment through education and training p31/32
 - Actions to consider:
 - Develop skill and cultural capability for existing leaders; Deliver regular sector-wide conferences and workshops e.g. gender diversity; Strengthen existing female leadership programs and training etc.; Strengthen leadership pathways through schools, organisations etc.
- Theme 4 - Showcase Achievement
 - 8. Showcase the pathways and opportunities through role models
 - Actions to consider: p36
 - Educate and support the sector to identify potential female leaders / role models, including developing resource material; Use role models to promote sport and profile these at networking / community events, local media etc.
 - 9. Increase the profile of women in the sports media p37
 - Actions to consider:
 - Strategies to encourage the media to profile more women's sport; Consider other than mainstream media to profile women's sport; leverage profile with allocating of government funding
- Why looking to effect change, including increasing participation by women? p9
 - Health benefits p9
 - Improved board and organisational performance
 - Women provide a great diversity of skills, experience and ideas that contribute to good governance, leadership and better decision making
 - Building stronger, more resilient communities
 - Sport can play a vital role in bringing people together, and helping them to extend their social networks. It also has a role in teaching young people social values such as respect, responsibility, commitment and team work p9
 - Fair use of public resources
 - Given the investment in infrastructure there needs to be a return to the community (economic, health etc.) and use should be optimised
- **Key themes relevant to the Recreation Plan**
 - Council needs to determine the role (if any) it might play in relation to actions proposed in the document, such as:
 - Female ambassadorial programs
 - Identifying and profiling female role models
 - Increasing females participation on boards / decision-making committees
 - Skill development initiatives e.g. technical / operational skills, confidence development
 - Providing female friendly facilities / addressing inadequacy in facility provision
 - Partnerships with the local media to enhance the profile of women's sport and opportunities
 - Optimising the use of all sporting facilities, including by female sport
 - Note that actions need to address known local issues relating to gender in sport

Document 8 - Changing the Game: Increasing Female Participation in Sport Initiative (VicHealth Funding Program, 2014-17)

www.vichealth.vic.gov.au/programs-and-projects/female-participation-in-sport-and-physical-activity-a-snapshot-of-the-evidence

Summary of findings relevant to the project:

- The Increasing Female Participation in Sport Initiative is aimed at driving innovative approaches through sport to increase female participation and engagement in sport and physical activity
- Why the project? VicHealth want to address the following trends:
 - Not enough females are sufficiently physically active and participation levels decline as females get older
 - Four times as many females (44%) are choosing to participate in non-organised or more flexible physical activity offerings compared to organised physical activity (9%). Of the small number that do participate through organised sport their participation rate is significantly lower than males
 - Female sport receives less media coverage than male sport p2
- General / context
 - More than two thirds of Australian female adults were classified as being sedentary or having low levels of exercise. Levels are 38% sedentary, 35% low, 19% moderate and 8% high p2
- **Key themes relevant to the Recreation Plan**
 - Strategies to increase female, including young female, involvement and retention in organised sport

Document 9 - Sport Participation in Victoria, 2015: Research summary, VicHealth

www.vichealth.vic.gov.au/media-and-resources/publications/victorian-participation-in-organised-sport

Summary of findings relevant to the project

- A measure of sport participation in Victoria, including trends between 2015-2017/. Data collected from 11 major sporting associations
- **KEY FINDINGS** – From an analysis of consolidated data from 11 Victorian sports identified four key findings:
 - Participation among young children
 - Sport participation is highest among young children (aged 5–14 years) and falls off dramatically from 15 years of age
 - Many children are not making the transition from modified sports (these account for very high participation levels in sports) into competitive sport p4
 - Many children in this age group play multiple sports and therefore counted multiple time. This can significantly over represent the participation levels of young children playing sport
 - For children aged between 5 and 14 years participation rates were about 80% for boys compared with about 50% among girls
 - Sport participation rates drop significantly during adolescence. Possible reasons:
 - Children focusing on one sport rather than multiple
 - Less opportunity for children with lower skill /ability to participate in the absence of modified /alternative participation opportunities
 - Changing priorities of children as they transition to their teens p4
 - Participation among young children
 - Participation among females p5
 - Sport participation rates of females are half of those of males
 - Participation rates were higher for males than females in all age groups.
 - Overall, the male participation rate in these 11 sports was twice that for females (20%

- compared with 11%).
- Possible reasons to explain higher participation by males:
 - More sports that are male dominated included in the study
 - A perceived lack of time due to changing and competing interests and priorities
 - Evidence that females may be active in, or prefer, non-competitive physical activities such as dance, which is more popular among girls than boys,
 - A lack of energy, perceived competence, family support and access to facilities
 - Skewing of media coverage of male sport
- Participation in rural and metropolitan areas p5
 - For most age groups, **participation rates were higher in regional areas** (40%) than metropolitan areas (27%)
 - The largest differences in participation rates by region were among those **aged 5–14** years, with **non-growth regional areas** (80%) having almost **double the participation rates of metropolitan growth areas** (45%)
 - Female participation was also much higher in regional than in metropolitan areas
 - The highest participation rates were recorded in non growth regional areas:
 - 85% among children aged 5–9 years and 83% among those aged 10–14 years
 - Boys in this group had participation rates of 97% (for those aged 5–9) and 94% (for those aged 10–14 years)
 - The highest female participation rates were noted in these same areas: 5–9 years (72%) followed by those aged 10–14 years (71%)
 - **Regional growth areas** had a high rate of participation for **females** aged 5–9 years (65%)
 - The participation rates for **children** (14 years and under) in the **metro growth areas** are significantly less than Melbourne's established areas
 - Possible reasons to explain higher participation in regional areas than metro areas:
 - Significantly more / different leisure-time physical activity opportunities in cities compared with a more limited choice in regional areas
 - The social aspect of sport more important in regional / rural areas
- Recommendations for policy makers p6
 - Continue to promote population based participation in sport but include strategies to address:
 - the decline in participation of 15–19 year olds
 - lower participation rates among females
 - lower rates of participation in metropolitan growth areas
 - Provide new opportunities for women to become more active through participation in sport
 - Support innovation that tests new ideas and concepts to engage more Victorians to access and participate in sport
 - Assist local sporting clubs to provide social/modified formats; improve their capacity e.g. increasing skills of coaches, officials and managers
 - Encourage sporting organisations to provide welcoming, inclusive and accessible environments to support sport participation by a range of communities
 - Alignment of sport policy and practice across state and local government and state sporting associations.
- General / context
 - Playing club-based sport accounts for almost a fifth of people's health-enhancing levels of activity (Eime, Harvey, Charity et al. 2015)
 - Participation in organised sport is associated with better physical health outcomes, including lower prevalence of overweight and obesity and type 2 diabetes, and improved social, emotional and psychosocial wellbeing for children, adolescents and adults (VicHealth 2016) p1
- **Key themes relevant to the Recreation Plan**
 - Need to determine the role that council will play e.g. research, pilot projects, supporting clubs, strengthening pathways such as school through to club in relation to:
 - encouraging young people, particularly girls, into sport

- retention of children in sport post the 'modified sports stage'
- Consider the recommendations made in the report particularly those relating to supporting clubs to address findings / recommendations

Document 10 - Victorian Public Health and Wellbeing Plan 2015–2019

<https://www2.health.vic.gov.au/about/health-strategies/public-health-wellbeing-plan>

Summary of findings relevant to the project:

- Strategic Directions are considered under 3 key headers
 - 1. Improvements at every stage of life
 - 2. Promotion of Health and Wellbeing
 - Relevant themes for the Recreation Plan:
 - Healthier Eating and **Active Living**
 - Improving Mental Health
 - 3. Platforms for change
 - Relevant themes for the Recreation Plan:
 - **Healthy and Sustainable Environments**
 - **Place-based Approach**
 - **People Centred Approach**
- Relevant risk factors p11/12
 - WHO has estimated that up to 80 per cent of all heart disease, stroke and diabetes cases, and up to 40 per cent of all cancers, are potentially avoidable through preventive interventions (World Health Organization 2005) p11
 - the degree to which a condition can be prevented varies, many share common risk factors. These include poor diet, physical inactivity, smoking, alcohol and drug use, overweight and obesity, high blood pressure, high blood glucose and high cholesterol.
 - Globally, it is estimated that dietary risk factors and physical inactivity accounted for the largest disease burden in 2010 (Lim et al. 2012) p12
 - In Victoria adult obesity rates, but not overweight, are strongly associated with socioeconomic disadvantage. Self-reported obesity prevalence ranges from seven to above 30 per cent across local government areas (Department of Health 2014d)
- General comments
 - Many community groups, including sports and recreation clubs, provide opportunities for people of all ages to be involved, as participants, organisers and volunteers. Equally, a community environment where people feel safe and secure can encourage everyone to be more active and connected. For this reason, it is often the case that targeted life stage interventions can be best complemented by a 'whole of community' approach p16
 - Interaction with nature in Victoria's parks and open spaces and participation in sport and recreation make an important contribution to reducing chronic disease risk factors, increasing social inclusion and building strong communities p20
 - Participating in sport, active recreation or cultural and community groups contributes to improving health and wellbeing outcomes. In many communities, particularly in regional and rural areas, a sporting club or recreation group provides a hub for community members to come together to engage with and support each other as players, volunteers, coaches or spectators p32
 - Victoria's 'healthy parks healthy people' approach has built on evidence that demonstrates the many human health benefits of contact with nature. These benefits include recreational opportunities, amenity, opportunities for cultural connection, social cohesion and a sense of place p5
- Healthier eating and active living p20
 - Low levels of physical activity and high levels of sedentariness are major risk factors for ill health and mortality from all causes. People who do not do sufficient physical activity have a greater risk of cardiovascular disease, colon and breast cancers, type 2 diabetes and osteoporosis. Being physically active improves mental and musculoskeletal health and reduces other risk factors such as overweight, high blood pressure and high blood cholesterol (Australian Institute of Health and Welfare 2015) p20

- Interaction with nature in Victoria's parks and open spaces and participation in sport and recreation make an important contribution to reducing chronic disease risk factors, increasing social inclusion and building strong communities p20
 - Burden of disease
 - Relevant statistics
 - 10.5 per cent of Australia's burden of disease is due to dietary risks, 8.5 per cent is due to high body mass (excess weight for height) and 4.6 per cent is due to physical inactivity (Institute for Health Metrics and Evaluation 2013).
 - Ultraviolet radiation exposure and skin cancer, p20
 - Well planned and designed spaces that provide UVR protective shade, coupled with the community adopting sun protective behaviours, will provide the best protection from skin cancer.
- Nutrition, physical activity and overweight and obesity
 - Relevant statistics p21
 - Children p21
 - 24 per cent of children are overweight or obese – 18 per cent are overweight and 6 per cent are obese (Australian Bureau of Statistics 2013c).
 - 62 per cent of 5–12 year olds meet guidelines for sufficient physical activity (Department of Education and Training 2015b), but only 26 per cent of children in Years 5, 8 and 11 meet the guidelines (Department of Education and Training 2015a)
 - Adults p21
 - 61 per cent of adults are overweight or obese – 35 per cent are overweight and 26 per cent are obese (Australian Bureau of Statistics 2013c).
 - 64 per cent of adults met guidelines for sufficient physical activity (Department of Health 2014d)
 - Benefits of Action
 - Improving levels of physical activity will not only contribute to physical health, it will also contribute to mental health, social connectedness and reducing the risk of osteoporosis, and may assist in reducing or delaying dementia.
 - Relevant Strategic Directions p21
 - Encourage and support people to be as physically active as often as possible throughout their lives. Strategies may include active transport (such as walking or cycling to work), neighbourhood design that promotes activity and social connectedness and participation in sport and recreation
 - Encourage interaction with nature in Victoria's parks and open spaces
 - Shade
- **Improving Mental Health**
 - Relevant statistics p25
 - Psychological distress
 - 16 per cent of Victorian students in Years 5, 8 and 11 experience psychological distress; for Year 11 students only, 23 per cent experience psychological distress (Department of Education and Training 2015a).
 - 11 per cent of adults experience psychological distress (Department of Health 2014d).
 - Benefits p26
 - Protective factors include positive early childhood experiences and attachments, healthy families, education, financial security, accessible health and human services, liveable and safe cities, and a society that is accepting of diversity
 - Actively addressing inequality, disadvantage and discrimination also opens up greater possibilities and opportunities for optimal mental health
 - Relevant Strategic Directions p26
 - Strategies to promote mental health and wellbeing and reduce current high levels of psychological distress e.g. by addressing discrimination, encouraging interaction with the natural environment, promoting positive body image, increasing physical activity and sporting participation, promoting acceptance of diversity and social inclusion

- Increase the intensity of targeted action for those who experience greater social and economic disadvantage
- Healthy Work places p30
 - Workplaces can encourage healthy eating, active travel, physical activity and reduce sedentary behaviour.
- **Key themes relevant to the Recreation Plan**
 - Consider all strategies that increase physical activity to levels that provide health and wellbeing benefits

Document 11 - Australian Sports Commission and CSIRO (2013) The Future of Australian Sport – Megatrends shaping the sports sector over coming decades

www.clearinghouseforsport.gov.au/_data/assets/pdf_file/0007/564073/The_Future_of_Australian_Sport_-_Full_Report.pdf

Summary of findings relevant to the project:

- Research undertaken by The Australian Sports Commission (ASC) / (CSIRO) identifies six key megatrends that may redefine and impact the makeup of sport over the next 30 years. These six megatrends are:
 - **Megatrend 1 - A Perfect Fit**
 - Relevant trends p7-10
 - People are fitting / finding ways to fit sport into 'time fragmented' lifestyles
 - Non-organised physical activity has a much higher participation rate at (approx. 73%, 2010) and this has risen significantly since 2001 (approx. 64%). Reflected in activities such as aerobics, running and walking, and uptake of gym memberships
 - There has been a 24% increase in the number of fitness centres and a 131% increase in gym incomes between 2000/02-04/05 p8
 - Participation in many organised and team sports, other than soccer, have held constant or declined (Standing Committee on Recreation and Sport, 2010) participation in golf, swimming and tennis has declined p7
 - Individualised sport and physical activity is on the rise e.g. running. The challenge is to beat a personal time rather than winning a competition
 - People are spending less time on recreation. Between 1997 and 2006, total recreation time decreased by 1:45 hrs a week. By contrast, 6% more time is spent in paid work
 - Opportunities / considerations p10
 - Strategies to ensure that the fitness trend does not continue to grow at the expense of organised sport at a community level adapt the rules,
 - Adaption of rules, venues, timing and management of sports to better suit time fragmented lifestyles
 - opportunity to engage people in sport within working hours?
 - Partnering with other agencies to target participation in under-represented groups in society
 - Megatrend 2 - From Extreme to Mainstream p11-14
 - Relevant trends p11
 - Rise of adventure, lifestyle, extreme and alternative sports - particularly popular with younger generations. Involve complex and advanced skills, often element of inherent danger and thrill
 - seeking e.g. skateboarding, kite surfing, freestyle BMX, rock-climbing
 - These sports characterised by a strong lifestyle element and participants often obtain cultural self-identity e.g. a counter-culture of irreverence, adventure and freedom of expression p12) and self-expression through their involvement
 - Extreme sports are finding their way into the Olympics e.g. addition of BMX cycling to the Beijing Olympics in 2008
 - Sports injury rates. An indicator that people are pushing the boundaries in sport comes from data on sports injury rates. From 2001 to 2007, found the rate of injury due to

- participation in sport and active recreation had increased by 10 % each year over the study period p13
- Increase in the hours of viewing of extreme sports p13
 - Opportunities / considerations p10
 - Is there the flexibility to enable investment in / funding of emerging sports?
 - Changing notion of and emphasis on 'scoring' i.e. shift to 'scoring' associated with stamina, skill, concentration, focus and flair, rather than 'winning'
 - The cost of providing for and accessing extreme sports
 - Risk and risk management
 - **Megatrend 3 - More than Sport p15-19**
 - There is increasing recognition that sport can provide a range of benefits (including preventative health benefits) such as improved physical and mental health, lower rates of obesity, lower levels of chronic illness, improved social inclusion, reduced crime rates, positive relationships with other countries
 - Concerns / considerations
 - Despite the mental and physical health benefits of sport there is evidence revealing decreasing prominence of sport and physical activity in the school curriculum participation in sport and physical activity is usually left to the discretion of individual schools and teachers to implement p18
 - Opportunities / considerations p19
 - Need to / how to ensure:
 - sport becomes part of the solution to curbing obesity and ongoing mental health issues
 - sport participation rates are sufficiently high to impact health outcomes
 - optimal sport /physical activity offering in schools
 - **Megatrend 4 - Everybody's Game p20-24**
 - Sports needs to cater for older adults to retain strong participation rates and to cater for the changing cultural make-up of the community
 - Relevant trends
 - Fourteen per cent of the Australian population is currently over 65 years of age. This is forecast to reach between 23 and 25 per cent by 2056. People are living longer p21
 - Increase in participation in sport by people with a disability and participation in / interest in Paralympics etc.
 - World Masters Games (every 4 years) have grown rapidly over the last few decades. The event has been held three times in Australia and on each of these three occasions attracted more competitors than any other country p22
 - Outdoor soccer had the third highest increase among the top 10 physical activities, after aerobics/fitness and running p21
 - Opportunities / considerations p24
 - Is there a need for a more targeted approach to developing elite sport given the ageing of the population / decreasing athlete pool
 - How can mainstream and traditional sports appeal better to a more diverse population?
 - How can mainstream and traditional sports remove barriers to participation for older adults?
 - **Megatrend 5 - New Wealth, New Talent p25-30**
 - The growth of population (larger athlete pool) and income levels (disposable incomes) in Asia may create stronger competition in the sports arena as skill levels of athletes improves due to much higher levels of investment in sporting outcomes p25
 - Business opportunities for Australia in relation to sports related television, tourism, equipment, services and events has potential to increase as a result of an increased interest in sport in Asian countries p25
 - Growing investment by Asian governments in sport (including talent identification programs) and major events and associated success on the field has potential to impact economically and re participation p28
 - Opportunities / considerations p30
 - Benefits for Australia re:

