



SPÓRT
ÉIREANN
RANNPHÁIRTÍOCHT

SPORT
IRELAND
PARTICIPATION

Local Sports Partnerships Annual Report 2020



www.sportireland.ie

340,674

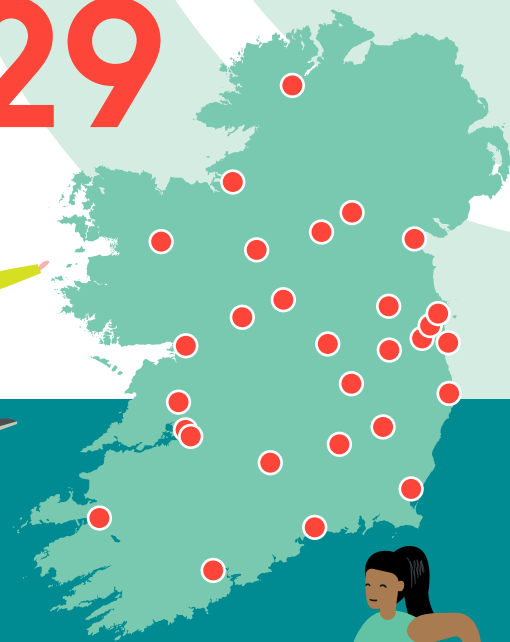
People participated in 1,132 locally delivered participation initiatives

47%: MALE 51%: FEMALE 2%: OTHER

109,302 girls and 64,975 women took part in LSP programmes

18,161 females took part in 130 targeted Women in Sport programmes

29



64,524

Participants took part in interventions supported by the LSP network including Daily Mile, parkrun, Playground Markings, Active Homework initiatives, and provision of physical activity resources

16,243

People with a disability took part in LSP initiatives with an additional 2,037 people trained across Cara's Disability Awareness, Autism in Sport & Disability Inclusion Training and Education programmes

3,646

Clubs/Groups were provided with funding supports by LSPs

7,091

Participants took part in initiatives targeting Older Adults

5,102

Sports Leaders and Volunteers completed 397 Safeguarding Courses

WHO WE TARGET

- > DISADVANTAGED AREAS
- > OLDER ADULTS
- > YOUNG PEOPLE
- > PEOPLE WITH DISABILITIES
- > WOMEN & GIRLS
- > ETHNIC MINORITIES
- > UNEMPLOYED

Flagship events during European Week of Sport 2020 included the Great Dublin Charity Bike Ride, European School Sports Day, National Fitness Day, Virtual Family Mile, #BeActive Paddle Day, and National Walking Day

€8.2M

Funding directly from Sport Ireland, accounted for 32% total LSP funding

€4.2M

Additional Sport Ireland funding also allocated for specific projects under the Dormant Accounts Scheme (11%)

€1.8M

In Covid-19 Support Funding to the LSP network (8%)

€23.8M

Was invested in the LSP network (this includes benefit-in-kind funding)

2,894,209

Visits to LSP Websites in 2020

183,681

Social media followers across Facebook, Twitter and Instagram

700,000+

People took part in 535 events registered across the country for the European Week of Sport through the Sport Ireland website



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Note: LSPs adhered to Government Covid-19 Guidelines when delivering programmes and initiatives throughout 2020.

Message from the Minister of State for Gaeltacht and Sport

I am delighted to introduce the 2020 Sport Ireland Local Sports Partnerships Annual Report. This report highlights the work of Sport Ireland's network of Local Sports Partnerships (LSPs) and the impact they have on participation levels by engaging key target populations across Ireland.

Despite the Covid-19 pandemic, Sport Ireland and the LSPs continued to provide national and local initiatives to ensure that everyone in our society has the opportunity to share in the enjoyment as well as the mental and physical health benefits of sport and physical activity. By collaborating closely with organisations within and outside the sporting sector, the LSP network developed new and innovative initiatives to target cohorts of the population who were most likely to be less active during the pandemic.

This report reflects the great range and variety of programmes and initiatives the LSP network delivers to our communities throughout Ireland. The Local Sports Partnerships demonstrate that sport and physical activity opportunities are available, accessible and fully inclusive at a local level. In 2021 and beyond there will be an opportunity to increase the access to sport and physical activity opportunities for all cohorts of the population by continuing to develop and deliver online and in person initiatives.

Local Sports Partnerships continue to provide essential assistance to clubs, community groups, schools, coaches and volunteers to support them through the challenges they face as a result of the Covid-19 pandemic. Local Sports Partnerships and National Governing Bodies of Sport in conjunction with partner organisations have engaged volunteers, coaches and participants through inspiring and thought-provoking research, and training and education opportunities.

Our volunteers, coaches, parents and everyone who creates and supports sport and physical activity will be vital in our safe return to in person delivery of sport and physical activity. Sport Ireland and the Local Sports Partnerships will work in collaboration with partners within and outside the sport sector to ensure the public feel safe and continue to experience our vision for sport and physical activity in Ireland, "people will be inspired, their lives enriched, their enjoyment enhanced, and their quality of life improved as a result of their own active or social participation in sport".

I would like to take this opportunity to thank those who contribute to the success of sport and physical activity across Ireland, ensuring sport and physical activity continues to have a positive impact on so many aspects of Irish life including health and wellbeing, social and community development, economic activity, educational performance and life-long learning. I would also like to acknowledge Sport Ireland and the Local Sports Partnership staff and board members for their ongoing commitment to ensuring equal access to sport and physical activity for all.



Minister Jack Chambers TD

Minister of State for Sport and the Gaeltacht

Foreword from Sport Ireland

The National Sports Policy 2018 - 2027 highlights the benefits of sport and physical activity for participants, “Participation in sport helps to improve physical and mental health, protect against a range of non-communicable diseases and contribute to a better quality of life”. Sport Ireland’s network of Local Sports Partnerships have continued to help people get active and reap the benefits of being active by removing barriers to participation in sport and physical activity despite the Covid-19 pandemic. The 2020 Sport Ireland Local Sports Partnerships Annual Report highlights the innovative, inclusive and progressive programmes and initiatives Sport Ireland and the Local Sports Partnerships have delivered to ensure that everyone in our society has the opportunity to be physically active.

Sport Ireland, through support from the Department of Tourism, Culture, Arts, Gaeltacht, Sport & Media, along with the support of Dormant Accounts and Healthy Ireland funding, has again increased the provision of sport and physical activity services to harder to reach communities. In 2020, Sport Ireland allocated over €870,000 in Programme Funding to the LSP Network, an increase of 53% from the 2019 investment. Programme funding is at the core of the LSPs engagement with participants and allows for the delivery of a range of community, club and school based initiatives, programmes and events.

The evaluation of programmes funded by Sport Ireland and delivered through the network of Local Sports Partnerships, means Sport Ireland can share key learnings with the sector as well as develop training and supports to activate these learnings. It supports Sport Ireland and its partners in identifying specific areas for improvement and to increase sport and physical activity participation across the country.

The Government’s Covid-19 Resilience Fund for the sport sector further supported the invaluable work of the LSPs during the pandemic. The LSP Small Grant Scheme of €1.9M supported 1,600 clubs, through this scheme LSPs supported local clubs and community groups with the costs associated with implementing Covid-19 hygiene and social distancing protocols.

Sport Ireland and the network of LSPs will continue to support people to stay active during the pandemic by optimising the targeted use of social media, live video feeds and Zoom calls as well as the more traditional print and radio media channels and leaflet and booklet drops to ensure that everyone has access to sport and physical activity programmes and initiatives. Although participation numbers have reduced in 2020, we believe that the LSP network is well prepared and primed to promote a safe return to sport, in line with Government regulations. We anticipate that when Government social distancing restrictions are lifted LSPs will quickly return to, and even exceed, the high levels of engagement seen in 2019.

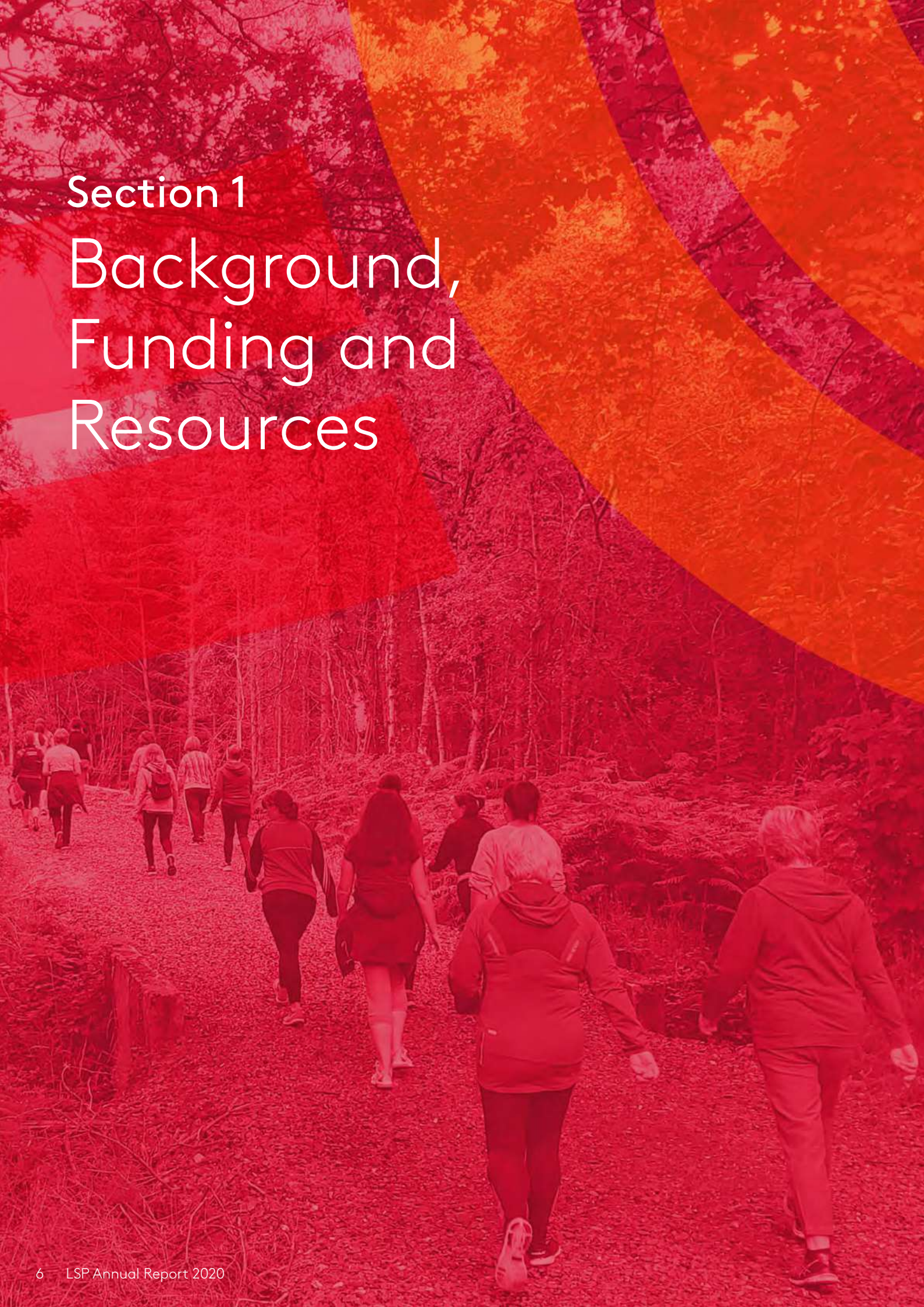
On a final note, on behalf of Sport Ireland, we would like to acknowledge and sincerely thank all the staff and volunteers who contribute to the successful delivery and accessibility of sport and physical activity opportunities at a local community level. These individuals have played a vital role in connecting people and communities during unprecedented times.



Kieran Mulvey
Chairperson
Sport Ireland



John Treacy
Chief Executive
Sport Ireland

A group of people are walking away from the camera on a dirt path through a forest. The path is covered in fallen leaves. The trees are mostly bare, suggesting autumn. The entire image is overlaid with a semi-transparent red and orange gradient that is darker on the left and lighter on the right, where the text is located.

Section 1

Background, Funding and Resources

1.1 Background to the LSP Network

On the 25th July 2018 the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The 2020 programme for Government has clearly set out new and ambitious objectives for sport to deliver on, most notably in the sports participation goals, which increased from 50% of adults regularly playing sport, as set out in the 2018 National Sports Policy to 60% of adults regularly playing sport by 2027. To achieve this the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community.

The National Sports Policy recognises the key roles played by the Local Sports Partnerships in sports participation and how they can assist in the delivery of the participation actions set out in this Policy.

“The LSP network plays a vital role and has been tasked, in particular, with increasing participation levels in sport and physical activity, especially among those sectors of society that are currently underrepresented in sport. Their capacity to remove barriers and ensure that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level is a unique and valuable strength.” – National Sports Policy 2018-2027

The National Sports Policy has a total of 57 actions, 26 of which relate to sports participation. Fundamental to delivering on the Participation Actions of the National Sports Policy is increasing the capacity of the sports sector to deliver, especially the Local Sports Partnerships (LSPs) and the smaller National Governing Bodies of Sport (NGBs). Thanks to an increase in government investment in 2020, Sport Ireland was in a position to increase LSP programme investment to €1.13M to develop, expand and rollout evidence informed projects targeting communities of disadvantage.

Additionally, thanks to the Government Covid-19 funding package to support the sports sector, Sport Ireland invested an additional €4.2M in the LSP network to roll out programmes and grant schemes in response to the Covid-19 pandemic. Funding was used to reduce the risk factors associated with sport and physical activity during the pandemic, and to provide opportunities for being physically active during Covid-19.

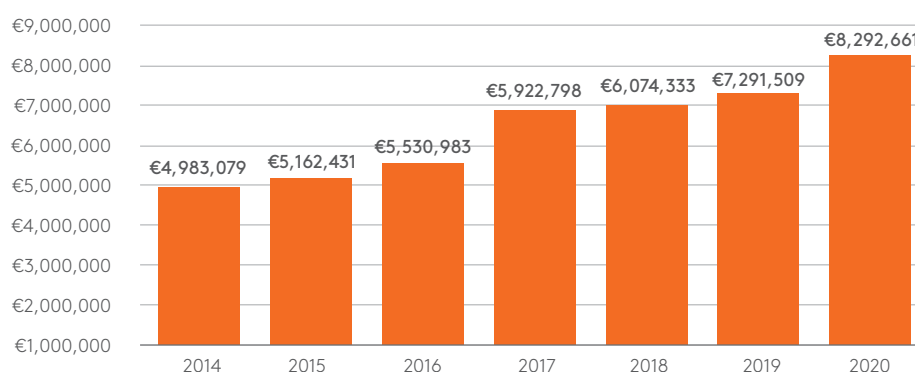
This report is the fourteenth annual report of the LSP initiative. It reflects the work of the full national network of 29 LSPs for 2020. Information provided through the Sport Ireland reporting system is collated into a national database tracking the depth and breadth of LSP initiatives. LSP activities from this database are highlighted as examples of good practice and are presented as case studies later in Section 3 of this report.

1.2 Sport Ireland LSP Funding

Core Investment

Sport Ireland supports 29 Local Sports Partnerships to co-ordinate and promote the development of sport at local level and increase levels of participation in sport and physical activity. Core investment to the Local Sports Partnerships has been increasing year on year, from €4.9M in 2014 to €8.2M in 2020.

Figure A - Breakdown of LSP Core Investment 2014-2019



The core investment supports the core work of the LSP network; including the delivery of National Programmes, Education & Training initiatives, Strategic Development, Community Sports Development Officers (CSDO), the Sports Inclusion Disability programme, Women in Sport programmes and general participation programmes.

In 2020, €916,000 was allocated to support and maintain the Sports Inclusion Disability Programme across the LSP network with Sports Inclusion Disability Officers (SIDO) delivering in 29 LSP areas. The aim of the Sports Inclusion Disability Programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDOs work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities.

A further €867,726 was allocated to support Community Sports Development Officer positions in 29 LSPs. These Community Sports Development Officers are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities.

Dormant Account Investment

Sport Ireland has worked with the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media on developing a series of measures under the Dormant Accounts Action Plan since 2015. Under Dormant Accounts, Sport Ireland delivers on a range of sport and physical activity programmes under the following measures which align with the National Sports Policy and the National Physical Activity Plan (NPAP).

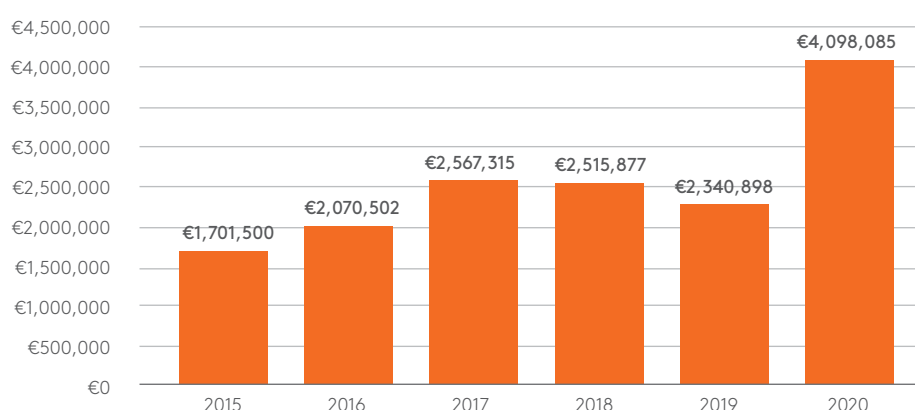
Measure 1	Community Sport and Physical Activity Hubs
Measure 2	National Sport Education and Training Hub
Measure 3	Sports measures for Disadvantaged Communities to support NPAP
Measure 4	Provision of Sports Equipment in Disadvantaged Areas

All projects funded by Sport Ireland through Dormant Accounts target:

1. The personal and social development of persons who are economically or socially disadvantaged;
2. The educational development of persons who are educationally disadvantaged;
3. Persons with a disability (within the meaning of the Equal Status Act 2000).

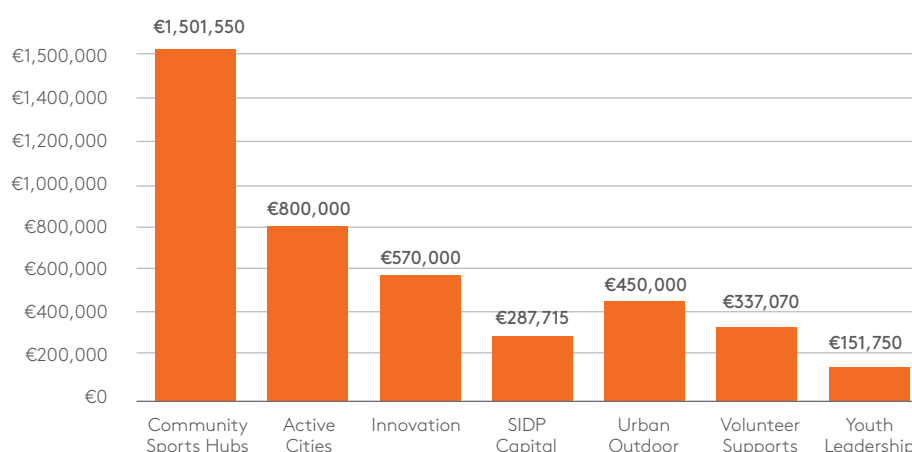
Dormant Account investment in Local Sports Partnerships has been increasing year on year from €1.7M in 2015 to €4.1M in 2020 to deliver on a range of innovative projects at a local level.

Figure B - Sport Ireland Dormant Accounts Funding to LSPs 2015-2019



The below Local Sports Partnership projects secured Dormant Accounts Funding in 2020.

Figure C - 2020 Dormant Accounts Fund Investment by Projects



1.3 Covid-19 Restart and Renewal Fund

In response to the Covid-19 pandemic, Sport Ireland invested €4.1 Million in the Local Sports Partnership network through a Covid-19 Restart and Renewal Fund. €1.9 million was allocated to the LSP network to administer a Covid-19 Club Small Grant Scheme which was designed to reduce the risk of Covid-19 infection in club and community sports settings. The fund was developed to support clubs, which may not have the finances to implement Covid-19 related hygiene and social distancing protocols. 1,637 clubs were allocated funding through this scheme. A further €449,905 was allocated to run Covid-19 Restart and Renewal Programmes to promote and develop new programmes that can advance sport and physical activity in the Covid-19 public health era. €725,000 was invested as part of a Community Support Scheme which will be used to activate targeted programmes to support local communities remaining active during Covid-19. Supporting clubs in maintaining, recruiting and activating their membership and volunteer bases during Covid-19 will be critical for local participation to remain viable.

