



BOROONDARA
City of Harmony

Sport and Recreation Strategy



Responsible Directorate: Community Development

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1 Executive summary

Sport and recreation plays an important role in maintaining and improving the health and wellbeing of the Boroondara community. The purpose of the *Sport and Recreation Strategy* is to provide a roadmap for further development of sport and recreation to enable more people to be more active more often. It has been developed to identify sport and recreation trends and challenges facing Boroondara and provides direction to enable Council and other stakeholders to respond appropriately.

The *Sport and Recreation Strategy* is closely aligned to the *Boroondara Public Health and Wellbeing Plan 2013-17*, because of its potential to impact the overall health and wellbeing of members of the community and the *Boroondara Open Space Strategy* because of its need for well maintained, accessible and safe open spaces. Many other Council plans and strategies have also influenced the *Sport and Recreation Strategy*.

Over 3,400 people helped inform the research and direction of the Strategy. Council appreciates and values this input. A sport and recreation audit was undertaken to gauge participation and facility provision for sport and recreation activities in Boroondara. This audit also included three statistically valid surveys covering all age groups. The findings from these surveys are supplemented with supporting data from consultation via workshops, world cafes, advisory committees, interviews and community surveys. Extensive research and policy scans were also undertaken on international, national, state and local policies.

Key highlights from the research indicate that participation in sport and recreation is an important contributor to physical and mental health and wellbeing. It has social and economic benefits that impact locally through enabling greater connection and cohesion and creating local business opportunities. This is demonstrated by the Boroondara community through by higher sport and recreation participation than the Australian and Victorian average. Despite this, 25% of Boroondara residents are not achieving the minimal physical activity recommendations¹.

Volunteerism is a key feature of the sport and recreation industry. Research indicated that retaining and recruiting volunteers is a challenge for sporting clubs and survey results indicated that there are young people who want to volunteer at sport and recreation activities but currently do not. There are opportunities to connect potential volunteers to Boroondara sporting clubs.

While Boroondara is well serviced by open space and facilities, there is an indication that as the population grows and sport and recreation continue to be an important part of the lives of people, the current facilities and services and the way they are currently being used may not be adequate. It has been identified there is strong demand for the use of sports grounds by a broad range of users. Maintaining a balance between both structured and unstructured sport and recreation as well as informal use of open space is important and where possible will be encouraged to coexist in the same space.

Similarly it has been identified that the demand for indoor courts within highball² stadiums are reaching capacity at peak times and opportunities should be explored to partner with local schools to increase capacity and community access.

¹ Boroondara Public Health and Wellbeing Plan, City of Boroondara 2013

² Highball is a term used to describe indoor court facilities that are used for “highball” sports such as basketball, netball, badminton, table tennis and volleyball.



It has also been found that there is demand for a skate and BMX facility in the north of the municipality to meet the needs of young people and families. Lastly, hockey is experiencing capacity challenges for training and competition. Opportunities have been identified to explore the use of school facilities to meet demand.

From the vast array of data collected and analysed, thirteen principles have been developed to guide the development of priorities and actions. These are listed under the headings of:

- Community Health and Wellbeing
- Social Inclusion
- Evidence Based
- Sustainable Provision
- Integrated Planning and
- Community Access
- Environmental Sustainability
- Community Safety
- Amenity
- Resource Management
- Building Condition
- Emerging and Minority Sports
- Community Sport and Recreation

These principles will guide Council decision making regarding resources for sport and recreation which will be considered in the context of the budget and broad range of services that Council provides.

Six priorities have been distilled from these principles, the research information and consultations. These are:

Priority area 1: Health, Wellbeing & Social Cohesion

Priority area 2: Diversity & Inclusion

Priority area 3: Participation

Priority area 4: Partnerships

Priority area 5: Sustainability

Priority area 6: Infrastructure & Safety

An action plan has been developed to address the priority areas identified from the themes that will align with the themes of the Boroondara Public Health and Wellbeing Plan. An evaluation plan will be developed to monitor and achieve the Sport and Recreation Strategy's long-term goals.

The vision for sport and recreation in Boroondara is that all people, regardless of their circumstances, have the opportunity and encouragement to actively participate in sport and/or recreation activities. As a result, they will enjoy a healthier and higher quality of life.



2 Introduction

Sport and recreation are natural and fundamental parts of the lives of people and an important component of any modern, thriving community. They provide significant benefits ranging from improving an individual's physical and mental health and wellbeing to increasing the social and economic capital of the community as a whole.

2.1 Purpose

The purpose of the City of Boroondara's *Sport and Recreation Strategy* is to provide a roadmap for further development of sport and recreation across the municipality to enable all people to be more active more often.

2.2 Vision

All people in Boroondara, regardless of their circumstances, have the opportunity and encouragement to actively participate in sport and/or recreation activities. As a result, they will enjoy a healthier and higher quality of life.

2.3 Council Role

Council is just one contributor to the many that underpin Boroondara's thriving sport and recreation environment. Its pivotal role in delivering and connecting includes:

- Provision of sport and recreation facilities
- Management of sports grounds, recreation infrastructure and shared trails
- Contract management, leasing and licensing of sport and recreation facilities
- Sports club development and capacity building
- Strategic planning to identify and meet sport and recreation trends
- Promotion of physical activity opportunities and benefits
- Facilitation of equitable participation

3 Background

For the purpose of the Strategy, sport and recreation is defined as “*physical activities undertaken outside the home for the purpose of competition, self-fulfilment, enjoyment, social and/or physical wellbeing*”.

The Strategy's scope is limited to *physical based activities* and excludes activities such as art and crafts, reading, cinema, community events and home based recreation activities. These activities are important and contribute to health and wellbeing but are not considered sport and recreation for the purposes of this Strategy.

Sport and recreation activities are considered in the following terms:

Structured - Physical activity for exercise, recreation or sport that is organised (e.g. by clubs, fitness centres, schools). Examples include cricket matches, tennis competition and exercise classes.

Unstructured - Physical activity for exercise, recreation or sport that is not organised by a club or other organisation. Examples include walking the dog, riding on shared paths and playing in the park.

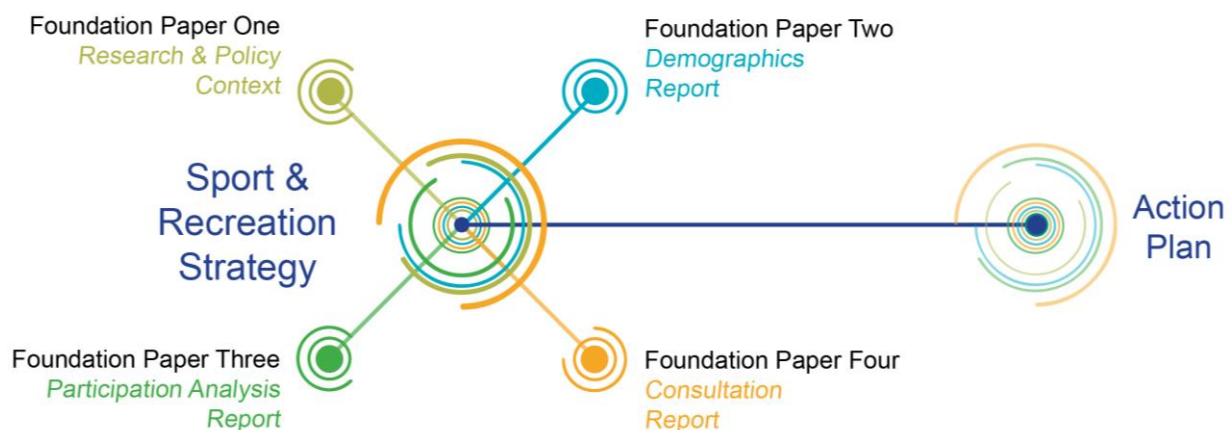
3.1 Methodology

In developing this Strategy, Council has:

- Undertaken a thorough environmental, policy and research scan and analysis to fully understand the international, national, state and local trends and influences that are impacting the world of sport, recreation, health and wellbeing now and what is anticipated in the future.
- Consulted widely with residents of Boroondara about their current patterns of recreation and playing sport and what they would like to participate in more fully in the future.
- Consulted with sporting groups, community organisations and services about how their club or area of interest is functioning, their challenges, what they would like to see more and less of and how Council might better support them in the future.
- Undertaken data analysis of population trends, participation rates in sport and recreation, facilities and open space usage patterns and forecast usage demands.
- Undertaken a sport and recreation audit to gauge participation and facility provision for all sport and recreation activities in Boroondara.

Four Foundation Papers have been established from the high volume of data collected. These inform this Strategy and can be used as reference points for more detail and evidence.³ An action plan has been developed to address the priority areas identified from the themes that will align with the themes of the Boroondara Public Health and Wellbeing Plan 2013-17. Figure 1 describes the relationship between these documents. An evaluation plan will be developed to monitor and achieve the Sport and Recreation Strategy's long term goals.

