
Clackmannanshire Sport and Active Living Framework 2018-2028



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Introduction

Our sport and active living framework is ambitious. Over the next 10 years partners will work together to create a culture where people of all ages enjoy sport and being physically active. We want to reduce barriers to participation and we want all people to understand the benefits of being physically active. We want to encourage families and communities to enjoy sport and being physically active together and for this to be a normal part of their daily lives.

We have a lot to be proud of in Clackmannanshire with a well established sporting heritage, strong clubs, dedicated people and an excellent natural and built infrastructure but also the potential to increase participation and harness a wider range of activities.

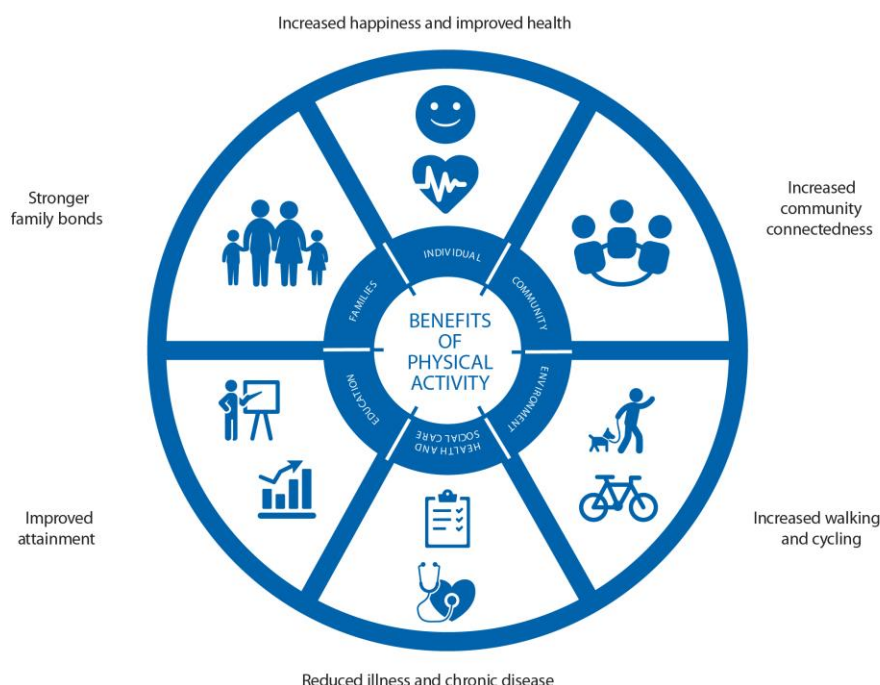
The benefits of sport and physical activity are well documented. We recognise that sport and physical activity has the ability to improve health and wellbeing increase energy levels and improve cognitive functioning. It can aid the development of resilience and community cohesion, and has been proven to have a positive effect on education and attainment. Sport and physical activity is critical for children and young people in increasing self esteem and confidence; reducing stress and anxiety; improving sleep and boosting brain power and teaching valuable life skills including team work, respect and fair play.

The framework takes a whole population approach to sport and active living, however, it aims to ensure it is accessible for all and particularly those who already face barriers through poverty, life circumstances or disability. We want Clackmannanshire to be a place where everyone can **get out, get going and get active** and enjoy the health and wellbeing benefits from being physically active.

This framework has been developed to align with our long term strategic outcomes for Clackmannanshire and our Local Outcome Improvement Plan 2017/2027, and recognises that sport and being physically active can contribute to achieving our local strategic outcomes and to address the long-term inequality in our communities in Clackmannanshire.

The Benefits of Being Active

The benefits of sport and being physically active has the potential to improve long-term outcomes for people living in Clackmannanshire, now and in years to come.



National Policy Context

The Sport and Active Living Framework will contribute to the 6 key outcomes as set out in the Scottish Governments Active Scotland Framework as detailed below:

Vision: A More Active Scotland

Physical activity is about getting people moving. Daily walking, playing in a park, going to a gym, training with a team or aspiring to win a gold medal - it really doesn't matter how people get active, it just matters that we do.