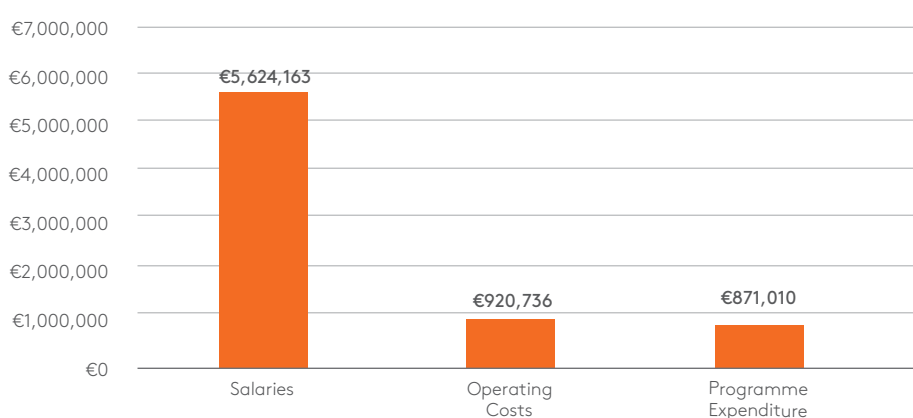
1.4 Other LSP Funding Sources

As well as delivering Sport Ireland initiatives and sports participation opportunities, the core funding of Local Sports Partnerships by Sport Ireland underpins the nationwide rollout of sports participation programmes and the activation of national and local investments from partner agencies.

In 2020, 81% of the Sport Ireland LSP Core Investment covered the core salaries and operating costs of the LSP network. With the support of local partners, especially Local Authorities, this Sport Ireland investment provides the core resources and framework needed to develop sports participation at a local level. This core resource facilitates the implementation of programmes and initiatives, which are funded and supported through Sport Ireland Dormant Accounts but also locally through Local Authority, DCYA, Healthy Ireland, HSE and ETB investments.

The below graph provides a breakdown of the 2020 Sport Ireland Core investment by salaries, operating costs and programme investment.

Figure D - LSP Core Investment Breakdown



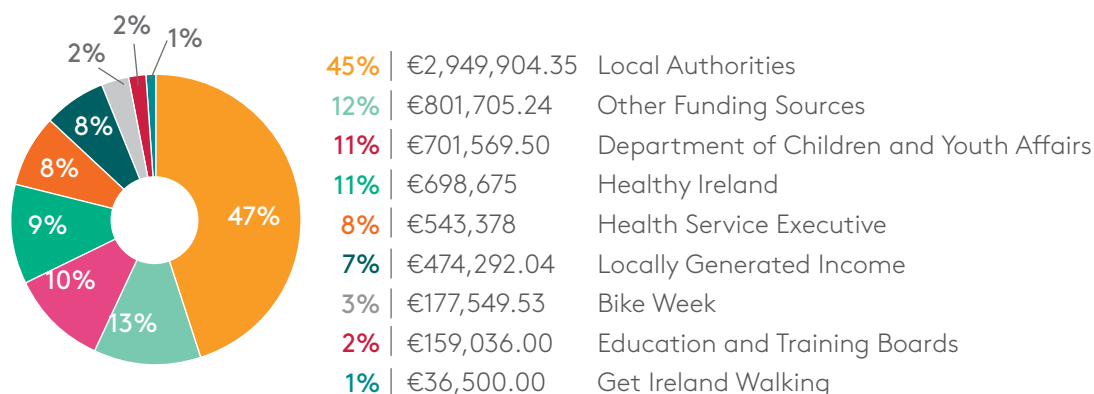
Funding from Sport Ireland (Core, Disability, Women in Sport, Covid-19 & Dormant Accounts) accounted for 58% of the total LSP funding for 2020. The remaining 42% was raised from local sources, including direct monetary investment and benefit-in-kind.

Figure E - Breakdown for 2019 Local Sports Partnership Funding



After core funding from Sport Ireland, the Local Authorities (LAs) were the next most noteworthy source of funding for the LSP network in 2020, with some Local Authorities investing significantly more than others. Other significant funding sources for the network were generated income, the Department of Children and Youth Affairs and Healthy Ireland. Below are the contributors to the €6,565,806 of locally sourced monetary investment to the LSP network.

Figure F- Local monetary providers across the LSP network in 2020



Below are the contributors to the €4,865,543 of locally sourced benefit-in-kind to the LSP network.

Figure G - Breakdown of Local Benefit in Kind providers across the LSP network in 2020



Sport Ireland funding to the LSP network increased by 13% from €7.29M in 2019 to €8.2M in 2020. LSPs continue to be successful in securing funding from local sources. 42% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 27% of overall LSP support and benefit-in-kind support accounts for a 20% of overall funding.

In 2020, 42% of the LSP network costs are being sourced locally. This is lower than previous years and lower than the 50% recommended in the 2005 Fitzpatrick & Associates Review of the LSPs. This change is due to the large increase in Sport Ireland funding provided to Local Sports Partnerships in Dormant Account funding. It is also attributed to the impact of Covid-19, which lead to a reduction in locally generated income, through increased restrictions on delivery of programmes locally. Sport Ireland will continue to monitor this area to ensure the Network is strengthened as we exit the pandemic and returns to meeting the recommendations of the 2005 Fitzpatrick & Associates Review.

1.6 LSP Staff, Boards of Management and Committees

LSP Staff

LSP core staff members are funded by Sport Ireland while other Local Sports Partnership personnel are funded through other sources. Along with Coordinators and Administrators, there were 29 Community Sports Development Officers (CSDOs) and 29 Sports Inclusion Disability Officers (SIDOs) supported through Sport Ireland funding within the LSP network in 2020. This increased staffing levels to a minimum of 4 positions in all 29 Local Sports Partnerships and delivered on Action 12 of the National Sports Policy which specifically relates to the following

"In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport".

In 2020, Sport Ireland either fully or part-funded 135 people in the LSP network. 88 people were solely funded by Sport Ireland. The LSP network took on 25 people on internships and job placements. The LSPs also contracted a further 437 tutors to deliver programmes, courses, workshops and initiatives within the LSP structure.

In total, LSPs employed 221-part time and full time staff in 2020 which is equivalent to 213 full time employees. Of the staff employed, 103 of the 221 (47%) were male and 118 of the 221 (53%) were female.

LSP Boards of Management and Committees - Participation and Representation

- A total of 402 people served on LSP boards in 2020. This represents an average of 14 people per board.
- 37% of LSP board members are female, which is ahead of the Women in Sport Policy and National Sports Policy target set at a minimum female representation of 30% on the boards of funded bodies by 2027.
- Board members bring specific skillsets to their work within the LSP. This expertise is in the areas of finance and management, as well as public relations, governance and human resources. All of this helps to contribute to the effective running of LSPs.

In 2020, the three most active participants on LSP Boards of Management were Local Authorities, NGB's and the education sector.

1.7 Sport Ireland Supports

Sport Ireland Participation Unit

Sport Ireland engage with the Local Sports Partnerships and their staff regularly. Throughout 2020, Sport Ireland met with the LSP Coordinators both in person and virtually. In February 2020, Sport Ireland held a national coordinator meeting in person to discuss dormant accounts, safeguarding, evaluation, active cities, and other key matters relating to the LSP network.

In response to the Covid-19 Pandemic, the remaining meetings between Sport Ireland and the LSP Coordinators were run virtually. Through this virtual platform, it became more efficient to meet with the network regularly, with 10 virtual coordinator meetings held online between April and December 2020. These covered issues specific to Covid-19, as well as operational issues, and topics such as County Development plans, Operation Transformation, and European Week of Sport. From November onwards virtual meetings with the Sport Ireland Participation unit and the LSP Coordinators were held every second week.

An “In this Together” working group consisting of LSP Coordinators and Sport Ireland executive, was created and met regularly throughout the year to develop a coordinated response for the LSP network to the Covid-19 pandemic. The working group created a series of national resources which were rolled out by the LSP network to increase activity during the pandemic, and also created a Return to Sport Protocol document for Local Sports Partnerships.

Sport Ireland organised a series of meetings and workshops with the LSPs in 2020 to build the capacity, skills and knowledge of the sector. In December 2020, separate meetings were run to address any issues specific to Company (CLG) or Local Authority LSP's respectively. Additionally, Sport Ireland organised virtual meetings to share best practice, network and upskill SIDOs and CSDOs in July. Development Officers from LSPs and NGBs presented on projects they had developed and delivered together. There was also a focus on governance and behaviour change theory training, workshops were run for LSPs on these topics during 2020.

Midway through the year LSPs provide a mid-year report and at the end of each year, the LSPs complete their annual report for Sport Ireland. In 2020 LSPs were requested to provide an update on their journey to becoming governance code compliant as part of these mid-year reviews.

Sport Ireland Organisational Development and Change Unit

- 65 LSP staff attended a wide array of learning conferences, courses and workshops which covered areas such as; project management, risk management, strategic planning and governance.
- 9 LSP staff members were accepted onto the Sport Ireland IPA's Professional Certificate in Governance.
- 104 LSP staff/board members attended a wide array of governance webinars and networking group sessions as part of the Gov-Enhance Governance Support Programme.
- 11 LSP staff members graduated from the 2019/2020 ACCELERATE Management Development Programme.
- 17 LSP staff were accepted onto the 2020/2021 ACCELERATE Management Development Programme.
- As part of the Find Your Fit Health & Wellbeing Programme, 4 LSP's nominated a Wellbeing Champion for their organisation.
- As part of the M-Power Mentoring Programme, 6 LSP Mentors and 6 LSP Mentees participated in the second cycle of the programme. The third cycle of the programme is currently ongoing with 3 LSP Mentors and 4 LSP Mentees.
- 2 LSP graduates participated in the 2019/2020 ASPIRE Graduate Employment Programme. 5 LSP graduates are currently participating in the 2020/2021 programme.
- There was also ongoing engagement with an array of Organisational Capability Building (OCB) services across the network in areas such as HR advisory services and attendance at networking groups.

Section 2

Achievements of the Sport Ireland LSP Network in 2020

2.1 Introduction

LSPs undertake a wide range of actions with the aim of increasing sport and physical activity participation levels in their local communities. These actions are grouped within four outcome areas:

- Working to develop clubs, coaches and volunteers and supporting partnerships between local sports clubs, community based organisations and sector agencies
- Creating greater opportunities for access to training and education in relation to sports and physical activity provision
- Provision of targeted programmes, events and initiatives to increase physical activity and sport participation
- Providing information about sport and physical activity to create awareness and access.

2.2 Development of Local Sports Clubs and Communities

A key focus for LSPs is that there is a sustainable level of development within the local sports structures. Across the network, LSPs work with clubs and groups to ensure that structures are in place to enable participation for all community members in a wide range of sport or physical activity options.

This sustainable environment is facilitated through supporting volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities.

Funding for Club and Community Supports

In 2020, LSPs provided funding supports to 3,086 clubs and 560 community groups throughout the country. Sport Ireland invested €409,900 in Club and Community Development support across the LSP network through Core Funding in 2020.

Club Development Work

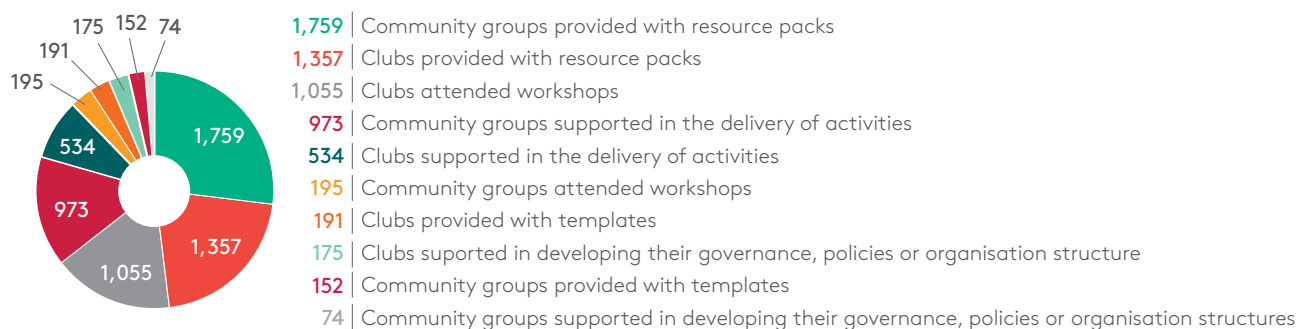
The LSPs support providers of sports and physical activity across the country, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise.

To this end, in 2020:

- 6,516 meetings or phone calls took place between clubs and LSPs to share informal advice
- 9,930 meetings or phone calls took place between community groups and LSPs to share informal advice

The image below illustrates some of the other actions taken by LSPs in supporting club and community groups in 2020.

Figure H – Club/Community Development Actions by Number of Clubs/Community Groups



LSPs play a key role in advising clubs in the areas of planning, evaluation and in the development of governance standards and policies. This support work helps clubs to make improvements to attract and retain members.

2.3 Training & Education Courses and Workshops

LSPs provide a range of important upskilling and training opportunities at local level for volunteers, coaches and administrators. Two such programmes are Youth Leadership and Volunteer Supports.

Youth Leadership

This programme develops generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. It also continues to develop trained volunteers who can assist with the delivery of sport and recreation initiatives within their community while providing training for young people, keeping them engaged, increasing their responsibility and developing their confidence and self-esteem and provides them with an opportunity for lifelong volunteering.

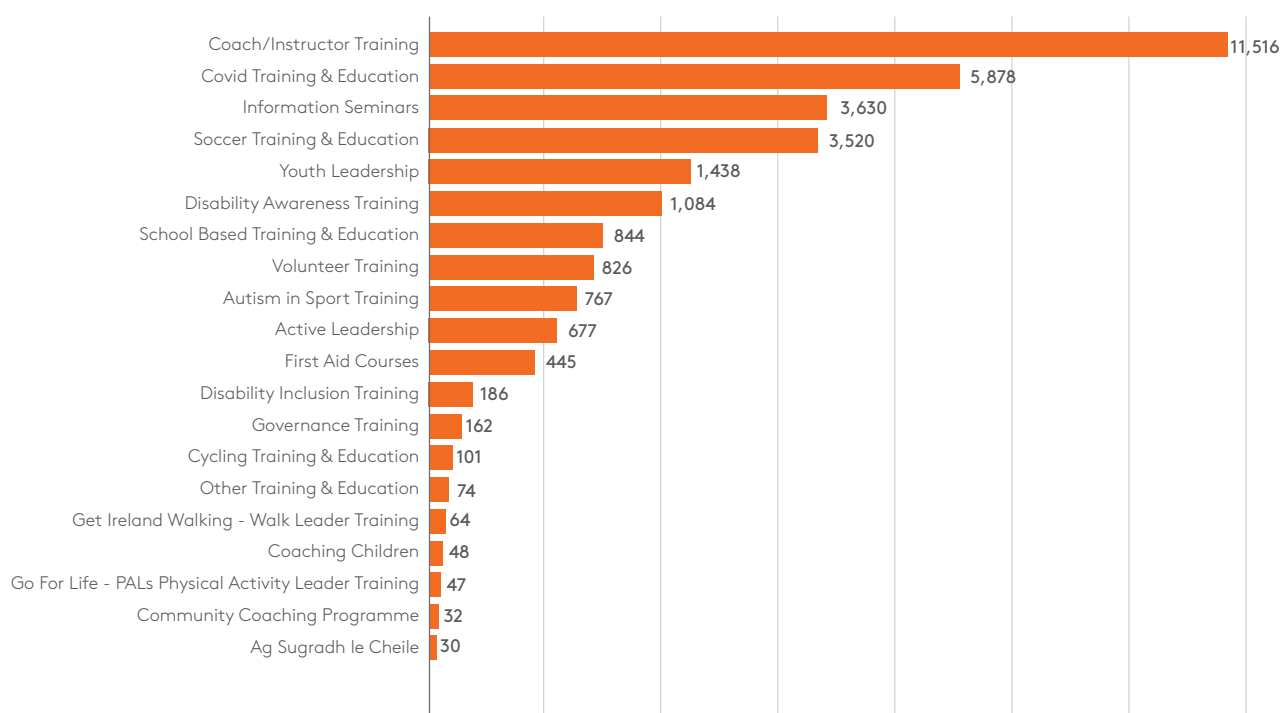
Volunteer Supports

This initiative aims to successfully identify and assist targeted individuals who are volunteering in disadvantaged communities or with people with disabilities to gain community sport and physical activity leadership skills e.g. as coaches, leaders, referees, committee members, etc.

- LSPs planned and delivered 276 different training and education courses, workshops and seminars with their partner agencies
- 31,369 people participated on these training courses.

The following gives a breakdown of the range and extent of training delivered in 2020.

Figure I - Training & Education Actions and Number of Participants



2.4 Delivering Sport Ireland Programmes

Safeguarding Workshops & Roles

Sport Ireland's Safeguarding programme is aimed at sports leaders and adults who are involved in the organisation of sport for children and young people. The goal of the programme is to promote awareness of best practice and legal requirements in the area of safeguarding and child protection. To advance this function, Sport Ireland offers three workshops in the area of safeguarding and child protection.

- Safeguarding 1 - Basic Awareness (all coaches)
- Safeguarding 2 - Club Children's Officer (role specific)
- Safeguarding 3 - Designated Liaison Person (role specific)

The details of these workshops are outlined below:

Safeguarding 1 - Child Welfare & Protection Basic Awareness Workshop	Safeguarding 2 - Club Children's Officer	Safeguarding 3 - Designated Liaison Person
All Coaches, Children's Officers and Designated Liaison Persons must first complete the 3 hour Child Welfare and Protection Basic Awareness Workshop. This Workshop educates participants on the implementation of best practice & legal requirements in protecting the welfare of children involved in sport.	A person appointed to the Club Children's Officer position in a club must complete Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and follow this with the Club Children's Officer 3 hour workshop. This Workshop will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the area of safeguarding in the club.	A person appointed to the Designated Liaison Person position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete the Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

Club Children's Officer (role specific)

The Club Children's Officer should be child-centred in focus and have, as the primary aim, the establishment of a child-centred ethos within the club. They are the link between the children and the adults in the club. They also take responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and sports leaders.

Designated Liaison Person (role specific)

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána/PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

In 2020, 4,566 sports leaders and volunteers completed the Safeguarding 1 training across 356 workshops run by the LSPs. Some 450 volunteers attended the follow-on Children's Officer training across 37 workshops. In the rollout of Safeguarding 3, 86 participants received training for the role of Designated Liaison Person on 4 workshops organised by LSPs. 2020 saw LSPs adapt successfully to the challenges posed by the Covid-19 pandemic, delivering many of these courses online.

Table 1 - Summary of Safeguarding outputs 2020

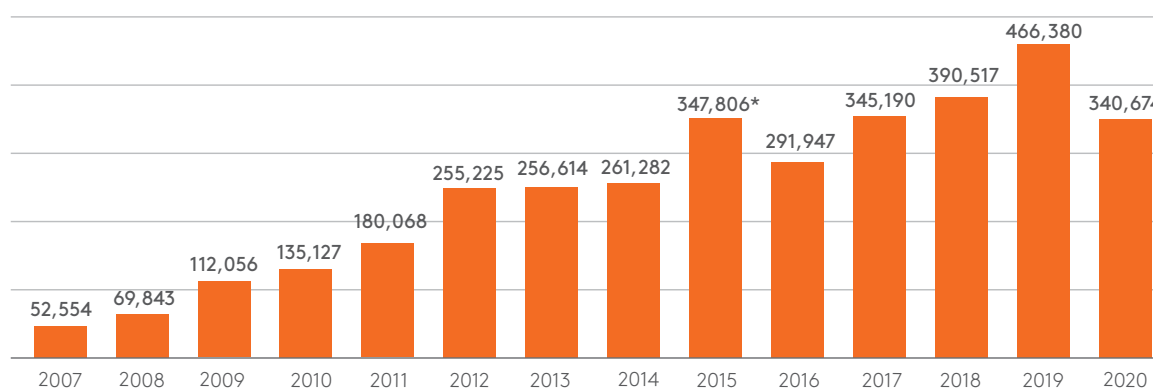
	SAFEGUARDING 1	SAFEGUARDING 2	SAFEGUARDING 3
No. of workshops delivered	356	37	4
No. of participants	4,566	450	86

2.5 LSP Participation Initiatives

The design, delivery and review of targeted initiatives by LSPs directly increases the level of local participation, particularly amongst the harder to reach social groups. Through their local expertise and connections within the sports infrastructure, LSPs are able to identify specific needs and plan accordingly.

The number of people participating in Local Sports Partnerships initiatives has grown from 52,000 people in 2007 to 340,674 people in 2020. This high level measure indicates that the LSP network's performance is improving and developing year on year.

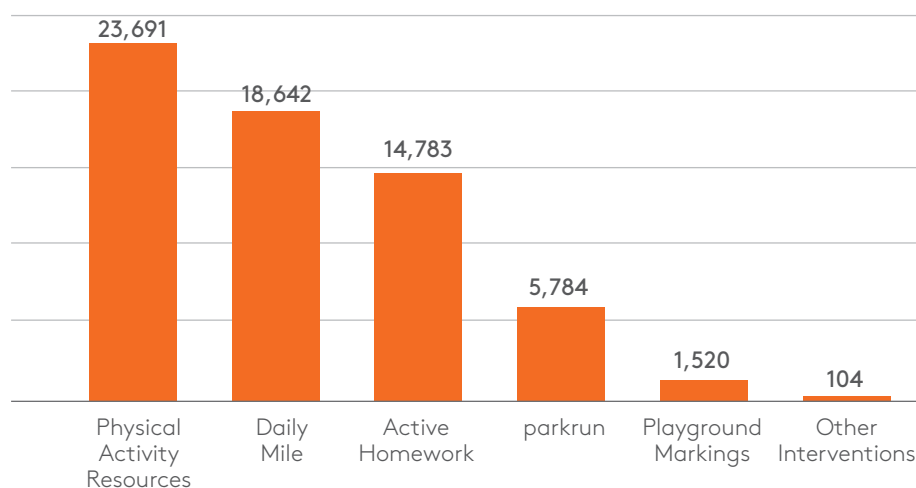
Figure J – LSP Reach 2007 to 2020



* Repeat parkrun visits counted in 2015 but not in following years.