- competing more regularly in Asian competitions
- potential broadcasting and other business opportunities in Asia for Australian companies
- training of athletes, coaches and other sports professionals from Asia
- working with other emerging economies to strengthen sporting ties
- **Megatrend 6 - Tracksuits to Business Suits p31-35**
 - Sport has become increasingly commercialised with some elite athletes earning attractive player salaries and sponsorship deals □
 - sports offering large financial returns may draw players away from other sports with less attractive conditions □p32
 - Because of the sophistication of the sector major associations will need skills etc. to maintain / optimise profile (e.g. broadcasting, social media), attract sponsors, comply with rigorous governance requirements, function as a 'corporate entity rather than community based organisation etc. p32
 - Declining interest by volunteers in sports administration due to time, fear of litigation, lack of recognition / appreciation etc. p33
 - The rising cost of participating in sport p34
- Opportunities / considerations p□35
 - What are the opportunities / impacts for sports that can't attract broadcast rights or major corporate sponsorship?
 - Should sports focus on the effectiveness of their corporate governance models to ensure sustainability
- **Key themes relevant to the Recreation Plan**
 - Consider council's primary and secondary role in responding to the findings of the paper e.g. supporting / encouraging clubs and private enterprise in terms of flexibility of times, providing for extreme sport interests; increasing physical activity to levels that provide a health and wellbeing benefit and retaining physical activity into older age; growing all components of sport e.g. community sport, professional sport

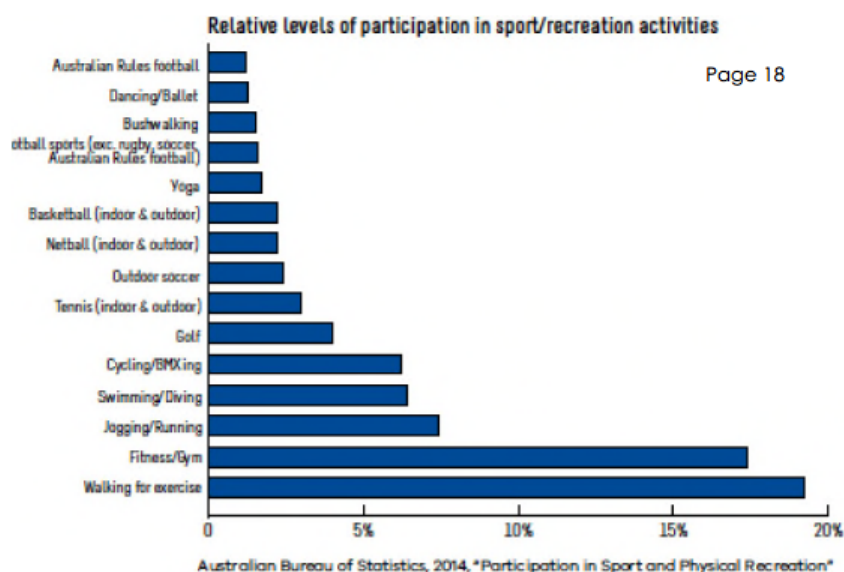
Document 12 - Valuing Sport and Recreation: A Framework for the Future (Background Information and Discussion Paper), 2017, SRV / Dept Health and Human Services (DHHS)

http://sport.vic.gov.au/sites/default/files/valuing_sport_and_recreation_discussion_paper.pdf

Summary of findings relevant to the project:

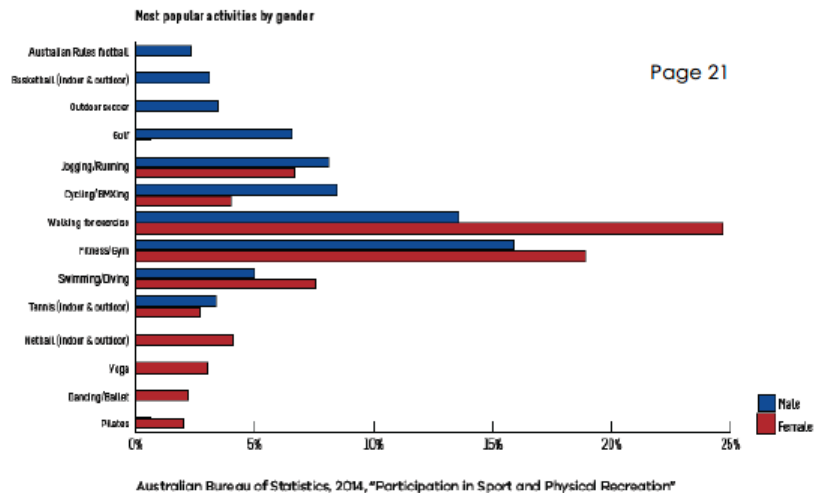
- Statistics p4
 - 3.25 million participants in sport and active recreation
 - 46 million outdoor based activities by Victorians in one year
 - 9,500 community sport facilities
 - 580,000 Volunteers in sport and recreation
 - \$1.8 billion added to the Victorian economy from Victorian sporting events calendar
 - 31 state level facilities throughout Victoria
 - 9.5% annual growth in gyms and fitness centres
 - \$7.4 billion added to the Victorian economy from outdoor based activities
- Community benefits – liveability, health, jobs and growth, community cohesion, connecting p6
- Participation rates p6
 - Victorian average – 60.9% (39% of Victorians are not involved in any form of sport or active recreation)
 - High Socio-Economic Disadvantage – 50.7%
 - People with Disability – 47.8%
 - Aboriginal Communities - 30.1%
 - People who do not speak English – 17.5%
- Need to consider issues / participation rates in relation to:
 - Rapid falloff from participation by late teens / young adults
 - Lower participation rate among women

- Declining participation as people age
- Lower participation by people experiencing high socioeconomic disadvantage, Aboriginal people, non-English speakers, people with a disability
- Trends / issues that will influence directions p7
 - Ageing population – Vics population will double in next 4 decades; Regional population will increase by 50%
 - More diverse population
 - Standard of / additional (new, modernised) facility requirements in both metro and regional areas – multiuse,
 - Greater range of sport and recreation activities being engaged in
 - Changes in work patterns – more flexible options expected / needed
 - How the sector caters for elite sport
- Participation Statistics – various sources
 - 3 most common activities - walking, fitness and gym, and jogging or running - made up 44% of all recorded sport and recreation activity. The next two most common activities - swimming and cycling making up another 6.4% and 6.2% respectively – were also primarily undertaken as recreational rather than sporting activity p18.
 - Age differences p19
 - Children are two and a half times more likely than adults to regularly participate in sport than adults. The proportion of Victorians under 15 years old playing sport is 60.5%¹⁹, compared to 26.7% of adults
 - Male / Female differences
 - Men had twice the participation rate of women. This gap exists across all age groups.
 - Lessens the ability to use sport as a vehicle to connect girls / women into community. However the gap between male and female participation decreases markedly in the mid teens p19
 - Participation levels of women are significantly higher than men in activities that are not competitive. Almost a quarter of all sport and recreation activity (24.7%) undertaken by women consists of walking for exercise, compared to 13.6% for men. Only two of the top ten activities undertaken by women, netball and tennis, are primarily competitive activities. Five of the top ten activities undertaken by men are primarily competitive activities p20



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Page 19



▪ The Benefits of Sport and Recreation

▪ Statistics - Health

- World Health Organisation, physical inactivity is the fourth biggest risk factor of mortality. Physical inactivity causes an estimated 14,000 death per year in Australia, contributes to almost one quarter of the cardiovascular burden of disease in Australia and increases the risk of preventable chronic disease p25
- ABS 2014-15 National Health Survey (surveyed participants rather than relying on self-reported information on height and weight) found that 38% of adult Victorians were overweight and 26% obese.
- Regular physical activity is linked to greater health, and has been proven to significantly reduce the risk of death from cardiovascular disease and other causes. It lowers the risk of colon cancer and type 2 diabetes. Across all age groups, physical activity is related to reduced obesity risk and increased bone health and cognitive performance p25
- VicHealth estimates that increasing the rate of physical activity by 10% would reduce physical inactivity related deaths by 15% and new cases of physical inactivity-related diseases by 13% p25
- A 2009 report estimated that increased physical activity could generate \$1.49 billion per year of savings to the Australian healthcare system, and productivity gains equivalent to 1% of GDP per year p26
- A 2008 Medibank Private study found that a healthier workforce was less likely to take time off work, with the total annual economic cost of physical inactivity in Australia, including healthcare, productivity and mortality costs estimated at \$13.8 billion p26
- Parks Victoria has estimated that approximately 23 million visits to its parks each year are mainly for the purpose of engaging in physical activity. The health benefits for physically active visitors to Victorian parks has been estimated at \$80-\$200 million per year from avoided disease, mortality and lost productivity p26
- Behaviour Guidelines recommend that adults do 2 to 5 hours of moderate intensity physical activity or 1 to 2 hours of vigorous intensity physical activity per week. Only 19% of children aged 5-17 years and 43 per cent of adults meet these guideline p26

▪ Changing behaviours - Statistics / Assumptions p28

- Sport and active recreation has historically been an effective vehicle to help set social and behavioural standards
- Sport and active recreation clubs are used as a medium to drive direct behaviour change within the sport and active recreation environment that also has a broader application for the entire community
- Sport provides a forum through which to tackle wider social issues e.g. p28

- A study on homophobia in sport reported that 73% of survey respondents felt that sport was not a safe environment for lesbian, gay and bisexual participants
- Almost half of all survey respondents from Victorian Aboriginal communities experienced racism in sport
- 35% of Victorians born in non-English speaking countries experienced discrimination at a sport or other public events
- Economic Benefits - Statistics / Assumptions – p30
 - Sport in general (including for-profit sport activities) accounts for approximately 2% of Gross Domestic Product. The combined value of the Australian sport sector, according to the 2013 ABS report Value of Sport, was \$12.8 billion
 - With a 9.5% annual growth rate from 2012 to 2016, commercial gyms and fitness centres across Australia generated \$2 billion in revenue in 2015-16
 - Aquatics and Recreation Victoria estimates that aquatics centres in Victoria generate \$420 million in annual revenue, and for every dollar invested in delivering services, the community receives \$8 worth of benefits in return
 - A 2013 Review of Sport and Recreation Victoria's Significant Sporting Events Program found that 96 events funded by the program contributed a total of \$60.5 million of overnight visitor spending to the Victorian economy, of which 47.3% or \$28.6 million was in regional Victoria p 31
 - a growing adventure tourism niche with Victoria experiencing a 7.4 per cent average annual increase in domestic overnight adventure visitors since 2010
- Liveability p31
 - Liveability surveys place significant weight on sport and recreation in determining the relative liveability of cities. The Economist Intelligence Unit, which has ranked Melbourne as the "world's most liveable city" for the last six years running, uses 'sporting availability' as one of the culture and environment measures that make up 25% of the weighted total liveability ranking
 - The VCEC notes that "liveability can be a significant factor in attracting labour and capital resources to a location" and that the competitive benefits to Victoria of liveability are particularly important given the structure of Victoria's economy, which "unlike the resource-rich states of Australia, ... depends largely on its created strengths. These strengths include the quality of the workforce, good infrastructure and highly liveable cities p32
- Key issues shaping the future of sport and active recreation in Victoria p33
 - Changing composition of Victorian population – age, multi-cultural, socio-economic disadvantage etc.
 - Assisting sport to appeal to wider demographic e.g. older adults, different cultural groups, socio-economically disadvantaged etc. p36
 - Different modes of participation p38
 - Developing capacity – data and research; Volunteers; Integrity; Governance; Technology; Preventing injury p40 -41
 - High performance state facilities p42

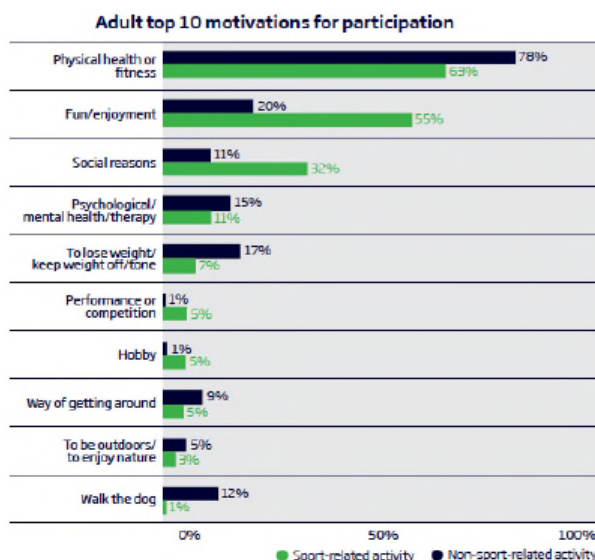
Document 13 - Participation Data for the Sport Sector: Summary of Key National Findings October 2015 to September 2016 data

www.ausport.gov.au/_data/assets/pdf_file/0007/653875/34648_AusPlay_summary_report_accessible_FINAL_updated_211216.pdf

Summary of findings relevant to the project:

- While sport remains an important form of activity throughout life, non-sport related physical activity becomes more important as we age p4
- Adult men and women participate at similar levels across the life stages p5
- 59% of adults participate in physical activity (sport and non-sport) 3 times a week or more p5
- Only 19% or 0.9 million children are active at least three times per week p6

- Australian adults tend to play sports for longer durations than non-sport related physical activities. However they participate in non-sport related physical activities more often (20% play sport 3+ times a week compared to 43% for non-sport activities than sport p7



Page 8

Gender

- Women are more likely to participate in sport or physical activity for physical and mental health reasons and to lose or maintain weight than men. Men are more motivated by fun / enjoyment and social reasons than women p8
- Young people
 - The main barrier to young children's participation in organised out of school hours sport or physical activity is their parents' perception that they are too young to start playing p9
- Older people / As People Age
 - For adults up to middle-age, time pressure is by far the main barrier to participating in sport or physical activity (less of a factor after the age of 35-44). Poor health or injury then also becomes a main factor as people age and becomes the most significant factor after the age of approximately 55 p9
 - There is a significant decline in participation in organised sport as people age with the most significant decline being between 15 and 24 and 35 and 54 p10
 - Participation through non organised activity is higher than through organised activity as of approximately 17 years of age
- Children
 - Participation through organised sport peaks at 9-11 p10
 - While sport clubs are the main avenue for both girls and boys, throughout childhood boys (50%) are more likely to be active through club sport than girls (33%) p11
- Technology
 - The use of technology for sport or physical activity is popular with 39% of the Australian adult 'playing' population.
 - Its popularity is highest amongst younger adults, particularly younger women and falls off significantly after the age of 35-44 p13
 - Most popular technology p134
 - Apps for tracking activity or training (17%)
 - Wearable technology such as Fitbit, watches, heart rate monitors (14%)
 - Websites (not including social media sites) or online tools (9%)

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Table 1 - Top 10 activities for adults p14						
	Overall	%	Men	%	Women	%
1	Walking (recreational)	42.6	Walking (recreational)	32.8	Walking (recreational)	52.3
2	Fitness/gym	32.1	Fitness/gym	28.6	Fitness/gym	35.4
3	Athletics, track and field*	15.8	Athletics, track and field*	17.8	Swimming	16
4	Swimming	14.5	Cycling	14.3	Athletics, track and field*	13.9
5	Cycling	11.7	Swimming	13	Cycling	9.2
6	Football	5.8	Football	9.1	Yoga	7.4
7	Bush walking	5.4	Golf	8.6	Netball	5.6
8	Golf	5.2	Cricket	5.9	Bush walking	5.4
9	Tennis	4.8	Tennis	5.5	Pilates	4.4
10	Yoga	4.4	Bush walking	5.3	Tennis	4.1
*Athletics, track and field includes jogging and running						

Adults through organisation/venue Top 10 activities	Population estimate	Per cent of population
Fitness/gym	5,045,386	25.6%
Swimming	1,593,531	8.1%
Golf	888,794	4.5%
Football	825,866	4.2%
Yoga	654,830	3.3%
Tennis	611,815	3.1%
Netball	583,736	3.0%
Athletics, track and field	537,454	2.7%
Cricket	463,042	2.3%
Basketball	461,233	2.3%

Table 2 - Top 10 activities for children outside of school hours p15						
	Overall	%	Boys	%	Girls	%
1	Swimming	30.0	Swimming	28.3	Swimming	31.7
2	Football	14.7	Football	22.8	Netball	14.5
3	Australian football	8.0	Australian football	13.6	Dancing (recreational)	13.8
4	Gymnastics	7.4	Cricket	10.0	Gymnastics	11.8
5	Netball	7.2	Basketball	8.0	Football	6.1
6	Dancing (recreational)	7.2	Tennis	7.3	Athletics, track and field	5.0
7	Basketball	6.5	Rugby league	5.1	Basketball	5.0
8	Tennis	6.1	Karate	4.1	Tennis	4.8
9	Cricket	5.6	Athletics, track and field	3.9	Dancesport	3.8

