

## SPORT AND ACTIVE RECREATION POLICY FRAMEWORK



**“Creating a stable living environment and sustainable living”**

**FIRST DRAFT**

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## PURPOSE

This policy framework provides a guide for:

- The development of policies, strategies and programmes by the municipality;
- Municipal sport and active recreation activities and the necessary resource allocation; and
- Contribution to a range of municipal objectives including improved health and community development outcomes

## SCOPE

This sport and active recreation policy framework guides all municipal activities in the field of sport and active recreation. It is aligned with National and Provincial priorities as captured in the NSRP. It provides a mechanism for engaging the sporting fraternity in the municipal area in sport and active recreation activities. It also sets out the roles and responsibilities of the municipality and its sporting fraternity. For the purposes of this framework:

**“Sport”** is defined as:

“A physical human activity with rules, an element of competition and an organised structure”

**“Active recreation”** is defined as:

“Leisure activities people undertake for enjoyment, to maintain and improve their health and well-being, and to restore and challenge their self-perception”

The concepts of Enabler, Facilitator and Provider have the following meaning:

**“Enabler”**

“Provide infrastructure support, facilities and equipment”

**“Facilitator”**

“Skills development, training, capacity building and so on”

**“Provider”**

“Where the function or activity is undertaken by the municipality with its own people, facilities and equipment”

## **EXECUTIVE SUMMARY**

This policy framework is a guide for sport and recreation programmes undertaken by the municipality and for adequate resource allocation.

It also outlines the roles and responsibilities of role players in sport and recreation and it is intended to give direction as to how sport and recreation is to be administered and managed within the municipality. For the purposes of this policy framework:

The sport and recreation strategic framework outlines broad guidelines for the implementation of a sport and recreation strategy for the municipality. It is aligned with the National Sport and Recreation Plan (NSRP) to provide synergy with the national and provincial vision, mission and objectives for sport and recreation.

Section 1 deals with an introduction and background rationale for the development of the sport and recreation strategic framework and the policy documents that informs the strategy.

Section 2 is essentially the backbone of the strategy as it outlines the core components on which the strategy will be based namely (1) Facility Development and Maintenance (2) Sport development (3) Sport for community development (4) Active recreation and (5) Institutional framework that will guide the interaction between the Municipality and the sporting fraternity. These core components of the strategy will inform our business plans and action plans and create a focussed approach to sport and recreation in the municipal area.

Section 3 clarifies the roles of the municipality and sporting bodies, clubs and service providers in the provision of sport and recreation. It is intended to ensure that all stakeholders involved in sport and recreation has a clear understanding of their roles and responsibilities.

Section 4 deals with the monitoring, evaluation and review aspects of the strategy. Performance indicators will be developed for the core components of the strategy to ensure that we measure our performance against these indicators. These indicators will also be reviewed annually to ensure that it is still relevant.

Section 5 acknowledges the documents consulted in the preparation of this strategy.

## **SECTION 1: INTRODUCTION**

Vision 20/20 deals with the expected outcomes and 'ideal future' for a South African sport system. It strives inter alia for:

- The inclusion of sport and recreation in the Local Economic Development (LED) Plans and Municipal Integrated Development Plans (IDP) and;
- Sufficient and accessible sport facilities that are well maintained and fully utilised by communities.

The National Sport and Recreation Plan (NSRP) is the end product of a consultative process with all stakeholders in the South African sport and recreation sector. It outlines the implementation plan for the

sport and recreation policy framework captured in the White Paper. It is essentially the programmes, projects and activities that will be undertaken by the role-players that comprise the South African sport sector to achieve the Vision, Mission and objectives of the White Paper on sport and recreation.

The pillars of the NSRP are:

- An active nation;
- A winning nation ;
- Creating an enabling environment to achieve an active and winning nation and;
- Using sport as a tool to achieve national priorities.

The enabling environment that is required to give effect to the two pillars of the NSRP is inter alia, facilities, clubs and sport councils.

In developing our municipal sport and recreation strategy, it is essential that our strategy is aligned with the NSRP to create synergy with the national and provincial vision, mission and objectives for sport and recreation.