- In 2020 340,674 people participated in 1,132 locally delivered participation initiatives
- In addition to the above initiatives, LSPs also support a number of physical activity interventions such as parkrun, Playground Markings, Daily Mile, Chalk-Free Play and Active Homework initiatives. In 2020 many interventions were delivered through the sharing of physical activity resources, such as links to online videos and images, or physical resource packs. These interventions have not been included in LSP reach figures as they are either primarily lead by external stakeholders (e.g. parkrun), or are difficult to measure (i.e. how many people were active and how frequently they were active e.g. Playground Markings, Chalk-Free Play and Active Homework initiatives). They are however important interventions which contribute significant figures and are presented separately in this report so as not to distort the continuity of data reporting on traditional LSP work. This provides a mechanism to recognise their contribution and monitor growth in these areas into the future.
- In 2020, an additional 64,524 people participated in 43 locally supported participation interventions. The support provided by LSPs to these interventions makes a significant additional contribution to increasing physical activity and sports participation in communities around Ireland.

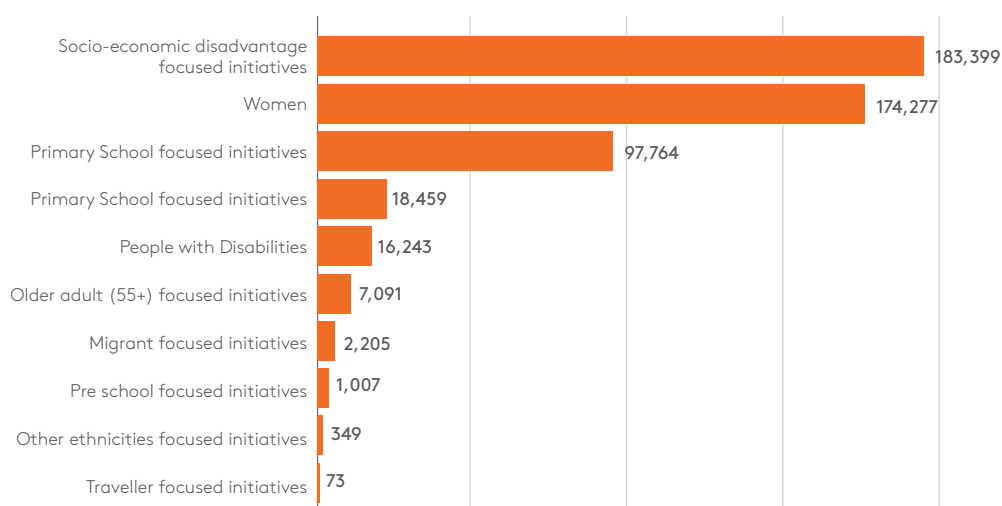
Figure K - Interventions and Number of Participants



The following gives a breakdown of the various groups reached through participation initiatives in 2020.

2.5.1 LSP Initiatives delivered in 2020

Figure L - Target Groups and Number of Participants



2.5.2 LSP Initiative Categorisation

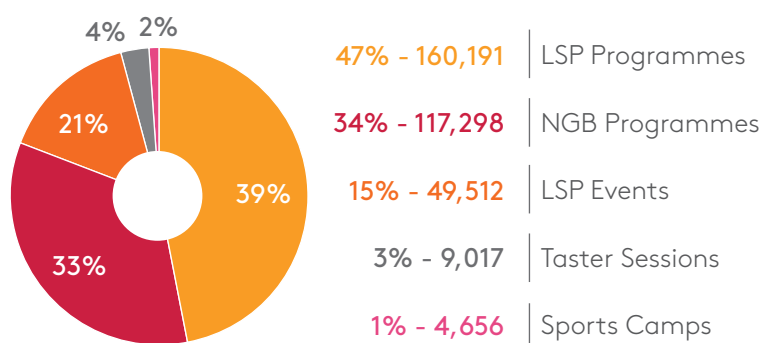
Of the 340,674 participants reached by these initiatives in 2020, 160,191 people were engaged through LSP programmes, 49,512 people were engaged through LSP events, 117,298 people were reached through NGB programmes, 9,017 people were engaged through taster sessions and 4,656 people were reached through sports camps. A brief description of the 5 categories of LSP initiatives are highlighted in the table below.

Table 2 - Description of Initiative Categories

Initiative Category	Description
LSP Programmes	Defined as fixed duration participation opportunities which last longer than one or two sessions. Usually delivered over a number of weeks or non-consecutive days e.g. Men on the Move, Go For Life, Community Walking Programme
LSP Events	Defined as fixed duration participation events usually lasting single days. Participants would usually set a goal to enter the event and undertake some training or require underlying fitness or skill to take part. E.g. 5k runs, Cycle Series, Mini Marathons
Taster Session	Defined as once off participation opportunities which offer no more than a single experience, although they may signpost to more long term opportunities. Participants usually need no training in advance and minimal previous skill/fitness to take part e.g. Fun days, Be Active Nights, family events, promotional weeks, etc.
Sports Camps	Defined as sports camps which offer sports participation opportunities in a sport or multi sports. Usually lasting less than a week e.g. FAI Soccer Camps, GAA Cúl Camps
NGB Programmes	Defined as participation opportunities with an NGB as the main deliverer of the initiative. Support and resources may be provided by LSPs. E.g. Rugby tournaments, GAA blitzes, soccer leagues

The below information illustrates the number of participants reached by each category.

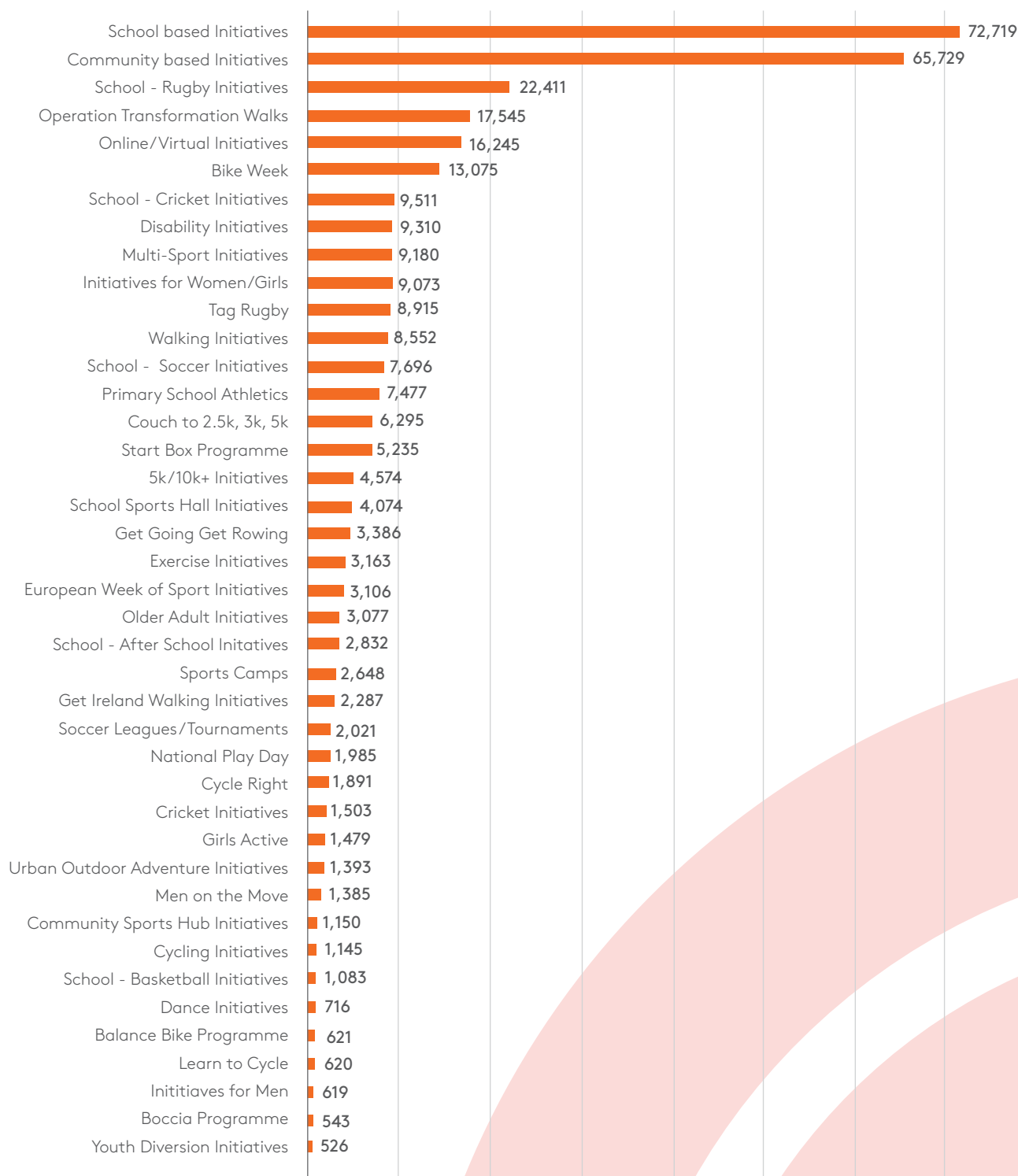
Figure M - Initiative Categories and Number of Participants



2.5.3 LSP Initiatives delivered in 2020

The following presents an overview of the types of initiatives delivered in 2020.

Figure N - Participation Initiatives and Number of Participants



2.5.4 Behaviour Change Theory

In order to develop an understanding of the application of the Behaviour Change Theory to LSP's work in increasing participation in sport and physical activity, they were asked to categorise the primary effect of each initiative under the pillars of the COM-B Behaviour Change Model. The table below describes the COM-B effects in more detail. Some actions will span multiple COM-B effects, in this case LSPs selected the most significant effect.

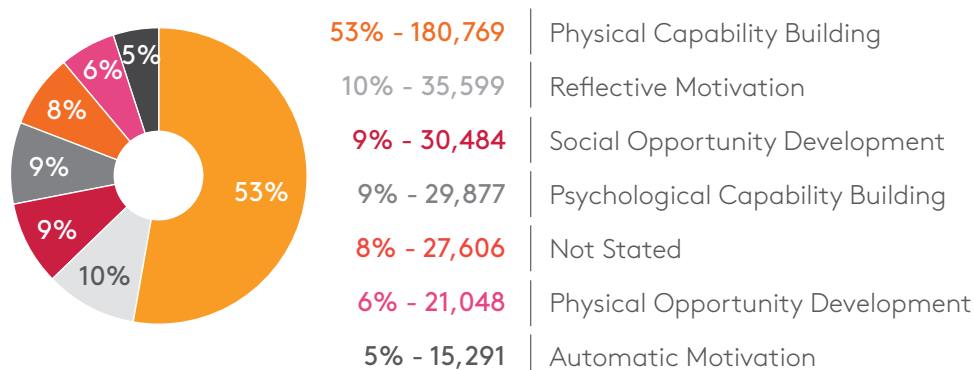
Table 3 - Description of COM-B Behaviour Change Model

BCT PRIMARY COM-B EFFECT	DESCRIPTION
Physical Capability Building	Actions that primarily develop the skills of the participant e.g. programmes over multiple sessions.
Psychological Capability Building	Actions that primarily develop the knowledge of the participant e.g. taster days, information focused communications
Physical Opportunity Development	Actions that primarily develop infrastructure, facilities, equipment or reduce cost or improve access e.g. capital developments, discounts, provision of information such as club and facility directories
Social Opportunity Development	Actions that primarily develop a culture of participation in sport and physical activity e.g. socially focused communications
Reflective Motivation	Actions that primarily provide goals for participants e.g. participation events, some goal focused communications
Automatic Motivation	Actions that primarily develop participants' habits e.g. longer lasting interventions usually with easy access and small individual impact

The following presents the number of participants reached through participation initiatives under each of the behaviour change pillars.

The COM-B model suggests that an individual must have Capability (Physical and Psychological), Opportunity (Physical and Social) and Motivation (Reflective and Automatic) in order to change behaviour. The below graph shows that 53% of the LSP initiatives primarily develop Physical Capability and only 9% primarily develop Psychological Capability Building and 10% aim to support Reflective Motivation.

Figure O - Behaviour Change Theory and Number of Participants



2.6 Building and Sustaining Partnerships

Information Provision

LSPs act as an information hub and point of contact within their communities. LSPs work to share information, as well as direct, signpost and refer their target groups to the most appropriate next step, whether that is a link to a sports club, a community based organisation or a volunteering opportunity. LSPs collect ongoing information on the nature and extent of their work to provide information to their communities and profile their activities and programmes. The following table presents an overview of the range of communication platforms that LSPs use, both via traditional and social media outlets.

Table 4 – Summary of LSP Promotion in 2020

Providing Information to Communities Through Traditional Media	2019	2020	-/+%
Number of radio interviews	173	162	-6%
Number of articles in local press	769	798	4%
Number of articles in national press	62	19	-69%
Number of press releases issued	610	540	-11%
Number of newsletters printed	17,220	48,650	183%
Number of television appearances	13	5	-62%
Providing Information to Communities Through Online Promotion	2019	2020	-/+%
LSP Website: number of new articles	1,158	2,171	87%
LSP Website: number of hits	1,214,746	2,894,209	138%
Providing Information to Communities Through Social Media	2019	2020	-/+%
Facebook: number of posts/updates	15,795	15,087	-4%
Facebook: number of followers	99,383	118,144	19%
Twitter: number of tweets	11,243	8,017	-29%
Twitter: number of followers	40,659	43,819	8%
Instagram: number of posts	1,368	5,367	292%
Instagram: number of followers	12,620	21,718	72%
LinkedIn: number of followers	781	812	4%
Providing Information to Communities Through Text-based Services	2019	2020	-/+%
Number of texts sent via text service	50,718	45,318	-11%
Number of Whatsapp groups	85	105	24%
Number of people in Whatsapp groups	1,560	3,101	99%

In 2020, there was a significant increase in the number of hits LSP websites received. Throughout the Covid-19 pandemic LSPs have provided a wide-range of online programmes and initiatives to keep people active while also developing sport and physical activity resources for the public which could be accessed on their websites.

LSPs are also active in developing specific resources to highlight and promote the range of activities and opportunities available locally. This can be in the form of newsletters, press releases, booklets, directories, as well as through translated documents. LSPs maintain active databases of local organisations and groups as well as email contact lists.

LSPs can also promote their work through their annual reports. Research publications and presentations are also used regularly to disseminate their key messages regarding participation. In 2020, 364 presentations were delivered to Councillors, Local Authority staff, community groups and other partners/stakeholders.

Table 5 – Summary of LSP Information Production and Dissemination 2020

Production of Information Resources	2019	2020	-/+%
Number newsletters published	92	95	3%
Number of information leaflets/booklets distributed	58,715	164,890	181%
Local Community Interest	2019	2020	-/+%
Number of people/clubs/groups on email list	80,606	80,383	0%
Dissemination of Research and Reports	2019	2020	-/+%
Number of annual reports distributed	1,477	3,439	133%
Number of evaluation reports written	118	157	33%
Number of research reports printed	25	14	-44%
Number of presentations delivered	556	364	-35%

2.7 Networking, Advocacy and Awareness Raising

Building alliances and relationships with local and national partners is an important area of work for LSPs, as well as representing key concerns in the policy arena. In order to carry out this strand of their work, LSPs actively engage in committee work and networking activities at local and national level. In 2020, LSPs have participated in some 872 actions associated with building networks and advocating on behalf of their LSP target groups.

The local and national networks bring together sports clubs, statutory and non-statutory agencies, volunteers and other working partners and provide opportunities for partnership endeavours that influence and resource sport and physical activity at county and national level.

These networking and awareness raising actions allow for an increase in the reach of the LSPs, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what the LSP can do to assist sports clubs and partners.

Table 6 - Overview of the type of actions LSPs have been involved in 2020

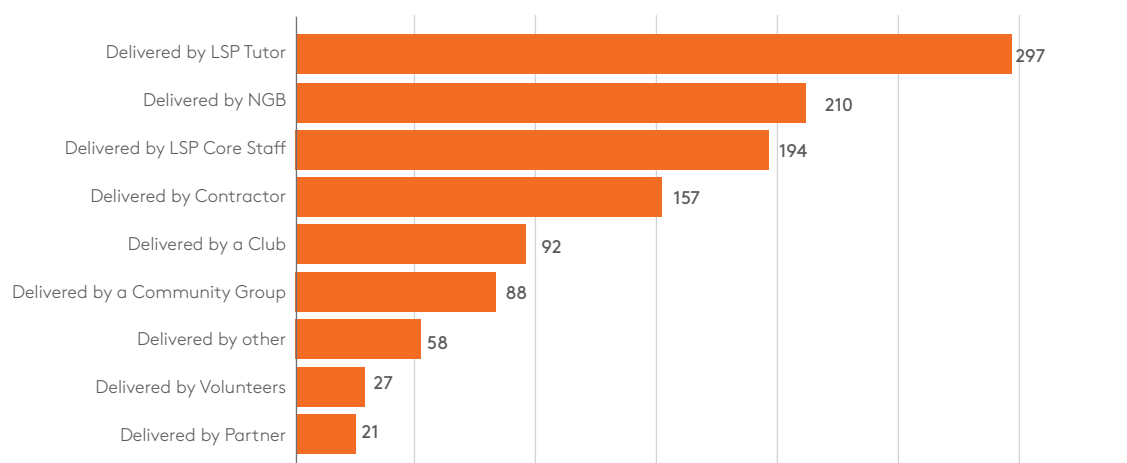
TYPE OF ACTIONS	NUMBER OF ACTIONS
Campaigns and Lobbying Efforts	138
Local Networks or Committees participated in	292
Regional and National Networks participated in	90
Research projects involved in	34
Conferences attended	268
Policy/Strategy submissions made	50
Total	872

Actions in the area of advocacy and policy allow for LSPs to promote the importance of sport in community life.

2.8 Partnership Engagement

LSPs aim to lead and coordinate sport and physical activity opportunities locally. In 2020, 210 initiatives were delivered by LSP core staff, however 922 initiatives were delivered by tutors, community groups, clubs, NGBs, volunteers and other partners. The below figure illustrates the range of deliverers of initiatives in 2020.

Figure P - Primary Delivery Mechanism for Participation Initiatives



Developing partnerships with other organisations to promote physical activity and sport participation is also a key part of LSPs work. To this end, LSPs engaged with at least 92 other organisations in 2020.

Throughout 2020, the 29 LSPs engaged in;

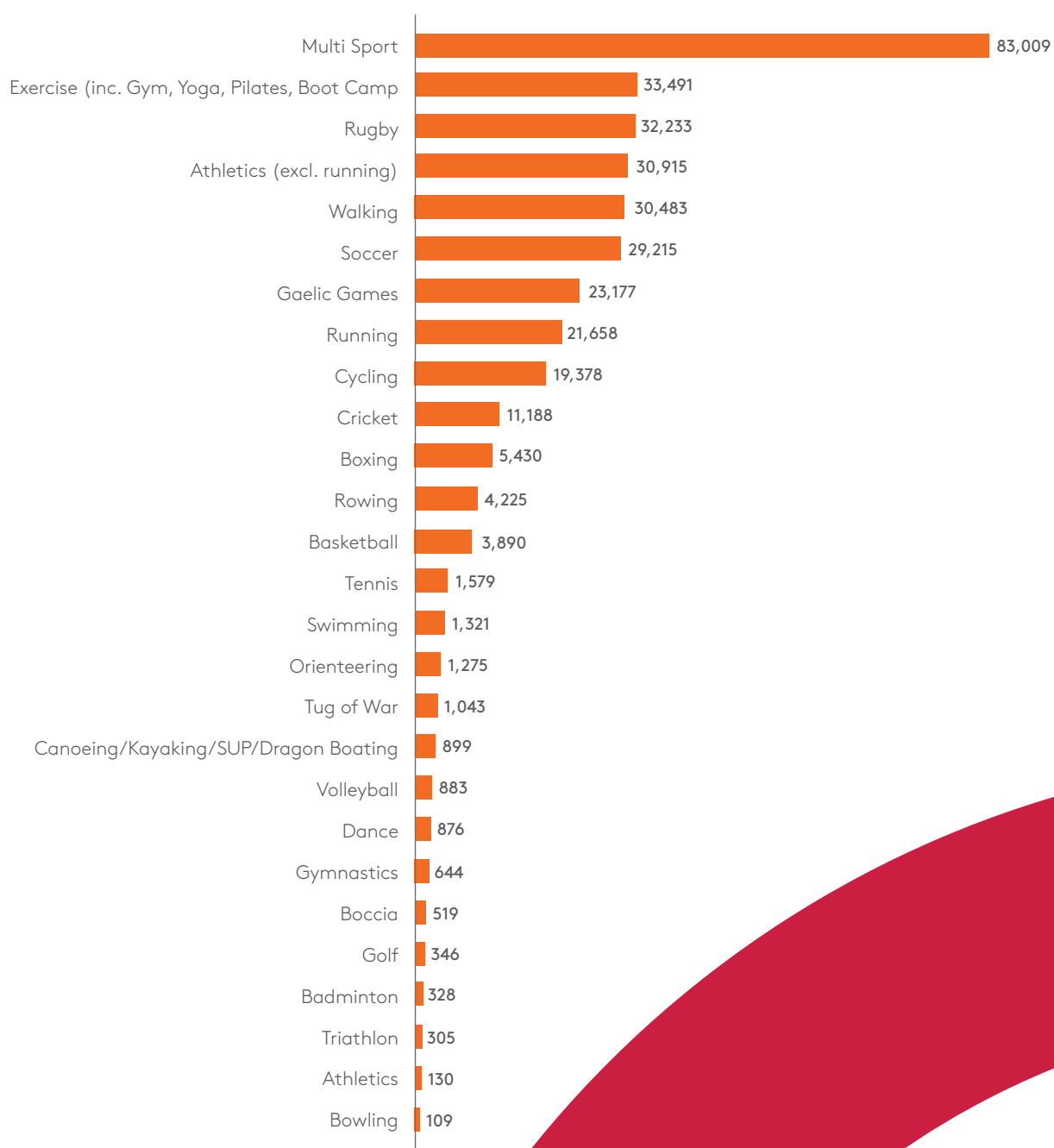
- 529 partnerships with 58 NGBs
- 91 partnerships with 5 Disability NGBs
- 56 partnerships with 2 Other Sport Ireland funded partners
- 567 partnerships with 27 other external partners

NGBs, schools, community groups and sports clubs were the main delivery partner for LSPs in delivering initiatives in 2020.

