

# STRATEGIC PLAN

2022 - 2023





# Forewords



## MESSAGE FROM THE CHIEF EXECUTIVE OFFICER, SPORT IRELAND

I would like to congratulate Kildare Sports Partnership on this innovative and visionary strategic plan, which will build on the excellent work achieved to date. The development of a new strategic plan and vision for Kildare Sports Partnership is based on leveraging off past successes and adopting a new innovative framework for increasing participation in sport and physical activity across Kildare.

Sport Ireland considers the strategic planning process an essential step in the development of Local Sports Partnerships. This step can bring many benefits such as matching the needs of the local communities to the priorities of the partnership. It is then possible to quantify the resources required effectively to achieve these priorities and answer local needs.

Kildare Sports Partnership is an efficient and growing organisation that works in partnership with other relevant organisations and agencies in order to inspire and support individuals to stay active or to move from a sedentary to an active lifestyle. The achievement of the overall strategy aims to build on the benefits accrued over the life of the first strategy and to ensure that the Local Sports Partnerships grows in strength. It is the key agency in providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond. As with all strategic planning processes, the published document is simply the final phase and it is the consultation, evaluation and debate carried out during the process which gives life and value to this strategy. It is a culmination of the work of several partner agencies striving to create a more active local population.

I would like to thank all those who contributed to the strategy process and I wish everybody involved in Kildare Sports Partnership all the best for the future in implementing this plan.

***Dr Una May (Chief Executive Officer, Sport Ireland)***

### **MESSAGE FROM THE CHAIR, KILDARE SPORTS PARTNERSHIP**

As Chairman of Kildare Sports Partnership, I am delighted to write this foreword for our Strategic Plan 2022-2023. Partaking in sport and physical activity, regardless of age, gender or ability is vitally important to the health and wellbeing of all. The emergence of COVID-19 in recent times has underscored this fact and this document highlights the important role that KSP plays in helping to increase participation in sport and physical activity in the county. COVID-19 has also had an impact on how we have approached this Strategic Plan. Originally we had looked at a five year strategy to replace our 2017-21 plan but our KSP Committee decided that a two year plan would give us time to reflect on the changes that Covid has brought to our sector, allowing us to have more certainty when developing more long term objectives and goals post 2023.

The impact of the pandemic on older adults and the disability sector has been well documented. The focus on the outdoors and the organising of events and programmes remotely, when possible, has changed how we approach our work, in many instances, and this is reflected in this plan.

I would like to convey my sincere thanks to the Management and staff of Kildare County Council with a special thanks to new Chief Executive Sonya Kavanagh. Sonya, who was a member of the KSP Committee up to last year, has always been supportive of the Sports Partnership initiative and I wish her well in her new role and we look forward to continuing to work with her and her team.

Also, many thanks to Dr Una May and the staff at Sport Ireland. Una has also recently taken up the Chief Executive role with SI, replacing John Treacy, and we wish Una all the best. Over the years both John and Una have been very supportive of our work in Kildare and they have ensured increased investment in the LSP initiative, on an annual basis, not just in Kildare but throughout the LSP network and we are very appreciative of this.

Finally, I would like to extend a sincere thanks to the KSP staff and to my colleagues on the Committee. Many thanks for your contribution, commitment and support. Your experience and knowledge has meant that the work of the Sports Partnership has had a positive impact on the lives of many in Kildare.

***Ray D'Arcy (Chair Kildare Sports Partnership)***

### **MESSAGE FROM THE MAYOR OF KILDARE**

As Mayor of Kildare I am delighted to present the Kildare Sports Partnership's Strategic Plan 2022-2023. The vital role that Kildare Sports Partnership plays in helping to increase participation in sport and physical activity within our County is well known. The Sports Partnership has a particular focus on helping and supporting hard to reach groups such as older adults, teenage girls and women, people with disabilities, youth, ethnic minorities and people from disadvantaged communities and Kildare Sports Partnership's contribution to these individuals, groups and communities has enhanced and complimented the work of Kildare Council since the Sports Partnership initiative came under the remit of the Council in 2010.

Sports participation and physical activity contributes significantly to a reduction in many of the serious health and social problems facing our society and the structured approach that Kildare Sports Partnership brings to this area is vital to a county with an ever-increasing population. Participation in sport and physical activity is an ideal vehicle to help new residents integrate into their communities, helping to create a connection with individuals and groups and instilling a sense of pride and belonging.

I would like to thank the Chairman of Kildare Sports Partnership, Ray D'Arcy and his fellow Committee members for their contribution and support over the years, it is greatly appreciated by the members and management of Kildare Council. Also, many thanks to Sport Ireland for their continued support and investment in the project, it is an investment well spent. And finally, many thanks to the staff of Kildare Sports Partnership for their work on the ground in having a positive impact on the lives of so many residents in the county.

***Cllr. Fintan Brett (Mayor of Kildare)***



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# 1. The Background

This section

- outlines the establishment of Sports Partnerships nationally and the establishment of Kildare Sports Partnership
- outlines our role, remit and anticipated outcomes
- identifies our Committee, staff and key stakeholders
- highlights some of our main achievements in the previous strategic period (2017-2021)

## The Local Sports Partnership Initiative

In *A New Era for Sport 2000-2002*, the Irish Sports Council proposed the establishment of a national network of Local Sports Partnerships to create a structure to co-ordinate and promote the development of sport and physical activity at local level. The Council identified that this would be best delivered through a partnership approach between all bodies and organisations involved in the delivery of sport and physical activity locally.