## **SECTION 2: COMPONENTS OF THE STRATEGY**

### **2.1 FACILITY DEVELOPMENT AND MAINTENANCE**

This component deals with the provision and building of new facilities and the proper maintenance (taking care of or look after) of our existing facilities to expand its lifespan.

One of the strategic objectives of the NSRP is to ensure that South African sport and recreation is supported by adequate and well maintained facilities. It is acknowledged that the provision and maintenance of facilities forms the foundation for the entire sport and recreation system. If the facilities are neglected, it will have serious consequences for the development of our young people. In terms of facility development, new facilities should only be developed after thorough consultation with the local affected communities and the relevant sport federations for the sporting codes which will be provided for in the new development. Flowing from the Sport Indaba Declaration, it was agreed that:

- In the design and planning of new sport facilities, municipalities should be encouraged to build multi-functional sport facilities. This will:
  - Contribute to the optimal use of facilities;
  - Contribute to integrated sport and recreation programmes and activities;
  - Contribute to diversification in sport and recreation;
  - Result in seasonal usage of facilities that will contribute to safety and a sense of multi-disciplinary community ownership.

This will ensure that new facilities comply with the principles of relevance and accessibility. New facilities should also only be considered after careful consideration of the maintenance impact on the budget in terms of staff and equipment. Greater focus should be on the development of existing facilities outlined in a five year capital programme where the need is the greatest. This five year capital programme should be reviewed annually.

The maintenance of facilities is key to ensure that we broaden the base of participation, especially amongst the youth. Neglected facilities reduce participation, therefore, defeating the objective of creating an active nation. In order to ensure that we maintain our facilities pro-actively, a Preventative Maintenance Plan will be adopted to be implemented at all our sport facilities. The purpose of this plan is:

- To maintain facilities in a pro-active manner to detect minor maintenance requirements early to prevent deterioration with resultant major maintenance at a later stage;
- To have proper housekeeping schedules in place to ensure the effective internal and external cleaning of facilities to enhance the aesthetic appearance and general neatness and to strengthen monitoring and control.
- To determine the age of facilities and to plan for major upgrading where structures such as roofs, electrical wiring ,floors and so on need replacement when reaching its full lifespan and to plan well in advance to have these items placed on the capital programme to ensure proper budgeting for these major items and;
- To detect vandalism on a daily basis and properly plan to curb it.

The main objective of a preventative maintenance plan is to detect maintenance problems early and to plan for corrective action in advance. This strategy aims to be pro-active rather than reactive. It is however important to realise that one cannot always plan for every eventuality and emergencies will be dealt with as and when such emergencies occur.

A preventative maintenance plan has three important components that need to be looked at namely:

- Good generally acceptable housekeeping rules;
- Routine maintenance whether daily, weekly, monthly, quarterly or annually;
- Audit of major structures of various facilities to determine lifespan and timeous upgrading or replacement costs for proper budgeting purposes.

These elements are interlinked for example; bad housekeeping rules impacts on routine maintenance which impacts on the lifespan of structures which in turn impacts on the costs of maintenance and repairs.

Performance indicators that can be used in the evaluation
<ul style="list-style-type: none"><li>▪ Percentage capital projects completed;</li><li>▪ Submission of monthly cleaning schedules in terms of Preventative Maintenance Plan</li></ul>

## 2.2 SPORTS DEVELOPMENT

This component deals with those activities that will be undertaken to strengthen club structures and to improve the technical abilities of players in the different sporting codes.

Our role in sport development is a facilitative one. We have to ensure that we provide formal sport participation opportunities to our communities to enlarge the pool of talent identification amongst our youth in the various sporting codes being practised in this region. It is therefore imperative that we

facilitate the sustainable development of formal club structures. Developmental programmes should include developing the administrative skills of club officials, financial management, and club marketing and securing sponsorships, facility management as well as coaching clinics for various sporting codes.

Some of the key objectives will be:

- To improve the level of participation in sport and recreation;
- To promote leadership, sport management and life skills;
- To promote the culture of healthy lifestyles and good social behaviour;
- To promote more inclusive sport and recreation activities in the community.

The successes and failures of these programmes should also be monitored and evaluated on an annual basis to ensure that improvements be made to programmes. One indicator to evaluate the impact of coaching clinics on different sporting codes could be the hosting of specific annual tournaments to ensure that the coaching techniques are implemented and to gauge the technical improvements of clubs in their respective sporting codes.