- 93,802 people were reached through initiatives involving NGBs as the main delivery partner.
- 52,393 people were reached through initiatives involving schools as the main delivery partner.
- 35,533 people were reached through initiatives involving Community groups/Sports clubs as the main delivery partner.

During 2020 LSPs engaged with a range of different sports in providing participation opportunities to their audience. The following image shows the range of sports that participants were engaged in during their involvement in participation initiatives in 2020. Over 40 sports were participated in during this period. Apart from multi-sports initiatives, the most popular 3 sports in 2020 were exercise (including gym, yoga, pilates, boot camp), rugby, and athletics (excluding running). 83,009 people were reached through multi-sport initiatives, 33,491 people were reached through exercise initiatives, 32,233 people were reached through rugby initiatives, and 30,915 people were reached through athletics initiatives.

Figure Q - Type of Sport and Number of Participants



Section 3

Sport Ireland and LSP Initiative Case Studies



National BeActive Day 2020

Sport Ireland and the network of LSPs rolled out a National BeActive Day on the 28th June 2020. This initiative encouraged people to meet their physical activity guidelines in a fun way on the day. A resource was developed by Sport Ireland and a working group of LSP Coordinators and Community Sport Development Officers (CSDOs), which provided activities to be used on the day. National BeActive day was promoted through both a national and local organic media campaign. The campaign saw a press reach of 2,007,467, with a further 190,013 impressions on Sport Ireland's Twitter Account, 28,425 on Facebook and 1,938 on Instagram between the 16th and 29th of June.

Global Design Challenge for Sport and Physical Activity

Sport Ireland, working with University College Cork, the International Sport and Culture Association and several other partners ran a Design Sprint event from the 26th to 28th of June 2020. There were 38 teams entered in the competition, with members from 40 countries around the world, developing innovative ideas to solve issues in the return to sport in a Covid-19 world. A panel of expert judges selected the winning ideas, with a project focusing on wellbeing in sport, and called "Enerethics" being declared the winner of the competition. Sport Ireland have promoted the finalist projects to the sport sector for matching and incubation. These projects had the opportunity to apply to Sport Ireland for investment through the 2021 Core or Dormant Account Fund.

Activities for All – A 4-week physical activity plan for people with a disability

Sport Ireland and the network of LSPs rolled out a 4-week physical activity plan for people with a disability in October and November to empower them to be more active. A resource was developed by Sport Ireland and a working group of LSP Sport Inclusion Disability Officers (SIDOs) in conjunction with Cara. The resource aims to improve an individual's Gross Motor Skills (core strength, balance, bilateral movement & ball skills) in a fun way while also helping people to reach their minimum recommended daily physical activity, as recommended in Ireland's National Physical Activity Plan

Older Adult Home Exercise Plan

Sport Ireland and the network of LSPs rolled out a 4-week physical activity plan for older adults in October as part of Positive Aging Week. A resource was developed by Sport Ireland and a working group of LSP CSDOs in conjunction with Age & Opportunity. The resource supports people in trying to reach the minimum of 30 minutes of daily physical activity, as recommended in Ireland's National Physical Activity Plan. The resource helps an individual's strength and confidence in their body, which will support them to be more physically active as well as developing transferable skills for everyday life.

Your Personal Best – Men Over 45 Campaign

Sport Ireland's Your Personal Best Month took place over the month of November. The project, through support of Dormant Account Funding, encouraged men over 45 to stop making excuses and to engage in 30 minutes of moderate physical activity five days a week. It was supported by various sporting National Governing Bodies such as Cycling Ireland, Athletics Ireland, Get Ireland Walking and Swim Ireland, who provided information, advice and programmes for men who wanted to become more active with resources available on the dedicated Sport Ireland webpage to the campaign. The campaign was also supported by the nationwide network of Local Sport Partnerships, who provided practical support on the ground.

County Carlow Local Sports Partnership

Football for All Summer Soccer Schools Community Camp

OVERVIEW



Carlow Sports Partnership worked in conjunction with FAI Carlow and New Oak Boys FC soccer club to offer children aged 6-18 years with additional needs and their siblings an experience of a fully inclusive FAI summer camp designed specifically for those with additional needs. The purpose of the camp was to provide children with an opportunity to learn new soccer skills in a safe, enjoyable, and exciting environment and to build social skills and boost confidence. The camp was held at New Oaks boys FC in Carlow town.

AIMS



- To increase physical activity through soccer, in a fun enjoyable way.
- To enable children to play soccer in an inclusive environment with appropriately trained coaches and sports leaders.
- To offer a camp during the summer adhering to Covid-19 government guidelines.
- To increase awareness of the Sports Inclusion Disability programme in the Carlow area.
- To upskill coaches and support the development of inclusive clubs.

IMPLEMENTATION

- Carlow LSP organised the programme in partnership with FAI Carlow (FAI Carlow have signed the CARA Disability charter) and in conjunction with New Oak Boys club representatives.
- Planning and preparation meetings took place with the programme partners prior to the camp to discuss all aspects of the camp and plan for the recruitment and training of camp leaders.
- Virtual training was provided for all tutors to upskill their knowledge of working with children with a disability and to make sure all coaches were happy with the Covid-19 risk assessment and their individual roles in the camp.
- A questionnaire to ensure that the activities, venue and support would be adapted to individual needs was sent to all parents of participants from the FAI.
- Spread over three days, tutors taught fundamental movement skills such as kicking a ball, control of the ball and scoring a goal and adaptations were made for participants where needed.

"My son participated in the inclusive football camp which was so amazing, and our daughter also got to participate. They both had a super week. Usually these camps are very expensive, this camp was affordable with the bonus of it being so close to home in Carlow. We were blown away by the workers, my kids adored each worker that was there, such a wonderful group of people. They had so much fun and came home happy every day, which is so important to us and to receive all the gear was such a bonus".

OUTCOMES

33 children aged between 6-18 years from Carlow and surrounding areas participated in the camp. There was a mixture of abilities in the group and all participants gained the valuable experience of learning to play soccer. The partnership between Carlow Sports Partnership, the FAI and the local soccer club supports and promotes the need for clubs to be inclusive of all abilities. Parents reported that after completing the camp participants were keen to go out and kick the football that they received at the camp and all enjoyed taking part immensely.



NEXT STEPS

The future plan is to work with other clubs to facilitate inclusive camps and inclusive training sessions to promote the inclusion of children a variety of additional needs, such as autism, dyspraxia, and physical, intellectual and sensory disabilities. As well as regular training, children in inclusive clubs will be supported to play for their local club in regular blitzes against other teams both regionally and nationally.

Cavan Sports Partnership

Outdoor Activator Programme (Adults 50+)



OVERVIEW

Cavan Sports Partnership developed a six week exercise programme using activator walking poles for people aged 50+ to help them return to exercise after Covid-19 lockdown measures.



AIMS

- Increase opportunities for older people in the county to participate in physical activity
- Introduce a new activity that is suitable for older people
- Promote local parks and walking facilities in the county which hosted the programmes
- Support people with balance and mobility issues

IMPLEMENTATION

Cavan Sports Partnership identified a need for a suitable programme for older people in the county who had been isolating and had limited opportunities to exercise in the first 6 months of 2020. Once 'Activator' was selected as an appropriate programme, Cavan Sports Partnership liaised with a number of local groups, which included active retirement and GAA clubs, who wanted to facilitate the programme in their own community. To ensure that the programme engaged people who would really benefit from this activity, a link was established with local HSE Senior Physiotherapists, who as a result, referred several clients to the programme. Cavan Sports Partnership promoted the programme locally, with a pre online registration system used to ensure that all Covid-19 guidelines were adhered to throughout the duration of the programme.

"These classes helped me become toned and get better muscle strength"

"It was brilliant outdoor exercise and if it starts up again I will definitely join"

"I feel it helped with my posture and balance plus all the tips that the tutor gave us"

OUTCOMES

- Six, 6 week programmes were delivered throughout the county, with 65 participants taking part
- Increased usage of local parks and tracks in the county
- Provided older adults with exercise and social interaction in a safe setting
- Some participants purchased their own equipment after the programme to continue the activity at home.
- Strengthened the working relationships with local physiotherapists, clubs and community groups.



6
PROGRAMMES
DELIVERED

65
PARTICIPANTS, ALL
COMPLETING THIS ACTIVITY
FOR THE FIRST TIME



NEXT STEPS

The activator programme will be delivered to additional areas in 2021 to facilitate the demand for the programme. It will form part of the Cavan Sports Partnership's 'active adults 50+' calendar of activities and a process of training up local leaders will also take place. CSP will continue to work with HSE Physiotherapists who will also deliver the Activator programmes in some areas to meet demands of the target groups. In response to Covid-19 CSP has plans to deliver the programme virtually in 2021.

Clare Sports Partnership The Banner Challenge



OVERVIEW

Clare Sports Partnership were tasked with creating and running a physical activity event suitable for all as part of European Week of Sport, while abiding by the then Covid-19 restrictions.



AIMS

The 'Banner Challenge' aim was to encourage physical activity for the duration of European Week of Sport, while Clare Sports Partnership also provided incentives and opportunities to individuals of all ages and abilities throughout County Clare to be active. This all had to be planned and delivered during the Covid-19 pandemic, and the ever changing restrictions.

IMPLEMENTATION

- A large marketing campaign was delivered through Social Media and Local Media streams.
- The 'Banner Challenge', as part of European Week of Sport (Sept 23rd – 30th), encouraged participants to complete a minimum of 10km within the week, through any form of physical activity of their choosing. As a collective, participants were also challenged to see how many times they could travel the 440km circumference of Clare.
- A Strava support group was created for participants to log their km's, while those who were not familiar with Strava, were also given opportunity to log their distances by emailing or messaging the Clare Sports Partnership staff.
- A custom made bronze medal in the shape of Co. Clare was also given to all adult participants that completed the minimum 10km target.
- For participating schools, a custom Banner Challenge certificate of achievement was given to each participating child, while the class as a whole received a Banner Challenge medal.

OUTCOMES

For Clare Sports Partnership, the real highlights of the Banner Challenge were:

- 90+ participants that completed the challenge had additional needs.
- An Ennis based teenager, who prior to the challenge would have been driven to school, and has since started walking the 5km round trip daily.
- A lady who began walking during Clare Sports Partnerships Marathon Challenge, and went on to run the km's clocked during the Banner challenge.
- The social and mental health benefits that participants reported from being part of the 'Banner Challenge' support group

1,047
REGISTERED

961
PARTICIPANTS
COMPLETED THE
CHALLENGE

16,250KMS
TOTAL DISTANCE LOGGED
BY PARTICIPANTS, LAPPING
COUNTY CLARE 36 TIMES

"Well done on organising a super initiative. As a teacher, it is fantastic to be able to engage in these creative events that get our children to be more active and away from the sedentary activities they have become so used to. Thank you."

"...This is a route we enjoyed daily over lockdown. Ideally, I love coastal walks and we are blessed in Clare with some of the best coastline in the Country. However, the farm is very Covid safe as we don't meet anyone outside our family. We can walk this route anytime of the day which is very enjoyable."



NEXT STEPS

While European Week of Sport 2020 has well past, the success and positive feedback received by Clare Sports Partnership in relation to the Banner Challenge far surpassed all expectations. There is potential to make the Banner Challenge an annual event.

Cork Sports Partnership Rebel Run a Mile Challenge



OVERVIEW

Cork Sports Partnership supported people in disability services across Cork to increase their physical activity levels by developing a structured run a mile programme.



AIMS

- To provide people with disabilities with guidance, support and opportunities to remain physically active throughout and beyond Covid-19 restrictions.
- To plan, coordinate & deliver a structured couch to 1 mile walk to jog programme for all abilities.
- To work with key partners and develop a sustainable programme model for delivery in disability services and support service staff in the delivery of the programme within their services throughout Covid-19.
- To provide training to disability service staff on how to lead successful walk to jog sessions.
- To create and design resources to assist participant's motivation and engagement with the programme.

IMPLEMENTATION

- Cork Sports Partnership engaged with disability services to gauge interest and capacity to take part in the Rebel Run a Mile 2020.
- Planned and agreed on a programme restructure that focused on capacity building of services to deliver the programme during Covid-19 restrictions. This included timelines, duration, capacity, Covid-19 restrictions, training plans, resources, and other required supports.
- Developed a marketing campaign to maximise awareness of the programme and the sponsors Boston Scientific.
- Designed training and resources for service staff to deliver the programme.
- Provided motivational tools and resources for adults completing the programme.
- Supported the delivery of the end of programme one-mile challenge in multiple locations in addition to providing branding, signage, medals, goodies & personnel for the event.



OUTCOMES

- Increased opportunity for people with disabilities to stay active during Covid-19 restrictions.
- Increased physical activity levels for adults with disabilities in Cork.
- A revised and reimagined model of programme delivery for disability services.
- Stronger working relationships between CSP & disability service network partners.
- Improved capacity of services to deliver physical activity programmes.
- Increased communication and engagement with disability services.

"The excitement and delight to be part of a programme, you don't realise what this means after the lockdown, it's fantastic. Well done to the team in Cork Sports Partnership for the work in putting the programme and booklet together'.



NEXT STEPS

Following debrief meetings and evaluation of the programme, the RRAM Disability Services leads highlighted that this model of delivery was most appropriate for increasing participation levels of adults in disability services during Covid-19. Planning will continue into 2021 with this network to roll out more programmes using this capacity building model of delivery.

Donegal Sports Partnership Female Leadership Programme “Beyond 20X20”



OVERVIEW

Donegal Sports Partnership signed up to the National 20x20 Campaign with the key objective of increasing participation by females in sport by 20% by 2020. The “Beyond 20X20” programme linked into the overall objective of the campaign in providing pathways and opportunities for females to develop their skills, to gain meaningful experiences and to actively stay involved in sport at whatever level they feel comfortable at.



AIMS

The “Beyond 20X20” programme was developed to support females interested in getting involved in sport at a level appropriate to their needs. The programme was open to females aged 16 + with a passion and commitment and genuine interest in sport at all levels with a view to developing a concept of ‘Sport for Life’. Donegal Sports Partnerships aim was to equip female club volunteers in becoming more effective and efficient in their role, while creating invaluable experiences for those involved in the programme. The programme focussed on areas such as; Developing Leadership Skills, Communication, Confidence, Resilience, Mental Health & Wellbeing. Participants had the option to pick one strand that they were most interested in developing from Administration, Coaching, Officiating/Refereeing and Media.

IMPLEMENTATION

- Consultations were held with staff, Board of Management representatives and with key stakeholders including Head of Department for Sports Studies at LYIT and Sport Ireland Women in Sport Lead to discuss different options that could be used to roll out a Female Leadership Programme.
- A member of staff was selected to coordinate the delivery of the programme.
- Formal launch of the programme through the media - local radio station live interview, local print media, and social media.
- An application process was undertaken: candidates were invited to complete an application form and for those that were short listed, were then offered an interview.
- External delivery partners were sought to deliver the programme, including Performance Matters, Mindfit consultancy, Sport Ireland Coaching, Ladies Gaelic Football Association, Donegal Sports Partnership Media Consultant, Donegal FAI.
- The programme was delivered from March to November 2020 through online delivery due to Covid-19, with two face-to-face meeting when restrictions allowed.



“I have gained confidence in my own ability to make decisions, especially in a leadership role, this has been something I have battled with, as in having the confidence to make decisions with authority”

OUTCOMES

- 13 participants completed the programme.
- Participants developed more confidence in themselves, belief in their ability and their skills to carry out their roles not only in sport but in their personal & working/ educational lives.
- Participants developed a stronger sense of resilience and have a better understanding of their mental state when coping with challenges, set-backs and stressful situations.
- Participants have grasped a better understanding of leadership, one's values and behaviours which impact on one's style of leadership.



NEXT STEPS

- Participants will get an opportunity to finish their coaching qualifications (practical aspect) (practical based activities were ceased due to Covid-19)
- Participants will get an opportunity to put their skills into practice in 2021, in which they will continue to be supported by their mentors and Clubs (Once restrictions are eased and it is safe to do so).
- Donegal Sports Partnership will roll out another programme in autumn 2021.

Dublin City Sport and Wellbeing Dublin Sportsfest 2020 'BeActive Bingo'



OVERVIEW

Since its inception in 2018, Dublin Sportsfest has been planned to coincide with European Week of Sport and with many major national sporting events to reinforce the Partnership's core message which is that everyone can build towards a healthier, happier lifestyle regardless of age, ability, background or choice of activity. BeActive Bingo reflected that goal with expert fitness instructors keeping participants heart rates and energy levels up through a series of fun activities in between rounds of bingo. Activities were designed to suit all fitness levels and all abilities.



AIMS

- To communicate the positive role sport and physical activity plays in communities.
- To promote the critical role Dublin City Sport and Wellbeing Partnership plays in delivering on these goals.
- To support communities to stay connected, healthy and happy.
- To be inter-generational, all-inclusive and fun-filled.
- To give back to communities by financially rewarding participating families, clubs and organisations that provide invaluable support to Dublin City Sport and Wellbeing Partnership's goals.

IMPLEMENTATION

- Dublin City Sport and Wellbeing Partnership engaged with the event management company Titan Experience to maximise promotion.
- Contingency plans were developed and implemented to deliver this event on a virtual basis.
- 'Play, Move, Win' were created as a strong brand/event slogan.
- A pre-advertisement campaign was launched including teaser bus shelters, digipanel advertisements and promotional videos sent out on Dublin City Sport and Wellbeing Partnerships various social media platforms. There was strong focus placed on communities as the major theme of the event
- Eventbrite was used to support registration, disseminating further information and was an important tool in the communications campaign.

600+ REGISTERED PARTICIPANTS
90+ CLUB AND COMMUNITY GROUPS NOMINATED



"This was a fantastic event for our family and for many of our neighbours who also got involved and were in touch over the evening. It was brilliant to have something that all of us could take part in. It got us moving and got us laughing which was great especially during this time. No one mentioned the pandemic once during the evening! Thank you"

OUTCOMES

The continuation of Sportsfest as a showcase event in Dublin City Wellbeing's annual calendar was considered a priority. As with all of the Partnership's programmes and services delivery of the event had to be rethought and reimagined. Developing the event virtually came with many challenges but also provided an opportunity to reach out to as many people as possible in the community and bring people together in the safety of their homes. The creative approach to encouraging people to keep moving reinforced the core message of Dublin City Sport and Wellbeing Partnership which is that sport & physical activity is for everyone regardless of age, ability or background and doesn't have to take place in a gym or competitive environment. The strong advertising campaign in the lead up to the event also maximised reach of the event and in general promotion of the Dublin City Sport & Wellbeing brand.



NEXT STEPS

It is envisaged that Dublin Sportsfest will continue as an annual sporting highlight for Dublin City Sport & Wellbeing Partnership. Each year the event has continued to evolve and grow, incorporating new and creative ways to celebrate this city's love of sport and physical activity. While the event remains an extremely important opportunity for Dublin City Sport and Wellbeing Partnership to showcase its service on a large scale, it is also an acknowledgement of the role many individuals and organisations play in the realisation of its goal.