Figure 1: Sport and Recreation Strategy, Action Plan and Foundation Papers



³ Foundation Paper 1: Research and Policy Context, City of Boroondara
Foundation Paper 2: Demographic Report, City of Boroondara
Foundation Paper 3: Participation Analysis Report, City of Boroondara
Foundation Paper 4: Consultation Report, City of Boroondara

4 Sport and Recreation Planning Framework

Planning and provision of sport and recreation in Boroondara is aligned with Council's Corporate Planning Framework that includes the Council Plan, the Municipal Strategic Statement and the Public Health and Wellbeing Plan, all of which are legislated planning requirements in the State of Victoria. Figure 2 describes the Boroondara Council Planning Framework in which the Sport and Recreation Strategy operates in.

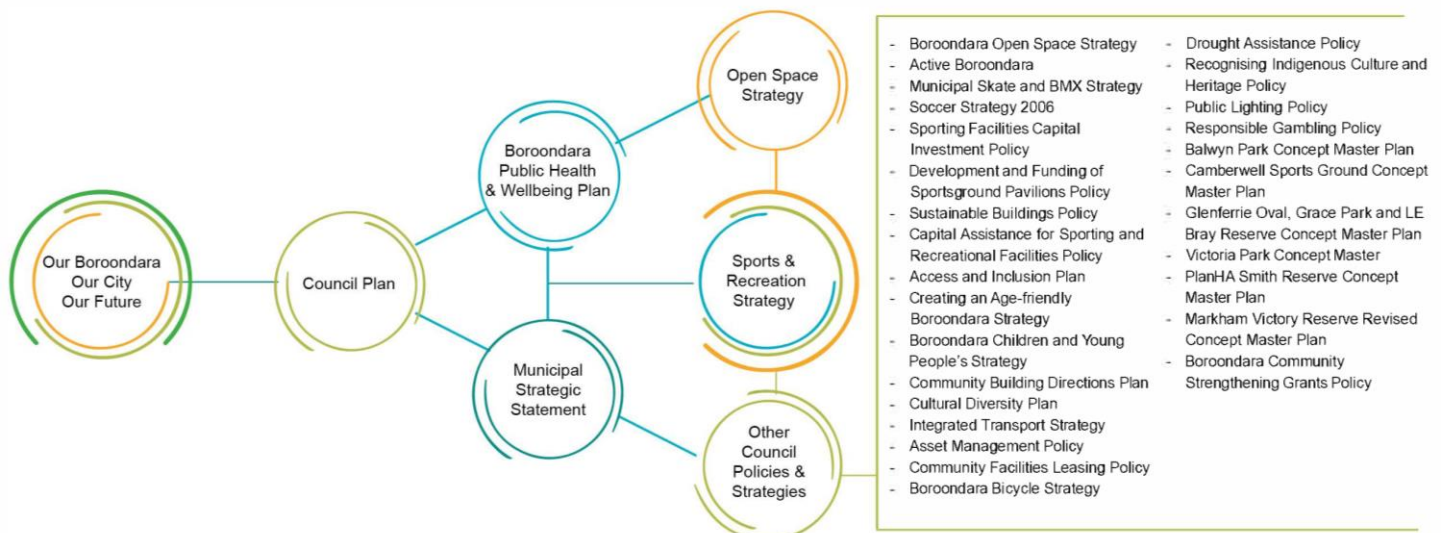


Figure 2: Boroondara Council Planning Framework

4.1 Our Boroondara – Our City Our Future

In 2008, Council adopted “Our Boroondara - Our City Our Future”, which is the community's 20-year vision for the City to 2028. The vision includes four themes:

- Community wellbeing
- Managing a sustainable environment
- Planning a well-designed and sustainable City
- Connecting our City

4.2 Council Plan

The *Council Plan 2013-17* commits to creating a vibrant and inclusive community with an outstanding quality of life by providing services, facilities, support and advocacy to enable the community to further its sense of place and connection.

4.3 Municipal Strategic Statement

The *Municipal Strategic Statement* provides a 10 to 15-year vision for land use planning and development in Boroondara, and forms part of the Local Planning Policy Framework in the Boroondara Planning Scheme. It reflects both Council and community objectives of the City, and sets in place a framework for actions and controls to achieve the desired land use and development outcomes.



4.4 Boroondara Public Health and Wellbeing Plan

The *Boroondara Public Health and Wellbeing Plan 2013-17* outlines the key strategic directions that contribute to improving the health, wellbeing and safety of people in Boroondara. It commits Council to contribute to health and wellbeing by pursuing the following four themes:

Theme 1: Resilient, safe and inclusive community

Theme 2: Liveable, sustainable, health-promoting City

Theme 3: Equitable access for all

Theme 4: Best practice health and wellbeing planning and leadership

As a major contributor to the achievement of increased health and wellbeing in the municipality, the *Sport and Recreation Strategy* principles and actions are aligned with those of the *Boroondara Public Health and Wellbeing Plan 2013-17*.

4.5 Boroondara Open Space Strategy

The other key strategy to which the *Sport and Recreation Strategy* is closely aligned is the *Boroondara Open Space Strategy*. This document was adopted by Council in 2013 and provides the strategic direction for the future planning, provision, design and management of open space in Boroondara through to 2026.

Open space character in Boroondara is diverse, ranging from natural bushland to formal gardens, large parklands with open grassed playing fields and informal parks. The impact of sport and recreation needs to be considered to ensure that the character of both the primary and secondary classification of each open space area is maintained. Any future development of sport and recreation facilities should ensure that the Boroondara open space design and management guidelines are followed.

Given structured and unstructured sport and recreation is regularly undertaken outdoors, it is critical that the *Sport and Recreation Strategy* and the *Open Space Strategy* are consistent and that data from both continues to inform their future iterations. Maintaining a balance between both structured and unstructured sport and recreation as well as informal use of open space is important and where possible will be encouraged to coexist in the same space.

More detail on the Boroondara Open Space Strategy and linkages with sport and recreation can be found in *Foundation Paper 1, Research and Policy Context*.

4.6 Other Council Policies, Strategies and Plans

Many other Council plans and strategies have informed the development of the *Sport and Recreation Strategy* and are listed Figure 2.



5 Supporting Research

5.1 The Benefits of Sport and Recreation

The case for creating, extending and maintaining a rich environment for sport and recreational activities is clear from both an economic perspective as well as increasing the physical and mental health and wellbeing of the community; the two are inextricably connected. The information in this section of the Strategy is supported by greater detail contained in *Foundation Paper 1, Research and Policy Context*.

The importance of sport and recreation for community development is highlighted in *Sport for Community Development*, a report prepared for the Australian Sports Commission in 2015.⁴ The report reviews international and national research and data, and presents the following key messages:

- Sport can contribute to community identity, as a focal point for personal interaction and community engagement.
- Sport can be used to address social inequities and disadvantage.
- Sport has the potential to reach a wide cross-section of community members.

Other benefits of being physically active through sport and/or recreation include:

- Physical

Research consistently suggests physical activity can help prevent the onset of disease including cardiovascular disease, type 2 diabetes, osteoporosis, some forms of cancer, obesity and dementia. Participating in regular physical activity can reduce cardiovascular disease-related deaths by up to 35%.⁵

- Psycho-social

Participation in physical activity can also increase social connections between people.⁶ Participation in sport and recreation has been shown to improve mental health outcomes with reduced feelings of fatigue, depression and anxiety and improved self-esteem, confidence and sense of wellbeing.⁷

- Economic

The economic benefits of sport occur in a number of ways including reduced health cost, increased productivity and volunteerism and increased Gross Domestic Product. The average Australian household spent an average \$18.94 per week on selected sports and physical recreation products during 2009-10. The total income for sports and recreation activities in 2011-12 was \$12.8 billion. Sport and Recreation organisations also attract the largest number of volunteers of any sector, with 2.3 million people involved in a voluntary capacity in 2010 (14% of the adult population).⁸

- Community

Organised sport and recreation contributes to 'social capital' or the 'social glue' that ties members together in a community. Many researchers have highlighted the benefits of


⁴ [Sport for community development](#) - Australian Sports Commission 2015

⁵ *Blueprint for an Active Australia second edition* [Blueprint for an Active Australia](#), Heart Foundation November, 2014

⁶ *Participation in Physical Activity Summary* [Participation in Physical Activity](#), VicHealth 2010

⁷ *Benefits of Physical Activity: Facts and Stats*, [Be Active](#), Government of Western Australia 2008

⁸ *Value of Sport*, [Value of Sport](#), Australia Australian Bureau of Statistics, 2013.



social capital for individual outcomes in areas such as health, education, employment and family wellbeing, and also in fostering community strength and resilience.⁹

5.2 Policy Context

In addition to the myriad of documented research and evidence supporting the case for sport and recreation, international, national and state bodies have established an effective policy base from which Council has drawn from in the development of its *Sport and Recreation Strategy*.