Being physically active contributes to our personal, community and national wellbeing.

Our vision is of a Scotland where more people are more active, more often.

National Outcomes

Business	Employment	Research and Innovation	Young People	Early Years	Healthier	Inequalities Tackled	Life Chances
Safe from Crime	Sustainable Places	Resilient Communities	Environment Valued	National Identity	Impact on Environment	Older People Supported	Public Services

Active Scotland Outcomes

We encourage and enable the inactive to be more active	We encourage and enable the active to stay active throughout life	We develop physical confidence and competence from the earliest age
We improve our active infrastructure – people and places	We support wellbeing and resilience in communities through physical activity and sport	We improve opportunities to participate, progress and achieve in sport

Equality: Our commitment to equality underpins everything we do

The World Class Sporting System

sportscotland is the national agency for Sport in Scotland and its aim is to 'to create a Scotland where sport is a way of life. The mission for sportscotland is to work with partners' to build a world class sporting system for everyone in Scotland"

The World Class Sporting System is underpinned by a strong focus on and commitment to Equality and Inclusion, People Development, Collaboration and Impact.



Clackmannanshire's Policy Context

Clackmannanshire has recently published its 10 year Local Outcome Improvement Plan 2017/27 which establishes 4 strategic priorities for community planning partners and aims to tackle poverty and inequality in Clackmannanshire. The four strategic priorities for Clackmannanshire, which are aligned with Scotland's National Outcomes are:

Clackmannanshire will be attractive to businesses and people and ensure fair opportunities for all.

Our families; children and young people will have the best possible start in life.

Women and girls will be confident and aspirational, and achieve their full potential.

Our communities will be resilient and empowered so that they can thrive and flourish.

Local Outcome Improvement Plan link:

<http://www.clacks.gov.uk/site/documents/communityplanning/localoutcomesimprovementplanloip20172027/>

Local Outcome Improvement Plan Themes and Priority Groups

To achieve inclusion and equality there is a need to focus on those groups at greatest risk of physical inactivity. Groups vulnerable to inequality in Clackmannanshire have been identified through the LOIP and this framework will ensure a co-ordinated effort to focus on these groups who would benefit most from increased physical activity:

- Children and families
- Women and girls
- Families living in poverty
- Young people in and leaving the care system.
- People with a disability
- People with long term health conditions.
- People with caring responsibilities
- Refugee and asylum families.

The priorities identified in the Sport and Active Living Framework will significantly impact the development of the priorities groups identified in the Local Outcome Improvement Plan.

The specific priorities identified in this framework are:

- Active Communities
- Infrastructure and Places
- Schools and Education
- Leadership and Governance

This plan will be underpinned by a delivery plan and performance framework which will be implemented through the Sport and Active Living Delivery Group. This group will be accountable to the Clackmannanshire Alliance for delivery of this Sport and Active Living Framework and delivery plan.

Our Vision and Ambition for Clackmannanshire

Our Ambition

Working together for a better quality of life and equal opportunities for all.¹



Our Vision

Clackmannanshire.... Inspiring people to **get out - get going - get active**

Our Priorities

Our **priorities** have been identified through extensive engagement with partners and stakeholders and through research and analysis, we have established our baseline, against which we will monitor this framework.

Our priorities are:

- Active Communities
- Infrastructure and Places
- Schools and Education
- Leadership and Governance

Our Principles and Values

We have identified a number of principles and values which describe the way that we will deliver this sport and active living framework and which are also aligned with those identified to those in the Local Outcomes Improvement Plan.