The amalgamation of the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport & Coaching Ireland resulted in the formation of *Sport Ireland* in October 2015.

## Establishment of Kildare Sports Partnership

Following a bidding process in 2001, County Kildare was one of twelve areas chosen by Sport Ireland (then the Irish Sports Council) to pilot the Local Sports Partnership Initiative.

Kildare Sports Partnership was launched in May 2001 and was established as a company limited by guarantee in April 2002.

Under *The Fitzpatrick Review* in 2005 it was recommended that the Local Sports Partnerships come under the remit of the County Development Board structure. On March 26th 2010 Kildare Sports Partnership came under the umbrella of Kildare County Council and moved its base to the Community and Culture Department of Kildare County Council at Áras Chill Dara, Naas.

## Role and Anticipated Outcomes

The *National Sports Policy (2018-2027)* - overseen by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media - sets out a long term vision and *fifty seven actions to transform the sporting landscape* in Ireland. The policy document states that the achievement of its ambitions will require the active engagement of three key groups namely;

- the National Governing Bodies of Sport
- the various Representative Sporting Organisations; and
- the national Local Sports Partnership Network.

The *National Sports Policy* tasks Local Sports Partnerships with

- increasing participation levels in sport and physical activity (especially among those sectors of society that are currently under-represented in sport).
- removing barriers and ensuring that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level.
- supporting a sustainable level of development within the local sport infrastructure, through support to clubs, groups, coaches and volunteers.



***Kildare Sports Partnership was established to coordinate the development of sport and physical activity in the county***

The outcomes that Sport Ireland seek from Local Sports Partnerships include:

- improved planning for the development of sport and physical activity at local level
- increased levels of local participation, especially amongst specific target groups
- enhanced coach education, volunteer training and club development
- better use of existing facilities and clear priorities for local facility provision and improvement
- improved usage of local resources



## Management Committee

The Management Committee has overall responsibility for strategic direction and will lead the implementation of this Strategic Plan. The involvement of the committee members (below) at a senior level in their respective agencies and interest groups ensures the continued advancement of sport and physical activity in Kildare.

Ray D'Arcy (Chair)

Pat Leogue (County Kildare Leader Partnership / Vice Chair)

Marian Higgins (Director of Services, Kildare County Council)

Nicky Hamill (Irish Wheelchair Association- Disability in Sport Representative )

Noel Mooney (GAA Representative )

Norman Farragher (Older Person's Council)

Paul Davis (Maynooth University)

Joe Carbery (Leinster Rugby Representative )

Susan Grady (K-Leisure)

Ken Scully (Kildare Wicklow Education and Training Board)

Áine Buggy (Health Services Executive)

## Staff

Kildare Sports Partnership employs a team of full-time staff that includes

Syl Merrins  
(Coordinator)

Eddie Hennessy  
(Administrator)

Fiach Andrews  
(Sports Inclusion Disability Officer)

John Doran  
(Community Sports Development Officer)

Donna Berry  
(Community Sports Development Officer/  
Women in Sport Officer)

Majella Fennelly  
(Community Sports Hub Coordinator)

Eimante Mikneviuciute  
(Communications Officer)

When the need arises, part-time tutors, trainers and personnel with specific expertise are engaged to assist in the delivery of various programmes and initiatives.



## Highlights of Our Work (2017-2021)

Kildare Sports Partnership's engagement takes place across all of our participation programmes and training courses. Over the lifetime of the last plan we engaged annually with over 20,000 Kildare residents, either directly or indirectly. See outlined below a few highlights from the last five years.

### Community Coaching Programme

Kildare Sports Partnership first developed the *Community Sports Leader Programme* in 2011 which focused on assisting unemployed people to gain employment, coaching, volunteering and further education opportunities in the sports sector. Sport Ireland saw the success of this programme, secured funding from Dormant Accounts, and rolled out the *Community Coaching Programme* nationally in 2015.

### Kildare Walking Festival

The Kildare Walking Festival is organised during the month of July as part of the *Get Kildare Walking Programme*. The event has attracted hundreds of participants each year and not only gets people active but also creates an awareness of the facilities and amenities that are available in the county. It has also facilitated the creation of walking groups as well as training walking leaders and Fitsticks Trainers.

### The Age Friendly Programme

Under the Age Friendly Activity Programme KSP has engaged with older adults through various activities and events such as Go for Life Games, Seated Exercises for Older People, Aqua Aerobics, Sportstaster Sessions, FitSTICKS Programmes, etc. Many older adults have become an integral part of other programmes, such as the Get Kildare Walking programme.



## The parkrun Programme

*parkrun* is a free 5k event that takes place at two locations (Naas Racecourse and Castletown House, Celbridge) every Saturday morning at 9.30am. Organised by volunteers, Kildare Sports Partnership facilitated, and helped to fund, the commencement of the event at both venues and promotes and supports the event on an ongoing basis.

## Safeguarding Programme

The *Code of Ethics and Good Practice for Children's Sport in Ireland* is for the benefit of everyone involved in children's sport. By following the principles, policy and practice guidelines contained in the Code, adult sport leaders are playing their part in providing an enjoyable and safe environment in which children can learn and thrive. Kildare Sports Partnership is the main body to roll out the Safeguarding Programme in the county.

