

Sport and Recreation Strategy



Foundation Paper 1 Policy Context & Research Summary



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1. EXECUTIVE SUMMARY

The benefits and role of sport and recreation in supporting community wellbeing is captured in policy and research at the global, national, state and local level. Policies and strategies reflect the benefits of sport and recreation in improving physical and mental health as well as the broader community outcomes it contributes to such as economic benefits and facilitating community connectedness.

The international policy environment, led by the United Nations Millennium Goals and the World Health Organisation's research into diet, physical activity and health provide an overarching case for physical activity to be part of every day of every person and sets the scene for worldwide interventions particularly for those most at risk.

National research highlights the growth of individual activities such as walking, running and going to the gym and also recognises the important role club based activity plays in creating social connections. The Australian Government provides frameworks and guidelines for minimum standards of activity by age groupings as well as establishing priorities for action in areas of participation, system sustainability, helping to meet broader government objectives and research and data review.

The State of Victoria focuses on developing sport and recreation activities through State Sporting Associations and contributes funding to develop infrastructure at the local level. It also creates the planning framework for continual improvement in the health and wellbeing of Victoria. Victorian legislation requires local government to establish plans and frameworks to ensure the health and wellbeing of all people in local municipalities, including the development of a Municipal Public Health and Wellbeing Plan. Developing partnerships and collaborating to combine efforts can assist in achieving the goals of multiple strategies.

The research and policy context for the Sport and Recreation Strategy is closely aligned to the four themes of the *Boroondara Public Health and Wellbeing Plan 2013-2017*. It is also consistent with the *Boroondara Open Space Strategy* that provides direction for the continued development of open spaces for structured and unstructured recreational activity.

The value of sporting clubs is highlighted in this paper, being one of the cornerstones of structured sport participation in local areas. Council seeks to continue to work closely with the sporting clubs to support them in their voluntary capacity.

Emerging themes uncovered in this paper which are relevant to the Sport and Recreation Strategy are identified in table 1.

Table 1: Key themes from Foundation Paper 1: Policy Context and Research

Key Theme	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 plans and strategies that impact on sport and recreation, as listed on page 8 of the Strategy, effectively work together to achieve the promise of improved health and wellbeing for the community. 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 the 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>

<i>Key Theme</i>	<i>Implications for Boroondara's Sport & Recreation Strategy</i>
<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, understanding the health and wellbeing 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 and the international development community as well. 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 downstream 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 and that good information on activity levels and ways of staying active and healthy is an important component of this.</p>	<p>Council to promote the growing evidence base about the positive impacts of sport and recreation to the community.</p>

The themes identified from this paper will assist in setting the direction of the Sport and Recreation Strategy to respond appropriately to the findings.

2. FOUNDATION PAPERS-OVERVIEW

This paper is one of four documents that make up the Foundations Papers. Information contained within these documents provides the evidence base for the development of the Boroondara Sport and Recreation Strategy. The headlines for these four papers are:

Foundation Paper 1 Policy Context and Research

- » Policy context from a global, national, state and local context
- » The case for a focus on sport and recreation
- » Evidenced based research and data

Foundation Paper 2 Demographic Profile for City of Boroondara

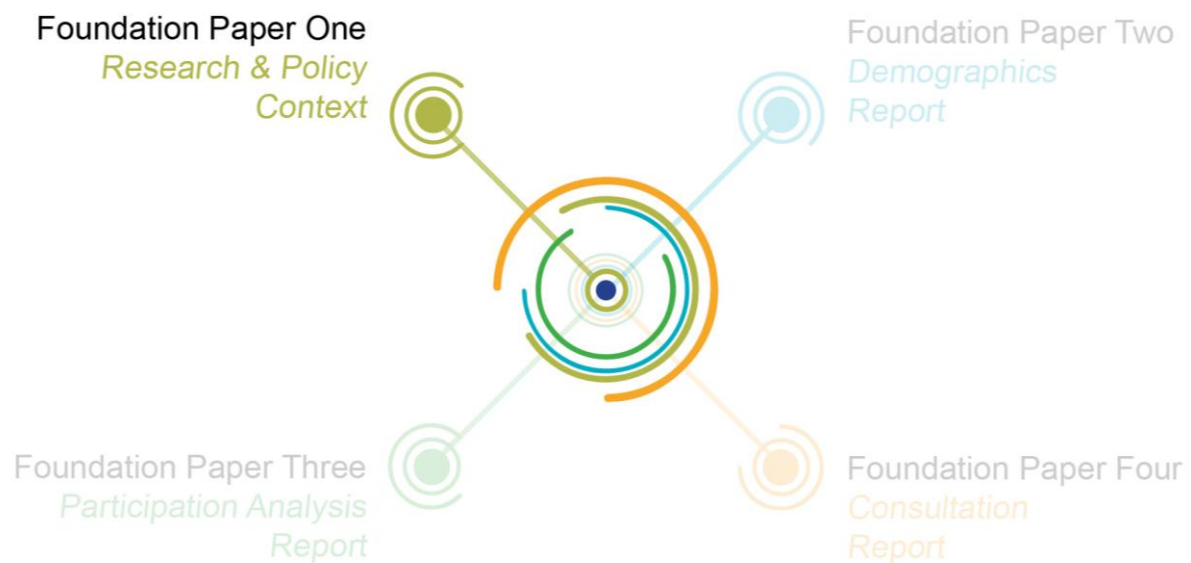
- » Population trends and comparative data