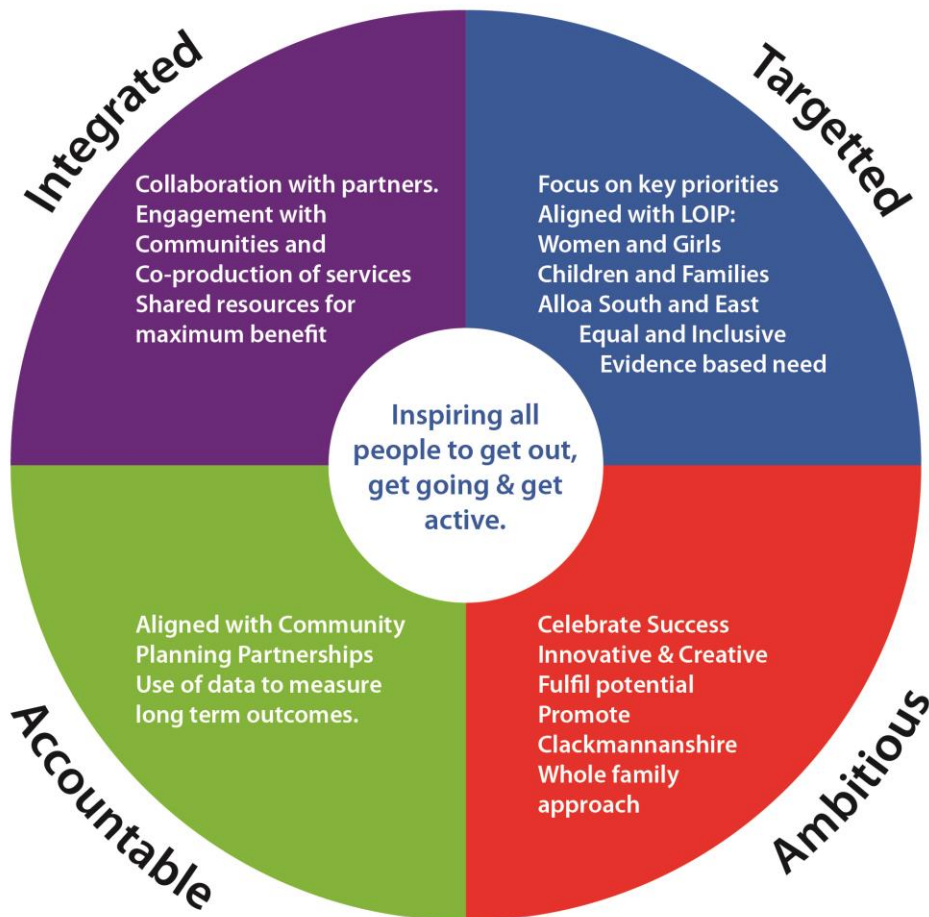
We will:

- Work collaboratively with our partners to ensure integrated and co-ordinated approaches to physical activity and sport.
- Focus on fewer key priorities where we can really make a difference and ensure that our collective resources are shared and maximised for the benefit of Clackmannanshire;

¹ <http://www.clacks.gov.uk/community/loip/>

- Promote and champion what we do well and build on areas of good practice and celebrate success;
- Design services and interventions based on informed need and will use data effectively to measure our long term outcomes.
- Commit to meeting community needs through engagement and co-production to find local solutions.
- Strive to be innovative and creative in supporting and enabling all people in Clackmannanshire to be physically active.
- Strive for equality and to be inclusive whilst respecting diversity.

Further and more specifically we will focus on being:



Clackmannanshire's Sport and Active Living Priorities

Active Communities

Mission Statement: We are committed to a culture of change around participation in physical activity where everyone will understand the lasting benefits to health and wellbeing through lifelong participation.

Priority 1: We will take a multi partner approach to create inclusive and accessible opportunities for all local people to participate in sport and physical activity across Clackmannanshire

We will:

- Work with local and national partners to build the capacity of local sports clubs and ensure they are safe, welcoming and accessible to all sections of society.
- Take a multi partner approach to developing clear and simple pathways into informal sport and where appropriate on to formal sport through local sports clubs.
- Ensure local people will have a mechanism to feed into and influence local sport and physical activity.
- Join our resources to make sure opportunities are accessible to all and work together to reduce or remove barriers.
- Develop a partnership plan and approach for Play in Clackmannanshire.
- Tackle health inequalities of our most excluded, vulnerable and inactive members of society, aligned with our Local Outcome Improvement Plan outcomes and support them into a healthier lifestyle with a particular focus on women and girls, children and families living in poverty and Alloa South and East community.