## Learn 2 Cycle Programme

The *Learn2Cycle Programme* is organised in partnership with special needs schools, family support groups and the HSE Network Disability Teams. The central aim of this six week programme is to teach children with disabilities to cycle independently.

Independent mobility, co-ordination skills, meaningful exercise, a sense of achievement and fun: The Learn2Cycle programme offers many benefits to children with disabilities.

## Sports Inclusion Disability Programme

The benefits of physical activity are universal for all, including those with disabilities. The participation of children with disabilities in sports and recreational activities promotes inclusion, optimises physical functioning and enhances overall well-being. To address this concern Kildare Sports Partnership run various programmes throughout the county.







## 2. The Context

This section

- explores key features of the demographics of County Kildare and challenges arising.
- identifies a list of national and local policies and plans which will impact on our work
- presents the key findings of a number of national research reports which have relevance to our work

## Population - Current and Projected

The most recent completed national census was carried out in 2016. *Kildare Census 2016 Profile Demographics* is based on Census 2016 and compiled by Kildare County Council and Kildare Local Community Development Committee in conjunction with the All-Ireland Research Observatory. In June 2022 a *Census 2022 Preliminary Results* document gave estimates in relation to population change at national and county level. Key content from these two documents includes;



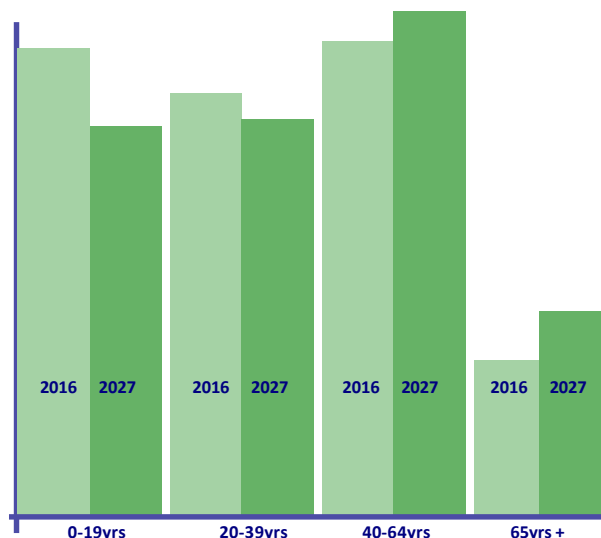
- Kildare continues to experience rapid population expansion. The overall population in 2016 was 222,504 (the fifth highest population of all counties). By 2022 the population had grown to 246,977. This represented an increase of 24,473 (11%) since 2016 - the third highest county increase behind Longford (14%) and Meath (13%).
- the key factors in population growth are high birth rates and high inward migration.
- the county has a geographically varied population density. Most population growth is taking place in the main commuter towns. Approx 72% of the population live on 5% of the county's total land area, with the northeast having by far the highest population densities.
- the 0-24yr cohort represents 37% of the total population - the highest rate in the State. Over 28% are aged 0-18yr - the 3rd highest rate of all local authorities in Ireland.
- the over-65yr cohort has rapidly increased representing 9.9% of the total population. This cohort increased in size by 32% between 2011 and 2016.

The *Health Atlas Ireland* is a HSE analysis of datasets including demography, mortality, etc. Key population projections for County Kildare in the period up to 2027 include;

- the overall population will rise to 269,705 persons - a growth of 47,201 (21.2%) in a decade.
- the numbers of people in almost all age groups will grow, the most significant of which include an 89% increase in the numbers of people over 70yrs.
- there will be decreases of 4.5% amongst 0-19yr olds and of 0.8% amongst 20-39yr olds.
- middle adults (40-64yrs) will increase by 1.6%. older adults (over-65yrs) by 3.7%

### Population Projections 2016 - 2027

	2016		2027	
	Pop	% Pop	Pop	% Pop
Children/Youth (0-19yr)	60,750	31.1%	71,543	26.6%
Pre-Schoolers (0-4yr)	17,314	7.8%	16,319	6.1%
Children (5-14yr)	27,957	16.3%	35,172	13.1%
Youths (15-19yr)	15,479	7.0%	20,052	7.4%
Young Adults (20-39yr)	61,176	27.5%	71,880	26.7%
Middle Adults (40-64yr)	70,275	31.6%	89,636	33.2%
Older Adults (65+ yr)	22,014	9.8%	36,648	13.5%



## Challenges Arising

Some of the key challenges arising (in terms of our efforts to increase participation rates in sport and physical activity) include:

### Young People

Almost 30% of Kildare's population is aged 0-18yrs. (highest rate nationally). This increase in numbers is providing opportunities for sports organisations to grow and thrive but is also stretching resources to capacity in some urban areas. Many clubs in urban areas of the Country are increasing membership fees to control numbers, placing sport out of the range of many. Sports organisations are helped to increase their capacity to cope with growing numbers.



### Older Adults

The over-65yrs cohort has increased dramatically in the past 10yrs and is predicted to continue to grow into the future.

In particular, the population of rural Kildare is notably older than the average for the county. More than 10% of people living in rural Kildare are over-65yrs (in comparison to 7% of the population in urban areas).