The necessary action plans with proposed budgets should be prepared annually and submitted during the budgetary cycle to ensure that the programmes be implemented and managed appropriately.

Performance indicators that can be used in the evaluation
<ul style="list-style-type: none"><li>▪ Number of initiatives to train clubs in administration, financial management and marketing;</li><li>▪ Number of coaching clinics held for various sporting codes per financial year;</li><li>▪ Mayoral Cup Tournament every second year</li></ul>



### 2.3 SPORTS FOR COMMUNITY DEVELOPMENT

This component deals with those activities that will be undertaken to achieve various socio-economic objectives of the municipality that will lead to positive community development.

Our role in sport for development should be a provider and facilitator through programmes in the utilisation of sport as a tool to achieve various municipal socio-economic objectives. It is internationally recognised that sport plays an important part in uniting people, contributing to local economies and reducing social problems such as drug abuse and crime in communities. It is therefore essential that sport and recreation plays an active role as a tool to bring about social changes within our local communities. This role should be played through sustainable programmes at various facilities in our municipal area. Some of the key objectives will be:

- To promote leadership and life skills through sport and recreation;
- To promote community development and peace building through sport and recreation;
- To promote health through sport and recreation;
- To promote HIV prevention and education through sport and recreation;
- To create awareness of biodiversity and water problems through sport and recreation;
- To reduce crime and drug abuse through sport and recreation;
- To increase social cohesion through sport and recreation.

#### Performance indicators that can be used in the evaluation

- Number of initiatives using sport as a tool to stimulate LED;
- Number of initiatives using sport as a tool to reduce drug abuse, crime, promote health and HIV prevention and increase social cohesion among various communities

## 2.4 ACTIVE RECREATION

This component deals with those activities people are engaged in for the purpose of relaxation, health and well-being or enjoyment with the primary activity requiring physical exertion and the primary focus on human activity.

In the recreation study commissioned by the COCT, recreation is defined as follows:

“Recreation encompasses leisure activities people undertake for enjoyment, to maintain and improve their health and well-being, and or to restore and challenge their self-perception”.

Recreation activities can either be active – involving the participant in doing an activity or passive – involving the participant in watching others involved in activity.

Active recreation includes:

- Sport: physical activity with rules, an element of competition and an organised structure;
- Informal sporting activity: “fun” physical activities where no competitions organised;
- Outdoor recreation: physical activities that use the natural environment such as walking, mountain biking, surfing or jogging;
- Indoor recreation: activities that are organised at indoor recreation facilities and require at least an increase in normal body movement.

Passive recreation includes:

- Watching live sport;
- Playing games that do not increase body movement;
- Attending concerts, theatre, cinemas and cultural events.

It is acknowledged in the NSRP that no country can expect to achieve and sustain success at elite level without a strong participation base in the community as that is the beginning for every champion. One of the strategic objectives of the NSRP is to “improve the health and well-being of the nation by providing mass participation opportunities through active recreation”. In terms of the Universal Declaration of Human Rights (Article 24), all people have a basic right to recreation activities. Through active recreation programmes, the NSRP aims to:

- Facilitate opportunities where communities can participate in various physical activities;
- Reinforce a positive attitude in our youth thereby bringing about positive behavioural change;
- Ensure synergy between school and community initiatives;
- Continue the legacy of the 2010 FIFA World Cup and;
- Interrogate options to ensure that programmes are having the most effective impact.



In the National Strategic Plan (2011 – 2015) for sport and recreation, recreation is highlighted as one of the strategic imperatives on the new road map adopted by government. It is stated that recreational opportunities can provide personal benefits such as self-fulfilment and developing personal relationships as well as social benefits such as improving social integration and developing community and cultural identity.

Government has a responsibility to ensure that opportunities are provided for more people to participate in an attempt to address the challenges of the high incidences of the lifestyle diseases such as cardiac diseases, diabetes and obesity. Government acknowledges that recreation has been undervalued and underrepresented in the application of policy measures and that this should change.