5.2.1 International

In 2014, the United Nations Member States adopted a series of resolutions entitled *Sport as a means of to promote health, development and peace*,¹⁰ in support of the achievement of the *Millennium Development Goals*.¹¹ These resolutions and the World Health Organisation's global *Strategy on Diet, Physical Activity and Health*,¹² promote the value of sport and physical activity in combating the dangers of sedentary behavior and in building resilient and connected communities.

5.2.2 National

The *National Sport and Active Recreation Framework*¹³ has identified four priorities to guide government activity and resource allocation:

- Participation

Increasing participation in general and specifically with under-represented groups

- System sustainability

Increasing capacity, diversity and capability of sport and active recreation organisations, ensuring sport and active recreation is valued and viable, effective planning of facilities and open space

- Helping to meet broader government objectives

Increasing the use of sport and active recreation to achieve wider public policy and social inclusion goals

- Research and data review

Building a robust evidence base for sport and recreation

The *National Physical Activity and Sedentary Behaviour Guidelines*¹⁴ recommends minimum daily activity standards by age groupings for achieving and maintaining a base level of physical activity. These are supported by two other significant national strategies. The first of these is the *Play. Sport. Australia strategy*¹⁵ under the auspice of the Australian Sports Commission, that among other initiatives will provide Boroondara with access to more accurate participation data and improved opportunities for continuity in sport particularly for

⁹ *Sport and Social Capital*, [Sport and Social Capital](#), Australian Bureau of Statistics, 2010

¹⁰ *Sport as a Means to Promote Education, Health, Development and Peace*, [Sport as a means of promoting education, health development and peace](#), United Nations, 2014


¹¹ *Millennium Development Goals*, [Millennium Development Goals](#), United Nations, 2006

¹² *Global Strategy on Diet, Physical Activity and Health*, [Strategy on Diet, Physical Activity and Health](#), World Health Organisation, 2004

¹³ *National Sport and Active Recreation Framework*, [National Sport and Active Recreation Framework](#), Australian Government, 2013

¹⁴ *National Physical Activity and Sedentary Behaviour Guidelines*, [National Physical Activity and Sedentary Behaviour Guidelines](#), Australian Government, 2014

¹⁵ *Play. Sport. Australia Strategy*, [Play.Sport.Australia](#), Australian Sports Commission 2015



school aged children. The second is the Heart Foundation's *Blueprint for an Active Australia*,¹⁶ that among its thirteen action areas identifies the development and implementation of policies to support sport and recreation. It also identifies the importance of developing effective open space strategies at the local level and the need for increased and improved governance structures for sport and recreation groups and clubs to ensure long term sustainability.

In addition to the Australian Government's support of elite athletes and world stage competition, it also provides funding to increase participation in sport and recreation in the wider community. Part of its funding is to National Sporting Associations, and the Australian Sports Commission that is tasked with delivering high performance programs such as those delivered by the Australian Institute of Sport and community participation programs such as the *Sporting Schools Program*.

5.2.3 State

Policy and funding at the Victorian State Government level is focused on developing sport and recreation activities through State Sporting Associations. It also contributes some funding on occasions towards infrastructure at a local level for sport and recreation pursuits. The government department responsible for administering sport and recreation in Victoria, Sport and Recreation Victoria, provides funding streams for the development of high quality and accessible community infrastructure, usually implemented in partnership with local governments that provide the majority of the funds.

Specific programs that facilitate and encourage the Victorian community to participate in sport and recreation include the *Premier's Active April* initiative and the VicHealth coordinated *Walk to School* month in October both of which Boroondara actively promotes and encourages participation in. These aim to raise the awareness of the benefits and importance of being physically active to improve health and wellbeing.

5.2.4 Local

In Victoria, local governments are the largest contributor to the development and provision of infrastructure that supports the community's participation in sport and recreation. This includes but is not limited to pavilions, sports grounds, recreation and aquatic centres, trails, shared paths, parks and playgrounds.

With Australian and Victorian government setting the policy agenda and providing some infrastructure funding, local organisations such as schools, sporting clubs, community providers and local associations also play a role in the continued provision of sport and recreation in Boroondara.

5.2.5 Policy Context Summary

Boroondara's Sport and Recreation Strategy is built on the foundation of the above policies and strategies. Consistent with the evidence and using the strategies identified in these documents, Council is committed to continuing to improve participation in sport and recreation by all members in the municipality. The following key themes have emerged from analysis of research and policy documents. The main implications for this Strategy have also been identified.

¹⁶*Blueprint for an Active Australia*, [Blueprint for an Active Australia](#), Heart Foundation, 2014



Emerging Key Themes	Implications for Boroondara's Sport & Recreation Strategy
<p>Partnerships</p> <p>Across all policy domains at the international, national, state and local level, there is a key emphasis on establishing partnerships and working effectively with partners to deliver on goals and achieve the outcomes required for a truly healthy community.</p>	<p>Council, local sport and recreation groups and organisations should keep abreast of opportunities for partnering on special projects and initiatives that are in line with the purpose and vision of the Strategy and policy framework to continue to enhance the vibrant sport and recreation landscape in Boroondara.</p> <p>Ensure effective relationships with all levels of government in order to attract funds and contribute to the continued growth and development of sport and recreation for all.</p> <p>Increasing the local understanding and needs of people is inherent in this theme, so that effort is placed where it is most needed to improve services and produce great outcomes.</p>
<p>Connected council, connected community</p> <p>Local government is legislated to deliver specific plans and strategies. The interconnection between these and other Council strategies is critical in order to achieve both local goals and the level of public health and wellbeing that is possible through an effective Sport and Recreation Strategy.</p> <p>The role that local government plays is in linking services, streamlining access and ensuring high quality facilities and services are appropriate to the community's needs.</p>	<p>An integrated planning approach and collaborative effort within the internal environment of Council is required to ensure that the implementation of plans and strategies that impact on sport and recreation, as listed on page 8 of this Strategy, is integrated to achieve improved health and wellbeing for the community.</p> <p>Particular focus is required regarding the inter-connection between the Sport and Recreation Strategy, the Boroondara Open Space Strategy and the Boroondara Public Health and Wellbeing Plan. Aligning efforts between these three plans will ensure maximum use of Council's finite open spaces to achieve a balance between access for structured and unstructured recreation and to unite efforts to improve the health and wellbeing of all residents, regardless of gender, ethnicity, disability or age.</p> <p>Council can play a vital link by connecting and facilitating partnerships between providers and other levels of government, provide information that supports increased physical activity, facilitates sport and recreation activities through the provision of facilities and buildings where it is a Council responsibility and collecting, analysing and effecting change through high quality data and advocacy.</p>
<p>Participation and progress for all</p> <p>All tiers of government emphasise fairness, equity and diversity so that all people have access to sporting and recreational opportunities regardless of their circumstances.</p>	<p>Reducing barriers and increasing opportunities for people and groups who do not have easy access to sport and recreation is a key focus. Groups identified through the research for the development of the Sport and Recreation Strategy that may require additional support or consideration include specific culturally and linguistically diverse groups, older people, aboriginal people and people with disabilities.</p> <p>Key elements to reducing barriers identified for particular groups of people include the provision of information that is easily accessible (e.g. information in a range of languages) health promotion activities and universal access.</p>



Emerging Key Themes	Implications for Boroondara's Sport & Recreation Strategy
<p>Systems and processes</p> <p>Government policies, driven by research, emphasise the value of good data collection, analysis and reporting.</p> <p>They also focus on establishment and maintenance of systems and processes to ensure a systematic and effective roll out of initiatives and information for local communities.</p>	<p>Building on and tracking participation rates in sport and recreation of the Boroondara community, and understanding the health and wellbeing indicators and local community demographics in order to continue to improve capacity to make evidence based decisions regarding the allocation of finite resources is essential.</p> <p>Systems and frameworks for decision-making need to ensure equitable and transparent allocation of resources and other supports that enable participation by all, particularly those who have not traditionally been highly engaged in sport and recreation.</p>
<p>Value Proposition</p> <p>Best value investment is important to all levels of government in Australia. From the myriad of important items that government budgets need to fund, evidence shows that having people active and participating fully in recreational pursuits reduces health costs and contributes significantly to community connectedness and a reduction of social isolation.</p>	<p>There is a direct link between community health and wellbeing and the facilitation of a broad range of opportunities for people to participate in sport and recreation.</p> <p>Sport and recreation supports people to be more active and reduces the risk of chronic disease for people living in Boroondara. This has a positive impact on health and wellbeing and reduces the physical, mental, social and financial burden of disease. The Sport and Recreation Strategy identifies a range of actions to facilitate increased participation by the community in sport and recreation activities particularly for those members in the community whose participation may not be as high.</p>
<p>Health Promotion and Information</p> <p>Government policies are clear and consistent in describing the case for sport and recreation as fundamental to health improvement. Increased and accessible information on activity levels and ways of staying active and healthy is an important component of this.</p>	<p>Continue to promote the growing evidence base about the positive impacts of sport and recreation to the community and individuals.</p>



6 Sport and Recreation in Boroondara

6.1 Current Provision of Sport and Recreation

Sport and recreation is flourishing in Boroondara and feedback obtained through consultation suggests that residents appreciate the high quality sports grounds and facilities available across the municipality. Sport and recreation in Boroondara is dependent on sporting clubs, adequate open space and built facilities. Participation rates across the city are high when compared with state and national averages.