Table 2 - Top 10 activities for children outside of school hours p15						
	Overall	%	Boys	%	Girls	%
10	Athletics, track and field	4.4	Gymnastics	3.3	Australian football	2.0
*Athletics, track and field includes jogging and running						

Table 3 - Population involved in club sports p16 - 17								
	Children and Adults		Children			Adults		
Club sport	% of pop	% of club sport pop	Club sport	% of pop	% of club sport pop	Club sport	% of pop	% of club sport pop
Football	4.5	18.8	Football	12.0	28.8	Golf	3.4	17.3
Golf	2.8	11.9	Australian football	7.1	17.2	Football	2.7	13.9
Australian football	2.6	11.0	Netball	5.9	14.2	Tennis	2.0	10.2
Netball	2.6	10.8	Basketball	5.5	13.1	Tennis	1.8	9.3
Tennis	2.4	10.1	Cricket	4.4	10.6	Netball	1.8	9.2
Cricket	2.3	9.7	Tennis	4.2	10.0	Australian football	1.6	8.0
Basketball	2.2	9.2	Swimming	4.2	10.0	Basketball	1.4	7.3
Touch football	1.1	4.7	Athletics, track and field	2.7	6.5	Touch football	1.1	5.4
Swimming	1.1	4.6	Rugby	2.5	6.1	Bowls	1.0	5.1
Rugby league	1.0	4.3	Gymnastics	2.4	5.7	Rugby league	0.7	3.4
Athletics, track and field	1.0	4.1				Hockey	0.6	3.0

Document / Source 14 - Community Indicators Victoria

Summary of findings relevant to the project:

Table 4 – Relevant indicators from Community Indicators Victoria				
	Indicator Previous indicator data in brackets. The year may vary depending on the source of the data	Banyule	Northern & Western Metro	Victoria
1	Feeling Part of the Community Satisfaction with Feeling Part of the Community 2011 VicHealth Survey	74.2 (69.7)	70.4 (68.3)	72.3 (70.7)
	In Banyule: <ul style="list-style-type: none"> 35-54 yr olds less likely to feel part of the community than other age groups Females are slightly less likely to feel less part of the community than males 			
2	Volunteering Volunteering (2011) - 2011 Australian Bureau of Statistics	17.3 (19.65)	13.1 (14.6)	17.3 (19.7)
	In Banyule: <ul style="list-style-type: none"> Females (21.2) have a higher rate of volunteering than males (17.3) Both males and females have a higher rate of volunteering than NWMR Generally has a higher rate of volunteering across all age groups than Victoria as a whole and the NWMR 			

Table 4 – Relevant indicators from Community Indicators Victoria				
	Indicator Previous indicator data in brackets. The year may vary depending on the source of the data	Banyule	Northern & Western Metro	Victoria
3	Perceptions of Safety Perceptions of Safety when walking alone in local area - 2011 VicHealth Indicators Survey - during the day - at night	98.2 (97.8) 77.4 (67.8)	95.2 (94.6) 65.2 (61.3)	97 (96) 70.3 (66.5)
	In Banyule: <ul style="list-style-type: none"> Men (100) feel safer walking alone in the street than females (96.5) during the day Men (89.4) feel significantly safer walking alone in the street than females (63.7) at night 			
4	Adequate Work-Life Balance Employed People Who Disagree that Work and Family Life Often Interfere with Each Other - 2011 - VicHealth Indicators Survey	51 (49)	53.1 (53.1)	53.1 (53)
5	Adequate Physical Exercise - 2011 - Victorian Population Health Survey	60.9 (62.1)	60.7 (57.5)	63.9 (60.3)
6	Library membership / activity Total Library Membership per 1000 residents - 2012-13 - Victorian Public Library Annual Statistical Survey % of members that borrowed	383.3 (407.2 in 2011/12) 54.8 (55.4 in 2011/12)		446 (454.7 in 2011/12) 42.6 (43.2 in 2011/12)
7	Obesity % of the population obese - 2011 - Victorian Population Health Survey	17.3 (16.3)	22.4 (17.4)	17.3 (16.7)
8	Participation in the Arts – Perception of Opportunities Enough Opportunities to Participate in Arts and Cultural Activities - 2007 - CIV Survey	79.4	69.5	73
	Participation in the Arts People Who Participated in Arts and Related Activities in the Last 3 Months - 2011 - VicHealth Indicators Survey	67.7 (49.6)*	62.9 (46.5)*	63.6 (46.6)*
	In Banyule over the 3 month period: <ul style="list-style-type: none"> Significantly more males (75.6) participated than females (60.2) Significantly less people over 55 (57.8) than other groups Significantly more people in the 18-34 (77) age groups participated <p style="text-align: right;">* participated in the last month</p>			

Document 15 - Design For Everyone: A Guide To Sport and Recreation Settings

(http://sport.vic.gov.au/design-for-everyone-guide)

Summary of findings relevant to the project:

- A resource that demonstrates how the principles of Universal Design should be applied to the design and construction of new facilities and the renewal of existing facilities.
- Principles / Guidelines
 - Principle 1 – Equitable Use

- Guidelines – appeal to all users as much as possible avoid stigmatising any users
- Principle two: Flexibility in use
 - Guidelines – Different ways of using / adaptability
- Principle three: Simple and intuitive use
 - Guidelines – Eliminate unnecessary complexity; Accommodate wide range of skills
- Principle four: Perceptible information
 - Guidelines – Different modes and style of communication of information
- Principle five: Tolerance for error
 - Guidelines – Minimise hazards, appropriate warning information
- Principle six: Low physical effort
 - Guidelines – Different levels of effort required / minimise need for sustained physical effort
- Principle seven: Size and space for approach and use
 - Guidelines – Clear sightlines; options for standing or seated use; Access for mobility aids
- Examples of applications to parks, play spaces, sporting reserves etc.
 - Connections via accessible pathways with appropriate gradients to toilets, pavilions, spectator areas etc.
 - Seats with backs and armrests
 - Access to appropriate toilets and change rooms
 - Accessible parking bays – width and number
 - Adequate clear space around playing fields and courts for mobility aids and for safety
 - Equipment that caters for a range of skills (playspaces)
 - Signage

Document 16 - Investments that Work for Physical Activity

<http://bjsm.bmj.com/content/46/10/709.full>

Summary of findings relevant to the project:

- Highlights the benefits of physical activity e.g.
 - 60% of the world population are exposed to health risks due to inactivity
 - Increasing population-wide participation in physical activity is a major health priority in most high and middle-income countries and is a rapidly-emerging priority in lower income countries experiencing rapid social and economic transitions.
- Notes that:
 - Reversing downward trends in physical activity will require countries to commit to a combination of strategies aimed at the individual, social-cultural, environmental and policy determinants of inactivity
 - Physical activity is influenced by policies and practices in education, transportation, parks and recreation, media, and business, so multiple sectors of society need to be involved in the solutions
 - There is the need to inform, motivate and support individuals and communities to be active in ways that are safe, accessible and enjoyable
 - There is no one single solution to increasing physical activity, an effective comprehensive approach will require multiple concurrent strategies to be implemented
- **Recommendations**
 - **1. 'Whole-of-school' programs**
 - involves prioritizing: regular, highly-active, physical education classes; providing suitable physical environments and resources to support structured and unstructured physical activity throughout the day e.g., play and recreation before, during and after school; supporting walk/cycle-to-school programs
 - **2. Transport policies and systems that prioritise walking, cycling and public transport**
 - 'Active transport' is the most practical and sustainable way to increase physical activity on a daily basis requires the development and implementation of policies influencing land use and access to footpaths, bikeways and public transport, in combination with effective promotional programs to encourage and support walking, cycling and use of

- public transport
- An Australian Vision for Active Transport. A report prepared by Australian Local Government Association, Bus Industry Confederation, Cycling Promotion Fund, National Heart Foundation of Australia, International Association of Public Transport. 2010. <http://www.alga.asn.au/policy/transport/ActiveTransport.pdf>
- **3. Urban design regulations and infrastructure that provides for equitable and safe access for recreational physical activity, and recreational and transport-related walking and cycling across the life course**
 - The built environment provides opportunities for or barriers to safe, accessible places for people to be involved in recreation, exercise, sports, walking and cycling. National, regional, and local urban planning and design regulations should require mixed-use zoning that places shops, services, and jobs near homes, as well as highly connected street networks that make it easy for people to walk and cycle to destinations
- **4. Physical activity and NCD prevention integrated into primary health care systems**
 - Doctors and health care professionals are important influencers of patient behavior. Health care systems should include physical activity as an explicit element of regular behavioural risk factor screening
- **5. Public education, including mass media to raise awareness and change social norms on physical activity.**
 - Mass media provide an effective way to transmit consistent and clear messages about physical activity to large populations. In most countries, physical activity promotion is absent from mass media.
- **6. Community-wide programs involving multiple settings and sectors and that mobilize and integrate community engagement and resources**
 - Whole-of-community approaches to physical activity across the life course will be more successful than a single program
 - Whole-of-community approaches where people live, work and recreate have the opportunity to mobilize large numbers of people. There are good examples of success from high and middle-income countries.
- **7. Sports systems and programs that promote 'sport for all' and encourage participation across the life span**
 - Sport is popular worldwide and increased participation in physical activity can be encouraged through implementation of community sport or 'Sport for All' policy and programs
 - Adaption of sports to provide a range of activities to match the interests of men and women, girls and boys of all ages, in addition to well coordinated coaching and training opportunities
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- **Key themes relevant to the Recreation Plan**
 - Need to identify the role that Recreation Services and or council will play, or has the capacity, to play

Document 17 - Toronto Charter for Physical Activity: A Global Call for Action

<http://www.interamericanheart.org/images/PHYSICALACTIVITY/TorontoCharterPhysicalActivityENG.pdf>

Summary of findings relevant to the project:

- Physical activity promotes wellbeing, physical and mental health, prevents disease, improves social connectedness and quality of life, provides economic benefits and contributes to environmental sustainability. Communities that support health enhancing physical activity, in a variety of accessible and affordable ways, across different settings and throughout life, can achieve many of these benefits. **The Toronto Charter for Physical Activity outlines four actions based upon nine guiding principles** and is a call for all countries, regions and communities to strive for greater political and social commitment to support health enhancing physical activity for all. p1

- Encourages all interested stakeholders to support the adoption and implementation of the Toronto Charter for Physical Activity by: p6
 1. Showing agreement with the four areas for action and nine guiding principles by registering your support of the Toronto Charter for Physical Activity;
 2. Sending a copy of the Toronto Charter for Physical Activity to colleagues and encourage them to do the same
 3. Meeting with decision makers in different sectors to discuss how national plans and policy action
 4. Mobilise networks and partnerships
- Guiding principles for a population based approach to physical activity p2
 1. Adopt evidence based strategies that target the whole population as well as specific population sub groups, particularly those facing the greatest barriers;
 2. Embrace an equity approach aimed at reducing social and health inequalities and disparities of access to physical activity
 3. Address the environmental, social and individual determinants of physical inactivity;
 4. Implement sustainable actions in partnership at national, regional and local levels and across multiple sectors to achieve greatest impact
 5. Build capacity and support training in research, practice, policy, evaluation and surveillance
 6. Use a life-course approach by addressing the needs of children, families, adults and older adults
 7. Advocate to decision makers and the general community for an increase in political commitment to and resources for physical activity
 8. Ensure cultural sensitivity and adapt strategies to accommodate varying 'local realities', contexts and resources
 9. Facilitate healthy personal choices by making the physically active choice the easy choice.
- The charter calls for concerted action across four key areas.
 1. Implement A National Policy And Action Plan p2
 2. Introduce Policies That Support Physical Activity – National policy, urban and rural planning policies; fiscal policies (e.g. subsidies, incentives); work place policies; mass communication; sport and recreation policies p3
 3. Reorient Services And Funding To Prioritize Physical Activity - reorientation of priorities in favor of health enhancing physical activity e.g. in education; in transportation and building planning (e.g. building codes, trails in national parks); in parks; in sport and recreation; in work places p4
 4. Develop Partnerships For Action p5 – e.g. Cross-government working groups; Community initiatives; Coalitions of non government organizations; With population sub groups including indigenous peoples, migrants and socially disadvantaged groups

Document 18 - 10 Great Ideas For An Active Australia, Parks and Leisure Australia

<http://www.parksleisure.com.au/documents/item/3615>

Summary of findings relevant to the project:

- **Summary of ideas for change support the goal of an active Australia**
 - **1. Active and Healthy Economy - Jobs investment**
 - A recent study in Baltimore, USA, found investments in walking and cycling infrastructure generated between 11 and 14 jobs per \$1 million, whereas road infrastructure only generated around 7 jobs per \$1 million.
 - **2. Focus more on physical activity and less on the weight loss industry**
 - Evidence that indicates fit, overweight people have better health outcomes than unfit, normal weight individuals. Obesity should continue to be targeted, but public health messages should focus more on enabling people to lead healthier, more active lives.
 - **3. Health Investment Dividend**
 - Similar to "health in all policy" initiatives- we need to start inking public space

development, sport and recreation funding, infrastructure investment and other funding programs to Health Investment Dividends

- **4. The Little Green Pill**
 - A focus on prescription exercise and outdoor activity. Incorporate preventative health costs into the mainstream health system so that wellness is funded and Departments of Health move away from the Departments of Sickness paradigm
 - E.g. £ Scotland's Green-exercise partnership model
- **5. Be Innovative with old Infrastructure.**
 - E.g. opportunities to retrofit old, decommissioned rail (or road) corridors into walking/ cycling tracks.
- **6. Move Well**
 - e.g. fund bike paths etc. as the priority vs. roads
- **7. Black to Green**
 - e.g. Take back space for people and fund projects that decommission roads and "car corridors" and turn them into "people" corridors supporting public space, active transport and vibrant linear parklands.
- **8. Invest in Place Making Projects**
 - Making public spaces, parks, malls, riversides, pathways and open spaces more vibrant, more attractive and more appealing will get more people walking and spending time outdoors.
- **9. Technology- Bring it inside**
 - Encourage use of technology
- **10. Urban Trails Project**
 - A dedicated program to support the development and promotion of diverse urban trails throughout all cities. This could link to initiatives such as "urban rogaining"
 - Not infrastructure based - rather low cost opportunities such as mapping, signage, path documentation and marketing (packaging the opportunity), would be leveraged to add value and enable or encourage the use of urban trails.

Document 19 – Value of a Community Football Club, AFL Victoria & La Trobe University

<http://aflvic.com.au/policies-new/resources/value-community-football-club/>

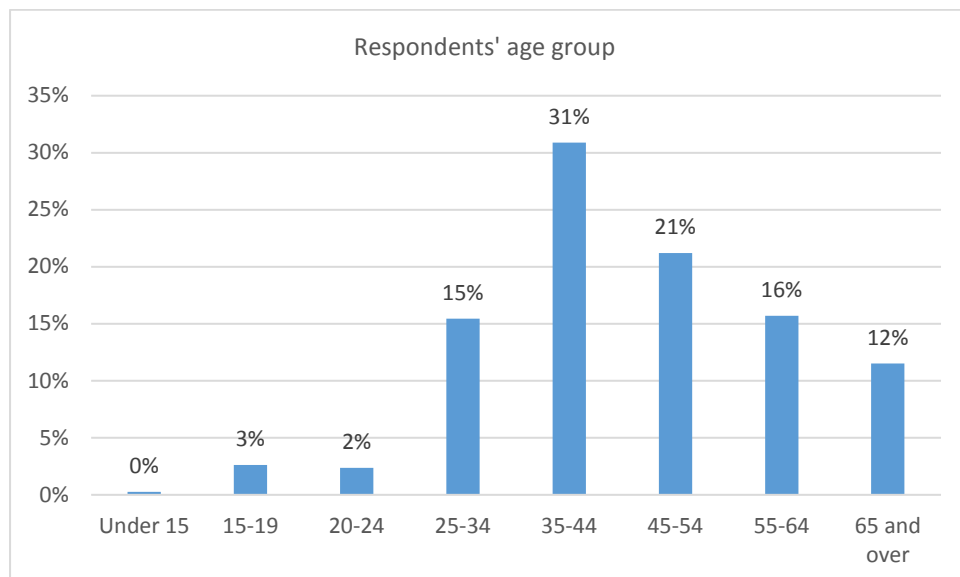
Summary of findings relevant to the project:

- For every \$1 spent on a community football club, there is at least \$4.40 return in social value
 - Increased social connectedness, wellbeing, and mental health status, employment outcomes, personal development, physical health, civic pride and support of other community groups
- A football club's reach is significant and extends beyond the players, coaches, administrators and volunteers within the club; for every 1 player, football clubs reach 10 people in their community.