In a recreation study commissioned by the City of Cape Town in 2012, it was found that the top three (3) reasons why people are not participating in sport and recreation are:

- (1) Lack of facilities (2) Lack of money and (3) Lack of time.

The same study also found that the top three (3) benefits associated with sport and recreation is:

- (1) Opportunities to enjoy outdoors (2) Developing the youth and (3) Improving health and wellness

It is therefore important that communities be consulted on the type of recreational activities that should be implemented.

#### Performance indicators that can be used in the evaluation

- Number of sustainable active recreation events and programmes organised and implemented successfully per annum. This includes indigenous games;
- Number of active participants in events and programmes organised and implemented;
- Number of holiday active recreation programmes for the youth.

## 2.5 INSTITUTIONAL FRAMEWORK

This component deals with the formal structure that guides the interaction between the municipality and the sporting bodies and clarifies the roles and responsibilities of role players.

Another strategic objective of the NSRP is to integrate the development of South African sport at Provincial and local levels through Sport Councils. It is acknowledged that to increase participation and to develop sport and recreation, strong coordinated local structures are a prerequisite.

This framework will guide the interaction between the municipality and its sporting fraternity and clarify the roles and responsibilities of role-players. In considering the most suitable model for the municipality, a few **principles** need to be established, namely:

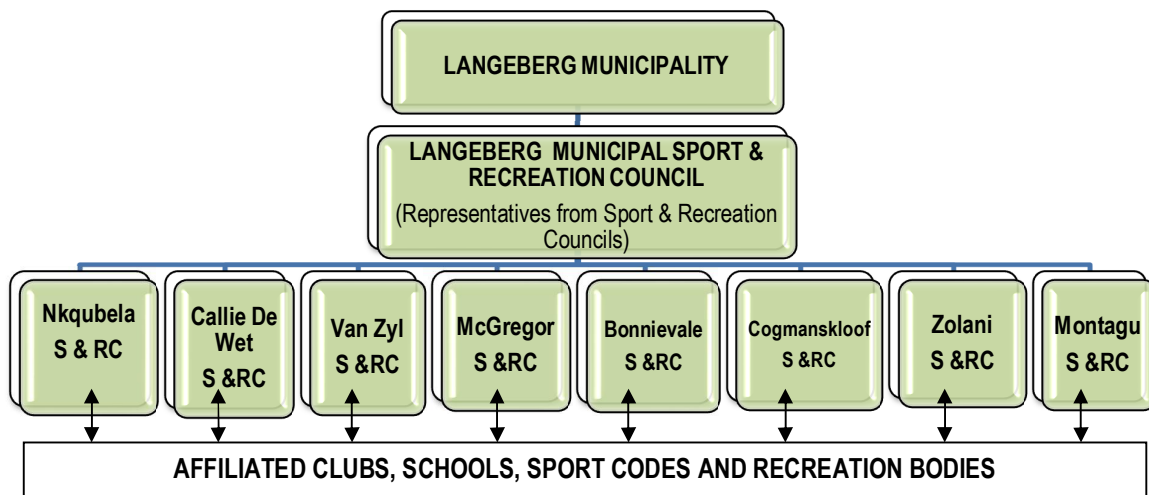
**One size does not fit all.** Local communities have different needs and any institutional framework must take this into account.

**Taking ownership of facilities.** Sport and recreation councils must have a say in the management of the facilities in order to take ownership and to ensure better control.

**Greater focus on recreation.** Recreation should receive a greater focus and this should to a large extent be initiated by sport and recreation councils in partnership with the municipality as these councils are closer to the sporting community and should have their pulse on what is required in the various communities.

**Greater access to facilities.** Communities should have greater access to facilities to increase the number of active participants in sport and recreation.

With this in mind, the following institutional framework for sport and recreation within the Langeberg Municipality is proposed:



**Principles**

- One Sport and Recreation Council (S&RC) per facility;
- All sporting codes including schools and recreation bodies to affiliate with the relevant Sport and Recreation Council (S&RC per facility);
- No affiliation, No facility use.
- Official mouth piece of the sporting fraternity.

**Composition of Sport and Recreation Councils (S&RC)**

- Each Sport and Recreation Council (S&RC) will consist of mandated representatives from sporting codes, schools and recreation bodies.