Priority 2: We will take a multi partner approach to enable people who are inactive to become active and those who are active to remain active.

We will:

- Engage with people across all age groups, to better understand the barriers to participation and target specific support to help them into sport and physical activity.

- Develop approaches aimed at improving participation in sport and physical activity among the groups we have identified in this framework as being at risk of exclusion.
- Look at joint campaigns and programmes to ensure a clear and consistent message as to the benefits of life-long participation and why physical activity is important.
- Develop and promote a multi-agency resource for Clackmannanshire promoting active living and more healthy lifestyles for all.
- Pilot opportunities for partnership social prescribing approaches in Clackmannanshire.

Priority 3: We will invest in our communities to ensure that we have the best environment and skills for everyone to lead healthy lifestyles.

We will:

- Ensure better planning and sharing of skills and knowledge and deployment of expertise across community partners.
- Commission community engagement activity using the place standard approach to better understand the needs of local communities around sport and physical activity.
- Develop more local community champions for sport and physical activity, particularly in our most deprived communities.
- Deliver a comprehensive programme of training, mentoring and capacity building with local volunteers at our clubs and community organisations.
- Develop and promote a multi-agency resource promoting local opportunities for sport and physical activity in Clackmannanshire.
- Celebrate the success stories to inspire and retain leaders for the future.

Infrastructure and Places

Mission Statement: We will have high performing sport and leisure facilities in Clackmannanshire; develop the active use of open spaces and the local environment and develop active transport and transport networks.

Priority 1: Provide a network of high quality, accessible and affordable sport & leisure facilities.

We will:

- Conduct a strategic review of leisure and community facilities in Clackmannanshire.
- Develop a long term facilities strategy for public funded facilities in Clackmannanshire.
- Undertake an audit and mapping exercise of sport and physical activity facilities and infrastructure in Clackmannanshire.
- Implement pricing and programming policies to ensure that they are fit for purpose and reflect the strategic outcomes for Clackmannanshire.
- Develop a new Clackmannanshire Council leisure booking and payment system for booking and making payment of sports and activities across Clackmannanshire making best use of available technology and online services.
- Implement a pitches and pavilions strategy to provide the right number in the right places to meet community needs.

Priority 2: Develop active use of paths, open spaces and the outdoors

We will:

- Develop an accessible network of paths, where feasible, which can be used for walking, cycling, horse riding and which can be used for tourism and other legitimate uses.
- Produce a core paths plan and maintain a record of all public rights of way.
- Engage and support communities to take greater ownership of their local environments to encourage and promote outdoor physical activity.

- Actively promote responsible outdoor access through publicising the Scottish Outdoor Access Code.

Priority 3: Develop active transport and transport networks

We will:

- Develop new, and promote existing active travel networks and schemes to link communities with local amenities.
- Promote and facilitate walking and cycling as efficient and convenient modes of travel for short journeys.
- Improve the quality of existing transport facilities and infrastructure to increase the uptake of active travel and connections with public transport opportunities.
- Work with developers to provide good quality accessible active travel routes, which are direct, safe and accessible by all. This will include speed reduction measures, secure cycle parking and pedestrian priority schemes through innovative layout design.
- Continue to improve safety for cyclists by promoting segregated cycle facilities and priority measures for cyclists on our active travel network.
- Explore opportunities to develop technology enabled cycle path networks in Clackmannanshire.
- Work with communities to explore options for maintaining active travel routes in Clackmannanshire and to other towns and villages.

Schools and Education

Mission Statement: All pupils will continue to have the opportunity to get involved and participate in Physical Education and Sport and stay involved throughout their lives whilst developing and achieving success.

Priority 1: We will develop the multi-agency PEPASS group to ensure integrated, coordinated and planned approaches to implementation of inclusive sport and active living in schools and further education establishments.

We will:

- Through PEPASS, develop a multi-faceted approach to promoting opportunities and pathways to participation, leadership, volunteering and officiating in sport in Clackmannanshire.
- Ensure that partners resources are shared and maximised to deliver sport and active living in schools and further education establishments.
- Implement the national framework for wellbeing and protection in sport.