Dun Laoghaire-Rathdown Sports Partnership

Couch to 2K Jogging Programmes



OVERVIEW



The programme was introduced in response to the Covid-19 pandemic, following the first set of restrictions on movement and the 2km travel limit introduced in March 2020. The purpose was to provide access to a self-directed programme which would enhance participation in physical activity for individuals during the 'lockdown' period, operating within Government guidelines for Covid-19. Dún Laoghaire-Rathdown Sports Partnership had rolled out four separate Couch to 2K programmes.

AIMS



The aim of the Couch to 2K programme was to encourage people to participate in sports/physical activity at a point in time where access to gyms, swimming pools, sports clubs and regular sporting activities etc. was restricted because of Covid-19. The Couch to 5K running programme was offered as a follow-on programme for participants of the Couch to 2K event, and new entry programme for others with their aim to achieve a 5K goal.

IMPLEMENTATION

- The Couch to 2K was managed internally by a member of the Dún Laoghaire-Rathdown Sports Partnership team.
- Participants were requested to sign up on Eventbrite and following sign up contact was made via email to each participant, advising them of the how the programme would work and be managed.
- A WhatsApp group was also set up by Dún Laoghaire-Rathdown Sports Partnership, to be used as an open forum between programme participants for the duration of the programme.
- Each week participants received their training plan via email and WhatsApp, with links to warm up and cool down videos. Staff members involved were active in the WhatsApp group, dropping in short videos and messages of encouragement, answering any queries posed by participants and ensuring effective management of the WhatsApp group
- Each programme was four weeks in duration. Participants were included in a virtual 2K event and video incorporating their individual completion at programme end which was placed on the WhatsApp Group social media thread. Additionally, a medal was sent by post to each participant who completed the programme from the Dún Laoghaire-Rathdown Sports Partnership.



"The whole thing was great, I wouldn't change a thing. Loved the videos, the plan, the group and the emails of encouragement. Loved the distance and not having to formally interact with anyone, a strange thing to say but good for private people"

92%+
COMPLETED THE
COUCH TO 2K
PROGRAMME

37%
WENT ON TO
COMPLETE THE COUCH
TO 5K PROGRAMME

OUTCOMES

The initial Couch to 2K Walk/jogging programme had an excellent take up with 150 people signing up at the outset. A significant number of participants surveyed, almost 37% went on to complete the Couch to 5K programme and almost 32% participated in the 5K to 10K programme with a further 10.5% continuing to work towards achieving their goal.

NEXT STEPS

It is intended that Dún Laoghaire-Rathdown Sports Partnership will roll out the Couch to 2K and from feedback Couch to 5K programmes again during 2021. The Partnership will build on the feedback provided from participants, using their insights to refine the existing programme and to design new programmes and initiatives to drive increased rates of participation and continued engagement in sports and physical activity. Dún Laoghaire-Rathdown Sports Partnership has already commenced a new Couch To 3K walk/jog programme with 162 participants.

Fingal Sports Partnership MarathonFamilies



OVERVIEW

MarathonFamilies was a running/walking programme that encouraged Families to complete a Marathon in a 4 to 8-week period. The purpose was to provide families with a safe, fun and healthy activity during the March – April 2020 lockdown.



AIMS

The main aims were to encourage families to exercise together, achieve a goal and ultimately improve the overall health of the family unit. Secondary to this, there was an aim to promote a positive activity at a time when stress and anxiety were high in the Community.

IMPLEMENTATION

- MarathonFamilies is adopted from Fingal Sports Partnerships popular schools-based programme Marathon Kids.
- A mixed media campaign involving social media, press releases and a video from MarathonKids Brand Ambassador David Gillick helped to promote the programme and encouraged participants to sign up via a google form.
- Given the nature of the programme, a range of different versions were devised. This allowed families of all abilities to take part as they could choose a programme based off their current fitness levels, age profiles and time available.
- There were 4 different programmes participants could pick from, an Express Programme (completed over 4 weeks), 3 days a week, 5 days a week and 7 days a week that all had various prescribed running blocks per session.
- Participating families had access to their chosen programme via The Healthy Fingal Learning Portal, an online Coach Education and Information Website. Participants were also followed up via email several times throughout the programme to see how they were progressing. A private Facebook Group was also set up so participating families could interact, ask questions and support one another.



"We usually do junior parkrun together so marathon families was fantastic as it kept my sons fit during this time"

"This is the first time I took part in the Marathon Families....and I loved it and enjoyed it. Thank you very much...I will take part again next year"

OUTCOMES

136 Families registered to take part in the programme. Fingal Sports Partnership used MarathonFamilies to signpost parents to other programmes on our learning portal, such as the Sporting Facts, Digifit and Skills Challenges. This gave Fingal Sports Partnership a great platform to engage with families at a time when the traditional methods of interaction through sport and exercise wasn't possible.

53%
of the participants had
more than 4 members
in their household

75%
of participants took
part in the 5 or 7 days
per week programme



NEXT STEPS

The original plan was for this to be a one-off programme in response to the lockdown but given the success and positive feedback, Fingal Sports Partnership are planning to run MarathonFamilies again in the summer 2021.

Galway Sports Partnership Buggy Buddies



OVERVIEW

Galway Sports Partnership's Buggy Buddies was a collection of live postnatal-friendly exercise classes aimed at all abilities.



AIMS

Buggy Buddies ensured that all abilities were catered for with a fun, friendly instructor that would enable those who are postnatal to return to exercise in a gentle and suitable manner whilst introducing the participants to varying forms of exercise – yoga, pilates, gym exercises, boot camps etc.

IMPLEMENTATION

- Engaged with communities online and through Galway Community Sports Hub.
- Ensured that people were comfortable using the technology and that it was accessible.
- Appointed the correct instructor who had the ability to understand each participant and could accommodate for their unique circumstance, which was key to the success of the programme

OUTCOMES

Whilst the numbers for participation were not as high as expected, the engagement and growth potential of this programme is why Galway Sports Partnership have focussed efforts to ensure the success of this pilot is expanded to all postnatal mothers across city and county. Over 170 participants took part in this programme and 85% have stayed exercising in some capacity after the programme and have supported and committed to other programmes on offer through the Community Hub as well as the Sports Partnership. The immeasurable impact of the programme lies around how the participants reported they felt afterwards; more confident, healthier and part of something special.

"This is so much fun, a great way to meet people, distract from the pandemic and help me get active"

"Was great to have something just for me, but can manage it with the kids"

179

women attended buggy buddies programme



NEXT STEPS

Following the pilot programme, this will be released wider through online channels. More instructors will be engaged and opportunities to become involved will be expanded to full city and county.

The online profile of Galway Sports Partnership is under revamp as well as marketing and communications in general so the programme will have suitable graphics and campaigns to engage and capture audience attention

Kerry Recreation and Sports Partnership Kerry's Wellbeing Walks



OVERVIEW

Kerry's Wellbeing Walks was a six-week programme that came about in response to Covid-19. It was inspired by the "Woodland for Health Programme" with the view of running a similar programme but making it available to everyone. Engagement with nature through outdoor activities has a significant positive impact on people's mental health and wellbeing. With Ireland in various stages of restriction since mid-March, Kerry Recreation and Sport Partnership felt there was a need for a more outdoor programme focusing on wellbeing. The programme aimed to encourage people to get outdoors through guided walks in areas of natural beauty. It was facilitated by four local hillwalking clubs registered with Mountaineering Ireland.



AIMS

- To develop and implement the Kerry's Wellbeing Walks programme with Kerry's local hillwalking clubs.
- To engage people in nature and inspire a feel-good factor in participants.
- To encourage people to explore their local area and discover new walking locations.
- To create an opportunity for people to meet other participants in a fun, safe, social atmosphere outdoors.
- To develop a sustainable and subsidised programme which inspires participants to continue walking themselves or with other participants.

IMPLEMENTATION

Positive collaboration was established between Kerry Recreation and Sports Partnership and local hillwalking clubs who were registered with Mountaineering Ireland. An agreed approach and delivery method was established between all partners, as per the number of sessions, duration of walks and participant numbers.

The programme was promoted on social media, local papers, and past participant's communications. By working with local hillwalking clubs, new relationships have been built which will further develop club and LSP relations to enable future co-delivery of participation-based opportunities in County Kerry.



"I really enjoyed the walks. Seeing local places and fabulous scenery that I would not have otherwise seen. I would totally recommend them to anyone."

OUTCOMES

The programme was successfully coordinated and delivered across four different walking areas. This has strengthened the relationship and increased collaboration between four local hillwalking clubs and Kerry Recreation and Sports Partnership. Participants self-reported improvements in physical fitness, mental health and emotional wellbeing levels. It was also reported that the programme offered a social outlet and the opportunity to develop new friendships. Having seen the demand for low level walks, several clubs have added more of these types of walks into the yearly schedule.

"I would like to thank the organisers for a wonderful well organised experience. The 6 weeks went very quickly ...thank you for giving me this wonderful opportunity"

56 participants took part across the four hillwalking clubs.



NEXT STEPS

Kerry Recreation and Sports Partnership are considering ways to develop a regular low land walk for participants who would like to get more into nature and trail walking but are not interested in joining hillwalking clubs. There are plans to expand the programme to more hillwalking clubs around the county.



OVERVIEW

Kildare Sports Partnership organised a Virtual Walking Festival during the month of September to provide an innovative initiative which would promote outdoor activity during Covid-19 restrictions in 2020. “STEPtember” invited the people of Kildare to register online and then throughout September, gave an option for them to select a preferred time and location to complete a number of walks on the Blueway and Greenway routes along the Royal and Grand Canals in County Kildare. Sections of the Canal Towpaths were clearly marked with start point, mid-point and finish point signage and participants were invited to record a unique code which was located at each mid-point. The collection of six different mid-point codes entitled them to claim a free Snood.



AIMS

- Promote engagement in physical activity by inviting members of our community to participate in outdoor activity in County Kildare.
- Offer support and direction for individuals and families in Kildare who were seeking alternative ways to get active outdoors during the Covid-19 pandemic.
- Highlight the excellent outdoor resource offered by the Canal Towpaths along the Blueway and Greenway routes in County Kildare.

IMPLEMENTATION

- Promoted the event through social media, print media and local radio.
- Purchased Snoods and signage.
- Completed route reconnaissance and safety audits on selected Towpath sections.
- Placed signage at start, mid and finish points along each route and placed route signs and promotion codes along each route.
- Monitored and collated participants code submissions throughout the festival and responded to participant queries.
- Posted out Snoods to successful participants (on completion of 6 walks).

OUTCOMES

This initiative successfully promoted outdoor physical activity during the Covid-19 crisis. It is considered that this event had a positive and sustainable effect on the physical, social, and mental wellbeing of a significant number of people in communities across County Kildare, with a recorded increase in participation in physical activity in Kildare for the month of September. Feedback from participants suggested that there is an increased level of intention for continued participation in exercise and physical activity, post-event. Participants also made positive references towards the perceived benefits this event presented for family unit participation and towards the value of exercising outdoors for children and younger family members with their parents/guardians during a period of lockdown restrictions.

1,038 people completed the virtual challenge

“ Thank you so much for providing this excellent resource for our family, it is so important for us all to stay active in these challenging times”

“ Thank you for providing this wonderful event, my family really enjoyed some quality time together on the Canal in the past month, we intend to keep walking now and look forward to your next event”



NEXT STEPS

This programme is sustainable and will continue to grow. Due to the phenomenal success and huge amount of positive feedback, our STEPtember event will continue annually, either in its current virtual form (if required) or as an interactive walking festival each September in County Kildare



OVERVIEW

At the beginning of phase 1 of restrictions in March, Kilkenny Recreation & Sports Partnership recognised the proliferation of online exercise classes. With gyms closed and sporting activities including training prohibited, these new initiatives were good news for most people and important for keeping businesses active.



AIMS

It quickly became apparent to us that those without access to internet were going to miss out on these new opportunities and possibly become more sedentary/less active. This was particularly the case for older adults who were cocooning and people with a disability who were not attending day services. The aim of the programme was to produce and widely distribute, at local level, an easy to follow, evidence based, trustworthy resource for use by these groups.

IMPLEMENTATION

- Around the time of the first set of restrictions, KRSP were due to conduct the 3 month follow up for the Single Item Measure (M1). KRSP used these follow up phone calls for M1 as a means of contacting many of our programme participants to do a needs analysis around a home exercise programme booklet.
- Using the information obtained from the needs analysis, KRSP compiled the booklet by tapping into resources from partner agencies such as Cara, Age & Opportunity and Sport Ireland.
- A couple of drafts of the booklet were made and these were shared with partner organisations including Kilkenny County Council until the final draft was agreed on.
- The booklet contained the following:
 - Sport Ireland updates on #BeActive
 - Advice on why, where and how to be active during lockdown
 - A 6-week activity planner/tracker
 - An introductory 6 week walking programme
 - 2 x home exercise circuits
 - A guide on correct posture
 - A set of stretching exercises
 - A comprehensive list of links to online, television activities and video resources
 - Easy to read and follow motivational articles
 - Stress management and mental health awareness
 - Each page included KRSP staff contact details for anybody needing help or assistance with any aspects of the guide or with challenges faced being active.

OUTCOMES

The 16-page booklet was produced in 4 weeks (from concept through design and print) during the initial lockdown/remote working. All 2,000 copies were distributed to KRSP participants (Men on the Move, Monday night walk groups and disability contacts) via post. Kilkenny County Council distributed the booklets as part of the 'In This Together' campaign. This was done through their library services and via their packs for older adults cocooning. The resource was also promoted through social media and available online, targeting those who could access it to make the resource available to older adults or people with a disability in their lives.



NEXT STEPS

KRSP Coordinator and Development Officer brought their experiences gained from producing this booklet to the LSP working groups to produce similar, Sport Ireland and LSP branded activity leaflets for disability and older adult groups for distribution across the LSP network nationwide. As part of the Keep Well campaign, KRSP is preparing an activity bag for older adults and people with a disability with additional exercises included. The activity bag is supported through the availability of online older adult exercise programmes available through nursing homes, disability services and a community class in response to the demand locally.



OVERVIEW

Get into Golf was developed to provide golf lessons for women in a safe, friendly, and sociable environment.



AIMS

To promote golf for women and to attract members to the local golf club.

IMPLEMENTATION

- The programme was designed by the Confederation of Golf in Ireland that involves lessons with a PGA professional and introduction to golf with the assistance of members.
- Due to Covid-19 the programme commenced later than planned – 4th July and finished on the 7th August.
- The programme involves six lessons in groups of six, equipping participants with fundamental golf skills.
- A group of six was assigned a weekly lesson time with the coach. A volunteer member of the club who attended each lesson and brought the participants into the clubhouse for refreshments. Participants also received handouts.
- The participants were presented with an offer of an 18-month membership, ending in December 2021.

OUTCOMES

All the participants have developed the fundamental golf skills of driving the ball, chipping and putting and have had practice on the golf course. Due to the success of this programme, ten women and 1 junior girl have joined the local golf club so far.

“Excited about joining such a friendly and encouraging golf club.”

60 women took part in the Get into Golf programme

11 women have gone on to join the local golf club



NEXT STEPS

Laois Sports Partnership hope to attract more participants from this programme to become members of the local golf club. Current participants will continue to be supported by current members of the club with continued practice on the course and instruction on club etiquette and rules.

Leitrim Sports Partnership

Ability Not Disability Inclusive Dance Fitness Programme



OVERVIEW

The Ability Not Disability Inclusive Dance Fitness Programme provided people of all abilities the opportunity to enjoy participating in inclusive dance fitness sessions. This was a new programme for all the participants.



AIMS

The aims of this Leitrim Sports Partnership programme were to provide a healthy, fun and safe environment for people to exercise and dance while encouraging participants to socialise and meet new people. To increase physical activity opportunities for people with disabilities while getting active, having fun and enjoying the programme with their friends and to provide a social outlet for all the participants on the programme.

IMPLEMENTATION

- The planning of Leitrim's Inclusive Dance Fitness programme involved collaboration with the Leitrim Sports Ability Forum partners, service users and Leitrim Sports Partnership.
- The Sports Inclusion Disability Officer contacted all the partners and discussed and listened to the feedback from all the partners on what kind of programmes they would like the service users to participate in.
- Positive collaborations, an agreed approach and delivery method were established between all partners as per dates, times and instructors for the programme delivery.
- Programme and event promotion was conducted via social media, local papers and direct contacting and inviting people to the programme.
- The programme was held in Carrick on Shannon, where the participants could either walk to or get transport to as it was located close to a few disability centres and had public transport nearby for the participants if needed.
- The participant's feedback was incorporated into the sessions as the programme progressed. This meant noting participant's favourite songs, dances and events such as birthdays and celebrations.

OUTCOMES

Leitrim Sports Partnership are delighted to say there was over 50 people participating in the Leitrim Inclusive Dance Fit programme weekly and over 20 carers got the opportunity to learn new ideas and dance routines to help continue and encourage the service users/participants to practice at home and stay active. This programme continued throughout 2020 as we constantly adapted it in keeping with restrictions. The programme was moved online and had over 40 people participating in our online Dance Fit Zooms and YouTube videos were made for the participants. When restrictions allowed it, smaller social distanced Inclusive Dance Fitness sessions were held outside.

This programme was not only an opportunity to engage people with additional needs in physical activity but also created an environment where friendships were formed, and people felt happy and really enjoyed the programme experience. The Zoom sessions then provided a much-needed outlet for participants to see each other, have fun and participate in physical activities that they enjoyed. As part of the programme, all the participants were encouraged to repeat the dance routines and exercises at home with their family members.



NEXT STEPS

The programme was hugely successful in 2020. There was keen interest for new participants to take part in the programme so in 2021 Leitrim Sports Partnership has expanded the programme by offering two different sessions per week on Zoom. Feedback from participants, parents and services providers was very positive and the next steps for this initiative are to sustain this programme long term while assisting and encouraging the participants to keep active, stay engaged and enjoy the fun of the programme. This programme continues to provide a positive social outlet for all the participants.

"The Dance Fitness sessions are the highlight of my week and I love seeing everyone."



Limerick Sports Partnership

Active Schools Week Challenge



OVERVIEW

The purpose of this initiative was to try and engage the primary school community in physical activity with their parents/guardians and siblings. Children were in lockdown from school and the traditional school-based challenges and activities of Active School Week could not go ahead. Disengagement from the school community and isolated from friends, the purpose of the challenge was to give the children something fun to do while engaging in physical activity but also to reconnect them with friends, classmates and their school through the creation of an obstacle course. The added incentive of potentially winning a voucher for sports equipment for your school meant that participants really highlighted their respective schools in their video uploads.



AIMS

The aim of this initiative was to encourage families to get creative and design their own obstacle courses and encourage familial physical activity and connectivity. There were no requirements as to equipment etc., only that the course involved running, jumping, and throwing. While the short-term aim was to encourage families to be active together building and completing the course, the legacy of the challenge is that parents and children were made aware of how easy it can be to be physically active together and have fun while doing so. This challenge also brought children together virtually at a time when they were home from school, away from friends and classmates. Sharing videos on the Limerick Sports Partnerships social media platforms, tagging their schools and friends allowed them to reconnect with the school community through the medium of physical activity.

IMPLEMENTATION

- Students from primary schools were invited to construct their own "at home obstacle course". There were no prescribed rules only that the course had to include elements of running, jumping and throwing.
- Participants were then invited to share videos of their course and tag their local school. The social media platforms used were Twitter, Instagram, and Facebook.
- On completion of Active Schools Week, all entrants were entered into a draw to win a voucher for sports equipment for their school.
- Limerick Sports Partnership staff managed the social media platforms and interacted and encouraged all entrants through the length of the challenge.



OUTCOMES

- 129 obstacle courses were built- including the fundamentals of running/jumping/throwing.
- Increased partnership with schools to promote the annual Active School Week.
- Increased awareness of the Limerick Sports Partnership across the city and county.
- New followers/likes and hits on all of the Limerick Sports Partnerships social media platforms.
- Social connectedness in the virtual world encouraging children to participate in the challenge for their school.

"I have never seen him spend as long doing anything outside... it took about three hours to build it and about 30 seconds to go through it, but he loved it".



NEXT STEPS

The next steps for this initiative is to make it even bigger and better for next year's Active School Week. The Limerick Sports Partnership intend to double the number of individual entries and also increase the number of schools who take part. Assuming that schools will be back to normal then the initiative maybe expanded to encourage teachers to build an obstacle course with their classes and participate through the school. There is unlimited potential with this initiative as its safe, fun and both adults and children can participate simultaneously.

Longford Sports Partnership Summer Walking Series



OVERVIEW

This was a four-week walking initiative with two walks each week on eight of Longford's most scenic walking trails.



AIMS

The aim of the initiative was to provide an opportunity for the people of Longford to engage in physical activity in a way that allowed them experience the joys of the exercise in the outdoor, connect with others, feel part of an active community and encourage ongoing walking participation after the initiative was complete. The initiative also aimed to promote some of the great walking trails Longford has to offer.