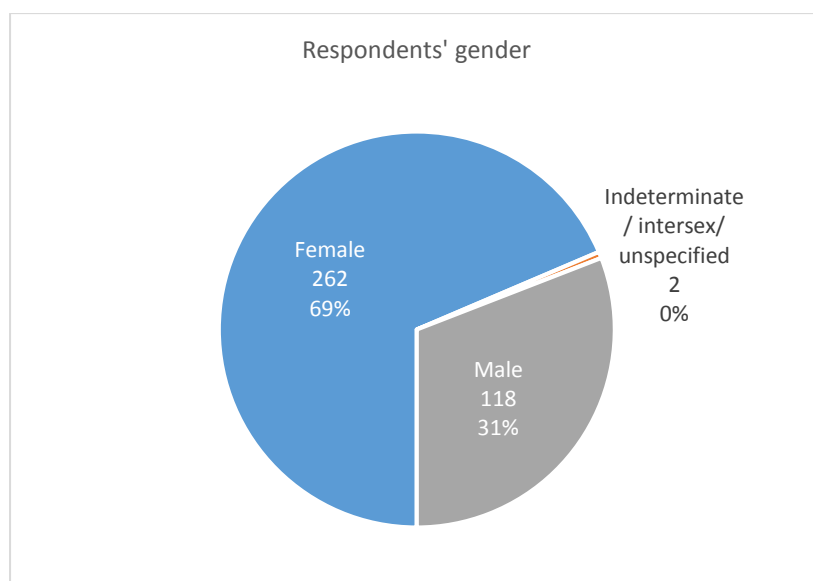
Recreation Plan Community Survey Responses

Understanding the information from the literature review and our own practice knowledge, a community survey was developed. The survey was available online through Shaping Banyule and 382 respondents provided feedback. Council targeted a variety of groups and opportunities to ensure diversity in response and also assisted people in completing the survey where appropriate.

The overwhelming majority of respondents (95%) were aged 25 years and over.

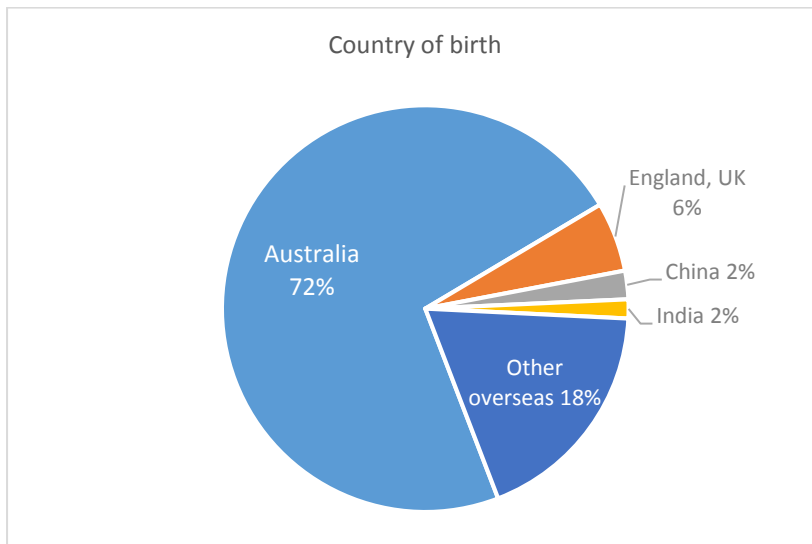


Females represented over two thirds of all respondents (69%).

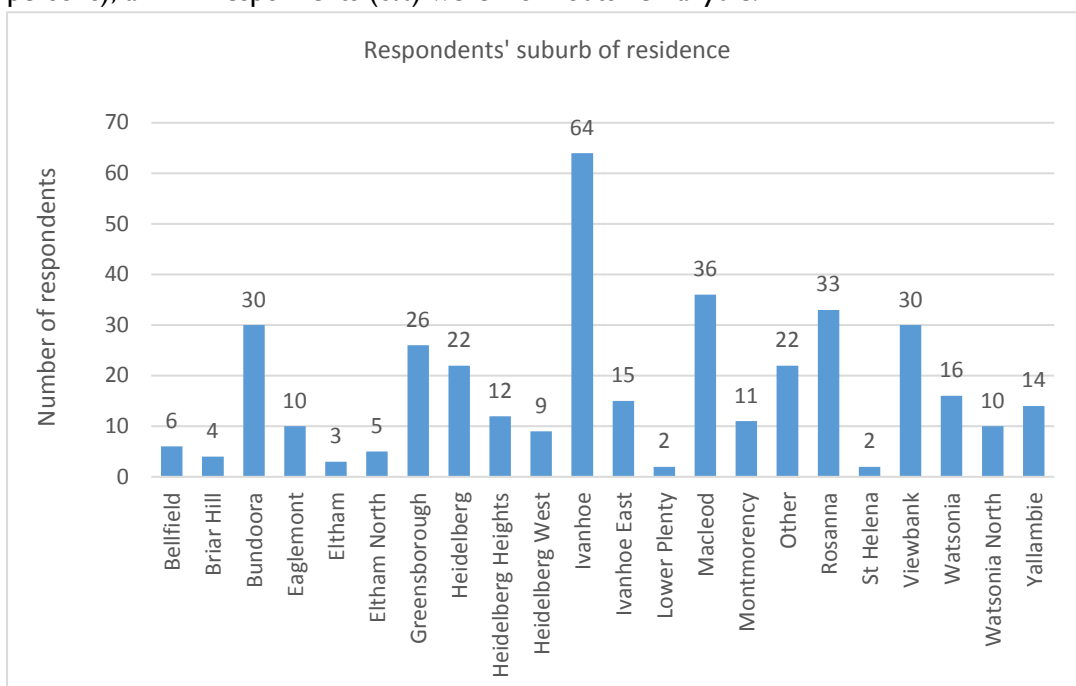


Three out of every four respondents (75%) were born in Australia, with the top three overseas countries of birth:

- England/UK (22 respondents, 5.8%)
- China (9 respondents, 2.4%)
- India (6 respondents, 1.6%).
- The category 'Other overseas', includes 29 countries with 5 or fewer respondents.



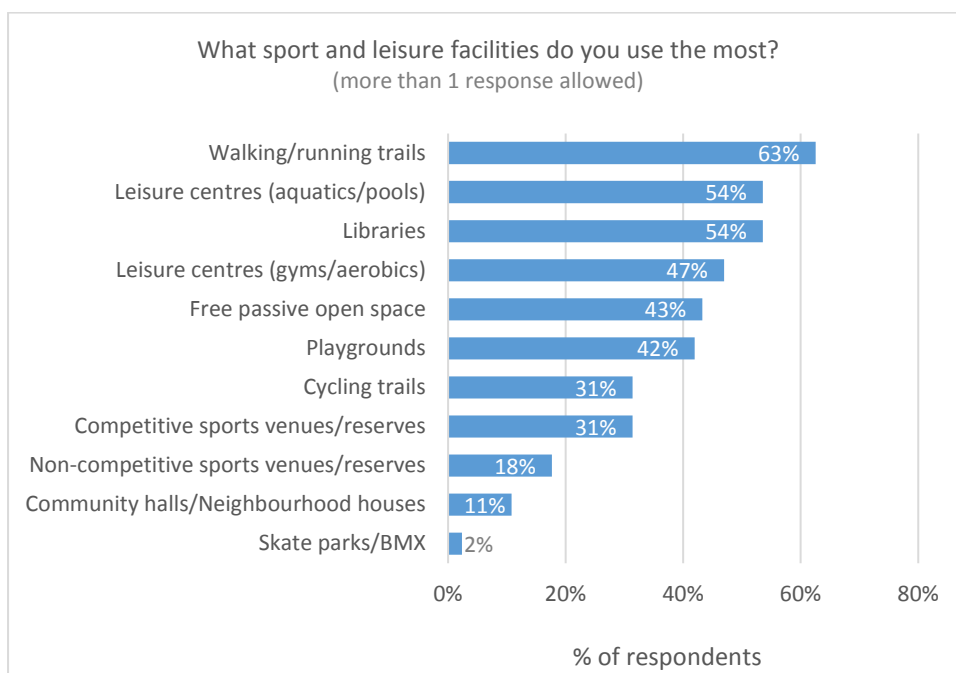
The largest number of respondents were from Ivanhoe (64 persons, 17%) followed by Macleod (36 persons), and 22 respondents (6%) were from outside Banyule.



Sport and leisure facilities used most

The majority of respondents (63%) indicated they used walking/running trails most. Leisure centres (aquatics/pools) and libraries were used by more than half of all respondents and were popular across most age groups.

The facility type with the lowest number of responses was skate parks/BMX. This type of facility is popular amongst male youth. Its low ranking is in part due to the small number of male youth respondents.



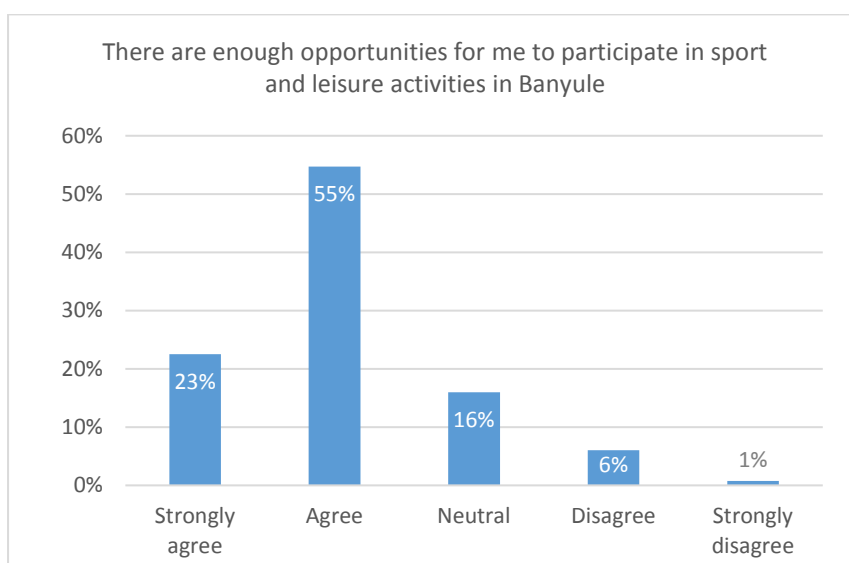
Walking/running trails were used most by both males and females. Females were more likely to use playgrounds than males and less likely to use competitive sports venues/reserves.

Of respondents aged 15 years and over, leisure centres, libraries and walking/running trails were generally popular across all age groups, with some notable differences, including:

- Walking/running trails were least likely to be used by respondents aged 65+ years.
- Leisure centres (aquatic pools) were least likely to be used by respondents in the younger age groups (i.e. 15-19, 20-24).
- Libraries were most likely to be used by respondents aged 15-19 years and 65+ years.
- Leisure centres (gyms/aerobics) were most likely to be used by respondents aged 20-24 years and 65+ years.

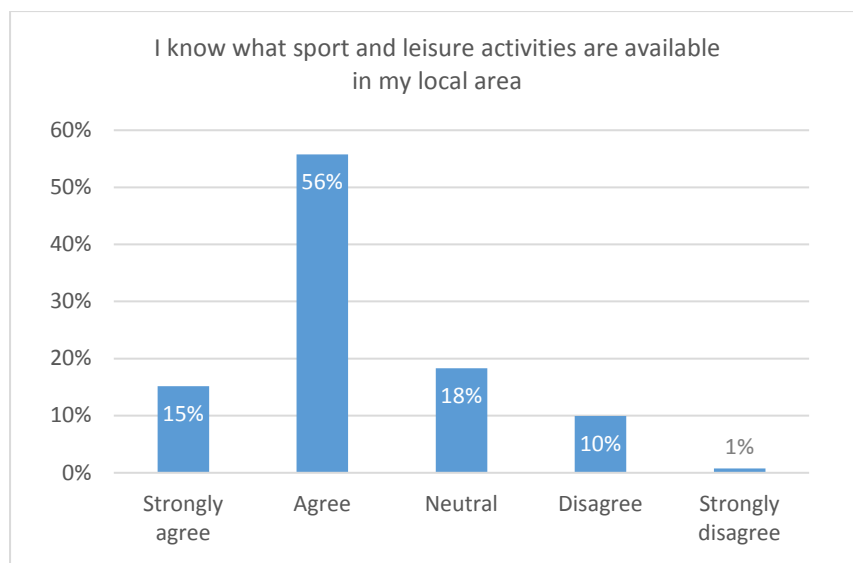
Opportunities to participate

Over three quarters of respondents (77%) indicated they agree or strongly agree there are enough opportunities to participate in sport and leisure activities in Banyule. Seven percent disagree or strongly disagree. The remaining 16% neither agreed nor disagreed.



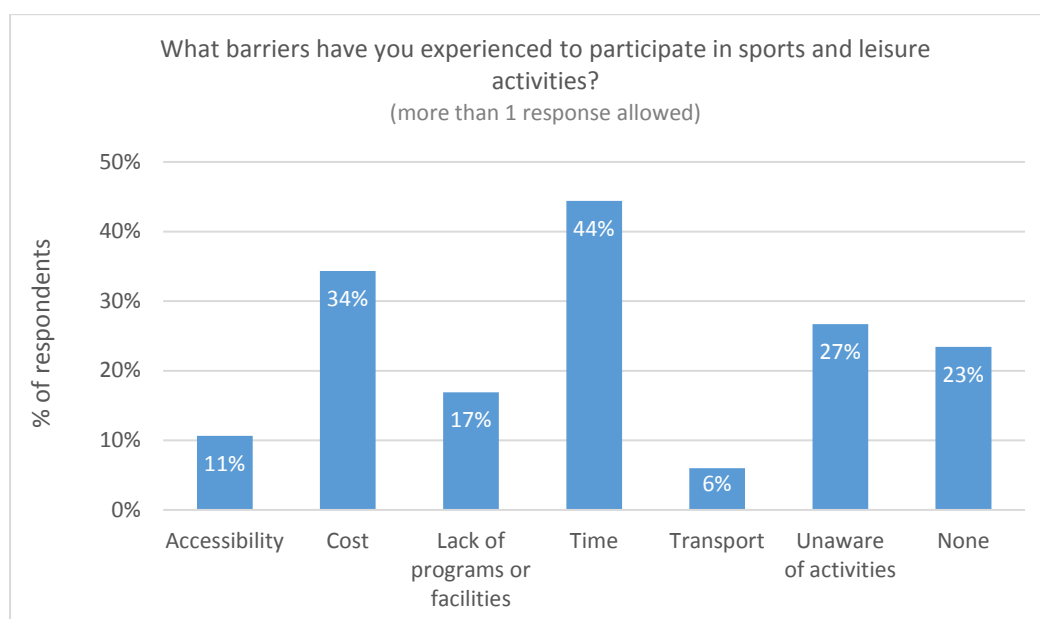
Awareness of activities in local area

Most respondents (71%) agree or strongly agree that they know what sport and leisure activities are available in their local area, with 11% (41 respondents) disagreeing or strongly disagreeing, while the remaining 18% neither agreed nor disagreed.



Barriers to participation

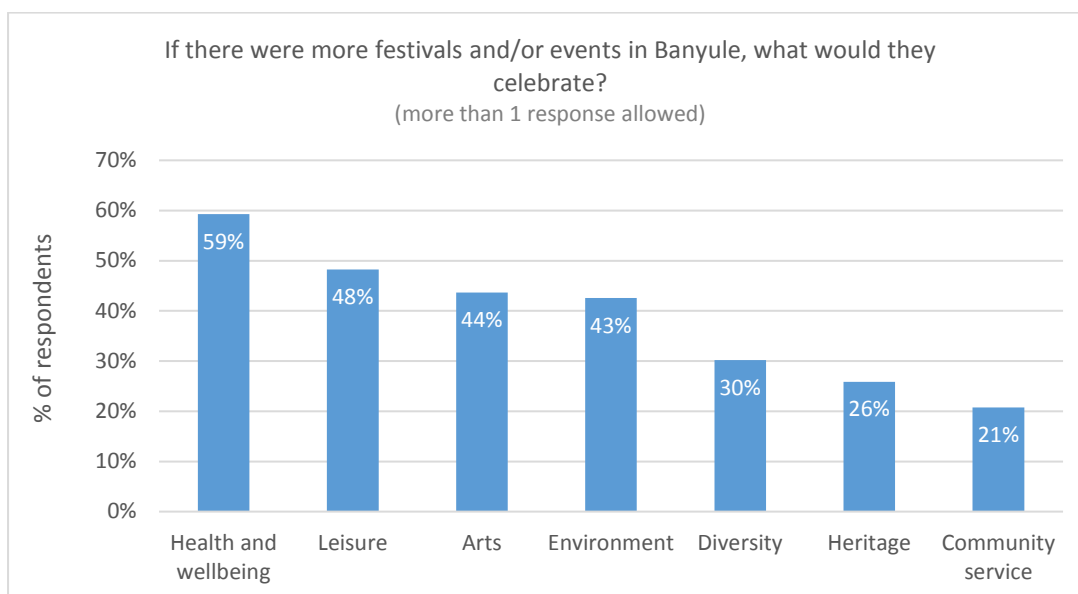
Time and cost were the top two barriers experienced by respondents when participating in sport and leisure activities, while 23% of respondents indicated no barriers.



Additional festivals and/or events

If there were more festivals and/or events in Banyule, over half of the respondents (59%) indicated health and wellbeing should be celebrated, while close to half (48%) indicated leisure.

Community service was ranked lowest - selected by 21% of respondents.