Boroondara is becoming increasingly diverse in terms of household composition and cultural background. It is likely this will impact the current sport and recreation preferences of the community. Sport and recreation providers are well placed to cater for the changing needs of the community whilst accommodating existing sport and recreation activities.

People have traditionally had to fit in with the availability and offerings of existing sport and recreation. However, there is a growing expectation that activities need to match the desires and availability of the community. There is a broad range of sport and recreation opportunities available that is challenging some traditional sports and it is expected that this trend will continue. Those sports that are able to adapt to the community's needs are likely to prosper and those that do not may see declines in participation for their sport.

There is strong demand for access to sports grounds in Boroondara and very limited ability to provide new open spaces for sport and recreation. Maximising the use of sports grounds should be the focus of increasing participation. Key to the effectiveness of this approach is how sports grounds are able to cater for structured and unstructured sport and recreation as well as informal use.

6.1.1 Sport and Recreation clubs

Over 170 sports clubs are active in Boroondara. Sports clubs are an important part of the sport and recreation network because they provide physical activity along with social connection opportunities. Social connection is linked to improved mental health and wellbeing and reduced isolation.¹⁷ Local sport and recreation opportunities provide community gatherings where people come and play, talk and learn from each other, increase social cohesion and develop a sense of belonging. Valuable social networks are formed through shared sporting experiences and aspirations. People from underrepresented groups can use sport and recreation as a way to connect to the wider community.¹⁸


6.1.2 Facilities and Open Space

There is an extensive range of high quality sport and recreation facilities and open space areas in the municipality. These provide a vast range of opportunities for the Boroondara community to participate in physical activity and enhance health and wellbeing.

Council, sporting clubs, community volunteers, not-for-profit organisations, schools and for-profit providers are integral to the vibrant sporting and recreation culture within the municipality. All play an important role in contributing to the community's health and wellbeing.

¹⁷ Eime, R.M et al, Does sports club participation contribute to health-related quality of life? *Medicine and Science in Sports and Exercise*. (2010).

¹⁸ Western Australian Government, "More than winning" accessed January 2015 from www.dsr.wa.gov.au/support-and-advice/research-and-policies/more-than-winning



Council complements private services with a number of environments that provide opportunities for physical activity, including:

- 266 parks
- 101 playgrounds
- 42 sports precincts/reserves
- 56 sports grounds
- 1 golf course
- 4 major leisure and aquatic facilities
- 32kms of formal shared paths for walking and cycling along with 56kms of formal on-road cycle paths.

6.2 Participation

In addition to the information provided about Australian and Victorian people's participation in sport and recreation through the Australian Bureau of Statistics (ABS), Council undertook three statistically valid surveys in 2013 and 2014 as part of its Sport and Recreation Audit¹⁹ to understand participation preferences of the local Boroondara community. The information in this section has been drawn from these audits. Participation in this context refers to whether a person has participated in a sport and recreational activity in the last 12 months.


Boroondara's participation rates compare favourably in comparison with Australia and Victoria. For example, Boroondara's participation rate for people aged 15 years and over is 91%, compared with the same age cohort across Australia at 60.2% and Victoria at 60.9%. For children and young people aged 5 to 14 years, Boroondara's participation rates are 99%, compared with the same group across Australia at 60.2% and Victoria at 60.5%. This high participation rate is attributed to, at least in part, Boroondara's high standard of facilities, quality open space, high socio-economic status and educational attainment. Boroondara's high participation rate needs to be understood in the context of other available data sources regarding physical activity and sedentary behaviour.

The Victorian Population Health Survey 2010 measured physical inactivity levels for the adult population. For adults in Boroondara, 27% do not meet physical activity guidelines of at least 30 minutes a day. This decreased to 25.2% in the 2012 Victorian Population Health Survey. The Boroondara Public Health and Wellbeing Plan 2013-17 Issues Paper identifies that Boroondara has high levels of sedentary behaviour (sitting for more than seven hours a day) which can lead to poor health and wellbeing. The Issues Paper notes that according to the VicHealth Indicators Survey 2011, 45.9% of the Boroondara community demonstrates sedentary behaviour. This is considerably higher compared to Victoria's leading LGA at 15.2%.

These statistics demonstrate that even with the high participation rate noted in the Strategy, there is still a need to support the community to participate in sport and recreation in order to improve health and wellbeing.

The local Boroondara surveys, undertaken as part of the development of this Strategy, found that younger people were more likely to participate in structured sport as their preferred activity and whilst sport is still popular for those aged 15 years and above there is a gradual shift towards participation in a broader array of activities.

¹⁹ Sport and Recreation Audit, City of Boroondara



In the past, children have traditionally participated in activities based on gender however recent research details that there is a growth in female participation in historically male dominated sports. Anecdotal local research supports this trend in Boroondara. As per action 2.7 in the action plan, there is a need to continue to renew facilities to ensure they can support female participation.

Supporting detail for this section of the report can be found in *Foundation Paper 3 Participation Analysis*.

6.2.1 Overall participation

The following table outlines the top 15 sport and recreation activities undertaken by all age groups combined and their participation rates.

The Boroondara community has an overall participation rate of 91.7%.

Table 1: Participation Rates for all age groups combined²⁰

	Sport and Recreation Activity	Boroondara Percentage Participation rate	Number of Boroondara residents
1	Walking for exercise*	43.4%	73,487
2	Swimming	20.4%	34,543
3	Cycling**	16.7%	28,277
4	Fitness/Gym***	12.4%	20,996
5	Running - Jogging	12%	20,319
6	Basketball	9.0%	15,239
7	Tennis	8.7%	14,731
8	Australian rules football	6.7%	11,345
9	Golf	5.8%	9,821
10	Netball	4.4%	7,450
11	Cricket	4.4%	7,450
12	Dancing	3.9%	6,603
13	Football - Soccer	3.7%	6,265
14	Yoga	3.0%	5,080
15	Pilates	3.0%	5,080

*includes walking casual/power walking and dog walking

**includes cycling on roads, bike paths and track/velodrome

***includes gym-workout and personal training

²⁰ Foundation Paper 3 - Participation Analysis, City of Boroondara



Key highlights from the three surveys of Boroondara residents are outlined below:

Early years (0 to 4 year old survey)

Boroondara residents display a higher participation rate when compared to Australian and Victorian ABS data. Children aged 0 to 4 had an overall participation rate of 84.4% with swimming and parks (playground) being the most popular activities. Table 2 describes the Boroondara participation rate for sport and recreation activities among 0 to 4 year olds.

There may be opportunities to develop sport and recreation programs for activities children would like to participate in but currently do not. Activities that 0 to 4 year olds would like to participate in but currently do not include soccer, swimming and dancing. Males would like to participate in Australian rules football and soccer but currently do not. Females would like to participate in ballet and gymnastics but currently do not. For children who speak a language other than English, tennis and gymnastics were anticipated activities for which targeted programs could be developed.

Parents of children aged 0 to 4 year olds requested improved safety for riding bikes, improved road crossing points and more programming aimed at 0 to 4 year olds. Parents also identified not having enough time and a lack of programs as the reasons for non-participation however respondents who speak a language other than English identified a lack of programs and location barriers. These barriers have implications for the development and promotion of sport and recreation programs for residents who speak a language other than English.

Table 2: Popular sport and recreation activities for 0 to 4 year olds²¹

	Sport and Recreation activity	Boroondara Percentage Participation rate	Number of Boroondara residents
1	Swimming	54.0%	4,465
2	Parks (playgrounds)	51.2%	4,233
3	Dancing	8.9%	736
4	Gymnastics	5.3%	438
5	Bike/Scooter	4.9%	405
6	Tennis	2.3%	190
7	Junior sports development	2.2%	182
8	Walking/running	2.0%	165
9	Soccer	1.9%	157
10	Auskick/football	1.5%	124
11	Basketball	0.5%	41
12	Net Set Go/Netta Netball	0.2%	17

²¹ Foundation Paper 3 - Participation Analysis, City of Boroondara

Children and young people (5 to 14 years survey)

Moving into the age group of 5-14 year olds, there was an overall participation rate of 99% with swimming, basketball and Australian rules football the most popular activities. Table 3 outlines the top 15 participated in activities. When analysed by gender, swimming, basketball and netball were the preferred activities for females, while males preferred Australian rules football, swimming and basketball.

For young people who spoke a language other than English, swimming, tennis and soccer were the most popular. Opportunities exist to support these sport and recreation activity providers to engage these community groups.