**Composition of Langeberg Municipal Sport and Recreation Council (LMS&RC)**

- The Langeberg Municipal S&RC will consist of mandated representatives from the respective Sport and Recreation Councils at each facility.

**Roles and Responsibilities of Sport and Recreation Councils**

- Will meet at least once a month;
- Each S&RC will assist in the management of the activities at the facility including the provision of scheduled games and practise sessions of all codes to the municipality;
- The S&RC will ensure that the playing surfaces are not over utilised in the allocation of fixtures;
- The S&RC will submit timeous maintenance requirements in respect of the facility to the relevant departments;

- Provide the municipality in advance with the list of monthly meetings for the year ;
- The S&RC will submit capital items (infrastructural) improvements to the municipality as submissions as part of the IDP process and capital budget process. All these requests will be combined and be submitted to the Langeberg municipal S&RC for prioritisation and submission to Council as part of the IDP process.

### ***Roles and responsibilities of Langeberg Municipal Sport and Recreation Council***

- The Langeberg Municipal Sport and Recreation Council will meet at least every quarter (3 months);
- Strategically look at the overall development of sport and recreation in the Langeberg area;
- Lobby the spheres of government for infrastructural development in sport and recreation;
- Provide inputs into the strategies for the development of sport and recreation in the municipal area;
- Prioritise capital budget requests from Sport and Recreation Councils for submission to the municipality as part of the IDP process;

### **Performance indicators that can be used in the evaluation**

- Number of sports and recreation councils successfully established and operational;
- Number of capacity building initiatives for sports and recreation councils;
- Number of meetings held per annum by local sports and recreation councils;
- Number of meetings held per annum by municipal sport and recreation council

## **SECTION 3: ROLES AND RESPONSIBILITIES**

### **3.1 Langeberg Municipality**

- The role of the municipality should primarily be that of Enabler and Facilitator and only in some instances that of Provider;
- Policy development at local level;
- Implementation and monitoring of sport and recreation policies;
- Collaborating with all spheres of government in the attainment of our goals and objectives;
- Facilitating a strategic approach to the provision of sport and recreation infrastructure and maintenance;
- Establishing local and municipal sport councils;
- Facilitating sport development programmes;
- Actively participate in using sport as a tool to achieve municipal socio-economic objectives;
- Liaising with National and Provincial government to achieve program delivery;
- Liaising with Provincial government in the planning and design of new facilities;
- Incorporating sport and recreation development and participation plans in the LED plans and IDP's of the municipality
- Solicit inputs on facility improvements and maintenance requirements through the Sport and Recreation Councils;
- Facilitate partnerships with NGO's, sport clubs , Federations, Faith based organisations, businesses and other departments such as social development

- Assist with structured partnership agreements;
- Provide training with regards to partnership agreements;
- Empower community –based sport and recreation structures/bodies/ organisations to lead the way in sport and recreation programme implementation.

### **3.2 Sporting bodies / Clubs / Service Providers**

- In collaboration with the Municipality, partner in planning and management of sport and recreation infrastructure development and maintenance;
- Contributing in talent identification and programme implementation;
- Endeavour to increase participation in sport and recreation through new membership drives;
- Implementing sport and recreation activities in partnership with the municipality and taking ownership of programmes and facilities.

## **SECTION 4: MONITORING, EVALUATION AND REVIEW**

Recognising the importance of ensuring that our strategy is aligned with the NSRP and that the performance indicators are met, ongoing evaluation will be required to ensure that we succeed with the programmes undertaken in terms of this strategy. Failure to meet our objectives will require changes to our approach and programmes if necessary.

## **SECTION 5: REFERENCE DOCUMENTS**

- Australian National Sport and Active Recreation Policy Framework
- City of Cape Town, Recreation Study, Research Report, January 2011
- City of Cape Town Sport and Recreation Policy
- Constitution of the Republic of South Africa, Act 108 of 1996
- Drakenstein Sport and Recreation Policy
- National Sport Indaba, 2011: The National Sport and Recreation Plan,
- National Sport and Recreation Policy for Botswana
- National Sport and Recreation Act, Act 110 of 1998 as amended
- Sport and Recreation South Africa, Strategic Plan 2011 – 2015



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