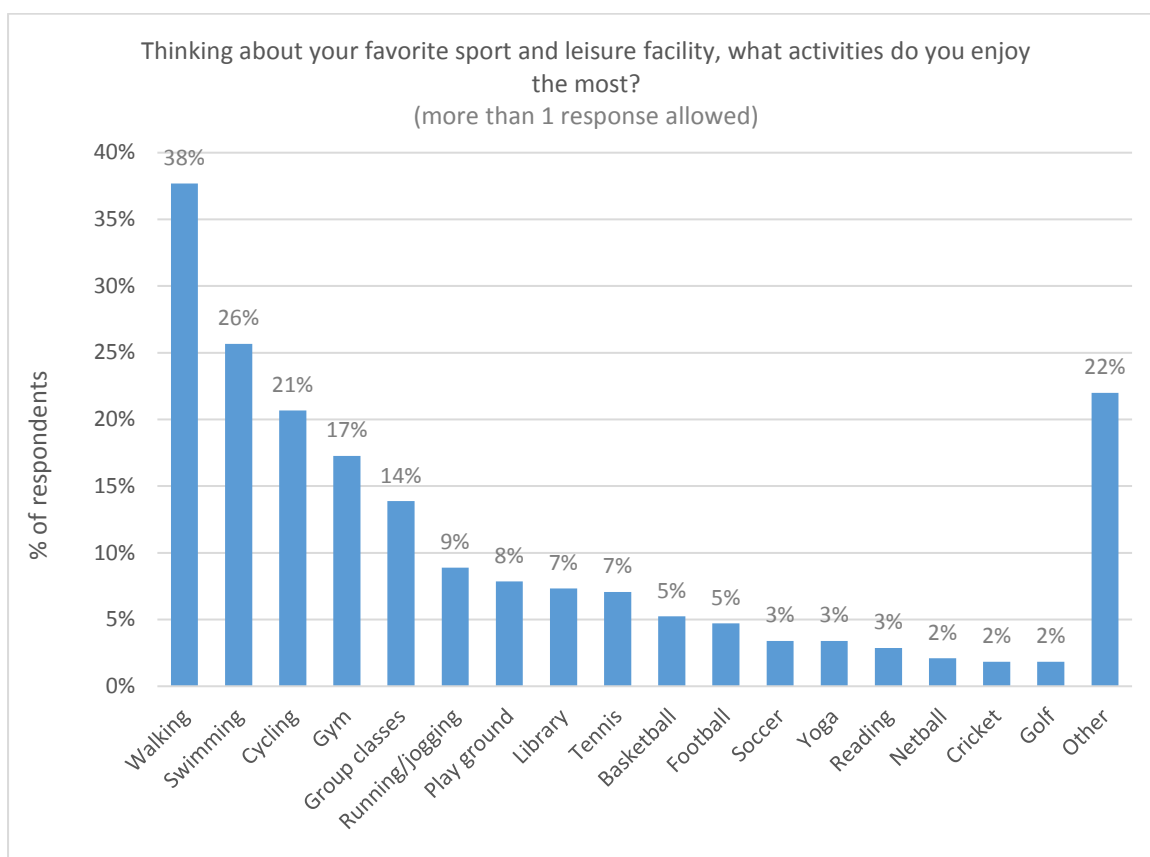


Activities enjoyed most

Survey participants were asked which activities they enjoyed most. It was an open ended question and responses were grouped into broad categories (shown in chart below).

The activities enjoyed most by respondents were: walking (37%), followed by swimming (25%) and cycling (21%). The 'Other' category includes various activities including visits to parks, baseball, dancing, gymnastics, skate parks/BMX, lawn bowls, tai chi, non-specified ball sports, hockey, karate, boxing, older adult programs, art and badminton.

The majority of respondents to this question (approximately 75%) selected one or two activities, while 25% selected between three and six activities.



Recreational opportunities

Survey participants were asked if there were any recreational opportunities not provided in Banyule that they'd like to see, or if there were opportunities that currently exist that they'd like more of. This was an open ended question and responses were grouped into broad categories. Almost half of all respondents (188 persons, 49%) provided a response. Of these, 32 respondents (17%), stated no or that they could not think of any. The opportunities listed below were specified by at least 5 respondents (listed in order of highest ranking).

- Swimming pool (e.g. outdoor, 50 metre pool)
- More or improved cycling paths
- Affordable programs (e.g. yoga, swimming lessons)
- More opportunities for teens or young adults
- Improved basketball facilities
- More outdoor gym equipment
- More opportunities for older adults
- More tennis facilities (e.g. at St Mary's, in Heidelberg West)
- More group classes (e.g. Zumba)
- More indoor sports or facilities (including indoor play centres)
- Dog friendly parks or dog free parks
- Recreational opportunities for females
- Dance classes
- Hydrotherapy
- Maintenance of other facilities (e.g. improved lighting at baseball field).

What does recreation in Banyule mean to you?

There were 14 responses to this stand-alone vision question:

- "Need to promote healthy exercise and diet. Exercise equipment in parks. I in 4 children and I in 3 adults are overweight or obese!"
- "Promote walking by increasing safety for pedestrians - more zebra crossings/traffic light crossings (Para Rd) more street lights and zone 40."
- "Just fix Ford Park, please."
- "Before any park or open space is sold there should be or must be a recommendation and assessment from the parks and gardens department about it."
- "All parks should have public outdoor gym equipment."
- "The Ivanhoe Aquatic Centre needs a hydrotherapy pool with change room with hoist and wheelchairs to enter pool (similar to WaterMarc)."
- "Brisbane has free Community Bicycle Repair Stations. Please add them to our train stations or shopping centres or on bike tracks."
- "Wouldn't it be nice if the council built a state of the art basketball netball futsal facility where they said they would at Ivanhoe."
- "Creating parks that fosters linking with nature, creating a harmonious atmosphere where families and friends can enjoy, explore and relax."
- "I would like to see more BBQ & toilet facilities. A nature playground in Rosanna with sandpits, play areas and water play. Like Kirkdale Park."
- "Need more drinking taps with dog bowls attached. There are hardly any around. They are everywhere in Moonee Valley's parks."
- "Council must keep its promise to build a stadium at the Banksia St Site. This is a once in a lifetime opportunity for a much needed stadium."
- "Thank you for park, playground, sport and track efforts. There is room for improvement but Banyule is not doing too bad."
- "I'd like more promoting of cycling & walking by tailoring road infrastructure to it. More courteous car drivers would go a long way too."

Have your say on the survey and you could win!

For each week in April we'll be randomly giving away a \$50 voucher just for contributing to the development of our recreation plan. Complete the survey on this page during April, also make sure you provide your name, phone and email and you'll be considered in the prize draw.

As with all prize draws there are terms and conditions, so make sure you take a look at them.



SURVEY	WHAT'S YOUR VISION?	REFERENCE GROUP
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Complete this survey and provide your name, email and best contact number to go into the draw to win a \$50 Coles Myer voucher!

This draw is subject to [terms and conditions](#) which you agree to when submitting your details.

What sport and leisure facilities do you use the most? Required

Select three options as a minimum.

- ☐ Community halls/Neighbourhood houses
- ☐ Competitive sports venues/reserves
- ☐ Cycling trails
- ☐ Free passive open space
- ☐ Libraries
- ☐ Leisure centres (gyms/aerobics)
- ☐ Leisure centres (aquatics/pools)
- ☐ Non-competitive sports venues/reserves
- ☐ Playgrounds
- ☐ Skate parks/BMX
- ☐ Walking/running trails
- ☐ Other (please specify)

Thinking about your favorite sport and leisure facility, what activities do you enjoy the most? Required

You have **1,000** characters left

There are enough opportunities for me to participate in sport and leisure activities in Banyule Required

How do you align yourself with this statement?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

I know what sport and leisure activities are available in my local area Required

How do you align yourself with this statement?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

What barriers have you experienced to participate in sports and leisure activities? Required

- ☐ Accessibility
- ☐ Cost
- ☐ Lack of programs or facilities
- ☐ Time
- ☐ Transport
- ☐ Unaware of activities
- ☐ None
- ☐ Other (please specify)

Are there any recreational opportunities that are not provided in Banyule that you'd like to see, or are there opportunities that currently exist that you'd like more of?

If there were more festivals and/or events in Banyule, what would they celebrate? Required

- ☐ Arts
- ☐ Community service
- ☐ Diversity
- ☐ Environment
- ☐ Health and wellbeing
- ☐ Heritage
- ☐ Leisure
- ☐ Other (please specify)

About you

We're interested to know a bit about you to make sure the mixture of responses we receive represent the diverse community across all of Banyule.

Age Group Required

** None

Gender Required

** None

I identify as:

- ☐ A person with a disability
- ☐ Aboriginal or Torres Strait Islander
- ☐ Gay, Lesbian, Bisexual, Transgender, Intersex, Queer (GLBTIQ)
- ☐ Culturally and Linguistically diverse (CALD)

In which country were you born? Required

Suburb Required

** None

You could win!

Complete this survey and provide your name, email and best contact number to go into the draw to win a \$50 Coles Myer voucher!

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Recreation Plan Community forum responses and feedback

Aside from the survey, Council offered the opportunity for community members to participate in a range of community forums at different locations across Banyule. The feedback from these forums is summarised below.

City Plan Forum - Rec & Arts Plan 22/3/2017

Are there opportunities within the Arts and Recreation space that we're not providing? Or could improve/provide more of? We want more people enjoying and participating in Arts and Recreation.

- How do you think we can best achieve this? How do we overcome barriers to participation?
Hatch is to view but not to learn
- Areas in Banyule lacking crossing over
- Need a practising artist community
- Crowd funding workshop
- Hands on workshops
- Arts hub/hot desks
- Pop up artist in streetscape
- Utilising pavilion during the day
- Female facilities – upgrades
- Reconnecting our youth – not all people want to play structured sport
- Graffiti projects for youth
- Older residents are limited to what is available in the arts sector
- Artists in residence in nursing homes/retirement villages
- Connecting other citizens and youth
- Need to have more hang out space not just skate parks
- Festival – lot of time and effort for a one day event
- Do we connect with all our community with this festival? Eg are they just coming from Heidelberg, Rosanna, Ivanhoe area
- Why not have smaller events in other areas
- Multi-court basketball stadium
- Multi-purpose space (Bellfield stadium) have this like the arts hub in Box hill sport and arts combined
- Lack of volunteers
- Gyms should have free crèche
- What can parents do with their kids when they are training for their structured sport
- Meeting spaces through sporting clubs/community centre
- What is there for grandparents looking after kids
- Partnerships with schools/sports/arts
- Provide recreation needs for people looking after kids
- Transport to festivals
- Barriers with residents, everyone wants performing arts centre, or sporting clubs but not next door to them
- Community needs to be on board with things not pushing back
- Providing for females and families – facilities
- Sporting clubs lack of delivering information to their members
- Programming using volunteers to help out with activities, eg using gym equipment in the park, talking to clubs about what is on offer
- Always only committee members knowing what is happening
- Water play park for children
- More maps of where playgrounds are and age group appropriate
- Parking space at Banyule Flats reserve is very inconvenient

City Plan forum – Rec & Arts Plan – 25/3/2017

- 50 plus club (Thai Chi), watsonia pool (flexible passes, classes don't fill), walk on footpaths (don't use bike path due to isolation, safety, shade is an issue).
- Barrier – aqua aerobics at WaterMarc has limited numbers.
- Daughter anxious doesn't do anything – doesn't know what's available.
- Rely on information from word of mouth. Seniors group disperses information on other activities.
- Unstructured opportunities work better, you are not as locked in. Don't have to cancel.
- Noticed that Malahang is really well used and has been transformed. Lots of people use it and it attracts lots of people.
- Track along the powerlines in Watsonia – will it continue to Bundoora. Planting under powerlines??
- Art Gallery – Heidelberg (Impressionist Lab). New gallery down by the river is not a good idea. Can't have everything in our own backyard – boundary facilities – should be sharing with neighbouring municipalities. On a flood plan – waste of money, money to go to another facility in Ivanhoe. Sees Ivanhoe as the art precinct. Wrong people driving it.
- Ivanhoe plans – Colin went through the current plans for the arts hub – go to website.
- Festivals – one city – north and south is getting old where money is tight. Nillumbik could invite Banyule to be part to their festivals and vice versa. Treat the city of Banyule as one - no north and south.
- Nillumbik Park Run – postcode survey. 350 plus members, 70 Banyule residents (Heidelberg plus others) Diamond Creek is an engaging environment. 1500 registered for Diamond Creek Park Run. Member of Diamond Valley Athletic club as well. Yarra Trail would be a good choice. Need community members to drive it with Council's support (ongoing safety – maintaining trails) and initial funding. No direct funding from Nillumbik at the moment. Safety of path when other walkers, cyclists are present sometime can get nasty. Immediate response on how you have done on your run – times/photo's etc. Focus on participation not winning. Social – get to know everyone in the neighbourhood.
- More people engaged – word of mouth is a success story, social media.
- Promotes pathways to up and coming athletes. Relies on volunteers.
- Structured but non-competitive. Social engagement – gets people involved, no cost.
- Come and Try sessions, more than one – feel more welcoming and engaging them.
- Cyclist – Upper Heidelberg Rd bicycle lanes improved (between Town Hall and Banksia St – road ripply). Commuter trails not helpful – take too long.
- Art Collection – no labels – would like to see artwork labelled for history “original Diamond Valley Art Collection”. Tapestries – where are they? No knowledge of HATCH.
- Used to do classes would like to again. Doesn't cost too much money.

City Plan forum – Rec & Arts Plan 28/3/2017

- Lack of exhibition spaces/facilities/workshop spaces and opportunities to encourage artists within Banyule.
- Group indicated that sporting club facilities would not be suitable to use for artists.
- Group worried that Banyule Theatre would close as it is owned by the Education Department and it is the only affordable professional theatre space in the northern suburbs once the school gets a new theatre.
- Needed to be more opportunities for artistic pursuits.
- More work needed to be done with Banyule Flats and the Heidelberg Artist Trail.
- A facility like the new Box Hill centre.
- Opportunities to link community groups (artistic) with Scout Groups or other community groups, i.e. website improvements, e-news or newsletters. (Currently too Council centric, with only Council run events).
- Community hub for various artist pursuits.
- Communication strategy for older adults as well as other community members.
- Libraries great for community communication/could become community hubs.

City Plan Forum – Recreation Plan Table 31/03/17

Are there opportunities within the recreation space that we're not providing?

- Great dog park
- Hatch space is great – residents do not realise the exhibitions are free, advertising needs to show Banyule Free Exhibition
- Bowling clubs – open their doors to the community on a Friday night for \$10
- Sporting clubs issues with registration – ‘working with children check’ – clubs need assistance from Council with understanding the legislation maybe with a two page summary of forum
- Nature play opportunities – bush play group
- Opportunities for the community to share spaces – sporting clubs to open their doors
- Informal spaces for musicians and performers
- Free exercise in open space or shared spaces
- Current spaces available are too expensive
- Not enough for teenagers to do – pop up park in Watsonia is a great idea
- Playgrounds don’t cater for ALL children/teenagers
- Leisure centres/community halls
 - assist ethnic groups with culturally sensitive issues such as women’s gym sessions
 - Groups getting access to use spaces without being a member of the centre

How do you think we can best achieve this? How do we overcome barriers to participation?

- Outdoor gym equipment is a good idea
- Urban renewal programs – performing stage outdoors
- Darebin Council offers ‘Active spaces’
- Sporting clubs are facing decline in older female membership due to more women working. Council needs to assist in promotion to get older people involved. Sporting clubs’ space could be used for other activities such as pilates, yoga etc. Maybe older people from the club could babysit whilst parents take part in exercise
- Playgrounds need shade – more trees to be planted
- Easy access to bike paths – need visible signage
- Bikes that carry children need to be able to get through the entrance barriers, very narrow
- Provide opportunity for groups to meet for cultural exchange
- A great space is ‘kids for us’ café – this space provides families to have a \$3 coffee and have a children’s play space
- Seniors unable to get to events/activities due to lack of transport or other means

Recreation Plan – Club/Association Workshop 31/5/17

Why are opportunities for recreation important for Banyule?

Questions:

- I. Does what we’ve heard from Banyule residents reflect recreation for you? Is this what you think recreation is and should be about?

Responses:

- Yes!
- Yes, it aligns with Cricket Vic/Cricket Aus
- Yes, covers everything
- Should be inclusive for all
- Not ability related, there’s a level for everyone
- Some aspects more important to different people
- Social interaction is a big aspect
- Connected to the community
- Providing opportunities to share facilities
- Recreation is more than just health and wellbeing, its benefits affect a range of other aspects of life – it is complex and needs to be well planned for
- Recreation/sport can give us structure
- Family togetherness
- Personal engagement
- Inclusive across neighbourhoods
- Safe environment

- Health
- Social
- Community wellbeing
- Positive relationships
- Belonging
- Confidence building
- Inclusiveness
- Structure

2. Why should Banyule Council be involved in provision of recreation opportunities? What should the overarching purpose be? What outcomes should we be looking for?

