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To: mx.InfoClass
Cc: Matthew Cooper; Michelle Hollands
Subject: Sport NZ submission to LTP
Attachments: Waitomo final.pdf

To whom it may concern,

On behalf of Sport New Zealand please find attached for Councils consideration our submission on the Councils 2018 to 2028 Long Term Plan.

Kind regards

Brent Sheldrake | | Area Manager – Northern | | Partnerships and Communication

www.sportnz.org.nz



Sport New Zealand is the crown entity responsible for promoting, encouraging and supporting sport and physical recreation in New Zealand

For more details, visit www.sportnz.org.nz

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SUBMISSION IN RESPONSE TO
WAITOMO DISTRICT COUNCIL'S

Long-Term Plan 2018-28



4 May, 2018

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1. EXECUTIVE SUMMARY

Sport New Zealand (Sport NZ) is the crown entity responsible for getting more New Zealanders physically active, keeping competitive sport strong, clean and fair, and ensuring there are pathways for our most talented sportspeople to realise their potential.

Our research shows that participation in sport and recreation is declining (down 7.7% among all New Zealand adults between 1998 and 2014). This trend is particularly profound among:

- Young adults (18-24) – down 13.9%
- Pacific (11.4%) and Māori (8.4%) communities
- Households with combined incomes under \$40,000 pa
- Men (down 9.2% v a drop of 6.4% for women)

THE CHALLENGE

Waitomo District, like many in New Zealand, faces several challenges in relation to the provision of sporting and recreation opportunities. The challenge lies in ensuring the community's needs are developed in a smart and strategic manner to ensure sport and recreation opportunities, and the spaces and places for participation are accessible to all and that barriers to participation are removed.

Demands on capital funding budgets are likely to increase as assets age and the demand to meet increased growth intensifies. It will therefore become increasingly important for all stakeholders to work collaboratively in order to improve the delivery of sport and recreational opportunities.

WHAT THIS MEANS FOR THE WAITOMO DISTRICT?

Community sport and recreational opportunities need to be sustained in partnership with others, such as: charitable trusts, the Ministry of Education (via schools), and community groups and clubs. Maintaining aging assets, current service levels and facility sustainability is likely to become increasingly difficult, especially for areas with minimal growth or aging populations. Partnering, co-location and shared services that avoid unnecessary duplication and underutilisation of sports and recreational facilities needs to continue and rationalisation of poor performing facilities should be considered.

Sport NZ acknowledges the involvement and contribution of the Council towards the development and subsequent adoption of the Regional Sports Facilities Plan for the Waikato in 2014. The plan sets out at a high level, identified priority projects for the Waikato region in the short, medium and long-term. Sport NZ looks forward to continuing its support for the district, through its partner Sport Waikato, and encourages Council to maintain its interest and investment in the plans steering group.

2. ABOUT SPORT NZ

Sport New Zealand (Sport NZ) is the crown entity responsible for getting more New Zealanders physically active. There is global evidence that this enhances their physical and mental health, education outcomes and general wellbeing - and makes for a more cohesive society.

Our other key roles include keeping competitive sport strong, clean and fair, and ensuring there are pathways for our most talented sportspeople to realise their full potential.

OUR APPROACH

We are now into the third year of our Community Sport Strategy, which has put a strong emphasis on using research to better understand how societal changes and the changing make-up of New Zealand's population impact the level and nature of participation in sport and recreation. We are working with regional sports trusts, councils and other local stakeholders to find local solutions to turn this around.

Our primary focus is on young people (5 to 18 years), particularly teenage girls and three ethnic communities where the barriers to participation for young people are most profound: Māori, Samoan and Indian. It is our belief that providing quality experiences in sport in recreation for our young people is the secret to ensuring New Zealanders remain physically active as they age and grow.

THE IMPORTANCE OF COUNCILS TO OUR APPROACH

Councils play a key role in our focus on young people. They are an important partner for regional sports trusts, in whom we are a significant investor and partner – and who are the regional champions of our strategy to grow participation.

Sport NZ also supports councils in the delivery of major events, and councils are now increasingly involved in running or supporting local programmes drive local physical activity and wellbeing outcomes.

However, our key area of work with councils – and the primary way your Long-Term Plan 2018-28 can help grow participation in sport and recreation – remains the planning, investment and operation of the facilities and open spaces which enable sport and recreation.

For instance, our most recent Active NZ study (2014) found that more 30% of women use a swimming pool as part of their sport and recreation, more than half of all adults use an indoor or outdoor sporting facility, and just under a quarter of adults cycle for sport and recreation.

