

## 1. WHAT IS THE ACTIVE-8 PLAN, AND WHY WAS IT WRITTEN?

Active-8: A Plan for Sport – 2021-2030 has been developed in response to an outstanding States resolution, as recognised in the Phase 2 Policy and Resource Plan. That is:

*“To approve the policy plan of the Committee for Education, Sport & Culture....including the development of a comprehensive **Sports Strategy**....reporting to the States on the funding requirements necessary to achieve the objective set out in that strategy as part of the annual Budget Report.”*

## 2. WHAT IS IT HOPING TO ACHIEVE?

The Committee’s aim is to ‘Create Opportunity; Build Community; and Support Excellence’ in sport and physical activity for the local community through the delivery of eight clear objectives:

1. Encourage more islanders to be more active, more often;
2. Inspire all generations to get ‘Active for Life’;
3. Use sport and physical activity to improve health, mental health and well-being;
4. Maintain, develop and improve accessible facilities;
5. Support the provision of safe and secure Club environments;
6. Make accessible open spaces;
7. Support high performance athletes; and
8. Inspire community engagement through volunteering.

The overarching aspiration is that everyone, regardless of their age, background or level of ability, has the opportunity and pathways available to them to be active, as well as participate in sport at whatever level they wish and that opportunities for high performance and excellence exist for those who wish to excel.

## 3. WHO WAS CONSULTED WHEN WRITING THIS PLAN?

A public consultation took place in June and July 2018, and a summary of the consultation responses was published later that year (found [here](#)). Responses comprised of 970 individual responses and a further 23 responses from clubs/associations. The Plan was also written

with much assistance from the Guernsey Sports Commission, especially in relation to its 'Your Champions in Sport' Action Plan. The Committee *for* Health and Social Care, in principal, supports the plan and its delivery.

#### **4. WHY ISN'T THIS JUST A 'SPORTS STRATEGY' AS PER THE OUTSTANDING RESOLUTION?**

87% of the public consultation responses indicated that a 'Plan for Sport' should include sport and general physical activity, as opposed to just sport. The World Health Organisation (WHO), Sport England, and the Global Action Plan on Physical Activity (GAPPA) for 2018-2030 has already approached strategy development in this way, blending together sport and physical activity as integrated strategies.

#### **5. AREN'T SOME OF THE OBJECTIVES ALREADY COVERED IN OTHER GOVERNMENT STRATEGIES?**

Active-8 is not intending to replace all the good work already taking place via a myriad of strategies and plans already endorsed by the States. Instead it will look to work with, and support, these already existing policy decisions through the implementation of a joined up approach, avoiding duplication wherever possible. For example, involving the Health Improvement Commission through its initial Healthy Weight Strategy work streams together with its existing Service Level Agreement with the Committee *for* Health and Social Care and ESC.

Active-8 will play a significant role in contributing to other States policy priorities as set out in the Policy and Resource Plan, especially in terms of:

- The Future Model of Care (Partnership of Purpose and Health & Wellbeing);
- Supported Living and Ageing Well Strategy (joined up services and addressing issues such as loneliness in a co-ordinated and practical way);
- Children & Young People's Plan (Priority 2: Be Healthy and Active); and
- Disability, Equality and Inclusion.

Although many of the actions might be 'led' initially by the Committee for Education, Sport & Culture or the Sports Commission, some may be reallocated (along with the relevant

resources) to areas (government and non-government agencies) that might be more appropriate for delivery.

## **6. WHAT IS THIS PLAN ACTUALLY GOING TO ‘DO’?**

There are 46 individual initial actions contained within the Plan – each relating to a specific objective. They range from conducting further research (for example on the future requirements for facilities); to the implementation of proven interventions (for example, the introduction of an accreditation system for clubs and associations to ensure they provide adequate protection for young children and vulnerable adults); to the trialling of pilot schemes to ascertain impact (for example, a voucher scheme introduced to those who cannot afford to participate in mainstream sport).

Some of these actions may result in reduced revenue income streams, as a direct result of ensuring facilities and services are made ‘available to all’.

The Committee is also keen to maximise the use of all government-run sports and leisure facilities by island schools – as well as making all sports facilities (including those found within education venues) accessible and used by the local community.

## **7. AND HOW MUCH IS ALL THIS GOING TO COST?**

An estimated additional one-off funding of £1.15m is required to undertake the initial proposed actions within Active-8. Once these have been completed, there will no doubt be further requirements for ongoing annual revenue expenditure and/or capital investment but it’s impossible to quantify this any further at this stage.

In addition, £130,000 is needed to help gather data and develop some baseline measures and key performance indicators that will allow effective monitoring of the Plan’s performance over time. Much of this data is either currently unavailable, or not yet collated – providing no baseline from which to work from to see if implementation of the Plan is a success.

## **8. SO WHAT ARE WE GOING TO GET FOR OUR MONEY?**

Recognised impacts relating to Active-8 are not just in relation to sport and physical activity. There is also the potential to encompass a wide range of physical and mental health benefits for the community as a whole. In the UK, physical inactivity is responsible for one in

six deaths (equal to smoking) and is estimated to cost the UK £7.4 billion annually (including £0.9 billion to the NHS alone)<sup>1</sup>.

Research at the Sheffield Hallam University indicated that the Social Return on Investment (SROI) of sport for 2013/2014 was positive – at 1.91 (for every £1.00 spent on sport, £1.91 worth of benefits were generated)<sup>2</sup>

According to the NHS<sup>3</sup>, it is medically proven that individuals who participate in regular physical activity have:

- Up to a 35% lower risk of coronary heart disease and stroke;
- Up to a 50% lower risk of type 2 diabetes;
- Up to a 50% lower risk of colon cancer;
- Up to a 20% lower risk of breast cancer;
- A 30% lower risk of early death;
- Up to an 83% lower risk of osteoarthritis;
- Up to a 68% lower risk of hip fracture;
- A 30% lower risk of falls (among older adults);
- Up to a 30% lower risk of depression;
- Up to a 30% lower risk of dementia.

## **9. IS ALDERNEY CONSIDERED AT ALL IN THIS PLAN?**

Although acknowledging that sport and physical activity are not ‘transferred services’, it is the Committee’s intention to encourage and support sport and physical activity in Alderney – not least for the benefit of young people in Alderney. Given that education is a ‘transferred service’ and the links between education, sport and physical activity is clear, Alderney will also benefit from many of the Active-8 actions. The Committee is keen to work with Alderney colleagues as much as is practicable, to support the development of sport and physical activity facilities (including the potential sports hall development and completion of the swimming pool), as well as ensuring there are adequate opportunities for individuals and teams participating in sporting events off island.

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<sup>1</sup> <https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health>

<sup>2</sup> ‘Social Return on Investment (SROI) in Sport: A participation wide model for England’; April 2016

<sup>3</sup> <http://www.nhs.uk/live-well/exercise/exercise-health-benefits/>