Responses:

- Council has resources and receives rates and should provide opportunities
- There's a level of responsibility to community
- Council provide the spaces so should have a say
- Council have the administration and framework to support the clubs
- Council have a responsibility to look after city residents
- To help people get involved in organised sport
- For awareness of what's available to people
- Owns most of the facilities/resources
- All residents can identify as a stakeholder and entitled to access
- Council has resources
- For promotion
- Coordination
- Support and structure

Outcomes:

- Social cohesion and happy community
- Healthier community
- Healthier physically and mentally
- Promote community spirit
- Equitable
- Fully inclusive
- Intergenerational involvement
- Cultural capacity building
- Inclusiveness
 - Sense of belonging
 - Friendships
- Getting people active

3. Why should community recreation groups be involved in provision of recreation opportunities? What should the overarching purpose be? What outcomes should we be looking for?

Responses:

- Sporting groups provide active opportunities to all ages
- Other groups like Rotary provide opportunity for non-competitive opportunities ie: cycling, dog walking
- Recreational groups have the best knowledge of what they can provide
- Combining groups offer diversity of opinion
- People who keep the club going/volunteers provide a consistent knowledge base as members come and go so it is important to engage those people
- Organising people into sports that are relevant to their needs or likes
- Clubs allow for a better framework for different opportunities at any level
- Teaches children that things don't happen automatically – everyone participates to make it happen
- Groups are the eyes and ears in all corners of the municipality – can validate if strategies work and how to refine strategies and approaches

Outcomes –

Other notes – sticky label comments

- Team app – new sporting app connecting everyone
- Facilities for spectators at sporting grounds, eg toilets, playgrounds, parking
- Club access to school facilities, eg Greensborough College
- How to travel to sporting club using public transport – Banyule website could have routes that show if they travel past ground
- Would love to go to a sporting meet and greet with other clubs to meet other committees from different sports and share ideas with them. We are all one community after all
- Older people recreation – will need additional resources, defibs, access
- Facilities configured for ready access by different groups – secure but flexible
- Getting passive user to engage and use facility outside competition hours
- Co-use with disadvantaged community teams eg. Somalia soccer in summer
- Has Council looked at the demographics of its consulted groups, ie age, sex, race
- Recreation plans need diversity of opinion
- Clubs, eg Tennis. Rather than 3 individual clubs – look at these 3 clubs working together to be a district club

Topic 1 Recreation Facilities

What are examples of recreation facilities that work well or not so well? Please tell us why?
Examples can be in Banyule or elsewhere.

Facility	Eg. Of why it works well	Eg. Of why it doesn't work well
Playground	All ability Free/affordable Culturally appropriate	Poor maintenance
Yarra Valley Hockey Pitch	Multi-use/not single purpose New	Over use/under use Security concerns
Sports clubs - general		Personalities Seasons
Macleod Netball Stadium	High participation Multi use by groups Comfortable Male and female friendly	Insufficient car parking Low lighting
Willinda Park Athletics Facility and Pavilion	Idyllic environment	No female toilets/changerooms Hidden away
Football		Not able to host female leagues
Cycling Tracks		Cyclists are still on Rosanna Rd
Netball		More courts needed Training facilities too far away – not enough training facilities
Skate Parks		Lack of skate parks in Banyule

Skerry Pavilion		Old/run down Only single female toilet Lighting not sufficient from a security perspective
Hay's Paddock	Built for kids of all abilities Safe Well maintained Well connected	
Yarra Trail	Well connected Unstructured recreation	Lack of amenities
Ruthven Reserve (Darebin)	Multi-purpose, daycare and sporting facilities	

Getting the most from all our facilities

- I. How can we get more clubs and activities sharing facilities?
 - De-conflict schedules
 - Have a committee that is supportive of multi-use and not dominated by personalities or one particular sport
 - Assuming facilities are available, having a booking/co-ordination system to support this.
 - Creating joint ventures with schools for some sporting clubs, ie: ovals for football/cricket and vice-versa
 - More collaborative approach to recreation
 - Centralise communication...around connecting would-be-users to under used facilities
 - Online info for disability friendly facilities
 - Wear and tear pertaining to a sport precludes other users
 - Off peak use of pavilions

Facility provision gaps

- I. Thinking about the range of traditional, club based and less structured and informal ways that people want to recreate...what, if any, are the recreation facility gaps and/or opportunities in Banyule? Why are they gaps? Why are they opportunities?
 - Some clubs cater for members only, or their facilities are protected (ie: cricket pitches, playing surfaces). Trying to open up access to these venues could increase participation – eg: Book-a-court program of Tennis Victoria
 - Emerging sports don't seem to be well supported. Unstructured spaces and gardens could be developed to support emerging sports ie: rock climbing
 - In tune with changing demand, the gaps are different and new interests
 - Lack of facilities in basketball, netball, hockey
 - Lack of multi-use facilities
 - Quality of facilities - need to improve, have preventative maintenance
 - Under used facilities
 - Increase risk elements in playgrounds/provide more opportunity for risk taking.

Council needs to determine budget priorities.

- I. What should be the criteria for determining facility priorities over the next 5 years?
Consider priorities relating to (if time give a ranking) ...
 - Facilities for women had a high priority during discussion – support facilities and programs for women
 - Support the upgrade of older facilities
 - Having a multi-purpose facility – which is accessible for all
 - If Banyule is an ageing population then we need to consider that in the Recreation Plan
 - As national sporting priorities come and go, Council needs to react quickly if appropriate
 - Prioritise change where change is happening and vary delivery
 - Facilities for older people
 - Indoor sport/fitness facilities
 - Female participation – facilities
 - Merging sports in facilities
 - Joint partnerships with state government and schools
 - Promotion
 - Cultural participation

Topic 2: Sport & Leisure Opportunities

I. The role of local facilities, clubs and providers in catering for the casual participation needs of the community

1. How well are Banyule's leisure centres, facilities and clubs catering for the changing participation needs of the community? That is, increasing demand for informal opportunities, people being time poor and not able to commit to structured sporting club programs.

- Lack of communications
- Restrictions on Sporting activities makes this harder
- Making facilities available for community access. But who's driving this shift?
- Money dependent – lack of resource
- We should look around, share knowledge and ideas between clubs
- Definitely more people participating is better
- No female friendly facilities (pavilions)
- No informal sport facilities
- Not enough informal facilities
- Gap in over 60's opportunities
- Promotion of programs informal (need to improve) – better communication
- Volunteers overworked – not enough, too much done by too little. Capacity of volunteers is not there

2. Providing 'fee for service' opportunities through clubs

1. What do you think are the opportunities for more clubs and sports to do this?
2. Do these trends provide an opportunity for clubs to generate additional income? Any examples of where this has occurred?
 - Some sports lend themselves to this more than others
 - How many sports can you do this with?
 - The cycle of clubs – need more time for idea generation
 - Share ideas across different sports – which in past was hard but why should it be?
 - Yes this does through additional sponsorship opportunities
 - Provision of lights for barefoot croquet
 - Club volunteers required to do more works (can be a negative)
 - Concept OK (how to get more volunteers)

- Not enough young people involved as volunteers (incentives for young people to volunteer)
- Time poor to qualify volunteers / RSA/Coaching courses/Working with Children checks

2. Council priorities

1. Should council therefore be placing greater emphasis on facilities and amenities for these types of activities e.g. trails, footpaths, outdoor gyms and recreation centres than sports facilities?

... why/why not?

2. How does council determine if an upgrade of a soccer pitch is a higher priority than the addition of new walking and cycling trails?
 - Needs a balance
 - Using clubs that are around to emphasise this
 - Community clubs need more funding rather than privately owned facilities who can afford to pay for things themselves
 - Is it who screams the loudest?
 - Where the greater community benefit will be
 - Is there a need for the upgrade? Who makes the decisions?
 - No need for council to enter into
 - Sporting clubs no
 - Informal opportunities OK
 - Recreation needs study to determine priority (needs analysis) greatest need, participation levels
 - Is it the person who jumps/screams the highest for funding? Council needs to take the emotion out, base decisions on data and need

3. Social competition opportunities

1. Are you aware of clubs or sports that have introduced social competition? Were they successful.. why or why not? ... and what have been the benefits to the club or sport?
 - Tennis Club – twilight night for non-members – restrictions with insurances
 - Bare Foot Bowls – good for socializing
 - Casual come and try days
 - Run more by private organisations.
 - Futsal – pay as you go
 - successful in certain markets, not all areas
 - works because there's no uniform and its social
 - Should have 1 day side cricket
 - Use lower grade levels (cricket) as a semi social team. More participants rotate through the lower grade teams
 - suits girls sport more than men
 - governance challenges (associations) to support clubs to make it work. Associations rigid and traditional in their ways
2. What are the challenges that clubs and sport face in trying to cater for people who want to play sport on a social basis and not on a traditional competition basis?
 - Hard for club to run social competitions as not enough volunteers – no energy to start this
 - Money issue – nothing comes for free
 - Time poor
 - Have to worry about club getting destroyed

Topic 3 – Participation and partnerships

I Club Management

- I. What is placing the most significant pressure on clubs and sport and how might they be addressed?

PRESSURES FOR CLUBS – WHAT ARE THEY?	STRATEGIES FOR SOLVING ISSUES
Lack of facilities	Access to schools, more facilities
Lack of volunteers	Templates, education, change management advice, using other stakeholders
Under use/over use	Invitation to other sports (introduced by Council) Tapping into schools Need for information regarding access, availability, insurance from Council
Funding to maintain facilities	It's hard to get projects/funding supported for many clubs/sports. Recreation plan should help clubs understand Council priorities etc.
Retaining volunteers	Big clubs could look to remunerate roles
Small clubs have to compete against larger clubs	Both can survive and cater to different markets. Only an issue when smaller clubs want to offer same opportunities as larger clubs.
Volunteer ageing issue/gender balance	?
Compliance – WWWC, coaching training, First Aid, RSA. Too many accreditations, too many requirements	Council has a pool of volunteers
Substitute baby-sitting/volunteers looking after children where parents disappear	
Multi-sports fragment families and parents unable to support each club 100%	

2. Viability of sport and clubs

Questions:

- I. What are the issues most impacting on the viability of clubs and sport.... and what are the examples of where clubs/sports have successfully addressed these?
2. Is the trend to casual participation in sport having an impact on the traditional competitive sport structures and clubs?
 - Security
 - Signage
 - Lack of basketball facilities
 - Time poor
 - Increased responsibility of volunteers – address this through support 'Our Community' and 'Play by the Rules'
 - Financial outlay eg: paying GST – address through financial assistance 'Australian Sports Commission'
 - Increased workload of Presidents/Coaches - address through providing intergenerational connections
 - Casual recreational opportunities
 - less structure,
 - more promotion
 - more flexibility in use of facility

- Sporting clubs can be ‘closed’ communities (ie tennis). Book-a-court initiative is ‘opening’ up courts to outside use by making hiring facilities easier
- Availability of sponsorship if operating budgets are reliant on this
- Reliance of some clubs on membership income
- Need to engage early with schools to introduce players early – goes towards the issue of attracting participants
- Create social cohesion and participants don’t want to leave, stop or go elsewhere

3. Volunteers

1. Are you aware of any clubs that have successfully involved younger people in the running of clubs
 - .. Can you give us examples... the strategies they used.. and why they have been successful
2. What strategies are you aware of where clubs have successfully re-engaged volunteers, particularly parents in the running of clubs?
 - Laurimar Power Netball Club Success
 - Junior Committees – decision makers, empowerment, learning the process
 - Junior Coaches and Umpires – reduced registration fee as incentive
 - Reduced registration fee for volunteers – if member of committee you don’t have to pay children’s registration fee
 - Use of ex-sports people – flash back Friday, old photos – connecting older members back to the club
 - Clubs sharing volunteer experience – success stories
 - Heidelberg United – getting younger people from media courses to help with social media and TV channel
 - Bundoora Tennis Club – young committee and gender balanced (possibly more females) Driven by young president/Vice President and young club coach to involve others and encourage some other out (when appropriate)
 - Heidelberg United – license of participation which mandates 50/50 male/female
 - Banyule Netball Association – has done a good job attracting young umpires, this then leads them into other club roles
 - Get people in the door and show them the options!
 - Be transparent to members and give them ownership of club issues
 - Encourage parents to be involved with the child’s sports
 - Referees and umpires participate if paid
 - Students complement studies requiring experience
 - \$ rules, part-time work muscles out volunteering and participation

4. Partnership Opportunities

1. From what you know about the range of clubs and organisations in the business of providing recreation activities and programs in Banyule, what do you think might be some effective ways for them to partner to increase local recreation participation opportunities and meet emerging demands?

- Exchanging ideas/information at meetings/forums – sharing successful sporting club stories/ideas
- Exploring old ideas eg: Greensborough Gift
- Expo – sports day
- State sporting partnerships
- Social media – connecting sporting clubs and connecting community people with skills

- Partnerships with schools – for sharing of facilities but also introducing young participants to sport
- Cricket/football, netball/basketball have good synergies, as does hockey/soccer
- Partnerships with gyms eg WaterMarc used to offer BCC sporting clubs discounted membership but no longer do
- Bring groups together by sharing facilities
 - in country clubs football/netball are co-located
 - can we learn anything from regional models?
- Open up access to unstructured participants – eg toilet facilities/rest facilities for runners, walkers, riders
- Like sports can group together (triathlon, running club)
- Sharing with competing clubs can damage own viability

Topic 4: Communication and Education

1. Promotion of sports, clubs, and other providers of opportunities

1. What challenges do clubs and sports face in promoting their activities and venues? Consider...

.. support, knowledge, information, expertise?

- Lack of support, knowledge, information expertise. Council red tape – signage to attract players. Costs, ie application for sign greater than the sponsorship
 - Location – promotion is difficult. Sets you apart, hard to get sponsorships
 - Parking facilities – challenge as facilities used at different rates, percentage rates. 90% on training nights, 10% on non-training.
 - Can there be sporting hubs? A district centre
2. Are you aware of successful club or sport promotion programs or events? .. What are/were these and why were they successful e.g. council's web site, come and try days, free 6-month membership, festivals?
- Come and Try Days. Events – radio and newspaper advertising, recognised annual events
3. How can Council provide support?
- Banyule website – what clubs are doing and where they are. Provide a portal, how to get \$\$
 - School newsletters – free program available to children was successful. Rely on coaches to bring in juniors
 - Provide good facilities to promote support, accessibility for elderly and disabled.

2. Training and information opportunities

1. What training and education programs run by council and peak sporting associations are you aware of and which have been the most helpful?
- Training - state bodies – coaching, referee courses, governance. Not aware of any assistance from council or associations
 - Health Check, responsible serving of alcohol
2. What knowledge, information and skills, do clubs most need so they can better run their operations?
- What do clubs need – time, mental energy, facility for training – club volunteers to work together
 - How to reach more volunteers – project management, strategic planning
 - Running more training – maybe compulsory workshop, direct emails, update emails for sporting clubs.

3. People from non-English speaking backgrounds, low income earners and people with a disability

1. What are the key challenges for clubs/sports to get these groups involved? ...
2. What examples of clubs, sports or organisations are you aware of that are successfully involving these groups?
 - Keep costs down – low income
 - Engaging with schools
 - Cultural awareness – welcoming and inclusiveness
 - Low income earners – croquet cheap alternative
 - Disabled participants
 - Facilities do not cater for disabled participants
 - Volunteers to assist
 - Confidence to deal with disabled people – education required
 - Association with disabled person to start with
 - Knowledge
 - They don't know what's available, Council to give grants to low income members
 - They might not know how to link with these groups
 - Bus Services to pick up children – Council grants to help kids travelling
 - Going to shopping centres to promote Banyule club
 - Getting kids involved – linking in with schools
 - Challenge is having resources
 - Club development seminars and getting different clubs involved

4. Young people (14-25years)

1. What examples of clubs, sports or organisations are you aware of that are successful at keeping or attracting young people? What are the key elements?
2. There is some suggestion that young people would like to play sport as part of a club but want social games not a competition structure.
 - Schools/Universities – students are at the school. A general problem in all sports
 - Not much – this age group is lacking
 - school commitments interfere
 - all sports are in the same boat, some more than others (tennis?)
 - This is a big issue – not sure how to solve this – kids get cut at a certain age if not talented enough
 - Engage in supporting this aged group more. What happens at the end of this stage in their sporting life?

Recreation Plan Club/Association Workshop Questions

Facilitators were used at the Club/Association workshop. The following notes were provided to them to assist the discussion at this workshop.