Foundation Paper 3: Participation Analysis

- » Statistically valid participation trends
- » Provision of sport and recreation in Boroondara
- » Analysis of trends and demands

Foundation Paper 4: Consultation Report

- » Community surveys
- » Stakeholder engagement surveys and workshops



3. INTRODUCTION

This document provides the research and policy context for the Sport and Recreation Strategy. It highlights the value of sport and recreation and provides the health, wellbeing and economic case for continued support of sport and recreation. A selection of international, national and state policies and strategies relating to sport and recreation has been chosen for inclusion in this paper. This paper also outlines the Boroondara Policy Framework with reference to key policies and plans which play a significant role in the delivery of sport and recreation.

4. STRATEGIES

International Strategies

Sport serves as a key mechanism for international policy development, understanding, and peace, as indicated through policies from the United Nations, and the World Health Organisation. The United Nations recognises the potential of sport to contribute to the achievement of the *Millennium Development Goals*¹ and note the potential that sport has to contribute to the wellbeing of societies.

The World Health Organisation (WHO) provides leadership on global health matters and shapes the health research agenda. It monitors health trends and articulates evidence-based policy options.

Of particular interest to Boroondara's Sport and Recreation Strategy, the WHO provides global recommendations on levels of physical activity and the dietary intake required to maintain health and wellbeing. The WHO's *Global Strategy on Diet, Physical Activity and Health*'s² key objectives include:

- » Reducing the risk factors for non-communicable diseases that stem from unhealthy diets and physical inactivity by means of essential public health action and health-promoting and disease-preventing measures.
- » Increasing overall awareness and understanding of the influence diet and physical activity on health and of the positive impact of preventive interventions.
- » Encouraging the development, strengthening and implementation of global, regional, national and community policies and action plans to improve diets and increase physical activity that are sustainable, comprehensive and actively engage all sectors of society.

These international strategies provide the overarching direction regarding health, sport and recreation and set the context in which localised strategies can be developed.

National Strategies

The national strategies and frameworks presented below have been generated by the Australian Government predominantly. Also included is the non-government, independent Heart Foundation's report.

*The National Sport and Active Recreation Framework*³ endorsed by the Australian Government and all States and Territories, provides a guide for government activity and resource allocation for the period 2011-2021. It outlines key objectives which include:

- Increasing participation in sport and recreation, particularly among under-represented groups
- Increase capacity, diversity and capability of sport and active recreation organisations

¹ [Potential of sport to contribute to the achievement of the Millennium Development Goals](#)¹, United Nations 2000

² [WHO Diet & Physical Activity Strategy](#), World Health Organisation 2004

³ [National Sport and Active Recreation Framework 2011](#), Australian Government Department of Health, Agreed by all Australian Governments 10 June 2011

- Support participation through well planned, designed and managed facilities and open space

In January 2014, the Australian Government Department of Health updated the *National Physical Activity and Sedentary Behaviour Guidelines*⁴. The guidelines are different for various age groups and provide recommendations for achieving and maintaining physical health.