IMPLEMENTATION

- Longford Sports Partnership connected with Longford Tourism to promote the initiative. The initiative comprised of two components, firstly a series of community walks adhering to Covid-19 restrictions, and secondly a virtual option where people could walk each trail at a time of their own choosing.
- A guide to each walk was created and emailed to each participant prior to the walk taking place. This guide included our onsite system for ensuring Covid-19 compliance, a description of each walk and a video of the trail.
- People registered for individual walks or the series of all eight walks. Longford Sports Partnership set the 'Longford Trail Challenge' and anybody that completed all eight walks in the challenge either in person or virtually by themselves received a free t-shirt.
- Virtual participants were asked to email a picture to Longford Sports Partnership of them on each trail at a pre-set landmark point.
- Each walk in the series took place over the month of August. Walk leaders attended each walk to guide each preassigned pod of 15 walkers along the walk to ensure social distancing and Covid-19 guidelines were adhered to.

"All the walks were very enjoyable, great to have such amenities in the locality. Well done on co-ordinating it all."



NEXT STEPS

Following the initiative Longford Sports Partnership organised Nordic Pole Walking taster sessions and a successful Nordic Pole Walking programme. As restrictions were introduced again before the end of 2020 Longford Sports Partnership organised a virtual walking challenge. 979 people took part in this challenge with many of these having participated in the Summer Walking Series. Further steps will include the promotion of further virtual walking programmes and initiatives while Covid-19 restrictions continue and expanding and developing the Longford Summer Walking Series further this summer within Covid-19 guidelines. There are also plans to develop community walking groups around County Longford when Covid-19 restrictions allow and identify and train locally based walking leaders.

OUTCOMES

In terms of numbers of people engaged overall, 550 registered for one of our summer walking series options. 60 of these registered for our virtual walking option and 52 registered for our "Longford Trail Challenge". Over 400 people attended walks in person over the four weeks. This initiative increased participant's awareness of safe and scenic outdoor walking venues in Longford and generated a greater appreciation of outdoor spaces locally for the use of exercise and physical activity. The initiative gathered great momentum in the build-up and over the four weeks that it took place. It seemed to capture the imagination of people and tap into a great desire to be active outdoor this summer following tighter Covid-19 restrictions earlier in the year.

550 people registered for the Summer Walking Series

979 people participated in Longford Sports Partnership follow up virtual walking challenge.



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Louth Sports Partnership Learn to Cycle Inclusion Programme



OVERVIEW

The purpose of the programme is to provide the opportunity for every child with Autism in every primary school Special Needs Unit to learn how to cycle through the learn to cycle programme.



AIMS

The aim is to deliver the 'Learn to Cycle Programme' to every child in every primary school Special Needs Unit in Louth, providing them with the skill for life. To teach children with learning disabilities to cycle in a safe secure environment. To teach children with learning disabilities to cycle a two-wheeled pedal bike without stabilisers. The purpose of this programme is to give students the opportunity to learn how to cycle and become more active. It provides inclusive, enthusiastic and motivating lessons to all children, using balance bikes to develop fundamental cycling skills and progressing to pedals as suitable for each individual child.

IMPLEMENTATION

- Louth Sports Partnership contacted all 11 schools in the Louth area that have a Special Needs Unit and offered the training programme to each of them.
- The company 'Bike Green' delivered the Learn to Cycle programme in all the schools over a six-week period.
- The tutor went to all schools twice a week, delivering the programme to ensure that the children learned all the skills needed to complete the programme.
- The funding for the programme came through Healthy Ireland which allowed for the purchase of a number of bikes and helmets that were delivered to the schools. This gave the children the opportunity to maintain the skills they learned ensuring the benefits of the programme are sustainable.

OUTCOMES

The Learn to Cycle programme was delivered to over 176 children. Every child took part in two sessions, one week apart. During the first session, some children were able to pedal the bikes slowly using their feet on the ground. By the second session most of the children sat on the bikes of their own accord and some were able to stride or pedal around.

"The children were very engaged in the lessons and really enjoyed taking part. They learned many new skills and made great progression in the areas of balance, co-ordination and learning how to cycle a bike. Their teachers and SNA's were delighted to have the opportunity to learn how best to support the children in continuing with their new cycling skills and said that they were very impressed with the programme"

Principal

176 children took part

35 bicycles and helmets were purchased and placed into schools



NEXT STEPS

The next steps for the programme is to organise training for the special needs assistants in each school to ensure they can deliver the programme. In the hope of obtaining increased funding, the programme will be delivered again to more schools to ensure all children entering primary school units have the opportunity to learn the skill of cycling. Both staff and children gained a great deal and reported that they would love the opportunity to take part in more cycling programmes in the future.

Mayo Sports Partnership Women on Water (WOW)



OVERVIEW

The purpose of this programme to encourage more women to be active and to provide an opportunity to take part in water sports.



AIMS

- To introduce women to paddling sports such as kayaking, SUP boarding and canoeing.
- To also provide links to local clubs and organisations who run such activities on a regular basis.
- To make these sports more accessible for women without huge costs to the participant

IMPLEMENTATION

- Targeted promotion of the programme was undertaken via social media using Facebook/Instagram and a specific email campaign. Mayo Sports Partnership also put the information out through various contact lists from previously run programmes.
- An external contractor Mayo Adventure Experience was used to provide the activities as the local clubs did not have the resources available.
- Due to Covid-19, the target number of participants was 24 (2 sessions of 12 participants over 6 weeks). Each session was broken down to a ratio of 1:6 in line with NGB guidelines and lasted 1.5 hours.
- Participants were exposed to a variety of water sports in the hope they would gain more from the experience. All sessions were kept fun and interactive and very sociable for the participants with the emphasis on having fun and meeting like-minded individuals who wished to be active on water.
- There was a minimal fee to cover equipment rental paid by participants and funding was used to pay for the two instructors. All those who signed up to the programme were eligible for membership to Irish Canoeing Union, who were the backing NGB of the program until the end of 2020.

OUTCOMES

The programme was a huge success, achieving all three of its intended aims. In terms of the numbers signing up, 54 women were signed up to the six-week programme, with a further 52 on a waiting/reserve list. The aim was signing up a maximum of 24 participants. However, the programme reached 106 expressions of interest. The course was announced at 9am. By 10am the programme was at full capacity with calls still coming in. Due to the high volume of calls, it was decided by the Mayo Sports Partnership to extend the programme to cater for as many women as possible. A further 3 sessions were added due to the availability of instructors, with this potentially being doubled if there had been instructors available to run additional sessions.

54 women participants **52** women on a reserve list



"Brilliant fun every minute. Learned so much. Really enjoyed it. Every woman should try it, you will have a laugh and learn lots!"



NEXT STEPS

The next steps for this program would be to continue the program in Spring time to cater for those who missed out on the last program with the similar format of multi-sport activity. It is also hoped to further develop the program with the local clubs to get more women involved with clubs and also to develop the skills of those who have completed the course.

Meath Local Sports Partnership

Walk n' Tone



OVERVIEW

The purpose of this programme was to provide older people with an opportunity to be physically active in an outdoor setting by incorporating walking and gentle exercise.



AIMS

- To increase physical activity levels in older people by providing activities which improved flexibility, mobility and strength whilst increasing cardio and aerobic capacity levels.
- To provide a safe environment in which older people could be physically active
- To provide one hour per day for 6-week exercise/walking programme

IMPLEMENTATION

- The programme took place in Blackwater Park, Navan, Co. Meath. During this time the park was closed off to the public during the government restrictions due to Covid-19. Meath LSP negotiated the opening of the park with Meath County Council for designated hours of use for adults 55+.
- Time allocated was from 1pm – 3pm. All adults had to pre-register over the phone with Meath LSP and complete Covid-19 protocols.
- Area used for exercise activity was sectioned off to allow for 2m social distancing guidelines. Each participant brought their own mat; no equipment was used so risk of infection spread through touch points was removed.
- The programme was simple but very effective. The tutor brought the participants through mobility warm up exercises, body weight exercises, aerobic movements and how to do mindfulness walking.



OUTCOMES

- Improved mental well-being, self-esteem and enhanced moods – having been cocooned for two months, participants enjoyed the opportunity to socially interact with other people
- Participants flexibility, mobility & strength improved
- Increased aerobic capacity – at programme end, participants were able to walk further/faster (do two laps of 1.4km park instead of one lap)
- Increased self confidence in their ability to perform exercises
- Increased trust and feeling of being safe – those participating could see the measures that were being taken to ensure that risk of infection spread was reduced if not removed.

"It was great to get out again, I haven't been out in months."

"The park being opened at that time for us really made me feel safe and enjoy the exercise even more".



NEXT STEPS

Based on the colloquial findings and feedback from participants, Meath LSP will roll out Walk n' Tone programmes across different areas of the county over the early months of 2021.

43 participants registered.

42 participants completed the 6 week programme

70% of the group maintained or improved their activity levels from pre to post programme (based on M1 findings)

Monaghan Sports Partnership

Monaghan Women's Virtual Mini Marathon 2020



OVERVIEW

The purpose of the event was to engage adult females across the county to participate in a physical activity challenge, one that was attainable and possible for anybody to complete by doing so in their own way.



AIMS

The main aims of this event were:

- To provide an event targeted at females only to promote increased female participation in sport and physical activity.
- To provide an alternative challenge to those who might have been planning on completing a road race/mini marathon/walking challenge.
- To provide a challenge which was possible to complete at a time and date that suited the participant (within the European Week of Sport) by either walking/jogging/running or by completing a 5K challenge or 10K challenge.
- To emphasise that sport and physical activity is for everyone, regardless of age, ability or gender.
- To engage females in a challenge which was possible to complete outdoors despite localised Covid-19 restrictions in place.
- To give participants an opportunity to 'showcase' female participation and in doing so, inspiring others.

IMPLEMENTATION

- This event was initiated by Monaghan Sports Partnership in Autumn 2020 to celebrate the European Week of Sport and the 20x20 Women in Sport campaign. The event involved all registered participants completing either a 5K or 10K event at any time over the week of the European Week of Sport 2020.
- All registrations were taken well in advance of the event in order to give participants a lead in time where they could "prepare" for the event through regular activity, and also to allow for Monaghan Sports Partnership to purchase and distribute event t-shirts to all participants prior to undertaking their challenge.
- Before finalising the details of this event, Monaghan Sports Partnership contacted all running clubs/walking groups across the county to ensure this event did not clash with other events scheduled for that week.
- Monaghan Sports Partnership, developed a social media campaign, promoting a series of positive messages and images in the lead up to the event week and through event week to inspire, encourage and motivate females who were taking part.
- Once all participants had completed their challenge and sent a photograph to Monaghan Sports Partnership, they all received a limited-edition finishers medal via post to celebrate their achievements.



NEXT STEPS

There is consideration for an annual event for women across the County, linking in with external partners to reach more participants. There are plans to expand this event to include teenage girls, running a lead up programme in Post Primary Schools and an event day for girls to participate in, to increase teenage girl participation in sport and physical activity.

OUTCOMES

200 female participants took part in Monaghan's first virtual Mini Marathon Challenge with participants of all ages, ranging from 17 to 74 taking part in the event. Some women achieved their ambition of completing a 5K/10K challenge for the first time. Participants have reported that they have continued to walk/jog after the event had completed.

Offaly Sports Partnership

1 to 1 Physical Activity Supports for People with a Disability



OVERVIEW

Due to fears of underlying medical conditions, people with a disability were one of the groups least catered for during the reopening of sport in the summer of 2020. Many families felt isolated and the only supports being made available were resources in printed formats or online platforms. This ensured that appropriate provision was made for people with a disability to be physically active during the reopening of sport.



AIMS

To provide quality provision to support people with disabilities to continue to participate in physical activity.

IMPLEMENTATION

- Three suitably qualified tutors were recruited to deliver tailored one to one supports for people with a disability.
- Suitable participants were recruited to undertake the programme with an initial consultation and assessment with each participant at his/her home before the start of the programme.
- An eight-week personalised training plan tailored for each individual was developed.
- There were regular check ins and follow ups with participants over the eight weeks. This follow up also included contact with parents/carers as appropriate.

OUTCOMES

One to one personalised physical activity programmes were delivered for 47 people with physical, sensory and intellectual disabilities by three tutors.

"Programme exceeded my expectation. Fantastic programme tailored to childrens' needs – minimal equipment which is excellent for me as a parent. Clear cut concise nature was fantastic to do at home. Instructor was amazing and worked so hard with children."

Parent

"I have really enjoyed the programme – my tutor was excellent. They explained everything thoroughly – I will keep up these exercises in the future."

Participant

INDIVIDUALISED PHYSICAL ACTIVITY PROGRAMME
For people with a disability

New programme begins in January 2021

- * You will meet with a Sports Tutor to create a physical activity plan in line with your interests to promote your personal fitness.
- * The Tutor will then design an 8 week physical activity programme which will then be implemented by the individual independently.
- * Open to people with a disability in Offaly from Primary School age to Adult.
- * Limited availability of places
- * All covid 19 government guidelines including social distancing will be adhered to at all times.

Parental/ Guardian consent required for u18s

Expression of interest to : Jean in Offaly Sports Partnership
(Pre - booking essential)
086 7902508 (Monday - Friday 9am - 5pm only)

Logos: CYPSC, HSE, hi (Healthy Ireland), SPORT IRELAND



NEXT STEPS

While growing the programme proved problematic when government guidance preventing home visits (including visits to peoples' gardens) were introduced, funding has been secured from the HSE and Children and Young Peoples Services to continue to grow this intervention in 2021 when public health guidelines allow.

Roscommon Sports Partnership

Introduction to Open Water Skills Programme



OVERVIEW

The overall purpose of the programme was to introduce adults and teenagers to open water swimming and complete a swimming event at the end of the programme. The introduction to open water skills programme consisted of one coached session per week, and aims to improve swimming technique, build confidence in the water and increase distance in the open water environment. The programme also wanted to highlight the opportunities that exist on our local waterways and to reconnect the community with the outdoors for sporting and recreational activities. There is also a social aspect to the programme allowing participants the opportunity to attend a mass participation week as part of European Week of Sport on completion of the programme. A six week and eight week programme were delivered in two locations in Roscommon.



AIMS

- To further enhance LSP/NGB links to enable the co-delivery of an open water swimming programme as a fun recreational and accessible activity
- To provide an activity that takes place outdoors and provides physical exercise in order to benefit participant's health and wellbeing
- Implement Action Area Six 'sport and physical activity in the community' from the National Physical Activity Plan for Ireland. Focusing on reference number 47 'continue to support the work of the National Governing Bodies of sport in implementing programmes to promote physical activity'
- Utilise local coaches and facilities to ensure sustainability of the programme

IMPLEMENTATION

- Roscommon Sports Partnership partnered with Swim Ireland to deliver a six week and eight week tailored swimming programme in open water
- Partnership Agreement in place between Roscommon Sports Partnership and Swim Ireland with clear roles and responsibilities identified in order to deliver a quality programme
- Participants were recruited through various social media platforms
- Upon completion of the programme, participants had the option of trying an open water swim event as part of European Week of Sport 1500 and 750m for adults and 750m for children aged 11 to 17.



NEXT STEPS

- Due to its popularity, funding will be sought to deliver more programmes, and provide training for volunteers locally
- It is hoped to introduce the programme to other locations in Roscommon and deliver it to other target groups
- Increased awareness of the initiative and its inclusion on the Roscommon Sports Partnership annual calendar of programmes
- Improve involvement of family members to make them aware of the programme and its benefits
- Develop a sustainable activity through education and training in the hope that communities with an open water facility can offer open water swimming at all times of the year

OUTCOMES

The programme highlighted the demand for open water swimming in the county for both adults and children. The programme was successfully delivered across two locations in Roscommon - 40 participants in total attended Ballyleague and Lough Key Open Water programmes. 48 participants attended the mass event in Lough Key, Boyle as part of European Week of Sport. Participants have reported increased physical activity and cardiovascular levels as a result of completing the programme, as well as increased confidence and enhanced sense of well-being. Some of the participants have gone on to join their local triathlon clubs.

"My confidence in the water has really improved and the programme has given me a new outlet to keep active."

Sligo Sport and Recreation Partnership Open Water Swimming Programmes



OVERVIEW

A partnership approach between Sligo Sport and Recreation Partnership, Swim Ireland and Community Organisations to promote safe open water physical activity programmes in rural areas in response to the local demand during the Covid-19 pandemic. Two programmes were ran – An Introduction to Open Water and Open Water Skills Programme.



AIMS

- To increase physical activity opportunities.
- To promote safe open water programmes in 2 rural communities.
- To provide an opportunity to keep active safely during the Covid-19 pandemic.
- To improve participant's confidence and technique in open water swimming.

IMPLEMENTATION

- Positive collaboration took place between Swim Ireland, Sligo Sport and Recreation Partnership, Enniscrone Community Council and Dromore West Community Enhancement Committee.
- A partnership agreement was put in place for each site agreeing roles and responsibilities of SSRP, Swim Ireland and community organisation.
- Suitable instructors and lifeguards were identified to deliver the programme who are registered with Swim Ireland.
- The programme was promoted locally through the SSRP and community organisations, with all participants registering on the Swim Ireland website.
- The programmes were 10-12 weeks long, in groups of 12 participants.



OUTCOMES

125 participants were involved in Open Water Swimming Programmes at 2 rural sites, Enniscrone and Aughris. A follow up Open Water Swimming Event, as part of European Week of Sport involving 158 participants was held in Enniscrone. Successful funding applications have been made by Enniscrone Community Council, SSRP and Swim Ireland to invest in 6 buoys and a storage container. Increasing the collaboration opportunities between Sligo Sport and Recreation Partnership, Swim Ireland and local Community Organisations has been a key outcome of the programmes.

"Great initiative, excellent coaching, Great sense of inclusion"

"Beneficial for mental and physical health and to boost confidence in the sea and also very important regarding our awareness of water safety too"

283

participants involved in
the Open Water Swimming
Programmes in total



NEXT STEPS

2021 plans in place are to pilot Swim Ireland's Daily Dippers at 4 sites, Introduction to Open Water and Open Water Skills at 4 sites, and a new Open Water Intensive Week at Enniscrone aimed at children who want to learn to swim and gain experience in an open water environment. This programme is designed to give participants the tools and knowledge about creating a safe environment for open water swimming.

South Dublin County Sports Partnership Inclusive Tag Rugby with Clondalkin RFC



OVERVIEW

South Dublin County Sports Partnership in conjunction with South Dublin County Council, Leinster Rugby Development Officers, IRFU and Clondalkin RFC delivered a four-week inclusive tag rugby programme for children with ASD and intellectual disabilities.



AIMS

The aim of the programme was to provide children with ASD and Intellectual Disabilities the opportunity to get physically active within a local community sports club. The ultimate aim on completion of the four-week pilot was to establish a new inclusive tag rugby team in Clondalkin RFC. The inclusive rugby programme provided the participants with a social outlet and an opportunity to meet their friends in a safe environment.

IMPLEMENTATION

- An initial meeting was held with South Dublin County Sports Partnership and Leinster Rugby regarding the possibility of the programme. It was decided during that meeting, that Clondalkin RFC would be approached about getting involved. They partnered with Leinster Rugby to recruit some club members to volunteer and coach for the duration of the four-week programme. This included youth players and players from their senior ladies and men's teams.
- The Sports Inclusion Disability Officer in South Dublin County Sports Partnership recruited the children with ASD and intellectual disabilities via social media and the LSP's database. All participants registered through Eventbrite.
- South Dublin County Sports Partnership, Leinster Rugby and Clondalkin RFC discussed and planned for the coming 4 weeks including session plans, coaching numbers and Covid-19 safety procedures. All participants, including coaches and parents (if they needed to be there for 1:1 assistance) were put into pods of 15.
- During the session on week 3, the Sports Inclusion Disability Officer in South Dublin County Sports Partnership, the head coach for the programme and the chairman of Clondalkin RFC had an outdoor meeting with all the parents in attendance. The purpose of the meeting was to emphasise how important parental involvement will be for the team to be sustainable.
- For the last session, the IRFU sent out a videographer to record some footage of the programme. Leinster Rugby also had a photographer present. All images and videos were used as part of a social media campaign to promote inclusive rugby in South Dublin, Leinster and Nationwide.
- At the last session, Clondalkin RFC began the player registration process with parents so the kids could become official members of the rugby club.

"I just wanted to say thank you for organising the rugby training. It was lovely to watch all the kids having so much fun. It's a brilliant idea and it would be great if there were more activities for children with additional needs"

OUTCOMES

- 42 children with ASD and Intellectual Disabilities participated each week.
- 30 volunteers from Clondalkin RFC attended every Saturday to coach and provide 1:1 support for some of the participants.
- Clondalkin RFC have committed to making inclusive tag rugby a regular fixture and team within their club.
- Incredibly positive feedback received from parents, coaches and youth players in Clondalkin RFC. Based on the success of the programme, Clondalkin RFC received huge social media coverage from Leinster Rugby and the IRFU.



NEXT STEPS

The next big step involved is to make sure the programme is sustainable. In order to achieve this, parents have volunteered in numerous different capacities, e.g. administration-based roles, coaching roles, Covid officers, 1:1 support for certain children etc. The first step will be to get all new coaches and volunteers Safeguarded through Leinster Rugby. Any of the coaches from within Clondalkin RFC and parents who are going to volunteer will then complete Disability Inclusion Training. The theory element will be delivered online and the practical field session will take place as soon restrictions allow. This will allow Clondalkin RFC to deliver the programme independently. An official team name will be picked by the children and registered within the club. Clondalkin RFC have also committed to providing a team training kit to the new team once training recommences.