Facilitators Information

Questions to assist facilitators – on following pages

- Core question (for all tables): Why are opportunities for recreation important for Banyule?
- What we've heard from the consultation is that Banyule people want recreation to be about:
- Places where you can go to play, to have fun, to compete, to learn, to help out, or to just 'be'
- Celebrating success, support and encouragement, respect, perseverance, sharing
- Activities and places where people can connect with each other and nature
- People helping each other achieve their health, fitness or wellbeing goals
- Sport and recreation clubs and organisations that are friendly, supportive and well organised
- Opportunities to get involved regardless of ability, background or age
- Research tells us that the community benefits for provision of and access to recreation opportunities include liveability, health, jobs and growth, community cohesion, connecting

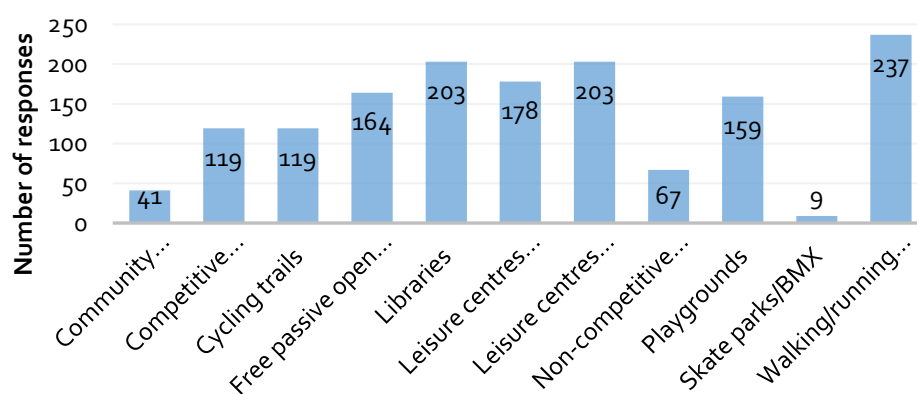
Questions:

- Does what we've heard from Banyule residents reflect recreation for you? Is this what you think recreation is and should be about?
- Why should Banyule Council be involved in provision of recreation opportunities? What should the overarching purpose be? What outcomes should we be looking for? Eg. improved health and wellbeing.
- Why should community recreation groups be involved in provision of recreation opportunities? What should the overarching purpose be? What outcomes should we be looking for?

Topic 1 Recreation Facilities

- We know from consultation feedback that Banyule Community want facilities that are:
- Multi-use
- Female friendly, provide for female participation/competition requirements
- Low cost, affordable
- Affordable meeting places
- Culturally appropriate
- Connecting paths
- Provide a variety of opportunities eg. innovative playground design, nature/water

We also know from our consultations that the facilities that get used the most in Banyule are:



Facilities that work well

What are examples of Recreation facilities that work well or not so well? .. Please tell us why? Examples can be in Banyule or elsewhere ... Here is an idea for setting up the page for comments....

Facility	Eg. Of why it works well	Eg. Of why it doesn't work well

Getting the most from all our facilities

We need to get as much use from our Recreation facilities as possible to justify our investment in them.

- Questions: How can we get more clubs and activities sharing facilities? Consider ...
- .. how can we get other community groups and residents using facilities?
- .. what is preventing or discouraging shared use?
- .. what about disability access?

Facility provision gaps

Questions

Thinking about the range of traditional, club based and less structured and informal ways that people want to recreate...what if any, are the recreation facility gaps and/or opportunities in Banyule? Why are they gaps? Why are they opportunities? Consider...

Prepare a list of facilities for structured recreation and a list for unstructured

Council needs to determine budget priorities.

Questions

What should be the criteria for determining facility priorities over the next 5 years? Consider priorities relating to (if time give a ranking) ...

- .. sports with the most participants
- .. less traditional or emerging sports
- .. facilities for non-structured Recreation
- .. facilities for women
- .. facilities for young people
- .. facilities for older people
- .. facilities for people with disabilities
- .. facilities for people from non-English speaking backgrounds
- .. indoor sport/fitness facilities

Topic 2: Sport and Leisure Opportunities

Feedback through community consultation told us that:

- Demand for informal leisure and sport opportunities are on the rise
- Multicultural communities want opportunities for recreation and supporting infrastructure eg concrete pads for tai chi, outdoor table tennis tables, small sided soccer and half-court basketball
- Young people, people from different cultures and general community are all looking for casual sport/leisure opportunities
- Older adults particularly are looking for social participation
- Opportunities for different ages, cultural groups need to be available
- Provision for women/girls in sport is important

- There is demand for greater variety, expanding/changing demand – different forms of sport – 5 a-side, Parkour
- There is demand for celebrating cultures ie: festivals and events
- Physical access, safety and security and good transport options are all important

The role of local facilities, clubs and providers in catering for the casual participation needs of the community

Questions:

- How well are Banyule's leisure centres, facilities and clubs catering for the changing participation needs of the community? That is, increasing demand for informal opportunities, people being time poor and not able to commit to structured sporting club programs. Consider..
 - .. range of programs
 - .. customer services/staff helpfulness
 - .. age groups catered for
 - .. are they comparable to similar facilities in other LGAs
 - .. examples of other facilities that provide well for these needs
- How should council be supporting physical activity options offered by private providers such as fitness trainers/'Fitness Boot Camps'. Is it important to support these providers? Why?
- Providing 'fee for service' opportunities through clubs
- Many people want to get a sport or exercise 'fix' but not have to join a club. Some sports or clubs have successfully introduced other opportunities e.g. bare foot bowls

Questions:

- What do you think are the opportunities for more clubs and sports to do this? Consider....
- .. what support, knowledge, information, expertise to provide alternative or social competition opportunities?
- .. clubs, sports that are doing this well .. why are they successful?
- Do these trends provide an opportunity for clubs to generate additional income? Any examples of where this has occurred?

Council priorities

There is evidence that many more people are involved in physical activity through activities like running, cycling, gyms and not through clubs.

Questions:

- Should council therefore be placing greater emphasis on facilities and amenities for these types of activities e.g. trails, footpaths, outdoor gyms and recreation centres than sports facilities?
- ... why/why not?
- How does council determine if an upgrade of a soccer pitch is a higher priority than the addition of new walking and cycling trails?
- Social competition opportunities
- We know that people are interested in playing sport but on a social or short term basis (e.g. 6 weeks) so it fits in with other lifestyle commitments and choices.

Questions:

- Are you aware of clubs or sports that have introduced social competition? Were they successful.. why or why not? ... and what have been the benefits to the club or sport?
- What are the challenges that clubs and sport face in trying to cater for people who want to play sport on a social basis and not on a traditional competition basis.

Topic 3: Participation and Partnerships

Feedback from our community consultations has told us that:

- People want to see participation and partnership opportunities across all ages and cultural groups
- Clubs/organisations are finding it difficult/challenging recruiting new and maintaining existing volunteers
- There is demand for family specific programming
- Community capacity building is important
- Club management - administrative requirements

Questions:

- What is placing the most significant pressure on clubs and sport and how might they be addressed? Consider ...
- .. membership issues e.g. registrations, team sheets, filling teams skills and expertise to run clubs
- .. the lack of technology to carry out tasks efficiently
- .. compliance requirements
- ... Here is an idea for setting up the page for comments....

Pressures for clubs ... what are they?	Strategies for solving the issue

Viability of sport and clubs

Questions:

- What are the issues most impacting on the viability of clubs and sport.... and what are the examples of where clubs/sports have successfully addressed these?
- Is the trend to casual participation in sport having an impact on the traditional competitive sport structures and clubs? Consider ...
- .. where it is impacting the most e.g. general participation numbers, teenage participation levels,
- .. how can we address this issue
- .. any examples of club's or sports that have benefited from this trend? Eg: parkrun
- Volunteers
- Research tells us there are fewer people volunteering to help run clubs than in the past and that volunteers are getting older

Questions:

- Are you aware of any clubs that have successfully involved younger people in the running of clubs
- .. Can you give us examples... the strategies they used .. and why they have been successful
- What strategies are you aware of where clubs have successfully re-engaged volunteers, particularly parents in the running of clubs?

Partnership opportunities

Questions:

From what you know about the range of clubs and organisations in the business of providing Recreation activities and programs in Banyule, what do you think might be some effective ways for them to partner to increase local recreation participation opportunities and meet emerging demands? Consider...

...the types of organisation that might benefit from partnering and why

...any examples of successful partnerships that you're aware of that have achieved improved recreational options and opportunities

...the role that you think Council might most successfully play in a partnership approach

...the role that other clubs and organisations might most successfully play in a partnership approach

Topic 4: Communication and Education

- Feedback from community consultation tells us that:
- Cultural awareness is an important aspect in planning and provision of recreation facilities, clubs and activities
- Awareness and information about Council processes ie: capital works process, sports signage is important
- Many people/ groups are not aware of the recreation opportunities available in Banyule
- Provision for and engagement with people with disabilities need improvement:
- Communication/awareness/education of needs
- There is the need for advocacy for people with disability
- Inclusivity for people with disabilities
- Promotion of sports, clubs, and other providers of opportunities

Questions:

- What challenges do clubs and sports face in promoting their activities and venues?
Consider...
- .. support, knowledge, information, expertise
- Are you aware of successful club or sport promotion programs or events? .. What are/were these and why were they successful e.g. council's web site, come and try days, free 6-month membership, festivals?
How can Council provide support?
- Training and information opportunities

Questions:

- What training and education programs run by council and peak sporting associations are you aware of and which have been the most helpful?
- What knowledge, information and skills, do clubs most need so they can better run their operations?
- People from non-english speaking backgrounds, low income earners and people with a disability
- Research tells us that we have a lower level of involvement in sport and clubs by people from non-English speaking backgrounds, low-income earners and people with a disability

Questions:

- What are the key challenges for clubs/sports to get these groups involved? ...
- What examples of clubs, sports or organisations are you aware of that are successfully involving these groups?
- Young people (14-25years)
- What examples of clubs, sports or organisations are you aware of that are successful at keeping or attracting young people? What are the key elements?
- There is some suggestion that young people would like to play sport as part of a club but want social games not a competition structure? Consider
- .. how might we achieve this?
- .. what support, knowledge, information, expertise do clubs need to do this?
- .. do we know anyone doing it well?

Integrated Consultation

A number of Council plans have been consulting with the community in recent years. To avoid duplicating consultation methods, departments have shared their data and knowledge on aspects to be considered for the Recreation Plan, with this information summarised below.

Early Years

Below are some drawings, photos and quotes gathered from Banyule children as part of consultation for the Child, Youth and Family Plan 2016-2020.

St Pius X Primary School

“Life in Banyule is great because you can swim, do karate, exercise at the park and play sports. Life would be even better if more people exercised.”

Winston Hills Preschool

“Life is great in Banyule ... I like flowers.”

Audrey Brooks Preschool

“Life in Banyule would be better for children if we had a garden with flowers and vegetables. We would love to see magical things and have animals to touch.”

“Life is great for children in Banyule because there are friends to play with.”

St John's Primary School

“Life is great for children in Banyule because they all have access to exciting facilities such as they YMCA. Here they can join in healthy activities that are good for their mental health too. Life would be better in Banyule if everyone could have access to these too.”

Delta Road Preschool

“I like looking for rainbows.”



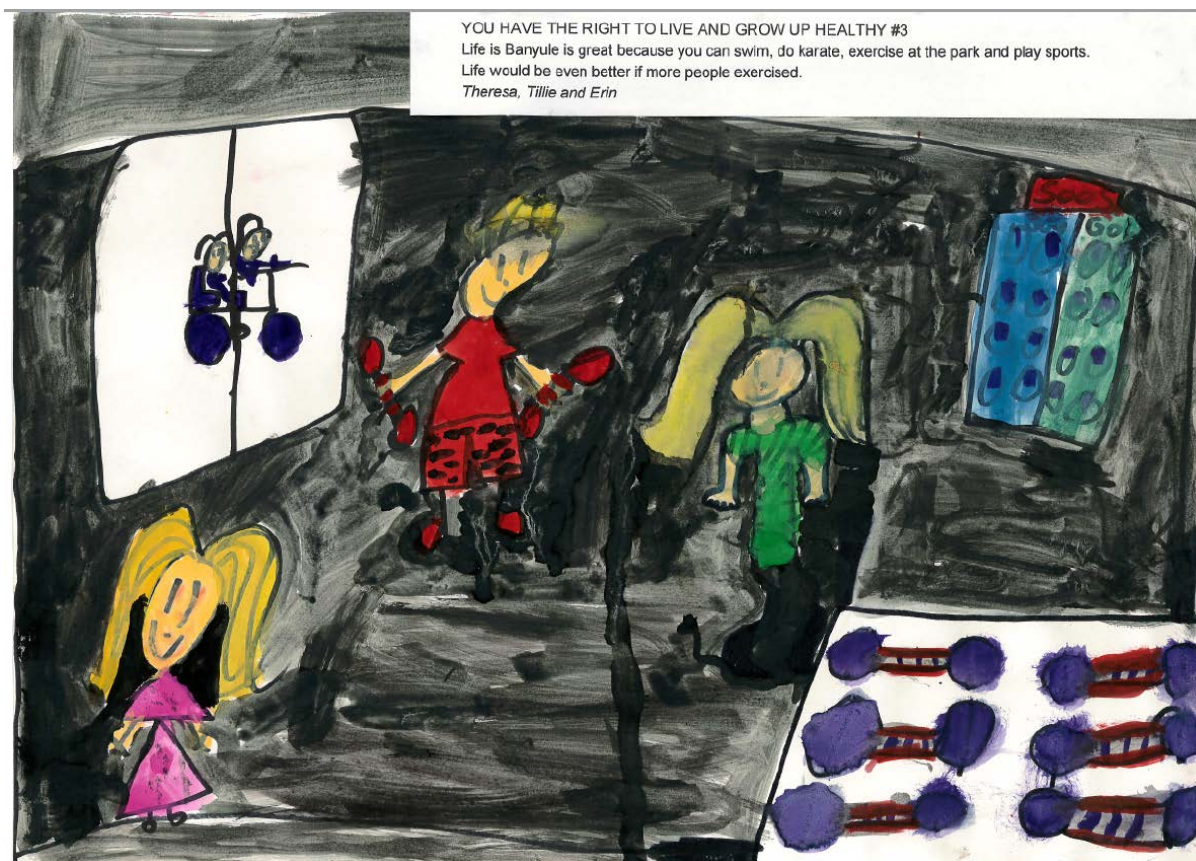


Life in for children in Bangyke is great because there is amazing parks and space for them to play and really quite safe. ★



Life in Bangyke for children could be better if there was more colours and interest in their scene to wonder them.

BYELLA



Recreation & Arts Plan Discussion with Youth – 27/04/2017

Emerging Issues for youth

Youth – have a youth plan that they've been consulting on. Using survey monkey and concentrated workshops.

Somali young men – 15-21yrs age

- Prefer informal recreation. Can't commit to a team
- I'd like to play formally but I'm not good enough to make a team to then build up my skills to be a participant in formal/competition sport

Outcome could be more opportunities for 5 a-side, small sided, goal posts.

Barriers/pressures – family commitments/school work/part-time work/new relationships

Turn to skating/arts/parkour.

Indoor options are expensive and need to be booked. Gathering a group of people for informal sport is organised through sending out a facebook message – having somewhere with free wi-fi helps to facilitate the communication with friends to get people together.

Young people want places to hang out – safe places where they won't get kicked out or moved on. Access to free wi-fi helps – play music, socialise on facebook.

Young people will try to find their own spaces – they will create a space that might not necessarily be meant as a hang out.

Young women in sport – social and cultural inclusion – need to be mindful of differing cultures and their needs.eg: spaces that accommodate cultural needs 'dress codes to allow for different clothing requirements'. Using a curtain to separate a court for training/activities particularly for women.

Visual artist – don't have funds/time to commit to a weekly program.

Parents often call to find out what's available, particularly in Heidelberg West. Have trialled having trial-a-sport sessions on a Friday evening for a nominal fee in the past. It attracted 30+ participants. Eg: Friday night 'Hoop Dreams' for informal basketball for youth. Has plenty of participants. Our basketball spaces in playgrounds/parks are limited in size – not big enough for half court. Rather than just renewing a basketball ring, renew with a half to $\frac{3}{4}$ court size to make it a meaningful space to play 3 on 3 etc... Make sure it is an accessible space. Need to allocate greater resources in the capital works program. Advocacy required.

Kids will travel to the city and outside of Banyule for particular events – arts and rec based. Art shows through schools could be linked more with the broader community. Work with schools early on to link in with local art award themes. It would be great if a student's work could be submitted to local art awards but often the theme doesn't match the work that the artist has done. But if they knew in advance it could be coordinated better.

Be good to have an arts registry/network that youth can be linked into.
Working with Headspace - possibilities to link programs with this organisation.

Key Themes:

Recreation:

Communication/Awareness – need to improve avenues for reaching young people/informing them of opportunities.

Access to informal recreational opportunities

Women in sport

Cultural awareness/opportunities for cultural participation

Connecting paths to locations so that there is safe access to facilities

Priority opportunities that we don't provide that we should eg: 5 a-side.

Parkour – but needs to be near a station

Arts:

Communication/Awareness

Access to affordable opportunities

One off events – informal opportunities.

Rec & Arts Plan – Disabilities Discussion – 27/04/2017

Recent consultation with Disability Advisory Groups, Banyule Disabilities' Services Network indicated that:

- Council being information holder and sharer of information.
- Council being a conduit for linking/advocating for more opportunities.

How will Council consolidate information for the community eg: people wanting to know what sporting clubs have inclusive facilities/sporting opportunities?

Vision should be around inclusiveness rather than targeted opportunities. However, acknowledging that some opportunities need to be targeted but could be held in an inclusive and accessible space.

Long term objective – inclusivity! Aim to be fully inclusive. Community capacity building to support groups to become fully inclusive.

Possible Actions:

Tick sheet at pre-planning stage for building renovations, for events and festivals.

Making clubs more inclusive, making them comply before being given an allocation

Communication/access training for staff and external groups.

Promote our programs and events in a way that highlights the inclusive elements.

Learn appropriate language to use when promoting programs/events.

Advocacy.

Celebrate what we already do and promote this to the community.

Provide leadership and advocacy rather than needing to be the provider of services/programs – Council should be the connector of the gaps not necessarily the provider of the gaps.