In March 2015, the Federal Government released their new strategy for improving participation in organised sport. The *Play. Sport. Australia*.⁵ Strategy brings together existing Government programs and new initiatives into one document under the auspice of the Australian Sports Commission. The Strategy has three focus areas of:

- Focussing on younger Australians
- Supporting national sporting organisations
- Research to better understand what is happening in sport

The Heart Foundation has recently released the 2014 – 2017 *Blueprint for an Active Australia (second edition)*.⁶ The Heart Foundation is a not for profit, non-government organisation that undertakes vital research and develops guidelines to help Australians to live healthier lifestyles. This document has a number of objectives including:

- *Disadvantaged populations:* Identifying actions required to overcome barriers to participation, particularly for socioeconomically and geographically isolated groups
- *Research and program evaluation:* Highlighting the value of evidence based practice and exploring general themes of evaluation, monitoring and research.

This evidence based national strategies set the national agenda on sport and recreation. They provide the framework in which local sport and recreation strategies, policies and plans can operate from.

State Strategies

A number of state strategies also have an important impact on sport and recreation in the Boroondara community. Policy and funding at the Victorian State Government level is focused on developing sport and recreation activities primarily through State Sporting Associations. It also contributes funding to develop infrastructure at a local level for sport and recreation pursuits.

In addition to infrastructure funding, specific programs that facilitate and encourage the Victorian community to participate in sport and recreation are provided. These programs include the Premier's Active April initiative and the VicHealth coordinated Walk to School month in October. These aim to raise the awareness of the benefits and importance of being physically active to improve health and wellbeing.

The Victorian Department of Health and Human Services is committed to achieving the best health and wellbeing for all Victorians. The *Victorian Health and Wellbeing Plan 2015-2019*⁷ aims to reduce inequalities in health and wellbeing. The plan sets out a long term agenda for improving health and social outcomes in Victoria. Healthier eating and active living is a priority area identified within the plan. Within this priority area, the focus is on encouraging and supporting people to be as physically active as often as possible throughout their lives.

Sport and Recreation Victoria (SRV) is located within the Department of Health and Human Services. SRV develops policies, programs and services that support and enhance the wellbeing of all Victorians. SRV has developed The *Sport and Recreation*

⁴ [National Physical Activity and Sedentary Behaviour Guidelines](#) Australian Government Department of Health 2014

⁵ [Play.Sport.Australia](#). Australian Sports Commission 2015

⁶ [Blueprint for an active Australia second edition.pdf](#) National Heart Foundation 2014

⁷ [Victorian Public Health and Wellbeing Plan 2015-2019](#) Department of Health and Human Services Victoria

*Victoria Strategic Framework 2013-2015*⁸ which aligns to the National Sport and Active Recreation Framework. It has similar objectives focussing on:

- » Participation: Individual health and wellbeing and Victoria's prosperity and liveability is enhanced, through participation in sport and active recreation.
- » System Sustainability: Supporting an effective sport and recreation network made up of a multitude of organisations that deliver and support activities at the state and local level. A collaborative, closely-aligned and highly capable system will ensure the sustainability of the sector.
- » Meeting broader objectives of Government: The contribution of sport and active recreation to achieving broader objectives of government – including health and well-being, education, transport, tourism, planning for the future, the economy and strong resilient families – is recognised and incorporated into relevant major strategies.
- » Research and information provision: Quality and robust research outcomes enables better decision making and better outcomes overall. SRV will continue to invest in research and support the dissemination of outcomes to the sport and active recreation sector.

Further to the state government, VicHealth has supported and worked in partnership with the sports sector in Victoria for more than 20 years, encouraging more people to participate in sport for physical, mental health and wellbeing benefits, and to promote a healthy sports culture and environments. VicHealth has a *Physical Activity, Sport and Walking Investment Plan (2014-2018)* focused on making physical activity participation part of everyday living. The Plan has four objective areas of sport, physical activity, walking and sitting.

The state strategies are the closest tier to local government. It is integral for the Boroondara Sport and Recreation Strategy to align with various state based strategies.

⁸ Sport and Recreation Victoria Strategic Framework 2013-2015, Department of Sport and Recreation Victoria 2013
Sport and Recreation Strategy
Foundation Paper 1 Research and Policy

5. NATIONAL RESEARCH

The following provides an overview of the benefits of sport and recreation and sporting clubs and concludes with an overview of the direction of sport and recreation.

Benefits of Sport and Recreation

Research indicates that sport and recreation provides a number of benefits for individuals and the community. These benefits range from improving the physical and mental health of individuals to improving community connections. Sport and recreation even plays a significant role in broader economic and environmental goals.