Priority 2: PE and School Sport will be embedded in all education establishments across Clackmannanshire through partnership working.

We will:

- Work with our partners to effectively deliver Active Schools and PE programmes.
- Continue to deliver a minimum of 2 hours of quality inclusive PE to all P1-P7 pupils and 2 periods to S1-S4 pupils in all schools in Clackmannanshire.
- Proactively work to ensure continuous improvement through the SportsScotland School Sport Award programme.
- Offer a comprehensive programme of extra-curricular sport and physical activities including a targeted approach to girls and young women; young people living in poverty and young people with a disability.

- Ensure pathways from education into the wider sporting community are created for children and young people.
- Offer a quality school sport competition programme and ensure that competitive sport is inclusive for all children and young people.
- Develop further opportunities for children and young people to take part in a variety of outdoor learning activities.
- Ensure that families in Clackmannanshire are aware of the benefits that PE and School Sport provide their children.
- Work with all partners to promote career aspiration and local academic and vocational progression opportunities within Sport, Fitness & Physical Activity.

Priority 3: Clackmannanshire will develop a strong network of leaders, volunteers, teachers, coaches and officers to deliver inclusive PE and School Sport

We will:

- Implement a programme of training and mentoring opportunities designed and delivered in partnership with other agencies.
- Ensure young people have access to, and are supported, in a range of leadership roles and opportunities, where their views are valued and heard.
- Provide opportunities within Clackmannanshire and across Forth Valley for sport and fitness through higher and further education.
- Develop and enhance partnerships with further and higher education establishments to develop further opportunities for students into volunteering, work experience, modern apprenticeships and employment.
- Raise awareness of safeguarding approaches among the workforce.

Leadership and Governance

Mission Statement: We will establish clear, coordinated, shared and robust planning and delivery mechanisms for sport and physical activity in Clackmannanshire under our existing community planning approaches.

Priority 1: We will ensure that community planning partners in Clackmannanshire own the shared priorities and outcomes and are accountable for delivery of the framework and associated plans

We will:

- Establish clear partnership arrangements to deliver inclusive sport and physical activity in Clackmannanshire related to appropriate other partnerships and partnership strategies within the broad community planning context.
- Ensure that delivery of the sport and active living framework is aligned with other major partnership strategies and developments in Clackmannanshire to maximise impact and use of resources and reduce potential duplication.
- Take a multi-agency, co-ordinated and planned approach to promote sport and outdoor activities in Clackmannanshire with a focus on increasing tourism and visitors.
- Put in place co-ordinated and planned approaches to participation, engagement and communication for sport and physical activity in Clackmannanshire making best use of existing partnership approaches.
- Develop a performance management framework to ensure that sport and physical activity outcomes are measured can demonstrate impact and can be used to inform future planning and decision making. We will report our progress regularly to the Clackmannanshire Alliance and appropriate council committees.
- Establish mechanisms to engage with key stakeholders to ensure that they have opportunity to be involved with and influence decisions on sport and opportunities for physical activity in Clackmannanshire. This should include exploring the use of the Place Standard tool for engagement.

Priority 2: We will ensure that co-ordinated and planned approaches are in place to establish a culture of equality, dignity and respect and safety among our collective workforce.

We will:

- Undertake an overarching training needs analysis and learning and development plans to support the delivery of sport and physical activity in Clackmannanshire.
- Promote the values and principles underpinning this framework to our collective workforce delivering sport and physical activity in Clackmannanshire.
- Promote sport and physical activity in the workplace in Clackmannanshire through initiatives such as healthy working lives.

Partnerships and Collaboration

This framework has been developed with a range of partners committed to ensuring a sustainable long term sport and active living approach in Clackmannanshire. For our ambitions for Clackmannanshire to be met a wide range of local and national partners and stakeholders will work collaboratively to plan, resource and deliver the priorities and outcomes set out in this framework.

The Clackmannanshire Community Planning Partnership will oversee the delivery of this framework in partnership with a range of key partners, including the following:

