



## HEALTH AND SPORT COMMITTEE

### AGENDA

**22nd Meeting, 2012 (Session 4)**

**Tuesday 4 September 2012**

The Committee will meet at 9.30 am in Committee Room 1.

1. **Decision on taking business in private:** The Committee will decide whether to take item 3 in private.
2. **Inquiry into support for community sport:** The Committee will take evidence from—

Stewart Harris, Chief Executive, and Mary Allison, Head of Strategic Planning, sportscotland;

Lee Cousins, Chairman, and Kim Atkinson, Policy Director, Scottish Sports Association;

Ann Kerr, Head of Healthy Living, and John Howie, Health Improvement Programme Manager, NHS Health Scotland;

and then, in round-table format, from—

Stuart Younie, Service Manager, Sport and Active Recreation, Perth and Kinross Council and Member of VOCAL National Executive Committee;

Andrew Bain, Chief Executive, Active Stirling and sporta Scotland;

Oliver Barsby, Chief Operating Officer, Scottish Association of Local Sports Councils;

Steven Percy, Community Sport Hub Development Officer, East Renfrewshire Council;

Willie Young, Community and Sport Lead Manager, Argyll and Bute Council;

Daryl Mckenzie, Community Sport Hubs Officer, Leisure and Culture  
Dundee.

3. **Support for community sport:** The Committee will consider its approach to the inquiry.

Eugene Windsor  
Clerk to the Health and Sport Committee  
Room T3.60  
The Scottish Parliament  
Edinburgh  
Tel: 0131 348 5410  
Email: [eugene.windsor@scottish.parliament.uk](mailto:eugene.windsor@scottish.parliament.uk)

The papers for this meeting are as follows—

**Agenda Item 2**

SPICe Briefing

HS/S4/12/22/1

PRIVATE PAPER

HS/S4/12/22/2 (P)

PRIVATE PAPER

HS/S4/12/22/3 (P)

**Agenda Item 3**

PRIVATE PAPER

HS/S4/12/22/4 (P)

## SPICe Briefing

# Community Sport

30 August 2012

[12/NN]

**Suzi Macpherson**

This briefing sets out the main issues relating to community sport in Scotland, including the legislative and policy context, and funding of sport in Scotland. It provides an overview of the governance of sport at national, regional and local levels. The briefing considers developments in relation to volunteering and coaching, as well as sports facilities (including the development of Community Sports Hubs). The briefing examines levels of participation in sport and discusses the wider perceived economic and social benefits of sport to Scotland. A recurring theme is the distinctiveness of sport from physical activity - a definition of these terms is given at the start of the briefing, and this theme is reflected on throughout the briefing.

Source: © Christopher Fletcher/iStockphoto



# CONTENTS

<b>EXECUTIVE SUMMARY .....</b>	<b>4</b>
<b>GLOSSARY .....</b>	<b>7</b>
<b>INTRODUCTION .....</b>	<b>8</b>
<b>DEFINING SPORT .....</b>	<b>8</b>
SPORT .....	8
COMMUNITY SPORT .....	9
PHYSICAL ACTIVITY .....	10
<b>LEGISLATIVE CONTEXT .....</b>	<b>11</b>
<b>POLICY CONTEXT .....</b>	<b>11</b>
SCOTTISH GOVERNMENT .....	11
Reaching Higher .....	11
Commonwealth Games Legacy .....	12
Let's Make Scotland More Active (LMSMA) .....	13
SPORTSCOTLAND .....	13
Diagram 1 – Sportscotland's role in Scottish policy context .....	14
<b>GOVERNANCE OF SPORT .....</b>	<b>15</b>
NATIONAL PLANNING AND DELIVERY .....	15
Scottish Government and Sportscotland .....	15
National Sports Councils and Governing Bodies of Sport .....	16
REGIONAL PLANNING AND DELIVERY .....	16
LOCAL PLANNING AND DELIVERY .....	17
Local authorities .....	17
Box 1: Audit of Arm's Length External Organisations in public services .....	18
Sports clubs and local sports councils .....	19
<b>VOLUNTEERING AND COACHING .....</b>	<b>19</b>
<b>FACILITIES .....</b>	<b>21</b>
Investment in Facilities .....	22
COMMUNITY SPORTS HUBS .....	22
Box 2: Examples of Community Sports Hub activities .....	23
<b>TRENDS IN SPORT PARTICIPATION .....</b>	<b>24</b>
ADULT PARTICIPATION IN SPORT .....	24
Figure 1: Participation in sport in the last four weeks, 2009/10 and 2011 .....	26
FREQUENCY OF PARTICIPATION .....	27
PARTICIPATION BY YOUNG PEOPLE .....	28
<b>BENEFITS OF SPORT .....</b>	<b>28</b>
SPORT AND HEALTH .....	29
SPORT AND CRIME PREVENTION .....	30
SPORT AND SOCIAL CAPITAL .....	30
SPORT AND THE ECONOMY .....	31

<b>FUNDING</b> .....	<b>32</b>
Figure 2: Trends in spending on sport in Scotland- 2007/08 to 2011/12 (£m) .....	32
Table 2: Budget for sport, 2012/13 - 2014/15 .....	33
CashBack for Communities .....	33
<b>FURTHER SOURCES OF INFORMATION</b> .....	<b>35</b>
<b>REFERENCES</b> .....	<b>35</b>
<b>APPENDIX 1 – GOVERNANCE OF SPORT</b> .....	<b>38</b>
<b>APPENDIX 2: LEISURE TRUST BY LOCAL AUTHORITY, JULY 2012</b> .....	<b>39</b>
<b>APPENDIX 3 – COMMUNITY SPORTS HUBS, MAY 2012</b> .....	<b>40</b>

## EXECUTIVE SUMMARY

### Introduction

There is a significant opportunity to raise the profile of sport in Scotland as a result of recent and planned major sporting events – the London 2012 Olympic and Paralympic Games, Glasgow 2014 Commonwealth Games, the 2014 Ryder Cup and potentially Glasgow 2018 Youth Olympic Games. The [Scottish Parliament](#) (2009) has made clear that in order for these events – notably the Glasgow 2014 Commonwealth Games - to be regarded as a success, there needs to be more than just two weeks of world-class sport taking place. A lasting legacy would be more people getting involved at community level in sport as participants and as volunteers. The Health and Sport Committee has agreed to carry out an inquiry into community sport to explore the issue.

### Defining Sport

For an activity to be understood as “sport” it usually involves a degree of physical exertion, skill and either a competitive outcome or measurable achievement or benefit. In that context, community sport is simply sporting activity that takes place in a local geographical community setting e.g. school/college or local sports club. “Physical activity” is a broader term that describes any movement of the body that uses energy. This definition is deliberately broad to include exercise, sport, play, dance, walking and other forms of active living (e.g. gardening or housework). Physical activity is concerned less with skill and competition and more with encouraging people to get more active as a means to improve health. While sport may be concerned with improving health, it is a specialist activity that requires a distinct set of skills, not all of which are necessary for good health e.g. power, speed, agility, co-ordination, balance and reaction time.

### Legislative Context

There is little legislation related to sport in Scotland. The key provisions relate to duties on local authorities. The Local Government and Planning (Scotland) Act 1982 (the 1982 Act), section 14(1) states that, with certain exceptions, a “local authority shall ensure that there is adequate provision of facilities for the inhabitants of their area for recreational, sporting, cultural and social activities.” The 1982 Act, section 15(2), sets out the powers of local authorities to provide sporting facilities and activities.

### Policy Context

Sport policy in Scotland is devolved to the Scottish Parliament and administered by the Scottish Government. [Sportscotland](#) are the national agency charged with delivering the Scottish Government’s goals in relation to sport in Scotland. There are three policy drivers framing current activity in this area.

- [Reaching Higher](#) (Scottish Government 2007) sets out the aims and objectives for sport in Scotland until 2020. It sets out two outcomes: (1) increasing participation; and (2) improving

performance, although there are no specific targets to measure progress against these outcomes. It is concerned with promoting sporting talent and with people having access to affordable, high quality community sports facilities and advice and guidance to help identify suitable sporting activity.

- The Scottish Government is working with Glasgow City Council and Commonwealth Games Scotland to deliver the [Glasgow 2014 Commonwealth Games](#). Both the Scottish Government and Glasgow City Council have produced legacy documents setting out the intended gains from hosting the Games ([Scottish Government 2009a](#); [Glasgow City Council 2011a](#)). Both emphasise the need for local level communities to see gains through better facilities and more opportunities to take part in sport at the local level. They also highlight potential environmental and economic gains for both Glasgow and Scotland more generally.
- [Let's Make Scotland More Active](#) set out a twenty year strategy to increase physical activity in Scotland. There is a target that: “50% of all adults aged over 16 and 80% of all children aged 16 and under meet the minimum recommended levels of physical activity by 2022.” The minimum recommended levels of physical activity for adults is to *accumulate* (build up) at least 30 minutes of moderate<sup>1</sup> activity most days (i.e. on at least 5 days), while children should *accumulate* (build up) at least one hour of moderate activity daily.

## Governance of Sport

There are a range of different organisations involved in sports planning and delivery at national, regional and local levels (see [Appendix 1](#)). At national level, the Scottish Government holds responsibility for developing sport policy and strategy, while sportscotland are the national sports agency for Scotland. Sportscotland has three national outdoor training centres that develop the skills of instructors, coaches, leaders and national squads. The [sportscotland Institute of Sport](#) is an arm of sportscotland that supports high performance sport and athletes in Scotland. Sport governing bodies also work at the national level to support and develop individual sports.

At regional level, a sporting infrastructure has been set up to improve links between national and local level activity. Sportscotland has established six regional sporting partnerships across Scotland, based in: East Scotland; West Scotland; Tayside & Fife; Central Scotland; Grampian; and Highlands & Islands. Within these regions are Area Institutes of Sport run by the sportscotland Institute of Sport. The Area Institutes are set up to help develop the best coaches and emerging young athletes in the area, offering career development and educational advice to emerging athletes and providing locally-based support services to Scotland’s best athletes.

At the local level, local authorities manage the majority of Scottish sports facilities, both community based (e.g. leisure centres, swimming pools, playing fields) and school facilities. Local authorities are encouraged to bring together relevant bodies e.g. sport governing bodies and sports clubs through community planning to integrate sports planning into other relevant local level frameworks e.g. education, criminal justice or regeneration. In addition, there are over 13,000 local sports clubs at local level, covering over 80 sports. Most are voluntary organisations supported by the relevant governing body of sport and the local authority.

## Volunteering and Coaching

Volunteers play a significant role in the delivery of a range of sport activity in Scotland. The vast majority of sports clubs in Scotland are voluntary organisations, and the majority of coaches –

---

<sup>1</sup> Moderate activity is said to equate to using about 5-7 calories a minute, the equivalent of brisk walking.



particularly those involved in grassroots participation and developmental levels – work in a voluntary capacity. The 2014 Commonwealth Games legacy recognises the contribution of volunteers in encouraging and supporting sports participation. Increasing the number of, and providing greater support to, coaches is a legacy goal intended to engage more children and adults in sport.

## **Facilities**

The availability, accessibility and quality of sports facilities is thought to influence whether people take part in sport, which sports they participate in, how often they participate and how well they perform. In Scotland there is wide diversity in the availability of facilities in different areas of Scotland, as well as in the type, age and condition of these facilities. Challenges are raised both due to the cost of maintaining and upgrading sport facilities, and in overcoming barriers to accessing the school estate for wider community use.

In recent years there has been investment in new and renovated facilities, including those designed to meet the needs of the 2014 Glasgow Commonwealth Games. In addition there is funding available for the development of Community Sports Hubs (which are an initiative that is contributing to the Commonwealth Games legacy by investing in local sports facilities for community use). To date there are 64 community sports hubs in plan, 22 that are up and running and a further 42 that are still in planning stages. The goal is that by 2016 there will be 150 community sports hubs across all 32 local authority areas, with at least half based in schools.

## **Trends in Sport Participation**

Figures for 2011 (Scottish Government, 2012) show that 75 per cent of adults had participated in a sporting activity in a four week period. Walking for 30 minutes (for recreational purposes) was the most prevalent activity. Excluding walking, just over half (54%) of adults had taken part in at least one activity in the last four weeks. There were differences in sport participation rates by reported health status, whether living in a deprived or affluent area, between women and men and by age. Findings on children and young people's (8-21 years) sports participation similarly show lower participation rates among those living in deprived areas than those living in other parts of Scotland. There are also lower levels of sport participation among children and young people living in urban areas compared with rural areas.

## **Benefits of Sport**

There are a range of reported benefits of sport beyond the participation gains to the individual. The key gains are found in relation to health improvement, reducing crime, increasing community cohesion (social capital) and wider economic gains from sport consumerism, sport tourism and the contribution of volunteers.

## **Funding**

Sport and recreation is funded through a range of sources, including local authorities, Scottish Government and Lottery grants. Much of the local authority funding goes to facilities and to provide support to enable participation in a range of sporting and physical activities. The CashBack for Communities programme takes funds recovered through the Proceeds of Crime Act 2002 and invests them in activities, largely – but not exclusively – aimed at young people at risk of getting involved in crime and anti-social behaviour. A significant proportion of the funding from this source is directed towards sporting activities for young people.

## GLOSSARY

Below is a list of abbreviations used in this briefing

ALEO	Arm's Length External Organisation
COSLA	Convention of Scottish Local Authorities
CSH	Community Sports Hubs
LMSMA	Let's Make Scotland More Active
NGB	National Governing Bodies of Sport
SALSC	Scottish Association of Local Sports Clubs
SGB	Scottish Governing Bodies of Sport
SHS	Scottish Household Survey
SSA	Scottish Sports Association
VDS	Volunteer Development Scotland



## INTRODUCTION

The UK is hosting three of the world's most prestigious sporting events over a two-year period (the London 2012 Olympic and Paralympic Games and the Glasgow 2014 Commonwealth Games). In addition, Scotland will also host the Ryder Cup in 2014 (at Gleneagles) and Glasgow is currently bidding to host the 2018 Youth Olympic Games. These events offer a significant opportunity to raise the profile of sport in Scotland.

Source: © tc397/iStockphoto

The Scottish Parliament has stated that in order for these events – notably the Glasgow 2014 Commonwealth Games - to be regarded as a success, there needs to be more than just two weeks of world-class sport taking place. Rather a lasting legacy is required that involves a greater number of people involved in sport as participants and as volunteers. The real legacy of the Commonwealth Games will involve a transformation of grassroots and community level sport across Scotland ([Scottish Parliament, 2009](#)). At community level this means there being sufficient choice and availability of sports clubs and groups, an increase in the number of people (including volunteers) taking part in these clubs and groups, and an increase in the number and quality of local facilities within communities.

Keeping this focus on community sport as central, in July 2012 the Health and Sport Committee launched an inquiry into support for community sport. The inquiry focuses on the role and contribution of volunteers, local sports clubs, community sports hubs and joint working between organisations.

## DEFINING SPORT

There is potential for confusion about what constitutes “sport” as opposed to “physical activity”. As discussion on sport often moves quickly to references to physical activity it is common for these two terms to be used interchangeably. In practice, sport and physical activity do have similarities, but they also have distinct features. These terms are discussed below.

### SPORT

“Sport” has been defined as:

“A human activity, usually associated with a degree of physical exertion, in which skill is accomplished in performance or contest, and for which there is either a competitive outcome (winner, loser or position), a measureable achievement (logged by the rowing machine or timer’s stop watch) or some further perceived benefit (health, fitness, pleasure/fun).

Or

An individual or group activity pursued for exercise or pleasure, often involving the testing of physical capabilities and taking the form of a competitive game.” (Garvie, 2012)

The national Sports Councils (sportscotland, Sport England, Sport Wales and Sport Northern Ireland) intentionally do not offer a definition of sport:

“The Sports Councils do not decide what is and what is not a sport. There are many different opinions as to what constitutes a sporting activity and the Sports Councils do not have their own definition of sport. However, we operate a recognition process to establish which sports we may consider working with. When deciding whether to recognise a sport, the Sports Councils look to see if it meets the Council of Europe’s European Sports Charter 1993 definition of sport<sup>2</sup> and if the sport is well established and organised within [the country applying for recognition].” (Sport England, 2012)

## COMMUNITY SPORT

Within sport there is an emerging debate on “community sport”. Community sport is concerned with sporting activity that takes place in local geographical communities. Sportscotland’s website highlights the place of [community sport](#) in its work:

“Be it at a club, a gym or a park, the majority of people’s sporting experiences take place within a „community” setting. Scotland’s clubs and community organisations play a vital role in providing a full and diverse range of sporting opportunities for everyone. Much of sportscotland’s work is targeted at sport in the community - whether it’s getting pupils more active through Active Schools, funding community facilities through the Building For Sport programme, or working with Governing Bodies on their plans for club development.”

The sportscotland website goes on to say:

“The principle of community sport is one [that] guides much of sportscotland’s work, particularly with local authorities... almost every aspect of our partnerships with local authorities is centred around improving the community’s access to quality facilities and encouraging people to develop their own sporting experience and get active more often.”

Given the importance of school and college based sport in the United States of America, debate on community sport is more established there. For example, Pederson et al (2010) state:

“Community sport is conceptualized as organized [sporting] activity that is based in community, school, and local sport organizations... [It] encompasses both recreational and competitive sport, but does not include exercise and fitness facilities and programs. (p.192)

Given the growing focus on community sport in the UK, Kerry Ann Sheppard<sup>3</sup> has recently written a [blog](#) on the subject:

---

<sup>2</sup> The Council of Europe definition of sport is intentionally broad and encompasses both sport and physical activity: “Sport means all forms of physical activity which, through casual or organised participation, are aimed at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.”

<sup>3</sup> Kerry Ann Sheppard was an international badminton player and is now a sport management professional who works in Wales.

“Community sport [involves] having a clear understanding of the person or group you are trying to get active and, directly or indirectly, ensuring there is appropriate provision to entice them to get involved and stay regularly active... [T]here needs to be a greater recognition for the disparity that exists in and between communities. A local authority approach, or a sport specific approach is not making the huge impact on participation rates that the sport development industry desire. So, there is a call for change. A change that will meet the wants and needs of each community, with a broader menu of choices available to individuals and families.”

It is worth noting that this blog, while focusing on community sport, regularly talks about getting people active, rather than getting them involved in sport. This illustrates the common practice of discussions on sport making implicit or explicit links to physical activity rather than to sporting based achievements or goals, which as is considered below may be different in emphasis.

## PHYSICAL ACTIVITY

A working definition of “physical activity” was provided in the then Scottish Executive’s physical activity strategy, published in 2003. This same definition has been adopted by [NHS Health Scotland](#) to promote the goal of getting people to be more physically active to achieve good health:

“Physical activity is a general term used to describe any movement of the body that uses energy. This deliberately broad definition means that virtually all types of activity can be beneficial including: exercise, sport, play, dance and “active living” such as walking, cycling for transport, housework, gardening and work.” (NHS Health Scotland, 2012)

There is an important distinction between what physical activity is concerned with and the aims of sports participation. Physical activity is concerned with encouraging people to live more active lives to aid health improvements. Sport, on the other hand, offers a more specialist activity that requires a distinct set of skills, not all of which are necessary for the promotion of good health:

“There are... skill-related areas of fitness – power, speed, agility, co-ordination, balance and reaction time. These are not vital for good health but are important for sports performance.” (Scottish Executive, 2003; p.12)

The interchangeable discussion of sport and physical activity, and the assumption that sport has the same goals as physical activity (i.e. getting people more active), can be unhelpful and misleading.



Becoming more active can be quite different from taking part in sport. Notably, sport can involve competition, skill, endurance, stamina, duration or a degree of exertion that is not always beneficial to health (e.g. the practice of working through pain and continual extreme exertion over a long period of time, can be detrimental to health, while sports related injury has costs for the NHS) (Safia, 2012).

## LEGISLATIVE CONTEXT

There is little legislation related to sport in Scotland. The key provisions relate to duties on local authorities. The Local Government and Planning (Scotland) Act 1982 (the 1982 Act), section 14(1) states that, with certain exceptions, a “local authority shall ensure that there is adequate provision of facilities for the inhabitants of their area for recreational, sporting, cultural and social activities.” The 1982 Act, section 15(2), sets out the powers of local authorities to provide sporting facilities and activities.

Audit Scotland (2008) noted that the word “adequate” is not defined in the 1982 Act. There has been [guidance](#) produced by the Convention of Scottish Local Authorities (COSLA) and the Scottish Executive (2003), which includes (at part 6.6) recommendations about the development and implementation of plans for facilities and activities, and the need to work with others to provide services and activities.

## POLICY CONTEXT

### SCOTTISH GOVERNMENT

Sport policy in Scotland is devolved to the Scottish Parliament and administered by the Scottish Government. Sportscotland is the national agency charged with delivering the Scottish Government’s goals in relation to sport in Scotland.

There are two strategy documents that have framed policy activity in this area for a number of years:

- Sports strategy - [“Reaching Higher: building on the success of Sport21”](#) (Scottish Executive, 2007)
- Physical Activity strategy - [“Let’s Make Scotland More Active: a strategy for physical activity”](#) (Scottish Executive, 2003)

In addition, with the focus of sport policy in Scotland at present centrally on the Glasgow 2014 Commonwealth Games, taking over from Reaching Higher as the central focus of policy activity, the legacy plans associated with the Commonwealth Games are worth brief mention in this section.

### Reaching Higher

Reaching Higher (Scottish Executive, 2007) sets out the aims and objectives for sport in Scotland until 2020, including plans for its delivery and evaluation. This strategy was published in 2007 following a review of the previous sports strategy: Sport 21 2003-2007 (sportscotland, 2003). Reaching Higher maintains the overarching objective set out in Sport 21 of increasing adult participation in sport, while also setting out two outcomes: (1) increasing participation; and (2) improving performance.

As will be discussed later, Reaching Higher does not set specific targets to achieve these outcomes. Rather, it sets out four national priorities: well-trained people; strong organisations; quality facilities; and providing of player pathways. The following are said to be required to achieve these:

- Strategic leadership



- Effective community planning to increase participation and support high performance pathways
- Specific sport plans that lead to the development of individual sports taking into account the outcomes intended from Reaching Higher

(Scottish Executive, 2007)

As well as encouraging greater participation in sport to promote sporting talent, develop this to its full potential and promote world class sporting performance, Reaching Higher states that people need to have access to affordable, high quality community sports facilities and advice and guidance to help identify suitable sporting activity. It also states that action is needed to encourage children to enjoy sport in and out of school and to stay involved in sport throughout their lives, while also enabling people to move from sport to sport according to their changing lives, ability and capacity. While the priorities and actions to achieve these are clear, the absence of specific and measureable targets to be achieved does make this strategy difficult to assess in terms of making progress towards achieving the stated outcomes of increasing participation and improving performance.

## Commonwealth Games Legacy



Source: © microgen/iStockphoto

With Glasgow hosting the Commonwealth Games in 2014, much of the current focus of sport policy is on achieving the associated legacy goals. The Scottish Government's games legacy document (Scottish Government, 2009a) sets four legacy goals of the Games: active; connected; sustainable; and flourishing.

The Scottish Government (contributing 80% of the net public cost) is working with [Glasgow City Council](#) (contributing 20% of the net public cost) and

[Commonwealth Games Scotland](#) to deliver the Glasgow 2014 Commonwealth Games. Glasgow City Council (2011a) has also published a legacy document for Glasgow: "[Glasgow 2014 Legacy Framework](#)" setting out six legacy goals for Glasgow:

- Prosperous –building on the investment and social renewal already achieved over the past decade, to create real and permanent economic progress
- Active – using the Games to inspire more Glasgow citizens to become physically active and participate in sport, leaving a community legacy of world class venues being developed as part of the Games
- International - using Glasgow 2014 to showcase Glasgow and help strengthen the city's image, worldwide reputation and civic pride
- Green – using Glasgow 2014 to help Glasgow become one of the most sustainable cities in Europe by setting an environmental standard that the city will follow
- Accessible - around £2 billion of investment in the city's transport infrastructure, providing businesses, citizens and visitors with faster, more reliable access in and out of Glasgow

- Inclusive – offering opportunity for all who don't have a formal role in Glasgow 2014 to participate in this once in a life time event

Progress against the plans set out in the Scottish Government's legacy document are reported through annual updates (links to these [here](#)), while the first progress report from Glasgow City Council was published in January 2011 and reports on achievements to December 2010 and on plans for the period January 2011 to March 2012 (Glasgow City Council, 2011b). There is not, as yet, a published report available on achievements since January 2011 and plans for the period from April 2012.

## Let's Make Scotland More Active (LMSMA)

LMSMA set out a twenty year strategy: "To increase and maintain the proportion of physically active people in Scotland" (Scottish Executive, 2003; p.22). The targets, monitored through the Scottish Health Survey, are:

"50% of all adults aged over 16 and 80% of all children aged 16 and under meeting the minimum recommended levels of physical activity by 2022."

The minimum recommended levels of physical activity set out in this strategy, and which have been restated in Scottish Government policy since then are that adults (aged over 16) should *accumulate* (build up) at least 30 minutes of moderate<sup>4</sup> activity most days of the week (i.e. a minimum of 5 days a week), while children (16 and under) should *accumulate* (build up) at least one hour of moderate activity daily.

A five year review of LMSMA, published in February 2009 (NHS Health Scotland, 2009) noted that LMSMA continues to offer an important strategy to influence Scotland's inactive population, with no evidence that the strategy needs substantial revisions to meet this goal. Among a range of recommendations raised through this review, the following is worth particular note:

"Given the importance of physical activity across public health concerns (e.g. cardiovascular health, mental health, obesity) the review group believes that explicit physical activity targets/outcomes should be included within the National Performance Framework and/or NHS HEAT<sup>5</sup> targets"

There is now a Scottish Government [National Indicator](#) in the National Performance Framework to "increase the proportion of adults completing 30 minutes of at least moderate exercise five days a week", although there is no indicator to measure progress on the recommended exercise levels for children. Since the introduction of this indicator in the baseline year (2008), there has been no rise in the proportion of adults meeting this physical activity recommendation – the figure was 39 per cent in both 2008 and 2010 (Scottish Government, 2011b).

## SPORTSCOTLAND

Sportscotland was set up by Royal Charter in 1972 as the Scottish Sports Council, changing its name to sportscotland in 1999. As the lead agency for the development of sport in Scotland, [sportscotland](#) states a commitment to sport as a way of life. Linking up with the Scottish

<sup>4</sup> Moderate activity is said to equate to using about 5-7 calories a minute, the equivalent of brisk walking.

<sup>5</sup> HEAT targets are a set of Ministerial objectives, targets and measures for the NHS. HEAT targets are set for a three year period and progress towards them is measured through Local Delivery Plans.

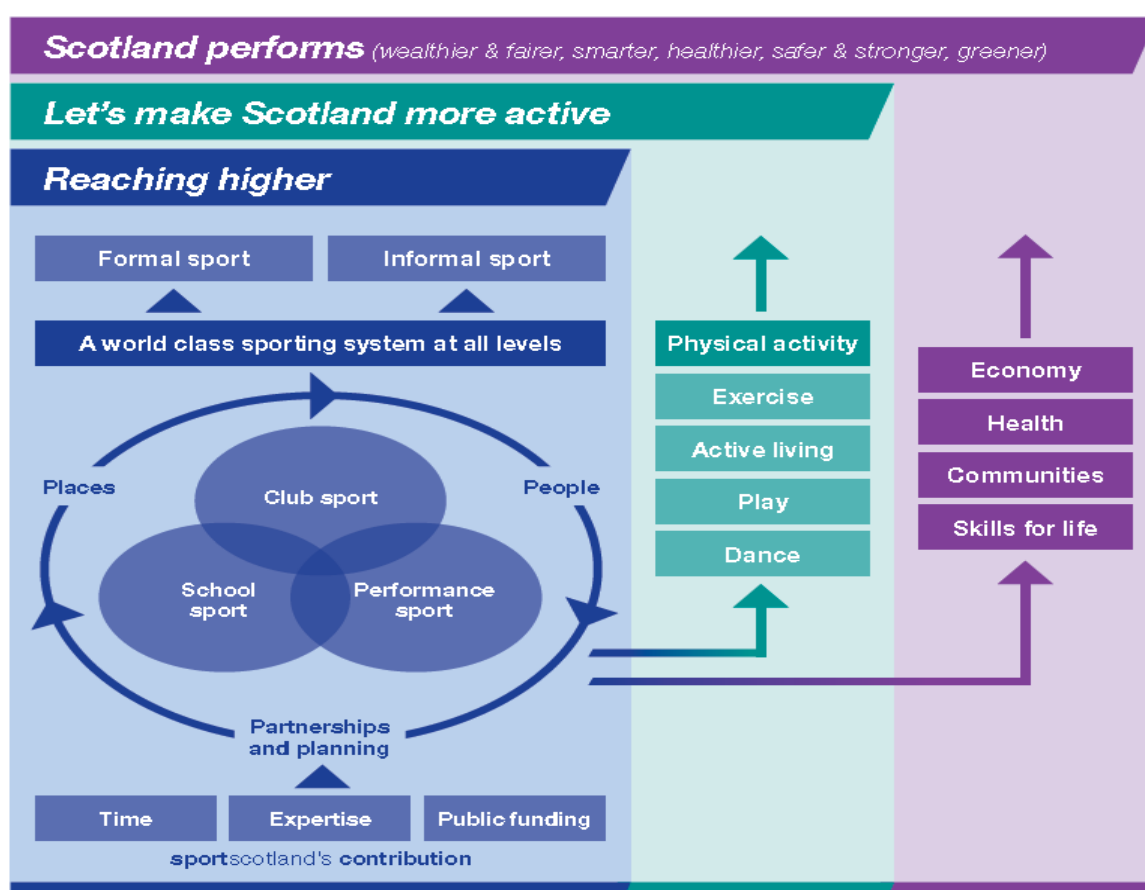


Government's sports strategy (Reaching Higher), the games legacy document and the physical activity strategy (LMSMA), sportscotland's [Corporate Plan](#) for 2011/15 (sportscotland 2011a) states:

"Our role is to put sport first: we will work alongside those who have a greater focus on other types of physical activity such as dance, active living and active play to ensure people in Scotland find it easy to lead an active life. Our programmes will have a sport and athlete focus but we recognise the crossover between playing, exercising, doing organised and informal sports and the foundation stones of people, places and joined up planning that make all of this happen." (p.2)

Diagram 1 illustrates the place of sport, and the work of sportscotland, within the current policy context in Scotland.

**Diagram 1 – Sportscotland's role in Scottish policy context**



Source: sportscotland (2011a; p.3)

The current focus of sportscotland's work is set out in its Corporate Plan:

- School sport – including leading and managing the Active Schools network of Active School Managers and Coordinators
- Club sport – including establishing and leading the development of community sports hubs across Scotland
- High performance – including developing programmes to deliver specialist services that meet the needs of sports and athletes

- People – including work to ensure that the number and quality of coaches, officials and leaders (voluntary and paid) meets and encourages the demand for sport
- Places – including investment in sport facilities in schools, community sport, sports clubs and high performance sport
- Partnerships and planning – working with and investing in local and national partners to develop integrated plans that will improve the quality and delivery of sport at all levels.

Sportscotland is also responsible for administering and allocating National Lottery and Scottish Government funding for sport and plays a role in:

- Advising the Scottish Government on sports policy.
- Leading, supporting and coordinating key organisations involved in sport.
- Providing support to national, regional and local level delivery partners.
- Collaborating with UK and international sporting systems to ensure Scottish sport is well represented and integrated.

The Corporate Plan sets out the approach sportscotland is taking to achieve its aims. The main programmes of work and high level indicators are also described in this plan. Success is measured through annual review reports. The most up to date annual review published is for the period 2010/11 (sportscotland, 2011d), which reports on achievements in the final year of the previous corporate plan. To date there has been no review published on the progress of the current corporate plan.

## GOVERNANCE OF SPORT

With a range of different organisations involved in sports planning and delivery at national, regional and local levels, each is discussed briefly below, including information on the key stakeholders involved at each level. Accompanying this section is a diagram that sets out the key organisations working at different levels and the relationship between these different organisations (see [Appendix 1](#)).

## NATIONAL PLANNING AND DELIVERY

### Scottish Government and Sportscotland

The Minister for Commonwealth Games and Sport holds Ministerial responsibility for developing national sports policy and strategy in Scotland<sup>6</sup>. Officials in the Housing, Regeneration, Commonwealth Games and Sport Directorate of the Scottish Government aid in this process, including sponsoring sportscotland to perform its role as the national sports agency for Scotland.

Sportscotland has three national outdoor training centres (called “National Centres”) that have a primary role to develop the skills of instructors, coaches, leaders and national squads, as well as offering a range of courses for individuals, clubs and schools. These Centres are located at [Cumbrae](#) in Ayrshire, [Glenmore Lodge](#) in Aviemore and [Inverclyde](#). Sportscotland also launched the Institute of Sport in 1998 to provide a world-class environment for Scottish

---

<sup>6</sup> The Minister is also responsible for Commonwealth Games, physical activity and obesity (not surgery related).

athletes. Its focus is on high performance sport and athletes in Scotland, with the goal of seeing more Scottish teams and athletes winning on the world stage. In April 2008 the institute merged with sportscotland and became the [sportscotland institute of sport](#), with the intention of providing stronger pathways into performance sport in Scotland (see [Regional Planning and Delivery](#), below).

## National Sports Councils and Governing Bodies of Sport

Sportscotland is one of four national Sports Councils working in each of the four countries of the UK (alongside: Sport England; Sport Wales; and Sport Northern Ireland). One of the roles that the national Sports Councils play is processing applications from organisations seeking recognition as the national government body of a specific sport (where one does not already exist). To become a governing body of sport, the organisation seeking this role is required to put in an application to the national Sports Councils. The application process has been developed and agreed between the four national Sports Councils and also UK Sport<sup>7</sup>. Applications normally require approval by all four national Sports Councils, with two key exceptions:

- Where a national governing body of sport will only operate in a single country (e.g. in Scotland only), recognition requires the approval of that country's sports council only.
- UK Sport needs to approve applications where there is a request to become a governing body of sport that involves a focus on Olympic or Paralympic sport.

Recognition as a national governing body of sport involves establishing if the organisation has achieved a position of pre-eminence in its sport and a reasonable level of organisation and governance. Being a governing body can involve a range of roles, including for example, providing oversight and direction to support and develop the sport, as well as more one-off roles such as deciding on rule changes within the sport.

There are a total of 61 governing bodies of sport in Scotland (the full list is available [here](#)). There is also information (available [here](#)) on the national governing bodies of sport that operate the four countries of the UK, and those that govern a sport at the Great Britain or UK level. In Scotland, over 50 of the national governing bodies of sport (SGB's) are represented by the Scottish Sport Association (SSA), an umbrella organisation that represents the collective view of its membership. The list of SGB's that are members of the SSA can be found [here](#).

Reaching Higher (Scottish Executive, 2007) places a responsibility on SGB's to put in place a national framework (or strategy) for their sport that addresses issues such as: engaging key stakeholders; developing an evidence base; and developing a process for identifying priorities and outcomes. In response to this, SGB's are expected to play a primary role in planning for their sport at a national and regional level. As discussed further below, SGB's also play a role at regional and local level.

## REGIONAL PLANNING AND DELIVERY

A regional level sporting infrastructure has been set up to improve links between national and local level activity. The intention is that this regional level planning will allow greater opportunities for local and national partners to work together to plan for sport in their area, collaborate on the delivery of national programmes and explore ways of developing services in an integrated and complementary way. The intended result is to create stronger connections

---

<sup>7</sup> UK Sport plays a slightly different role to the four national Sports Councils. It is the strategic body for high performance sport across the UK investing government and lottery funding in Olympic and Paralympic sports.

between local and national partners, including all 32 local authorities, SGB"s, further and higher education and other relevant partners.

As part of this regional focus, sportscotland has established six regional sporting partnerships across Scotland. These are based in:

- East Scotland
- West Scotland
- Tayside & Fife
- Central Scotland
- Grampian
- Highlands & Islands

Within these six regions are Area Institutes of Sport run by the sportscotland Institute of Sport. These Area Institutes of Sport are tasked with helping to develop the best coaches and emerging young athletes in the area, offering career development and educational advice to emerging athletes through the [Performance Lifestyle programme](#) and also providing locally-based support services to Scotland"s best athletes. Area Institutes of Sport are networks, rather than single sites, that bring together relevant agencies involved in developing high performance sport, such as SGB"s, local authorities and universities.

Reaching Higher (Scottish Executive, 2007) sought to encourage this regional focus with stakeholders charged with:

- Planning and resource sharing of regional facilities and infrastructure through regional development strategies
- Developing formal arrangements across boundaries and sectors
- Funding specific regional programmes
- Building links with the private, voluntary and community sectors.

## LOCAL PLANNING AND DELIVERY

### Local authorities

As noted [earlier](#), local authorities have a statutory duty to provide sporting facilities for their local population. This requires them to determine local need and take account of national objectives. Local authorities manage the majority of Scottish sports facilities, both those that are community based (e.g. leisure centres, swimming pools, playing fields) and school facilities (Audit Scotland, 2008). In April 2012, 20 of the 32 local authorities in Scotland were contracting not-for-profit leisure trusts<sup>8</sup> to deliver sports services on their behalf. These leisure trusts work independently of councils and are run by boards of trustees. Messages about the potential and challenges of this approach to public service delivery are outlined in Box 1 below, while [Appendix 2](#) provides a list of the local authorities currently using this approach to deliver sport and leisure services.

---

<sup>8</sup> There were 18 Leisure Trusts in place at the time the Audit Scotland (2008) report was published.

## Box 1: Audit of Arm's Length External Organisations in public services

A report by Audit Scotland (2011) on the role of arm's length external organisations (ALEO's) in public service delivery highlights an increase in use of ALEO's. The main drivers for this development are said to be reducing costs and improving services. These organisations are „arm's length" because the council retains a degree of control or influence, usually through a funding agreement, and „external" because they have a separate identity to the council. By their nature they are one-step removed from council control and as a result financial arrangements can be complex. Audit Scotland notes a risk with this approach that service users and local people have less input and influence over how services are provided. There is also the potential for conflict between the interests of the council and the ALEO.

The report suggests that ALEO's do have the potential to offer different and better ways of providing services. They can also make services more accessible. However, councils and councillors need to be clear about what the expected benefits are in using an ALEO to deliver services. This is particularly important as ALEO's take on responsibility for service delivery, but the council remains responsible for ensuring that public money is used properly and that the services provided by ALEO's offer best value. Audit Scotland (2011) notes that this involves the council being able to „follow the public pound" to the point where it is spent. This requires well-thought-through governance arrangements from the outset and action to ensure those arrangements are applied effectively in practice."

With increasing pressure on budgets, Audit Scotland notes that councils may increase and/or find more innovative ways of using ALEOs to deliver services. Alternatively, it may be that councils withdraw funding from existing ALEOs and bring services back into council control. ALEO's themselves may also be facing financial and operational challenges as a result of increasing pressure of publicly available funding sources. Audit Scotland has not found widespread problems in using ALEO's, but it did highlight concerns about specific situations where: "poor governance has resulted in risks to public money, service performance and the reputation of councils. There is also increasing public interest in ALEOs, particularly the impact on services and council finances where ALEOs fail to deliver."

Reaching Higher (Scottish Executive, 2007) places a responsibility on local authorities to bring together all relevant bodies, including SGB's and sports clubs, through its community planning process to integrate sports planning into other relevant local level frameworks e.g. education, criminal justice or regeneration. It is up to the individual local authority and its partners to determine the detail of the sports framework, developing either a standalone sports plan or integrating sport into other strategic frameworks. The sport framework should identify gaps in provision and participation and link into the work of other key sports agencies. The activities taken forward should also address the four national priorities, set out in Reaching Higher, demonstrating how it intends to achieve various actions, including: gathering and analysing qualitative and quantitative data to evidence and identify priorities at a local level; resource and delivery outcomes; and, scrutinising the delivery outcomes effectively.

Based on publicly available information, it is not clear how this local level activity is progressing, notably in relation to the place of sport strategies and priorities within Single Outcome Agreements and other local level structures.

## Sports clubs and local sports councils

Audit Scotland (2008) estimated that there are over 13,000 sports clubs in Scotland, covering over 80 sports. In most cases sports clubs are voluntary organisations supported by the relevant SGB and local authority. Many sports clubs manage on the basis of membership fees, although some have augmented this through successful lottery and local authority grant bids.

Many sports clubs come together at the local level through local sports councils. Using this model, they can make joint representations to local authorities and leisure trusts on sport and its development in the local area. This model also offers local sports clubs a forum to support each other and take part in wider community initiatives, such as the promotion of physical activity. A total of 40 local sports councils, representing approximately 3,000 sports clubs, are supported by the [Scottish Association of Local Sports Councils](#) (SALSC). SALSC is a not-for-profit limited company that represents local sports councils to deliver quality sport and physical activity opportunities in the local community. It exists to support and represent the views of its member local sports councils, who in turn represent the views of grassroots sports clubs.

## VOLUNTEERING AND COACHING

Volunteers play a significant role in the delivery of a range of sport activity in Scotland. The vast majority of sports clubs in Scotland are voluntary organisations, and the majority of coaches – particularly those involved in grassroots participation and developmental levels – work in a voluntary capacity (Vaga Associates, 2006). Volunteer Development Scotland (VDS) believes that the effective involvement of volunteers in sport is crucial to the continued sustainability of sport in Scotland (VDS, 2009).

Formal volunteering is defined as:

“The giving of time and energy through a third party, which can bring measurable benefits to the volunteer, individual beneficiaries, groups and organisations, communities, environment and society at large. It is a choice undertaken of one's own free will, and is not motivated primarily for financial gain or for a wage or salary... This definition broadly [focuses on] “formal volunteering” - where unpaid work is undertaken through an organisation, group or club to help other people or to help a cause (such as improving the environment)” (Scottish Government, 2011a)

This is contrasted against “informal volunteering”, which involves unpaid help being provided given directly by an individual to people who are not relatives without use of a third party organisation to facilitate the volunteer activity. Data on volunteering tends to focus only on participation in formal volunteering, so overlooking the contribution made by informal volunteers.



The Scottish Household Survey (SHS) gathers data on formal volunteering in Scotland. The most recent report presents data on volunteering in 2009/10 (Scottish Government, 2011a). It found that approximately three in ten people had provided formal volunteering activity during the previous twelve month period. Approximately 15 per cent of those volunteers had taken part in volunteering focused on sport or exercise (coaching or organising), with



approximately 3.8 per cent doing so regularly (once a week or more), amounting to a total of more than 150,000 adults (Scottish Government, 2011a).

Adults aged 16 to 24 years were significantly more likely to volunteer through sport (26%) than any other age groups (no more than 16% of volunteers in any other age group took part in sport or exercise based volunteering). It is not entirely clear why more young people than other age groups volunteer in sport. It may in part relate to the broader motivations of young people towards volunteering, which include (among other things) enjoying themselves and having fun and also meeting people and making new friends (Hill and Russell, 2009).

The 2014 Commonwealth Games legacy [website](#) notes the important role played by sport volunteers and coaches, particularly in making progress towards the goal of getting more people active:

“Volunteers play a crucial role in encouraging and supporting participants from grassroots and club level right through to performance sport. At present there are 90,000 coaches and 150,000 volunteers in sport in Scotland, yet despite these numbers there are still shortages of volunteers in many of the sports clubs and organisations across Scotland.” (Scottish Government, 2010)

Given this, one of the Commonwealth Games legacy goals (under the theme of Active Scotland) is to ensure that coaching in Scotland has the maximum impact on individual participants, and Scotland as a whole, by engaging inactive children and adults in sport. The Active Scotland Workforce Development Group has been set up to focus on ways of making sure that the right people (coaches and volunteers) are in place to deliver this legacy goal. Annual updates on progress made against legacy goals can be accessed [here](#).

To take forward measures to promote coaching in Scotland, [Coaching Scotland 2011-2015: a framework for sports coaching in Scotland](#) has been produced by sportscotland (sportscotland, 2011c). This framework is intended to help sportscotland and its partners engage more and better coaches in Scotland, recognising the contribution made by coaches, tutors and mentors, whether paid or volunteers. The report notes:

“Between 2011 and 2015 we have unparalleled sporting opportunities to inspire and engage more people in the benefits and joys of sport, and thus increase participation. To do this we need a competent and comprehensive workforce of coaches. We need to recruit and retain the right coaches, ensuring they are supported, developed and recognised for their contribution to sport.”

Alongside this, the volunteer framework document (sportscotland, 2011b) has been produced to provide a strategy for how sportscotland and partners will develop and grow volunteering in sport in Scotland. It offers a guide for clubs and organisations seeking to promote volunteering. Developed in partnership with VDS, the framework aims to promote a consistent approach to how volunteering in sport is planned, developed and put into practice, with a focus on:

- Planning for Volunteers - the planning, design and work of national and local partners is more responsive to, and takes account of, volunteer needs and experiences<sup>9</sup>
- Engaging Volunteers - sport engages a range of volunteers and benefits from the skills and experiences that volunteers bring

---

<sup>9</sup> See the games [legacy website](#) for more information.

- Supporting Volunteers - volunteers skills and attributes are developed as a result of flexible approaches and sustainable volunteering opportunities being in place
- Recognising Volunteers - volunteers are recognised and celebrated for their contribution to Scottish sport.

Baseline data and monitoring systems are currently being developed to report on progress against these aims.<sup>10</sup>

## FACILITIES

The availability, accessibility and quality of sports facilities is thought to influence whether people take part in sport, which sports they participate in, how often they participate and how well they perform. In Scotland there are a range of organisations providing sports facilities e.g. local authorities, sport governing bodies (SGB"s), other representative bodies and sports clubs and a large number of facilities available (a total of 11,000 sports facilities, two-thirds of which are provided by local authorities). However, Audit Scotland (2008) have reported wide diversity in the availability of facilities in different areas of Scotland, as well as in the type, age and condition of these facilities.



The most recent audit of sports facilities in Scotland was commissioned by sportscotland and published in June 2006 (sportscotland, 2006). Its aim was to establish the general condition of Scotland"s sports facilities, estimate where necessary the capital cost of bringing them up to acceptable standard and the cost of maintaining them in an acceptable condition<sup>11</sup>. While the evidence gathered through that audit is now a number of years out of date, some of the messages from this audit are worth reiterating. Notably the cost of maintaining the sports estate

is high and there is a gap between the money needed to refurbish or replace existing facilities and the money available to do so.

The audit concluded that the cost of upgrading and maintaining all of the sport facilities in Scotland over a 25 year period was the equivalent to £110m per year at 2002/03 prices (made up of £26m for outdoor facilities, £6m for golf and £78m for indoor facilities). At 2012/13 figures this would be equivalent to £137m per year (made up of £32.4m for outdoor facilities, £7.5m for golf and £97.3m for indoor facilities).<sup>12</sup> These figures do not include the cost of routine maintenance of facilities.

An audit of the school estate, and community access to it, has recently been commissioned by sportscotland. As this work is only in early stages at present, results are not yet available. A report from this work should be made available later in 2012 (see [here](#) for more information).

<sup>10</sup> Information from personal communication with sportscotland official.

<sup>11</sup> There were also other reports produced as part of this work that reports on the audit of outdoor and golf facilities. See [here](#) for links to these reports.

<sup>12</sup> The estimates of 2012 prices were calculated using the HM Treasury"s deflators – available [here](#)



## Investment in Facilities

Councils invest significant funds in sports facilities to offer new and upgraded swimming pools, sports halls and outdoor pitches, as well as maintenance and repair of other facilities. They also invest in sports facilities that are situated within the school estate. In addition, sportscotland invest funds toward jointly funded capital projects for community use and support investment in facilities for high-performing athletes.

Even with this investment, two barriers to achieving the necessary improvements in availability of quality facilities in Scotland are worth particular note:

- While plans were put in place in 2003 to develop multi-sport facilities in Scotland, progress on this activity was found to be relatively slow (Audit Scotland, 2008).
- There have been significant challenges (as well as real opportunities) in opening up the school estate to communities to allow wider access the available sports facilities (Genesis Strategic Management Consultants et al, 2006)

However, Peakin (2011) does highlight significant recent investment in new and refurbished facilities, including:

- Four new multi-sports facilities in Aberdeen, Ravenscraig, Stirling and Scotstoun, Glasgow
- Four large scale Commonwealth Games projects that are currently underway – three in Glasgow: National Indoor Sports Arena; Sir Chris Hoy Velodrome; and Tollcross Pool. In addition, there has been investment in improvements to the Commonwealth Pool in Edinburgh as this will be a satellite location for Commonwealth diving competitions
- 22 football projects valued at over £4m
- An investment of £15.2m on 11 swimming pools
- A further 31 projects offering new and improved facilities.

## COMMUNITY SPORTS HUBS

The development of the [Community Sports Hub](#) (CSH) initiative represents sportscotland's contribution to achieving the Scottish Government's [Glasgow 2014](#) Commonwealth Games legacy plan. The games legacy [document](#) notes:

"We can embrace our nation's passion for sport by using this great chance to make the most of our existing programmes and by developing new initiatives such as the physical activity programme and the Community Sports Hubs programme, to create an engaging, innovative and life-changing range of opportunities to take part in physical activity and sport." (Scottish Government, 2009a; p.7)

Involving a partnership between COSLA, local authorities, sportscotland and Scottish Government, the CSH initiative has been set up to improve the use of, and access to, facilities for physical activity and competitive sport, bringing communities together, improving performance and supporting coaches and volunteers. Every local authority is to develop at least

one CSH that will work to deliver the intended legacy goals in relation to developing community sport.

CSH's are intended to increase the number of people of all ages participating in sport and physical activity in local communities across Scotland. Based in local facilities such as sports centres, community centres, club pavilions, the natural environment and/or schools, the aim of CSH's is to bring local people together and provide a home for local clubs and sport organisations. Each hub should focus on the needs of the particular community in which it is based. This is intended to offer a flexible model that can be shaped to suit local circumstances in either urban or rural environments and provide inclusive opportunities for people of all ages, abilities and backgrounds.

CSH's should also provide information, support and advice on sport and physical activities with a view to making it easier for local people to get involved and engage in a more active and healthy lifestyle. They should also offer innovative approaches to develop sport in local clubs. The case studies in Box 2 illustrate examples of activity currently taking place.

## **Box 2: Examples of Community Sports Hub activities**

### **Inch Park, Edinburgh**

Inch Park Community Sports Club in Edinburgh is a collaborative enterprise between the three main clubs who were using the park: Lismore Rugby Football Club, Edinburgh South Football Club and Edinburgh South Cricket Club. The club was concerned to develop the whole site, with particular attention to replacing the fire-damaged clubhouse. The clubhouse offers a location for both community and local club activities and provides a base from which participation in club sport (as a community sports hub) can occur. The club has taken considerable steps to ensure the club and facilities are an integral part of the community, whether through encouraging youth participation via the Active Schools programme, coaching session, or delivering community activities based around sport, such as dance classes, yoga and keeping fit for over 50s. The work of the newly formed multi sports club was recognised when it was awarded Community Sports Hub status by sportscotland.

### **Kilmallie Shinty Club, Caol (near Fort William)**

Kilmallie Shinty Club started by investing in a youth development program. Working with the local primary schools in the area, the club provides coaching, training and skills sessions for a large number of children with the intention of generating interest in the sport and the club. The result was an increase in club membership, with the club gaining a squad of players of various ages and stages of skill some of whom were able to compete at a high level. Fundraising activities led to the club being able to replace the changing facilities, building a two-team changing pavilion, complete with changing area, integrated showers and a dedicated club room. This facility has allowed the club to continue its work to develop both the youth and women's squads, attracting new members from local schools and the surrounding community. The club is committed to developing the sport and continuing to work closely with local schools and groups. The aim is that the new pavilion will make the club more attractive to the local community and other sports clubs e.g. football or rugby so that the facility can become a real sports hub in the community.

The new National Indoor Sports Arena and Sir Chris Hoy Velodrome offers a further example of a community sports hub that is currently in development. The venue has been built to offer sporting facilities for the Glasgow 2014 Commonwealth Games but will also host a range of other sporting events, will be used by local sports clubs for a range of indoor and outdoor sports and will also house fitness facilities adding to the portfolio of Glasgow Life leisure centres. The venue is owned by Glasgow City Council and in its role to deliver community sport and leisure services in Glasgow, will be managed by Glasgow Life.

An annual budget of £1.5 million has been allocated to CSH"s until 2015/16, with funding allocated on a geographical basis against robust local plans. To complement this, sportscotland also has a budget of £4m available for communities to improve sports facilities at the local level. It is too early in the life of this initiative to have any robust analysis of how these hubs are developing, what the strengths and challenges might be in taking this approach and whether this will lead to increases in local level sports participation.

The Scottish Government originally set a target to deliver at least 100 community sports hubs across all 32 councils by 2014. In a recent [press release](#), the Minister for Commonwealth Games and Sport, Shona Robison MSP, revised the target to have delivered 150 community sports hubs by 2016. With the new higher target, there has been commitment made to ensure that half of the CSH will be based in schools across Scotland.

Thirty of the 32 local authorities in Scotland are now in the process of developing one or more CSH. Progress on development of CSH"s to May 2012 indicated that:

- There were 143 CSH"s in planning by May 2012
- Of this total, 22 were up and running
- A further 42 were in the early stages of development and engaging the local community
- The remaining 79 were in early planning stages
- Two local authorities (Shetland and Eilean Siar) have not yet developed any plans for CSH"s

An outline of the stage of development of CSH"s within each local authority in Scotland is presented in [Appendix 3](#), with more detail available on the sportscotland [website](#).

## TRENDS IN SPORT PARTICIPATION

### ADULT PARTICIPATION IN SPORT

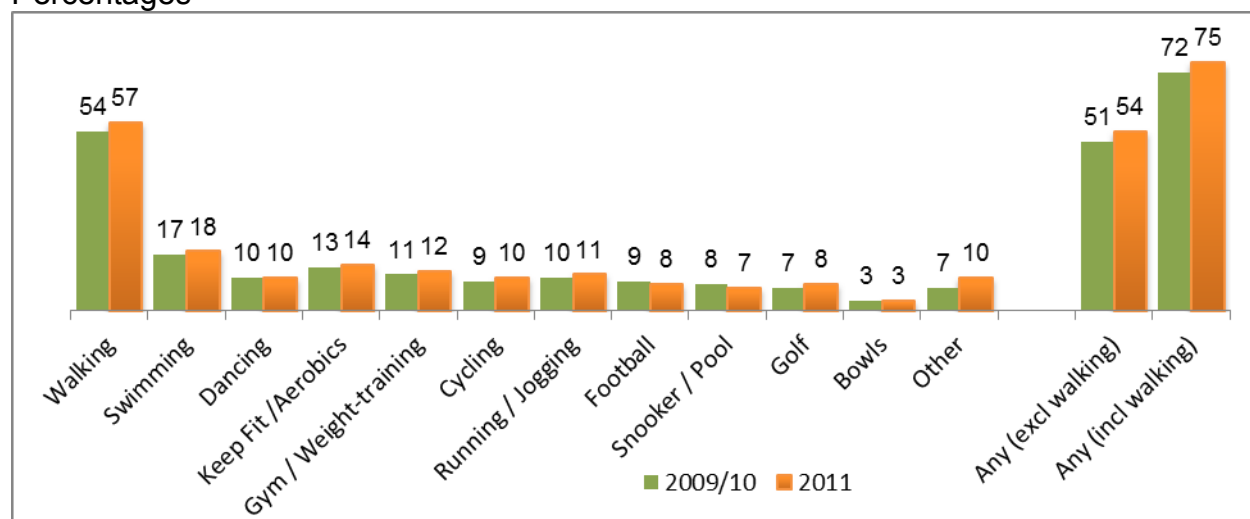
The Scottish Government is responsible for gathering statistical data on sports participation through the Scottish Household Survey (SHS). The SHS has collected information on sports participation since 2007. Data are collected over a two year cycle, with the annual reports available on the Scottish Government [website](#). The SHS uses a broad definition of sport that includes recreational walking for more than 30 minutes. The strengths are that it captures the range of activities that adults in Scotland have recently participated in. The limitations are that this measure does not capture whether people are regular participants in the named activity (although there are data on frequency of participation in the previous four week period that are presented below), how intensive the activity is and whether it is performed within a sport setting (e.g. as part of a club or competition). This means that the measure does not focus as much on sport (competition, skill, intensity, duration, etc.) as it does on whether people have been physically active in the four week period being reported.

The latest report (Scottish Government, 2012) presents data collected in 2011. Key findings from this report are presented below. The tables and analysis corresponding to these data can be found [here](#).

Figure 1 presents trends from both 2009/10 and 2011. This shows that 72 per cent of people in 2009/10 had participated in a sporting activity in the last four weeks, increasing to 75 per cent in 2011/12. By far the most prevalent activity was walking for 30 minutes (for recreational

purposes). Over half (57%) had done this in the last four weeks, compared with 54% in the same period in 2009/10. When walking was excluded, just over half of adults (54%) had undertaken at least one of the remaining sports activities in the last four weeks, compared with 51 per cent in 2009/10. Most other sporting activities show a one percentage point increase in this period compared to figures from 2009/2010.

**Figure 1: Participation in sport in the last four weeks, 2009/10 and 2011<sup>13</sup>**  
Percentages



Source: Scottish Government (2012)

Previous analysis of SHS data (Scottish Government 2009b) has shown that there is a relationship between participation in sport - both excluding and including walking - and self-assessed health. Those who rated their own health over the last 12 months as good were more likely to participate in sport. It is unclear, however, to what extent good health is a result of taking part in sport or whether having good health enables participation in sport.

As in previous years, data from 2011 show that a higher proportion of people who rate their health in general as “very good” or “good” participate in sporting activity than those who rate their health as “bad” or “very bad” health. Including walking, 82 per cent of those who reported having “good” or “very good” health in 2011 reported participating in any sporting activity over the past twelve months compared with 26 per cent who reported having “bad” or “very bad” health.

There is a correlation between participation in sporting activity and where people live, with those living in the 20 per cent least deprived areas of Scotland reporting higher rates of participation in sporting activity (83%, including walking) than those who live in the 20 per cent most deprived areas (65%, including walking). There has, however, been a rise in reported sport participation among people living in the most deprived areas between 2009/10 (when the figure was 60%, including walking) and 2011. There are exceptions to this trend, with reported participation in football and bowls showing similar participation levels across all areas (Scottish Government, 2012).

Finally, there are differences in sport participation rates between women and men, and between adults of different ages. Some key figures from 2011 (Scottish Government, 2012) show that:

- Excluding walking, women were far less likely to have participated in a sporting active in the previous four week period (48%) than men (60%).
- Participation rates decrease incrementally with age. People aged 16 to 34 were those most likely to have participated in a sporting activity in the past four weeks (75%,

<sup>13</sup> This figure presents data from two years results from the Scottish Household Survey (Scottish Government, 2011a and Scottish Government 2012)

excluding walking), while people aged 75 and older were far less likely to have done so (21%, excluding walking).

- As Figure 1 shows, walking is the predominant sporting activity performed by people regardless of sex or age. People aged 75 and over were among those least likely (32%) to take part in recreational walking than other age groups.
- Including recreational walking, participation in sporting activity was still higher among men (78%) than women (72%), although the difference is not as stark as when walking is excluded. There is also a decline as people age, dropping from a participation rate of 86 per cent among people aged 16-24 years to 42 per cent among people aged 75 or over

The biggest barrier to participation is reported to be a lack of time. Participation levels start to fall from around the age of 25 when jobs and family become increasingly time consuming. However, once children are older and work commitments reduce, health problems then become the biggest reported barrier. Motivational barriers (e.g. not thinking it will be enjoyable or not wanting to take part) as well as barriers relating to accessibility of facilities (e.g. cost, proximity or quality) can also explain some people's lack of participation, although these are far less important than time and health (Murray, 2006). Some further observations are that:

- Health problems increase with age and are by far the biggest barrier to participation among people aged 60 and over.
- People living in the most deprived areas of Scotland were no more or less likely to say that accessibility, availability or quality of facilities (including cost) was a barrier to participation. However, far more were likely to note that living in a safer neighbourhood would make a difference to them participating – 20% compared with 9% of people in the least deprived areas.
- People living in the most deprived areas were also not as strongly convinced of the wider benefits of being active (e.g. health gains or enjoyment) as people in other areas.
- Compared with women, men's participation drops sharply between ages 16-24 and 25-34. The main reason given is that they are "getting too old". This is partly the result of men being more likely to take part in activities, such as football, that are harder to continue as they get older due to the stamina and strength involved in the sport, and may also be the result of injuries which limit on-going participation.
- As with men, lack of time is the biggest barriers to women's participation. Women are far more likely to say that family responsibilities are the reason for a lack of time. Women are also far less interested in the competitive side of sport than men. (Murray, 2006)

## **FREQUENCY OF PARTICIPATION**

In 2011, adults took part in an average of over 14 days of sporting activity over the previous four week period. This equates to three and a half days of sporting activity per week. There are no significant variations in the frequency of sporting activity between women and men, nor largely by age (Scottish Government, 2012).

Perhaps surprisingly, the average number of days that people participated in sporting activity was higher among people aged 60-74 years than others. People aged 60 to 74 years had taken part in an average of 14.6 days of sporting activity in the previous four weeks (which equates to close to four days a week). Almost a third (32%) of adults aged 60 to 74 years participated in a sporting activity at least 5 days a week (or between 21 to 28 days over a four week period).

The slightly higher participation rate among 60 to 74 year olds may be affected by a number of factors. Those from this age group are likely to be retired and so have more opportunities and time to participate in sporting activities. Also, these figures do not record the intensity or duration of participation. So, although those aged 60 and over are active more often, it may be at a lower intensity or for shorter periods than those in younger age groups (Scottish Government, 2012).

## PARTICIPATION BY YOUNG PEOPLE

While it is a valuable source of information on participation, the SHS only asks adults (aged 16 and over) about sporting activity. In attempt to address this limitation, in 2009 the survey included a question asking whether young people in the household (aged 8-21 years) regularly participate in sport and sporting activity, whether competitive or not. The main results from this question can be found [here](#).

The results showed that the majority of young people (52%) take part in sports or sporting activity, whether competitive or not. As with adults, there are differences in rates of sporting participation between those living in deprived areas and those in other areas – with 43 per cent of young people who live in the 15 per cent most deprived areas participating in sporting activity compared with 54 per cent of young people from other areas. Young people who live in rural areas are more likely to have participated in some form of sporting activity (around 60%) as compared to those from towns and urban areas (50% in large urban areas) (Scottish Government, 2011a).

## BENEFITS OF SPORT



Sport policy has long highlighted a range of benefits to be gained from participation in sport. For example, sportscotland's strategy "Sport 21 2003-2007: the national strategy for sport" stated:

"Participating in sport can improve the quality of life of individuals and communities, promote social inclusion, improve health, counter anti-social behaviour, raise individual self-esteem and confidence, and widen horizons."  
(sportscotland, 2003, p7)

Source: © P\_Wei/iStockphoto

Reaching Higher continued this theme, noting that sport has the potential to contribute to and complement other areas of policy, including:

- Physical wellbeing, including tackling obesity
- Mental wellbeing, contributing to improved self-esteem and confidence
- Building strong, vibrant and cohesive communities
- Closing the opportunity gap and increasing participation amongst the most disadvantaged groups



- Providing diversionary activities particularly in the most disadvantaged communities
- Supporting rural communities by providing a forum for social interaction and in attracting visitors
- Promoting sustainable forms of transport such as cycling and walking
- Promoting volunteering
- Enhancing the economy and tourism opportunities

However, capturing a full picture of the contribution that sport can make to other areas of policy or people's lives is challenging, not least because there are limits to the availability of reliable evidence on the benefits of sport, there are difficulties with accurately measuring the impact of sport on people's lives and in particular with measuring cause and effect (in other words, knowing what it is that has led to any positive change) (Coalter, 2005).

That said, there has been some work done to explore the wider benefits of sport, including focusing on health benefits, crime reduction, community regeneration and the economic gains from hosting major sporting events (such as the Olympics or Commonwealth Games).

## **SPORT AND HEALTH**

There is a growing body of evidence that participation in sport and other forms of physical activity reduces the risk of certain disease, both through primary prevention of the disease and through slowing progression and aiding recovery. The main health issues that have been identified as benefiting from a more active lifestyle are:

- Preventable cardiovascular diseases, such as coronary heart disease
- High blood pressure
- Diabetes
- Obesity
- Some cancers, notably colon cancer
- Osteoporosis

Being more physically active has also been shown to contribute to building bone mass, muscle strength and balance, while reducing the risk of fractures from falling, particularly in older people. This has the added advantage of aiding independent living among older people. Being physically active has also been found to have positive benefits to psychological health, and may protect against depression. It can also increase self-esteem and well-being (Oughton & Tacon, 2007).

Coalter (2005) suggests that encouraging greater levels of physical activity (whether through sport or other form of physical activity) is not the only answer to the widespread health problems Scotland currently faces. Diet, lifestyle and poverty are also recognised as important to health. Nevertheless, there are recognised to be clear health gains to be obtained from regular physical activity, especially increasing activity rates among the currently inactive population (Coalter, 2005).

As noted earlier, much of the discussion on the benefits of sport tends to conflate participation in physical activity and sport as one and the same. Coalter (2005) suggests that in terms of



gaining health benefits, it is not important whether someone is taking part in sport or other physical activity not regarded as sport. Rather, it is the type of activity pursued and the intensity, frequency and duration of that activity that is key to accessing the identified health benefits.

## **SPORT AND CRIME PREVENTION**

There is far less research evidence on the role that sport plays in reducing crime and increasing community safety, although crime prevention is the longest standing rationale for promoting sport in communities (Coalter, 2005). In recent years there has been increased policy attention to preventing youth crime, and the role that sport can play in diverting young people from crime, as well as in the rehabilitation of offenders. The assumption is that sport can offer “therapeutic” value through:

- Young people at risk being removed from the criminal culture of their peer groups and mix with more positive role models.
- Sport providing a positive alternative to educational underachievement, blocked aspirations and low self-esteem.
- Sport encouraging the development of self-discipline.
- Sport providing an antidote to boredom.
- Sport addressing certain adolescent development needs for adventure, excitement and autonomy.

(Coalter, 2005)

One theory concerning sport’s impact on crime, relates to the link between physical activity and mental health. Following similar arguments to those made about the physical health benefits of taking part in sport and other forms of physically activity, it is argued that, since low self-esteem and other mental health problems have been linked to crime and anti-social behaviour, participation in sport or other physical activity can lead to crime reduction by addressing mental health problems (Oughton and Tacon, 2007).

The Scottish Government are currently pursuing initiatives to engage young people in sport as a diversion from antisocial behaviour, to encourage a more active and healthier lifestyle and also to increase opportunities to find positive routes into education training or employment. Cabinet Secretary for Finance, Employment and Sustainable Growth, John Swinney (MSP), writing in Holyrood magazine (Swinney, 2012) noted that the rationale for investing funding through the CashBack for Communities programme into sports facilities and activities is intended to offer gains both to young people directly and to the communities affected by crime and anti-social behaviour by providing positive activities for young people to participate in.

## **SPORT AND SOCIAL CAPITAL**

Closely related to the benefits perceived to come from using sport as a way of tackling crime and anti-social behaviour, policy makers at UK and Scotland level have long been concerned with community regeneration, with sport long being used as a tool for community engagement in that setting.

Oughton & Tacon (2007) argue that sport can contribute to community development and civic renewal by improving levels of social capital. Social capital has two distinct features. The first is “personal social capital” where “the individual requires confidence, skills, knowledge, ability to manage time and relationships and having a group of supportive friends... including some who

share the same desire to take part” (Collins, 2012; p.80). The second is “communal capital”, which is concerned with: “shared values; social control and order; reduced financial inequalities; confidence in institutions and leaders in society; participation in political, social and cultural networks (including playing sport and belonging to sports clubs); and trust in and support from one’s friends, neighbours and close kin” (Collins, 2012; p.81). The argument is that sports participation can increase both personal and communal social capital.

With lower sport participation among people from poorer areas, the concern is that sport has become another activity that higher income groups have easier access to than people from poorer areas (Collins, 2012). There have been various policy measures taken over the years to link sport to active citizenship, including seeing it as a route into employment, a way of controlling problematic behaviour among young people and linking it to health promotion. Targeting sports facilities and activity towards poorer areas is in part at least driven by the assumed benefits of sport associated with team working, communication, tolerance, respect and cohesion. Taking part in sport is thought to offering greater opportunities to bond people together through pride and common purpose (Oughton and Tacon, 2007). As sport can also offer a focal point for civic engagement, it can also be important in the revitalisation of civic society; it can be used to create or maintain social connectivity across boundaries defined by class, religious and ethnic backgrounds (Coalter, 2005).

## **SPORT AND THE ECONOMY**

There are a range of economic benefits associated with physical activity and sport. These relate in part to the cost savings to the National Health Service from health improvements by people becoming more active:

“Increases in sport and physical activity can... have significant public health benefits, delivering savings to the NHS - a 1 [per cent] increase in sport and physical activity would yield a £3.5m saving each year from coronary heart disease, stroke and colon cancer alone. It will also lead to improvements in people’s wellbeing.” (Scottish Government, 2011c)

In terms of sport consumption, direct sports-related consumer spending contributes over £1.8 billion a year to the Scottish economy and accounts for over 51,000 jobs (Scottish Government, 2011c), while one-off sporting events provide substantial short-term economic impact. One recent example is the three major rugby events held at Murrayfield stadium in May 2009 (the Heineken Cup Final, the Emirates Airline Edinburgh 7s Festival and the Engage Super League Magic Weekend). Between them, these events are estimated to have raised £36m for Scotland’s economy (EventScotland, 2010).

In terms of sport related tourism, Audit Scotland (2008) reported that the key sports that attract visitors to Scotland are golf and pursuits in the natural environment. In 2002 around 300,000 UK visitors took holidays in Scotland specifically to play golf. This generated around £105 million in tourism spend. There were a further one million visits where golf was part of the trip, with this generating an additional £240 million. Scotland also attracts approximately 100,000 golfing visitors from overseas, bringing an additional £100 million annually into the economy.

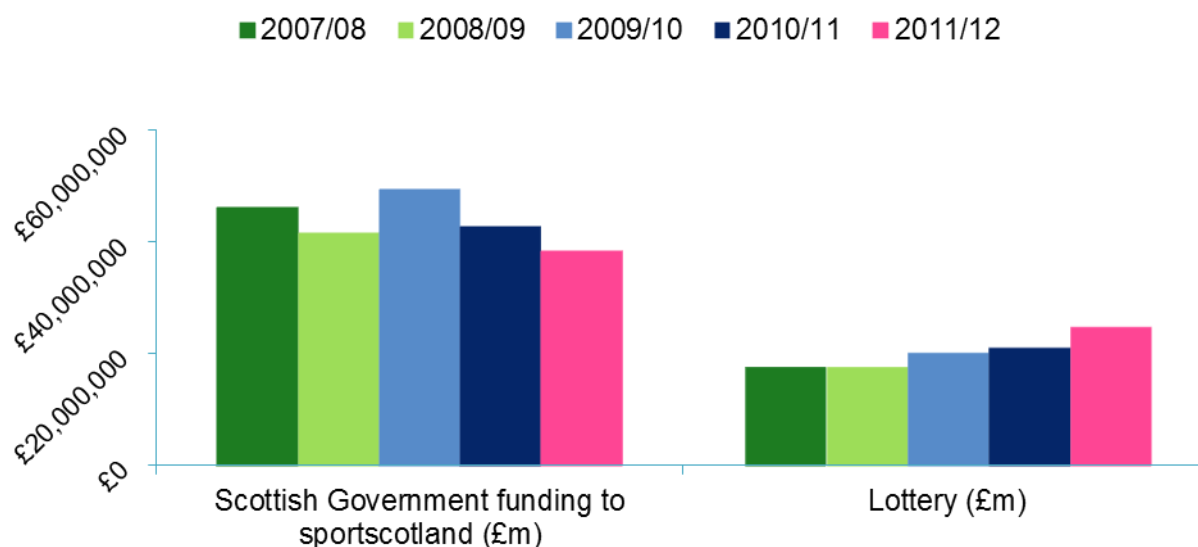
Finally, there is a clearly recognised economic value of the role played by volunteers in sport in Scotland. With sport relying heavily on volunteer input, Coalter (2005) argues that the volunteer effort in sport has a high social and economic value. It makes a major contribution to the provision of sporting opportunities and, through unpaid labour, substantially reduces the cost of participation by reducing the overhead costs associated with organisation of sporting activity. He

argues that social benefits are not just seen through the rate of participation in sport, with involvement in the organisation and provision of opportunities for sport also offering the potential to assist in the development of self-esteem, transferable social and organisational skills and greater community coherence. Coalter (2005) notes that although this is not an area without its problems (e.g. the relationship between volunteers and paid employees, insurance and liability, and child protection issues), it has significant potential in sustaining the sport industry in Scotland.

## FUNDING

Sport and recreation services in Scotland are funded through a range of sources. The main sources are local authorities, Scottish Government and Lottery grants. Local authorities are said to invest the most funding into sport in Scotland, providing approximately 90 per cent of the total spend (Holyrood, 2012; p.44). While exact figures on the annual spend by local authorities on sport are not available, Audit Scotland (2010) reported that £346m was spent by local authorities on physical recreation services in 2008/09. Physical recreation services include the provision of facilities and support to enable participation in a range of activities such as walking, swimming or competitive sport. Audit Scotland (2010) noted that most of the funding allocated by local authorities was used to provide and maintain facilities and to deliver programmes to encourage participation in sport as well as supporting individual athletes. This report also notes that, at the time of this audit of physical recreation services, the impact of economic recession was beginning to become clearer. Further budgetary pressure from demand-led services, such as social work and economic development, may suggest that budget allocations by local authorities towards physical recreation services were likely to face increasing cuts after that period as budgets contracted further and demand in other service areas continued to increase.

**Figure 2: Trends in spending on sport in Scotland- 2007/08 to 2011/12 (£m)**



The majority of Scottish Government and all of the Lottery funding allocated to sport in Scotland is managed by sportscotland. Figure 2 shows the changes in funding between 2007/08 and 2011/12 from these two key sources. There has been some variance in the budget from the Scottish Government, with funding rising in the period 2007/08 to 2009/10 (from £46.257million to £49.312million) and then falling in the two years that follow (dropping to £42.648million in 2010/11 and to £38.398million in 2011/12). Lottery funding went through a period of gradual growth, with little change in the budget in 2007/08 and 2008/9 (staying at just below £17.6million in both years) then rising to £21.099million in 2010/11 and to £24.885million in 2011/12.

Table 2 presents the planned spend on sport, including funding directed towards investment in the Commonwealth Games that was presented in the Spending Review 2010 and Draft Budget 2011/12 to 2014/15. This shows that the overall Scottish Government budget for sport will remain constant, while spending on the Commonwealth Games in the three years between 2012/13 and 2014/15 will rise significantly. Lottery funding also shows increases over the period. This is the result of two developments. First, Lottery money returning to Scotland after the diversion of funding to the London Olympic and Paralympic Games in 2012. Second, there has been an increased share of Lottery funding going to good causes, including sport, and less to Big Lottery since election of the 2010 Westminster government.<sup>14</sup>

**Table 2: Budget for sport, 2012/13 - 2014/15**

	2012/13 budget (£m)	2013/14 budget (£m)	2014/15 budget (£m)
<b>Sport<sup>15</sup></b>	36.3	35.3	38.3
<b>Commonwealth Games</b>	37.4	97.3	169.4
<b>Lottery funds<sup>16</sup></b>	28.54	29.22	29.39

## CashBack for Communities

The [CashBack for Communities](#) programme takes funds recovered through the Proceeds of Crime Act 2002 and invests them in community programmes, facilities and activities largely, but not exclusively, for young people at risk of turning to crime and anti-social behaviour. Projects range from diversionary work to longer-term intervention projects that aim to provide opportunities to move towards positive destinations such as employment, education or volunteering. The Programme includes partnerships with Scottish sporting, arts, business, community and youth associations, while CashBack also provides funding to sports and community facilities for essential refurbishment and renovation.

The key principles that underpin CashBack activities are that the activities should be: positive; open to all; developmental; and sustainable. Information on the progress of this programme from the Scottish Government website reports that since Cashback for Communities started, over £45 million recovered from the proceeds of crime has been invested / committed to a range of sporting, cultural, educational and mentoring activities for children and young people throughout Scotland. This includes almost £27 million on sporting activities and facilities projects (approximately 60% of the total funding); £8.5 million on grant schemes that support small, diversionary youth work projects; over £3.5 million on cultural activities involving arts, music and dance and £2.25 million on a community assets programme that supports communities to find solutions to their own problems.

Due to the unique way CashBack is funded, it is difficult to forecast when and how much money will be available through this source in the future. There is no specific Scottish Government budget for CashBack, rather the programme relies on the Scottish Courts Service, the Crown Office and Procurator Fiscal's Service – and all other agencies involved in enforcing the law – to

<sup>14</sup> Information gathered from personal communication with sportscotland official.

<sup>15</sup> The figures presented here for future funding to sportscotland take account of depreciation against revenue funding during the timeframe reported.

<sup>16</sup> The Lottery funding for 2012/13 to 2014/15 reported here is higher than that set out in the Scottish Governments Spending Review and Draft Budget. This is due to updated figures being provided by sportscotland.

recover the proceeds of crime that the CashBack programme then invests back into communities.

Funding for the CashBack for Communities programme started in 2008. As Table 3 indicates, there was no allocation of capital funding from this source in the first year, and there is no planned allocation to capital projects in financial year 2014/15. With the exception of the funding allocations for 2012/13, this funding has been directed towards sporting activities, rather than capital projects. The increased funding to capital projects in 2012/12 is explained<sup>17</sup> as being related to an investment to enhance football and rugby facilities to make these sports more appealing to young people.

**Table 3: CashBack for Communities funding for sport, 2008/09 to 2014/15 (£m)**

	2008/09	2009/10	2010/11	2011/12	2012/13	2013/14	2014/15
<b>CashBack (activities)</b>	1.598	2.064	2.627	3.656	2.68	2.63	0.396
<b>CashBack (capital)</b>	-	1.485	0.321	2.21	5.162	1.047	-
<b>Total</b>	<b>1.598</b>	<b>3.549</b>	<b>2.948</b>	<b>5.866</b>	<b>8.022</b>	<b>3.677</b>	<b>0.396</b>

Given that the funding allocated to the CashBack for Communities programme comes from monies recovered through the Proceeds of Crime Act 2002, it is not possible to predict how much funding will be available in future years. The unpredictable nature of this source of funding may offer at least a partial explanation for the relatively low funding allocation to CashBack activities that is recorded for 2014/15.

<sup>17</sup> Personal communication with Scottish Government official.

## FURTHER SOURCES OF INFORMATION

CashBack for Communities: Link [here](#)

Games Legacy for Scotland: Link [here](#)

Glasgow 2014: Link [here](#)

Positive Coaching Scotland: Link [here](#)

Scottish Association of Local Sports Councils: Link [here](#)

Scottish Government topic page on sport: Link [here](#)

Scottish Sports Association: Link [here](#)

Sportscotland website: Link [here](#)

Sportscotland Institute of Scotland: Link [here](#)

Sportscotland;s National Centres: Link [here](#)

## REFERENCES

Audit Scotland (2008) "A Performance Overview of Sport in Scotland" Edinburgh: Audit Scotland. Available [here](#)

Audit Scotland (2010) "Physical Recreation Services in Local Government" Edinburgh: Audit Scotland. Available [here](#)

Audit Scotland (2011) "Arm"s-length external organisations (ALEOs): are you getting it right?" Edinburgh. Audit Scotland. Available [here](#)

Coalter, F. (2005) "The Social Benefits of Sport: an overview to inform the community planning process. Research report No.98". Edinburgh: sportscotland. Available [here](#)

Collins, M.F. (2012) "Social Exclusion from sport and leisure" in Houlihan, B. (ed.) "Sport and Society: a student introduction (2<sup>nd</sup> Edition)" London: Sage.