Over 25% of people living in rural Kildare are aged between 45yrs and 64yrs (in comparison to 20% in urban areas).

Consideration needs to be given to engaging all older adults, in particular, rural dwellers.

### Urban / Rural

As well as a growing population Kildare has a geographically varied population density. Kildare is the 10th most densely populated county in the State.

Over 72% of the county's population live on 5% of the county's total land area, with the northeast of the county having by far the highest population densities. As a consequence some sporting organisations in urban areas have difficulties coping with the influx of new members and lack space, resources and personnel to deal with the large numbers.

At the same time some rural clubs suffer from out migration and have difficulty fielding teams and have a declining pool of players and coaches.

**72%  
of the  
population  
are urban  
dwellers.**

### Deprivation

Based on the Pobal HP Deprivation Index 2016, Kildare is the 5th most affluent County but still lower than 2006 figures when it held 3rd place. The perception of affluence masks the reality in many areas.

Rates of deprivation vary across the County with some areas, particularly in the peripheral East & South designated very to extremely disadvantaged.

[Reference: Socio-Economic Baseline Report as part of the Kildare Local Economic & Community Plan (LECP) 2016-2021 Prepared by the All-Island Research Observatory (AIRO), Maynooth University.]

### Commuting

Kildare is one of the largest commuting counties in Ireland. It functions both as a home for a significant proportion of the Dublin Metropolitan Area while also acting as an important employment destination for commuters from other areas across the Eastern and Midlands Region. Over 40% of the total workforce living in the county work outside the county. Most work in Dublin (73% of all commuters). Commuting times for residents in Kildare are notably high. Over 15% of all Kildare workers having a daily return commute of more than 2 hours, and 32% having a daily return commute of between one and two hours. The extent of the population that commute to work puts pressure on clubs and organisation to find coaches and mentors to help with teams and organise and administer sports programmes. It also puts pressure on parents and families to be involved in sport and physical activity due to time constraints.

## National and Local Planning Relevant to Our Strategy

This Strategic Plan will be implemented with consideration of a wide range of other plans at both national and local level which have relevance in the context of increasing participation in physical activity. The most significant include:

- National Sports Policy (2018-2027)  
[Department of Tourism, Culture, Arts, Gaeltacht, Sport & Media]
- Participation Plan (2021 - 2024) [Sport Ireland]
- Corporate Strategy (2017-2021) [Sport Ireland]
- National Physical Activity Plan (2016-2025)  
[Healthy Ireland]
- Policy on Sport and Physical Activity in the Outdoors (2020)  
[Sport Ireland]
- Policy on Participation in Sport by People with Disabilities (2017)  
[Sport Ireland]
- Women in Sport Policy (2019) [Sport Ireland]
- Kildare County Development Plan [Kildare County Council]
- Local Economic & Community Plan [Kildare County Council]
- Healthy Kildare Plan [Kildare County Council]
- Children and Young People’s Plan  
[Kildare Children & Young People's Services Committee]




**National Sports Policy 2018 – 2027**  
Sports Action Plan  
2021 - 2023





## National Research Relevant to Our Strategy


Three national research documents have relevance to our strategic plan and the results have been taken into account as part of our planning process.



**The Children's Sport Participation and Physical Activity Study 2018**  
CSPPA 2018

**The Children's Sport Participation and Physical Activity Study 2018** explored participation among children aged 10-18yrs on the island of Ireland. Some of the key findings include;

- only 13% met the physical activity guidelines of at least 60mins of moderate-to-vigorous physical activity every day.
- at all ages more boys meet the guidelines than girls. Amongst youths only 14% of boys and 7% of girls met the guidelines.
- there has been a 7% increase in the proportion of children and youth partaking in community sport - with 80% of children and 58% of youths participating at least once a week.
- 38% of youths reported never participating in community sport. Non-participation among female youth now stands at 45%.
- gradients in active participation and sports club membership exist by gender, disability status, and socio-economic status. These gradients are strongest in the post primary school years.



**Adolescent Girls Get Active**  
Research Report  
January 2021

**The Adolescent Girls Get Active Report 2021** suggests that teenage girls are an under-represented group in physical activity and sport and indicates that participation of girls plummets during adolescence. Amongst the key points arising from this research report are;

- just 7% of 14-15yr old girls meet recommended physical activity levels
- girls who are active in teenage years are much more likely to establish a life-long relationship with sport and physical activity in adulthood.

One of the aims of the report was to establish how to encourage teenage girls to take part in regular physical activity and, in this regard;

- outlined five key *anchors* to help know more about this target group.
- proposed eight important principles to engage with teenage girls, and to support them embrace physical activity and sport into their lives. It is suggested that these *Principles for Success* can be used in developing initiatives for teenage girls - and in checking existing programmes in terms of their relevance for the target audience.