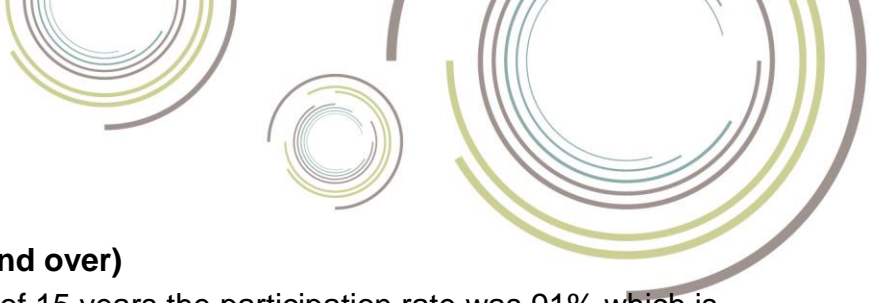
Overall, and for young males, soccer was the activity they would most like to participate in but currently do not, while for females the activity was gymnastics/calisthenics. Respondents who speak a language other than English identified soccer, basketball and Australian rules football as the top three activities they would like to participate in but currently do not. Opportunities exist to support providers and guide this interested cohort into preferred activities.

The most common reason for non-participation was not enough time/being too busy. This barrier can be reduced by innovative programming from activity providers offering a range of physical activity programs at the same time for both children and parents.

Table 3: Popular sport and recreation activities for 5 to 14 year olds²²

	Sport and recreation activity	Boroondara percentage participation rate	Number of Boroondara residents
1	Swimming	50.0%	9,974
2	Basketball	34.0%	6,782
3	Football - Australian rules football / Auskick	27.8%	5,545
4	Tennis	24.2%	4,827
5	Cricket	15.3%	3,052
6	Netball	12.5%	2,493
7	Football - Soccer	11.8%	2,354
8	Dancing	11.5%	2,294
9	Gymnastics/ Calisthenics	9.9%	1,975
10	Cycling - Bike Paths/ Tracks	7.3%	1,456
11	Athletics (track and field)/ Little Athletics	7.1%	1,416
12	Hockey/ Ice hockey	5.9%	1,177
13	Physical Education (PE)	4.9%	977
14	Running - Cross Country	4.0%	798
15	Martial Arts	2.8%	559

²² Foundation Paper 3 - Participation Analysis, City of Boroondara



Young people and adults (15 years and over)

For Boroondara residents over the age of 15 years the participation rate was 91% which is higher than Victorian and Australian ABS average. Walking was the most popular activity for this age cohort. The data has also been analysed by age groups. Walking was the most popular across all 15+ age groups except for 15 to 24 year olds who nominated running/jogging as the most popular.

Structured sport participation begins to plateau from 15 years and over, however strong participation still exists in the 15 to 24 year olds age group. Opportunities exist to develop targeted initiatives which look to support preferred sport and recreation activities of this age cohort.

Swimming and tennis were the top activities people would like to participate in but currently do not. When analysed by gender, swimming and tennis was preferred by males however, females also wanted to participate in yoga and tennis. Females were also more likely to want to participate in pilates and dancing. Gender preferences can be used to develop specific initiatives to increase participation.

Important factors relating to participation showed that the availability of public transport was more important to residents who speak a language other than English, compared with English speaking people only (60.7% compared to 41.8%). A similar finding was uncovered for the availability of child minding services (25.3% compared to 11.8%). This is important to note when considering programs that include people who speak a language other than English. The top 15 sport and recreation activities are listed in table 4.

Table 4: Popular sport and recreation activities for 15+ years²³

	Sport and recreation activity	Boroondara percentage participation rate	Number of Boroondara residents
1	Walking for exercise*	50.9%	71,772
2	Cycling**	17.5%	24,676
3	Fitness/Gym***	17%	23,971
4	Running - Jogging	14.2%	20,023
5	Swimming	14.1%	19,882
6	Golf	6.8%	9,588
7	Tennis	6.7%	9,447
8	Basketball	5.7%	8,037
9	Football - Aussie Rules/Australian rules football	3.8%	5,358
10	Yoga	3.5%	4,935
11	Pilates	3.5%	4,935
12	Netball	3.4%	4,794
13	Cricket	3.0%	4,230
14	Football - Soccer	2.6%	3,666
15	Dancing	2.4%	3,384

*includes walking casual/power walking and dog walking

**includes cycling on roads, bike paths and track/Velodrome

***includes gym-workout and personal training

The preferred method to access information on sport and recreation activities was via the Council website or an internet search. For residents aged 80 years and over, phoning Council was the preferred method of accessing information. A high proportion of 15 to 24 year olds used social media to access information compared to other age groups. These statistics can help tailor communications and engagement towards these age groups.

Just over a quarter of those who participate in sport and recreational activities suggest they also volunteer at a local activity. A further quarter suggested they would like to volunteer at a local activity but currently do not. When analysed by age group, a higher proportion of people aged 15 to 39 were willing to volunteer compared to 40 years and over. Opportunities exist to work with clubs to modernise the type of volunteering opportunities available (e.g. project based or time limited micro-volunteering) to facilitate interested people into sport and recreation volunteering roles.

Analysis of ABS data demonstrates that participation rates among people with a disability were overall lower when compared to those without a disability.²⁴ Similarly, the participation rate among people born overseas was lower than those born from an English-speaking country.²⁵

²³ Foundation Paper 3 - Participation Analysis, City of Boroondara

²⁴ [Participation by People with a Disability 2011](#) ABS 2011

²⁵ [ABS Socio Economic Variation in Sport and Recreation Participation Rates 2014](#) ABS 2014 4156.0.55.001



6.3 Participation projections and impacts on the future demand for facilities

In addition to identifying the participation of the Boroondara community in a range of sport and recreational activities, an analysis of the capacity of existing facilities to cater for future community demand for sport and recreation activities has been undertaken. As outlined in the participation section above, participation in sport and recreational activities by the Boroondara community has been calculated at a point in time. There is no statistically valid historical data available for the City of Boroondara and therefore a trend analysis cannot be undertaken using Boroondara statistics alone. There is however Victoria wide participation data which has been collated across a number of time points over the past 10 years. In the absence of Boroondara specific information these multiple time points have been employed to conduct an analysis of participation trends to gauge future participation rates.

The methodology used to undertake this analysis is further explained in Foundation Paper 3: Participation Analysis.

As an outcome of this analysis it has been identified that the current capacity of existing highball, sportsground and skate and BMX facilities will be insufficient to meet the projected demand for the range of activities undertaken at these facilities.

The sport and recreation activities that have been identified as experiencing a high growth in demand and will require additional access to facilities in the future are:

- Basketball
- Netball
- Australian rules football
- Soccer
- Skate and BMX
- Hockey

As part of the analysis the most appropriate location for additional facilities and/or upgrades has been undertaken and is highlighted below. The locations have been proposed within the context of Boroondara's five service planning precincts. These planning precincts and the suburbs within each are illustrated in figure 3.

Figure 3: Boroondara planning precincts



North East Precinct:

Balwyn, Balwyn North, Deepdene

North West Precinct:

Kew, Kew East

Central Precinct:

Camberwell, Canterbury, Surrey Hills

South West Precinct:

Hawthorn, Hawthorn East

South East Precinct:

Ashburton, Glen Iris

6.3.1 Sports Ground Usage

There is strong demand from the community to access open space in Boroondara for a variety of uses. The Boroondara Open Space Strategy²⁶ highlights the challenge for Council to meet community expectations by providing access to sports grounds for a diversity of structured and unstructured activities while achieving a balance with biodiversity values, cultural heritage and neighbourhood character.


Boroondara is landlocked and has a very limited ability to provide additional sports grounds. It is also likely that with the forecast future population growth there will be increased competing demands for organised sporting club use, unstructured recreational activities and informal use.²⁷

Currently, schools use some sporting fields during the day and sporting clubs use the fields in the late afternoon/evening on weekdays and during the day on weekends. This restricts the use of sports grounds for unstructured recreation activities such as jogging around the oval and dog walking at peak times.

Many sports grounds are at capacity with limited ability to cater for growing demand from many sections of the community. Schools, sporting groups and unstructured recreational

²⁶ Boroondara Open Space Strategy, City of Boroondara 2013

²⁷ Foundation Paper 1 – Research and Policy Context, City of Boroondara



users are all vying for access to sports grounds. Schools in particular have increased their usage of sports grounds over the past five years. The hours of use on sports grounds for sports such as soccer and Australian rules football has also increased over the past five years.

With limited ability to provide new sports grounds to cater for this demand, this provides a challenge for Council that requires thoughtful consideration and planning. With this in mind, consideration should be given to increasing the capacity of existing sports grounds, particularly in the South West precinct for soccer and the North West and Central precincts for Australian rules football. It is recognised that the balance between encouraging high levels of usage while maintaining a suitable playing surface is particularly difficult in the wet winter months. Some grounds would be able to increase overall usage capacity by improving the turf type, irrigation, drainage or sports ground lighting. This needs to be considered in the context of the local amenity and the existing supporting infrastructure being appropriate to cope with increased participation. The installation of a small number of synthetic playing surfaces located strategically would also facilitate an increase in participation and assist in meeting demand.