- » *Physical benefits:* Research consistently suggests physical activity can help prevent the onset of disease including cardiovascular disease, type 2 diabetes, osteoporosis, types of cancer, obesity and dementia. Participating in regular physical activity can reduce cardiovascular-disease related deaths by up to 35%. Large population studies have repeatedly demonstrated that higher rates and intensity of physical activity are associated with greater risk reduction.⁹
- » *Mental health:* Participation in physical activity is also known to reduce depression, stress and anxiety, improve self-confidence, self-esteem, energy levels, sleep quality and ability to concentrate.¹⁰
- » *Social connectedness:* Local sport and recreation opportunities provide community gatherings where people come and play, talk and learn from each other, increasing social cohesion and establishing a sense of belonging. Valuable social networks are formed through shared sporting experiences and aspirations. Sport and recreation is also a key medium for creating new relationships among various groups within the community. People from multicultural, aboriginal and other potentially marginalised groups can benefit from sport and recreation as a way to connect to the wider community.¹¹
- » *Social Capital:* Organised sport and recreation contributes to a sense of responsibility for the community to shape the way it wants to be. Many researchers have suggested the benefits of social capital for individual outcomes in areas such as health, education, employment and family wellbeing, and also in fostering community strength and resilience.¹²
- » *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 spends 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 with 2.3 million (14% of the adult population) in 2010.¹³
- » *Environmental:* Walking, cycling and public transport are affordable and sustainable solutions to reduce traffic congestion, these same activities contribute to cleaner air, reduced carbon emissions and more sustainable environments. Through the provision of parks, open spaces and protected natural environments, sport contributes to the environmental health of the community.¹⁴

The case for additional investment in physical activity programs and infrastructure is compelling. The sport and active recreation industry contributes to a number of health and wellbeing outcomes including improved physical health, improved mental health,

⁹ Heart Foundation Blueprint for an Active Australia second edition accessed November 2014 from www.heartfoundation.org.au

¹⁰ VicHealth Participation in Physical Activity Summary (2010)

¹¹ Western Australian Government, "More than winning" accessed November 2014 from www.dsr.wa.gov.au/support-and-advice/research-and-policies/more-than-winning

¹² Sport and Social Capital, Australian Bureau of Statistics, 2010 accessed November 2014 from <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4917.0>

¹³ Value of Sport, Australia Australian Bureau of Statistics, 2013.

¹⁴ Western Australian Government, "More than winning" accessed November 2014 from www.dsr.wa.gov.au/support-and-advice/research-and-policies/more-than-winning

social inclusion, a sense of community, social connection, improved economic outcomes and environmental outcomes.

Benefits of Sporting Clubs

Sporting club based physical activity provides benefits both to an individual's health and fitness as well as offering social interaction. Studies have shown that social interaction can lead to improved social and mental wellbeing. One such study conducted in 2010¹⁵ found that women participating in netball and tennis reported higher wellbeing and life satisfaction when compared to women only participating in individual physical activities such as walking and going to the gym.

To further unpack the important role sporting clubs play in improving health and wellbeing, Latrobe University undertook research that looked at 'the value of a community football club'¹⁶. The research found that football clubs provide a social value to the community in terms of increased social connectedness; wellbeing; mental health status; employment outcomes; personal development; physical health; civic pride and support of other community groups.

The study provides unique insights into the important role that football clubs play within a local community. Many of the outcomes highlighted are likely also applicable to other structured sports which are undertaken in a club based setting. There is consistent evidence to support the notion that club based and team based sport participation, when compared to individual forms of physical activity, is associated with better psychological and social health benefits.¹⁷

Future Direction of Sport and Recreation

The benefits of regular physical activity through sport and active recreation are indicated overwhelmingly. Global, national and state frameworks and strategies are focused on encouraging all members of the community to participate and benefit from sport and active recreation.

To understand what the future holds for sport and recreation, the Australian Sports Commission released a report entitled *The Future of Australian Sport: Megatrends shaping the sports sector over coming decades*¹⁸. The report outlines six megatrends that will influence the sport and recreation sector over the next thirty years. These six megatrends are outlined below and have informed the development of the Boroondara Sport and Recreation Strategy.