**IRISH SPORTS MONITOR 2019**

**The Irish Sports Monitor 2019** is the most recent in a series of these reports dating back to 2007. The reports measure adult (over-16yrs) participation in physical activity. Some of the key findings from this most recent report include;

- 46% of adults regularly take part in sport and physical activity representing an increase of 100,000 participants since 2017.
- while males are more active than females, the gender gap in participation continues to decline. In 2007 the gap was 15.7%. At the 2019 mid-year point it had decreased to 3.9%.
- 34% of adults/older adults now meet the National Physical Activity Guidelines. The percentage of sedentary adults has decreased to 20%.
- individual sports account for the majority of all adult participation with the most popular being

walking 66%	exercise 16%	swimming 8%
running 7%	cycling 4%	dancing 3%

## Participation Fluctuations during 2020/2021

The Covid pandemic of 2020/2021 brought many changes in the nature of participation in sport and physical activity - and restrictions resulted in fluctuations in activity levels. During 2020 and 2021 research examining the impact of Covid-19 restrictions and the findings showed;

- that many people adapted their behaviours and took up new activities. Declines in indoor sports and team sports were offset by increases in outdoor activities and home-based and online exercise.
- the number of adults walking for recreation increased from 65% to over 75%. Participation in running and cycling also increased.
- the gender gap narrowed to a point where equal proportions of men and women participated in sport and physical activity.
- participation across lower socio-economic groups decreased.



## Post-Covid Participation Levels

The most recent *Irish Sports Monitor* (published June 2022) showed the level of inactivity had returned to pre-pandemic levels by the end of 2021. Key findings included;

- regular participation in sport by adults declined to 40% during 2021 - representing a 6% decline since 2019.
- the proportion of adults meeting the National Physical Activity Guidelines increased from 34% to 41% since 2019. The sedentary population decreased from 12% (2019) to 11%.
- increased participation in activities such as walking, cycling, weights and running.
- club membership remained broadly stable over the course of the pandemic.
- the gender gap in participation widened again to 2017 levels (possibly due to restrictions on indoor activity, swimming, and gyms which tend to have higher levels of female participation).
- the socio-economic gradients widened - with those in employment, of higher socio-economic status and higher levels of education more likely to be involved in sport and physical activity.
- the number of adults using technology to measure physical activity increased to 54% - almost twice as many as in 2017 when last measured.

There is now a need to address the impact that Covid-19 has had on and support required for innovative, inclusive and collaborative programmes, which will address the challenges posed and increase participation in the long term.



## Gradients in Participation

The Irish Sports Monitor reports of 2019 and 2021 show that the persistent gradients which exist in participation in sport and physical activity are

- age
- gender
- health and/or disability
- educational attainment
- socio-economic status.

The gaps in participation (which have relevance in the context of the work of Local Sports Partnerships) are highlighted in the diagram across.



<b>Age</b>	Participation by people aged over 35yrs	Gap 2019	Gap 2021
	<b>vs</b>	<b>34%</b>	<b>35%</b>
<b>Disability</b>	Participation by people reporting a long-term illness, health problem or disability	Gap 2019	Gap 2021
	<b>vs</b>	<b>17%</b>	<b>19%</b>
<b>Education</b>	Participation by those with no Leaving Certificate	Gap 2019	Gap 2021
	<b>vs</b>	<b>16%</b>	<b>17%</b>
<b>Socio-Economic</b>	Participation by those with a 3rd level degree		
	Participation by those in C2DE (low economic status)	Gap 2019	Gap 2021
<b>Gender</b>	<b>vs</b>	<b>19%</b>	<b>21%</b>
	Participation by those in ABC1 (high economic status)		
<b>Gender</b>	Participation by Males	Gap 2019	Gap 2021
	<b>vs</b>	<b>3%</b>	<b>5%</b>
<b>Gender</b>	Participation by Females		





### 3. The Strategic Plan 2022-2023

This section

- presents our long-term vision and mission statement.
- identifies the four themes and goals which will form the basis for our work during the lifetime of this Strategic Plan.
- outlines a series of objectives and key actions under our four agreed themes.

## Our Vision

Our vision is of an efficient and growing organisation that works in partnership with relevant organisations and agencies to inspire and support individuals to stay active or to move from a sedentary to an active lifestyle.

## Our Mission

To increase participation in sport and physical activity through the coordination and delivery of quality programmes, training and services and by developing partnerships and promoting inclusiveness

## Our Themes

We have agreed four themes that will form the basis for our work in achieving our vision as follows;

1. **Youth**
2. **Promoting Equal Opportunity**
3. **Capacity Building**
4. **Partnership**

