



COUNCIL POLICY

Active City

Approved by Council on: 27 April 2011

Next Review Date: April 2014

Responsible Officer:	Andrew MacDonald
Position:	Program Manager, Active City
Phone:	ext 141

1. Introduction

The Active City Policy will guide Council's provision of *opportunities for the community to be active, maintain their health and participate in recreation and community sports activities*, consistent with Council's vision of creating a vibrant, populous and sustainable City.

The Policy will influence the planning, design and build of the City and inform the provision of recreation and sport facilities, the delivery of programs and events and the creation of open spaces within the City, in order to create opportunities for people to be engaged in an active lifestyle.

A cross-Council collaborative approach will be applied to all aspects of delivering an active city - in researching, planning, designing, establishing, maintaining, operating and promoting recreation and sport opportunities.

The Active City Policy will drive the development of strong partnerships with various levels of government, external agencies and the private sector, so that Council's investment in recreation can be leveraged and maximised by the community.

The Active City Policy will:

- articulate Council's role in recreation provision in the City
- provide direction on Council priorities for recreation planning and delivery
- guide Council's resource allocation to recreation and desirable levels of cost recovery
- consolidate existing recreation related plans and policies:
 - a. Light'n Up in Adelaide – City Recreation and Sport Plan
 - b. Children's Playspaces Policy and Operating Guidelines
 - c. Park Lands Sporting Facilities Policy and Operating Guidelines; and
- inform reviews of the Adelaide Aquatic Centre and Adelaide Golf Links charters.

2. Legislative Requirements

In adopting this policy it is recognised that there are specific legislative requirements and standards to be met. The Local Government Act 1999 outlines that one of Council's function is *to provide services and facilities that benefit its area, including ...health, welfare...and*

recreational services or facilities, and to provide for the welfare, well-being and interests of individuals and groups within its community.

Other relevant provisions to be considered include the:

- City of Adelaide Act 1998
- Development Act 1993 and Regulations
- Adelaide (City) Development Plan
- Heritage Act 1993
- Native Title Act 1994
- Disability Discrimination Act 1992
- Adelaide Park Lands Act 2005
- Harbour and Navigation Act 1993
- Council By Laws; and
- Australian Standards.

3. Strategic Context

Council's ***Creating Our Future, the City of Adelaide Strategic Plan 2008-2012*** seeks to establish Adelaide as the State's hub for creativity, recreation, cultural and artistic activity and exciting events (Outcome 4). A key Strategy within the Plan is to 'provide opportunities for the community to contribute to the social, recreational and creative life of the City through events, activities, arts and cultural initiatives and recreation and sport programs'.

The value added by the Active City Program also strongly aligns with Outcome 2 of the Strategic Plan, in particular the Strategic Direction to 'activate the City's Park Lands and Squares'.

The Active City Policy will be realised through the **Active City Strategy** and Council's annual **Active City Program Plan**, which will deliver initiatives to foster *Community Wellbeing and Activity* and *provide opportunities for the community to be active, maintain their health and participate in recreation and community sports programs*.

Both the Commonwealth and State Governments recognise the role recreation and sport play within the preventative health agenda. South Australia's Strategic Plan has an objective to improve the wellbeing of South Australians. The Plan recognises that physical activity is important as a means to promoting healthy lifestyles.

The *State Strategic Plan* has a target of 52% of adults being in the healthy weight range. Currently, only 42% of South Australian adults are in this range and a quarter of South Australian children are obese. The *National Guidelines for Physical Activity* recommends 30 minutes of moderate to vigorous activity most days of the week and current

evidence suggests that many people are not active enough to gain health benefits.

Relevant external policies include:

- Crawford Report, *The Future of Sport in Australia*
- National Physical Activity Guidelines
- South Australia's Strategic Plan
- SA Physical Activity Strategy
- Office for Recreation and Sport's Strategic Plan
- Healthy By Design (Heart Foundation)
- Blueprint for an Active Australia (Heart Foundation)

4. Policy Objectives

In delivering on the Active City Policy, the City and Park Lands will be a hive of daily activity and City residents, students, workers and visitors will enjoy a better quality of life, improved health and wellbeing and greater social connectedness.

In particular, there will be a noticeable increase in the numbers of people participating in greater levels of physical activity as a result of the recreation and sport facilities and programs delivered in the City and Park Lands.

5. Policy Principles

The following guiding principles underpin this policy. They are statements that articulate Council's shared values and serve as a basis for integrated decision making in the delivery of recreation and sport opportunities for people to be engaged in an active lifestyle.

1. Maximum Participation

Council supports multi-purpose facility and infrastructure redevelopment that achieve multiple outcomes and ensure maximum participation by the community. Multi-use initiatives eg sports hubs and activity hubs are prioritised over single use initiatives.

Council prioritises the provision of community recreation and sport facilities that cater for the general community, rather than providing, managing and funding elite level facilities at the state and national level, which cater for smaller numbers of elite athletes.