- » *A perfect fit*: Individualised sport and recreation activities are on the rise. People are fitting exercise into increasingly busy lives. People prefer to exercise at a time and venue that suits them rather than commit to an extended sporting commitment.
- » *From extreme to mainstream*: There is a rise in lifestyle, adventure and alternative sports that are particularly popular with the younger generation. Extreme sports such as BMX racing are becoming more mainstream with the inclusion of BMX into the 2008 Beijing Olympics. Skateboarding and sport climbing (rock climbing) has been recommended for inclusion to the 2020 Tokyo Olympics.
- » *More than sport*: Governments and companies are increasingly using sport as a mechanism to achieve policy objectives. Sport has been cited as a way to reduce obesity, improve mental health, reduce crime rates, build international relations and improve community connections.
- » *Everybody's game*: Australia's demographic and cultural make up is changing; we are an ageing population who are living longer. There are more people with a disability and the rate of people with a disability increases with age. One quarter of

¹⁵ Eime, R.M., Harvey, J.T., Brown, W.J., Payne, W.R. (2010). Does sports club participation contribute to health-related quality of life? *Medicine and Science in Sports and Exercise*, 42 (5)

¹⁶ Latrobe University, "Value of a Community Football Club" accessed March 2015 from www.aflvic.com.au

¹⁷ Eime R, Young R, Harvey J, Charity M, Payne W (2013) A systematic review of the psychological and social benefits of participation in sport for adults: informing development of a conceptual model of health through sport. *International Journal of Behaviour Nutrition and Physical Activity*, 10:35.

¹⁸ [The Future of Australian Sport](#) Australian Sports Commission 2013

Australians were born in another country with Australia expected to continue to become increasingly multicultural.

- » *New wealth, new talent:* Population and income growth throughout Asia and other emerging economies will create tougher competition and new opportunities for Australia, both on the sports field and in the sports business environment
- » *Tracksuits to business suits:* In coming decades it will be likely to see many Australian sports organisations continue to transition from small groups to large formalised corporate structures. Sporting costs will continue to grow with cost being acknowledged as a significant factor for families considering participation.

6. BOROONDARA POLICY FRAMEWORK

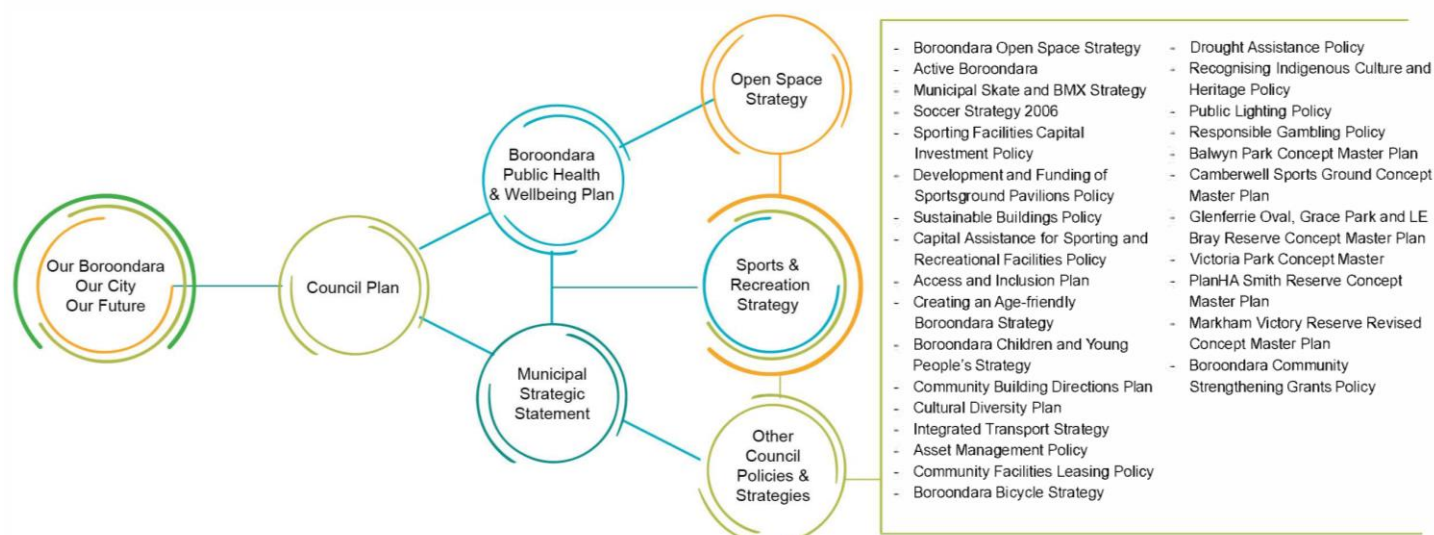
This section summarises policy and planning documents developed by the City of Boroondara. This section outlines the high level plans of:

- » Our Boroondara - Our City Our Future
- » The Council Plan 2013-2017
- » Annual Plan 2015-16
- » Municipal Strategic Statement
- » Boroondara Public Health and Wellbeing Plan 2013-2017 (BPHWP)

The Council Plan, the BPHWP and the Municipal Strategic Statement are all legislative requirements. All three plans are informed by *Our Boroondara - Our City Our Future*, Council's long-term vision statement and form part of Council's Corporate Planning Framework.