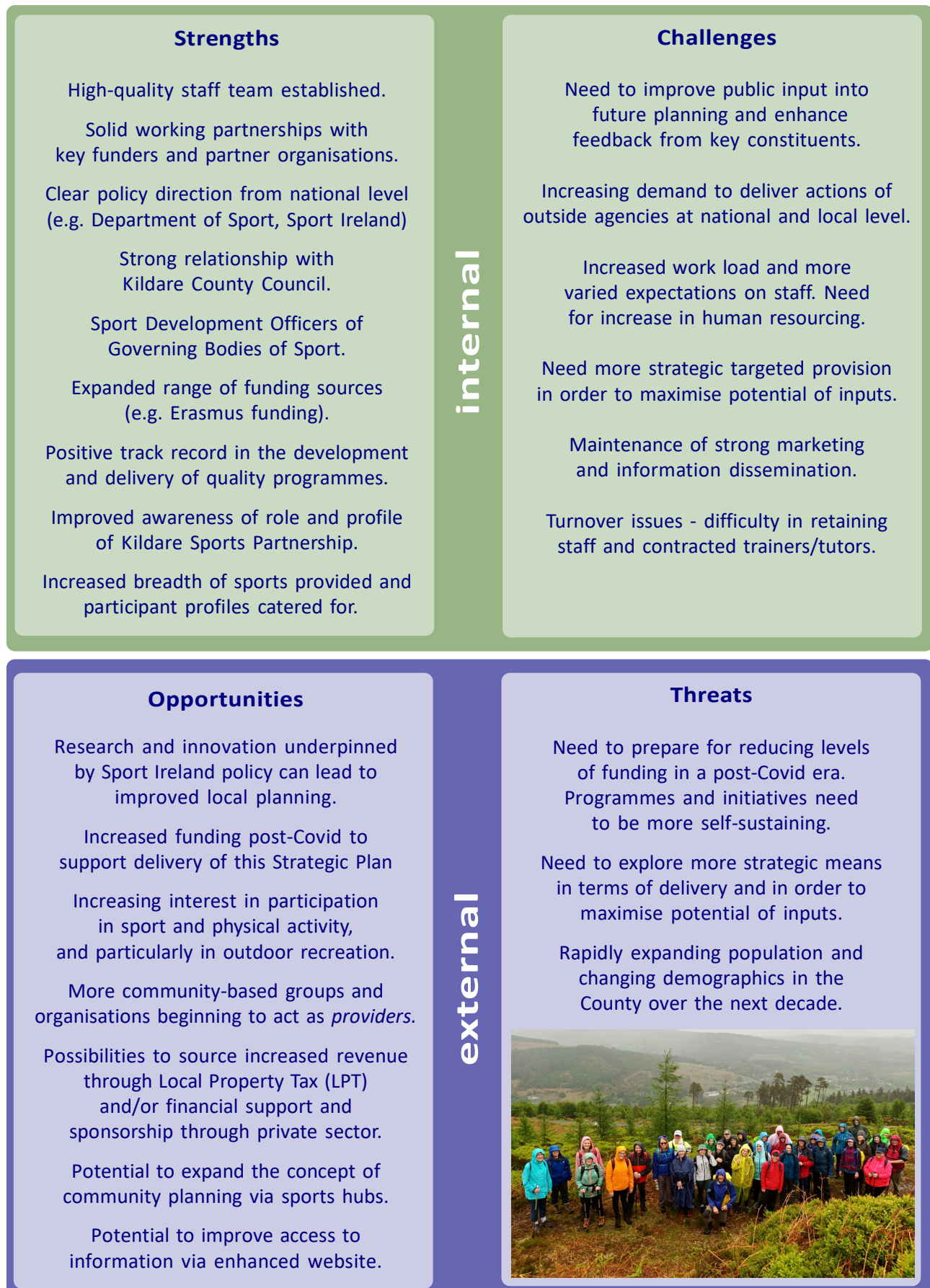
Under each theme we will set out a general *goal* and more specific *objectives*. While these goals and objectives will guide our work until 2023, it is recognised that factors such as financial constraints, or new funding opportunities may evolve.





## SCOT Analysis

As part of the strategic planning process we conducted an analysis of our key strengths, challenges, opportunities and threats. The following diagram outlines the key outcomes.



internal

external





## Governance

The work of Kildare Sports Partnership must be governed, managed and operated in accordance with best practice. A number of agencies and groupings will play important roles with regard to the delivery of this Strategic Plan including;

### Sport Ireland

Sport Ireland is responsible for planning, leading and coordinating the sustainable development of sport in Ireland. Sport Ireland's key roles in regard to our Strategic Plan include;

- assistance and advice in planning issues
- technical advice and training to management and staff
- provision of financial support (core and programme)
- monitoring and evaluation of performance and impact

### Kildare County Council

As part of Kildare County Council, Kildare Sports Partnership is also under the remit of the governance and auditing procedures of the Local Authority. The Council will play a number of roles in supporting the implementation of this Strategic Plan including;

- employment of professional staff
- representation on Management Committee
- implementation of policies which govern daily operations (e.g. Human Resources, financial, Health and Safety)

### Kildare Sports Partnership Committee

The Committee is an inter-agency group comprising representatives from key stakeholders and sectors. The Committee has overall responsibility for strategic direction and implementation of this strategic plan. The staff, Committee and sub-committees will be supported and motivated through development and training.

### Professional Staff

The Coordinator is responsible for the day to day management of the partnership and will form the main link between the Committee and the staff.

The Coordinator will support the staff in developing annual work plans.

The staff will work closely with the Coordinator and other providers to develop and deliver programmes and events.



## Evaluation

A Sport Ireland established Evaluation Team oversees the work of all Local Sports Partnerships including Kildare Sports Partnership. There are two main elements to this evaluation as follows;

### - a **Systemic Evaluation Framework**

Kildare Sports Partnership has adopted the use of an internationally validated self-report measure *Single Item Measure (M1)* which enables us to track an individual's participation in sport and physical activity - and classifies them as *inactive*, *somewhat active* and *active*. The challenge is to move participants from *inactive* towards *somewhat active* and *active*. To be able to demonstrate this movement will mean that we can present strong visual evidence of the benefits of our work.

Sport Ireland continues to support us to collect impact 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 10-15yrs called PACE+.

Sport Ireland are now receiving M1 data on an ongoing basis from Kildare Sports Partnership - which improves our understanding of what makes an initiative successful (or not), and influence how we meet National Sports Policy targets.