Tipperary Sports Partnership

Certificate in Sports Club Administration (Running Sports Clubs) Level 6 Award



OVERVIEW



The purpose of the initiative was for Tipperary Sports Partnership in conjunction with Limerick Institute of Technology to develop a training award for volunteers who run sports clubs. In Ireland, there are thousands of people who dedicate time and effort into making sport a great experience for those who take part. However, grassroots sport relies heavily on volunteers taking on a role in a committee, sometimes with no previous experience or training which can be daunting. The focus of the course was to provide club volunteers with the necessary skills and competencies in the areas of club finances, club management, club marketing and club development. The course is to be developed as a 10 credit special purpose Level 6 award with Limerick Institute of Technology incorporating the 4 elements supporting those involved in committees to run their grassroots club on a day-to-day basis.

AIMS



- To provide volunteers with a full understanding of the dynamics, responsibilities and relationships involved in the administration of a sports club.
- To equip volunteers with an appreciation of the skills required to oversee the complexities, be they administrative, financial or managerial, involved in the modern sports club.
- To appreciate the managerial and leadership skills needed to become a valuable contributor to the affairs of their club.

IMPLEMENTATION

- The course was developed through Tipperary Sports Partnership linking with Limerick Institute of Technology (Thurles Campus) and sourcing a lecturer with the experience, background, and knowledge to develop the course modules and content.
- Following the development of the content, the course went through the Limerick Institute of Technology accreditation process where it achieved, Level 6 Special Purpose Award.
- The course content was formatted for blended learning over a 20-week period which incorporated a continuous assessment and the development of a 3-year strategic plan for the participant's respective club.
- The course was incorporated into Limerick Institute of Technology Flexible Learning Programme.
- Tipperary Sports Partnership advertised and promoted the course to all clubs in Tipperary, with clubs paying a subsidised fee of €100 per participant.
- The course was piloted and an evaluation was carried out.

OUTCOMES

The course was piloted with 12 participants in late 2019 and was completed in April 2020. The participants were provided with numerous templates such as Health and Safety Statements, operational handbooks, members/club handbook, which could be used in their own club. The course provided exposure to a wide range of open course resource packs, thus providing cost effective and accessible tools to support the development of grassroots sports clubs. Each participant had a better knowledge and understanding of what was involved in the running of sports clubs, made new connections with other clubs and also gained a better insight into what role and supports the Local Sports Partnership provides to their local clubs. Participants also developed their leadership and managerial skills and left with a better understanding of club structures, governance, communications and what organisational skills and administrative material is needed for club success.

NEXT STEPS



Following the success of the pilot, Tipperary Sports Partnership and Limerick Institute of Technology plan to roll out the course each year and to get more clubs involved and aware of the benefits of the course. As a result of Covid-19 the course was adapted to a full online course delivered via MS Teams. In October, 2020 the online course commenced and is due to be completed in April 2021. Following the delivery of the virtual course an evaluation will take place to assess which methods of delivery works best. If the results are favourable to the course been delivered in a virtual format, it offers the prospect of the course been available and accessible for participants outside Tipperary.



OVERVIEW

The purpose of the Waterford SportsAbility Podcast was to replace the previously planned SportsAbility Weekend event which was postponed in September 2020 due to Covid-19. The six episode podcast series was developed as an opportunity to engage people in a number of conversations related to Disability Sport and Physical Activity from many perspectives, including parents, international and para athletes and coaches.



AIMS

- To actively promote inclusion and enable participation in sport and physical activity for people with a disability.
- To increase the awareness of physical activity opportunities for people with a disability.
- To increase the awareness of the positive impact that sport and physical activity has on the lives of a person with a disability and their family members.
- To raise awareness of the barriers that are in disability sport and solutions to overcome those barriers.
- To highlight athletes with a disability as role models for other young athletes in Waterford.

IMPLEMENTATION

- Waterford Sports Partnership (WSP) secured funding from Healthy Ireland to develop and produce a Waterford SportsAbility Podcast Series.
- The Waterford SportsAbility Podcast initiative was a collaboration between Waterford Sports Partnership and Waterford SportsAbility Forum Members.
- Due to Covid-19, Waterford Sports Partnership took the lead in developing the podcast and consulted with members on a regular basis.
- Identifying suitable speakers was a key priority and the Sports Inclusion Disability Officer, Pauline Casey, and SportsAbility Forum members identified speakers for each episode ensuring there were several perspectives on the positive impact that sport has had on the lives of people with a disability and their families.
- The Sports Inclusion Disability Officer worked closely with WSP Tutor, Jamie Knox, who was instrumental on the production and promotional side of the podcast.
- Throughout the six episodes, speakers were interviewed by Pauline Casey or Karen Power (Author of the Butterfly Barn Series).
- Once the podcasts were produced and edited the focus moved to the promotional campaign. The promotional campaign included posters, press releases and a strong social media campaign with posts released in advance and throughout each episode release. Episode 1 of the Podcast was released on Friday 11th September 2020 with the next five episodes following on a fortnightly basis.

"The podcasts are positive and strengths focused. They reminded me (the listener) to remember to look to the possibilities and the potential in all of us. They showed how important it is to be creative and adapt the environment to support the person and how, when this happens, so many opportunities can be opened up for people."

OUTCOMES

It was clear from producing the podcast that the visibility of Waterford SportsAbility Forum and Waterford Sports Partnership increased. From download statistics, it would appear that the podcast reached more people with information than we might have reached if we held a face to face seminar series. Developing and producing a podcast series was a first for Waterford Sports Partnership. It was definitely a worthwhile learning opportunity for all involved and for the wider team in terms of potential future podcasting. This is another avenue that can be used to reach people in a more flexible way, giving the end user control around when and how they engage with the podcast. The podcast is also sustainable as it can be found on our website and we can continue to add additional episodes in the future.



NEXT STEPS

The podcast is a sustainable piece of work as the resource can be promoted or accessed at any time on WSP's Website as well as major podcast platforms. The Waterford SportsAbility Forum plan is to produce series two of the podcast in 2021.



OVERVIEW

The purpose of the programme was to introduce girls to the sport of Canoe Polo with the Mullingar Harbour Canoe Polo Club. It allowed girls to build confidence and learn new skills participating in a water sport on their doorstep.



AIMS

- To provide girls with the opportunity to learn and start playing canoe polo.
- To improve physical fitness and well-being for teenage girls.
- Following on from the course, to provide girls with the opportunity to join the Mullingar Harbour canoe polo team and train each week.
- For girls to gain confidence and skills within a water sport.

IMPLEMENTATION

- Westmeath Sports Partnership established links with Mullingar Harbour Polo Club and explored possible programme opportunities which would encourage girls into the sport. They established links with Waterways Ireland and Canoeing Ireland to ensure all protocols were adhered too.
- The course was designed by Mullingar Harbour Canoe Polo Club. A four and a half-day intense course covering key areas such as water safety and hygiene, capsizing drills, how to paddle, paddling strokes, dribbling solo and as a group and confident boat movement.
- As this year brought many additional elements/ challenges for programme facilitation, Westmeath Sports Partnership ensured all Covid-19 guidelines and measures were being adhered to by both the Mullingar Harbour Canoe polo club and the sports partnership.
- Promotional material was designed and the course was promoted through all social media outlets linked to Westmeath Sports Partnership and the Mullingar Harbour Canoe Polo club.
- Westmeath Sports Partnership consulted with all participant's parents in advance of the start date.
- The course commenced under the guidance of Mullingar Harbour Canoe Polo club and was supported by Westmeath Sports Partnership.
- On completion of the course, girls were invited to stay on with the club to allow for continued participation and sustainability.



"This was the first time our Club ran a Girls only programme and it was a great success. The participants discovered a new sport, and enjoyed the comradery of learning together. All the girls stayed with the club afterwards and we are already seeing some of them develop into leaders."

Mullingar Harbour Polo Club



OUTCOMES

When participants signed up for the programme through the club; they received Mullingar Harbour canoe polo/Canoeing Ireland membership for 2020. On completion of the course, all girls remained on as members with the club. Participants reported an increased physical fitness and improvements in confidence, skills and ability to play canoe polo were noted by the providers.



NEXT STEPS

In 2021, we hope to provide more opportunities for teenagers to come and try canoe polo. Due to the demand we hope to open it up to all teenagers, both male and female, to increase the numbers playing canoe polo on the harbour and under the club setting. All 15 participants were still playing with the club at the end of 2020 season with the hope they will all return next year.

15 girls participated

All 15 girls continued playing with the club after completion of the course.



OVERVIEW

Sports Active Wexford linked in with Swim Ireland to utilise Wexford coastline and beaches during Covid-19 when the pools and gyms had to close and the use of outdoor spaces was safer for everyone.



AIMS

- To increase the use of outdoor amenities which are easily accessible and affordable.
- To increase the number of people taking part in open water swimming in County Wexford.
- To create an awareness of open water swimming.
- To utilise local swim teachers for sustainability of the programme.
- To provide water safety awareness for safe use of the sea.

IMPLEMENTATION

- Sports Active Wexford and Swim Ireland chose two Wexford beaches to start this programme; Courtown Beach and Curracloe Beach.
- An initial six-week introduction to Open Water Swimming programme was established in both areas with an event held at the end of the programme during European Week of Sport. Due to demand there were four different groups set up in Courtown and two in Curracloe.
- Local qualified swim instructors and life guards were sourced and training commenced twice a week to gradually build up confidence and distance in the water.
- There was online registration to ensure that numbers were kept within Covid-19 restrictions and guidelines. The Irish Coast Guard, RNLI Courtown, Irish Water Safety, Wexford County Council, and Waterford and Wexford ETB Outdoor Education and Training Centre (Sheillbaggan) came on board to help ensure all safety measures were set in place for the 750m sea swim.
- All participants received a medal and completion pack.
- There were also two different beach yoga sessions at both events which provided local people with an alternative way to using the beach
- At the end of the programme Sports Active Wexford along with Swim Ireland organised a Let's Swim and Yoga event on both beaches.

OUTCOMES

A stronger collaboration and systems approach was made to the interagency partnership between Swim Ireland and Sports Active Wexford and also with Irish Water Safety and The RNLI. This programme increased use and awareness of the outdoor environment by using Wexford beaches as an opportunity to promote physical activity outdoors including swimming and yoga, and time spent outside. The sustainability of the programme, with a community of swimmers being developed from one location, has aided the promotion of the benefits of open water swimming both for physical and mental health, especially during the Covid-19 restrictions.

88 participants took part



"Thank you so much for Saturday it was fantastic, it was really well organised, I felt really safe in the water at all time I could see someone on a board or in the boat" - Participant

"Great experience and very informative - a very positive vibe with everyone doing the course" - Participant



NEXT STEPS

New season of lessons set for when restrictions lift and guidelines state that it is safe to do so. Sports Active Wexford want to increase the number of beaches taking part in 2021. There are plans to run an intensive open water swimming programme for children during the school holidays.



OVERVIEW

To provide people of all ages and abilities with a variety of cycling events over Bike Week.



AIMS

- To encourage cycling in the community
- To get people to try a variety of cycling taster sessions and areas to cycle in
- To build confidence in bike maintenance and encourage greater participation

IMPLEMENTATION

- Wicklow Sports & Recreation Partnership collaborated with local bike providers who had valuable experience in mountain biking and road cycling events as well as technical bike maintenance experience.
- Connections were made with a Wicklow resident who is a mountain bike coach and Female Masters winner of the 2018 Enduro World Series.
- Wicklow Sports and Recreation Partnership engaged with Community Groups, Schools and Sports Clubs so that they could run their own events, creating opportunities for more participation in biking, through bike to school, cycle around your community and using the green space of GAA pitches to make cycling a fun, family focused and safe experience.
- County Wicklow has a range of cycling opportunities from our coastal towns and villages to the forests and trails where some of the country's best mountain bike routes exist. The west of County Wicklow offers the beauty of Blessington lakes and the opportunity to Cycle the Greenway.



OUTCOMES

Wicklow Sports and Recreation Partnership hosted over 20 events during Bike Week:

- Women only and kids only Mountain Bike Taster Sessions at Ballinastoe, Roundwood
- 3 coach led Cycle the Greenway, along Blessington lakes events
- 4 Bike Maintenance Workshops
- Come Cycle with us, a family focused leisurely cycle
- Teenage mountain bike taster session with 2 groups over 2 days
- 9 Community Groups, Sports Clubs and Primary Schools hosted skills sessions, bike maintenance, cycling focused colouring competitions and social engagement in the community through cycling.

688 total participants

"We normally have about 30-35 boys who cycle to school. Last week we saw up to 100 per day."

Ballyconnell ICA



NEXT STEPS

Wicklow Sports and Recreation Partnership were delighted with the demand for the women only Mountain Bike Taster session and a 6 week programme for early 2021 is planned. A need for fundamental bike skills was also identified among some teenagers and also those attending ASD units, so a course is planned for early 2021 in Learn to Cycle for People with a Disability Tutor Training. From this Wicklow Sports and Recreation Partnership will engage ASD Teens to learn to cycle and also run an Inclusive Learn to Cycle Programme through 3 primary schools within County Wicklow, with 2 to 3 ASD units in each school.



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



Section 4

Evaluation



Sport Ireland, through the support of Dormant Account Funding, established an evaluation team to oversee the evaluation of national projects and the work of LSPs and NGBs. The team has developed a systemic evaluation framework through national level monitoring using a combination of demographic and physical activity measures. In 2020, the team undertook project evaluations on the Community Sports Development Officers, Active Cities, Innovation and Urban Outdoor Adventure Initiative, with a number of these ongoing into 2021. A holistic review of the LSP network was also undertaken in the form of an LSP Insights Report.

2020 Systemic Evaluation

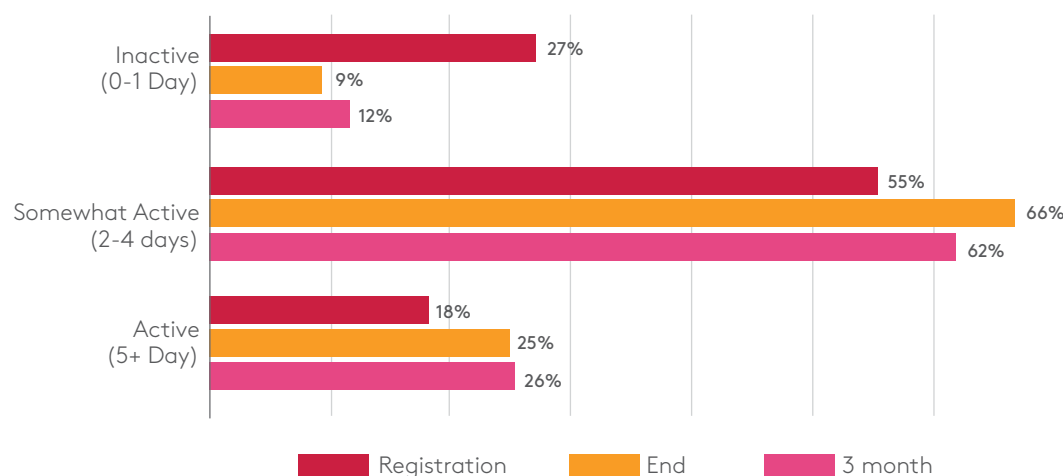
In order to assess the impact of their work, LSPs have adopted the use of a Single Item Measure (M1). M1 is an internationally validated self-report measure that allows an organisation to track an individual's rates of participation in sport and physical activity. The question asks participants to recall how many days they were active for 30 minutes or more (in line with the National Physical Activity Guidelines) in the last 7 days. The question is asked of participants at programme registration, on the last day of the programme, and at 3 month follow up. Those active for 0-1 day are classified as being inactive, 2-4 days as being somewhat active and 5+ days as active.



The role of Sport Ireland funded participation initiatives is to move participants from the inactive bracket towards the somewhat active and active brackets. To be able to demonstrate this movement over the lifetime of a range of programmes will mean that Sport Ireland can present strong visual evidence of the benefits of its work to government, partners and the funded bodies.

Sport Ireland continue to support Local Sports Partnerships and National Governing Bodies to collect impact evaluation data for their participation programmes using M1. These guidelines have now been expanded to include a validated two-item questionnaire for measuring physical activity levels in children aged 10-15 years called PACE+. Sport Ireland are now receiving M1 data on an ongoing basis from LSPs. This data improves our understanding of what makes a physical activity initiative successful (or not), which will influence how we meet the National Sports Policy targets. To date we have received M1 data for almost 6,000 participants at registration. We have received 3 month follow up data for almost 1,700 of these participants. The data indicates that LSP programmes are sustainably moving participants from inactivity to greater levels of activity.

Figure R - LSP M1 Data



The M1 data collected to date demonstrates that LSP initiatives are targeting the right people with 7 out of 10 participants not meeting the National Physical Activity Guidelines at registration and almost 20% of them being classified as inactive.

Further, the data demonstrates that the LSP initiatives are successful in sustainably moving a significant percentage of people from inactivity towards activity. From baseline measures to 3-month follow up, we see the percentage of participants that were inactive reduced from 17% to 10% with a decrease in somewhat active participants from 54% to 49%, making way for a substantial increase in active participants from 28% to 40%.

In the data breakdown, Sport Ireland can observe that across various demographic groups some initiatives have a larger impact than others do. Use of the M1 question will be complemented by a deeper qualitative evaluation for select initiatives in 2020 and 2021 to understand what factors contribute most to their success. The combination of this data will allow us to shed a light on LSP initiatives with highest impact, along with an understanding of what makes them effective.

2020 Project Evaluations

Evaluation of the Community Sports Development Officers (CSDO) Programme

The purpose of this qualitative evaluation of the CSDO programme was to assess the extent to which the goals and actions of the CSDO programme have been implemented. It was found that the actions of the CSDO programme are being carried out to a great extent across the network of CSDOs, especially under the pillars of Community Activation, Planning and Relationship Building. These actions align with the original intention for the CSDO programme and enable a conclusion that the programme is a positive investment across the LSP network. Actions under the pillars of Research, and Monitoring and Evaluation require continued support from Sport Ireland in the form of templates, training and capacity building. This evaluation also aimed to explore the key successes and challenges that the CSDO programme has experienced. Some minor modifications and adjustments to the programme were suggested to overcome the challenges which are all noted within the evaluation report.

LSP Insights Report

The LSP Insights Report provides a holistic review of the work of the LSPs. The review is based on a range of quantitative and qualitative data gathered from the LSP network. It is intended for internal distribution to Sport Ireland's network of LSPs to provide a reference document to consult in the development of operational plans and budget submissions to Sport Ireland. The report provides insight into the strengths, weaknesses, and opportunities that exist for the LSP network and highlights areas of future work for both Sport Ireland and the national network of LSPs in order to further the goals of the National Sports Policy, the National Physical Activity Plan and the Sport Ireland Strategy as well as the LSP strategies and the Local Sports Plans. The report includes chapters dedicated to LSP Finances, Programmes and Initiatives, Training and Education, Governance, Communications, and Club and Community Development. This report highlights that increasing sport and physical activity participation requires a multifaceted approach and relying on programmes alone may not be enough to increase county level participation. It establishes a number of important principles to adhere to that, when aligned, will help encourage maximum participation.

Ongoing Evaluations (2020-2021)

Evaluation of Urban Outdoor Adventure Initiative

The Evaluation of the Urban Outdoor Adventure Initiative (UOAI) is currently taking place, focusing on the UOAIs funded in 2017, 2018 and 2019. This initiative is overseen by the LSPs, with the ambition of sports clubs, schools, community organisations, agencies and NGBs working together to create greater opportunities for people living in urban areas to participate in physical activity through adventure sports. The theory of change underlying this Urban Outdoor Adventure Initiative is that *'participants who interact with nature and experience new outdoor adventure sports are successful in developing confidence and skills and this helps young people to manage risk and encourages them to welcome challenge.'* A process and outcome evaluation is being completed to understand to what extent LSPs who have rolled out the initiative, have achieved their intended outputs, outcomes and aims and, what has contributed to their success. Beginning in quarter four of 2020, it is due for completion circa June 2021.

Evaluation of the Sport Ireland Active Cities Fund

The Evaluation of the Sport Ireland Active Cities Fund 2020, which began in quarter four of 2020, entails of a prospective, process and outcome evaluation. The Active Cities fund invests in sport and physical activity initiatives in Ireland's five cities – Dublin City, Fingal, South Dublin, Dun Laoghaire-Rathdown, Waterford, Cork, Limerick and Galway with the aim of creating, maintaining and increasing the numbers of citizens, regardless of age and ability, participating in sport and physical activity in their city. The purpose of this evaluation is to understand to what extent funded bodies who have rolled out the Active Cities programme, have achieved their intended outputs, outcomes and aims, and if so, what contributed to their success. The report will present national level findings across all funded programmes, as well as highlighting the success or otherwise, of individual programmes. The key findings of this evaluation will inform Sport Ireland's investment in the Sport Ireland Active Cities fund going forward. This evaluation is coinciding with the implementation of the programme, with year one of this programme funding and the evaluation due for completion at the end of 2021.