Summaries are also provided on policy and planning documents which have a strong link to the Sport and Recreation Strategy. An exhaustive list of these documents and their hierarchy is provided in figure 1; Corporate Planning Framework.

Figure 1: Boroondara Council Planning Framework



6.1 Key policy and planning documents

The following documents play a significant role in the delivery of sport and recreation. The research and direction of these documents provide strategic advice towards the facilitation of sport and recreation opportunities for the Boroondara community. These documents include:

- » Our Boroondara - Our City Our Future (2008)
- » Council Plan
- » Annual Plan
- » Municipal Strategic Statement
- » Boroondara Public Health and Wellbeing Plan 2013-2017 (BPHWP)
- » Boroondara Open Space Strategy 2013
- » Creating an Aged Friendly Strategy 2014-19
- » Children and Young People's Strategy 2014-19
- » Cultural Diversity Plan 2014-18
- » Access and Inclusion Plan 2013-17

6.2 Our Boroondara – Our City Our Future (2008)

The *Our Boroondara – Our City Our Future*¹⁹ provides a 20+ year shared vision for Boroondara, addressing the two key long-term and strategic issues of community connectedness and sustainability. These issues are addressed through the four key strategic directions being:

Vision Theme 1: Community Wellbeing

This theme looks at connecting people and services, creating community connections and ensuring a well-informed community.

Vision Theme 2: Managing a Sustainable Environment

This theme looks at Council being a leader in environmental best practice and sustaining the natural environment. As part of this theme, Council will aim for its parks, gardens, sporting grounds and other open spaces to be water wise and sustainable.

Vision Theme 3: Planning a Well-designed Sustainable City

This theme looks at ensuring that facilities and places for the community are of sustainable design.

Vision Theme 4: Connecting Our City

This theme looks at safe and accessible transport and sustainable transport connections.

6.3 Council Plan

The *Council Plan 2013 – 2017*²⁰ provides the blueprint for achieving the City's vision of a vibrant and inclusive community with an outstanding quality of life.

The Plan outlines a number of themes, strategic objectives and strategies to achieve each strategic objective. These themes include:

- » Strong and engaged communities
- » Sustainable environment
- » Enhanced amenity
- » Quality facilities and assets
- » Responsible management

¹⁹ <http://www.boroondara.vic.gov.au/our-city/community/our-boroondara> City of Boroondara 2001

²⁰ [Boroondara Council Plan 2013 - 2017](#) City of Boroondara 2012

These themes have direct relevance to the development and promotion of sport and recreation opportunities to enable Council to achieve its vision. The Council plan provides the framework in which all other Council plans work to.

6.4 Annual Plan

The *Annual Plan 2015 -2016*²¹ outlines actions to be taken in the coming year that will contribute to successful delivery of the *Council Plan 2013-17*.

The Annual Plan provides an outline of actions, which will contribute to the achievement of the Council Plan. These actions are in line with the themes from the Council Plan to ensure the overall Boroondara vision can be met.

The Sport and Recreation Strategy will contribute actions to the Annual Plan to achieve the Boroondara vision.

6.5 Municipal Strategic Statement

The *Municipal Strategic Statement*²² (MSS) sets out Council's broad land use and development vision and forms part of the Boroondara Planning Scheme. It typically identifies the important land use issues in a municipality and articulates objectives to respond to these issues.

The MSS must be consistent with State planning policies, the *Council Plan* (2013-17) and the *Boroondara Public Health and Wellbeing Plan* (2013-17).

Given the MSS reflects both Council and community objectives for the City, there will be further opportunities to update MSS based on the research found for the sport and recreation consultation. This will ensure ongoing evidence based practice in delivering sport and recreation outcomes across Council.

6.6 Boroondara Public Health and Wellbeing Plan (BPHWP)

The *Boroondara Public Health and Wellbeing Plan 2013 -17*²³ is a requirement under the Victorian Public Health and Wellbeing Act 2008, and aims to enhance the health, wellbeing and safety of Boroondara residents.

