

Sport Ireland Participation

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Innovation in Grass Roots Sports

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Strategy

- sport contributes to enhancing the quality of Irish life & everyone is encouraged and valued in sport;
- young people see sport participation as an integral and enjoyable part of their busy lives;
- individuals can develop their sporting abilities and enhance their enjoyment, limited only by their talent and commitment;
- Irish sportsmen and women achieve consistent world-class performance, fairly.

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Sport Defined

HOW WOULD YOU DEFINE RECREATIONAL SPORT....?

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Sport Defined

All forms of physical activity which, through casual or regular participation

aimed at—

expressing or improving physical fitness and mental wellbeing,

and

forming social relationships;

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Physical Activity and Health

Improve

muscular and cardio
respiratory fitness
bone density
cognitive function

Decrease the risk of;
cardiovascular disease,
high blood pressure,
stroke,
diabetes, colon and
breast cancer, falling and
of hip or vertebral
fractures

Physical Activity and Diabetes

Aerobic / resistance exercise associated with decrease risk of type two diabetes.

Physical Activity and Cancer

Vigorous physical activity 30-60 minutes 5 times a week- 20-40% reduction in the risk of breast cancer.

Physical Activity and Cognitive Ability

Exercise 3 times a week:
32% lower risk of Alzheimer's Disease.

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Innovation

Taking things that exist and doing them in a new way

- Bottom-up approach;
- Needs driven;
- Community owned;
- Mutual accountability;
- Co-financing.

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Grass Roots

Sport for All.....

covers all sport disciplines practiced by non-professionals and organised on a national or local level through organisations working primarily on a non-profit basis.

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Community Sports And Physical Activity Hubs

Aim

Increase the number of people of all ages participating in sport and physical activity in their communities

Objective

To bring local people together and provide a home for local clubs and sports organisations

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Community Sports And Physical Activity Hubs

Community / School / Outdoor Hubs

- Grow participation
- Engage the local community
- Promote community leadership
- Offer a range of sporting opportunities and
- Bring key partners/ groups/ people together

CLARISFORD PARK



RIVER SUIR HUB



RIVERCHAPEL



Riverchapel **Wexford**

HUB ACTIVITIES



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Community Coaching

Aim

Delivery of specialised training and education courses in sport

Objectives

- Activation into development pathways
- Assist to gain employment in sports sector e.g. as coaches
- Support volunteerism e.g. in school, community, youth club
- Promotion of positive mental health through participation

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Community Coaching

Strand 1-2 Job Readiness & Personal Development

Strand 3 Sport Coaching Training

Strand 4 Physical Activity Training

Strand 5 Job Placement Experience

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Beat the Street

- High profile, mass participation programme which creates lasting health benefits by energising an entire community
- twelve month community-wide programme which delivers health outcomes by getting people moving
- aims to lead to long term behaviour change by creating a **social norm** around walking and cycling

Beat the Street



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Summary

- Working to strengthen local systems and processes
- Flexible funding streams
- Community Sports Hubs
- Community Coaching
- Local Sports Partnerships and NGB Collaboration
- Evaluation

SPORT IRELAND Evaluation

- Logic models
- Evaluation Framework
- Mixed methods (Questionnaires; Site Visits; Baseline & endline surveys)
- SPEAK report
- Irish Sports Monitor

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Thank you for your time!

Questions?

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