A Sports Asset Management Plan is proposed as an action as part of this Strategy which will identify where these improvements can be made in order to optimise ground capacity and will consider possible impacts on residential amenity.

6.3.2 Highball Court Usage

Other sport and recreation facilities in Boroondara are also experiencing increasing demand. An analysis of Council owned stadium facilities suggest that there is limited ability to cater for the growing demand of sports that utilise multi-purpose or highball court facilities.


Over the past 12 months, during peak times (after 4pm weekdays and all day on weekends) there has been an average of over 80% of court usage. This suggests there is limited capacity to meet any further demand with stadium facilities nearing capacity. The demand for sports that utilise stadium facilities include basketball and netball with other indoor sports such as badminton, table tennis and volleyball also using the facilities.²⁸

There is limited capacity at existing Council stadium facilities to cater for increases in demand. The demand is likely to come from basketball, netball, badminton and table tennis. A recent report²⁹ provided by a sport and recreation consultancy on indoor multi-purpose stadium trends, identified that facilities that are designed and operated to be “multi-use” are generally operating at higher levels of usage capacity and financial performance. Generally, stadiums with less than three to four courts have a lower income generating capacity and lower likelihood of being financially viable.

Additional indoor courts would be supported in Boroondara as participation mapping suggests that participation will continue to grow. Some local basketball associations have had to cap the number of teams and have waiting lists due to the shortfall of available courts to meet demand. In addition, 5 to 14 year olds identified basketball as an activity that they would like to participate in but currently do not which was the second highest response (6.6%) behind soccer (9.2%).

²⁸ Court usage data collection of Boroondara Leisure and Aquatic Facilities 2014 - 2015.

²⁹ Coffey Sport and Leisure, Indoor Multi-Purpose Stadium Feasibility Study, City of Wagga Wagga, 2012.



Opportunities to increase access to indoor court facilities include:

- Forming partnerships with schools for access to facilities or development of facilities
- Expanding existing sites where possible
- Encouraging existing sites to include activities (e.g. table tennis tables located in existing spaces).

An analysis of participation, by precinct, in activities requiring the use of highball courts has been conducted. It highlights that the greatest need for additional highball courts in Boroondara is in either the Central, South East or South West precincts³⁰. Opportunities will be investigated to increase the number of community accessible indoor courts at non-Council owned facilities. It is likely that there will be a limited number of potential sites given the space required, cost involved and ancillary requirements. It is not intended to pursue opportunities in each of these areas however the investigation will focus on these precincts as a priority.

6.3.3 Skate and BMX facility usage

There has been anecdotal evidence of an increased demand in skate and BMX in Boroondara, reflecting similar trends evidenced in national level reports that indicate growth in participation across Australia.

Locally, an analysis of the usage at Junction Skate and BMX facility reveals an increase between 2012-13 and 2014-15. Further to this, Council has received several letters, phone calls and emails from young people requesting a skate and BMX facility in the north of the municipality, which currently has no skate and BMX facilities. Generally, skate and BMX users are young people who may require public transport to access facilities indicating localised skate and BMX facilities are important. Seeking an appropriate location in the north of the municipality is an action in this Strategy and responds to the identified demand found during the research.

The following key themes have emerged from participation data and the main implications for this Strategy have been identified.

6.3.4 Hockey pitch usage

Research suggests that Boroondara hockey pitches are nearing or at capacity. Further to this, pitches outside of Boroondara are being used by Boroondara clubs to cater for increases in demand. Boroondara is host to three hockey clubs and all three compete in Victoria's top tier competition, Boroondara is the only Local Government Area in Victoria where this occurs. The three clubs also have a male and female side in the state-wide top tier competition. Further to this, Boroondara has a higher concentration of players per pitch when compared to the average for this region. These statistics demonstrate the long history of success and high participation of hockey in Boroondara.

It is expected that participation numbers will continue to increase with a strong focus on increasing juniors as part of compulsory league entry criteria being implemented by Hockey Victoria from season 2017 onwards. Boroondara has no ability to provide new open spaces to build hockey facilities therefore it is proposed to facilitate discussions between clubs and schools for community access to school facilities in order to meet demand.

³⁰ Foundation Paper 3 – Participation Analysis, City of Boroondara



Emerging Key Themes

Implications for Boroondara's Sport & Recreation Strategy

Communication preferences Internet search engines/the council website are the most popular way for residents to access information about sport and recreation in Boroondara for all age groups, with the exception of older adults (80+), who preferred to phone council. Young people (age 15-24) are more likely to use social media to access information compared to other age cohorts.	Continually strive to ensure information channels cater to the preferences of all age groups, cultural backgrounds and abilities.
Open space and neighbourhood parks for passive and unstructured recreation Parks and playgrounds were revealed as being of great importance to residents, particularly as a means of recreation for children under 4 years and their families. The importance of local neighbourhood parks was highlighted with many revealing they like to participate in sport and recreation activities within walking distance from home. Further to this, unstructured recreation was found to become more important as people age.	Continue to recognise the value of parkland and open spaces as a place for structured sport and passive recreation. Council should continue to assess the suitability of open space and parkland that respond to the diverse needs of the community, balancing the needs for structured and unstructured recreation across all ages and stages.
High participation across the municipality Sport and recreation participation rates by residents of Boroondara are significantly higher for all age cohorts compared to National and State trends.	Balancing the opportunities and demands that come with a community that loves sport and recreation is a key challenge. Attention is also required to be paid to those in the community that have lower participation rates or face additional barriers to participation, such as people with disability, people from specific ethnic backgrounds, and people from lower socio-economic backgrounds.
Barriers to participation Despite having high participation rates for all age groups, Boroondara residents indicated there are other activities they would like to participate in. Adults and young people indicated that being too busy/a lack of time as the main reason for non-participation in activities they would like to participate in. People with disabilities are less likely to participate in structured sport and recreation in particular.	Council can play a role in keeping abreast of the local participation of the Boroondara community in sport and recreation and their particular needs and requirements to participate. Communicating and providing information to local providers and organisations on the trends and lifestyle choices of the community will facilitate responsive programs and initiatives that reflect community need and continue to enhance participation in physical activity.



Emerging Key Themes

Implications for Boroondara's Sport & Recreation Strategy

<p>Age differences in popular activities</p> <p>The different age cohorts in the municipality show different patterns of participation.</p> <p>For children in their early years (aged 0-4 years), parks, playgrounds and swimming are the most popular sport and recreation activities</p> <p>Boroondara has particularly strong junior participation in sport. For young people (aged 5-14), structured sport becomes the preferred activity with swimming, basketball, Australian rules football and tennis being the most popular activities</p> <p>For adults (aged 15+ years), there is a gradual shift towards participation in a broader array of activities with unstructured activities becoming more popular as people age</p> <p>For people aged over 65 years, there is a general drop-off in organised sport.</p>	<p>Recognise the different and evolving needs of different age groups in the community and facilitate opportunities that respond to the various needs of age cohorts within the community.</p>
<p>Gender Differences</p> <p>Males and females show different patterns in terms of frequency of participation, and popular activities participated in.</p>	<p>Consideration should be given to the sporting preferences of both males and females in future planning to encourage increased participation.</p>
<p>Cultural differences</p> <p>People who speak a language other than English revealed various differences in participation preferences to the general community, including frequency of participation, and barriers to participation.</p>	<p>The participation patterns of culturally and linguistically diverse residents should be taken into account when planning the provision and management of future sport and recreation activities.</p>
<p>Most popular sports / Growing sports / trends</p> <p>Basketball, soccer, Australian rules football, skate and BMX have all shown a consistent participation increase for 5-14 year olds since 2005, nationally, statewide and in Boroondara.</p> <p>For residents aged 15 years and over, the same trend has been seen for jogging.</p>	<p>That Council remains up to date with current and emerging participation trends.</p> <p>Evidenced based data has informed the key issues and participation trends identified through the Sport and Recreation Strategy. The Strategy provides a framework to inform decision making when considering the allocation of finite resources. The underpinning principles of the Strategy aim to ensure resources are targeted to maximize community outcomes.</p>



Emerging Key Themes	Implications for Boroondara's Sport & Recreation Strategy
<p>Facilities: Projected demand for sports that use sportsgrounds, hockey, highball and skate and BMX facilities</p> <p>Participation data reveals the capacity of current facilities to cater for projected demand will not be adequate for Australian rules football, soccer, basketball, netball, hockey and skate and BMX. The facilities that cater for these sports can be described as sportsgrounds, highball courts, hockey pitches and skate and BMX facilities.</p>	<p>An analysis of projected demand and facility capacity has been undertaken. An analysis of the planning precincts and participation needs will inform and guide where development or enhancements should be targeted.</p> <p>The Central, South East and South West precincts have been identified as the most appropriate locations for highball stadiums. The North East and North West precincts have been identified as the most appropriate locations for skate and BMX facilities.</p> <p>The South West precinct has been identified as a priority precinct for soccer pitch improvements and the Central and North West precincts are priority precincts for Australian rules football ground improvements. The Sports Asset Management Plan will identify the most appropriate locations for improvements to sports grounds.</p> <p>The North West and North East have been identified as priority locations for a hockey pitch. It is proposed to facilitate discussions between clubs and schools located in these precincts however other school sites close to existing clubs may be considered.</p>


6.4 Consultation

Over 3,400 people have helped inform Council leading into the development of the Sport and Recreation Strategy.