The Plan outlines the main health, wellbeing and safety concerns in Boroondara, and includes a four-year strategic framework that addresses these issues. The findings from the consultation along with statistical and other research resulted in the identification of the following major health and wellbeing priorities that the plan will seek to address.

They are:

- » Social isolation
- » Affordability (housing, health services, food)
- » Mental health
- » Drugs and alcohol harm
- » Community safety (home, streets and parks).

A review of research for the Boroondara Public Health and Wellbeing Plan 2013-17 found:

- » In general, Boroondara residents enjoy very good health and wellbeing
- » In a 2011 VicHealth survey, Boroondara residents reported significantly greater wellbeing (79.7 out of 100) than the Victorian average (77.5).
- » Almost a third of Boroondara residents are overweight or obese.
- » At least a quarter of residents are not achieving the recommended physical activity guidelines of 30 minutes per day. In 2011-12 69% of residents achieved sufficient physical activity levels compared to 63.9% for Victoria.

²¹ [Boroondara Annual Plan 2014-2015](#) City of Boroondara 2014

²² [Boroondara Municipal Strategic Statement](#) City of Boroondara 2015

²³ [Boroondara Public Health and Wellbeing Plan](#) City of Boroondara 2013

- » Boroondara residents were significantly more likely to spend seven hours or more sitting on an average weekday (45.9%), compared with the Victorian average (32.6%).
- » Compared with the State average, Boroondara residents were significantly more likely to have visited green space at least weekly in the previous three months.

The BPHWP aims to improve the health of Boroondara residents across all domains of health and wellbeing. Sport and recreation can play an integral role in addressing strategic objectives of the BPHWP. The BPHWP provides the research and framework of which health priority areas are to be addressed with sport and recreation being well placed to respond to the research.

6.7 Boroondara Open Space Strategy 2013

The Boroondara *Open Space Strategy*²⁴ (BOSS) was adopted by Council in December 2013. The Strategy provides the strategic direction for the future planning, provision, design, and management of open space in Boroondara through to 2026. It recognises the importance of quality open space and how it contributes to the mental and physical health and wellbeing of the community along with the ecological health of the urban environment. Major challenges identified include climate change, providing for diverse and changing recreational needs and population change. The following provides an overview of key aspects from the BOSS relating to the Sport and Recreation Strategy.

Hierarchy

The BOSS sets out an open space hierarchy that is a useful guide for determining the adequacy of the size of open space relative to the intended use and catchment. It is also a useful management tool to direct appropriate facility development and maintenance levels in different types of open space reserves.

Character Classification

All areas of open space have a primary classification and the majority of the larger open spaces have at least one secondary classification.

The impact of sport and recreation needs to be considered to ensure that the character of both the primary and secondary classification is maintained.

Adjoining Land Uses

Any future development of open space for sport and recreation should positively contribute to open space by providing a degree of passive surveillance without interfering with the enjoyment, function and use of the open space.

Structured and unstructured sport and recreation

The strategy recognises the importance of continuing to have adequate space and facilities to encourage participation in the structured sport and recreation, unstructured recreation activities and informal use to ensure the physical and mental health and wellbeing of the existing and future community.

The challenge for Council is to achieve a balance of providing a diversity of spaces for structured and unstructured activities while protecting biodiversity values, cultural heritage, neighbourhood character and the more intangible values such as natural and quiet areas with a lack of built facilities.

Open Space Design and Management Guidelines

Guidelines have been developed to assist in the design and management of open space. The guidelines include the following key points related to sport and recreation:

- » Lighting for recreational use to be designed to limit any negative impact on areas identified to have native fauna habitat significance.
- » The benefits of open space such as participating in sport, exercise and being able to relax and unwind.

²⁴ [Boroondara Open Space Strategy.pdf](#) Boroondara City Council 2013

- » Opportunities for a range of structured and unstructured recreational uses.

The BOSS is a critical reference document, which the Sport and Recreation Strategy and future facility development will be guided by. The BOSS document is highly important for the delivery of the Sport and Recreation Strategy given the relationship between open space and physical activity.

6.8 Creating an Aged friendly Boroondara Strategy 2014-19

The “Creating an Age-friendly Boroondara Strategy 2014-19 (CAFB)” fulfils Boroondara’s commitment to continue to be recognised by the World Health Organisation as an aged friendly city. Boroondara is one of only six Australian cities to have received this recognition.