### - an **Insights Report**

The *Insights Report* is a holistic review based on a range of quantitative and qualitative data gathered from Kildare Sports Partnership. It is intended for internal distribution to staff, committee and stakeholders to provide a reference document to consult in the development of operational plans and budget submissions to Sport Ireland.

The report provides insight into our strengths, weaknesses, and opportunities and highlights areas of future work in order to further the goals of the National Sports Policy, the National Physical Activity Plan and both Sport Ireland and Kildare Sports Partnership strategies. The report includes chapters dedicated to Finances, Programmes and Initiatives, Training and Education, Governance, Communications, and Club and Community Development. This report highlights that increasing participation in sport and physical activity requires a multifaceted approach and relying on programmes alone may not be enough to increase county-level participation. It establishes principles to adhere to that, when aligned, will encourage maximum participation.



## Financing the Plan

Sport Ireland provides core funding to assist Local Sports Partnerships under the headings of

- staffing
- administration
- communications
- education and training
- National participation programmes.

Under a review of Local Sports Partnerships in 2005, it was recommended that Local Sports Partnerships would raise up to 50% of their budget from other sources.

The support and funding streams for programmes provided by bodies including Kildare County Council, County Kildare Leader Partnership, Kildare Wicklow Education and Training Board, Dormant Accounts, HSE, Healthy Ireland, K-Leisure and others must also be greatly acknowledged.



## 4. Appendix

In this section we present brief overviews of a number of national policies and plans which have relevance to our work in the 2022-2023 period.

## National Sports Policy (2018-2027)

[Department of Tourism, Culture, Arts, Gaeltacht, Sport & Media]

The National Sports Policy sets out a vision for Irish sport in 2027 and fifty-seven actions towards its realisation. The policy prioritises *increasing participation* and sets as a key aim that *'every Irish citizen will engage regularly in some form of sport or physical activity, irrespective of their age, economic or social circumstances, their ethnic background or their physical capabilities.'*

The policy recognises that the expertise, knowledge and insight of the Local Sports Partnership network will be essential for the successful implementation of the policy - and makes a commitment to enhance funding to reflect the important contribution they make.



## Sports Action Plan (2021-2023)

The 2021-2023 Action Plan sets out the key initiatives that will be pursued in the period to **get more people involved in sport** and **enhance the way sport is managed and administered**.

They include;

**Funding** - Establish an *Inclusion, Diversity and Equality Fund* to promote increased and sustainable participation in sport among children, adolescents and young adults; those from lower socio-economic groups; persons with a disability; the LGBTI+ community; the Traveller community and other ethnic minorities.

**Research and Evaluation** - Develop a *Research Strategy* for sport, including an online sports research and data repository and expand the reach of the Irish Sports Monitor to the issues around participation in sport among marginalised groups such as persons with a disability, ethnic minorities, members of the LGBTI+ community, etc.

**Communications and Information** - Develop a *Physical Literacy Consensus Statement* and promote the adoption of physical literacy in sport and PE.

Develop a *National Geodatabase of Recreation Amenities*, including mapping indoor and outdoor sports facilities.

Deliver a new *Winter Campaign* promoting active and social participation in sport during the winter months, to be launched during the European Week of Sport each September.

### Training/Resources

**Support LSPs to develop evaluation tools for programmes and initiatives.** Develop evaluation frameworks which will allow for the robust assessment of (a) the impact of publicly funded facilities, programmes and interventions and (b) the degree to which durable linkages are created with local clubs.

### Programmes and Events

LSPs will promote the **greater availability of local community events, accessible to all, family-friendly recreational sports opportunities, particularly in rural communities. An increased number of community sport hubs will be established countrywide.**

... **expand the coverage of the Get Ireland Walking, Cycling, Swimming and Running programmes for all ages, with a particular emphasis on the needs of the elderly.**

### Implement and invest in an Outdoor Recreation Policy

to increase participation in physical activity in the outdoors for all ages.

### Plans and Strategies

Sport Ireland will work with Local Authorities towards the **development and implementation of Local Sports Plans, ensuring in particular collaboration with LSPs and NGBs.**



## Statement of Strategy (2018-2022)

[Sport Ireland]

Sport Ireland is the statutory agency with the lead role in delivering many of the operational and strategic challenges contained in the National Sports Policy. The Strategy is based on three key pillars.

- **participation** with a focus on *lifelong* and *inclusive* sport.
- **performance** playing and competing at a level appropriate to ability
- **high performance** reaching Ireland's potential at highest levels of international competition

Sport Ireland commits to leading on the ambition to increase the number of people participating in sport and physical activity - and to continue to invest in the Local Sports Partnership network to build their capacity to continue to reach those who are excluded.



## Participation Plan (2021-2024)

The *Participation Plan* outlines a vision of '**a country where everyone can regularly enjoy taking part in sport and physical activity for life**' and states that its mission is '**to create a culture that encourages, supports and empowers everyone in Ireland to actively participate in sport and physical activity**'. The plan presents 54 actions for delivery through a range of agencies including Local Sports Partnerships.