Building on the information gathered via the Sport and Recreation Audit,³¹ additional information was collected via consultations including the following:

- Primary school survey
- Secondary school survey
- Youth survey
- General community survey
- E-Kiosk survey
- Community centre phone interviews
- Dialogue cafés
- Facility and activity survey of schools
- Sports clubs and organisations survey
- Private activity provider surveys
- Sports Clubs Forum

³¹ Sport and Recreation Audit, City of Boroondara



Key themes of the consultation discussed in greater detail in *Foundation Paper 4 Consultation Report* include:

- Residents, sports clubs, community groups, and other key stakeholders have diverse views and interests in how sport and recreation in the municipality is managed, about the availability of facilities and their accessibility
- Residents reported that they valued the provision and quality of sport and recreation facilities and well maintained open spaces in Boroondara
- Concerns were raised across all age groups around walking and cycling safety, particularly regarding inadequate lighting and safety along shared paths and in parks, danger in crossing roads and inadequate road bike lanes
- Sports clubs noted concerns around recruiting and retaining volunteers, increased administrative burden and access to facilities to meet participation demands
- Clubs suggested they have capacity to increase membership and also suggested they could provide different activities/programs
- Residents are seeking to participate at times that suit their lifestyle and without having to commit to regular participation
- Some people cited the lack of information about sport and recreation options as a barrier to participation
- Community centres noted the shifting demographic of Boroondara to a more diverse and older population with the need to cater for all abilities and backgrounds
- When schools were asked if they would open up their facilities for community use, over 70% of schools surveyed responded with yes or maybe. Residents also identified the use of school facilities for recreation as an opportunity
- Residents would like to see multi-use facilities where possible to enhance the community benefit
- There is a need to ensure appropriate balance is met between the availability of open space for unstructured activities, as well as purpose-built facilities for structured activities
- Affordability was seen as a key issue among residents in relation to sports and recreation, and their ability to participate
- Overall, the research in this paper shows that sport and recreation remains a valuable aspect of the health and wellbeing of the Boroondara community, for residents, community groups, sporting clubs and other stakeholders

Supporting detail for this section can be found in *Foundation Paper 4 Consultation Report*.

The following key themes have emerged from the broad range of consultation conducted and the main implications for this Strategy have been identified.



Emerging Key Themes	Implications for Boroondara's Sport & Recreation Strategy
<p>Communication</p> <p>Residents indicated that searching the Internet, the City of Boroondara website, and local newspapers were important means of finding out about sports and recreation activities.</p> <p>Some people indicated that lack of easy to access information about sport and recreation services was a barrier to their participation.</p>	<p>Council to continue to acknowledge its importance as an information provider for local sports and recreation activities, through maintaining and building on current information channels. Easy to access information in appropriate languages should be considered.</p>
<p>Affordability/Low cost facilities</p> <p>Residents and key stakeholders highlighted the issue of affordability as a key issue for participation in sport and recreation. Cost was identified as one of the major barriers to sport and recreation participation that arose in the multiple consultation channels.</p>	<p>Encourage and promote to fitness centres, community organisations and local sport and recreation clubs the importance of providing sport and recreation activities that are inclusive and accessible to all residents, including those who are socio economically disadvantaged. Opportunities should be explored to increase community awareness of existing low/no cost activities.</p>
<p>Health & Wellbeing for all ages</p> <p>Consultations highlight that sport and recreation is important to the health and wellbeing of residents of all ages.</p>	<p>Seek to understand and keep abreast of the evolving patterns and trends in sport and recreation needs of all age groups.</p>
<p>Diverse opinions on open space and purpose-built facilities</p> <p>Residents, sports clubs, community groups, and other key stakeholders have diverse views and interests in how sport and recreation in the municipality is managed, available facilities and their accessibility. A key example of this is the balance of open space available for unstructured activities, and purpose-built facilities for structured activities.</p>	<p>Recognise the diversity of sport and recreation interests and needs that exist throughout the community, and seek to provide an appropriate balance between open space for unstructured activities, and purpose-built facilities for structured and organised activities.</p>
<p>Gender differences in sport and recreation needs</p> <p>Stakeholders highlighted the point that males and females have different sport and recreation needs, opportunities and participation patterns.</p>	<p>Recognise the different participation patterns, opportunities and needs of both females and males. Facilitate sport and recreation opportunities that encourage and cater for participation regardless of gender (e.g. facility design, specific programming, and consideration of safety).</p>



Emerging Key Themes	Implications for Boroondara's Sport & Recreation Strategy
<p>People with a disability</p> <p>State and national trends suggest that people with a disability have lower participation rates in sport and recreation. The <i>Boroondara Access and Inclusion Plan</i> has identified an increase in the number of members within the Boroondara community with a disability. A key contributing factor is that as the population ages, the rate of disability increases.</p>	<p>When developing and/or upgrading facilities, universal design access principles should be considered to ensure physical access is not inhibited. In some instances this will be beyond the standard requirements of the building code.</p> <p>Council can play a key role in educating and building the capacity of the various sport and recreation providers to consider service and program design that is inclusive of people of all abilities and reflects their particular needs.</p>

6.5 Demographic Information

Population data and forecasts are important tools for planning sport and recreational services into the future. In developing the Strategy, Council has examined demographic data from the Australian Bureau of Statistics 2011.

The population in Boroondara is currently 172, 583 people and is forecast to increase to 210,870 by 2041. Boroondara is becoming increasingly diverse with residents from China and India accounting for the largest increases in country of birth between 2006 and 2011. Boroondara is also expected to see increases in the number of residents aged 60 years and over, young people aged 0-25 years and people with a disability. The number of females is expected to increase at a higher rate than males during this period due to a longer life expectancy.

Appropriate facilitation of sport and recreation activities must be undertaken to ensure the diverse needs of these demographics is met, Capacity building of local sport and recreation organisations can assist in the delivery of activities for these cohorts.

Boroondara is not considered disadvantaged, according to the Australian Bureau of Statistic's Socio-economic Indicators for Areas however there are neighbourhoods within the municipality that are rated as disadvantaged. Further to this, some residents are experiencing relatively high level of housing-related financial stress and there are also 380 homeless people in Boroondara. There are also 23% of persons aged 60 years and over living alone which can be a risk factor for social isolation.

Foundation Paper 2, Demographic Report contains the supporting detail for this section. The following key themes have emerged from analysis of demographic information. The main implications for this strategy have also been identified.

Emerging Key Themes	Implications for Boroondara's Sport and Recreation Strategy
<p>Population increase</p> <p>Increases in population will be seen across a number of demographic cohorts including young people, older adults and people from culturally and linguistically diverse groups, with Chinese and Indian communities increasing at the highest rate.</p>	<p>Consider the specific sport and recreational preferences of these groups when assessing sport and recreation opportunities.</p>



Emerging Key Themes

Implications for Boroondara's Sport and Recreation Strategy

<p>Young people</p> <p>Young people require spaces to relax and unwind as well as access to a broad range of sporting opportunities. Sport and recreation can play a support role in addressing mental health challenges faced by many young people.</p>	<p>Ensure the needs of young people are taken into account in overall planning of recreational and sporting facilities and service, and continue to support partnerships with organisations that work with young people, especially those who have mental health challenges.</p>
<p>Older people</p> <p>The older adult population is increasing. Furthermore, older people are becoming increasingly interested in health and fitness due to overwhelming evidence that supports the benefits of physical activity. Sport and recreation opportunities need to be inclusive of the unique needs of older adults to ensure that they can participate in a manner that suits them. The social connections made through sport and recreation are vital to many older adults who are increasingly at risk of social isolation.</p>	<p>Ensure the factors that increase older people's likelihood of participation, such as availability of spaces for unstructured recreation, and the creation of safe recreational environments are considered in future planning.</p>
<p>People from culturally and linguistically diverse communities</p> <p>People from culturally diverse communities have been identified as having different sport and recreation preferences. People who speak a language other than English were shown to have higher participation in cricket, soccer, swimming and walking than English only speaking residents. In terms of demographics, residents from China and India accounted for the largest increase of country of birth from 2006 to 2011.</p>	<p>Continue to consider the participation preferences of people from culturally and linguistically diverse backgrounds and facilitate initiatives to ensure the promotion of activities is effectively communicated (e.g. information in community languages).</p>
<p>Disadvantaged people</p> <p>Even though Boroondara is not considered a disadvantaged community, based on the SEIFA index, there are some residents who are disadvantaged living in the municipality. Other factors such as homelessness, income and mental health may contribute to this disadvantage.</p>	<p>Consider the opportunities that will enhance participation in sport and recreation by people experiencing disadvantage.</p>



Emerging Key Themes	Implications for Boroondara's Sport and Recreation Strategy
<p>People with a disability</p> <p>State and national trends suggest that people with a disability have lower participation rates in sport and recreation. The Boroondara Access and Inclusion Plan has identified an increase in the number of members within the Boroondara community with a disability. A key contributing factor to this is that as the population ages the rate of disability increases.</p>	<p>When developing and or upgrading facilities, universal design access principles should be considered to ensure physical access is not inhibited. In some instances this will be beyond the standard requirements of the building code.</p> <p>Council can also play a key role in educating and building the capacity of the various sport and recreation providers to consider service and program design that is inclusive of people of all abilities and reflects their particular needs.</p>

7 Priorities for Action

7.1 Guiding Principles

Sport and recreation is a fundamental part of building strong, well connected and healthy communities however it is a very broad term that can mean different things to different people. As a result, there are a high number of community groups and organisations that have an interest in sport and recreation with divergent views and often competing demands.