The research into this strategy found a number of key results including:

- » The desire for older adults to remain independent and active at home and in the community and to enjoy long and healthy lives
- » The importance of volunteering and finding opportunities to mentor younger people as well as learning from them
- » Ideas for improving age-friendliness centred on social inclusion, mobility, safety and affordability
- » Social isolation is a risk for the older population, especially those who live alone
- » Suggestions that organisations and clubs undertake training to make their activities and services more accessible for a diverse range of people
- » An apparent lack of awareness of the services Council and other aged services provide with a strong need for more targeted communications.

With considerable research undertaken to better understand the needs and desires of older adults, the Sport and Recreation Strategy can build upon this knowledge to deliver positive health and wellbeing outcomes for older adults.

6.9 Children and Young People’s Strategy 2015

Previously, Council had two separate strategies, which focused on young people, the Early Years Strategy 0 to 8 years and Young People’s Strategy 10 to 25 years. The development of one strategy for children and young people aged 0 to 25 years ensures a life stage planning approach. It acknowledges the period from birth to young adulthood and highlights the importance of the early years and the impact and influence this has on later stages in life.

The key findings from the Children and Young People’s Strategy can be responded to through initiatives relating to sport and recreation. These key findings include:

- » The prevalence of mental health issues and the use of illegal drugs and alcohol for young people. Many sporting clubs have a high percentage of young people participating at their club; there are opportunities to build the capacity of coaches, volunteers, club administrators, committee members to be able to provide support to young people regarding mental health and drug and alcohol use.
- » The rise of technology impacting on leisure time. This rise of technology may also be contributing to less time spent on physical activity. Opportunities exist to utilise technology in a positive way to increase physical activity e.g. mobile phone apps with list of physical activity opportunities.
- » Demographic increases of young people and families. By identifying precinct demographic changes there are opportunities to support families and young people into sport and recreation.
- » One in three Swinburne students are international students. There are opportunities to engage these young people into local sport and recreation activities to increase their connection to the local community.

6.10 Cultural Diversity Plan 2014-18

The Cultural Diversity Plan 2014-18²⁵ (CDP) is a four-year plan developed to address the changing needs of Boroondara's diverse communities. The Plan articulates Council's approach to supporting and responding to the increasing growth of the City's culturally and linguistically diverse (CALD) population. The Plan provides Council with a framework for sustaining a strong and engaged community through a number of key priority themes and objectives developed in consultation with the local community.

The findings of the Cultural Diversity Plan are integrally important to the delivery of the Sport and Recreation Strategy. The localised Boroondara Cultural Diversity Plan provides an insight into Boroondara's CALD community with opportunities identified where sport and recreation can play a role in addressing concerns or issues identified. These opportunities include:

- » Chinese and Indian are the fast growing populations in Boroondara. Sport and recreation activities can be developed to meet this growing demographic.
- » Specific CALD groups had certain needs and some groups were vulnerable to social isolation. Sport and physical activities can provide an avenue to connect CALD communities
- » CALD elderly residents are further disadvantaged by language barriers, low awareness of services and limited social participation. Sport and recreation can play a role in elderly CALD members to link residents together
- » Younger CALD residents may become disconnected to the broader Boroondara community due to competing demands of study and family. Opportunities exist to work closely with young CALD residents to provide sport and recreation opportunities which fit within their daily life.
- » Dissemination and promotion of services to be more targeted. The promotion of localised sport and recreation information needs to be targeted to the audience. Support can also be provided to sporting clubs to target their promotions to a CALD audience.

6.11 Access and Inclusion Plan 2013-17

The City of Boroondara *Access and Inclusion Plan 2013-17*²⁶ is Council's practical commitment to reduce barriers for people with disability to access and facilitate inclusion and participation across the built, economic, social and natural environments of Boroondara. The Access and Inclusion Plan suggest that there are approximately 31,100 residents in Boroondara that have a disability. This represents 19.5% of the population.

The plan also identified key priorities, which are important to people with a disability. Sport and recreation can play a role in addressing these priorities. The key priorities include:

- » Promoting volunteering for people with a disability. Opportunities exist to build the capacity of sporting clubs to be inclusive to people with a disability and link interested volunteers to these clubs.
- » Supporting the participation of people with a disability in local clubs and leisure centres. Opportunities exist to provide training to leisure centres and local sporting clubs to create a welcoming environment for people with a disability.

²⁵ [Cultural Diversity Plan](#), Boroondara City Council 2013

²⁶ [Boroondara Access and Inclusion Plan 2013-2017](#) City of Boroondara 2012