That's why Sport NZ has worked with a number of councils to develop Regional Facility Plans to ensure their prioritisation of sport and recreation facilities aligns with both current and future needs, and that they are run in way which maximises community benefit.

3. THE VALUE OF SPORT AND RECREATION

On 17 March, Sport NZ launched a [new study](#) that explores the value of sport and recreation to New Zealanders, their communities and our country. *The Value of Sport* is based on extensive research, including a survey of around 2,000 New Zealanders and a review of previous studies from here and around the world.

People we spoke to see real value in participating in sport and recreation:

- 92% believe being active keeps them physically fit and healthy, and helps relieve stress
- 88% believe that sport and other physical activities provide them with opportunities to achieve and help build confidence
- 84% believe sport brings people together and create a sense of belonging
- 74% say sport help builds vibrant and stimulating communities.

Our research also showed the ability of sport and recreation to create good young adults and improve the health and wellbeing of New Zealanders. Key findings include:

Sport and physical activity can reduce rates of many physical health related disorders and improve health outcomes as a result

Significant studies have identified relationships between physical activity and reducing type 2 diabetes, high blood pressure, cardiovascular disease and obesity related disorders. Regular physical activity results in similar outcomes for children, including improved cardiovascular fitness, decreased risk of type 2 diabetes, improved bone health, and maintaining a healthy weight. There is at least moderate evidence of physical activity having beneficial impacts on rates of breast cancer, colon cancer, osteoporosis and stroke.

Evidence indicates a positive association between children’s physical activity participation and academic achievement

There is a positive association between physical activity and higher test scores, improved reading comprehension and a positive orientation towards achievement. There is also evidence that children can spend more time being physically active and less time in the classroom without having an impact on academic achievement. There is a positive association between sport participation and higher academic performance, attendance rates and less lateness and stand downs.

Participation in sport has been linked with greater employability in graduates.

Sport at university was associated with greater employability compared with attending the gym, or not engaging in sport – and this effect was greater for graduates who take part in sport and volunteering. Employers listed a wide range of attributes developed through sport, including teamwork, communication skills, motivation, competitiveness and resilience.

There is a link between sport participation, improved social capital, feelings of social cohesion and community identity

Because sport acts as a conduit to bring individuals within communities together, to make friends and to develop networks, it also presents an opportunity to develop social capital. There are strong associations between national levels of sport club memberships and levels of social trust and wellbeing. Some evidence also suggests that sport and recreation in youth may also result in increased levels of community involvement as an adult.

THESE AND OTHER FINDINGS FROM OUR STUDY REINFORCE THE ROLE OF SPORT AND RECREATION IN CREATING A BETTER NEW ZEALAND.

FIND OUT MORE AT SPORTNZ.ORG.NZ/VALUEOFSPORT.

4. OUR FEEDBACK ON YOUR LONG TERM PLAN

In response to the draft 2018-28 LTP consultation document, we wish to comment on the following:

1. **Thank you:** On behalf of the people of the Waitomo, Sport NZ thank you for your contribution to sport and recreation in your district. As highlighted on page 4, district councils are key enablers driving the desired 'value of sport' outcomes expressed on page 5 and your effort and investment is sincerely appreciated. Sport NZ would also like to take this opportunity to thank Council for the part that it plays in the strong partnership that has long existed between Sport Waikato and Waitomo District Council, as evidenced by the extensive list of projects, programmes and quality opportunities that have been developed over recent years.

2. **Regional Sports Facilities Plan:** The Regional Sports Facilities Plan was established in 2014. Designed to guide the development of facilities the community needs (versus wants) at a Regional and Sub Regional level. Sport Waikato is the lead agency guiding the joint implementation of the plan. An initiative of the Mayoral Forum, with partnership from all Local Authorities in the region, the Regional Sports Facilities Plan offers local authorities the following key concepts:
 - Advocacy with funders and investors for facilities that reflect the principles of the plan.
 - Provision of peer reviews for facility development concepts e.g. Feasibility Projects, Business Case Assessments and Concept Designs.
 - Assistance with investment negotiations in facility development and utilisation.
 - Sharing of knowledge including resources specific to sports facilities and the sport sector.
 - Partnering to optimise facility utilisation by way of fostering sport organisation relationships to attract events and collaborative working.
 - Advice and assistance in the development of "Community Hub" concept (co-location of organisations in sport and in a broader context).
 - The provision of training opportunities and information sharing.
 - Increasing regional understanding and management of facility utilisation data to understand demand and enable informed decision making.

Sport NZ supports, with its partner Sport Waikato, the review of the Regional Facilities Plan currently taking place. This review will ensure that the plan stays current and focuses on the needs of sport and recreation across the region. We would encourage the Waitomo District Council to continue to be an active participant in this review and subsequent revised plan and its implementation.