COSLA and Scottish Executive (2003) "Implementation of the National Cultural Strategy: Guidance for Scottish local authorities" Edinburgh: The Stationery Office. Available [here](#)

EventScotland (2010) EventScotland Annual Review: measuring success 09/10" Edinburgh: EventScotland. Available [here](#)

Genesis Strategic Management Consultants, Coalter, F. and Lochhead, P. (2006) "Managing School Facilities for Community Use: Practical Guidelines" Edinburgh: sportscotland. Available [here](#)

Glasgow City Council (2011a) "Glasgow 2014 Legacy Framework" Glasgow: Glasgow City Council. Available [here](#)

Glasgow City Council (2011b) "Glasgow's Legacy Framework: progress report (to December 2010 and Action Plan (January 2011 to March 2012). Glasgow: Glasgow City Council. Available [here](#)

Health Scotland (2012) "Introduction to physical activity" Information provided on Health Scotland website (accessed 14 August 2012) Available [here](#)

Hill, M. and Russell, J. with Brewis, G. (2009) "Young People, Volunteering and Youth Projects: a rapid review of recent evidence. London: vinspired. Available [here](#)

Jarvie, G. with Thornton, J. (2012) "Sport, Culture and Society: an introduction" Abingdon: Routledge.

Murray, L. (2006) "Sport, Exercise and Physical Activity: Public Participation, Barriers and Attitudes" Research Findings No.20/2006. Edinburgh: Scottish Executive.

NHS Health Scotland (2009) "Five-year review of 'Let's Make Scotland More Active' – A strategy for physical activity" Edinburgh: NHS Health Scotland. Available [here](#)

Oughton, C. and Tacon, R. (2007) "Sport's Contribution to Achieving Wider Social Benefits: a report to the Department of Culture, Media and Sport" London: Birkbeck, University of London.

Peakin, W. (2011) "Generation Game" in Holyrood – magazine supplement: "The Power of Sport" (November 2011)

Safia, P. (2012) "Sport and Health" in Houlihan, B. (ed.) "Sport and Society: a student introduction (2<sup>nd</sup> Edition)" London: Sage.

Scottish Executive (2003) "Let's Make Scotland More Active: a strategy for physical activity" Edinburgh: Scottish Executive. Available [here](#)

Scottish Executive (2007) "Reaching Higher: building on the success of Sport 21" Edinburgh: Scottish Executive. Available [here](#)

Scottish Government (2009a) "On your marks ...Get set...Go: A games legacy for Scotland" Edinburgh: Scottish Government. Available [here](#)

Scottish Government (2009b) "Scotland's People Annual Report: Results from 2007/2008 Scottish Household Survey" Edinburgh: Scottish Government. Available [here](#)

Scottish Government (2010) "A Games Legacy for Scotland: Annual Update 2010" Edinburgh: Scottish Government. Available [here](#)

Scottish Government (2011a) "Scotland's People Annual Report: Results from 2009/2010 Scottish Household Survey" Edinburgh: Scottish Government. Available [here](#)

Scottish Government (2011b) "Scottish Health Survey 2010 Volume 1: Main Report" Edinburgh: Scottish Government. Available [here](#)

Scottish Government (2011c) "Renewing Scotland: The Government's Programme for Scotland 2011 – 2012" Edinburgh: Scottish Government. Available [here](#)

[Scottish govert...](#)

Scottish Parliament (2009) Pathways into Sport Inquiry Report (SP Paper 260). Edinburgh: Scottish Parliament. Available [here](#)

Sport England (2012) “How we recognise sports” [webpage](#) (accessed July 2012)

Sportscotland (2003) “Sport 21 2003-2007: The National Strategy for Sport.” Edinburgh: sportscotland. Available [here](#)

Sportscotland (2006) “National Audit of Scotland’s Sports Facilities: summary report.” Edinburgh: sportscotland. Available [here](#)

Sportscotland (2011a) “Developing and Supporting a World Class Sporting System: sportscotland corporate plan 2011-2015” Edinburgh: sportscotland. Available [here](#)

Sportscotland (2011b) “Volunteering in Sport 2011-2015: a framework for volunteering: at the heart of Scottish sport” Edinburgh: sportscotland. Available [here](#)

Sportscotland (2011c) “Coaching Scotland 2011-2015: a framework for sports coaching in Scotland”. Edinburgh: sportscotland. Available [here](#)

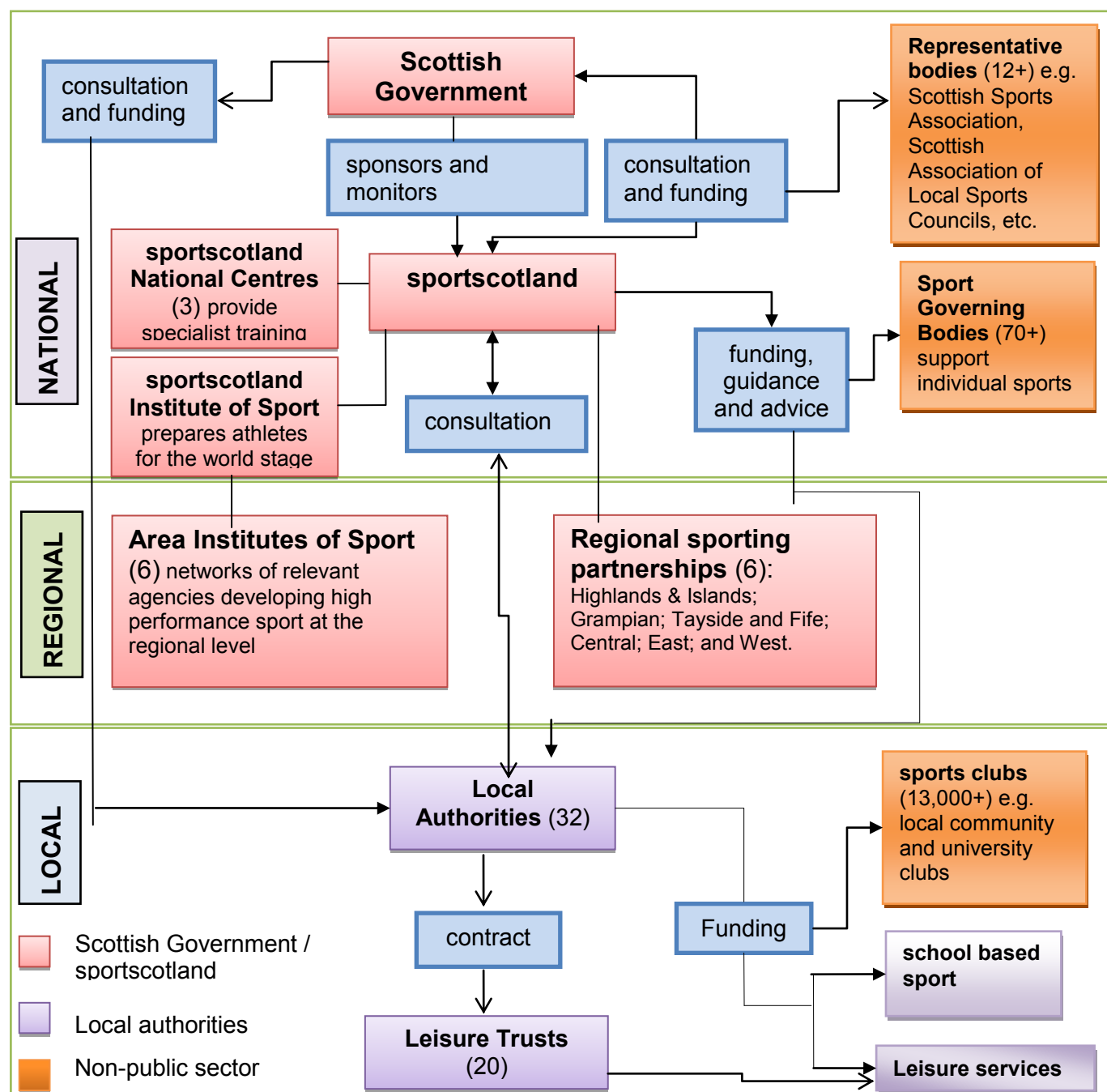
Sportscotland (2011d) “Strong Foundations: Annual Review 2010/11” Edinburgh: sportscotland. Available [here](#)

Swinney, J. (2011) “Better than cure” in Holyrood – magazine supplement: “The Power of Sport” (November 2011)

Vaga Associates (2006) “Coaching Scotland: Research report No.103” Edinburgh: sportscotland. Available [here](#)



## APPENDIX 1 – GOVERNANCE OF SPORT<sup>18</sup>



<sup>18</sup> Adapted from diagram in report by Audit Scotland (2008)

## APPENDIX 2: LEISURE TRUST BY LOCAL AUTHORITY, JULY 2012

<b>Aberdeen</b>	<b>Sport Aberdeen</b>
<b>Dundee</b>	Sports Development Dundee, Leisure and Culture Dundee
<b>East Dunbartonshire</b>	East Dunbartonshire Leisure and Cultural Trust
<b>East Lothian</b>	Enjoy Leisure
<b>Edinburgh</b>	Edinburgh Leisure
<b>Falkirk</b>	Falkirk Community Trust
<b>Fife</b>	Fife Leisure
<b>Glasgow</b>	Glasgow Life
<b>Highland</b>	Highland Life
<b>Inverclyde</b>	Inverclyde Leisure
<b>North Ayrshire</b>	K:A Leisure
<b>North Lanarkshire</b>	NL Leisure
<b>Perth &amp; Kinross</b>	Live Active Leisure
<b>Renfrewshire</b>	Renfrewshire Leisure
<b>Scottish Borders</b>	Borders Sport and Leisure Trust
<b>Shetland</b>	Shetland Recreational Trust
<b>South Lanarkshire</b>	South Lanarkshire Leisure and Culture
<b>Stirling</b>	Active Stirling
<b>West Dunbartonshire</b>	
<b>West Lothian</b>	Xcite

## APPENDIX 3 – COMMUNITY SPORTS HUBS, MAY 2012

Local authority area	Number of CSH planned	Activity started		CSH open
		Yes	No	
Aberdeen	5	2	3	1
Aberdeenshire	5	3	2	-
Angus	4	-	4	-
Argyll & Bute	7	2	5	-
Clackmannanshire	3	-	3	-
Dumfries & Galloway	6	1	5	1
Dundee	6	4	2	4
East Ayrshire	8	-	8	-
East Dunbartonshire	3	1	2	-
East Lothian	6	4	2	-
East Renfrewshire	4	-	4	-
Edinburgh	4	4	-	4
Falkirk	1	1	-	1
Fife	5	-	5	-
Glasgow	3	3	-	-
Highland	4	2	2	-
Inverclyde	3	-	3	-
Midlothian	3	1	2	-
Moray	3	3	-	-
North Ayrshire	7	5	2	2
North Lanarkshire	12	7	5	4
Orkney	3	2	1	-
Perth & Kinross	6	5	1	-
Renfrewshire	3	3	-	3
Scottish Borders	9	-	9	-
South Ayrshire	3	3	1	-
South Lanarkshire	6	6	-	2
Stirling	6	-	6	-
West Dunbartonshire	3	1	2	-
West Lothian	2	2	-	-
<b>TOTAL</b>	<b>143</b>	<b>64</b>	<b>79</b>	<b>22</b>



# SPICe

The Information Centre

Scottish Parliament Information Centre (SPICe) Briefings are compiled for the benefit of the Members of the Parliament and their personal staff. Authors are available to discuss the contents of these papers with MSPs and their staff who should contact Suzi Macpherson on extension 85371 or email [Suzi.Macpherson@scottish.parliament.uk](mailto:Suzi.Macpherson@scottish.parliament.uk). Members of the public or external organisations may comment on this briefing by emailing us at [SPICe@scottish.parliament.uk](mailto:SPICe@scottish.parliament.uk). However, researchers are unable to enter into personal discussion in relation to SPICe Briefing Papers. If you have any general questions about the work of the Parliament you can email the Parliament's Public Information Service at [sp.info@scottish.parliament.uk](mailto:sp.info@scottish.parliament.uk)

Every effort is made to ensure that the information contained in SPICe briefings is correct at the time of publication. Readers should be aware however that briefings are not necessarily updated or otherwise amended to reflect subsequent changes.

[www.scottish.parliament.uk](http://www.scottish.parliament.uk)