5. Work with Local Authorities to assist them in the development of Local Sports Plans. Sport Ireland will develop templates and host national meetings to facilitate this.
12. Support LSPs to deliver the local activation of national campaigns.
18. Foster social participation in sport by encouraging the development of strong community-based sports initiatives.
19. Develop volunteer, leadership and coaching supports and resources.
22. Work with LSPs to support volunteer, leadership and coach development.
25. Facilitate the development of a *Physical Literacy Consensus Statement*.
26. Invest in youth focused programmes which meet the objectives of the *physical literacy* consensus statement.
35. Develop initiatives and supports to *motivate and incentivise private and public exercise facilities and services* to tackle the gradients in sports participation.
36. Invest in LSPs to collaborate with businesses, state agencies and organisations to co-create a culture of *active workplaces*.
37. Support *innovation in programmes that target older adults (50+)*.
38. Develop initiatives, guidelines and investment streams to support *family participation in Sport and Physical Activity*.
39. Support the delivery of the *Policy on Women in Sport*.
40. Support the *Policy on Participation in Sport by People with Disabilities* to ensure that appropriate support is in place for participation by individuals with disabilities.
41. Sport Ireland will develop a *diversity and inclusion policy* which will be informed by research and consultation.
42. Through the *Policy on Diversity and Inclusion* develop supports and resources for clubs, communities and coaches supported with programmes promoting participation in sport by people from diverse ethnic backgrounds and tackling racism.
43. Through the sports inclusion policy promote the values of inclusive and respectful sports participation with specific actions on promoting participation and inclusion of people from the LGBTQ+ community.
46. Support the delivery of the *Outdoor Sport and Physical Activity Policy*.
47. As part of the Local Sport Plans, ensure that LSPs work with Local Authorities to maximise the use of recreational areas for outdoor recreation
48. Further support the development and management of high-quality trails and other infrastructure to facilitate participation in outdoor recreational sport.
49. Manage training programmes to build the capacity of stakeholders to develop infrastructure and initiatives to facilitate participation in outdoor recreational sports.
50. Work with LSPs to implement programmes and initiatives facilitating participation in outdoor recreation through sharing of best practice and focussed investment.
51. Work with NGBs, LSPs and other stakeholders to implement programmes and initiatives facilitating participation in outdoor recreational sport through sharing of best practice and providing focussed investment.
52. Develop a digital geo-database of outdoor recreation amenities capable of being used and shared through many digital platforms and systems between organisations



## National Physical Activity Plan (2016-2025)

[HealthyIreland]

*Get Ireland Active* promotes a vision of a society that facilitates, promotes and supports physical activity and an active way of life. Its main aim is to increase physical activity levels across the population and it sets two key targets as follows:

- to increase the proportion of the population meeting the National Physical Activity Guidelines by 1% per annum;
- to reduce by 0.5% per annum the proportion that are sedentary.

The plan places particular emphasis on addressing inequalities by gender, age, social class or disability status. On the basis of experience around delivering physical activity in their regions, Local Sports Partnerships are identified as having a role to play in seven of the plan's eight Action Areas.



## Diversity and Inclusion Policy in Sport (2022) [Sport Ireland]

The *Diversity and Inclusion Policy in Sport* expresses a vision for a sport sector that celebrates diversity, promotes inclusion, and is pro-active in providing opportunities for lifelong participation for everyone. Inclusion is a core value of both the National Sports Policy and complementary *Sports Action Plan*, and builds on the success of the *Policy on Participation in Sport by People with Disabilities*, and the *Policy on Women in Sport*.

The document outlines barriers to inclusion - including language, access to information, attitudinal barriers, discrimination, prejudice, inaccessible facilities and equipment, abusive language and conduct, active exclusion and disengagement from volunteers and coaches who are fearful of causing offence. The barriers reinforce exclusion and low levels of participation and involvement.

The policy identifies five strategic pillars namely; Change, Communication, Access, Capacity and Leadership - and twelve desired outcomes have been devised. Sport Ireland will work with key partners including Local Sports Partnerships to embed diversity and inclusion in all aspects of sport development and ensure that everyone feels welcome and included by way of active involvement, spectating, volunteering, administration or other roles - and reaching their full potential in lifelong sport and physical activity.



## Policy on Participation in Sport by People with Disabilities (2017) [Sport Ireland]

[Sport Ireland]

In this policy Sport Ireland commits to

- the equal treatment of people with disabilities in participation terms and
- support to organisations providing opportunities.



The organisations to be supported include;

- National Governing Bodies catering exclusively for people with disabilities
- mainstream National Governing Bodies
- CARA (the national organisation providing a partnership platform to increase sport and physical activity opportunities for people with disabilities).
- Paralympics Ireland, the lead agency in the support of high performance athletes.

The policy identifies Local Sports Partnerships as a key partner in this area of work primarily through the work of the Sports Inclusion Disability Programme.

## Women in Sport Policy (2019) [Sport Ireland]

[Sport Ireland]

In this policy Sport Ireland outlines its vision as one where

*'women have an equal opportunity to achieve their full potential, while enjoying a lifelong involvement in sport.'*



Sport Ireland commits to increasing women's sustained involvement in sport as coaches, volunteers, club members, athletes, advocates, leaders, and participants from grassroots to the podium.

It identifies four areas which have emerged as current gaps and future opportunities which will be targeted.

- coaching and officiating
- leadership and governance
- active participation
- visibility

*The challenge for those in promoting sport and physical activity now is to ensure that new participants are encouraged and supported to stay, while those whose participation may have lapsed are enticed back.*

*We need to continue to introduce and implement measures to ensure that sport and physical activity is open and accessible to people of all ages, backgrounds and abilities.*

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