How Sport NZ can assist: We valued our involvement and investment in supporting the development of the Regional Sports Facilities Plan and commit to continuing support through our partner Sport Waikato to continue implementation.

Sport New Zealand will contribute annual funding, via Sport Waikato's investment schedules, to support implementation of the Regional Sports Facilities Plan. This includes:

- Provision of support in the development of feasibility assessments and business case reports to guide better decision making and investment.
- Advocacy with funders and investors for those facilities that reflect the principles outcomes of the strategy.
- Assistance with investment negotiations in facility development and utilisation.
- Sharing of knowledge - including free time, advice and resources specific to sports facilities.
- Increasing regional understanding and optimisation of facilities including the provision of regional sporting trend information, opportunities to benchmark facility outcomes and usage data, to understand demand and enable informed decision making.
- Support a current review of the Strategy to ensure it remains relevant and in line with sporting and demographic trends.

- 3. Sport, Recreation and Leisure Plan:** Later in 2018, Sport Waikato will publish District level profiles for the Waikato region from data collected as part of Sport New Zealand's Active NZ Survey. The survey is designed to understand the preferences of our communities when it comes to healthy lifestyles including physical activity and nutrition. The district level profile will outline for the Waitomo District what the community is currently doing, what the barriers to participation are, where the community is exercising and what their nutrition and health profiles look like. The survey of individuals in the Waitomo community were completed during 2017 with 500 adults (18+) and 180 children (aged 5-17) surveyed.

On the back of this information and a strong set of facility plans and facility data, Sport Waikato propose that in partnership with Council a revised Sport, Recreation and Leisure Plan for the District is developed. This could be completed during early 2019 to enable information to be carried through to the 2021/2025 LTP.

- 4. Community Partnership Fund:** Sport NZ is familiar with Waitomo District Council's Community Partnership Fund and the funds that are distributed to Individuals and Clubs. The assistance provided to voluntary sports clubs, organisations and individuals in the community is very much valued by the community. We support the continuation of this concept.
- 5. Rural Travel Fund:** The Waitomo District is one of three districts in the greater Waikato region eligible for Sport New Zealand's Rural Travel Fund. The fund enables school sports teams and sports club's teams to receive funding support to attend regular local sport competition out of school time. A review of the available information suggest that the Waitomo District is doing a great job of accessing this fund and we support the continuation of the use of this fund.
- 6. Long Term Plan Inclusions:** In response to council's long-term plan inclusions for sport and recreation Sport Waikato make the following observations:
- **North King Country Sport & Rec Centre:** That Council Fund the North King Country Sports and Recreation Centre under **Option One - \$1.5M with \$1M in 2018/19 and \$500K in 2019/20**. The partnership project with the Community and Te Kuiti High School models many of the Principles of the Regional Sports Facilities Plan and the process utilised to guide this project including Feasibility, Business Case and Peer review has been an exemplar of the guiding framework from the Plan. Examples elsewhere show the partnership approach improves utilisation and lowers overall operating costs to Councils.
 - **Aquatics provision:** Sport NZ supports the provision of Council's Aquatics Facilities and proposes that regular reviews of benchmarking information against other like sized facilities and populations throughout New Zealand occur to optimise outcomes and minimise operational and maintenance costs.
 - **Reserves and Community Facilities:** Sport NZ supports the continued provision and support of reserves and community facilities. We recognise that a number of clubs (sport and cultural) in communities across New Zealand now struggle with the financial implications of maintenance and renewals for upkeep of facilities. In partnership we support the ongoing review of facility assets and the investigation of community hubs where organisations come together in facilities and also in the sharing of operational delivery where volunteer numbers are challenged.
- 7. District Coordinator:** Sport Waikato's District Coordinator team partner with Local Authorities across the greater Waikato region. District Coordinators serve as a local connector, connecting the community to sport and recreation and connecting the greater Sport Waikato team to the community. The District Coordinators have four high level KPI's that focus their performance.
- To grow participation in local communities to increase the number of individuals who meet the physical activity guidelines
 - To work with deliverers of sport, recreation and physical activity to provide sustainable quality experiences

- To develop, maintain and grow quality stakeholder relationships
- To promote and advocate for healthy active lifestyles

Recommendation: That Sport Waikato continue to be funded to support the delivery of quality experiences in sport and recreation in the Waitomo District via the contract for service and District Coordinator delivery model.

5. SPORT NZ CONTACTS

Should the Council seek information or clarification further to this submission, please contact:

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