Evaluation of the Sport Ireland Innovation for Sports Inclusion Fund

The Innovation for Sports Inclusion Fund programme is funded by Sport Ireland through the Dormant Accounts Fund (DAF). In 2020, Sport Ireland funded bodies received funding to roll out the Innovation for Sports Inclusion programme. An evaluation is now being completed to deliver a prospective, process and outcome evaluation of the Innovation for Sports Inclusion Fund 2020, to understand to what extent funded bodies who have rolled out the programme have achieved their intended outputs, outcomes and aims, and if so, what are the factors that influenced this. It is expected that the evaluation report will present national level findings across all funded programmes, as well as highlighting the success or otherwise, of individual programmes. Having begun in quarter four of 2020, this evaluation is aligned with the innovation programmes during the first 12-months of their development and delivery which are due for completion at the end of 2021.

Section 5

Next Steps for LSPs



Sport Ireland's strategy to increase investment in LSP programming will support both the return to safe in person sport and physical activity opportunities, as well as build on the virtual opportunities developed in 2020. LSPs are continuing to ensure that everyone in our society has the opportunity to share in the enjoyment as well as the mental and physical health benefits of sport and physical activity during these unprecedented times.

This increase in investment provides an opportunity for Sport Ireland to support a locally lead safe return to sport. Sport Ireland will use the increased investments in 2021 to build the capacity of LSPs and to increase the reach and impact of LSP initiatives across Ireland. The 2021 investment strategy is informed by the goals of the Sport Ireland Strategy and the actions of the National Sports Policy and the National Physical Activity Plan which are now captured in the Sport Ireland Participation Plan.

Sports Inclusion Disability Officers (SIDO)

In 2021 Sport Ireland will continue supporting the full network of 29 SIDOs. The Covid-19 pandemic has reduced the services and supports available to people with a disability. The aim of the Sports Inclusion Disability Programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDOs work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities. Sport Ireland expect to see a significant increase in participation by people with a disability, a key finding of the LSP insights report, as the SIDO network establishes itself and Covid-19 restrictions reduce over time. SIDO's can also play an important role in helping to activate some cohorts of older adults who may no longer be able to participate in community based or independent sport and physical activity opportunities.

The National Sports Policy, Action 12 specifically relates to the following *"In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport"*. In 2021, all LSPs will continue to receive funding for the employment of a SIDO and for resources required to deliver Sport Irelands Sports Inclusion Disability Programme, achieving the National Sports Policy objective.

Community Sports Development Officers (CSDO)

Sport Ireland will seek to continue investing in the LSP network for the employment of CSDOs across Ireland in 2021. This proposal continues to provide support to all 29 LSPs for the employment of a CSDO each, achieving a nationwide rollout of the CSDO initiative. These Community Sports Development Officers are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities. During the pandemic, CSDOs have been a crucial resource in providing innovative solutions to activate clubs and communities while observing strict compliance with social distancing protocols.

In 2021 CSDOs will be tasked with increasing the reach of LSPs to ethnic minorities and teenagers. The CSDO's will also support the objectives of the National Physical Activity Plan action to *'Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes'*.

Additional LSP Officers

As sport plans its recovery from the Covid-19 pandemic in 2021 there is now, more than ever, a need for increased capacity at a local level to effectively support the delivery of the National Sports Policy. Sport Ireland has ring-fenced funding for the employment of additional human resources in the LSP network. This additional funding should allow for LSP's to build long lasting capacity to continue to deliver on the National Sports Policy actions into the future. This funding will be allocated based on business cases submitted by each individual LSP.

Women in Sport

Additional support for Women in Sport is referenced in the National Sports Policy, specifically referring to the high level goal of increasing participation through the *“elimination of active sport participation gradient between men and women”*. The LSPs will work with the Sport Ireland Women in Sport Lead and will focus specific initiatives on female target groups including; women in disadvantaged communities, women with a disability, older woman, women from ethnic minorities and teenage girls. The LSPs will also be asked to begin exploring ways of increasing female social participation in sport through club membership and volunteerism.

Programming

With the recruitment of SIDOs, CSDOs and additional Officers across the network it is important to provide these positions with the support and resources required to deliver safe and effective programmes at a local level. In 2021, we expect LSPs will experience increased delivery costs due to reduced group numbers and the expense of implementing robust Covid-19 protocols. Programme funding is at the core of the LSPs engagement with clubs, communities and participants and allows for the delivery of a huge range of initiatives, programmes and events. To ensure LSPs can maintain safety standards while maximising programme reach we will increase programme investment in 2021. We anticipate a huge need for support to sports clubs and communities around the country as they return to sport in 2021 and attempt to recruit and activate their members, participants and volunteers. We have increased the investment into the club and community development fund so that LSPs will be in a position to provide these supports at a local level. By investing in the development and implementation of targeted programmes and leveraging the support provided to clubs to encourage them to engage with underrepresented groups, this funding will support the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.

Governance and Risk Management

LSPs have grown significantly since their first inception. As the organisations have grown so too have their responsibilities and administrative workload. Following consultation with Sport Ireland, the CLG LSPs submitted a combined written request to Sport Ireland requesting specific investments to support the development of modern and robust GDPR, Health and Safety and HR policies. Sport Ireland supported each of the 9 CLG LSPs to support the CLG LSPs in implementing these governance and risk management projects. This funding will support the delivery of Action 31 of the National Sports Policy by providing the necessary supports for CLG LSPs to become and maintain compliance with the Governance Code and Governance best practice.

Building Awareness

LSPs identified building awareness of opportunities as one of the biggest challenges they face. This challenge was most apparent in promoting to inactive people and hard to reach target groups such as people from socio economic disadvantage, ethnic minorities and people with a disability. This challenge of building awareness was also one of the major findings of the recent LSP Insights Report and the Community Sports Hub Evaluation Report.

Despite the great work and impressive number of people who visit LSP websites and complete LSP programmes, this lack of LSP awareness is a limiting factor in the ability of LSPs to advocate on behalf of sport and physical activity locally.. Increased visibility and awareness will increase recruitment of volunteers, local investment and most importantly reach to the most challenging target groups. In order to deliver on Actions 6, 7 and 9 of the National Sports Policy LSPs must be resourced *“to promote the broadest possible participation ensuring quality and accessibility for all groups”*. Sport Ireland will continue to support the 29 LSPs in 2021 to build on the promotional work and virtual activations delivered locally as well as national campaigns.

Managing Economic Risk

Sport Ireland is aware of the downward risk Brexit and the Covid-19 pandemic presents to the Irish Economy and the potential reduction in investment from central government in the coming years if the economic consequences of these events prove to be negative. By increasing programme investment as well as human resources in 2021 Sport Ireland and the LSP network are better equipped to absorb potential economic shocks in the future with reduced risk of disruption to human resources and the associated HR, trust and sports development fallouts. In 2020, 77% of Sport Ireland's investment into the LSP network supported salaries and operating costs and we will seek to reduce this exposure into the future.

Local Sports Plans

Action 8 of the National Sports Policy has tasked Sport Ireland with supporting Local Authorities in developing Local Sports Plans consistent with the overall vision and objectives of the National Sports Policy. Sport Ireland will request to meet with the County and City Managers Association (CCMA) Economic, Enterprise, Community and Culture Committee in 2021. At this meeting Sport Ireland will highlight the role and value of LSPs and discuss the development of Local Sports Plans. Sport Ireland will also discuss the recruitment and employment of LSP staff, LSP governance code compliance in a Local Authority context and Sport Ireland funding strategies for the Local Authority based LSPs. Sport Ireland has allocated budget in the 2021 participation unit budget to assist LSPs and Local Authorities in the development of Local Sports Plans.

A photograph of three young women wearing winter hats and jackets, smiling. The woman in the middle is wearing a medal. The background is a warm, orange-toned image of a crowd. The word "Appendices" is written in white text over the image.

Appendices

Appendix A

List of Local Sports Partnerships

Local Sports Partnership Network	Year Established
Tipperary Sports Partnership	2001
Sligo Sports and Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Donegal Sports Partnership	2001
Kildare Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Sports Partnership	2002
Meath Sports Partnership	2002
Waterford Sports Partnership	2002
Kerry Recreation & Sports Partnership	2004
Kilkenny Recreation & Sports Partnership	2004
Mayo Sports Partnership	2004
Westmeath Sports Partnership	2004
Carlow Sports Partnership	2006
Offaly Sports Partnership	2006
Monaghan Sports Partnership	2006
Limerick Sports Partnership	2007
Galway Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dún Laoghaire Rathdown Sports Partnership	2008
South Dublin County Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sport & Wellbeing Partnership	2008
Wicklow Sports Partnership	2008

Appendix B

Glossary of Terms

CARA

CARA is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact on enhancing sport and physical activity opportunities for people with disabilities.

Club Children's Officer

The Club Children's Officer is a volunteer role within a sports club. S/he is the link between the children and the adults in the club. S/he takes responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and Sports Leaders. The Club Children's Officer should be a member of or have access to, the Club Management Committee and should be introduced to the young people in an appropriate forum.

CSDO - Community Sports Development Officer

The aim of the Community Sports Development Officer is to strengthen and enhance the capacity of the Local Sports Partnerships to further develop locally led plans and more long term sustainable physical activity programmes under the National Physical Activity Plan.

CSPAH - Community Sport and Physical Activity Hubs

The objective of the Dormant Accounts Funded CSPAHs is to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engage in a more active and healthier lifestyle.

CYPSC - Children and Young People's Services Committees

CYPSC are county-level committees that bring together the main statutory, community and voluntary providers of services to children and young people. They provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. Their role is to enhance inter-agency co-operation and to realise the national outcomes set out in Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014 - 2020.

Department of Transport, Tourism & Sport

The Department of Transport, Tourism and Sport was established in 2011. It has a key role in delivering highly critical aspects of Ireland's economic activity including further development of our transport infrastructure and services and the support and enhancement of our significant tourism and sports sectors.

Designated Liaison Person

The Designated Liaison Person is a volunteer role within a sports club. The Designated Liaison Person is responsible for ensuring that the standard reporting procedure is followed, so that suspected cases of child neglect or abuse are referred promptly to the designated person in Tusla Child and Family Agency or in the event of an emergency and the unavailability of Tusla, to An Garda Síochána.

DAF - Dormant Accounts Fund

The Dormant Accounts Fund is the responsibility of the Minister for The Department of Rural and Community Development. Sport Ireland receives Dormant Accounts Funding through the Department of Transport, Tourism and Sport to support sport and physical activity initiative to assist in the personal and social development of persons who are economically or socially disadvantaged, the educational development of persons who are educationally disadvantaged or persons with a disability.

ETBs - Education and Training Boards

ETBs are statutory education authorities that have responsibility for education and training, youth work and a range of other statutory functions. ETBs manage and operate second-level schools, further education colleges, pilot community national schools and a range of adult and further education centres delivering education and training programmes.

Evaluation

Evaluation is the systematic assessment of the design, implementation, outputs and outcomes of an initiative for the purposes of learning, and to inform future decision-making.

Fitzpatrick & Associates Review of LSPs

The Fitzpatrick & Associates Review of LSPs is a report published by the Department of Arts, Sport and Tourism in 2005. The report evaluates the progress of the LSPs with reference to the key aims and objectives, and makes a number of recommendations for the LSP initiative.

GIW - Get Ireland Walking

The Get Ireland Walking programme is a Sport Ireland initiative that aims to maximise the number of people participating in walking, for health, wellbeing and fitness, throughout Ireland.

HI - Healthy Ireland

Healthy Ireland, A Framework for Improved Health and Wellbeing is the national framework for whole of Government and whole of society action to improve the health and wellbeing of people living in Ireland. It sets out four central goals and outlines actions under six thematic areas, in which society can participate to achieve these goals. The Framework identifies a number of broad inter-sectoral actions, one of which commits to the development of a plan to promote increased physical activity levels.

HSE - Health Service Executive

The HSE is the statutory authority responsible for providing Health and Personal Social Services for those living in the Republic of Ireland.

IPPEA - Irish Primary PE Association

The IPPEA is an association dedicated to heightening awareness of PE issues in primary schools and it aims to promote physical activity in an educational context.

LCDC - Local Community Development Committees

Under Section 36 of the Local Government Reform Act 2014, each local authority must establish a Local Community Development Committee. The aim of the LCDCs is to develop, co-ordinate and implement a coherent and integrated approach to local and community development.

LSP – Local Sports Partnership

LSPs are an initiative of Sport Ireland and aim to co-ordinate and promote the development of sport at local level. The key aims of the LSPs are to increase participation in sport, and to ensure that local resources are used to best effect. The LSP initiative lies at the heart of Sport Ireland's participation strategy.

NGB – National Governing Body

An organisation, recognised by Sport Ireland, that coordinates the development of a particular sport or sports through constituent clubs.

NPAP – National Physical Activity Plan

In 2016, the Government launched Ireland's first ever National Physical Activity Plan that aims to get at least half a million more Irish people taking regular exercise within ten years. The key target is to increase the number of people taking regular exercise by 1% a year over ten years by making exercise a normal part of everyday life and giving people more opportunities to be active.

National Sports Policy

The Department of Transport, Tourism and Sport National Sports Policy 2018-2027 which was launched on the 25th July 2018.

Older People

As used throughout this report, the term older people refers to those over 50 years of age.

OD&C - Organisational Development and Change Unit

The Organisational Development and Change Unit within Sport Ireland is primarily focused on providing support to the sports organisations which receive funding from Sport Ireland including National Governing Bodies and Local Sports Partnerships.

OCB - Organisational Capability Building

These are the services that the OD&C Unit provide to help develop and build the 8 capability areas for client sports organisations. These 8 capability areas are: Organisational Leadership, Change Management, Risk Management, Strategic Planning, Employee Performance Management, Project Management, Corporate Governance and Stakeholder Engagement.

OT – Operation Transformation

Operation Transformation is a health and fitness television show broadcast on RTÉ. Sport Ireland has partnered with Operation Transformation since 2011 to develop a range of events to promote participation in physical activity.

SARI - Sport Against Racism Ireland

SARI are a not-for-profit organisation with charitable status, dedicated to positive integration and social inclusion through sport.

SIDO – Sports Inclusion Disability Officer

SIDOs aim to provide opportunities for participation in sport and physical activity for people with a disability. See Sports Inclusion Disability Programme.

SOLAS – An tSeirbhís Oideachais Leanúnaigh agus Scileanna

SOLAS is the national training and employment agency with responsibility for assisting those seeking employment.

Single Item Measure – M1

The Single Item Measure – M1 is an internationally validated self-report measure which allows one to track an individual's rates of participation in sport and physical activity.

SPEAK – Strategic Planning, Evaluation and Knowledge system

The SPEAK system is a product of NEXUS Research (a not-for-profit research co-operative based in Dublin) which offers organisations the capacity to self-evaluate, leading to a comprehensive understanding of the work of the organisation and the impacts of that work.

Sport Ireland

Sport Ireland brings together the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport. Sport Ireland is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

SIDP - Sports Inclusion Disability Programme

A programme to encourage and facilitate more people with disabilities to participate in sport and physical activity, developing sustainable clubs and programmes in all settings.

Sustainability (with regard to LSP participation programmes)

Sustainable programme is one which leads to lasting participation in sport and/or physical activity which is capable of being self-maintained (without direct LSP support).

TUSLA - Child and Family Agency

On 1st January 2014 the Child and Family Agency became an independent legal entity, comprising HSE Children and Family Services, the Family Support Agency and the National Educational Welfare Board as well as incorporating some psychological services and a range of services responding to domestic, sexual and gender-based violence. The Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children.

WIS – Women in Sport

An initiative of Sport Ireland which aims to increase participation of women in sport through provision of alternative opportunities and development of specific programmes targeting women and girls.

Appendix C

Local Sports Partnerships Contact Details



Carlow Sports Partnership

www.carlow.ie
 059 9136 205
mjduggan@carlowcoco.ie
 @County Carlow Sports Partnership



Cavan Sports Partnership

www.cavansportspartnership.ie
 049 437 8582
info@cavansportspartnership.ie
 @CavanSportsPartnership
 @CavanSP



Clare Sports Partnership

www.claresportspartnership.ie
 065 686 5434
info@claresports.ie
 @claresports
 @Claresports



Cork Sports Partnership

www.corksports.ie
 021 434 7096
info@corksports.ie
 @CorkSportsPartnership
 @CorkSports



Donegal Sports Partnership

www.actedonegal.com
 074 911 6078
info@actedonegal.com
 @actedonegal
 @ActiveDonegal



Dublin City Sport and Wellbeing Partnership

www.dublincity.ie/main-menu-services-recreation-culture/sport-and-recreation
 01 222 7852
sports@dublincity.ie
 @DublinCitySportandWellbeingPartnership
 @dccsportsrec
 @dublincitysportandwellbeing



Dun Laoghaire-Rathdown Sports Partnership

www.dlrsportspartnership.ie
 01 271 9502
info@dlrsportspartnership.ie
 @dlrsportspartnership
 @dlrSportsTeam



Fingal Sports Partnership

www.fingalcoco.ie/community-and-leisure/sports-and-fitness
 01 890 5107
Sports@fingal.ie
 @FingalSports
 @FingalSports



Galway Sports Partnership

www.galwayactive.ie
 091 509572/509577/536459
galwayactive@galwaycoco.ie
 @Galway Sports Partnership
 @GalwayLSP



Kerry Recreation and Sports Partnership

www.kerryrecreationandsports.ie
 066 718 4776
info@kerryrecreationandsports.ie
 @kerryrecreationandsportspartnership
 @KerryRSP



Kildare Sports Partnership

www.kildare.ie/kildaresp
 045 980 546
ksp@kildarecoco.ie
 @KildareSportsPartnership
 @KildareSP
 @kildare_sports_partnership
 Kildare Sports Partnership



Kilkenny Recreation & Sports Partnership

www.krsp.ie
 056 779 4990
info@krsp.ie
 @Kilkennysports
 @kilkennysports



Laois Sports Partnership

www.laoissports.ie
 057 867 1248
info@laoissports.ie
 @laoislsp
 @LaoisSportsLSP



Leitrim Sports Partnership

www.leitrimsports.ie
 071 965 0498
sports@leitrimcoco.ie
 @LeitrimLSP
 @LeitrimLSP
 @LeitrimLSP



Limerick Sports Partnership

www.limericksportspartnership.ie
 061 333 600
info@limericksports.ie
 @limerickcitysportspartnership
 @Limericksports



Longford Sports Partnership

www.longfordsports.ie
 043 334 9402
info@longfordsports.ie
 @longfordsportspartnership
 @LSPLongford



Louth Sports Partnership

www.louthlsp.ie
 042 932 4318
louthlsp@louthcoco.ie
 @louthcoco



Mayo Sports Partnership

www.mayosports.ie
 094 904 7025
mstp@mayococo.ie
 @Mayo Sports Partnership
 @MayoSport1



Meath Local Sports Partnership

www.meathsports.ie
 046 906 7337
mlsp@meathcoco.ie
 @meathsportspartnership
 @MeathLocalSport
 MeathSports



Monaghan Sports Partnership

www.monaghansports.ie
 042 975 5126
info@monaghansports.ie
 @monaghansports
 @monaghan_sports



Offaly Sports Partnership

www.offalysports.ie
 057 934 6843
sports@offalcoco.ie
 @Offaly Sports Partnership
 @OffalySP



Roscommon Sports Partnership

www.rosactive.org
 090 663 0853
info@rosactive.org
 @RoscommonSportsPartnership
 @Ros_sports
 @roscommonssportspartnershipclg



Sligo Sport and Recreation Partnership

www.sligosportandrecreation.ie
 071 916 1511
info@sligosportandrecreation.ie
 @SligoSportandRecreationPartnership
 @SSRPSligo
 @Sligosportandrecreation



South Dublin County Sports Partnership

www.sdscsp.ie
 01 414 9157
info@sdscsp.ie
 @sdscsp
 @SDCSP1
 @sdscsp1



Tipperary Sports Partnership

www.tipperarysports.ie
 076 106 6201
info@tipperarysports.ie
 @tipperarysports
 @TipperarySports
 @tipperarysportspartnership



Waterford Sports Partnership

www.waterfordsportspartnership.ie
 0761 10 2194
info@waterfordsportspartnership.ie
 @WaterfordSportsPartnership
 @WaterfordLSP
 @ Waterford_LSP



Westmeath Sports Partnership

www.westmeathsports.ie
 044 939 0208
info@westmeathsports.ie
 @WestmeathSport
 @WestmeathSport



Sports Active Wexford

www.sportsactivewexford.ie
 053 919 6557
sports.active@wexfordcoco.ie
 @SportsActive
 @SportActiveWex
 @sportsactivewexford



Wicklow Local Sports Partnership

www.wicklowlsp.ie
 0404 20100
wiclowlsp@wicklowcoco.ie
 @wicklowlocalsportspartnership
 @WicklowLsp
 @ActiveWicklow



SPÓRT
ÉIREANN
RANNPHÁIRTÍOCHT

SPORT
IRELAND
PARTICIPATION

Sport Ireland
The Courtyard
Sport Ireland National Sports Campus
Snugborough Road
Blanchardstown
Dublin 15, D15 PN0N

www.sportireland.ie