Thirteen guiding principles have been derived from the key findings identified through the research and consultation phases that have informed the development of this Strategy.

These principles provide a framework to guide decision making and allocation in the context of finite resources. This includes but may not be limited to development of facilities, utilisation of and access to Council assets and determining priorities.

- 1 Community Health and Wellbeing** - Participation in sport and recreation provides a range of physical, social, mental health and economic benefits for individuals and the community. The facilitation of opportunities to participate in physical sport and recreational activities is fundamental in supporting the health and wellbeing of the Boroondara community.
- 2 Social Inclusion** - Council recognises that all Boroondara community members should have opportunities to participate in and enjoy the benefits of sport and recreation irrespective of gender, age, ethnicity and ability. Initiatives that demonstrate increasing diversity and opportunities for the inclusion of people with particular needs will be prioritised.
- 3 Evidence Based Planning** – Council will allocate resources to facilitate sport and recreation opportunities for the community based on clear evidence that demonstrates the extent of demand for the service or activity by members of the Boroondara community. This will be done in the context of Council's responsibility for broader infrastructure and services for the community.
- 4 Sustainable Provision**- Council is committed to a viable and sustainable sport and recreation culture. Community based sporting and recreational services are the cornerstone of its sustainability and rely heavily on volunteers. Strengthening effective governance and sustainable financial management are critical elements in ensuring the provision of high quality and accessible services.




- 5 **Integrated Planning and Delivery** - Council supports and encourages sport and recreation initiatives that align with Council's strategic framework to achieve the Boroondara vision. Collaboration and strategic alignment are central to the delivery of Council services and the allocation of resources.
- 6 **Community Access** - Council will prioritise access for the Boroondara community to community owned infrastructure. This will be a primary consideration when allocating facilities and resources.
- 7 **Environmental Sustainability** - Council supports the development of sport and recreation initiatives that preserve natural resources and achieve sustainable environmental outcomes.
- 8 **Community Safety** – Council recognises that community safety is paramount and integral to participating in sport and recreation across Boroondara.
- 9 **Amenity** - Council will support sport and recreational clubs, community groups and their neighbours to achieve a balance between sport and recreational participation requirements of the community, while minimising the impact on open space and public amenity. Council's open space design and management guidelines are critical to ensuring due consideration is given to maximise the diversity and character of open space for a range of community uses.
- 10 **Responsible Resource Management**- Council supports a sustainable and responsible financial approach to deliver sport and recreation initiatives within the context of Council's broader funding responsibilities to the community. Council encourages facility sharing where possible and encourages community partnership initiatives that maximise funding contributions and multifunctional use. Infrastructure developments that support the greatest demonstrated need will be prioritised.
- 11 **Building Condition** – Council will conduct and review facilities condition audits on a regular basis that will be complemented by an assessment of the service requirement and community benefit. Outcomes of these assessments will play a key role in the prioritisation of the renewal of assets.
- 12 **Emerging and Minority Sports** - Council will balance the needs and sustainability of new and emerging sport and recreation activities and the benefits they provide to the Boroondara community with the resources required to support such activities.
- 13 **Community Sport and Recreation** - Council's primary focus for sport and recreation is to improve the health and wellbeing of residents by encouraging the Boroondara community to participate in physical activity. Resources for sport and recreation will be directed towards community level participation rather than for activities that are exclusively focussed on elite participation.



7.2 Priority Areas

Based on the significant research, key issues and guiding principles that have been identified in the Strategy, six priorities for action have been established. These are outlined below:

Priority Area	Focus	Related Key Themes
1. Health, Wellbeing, Social Cohesion	Incorporating focus on an active, healthy and connected community.	<ul style="list-style-type: none"> • Connected Council connected community • Value proposition • Health promotion and information • Health and wellbeing
2. Diversity & Inclusion	Incorporating a focus on people and groups of people who are traditionally less likely to fully participate in sport and recreational activities due to ethnicity, age, gender, socioeconomic status or geographical location.	<ul style="list-style-type: none"> • Participation and progress for all • Affordability/low cost • Gender differences in sport and recreation • Age differences in sport and recreation • Cultural differences in sport and recreation • Disadvantaged communities
3. Participation	Incorporating a focus on getting more people active more often and achieving a balance in the use of open space, sports-grounds and facilities for structured and unstructured recreation.	<ul style="list-style-type: none"> • High participation rates • Systems and processes • Communication • Barriers to participation • Most popular sports, growing sports, trends
4. Partnerships	Incorporating focus on effective partnerships between Council and other tiers of government, between Council and local sporting groups, schools and peak bodies and between the community sporting groups themselves to achieve full potential for the people of Boroondara.	<ul style="list-style-type: none"> • Partnerships • Connected Council connected community • Health promotion and information • Disadvantaged communities
5. Sustainability	Incorporating focus on environmental sustainability of sporting fields and open space, on supporting sporting clubs and volunteers, and on financial sustainability through responsible and fair allocation of resources.	<ul style="list-style-type: none"> • Importance of open space • Diverse opinions on open space • Connected Council connected community



Priority Area	Focus	Related Key Themes
6. Infrastructure & Safety	Incorporating a focus on buildings, grounds, new and existing infrastructure expenditure and safety through lighting and pathway improvement.	<ul style="list-style-type: none"> Facilities: demand for sports grounds and facilities

An action plan has been developed (Attachment 2) to address the priority areas identified from the themes that will align with the themes of the Boroondara Health and Wellbeing Plan. All actions specified in the Sport and Recreation Strategy which require funds not included in Council's Strategic Resource Plan will be referred to future budget deliberations and subject to further Council consideration prior to implementation.

8 Implementing and monitoring

Within Council, the Strategy's implementation will be the shared responsibility of a number of departments that deliver functions that contribute to the community's participation in sport and recreation activities. The Family, Youth and Recreation Department in the Community Development Directorate and Parks and Gardens Department in the Environment and Infrastructure Directorate will play lead roles in implementing the key priorities identified through this Strategy.

A Sport and Recreation Strategy Reference Group will be established to assist by providing advice regarding the implementation of the Strategy. The reference group will comprise Council officers responsible for the actions identified and will also seek feedback from community channels such as the Boroondara Panel and sport and recreation groups as required.

8.1 Evaluation

A plan to monitor and evaluate the outcomes achieved through implementation of the Strategy will be developed in year one.

The Boroondara community's sport and physical activity rates will be reviewed at five year intervals and compared against the current data to measure changes and trends which will contribute to forward planning. This will be supplemented by information collected annually from Boroondara sports clubs.

8.2 Accountabilities

For all queries or feedback regarding this Strategy, please use the contact details for the responsible officer below.

Contact	Position	Contact number	Contact e-mail
Tom Scanlan	Planner, Recreation and Wellbeing	9278 4726	tom.scanlan@boroondara.vic.gov.au



8.3 Corporate governance

The Sport and Recreation Strategy Reference group will be established to provide advice on implementation.

8.4 Risk management

Risk management will be monitored through regular reviews by the responsible Council Officer. Actions will be reported on annually through Council's corporate reporting system. This will provide the opportunity to:

- identify and pursue activities that have not commenced
- reduce or conclude activities that may no longer be necessary
- introduce activities in response to newly identified need

8.5 Financial Implications

The implementation of the Sport and Recreation Strategy will be funded from within Council's existing resources wherever possible for service delivery, infrastructure renewal/development and planning in a manner that considers the needs of the community. In addition, Council will also seek external funding where possible to support service provision for projects or services that will assist deliver the objectives of the Sport and Recreation Strategy. Some of the actions may require Council's consideration for funding within the development of each annual budget planning cycle for the life of this Strategy, and these funding decisions would be made by Council in consideration of all priorities. Officers will develop costings for these projects within an appropriate timeframe for the relevant annual budget planning cycle for Council's consideration.