Priority Areas:
Advocacy
Communication/Awareness
Education

Recreation Plan Community Reference Group Meeting Minutes

The Recreation Plan was overseen by a Community Reference Group. The members are listed below in the minutes. The minutes reflect the conversations that took place through the development of the Recreation Plan draft. Members nominated themselves via an expression of interest process.

MEETING MINUTES: 15 March 2017

6.30pm Rosanna Office, Meeting Rm 1 & 2

ATTENDEES: Scott Bryant, Michelle Giovas, Michael Girdler, Roger Fyfe, Rob Wendel, Tim Car, Cr Tom Melican - Mayor, Melinda Ramsay – Leisure Services Team Leader, Darren Bennett - Manager Leisure, Recreation & Cultural Services, Lucia Brennan – Recreation Planner.

APOLOGIES: Shelley Wills, Tracey Cox, John Mehan, Rocio Castro, Christopher Chua, Alistair Glass.

Welcome and Introductions.

Round table introductions – interest areas and background. Some of the members could not make it on the night – to assist with understanding the various interest areas of the group there is a table at the end of the notes that shows a quick overview for each member based on the EOI process.

Terms of Reference – went over the terms of reference document

<https://shaping.banyule.vic.gov.au/recreation-plan/recreation-plan-community-reference-group>

Planned Project Methodology

Phase	Milestones	Target Start Date	Target End Date
Project Establishment	Brief Council Establish CRG Website Establishment	Nov 2016	Feb 2017
Research and Needs Analysis	Review existing Recreation Plan Analysis of current sport, leisure and recreation trends within the state and municipality	Nov 2016	Feb 2017
Issues and Opportunities	Develop draft Vision and Key Principles for Plan Internal and External Consultation Sessions Brief Council	Feb 2017	May 2017
Draft Plan	Draft Plan Consultation – internal/external sessions Technical / Research Report Brief Council Council report – endorse for public consultation	May 2017	Aug 2017

Final Plan	Final Plan	Sep 2017	Oct 2017
	Shortened Summary Report		
	Brief Council		
	Council report – consider adoption of plan		

Overview of recreation in Banyule

[Recreation Plan Project Presentation video](#)

Group Discussion

- Vision – the group workshopped key words that we may identify with as our vision. These included:
- Accessibility
- Affordability
- Female participation
- Healthy lifestyle
- Participation improvement
- Multi-use facilities
- More people, more active, more often
- Building communities
- Culture in sport
- Competitive v non-competitive

Library facility usage

Group questions – the group then broke into pairs and together discussed a series of questions and came up with commentary on sticky note pads to put onto larger sheets. Together we went through these at the end to confirm and add any other comments.

Below are the responses to the questions posed.

What do we love?

- Open spaces, community involvement
- Active kids
- Open space, trees, waterways
- YMCA, Ivanhoe etc
- Growth
- Open culture, green, invited to play a part
- Walking/cycling tracks
- Community fee
- Great clubs
- Participation

What do we want more of?

- Quality facilities
- More diverse facilities
- Accessible facilities
- Quality downtime
- Choice? Aligned to interest
- Help for volunteers
- Access to volunteer positions
- Affordable programs/ services in recreation
- Participation
- Opportunities
- Toilets
- Engagement with other groups eg Birdlife Vic
- Activities eg. Community gardening
- Volunteers and encouraging involvement
- Resources

- \$\$

What are the gaps/issues?

- Funding
- How to make change
- Partnerships ie private gyms
- Numbers of goals in strategy
- Allied Health – older population
- People in need of assistance
- Knowledge sharing
- Understanding change/process
- NDIS?
- Change in communication trends ie snapchat
- Know who to ask
- Losing young adults from sport after 12
- Services/apps for working women
- Do less and do better
- Training
- Meeting changes eg. Soccer, WAFL
- Ability to measure social impact and outcome
- Engaging community eg. libraries, community gardens
- How do we measure success
- Equipment
- Facilities
- Generation appeal

What are the barriers to participation?

- Accessibility
- Facility (disabled), toilets
- Cost
- Cultural issues
- Compliance
- Lack of time
- For older people/women – home duties looking after kids
- Fear of failure, looking foolish
- Teenage drop offs – peer pressure
- Other opportunities – screen time
- Costs, knowledge of opportunities

What can be done to overcome barriers and address issues?

- Workshops
- Study other communities
- Community consultation
- Collaborations and co-funding
- Free trial opportunities ie Active Week, sports clubs, rec centres
- Awareness of core barriers/issues
- Assistance in sourcing (\$ or other)
- Better partnership with education facilities
- Corporate inclusion
- More offerings
- Intergenerational activity
- Shared use
- Corporate mentoring for clubs ie Older adults

Next Steps

- Consultation with community
- Community consultation throughout March and April.

- Presence at Twilight Sounds and Kids ArtyFarty Fest.
- Community Forums – we discussed as a group possible discussion points for the forums. Comments were based around recreation provision and participation.
- Targeted consultation sessions
- Survey on Shaping Banyule

La Trobe Plan

Darren provided an update on the La Trobe Uni plan. La Trobe University has done a master plan where they plan to invest heavily in sport and recreation facilities. They want the university to become more outward focussed and inviting to the broader community rather than the inward focus it currently has. They want to open up facilities for community participation and there will be a lot of opportunities in the sport and recreation space for Banyule residents in the future.

Some of these proposed facilities include:

- 8 court basketball
- 3 hybrid soccer pitches
- 5 synthetic surfaces for various sports
- Gymnastics facilities
- Mini town square with rock climbing
- Sports science department

Next meeting proposed for May

Discussed best day to meet with the group with varied responses. It was proposed that the next meeting may be on a Tuesday or Thursday.

Next meeting: TBC

	NAME	AREA OF INTEREST
	Rocio Castro	General, children and youth
	Scott Bryant	General, health & fitness, stadium sports, gymnastics
	Michelle Giovas	General, access for all, aquatics, dog walking, enviro sustainability
	Alistair Glass	General, senior participation, disability services, trails, cycling
	Roger Fyfe	General, community sport, junior cricket/football, facility access
	Christopher Chua	General, scouts, children and youth
	Tim Car	Sporting club rep - football, junior male and female
	Rob Wendel	Sporting club rep - athletics, junior and senior
	John Mehan	Sporting club rep - bowls, club sustainability, club & community connections
	Tracey Cox	Sporting club rep - hockey, cricket, gymnastics, female and children
	Shelley Wills	Sporting club rep - cricket, enviro sustainability, ATSI communities, diversity
	Michael Girdler	Sporting club rep – soccer, senior male and female, asset management

Below is some additional information sent through from a Community Reference Group member, who wished this to be shared with the group.

- Dog Owners/Off-lead Areas/Dog Poo/Fines
- Please circulate this summary. It is the classic conundrum.
- Dog ownership is important for companionship. It supports recreation.
- Dog owners love taking their dogs for walks. They socialise/interact with other owners, they exercise themselves and their dogs.

- Dog Owners Behaviour.
- They are vocal in their demands for off-lead areas.
- Council has provided off-lead areas.
- Dog owners also use our sporting fields as off-lead areas. Some fail to pick up after their animals.
- As far as I am aware, Council's risk assessment team have not assessed the risk of uncontrolled dogs in public areas/dog poo.
- Council has a bylaw \$300 fine for not picking up after your dog. No fines have been issued.
- Address these concerns in the Recreation Strategy and wait for the howls.

MEETING MINUTES: 9 May 2017

6.30pm Greensborough Council Office, Meeting Rm 4.06

ATTENDEES: Scott Bryant, , Michael Girdler, Tracey Cox, John Mehan, Rocio Castro, Christopher Chua, Alistair Glass, Rob Wendel, Tim Car, Cr Tom Melican - Mayor, Darren Bennett - Manager Leisure, Recreation & Cultural Services, Lucia Brennan – Recreation Planner.

APOLOGIES: Michelle Giovas, Shelley Wills, Roger Fyfe,

Welcome and Re-cap from last session.

Project timelines on schedule

Vision Workshop

- Different Vision options were presented and discussed. Clear link to City Plan Draft Vision was discussed with group. Question was posed whether to use City Plan vision or create our own. Consensus was to use City Plan vision as there was a clear alignment.
- Vision going forward will be: Banyule a green, sustainable and vibrant place for a healthy, connected and inclusive community.

Principals/Values Discussion

- A draft set of Principals/Values were presented with discussion over what to call them. We agreed they are Values and we also discussed aligning these with the City Plan Values.
- Draft City Plan Values are: Respect, Integrity, Responsibility, Initiative, Inclusion, Leadership.
- Query raised on whether the 'Efficiency – value for money' should be a separate value or is implied within existing values.
- The proposed values will be assessed against the City Plan values and aligned as best as possible and presented with draft plan document.
- Banyule Profile/Health Status, Industry Trends/Literature Review – slides presented
- Question raised as a core challenge 'how do we buck the trend – in relation to our Health Status?'
- Consultation Findings – slides presented.

Additional comments made in relation to opportunities to overcome barriers included 'it would be good to have free childcare at gyms/clubs - acknowledged that a number of centres subsidise child care already. And it was noted that Banyule doesn't have an indoor playground and that it's a shame that playgrounds are under used in winter as they are exposed to the poor weather.

- Key Themes – slides presented on what the emerging themes seem to be with some example of key issues. Group consensus that the emerging themes are accurate and reflect the data, trends and literature review. These key themes are likely to be translated as the 'Goals' going forward.
- Strengths/Challenges – it was discussed that the Recreation Plan would like to acknowledge the Strengths and Challenges that are relevant to Banyule. Short discussion on what some of these are and some of these included:

- Strengths – Established clubs, established community, our history and heritage, our festivals and events.
- Challenges – Defined space, ageing infrastructure, resources, community expectations.
- Framework – The suggested framework for the Plan was presented. Consensus was that this made sense and was clear. Comment was that a graphic to explain this works well.

Next Steps – Development of Strategic Directions and Actions.

These will be workshopped with officers and also at key stakeholder sessions with Libraries/ Neighbourhood houses, and with Leisure Facility Managers. The CRG will also be invited to attend a workshop for developing actions on May 31 with Sporting Clubs and Sporting Associations. CRG members welcome to attend by not necessary.

Next meeting in June will be presenting a draft plan prior to finalising the draft for Council to consider releasing for community consultation (draft planned to be available for community comment 18 July – 14 Aug).

Next meeting: TBC. Tentative date Tues 20th June 6.30pm, Greensborough Office

MEETING MINUTES: 20 June 2017

6.30pm Greensborough Council Office, Meeting Rm 4.06

ATTENDEES: Roger Fyfe, Michelle Giovas, Nadine Kemp (in lieu of Scott Bryant), Michael Girdler, Tracey Cox, Rocio Castro, Rob Wendel, Tim Car, Darren Bennett - Manager Leisure, Recreation & Cultural Services, Melinda Ramsay –Team Leader Sport & Leisure Services, Lucia Brennan – Recreation Planner.

APOLOGIES: John Mehan, Christopher Chua, Alistair Glass, Scott Bryant, Shelley Wills, Cr Tom Melican - Mayor

Welcome and Re-cap from last session.

Project timelines on schedule

3 stakeholder sessions used to test key themes & determine if anything missing

Key themes resonated with all.

- Club/Association Workshop – 22 participants (120 invited plus CRG)
- Volunteer support
- Networking opportunities/Sharing ideas/support from Council
- Multi-use facilities
- Facilities Workshop – 6 participants from 3 facilities
- Programs for youth participation a gap
- Asset renewal
- Consolidation of clubs
- Communication
- Networking opportunities
- Neighbourhood Houses/Libraries Meeting – 7 participants from 6 facilities
- Want to work in partnerships more
- Reaching new audiences (particularly NH)
- Networking opportunities

Framework & Draft Plan (early development)

City Plan Relationship

Talked through diagram in presentation to show how numerous plans sit under the City Plan umbrella and the Recreation Plan sits under the 'People' objective.

Framework

- Slight shift from the Original Draft Framework towards a more contemporary focus
- Working towards the 'why'
- Outcomes focussed rather than output focussed
- Allows flexibility throughout the life of plan
- Living, active document – not sit on the shelf
- Responds to your thoughts – visual
- Keeping line of sight to City Plan
- Slide 9 & 10 visually capture the framework and an example of how it might be applied.

Draft Plan

- A very early plan was handed out for discussion – discussion and feedback sought is more on the application of the framework rather than the specifics of the content. Still several components to include (ie: how to use the document, methodology etc.) as well as a research document that will include the literature review and consultation data.
- An example of what is intended to occur over the life of the plan for each 'intended outcome' was discussed – refer to slides
- Content is still being developed with internal partners and stakeholders.
- A couple of points picked up around duplication of wording (Telfer car park) and that the large investment at La Trobe Uni should be included in the detail.
- Draft Plan is scheduled to go to Council July 17 Meeting – plan will be circulated to CRG and general community July 18 for comment.
- Additional feedback from the CRG members to consider included:
- Glossary of word/definitions "Equitable"
- Describe the words for an outcome
- How the document is used
- High level findings from the lit review and consultation
- Explain why do we want to reach this outcome
- Research Document
- With KPI's think maintain and improve – be positive, not just maintain
- Explanation about the action plan – will be over four years however we are detailing year one
- Suggestion to expand the table to include 'community guidance', 'relevant trends', 'currently', 'intended outcome', 'actions'

Actions and Measuring Outcomes

The plan describes what we intend to do 'over the life of the plan'. This section gives a higher level of understanding of the overarching actions (some include measures) that intend to be achieved. The plan will also document Year 1 Actions which are more specific. However Yr 2, 3 and 4 Actions will be developed in house following an evaluation of Year 1 Actions, based on evaluating the actual outcome against the intended outcome. It allows for flexibility so that the focus is on reaching intended outcomes rather than focussing on completing a set of pre-determined actions. In essence it enables flexibility in changing the action throughout the life of the plan, if when evaluated it shows that it is not assisting in reaching the intended outcome.

To be able to demonstrate what the actual outcome is, it does require obtaining baseline data and becoming more skilled in measuring outcomes. We need to acknowledge that this is new territory for officers compared with our standard evaluation and reporting processes. We're excited about developing a more meaningful evaluation process that focusses on outcomes but we are limited with resources and skills. We will look towards focussing on evaluating a few of the actions in the first year with the intent of doing those well and build on the process from there.

Yearly actions will be reported on and published for community access. Likewise the following years' action plans will be published once developed in-house for community access. It is intended that Shaping Banyule or a similar platform will be used to publish yearly reports and action plans.

What we want from you?

- Feedback from the CRG on the framework and how it is applied by Tuesday 27th June.
- The group provided feedback (listed above in 4.v.) It was acknowledged that these will be considered and if there was anything else thought of after to send it through individually but otherwise there was no need for individual responses.

Next Steps

- Finalising a draft plan to be presented at Council Meeting dated 17th July.
- Community consultation (draft planned to be available for community comment 18 July – 14 Aug)
- We discussed that we hope to get the group together around the time of the final plan adoption to evaluate the process, acknowledge and celebrate achievements.

Next meeting: TBC.

Banyule City Council

Recreation Plan 2017-2021

Recreation Plan Community Reference Group – Terms of Reference

To ensure good governance of the Community Reference Group a “Terms of Reference” was developed. The Terms of Reference were put out to the community with an expression of interest asking people to nominate themselves but also to understand the purpose and terms of the group.

Purpose

- To provide Council with a formal mechanism to consult with representatives of the Banyule community throughout the development of the Recreation Plan 2017-2021.

Objectives

- To provide information to Council on how they or their group currently uses Banyule City Council facilities and open space for formal and informal recreation activities.
- To provide advice on future trends and recreation needs.
- To provide ideas and thoughts on the Recreation Plan vision, objectives and goals
- To respond to and provide advice on the draft Recreation Plan.
- To respectfully listen to the thoughts and ideas presented amongst the group.

Reference Group Composition and Management

- Council is looking for several representatives from a broad range of recreational and sporting interests within Banyule.
- The group will be chaired by an appointed Councillor. Correspondence will be managed by Council's Recreation Planner. The meetings will be facilitated by Council staff.

Term of Appointment

- The Community Reference Group is for the duration of the Recreation Plan process, approximately 8 months, commencing February 2017.

Member responsibilities

- In order to fulfil the Group's objectives, members are expected to:
- Provide current and accurate information.
- Attend meetings (approximately 2-3 meetings during the development of the plan for a duration of approximately 2 hours each)
- Have consideration of the entire Banyule area and the broader community when providing comment and feedback.
- Banyule City Council is committed to providing a safe workplace for employees, councillors and volunteers. Members of the Community Reference Group must:
- Adhere to the Equal Opportunity Act 1995, and refrain from discriminating, harassing or bullying other people and using offensive language in their capacity as a member of the user group.
- Adhere to the requirements of the Occupational Health and Safety Act 2004 and have regard to the principles of health and safety. Members must ensure that they contribute to the notion of a healthy and safe workplace.

Reporting Procedure

- The Community Reference Group is not a formal committee but rather a group that has been established by Council to assist with the collection and sharing of information and ideas to inform the Recreation Plan 2017 - 2021.
- The information gathered will assist with the development the Recreation Plan which will be presented to Council for consideration.
- Council staff/consultant will record and disseminate meeting minutes.