2. Health and Wellbeing for ALL

Opportunities to be engaged in recreation and sport activities in the City are available to ALL people, regardless of age, cultural background, socio economic status or ability. In some instances this results in programs and initiatives being targeted at specific population

groups, to ensure that all members of the community can reach their potential for good health and fitness.

A wide variety of recreation and sport opportunities are provided to meet the diverse needs and interests of the community. Mainstream and non mainstream sports are catered for as well as informal recreation opportunities.

3. The Best of the Best

Council sets the benchmark for 'best practice' when it comes to delivering on the Active City Policy. As a capital city local government authority, Adelaide City Council has a responsibility to provide high quality opportunities for visitors from interstate and overseas and for the residents of South Australia who come to the City for work, study or recreation. Equally, Adelaide City Council offers the best possible experience for its residents and ratepayers to further improve the quality of life within the City.

4. Working with Partners

Council forges strong and sustainable partnerships with other levels of government, agencies, State Sporting Associations and sporting clubs to ensure a comprehensive range of opportunities are available for people to increase their levels of physical activity and improve their health and wellbeing.

5. Economic Sustainability

Council ensures that its recreation businesses are commercially responsive to the market and managed in a manner that ensures maximum participation at minimal cost to Council.

Council facilitates commercial opportunities that support recreation initiatives across the City.

Council sources funding opportunities that leverage Council's investment and as a result provide a more enhanced outcome for the City.

6. An Informed and Educated Community

Council communicates via a range of mediums to reach a broad cross section of the community and to ensure that people are fully aware of what recreation and sport opportunities are available in the City.

Pursuing an active and healthy lifestyle starts with having an understanding of the short term and long term health and wellbeing benefits of being physically active.

6. Definitions

- **Wellbeing** – A broad term referring to notions of the health, wellness and happiness of an individual or community. For the purpose of this policy, wellbeing will refer to the health and satisfaction that comes from being physical active within a supportive and connected community.
- **Physical Health** - Physical health can be defined as an essential part of overall health. Examples of steps to improve one's physical health are:
 - Physical fitness
 - Weight loss
 - A healthy diet
 - Stress management training
 - Stopping smoking and other substance abuse

This Policy will focus on providing opportunities for people to improve their physical fitness.

- **Recreation** - Recreation is a broad term used to describe freely chosen activities undertaken in free-time, however, for the purposes of this Policy *recreation* is limited to activities that promote physical fitness and health. This includes all formal and informal indoor and outdoor sports and typical outdoor activities such as walking, cycling and playing at a playground.
- **Recreation facilities** - all facilities located in the Park Lands and Squares that allow both structured and unstructured recreation activity, and City-based facilities including community centres and privately owned school sports halls, aquatic facilities and fitness centres. Whilst Council has little influence over privately owned recreation facilities in the City, these are considered in the overall context of recreation provision.

7. Roles and Responsibilities

Council has the following roles in relation to creating *opportunities for the community to be active, maintain their health and participate in recreation and community sports programs*:

Leader: Through the development of policies, strategies and guidelines, Council has a role in influencing the provision of recreation and sport opportunities in the City by other levels of government, other agencies and community organisations. As a leader Council plans for the future provision of recreation in the City by clearly understanding the needs of the community.

Owner: Adelaide City Council will be the owner of facilities and services only where the market is unlikely to supply that type of facility or service. An example is Council's ownership of the Adelaide Aquatic Centre and North Adelaide Golf Courses.

Information Provider: Council communicates the range of recreation, sport and fitness opportunities available to the community and the benefits of active participation.

Facilitator/initiator: Council facilitates and initiates recreation and sport provision by providing grant funding for Park Lands facility improvements and recreation and sport community programs and events that increase the level of participation in physical activity in the City.

Partner: Adelaide City Council is one of a number of players involved in the provision of recreation and sport in the City. Council will partner with the State and Commonwealth Governments, other key stakeholders and the private sector to fund and deliver recreation, sport and fitness initiatives.

Provider: As a provider of recreation and sport opportunities, Adelaide City Council intervenes in the market only when recreation facilities and programs are insufficient to meet community demands or where the market is unlikely to meet demands in the future.

8. Policy Restrictions / Limitations

The scope of the Active City Policy does not include recreation activities that are essentially part of the entertainment industry, such as going to the cinema or theatre, which are included in the Arts and Living Culture Strategy. Leisure and hobby activities, such as crafts and chess, which are undertaken at Council's community centres, are considered within Council's City Community Strategy.

9. Key Performance Indicators

The following indicators will measure the effectiveness of the Active City Policy in increasing people's participation in recreation and community sport activities and improving their health and wellbeing:

- Demonstrated increase in the numbers of people participating in physical activity in the City and Park Lands.
- People reporting that they are more physically active than the previous year as a result of recreation and sport facilities and programs delivered in the City and Park Lands
- People reporting that they intend to continue to be physically active into the future

10. Monitoring and Implementation

The Active City Program will be responsible for coordinating the implementation and monitoring of the Active City Policy.

11. Review

The Policy will be reviewed in April 2014, as specified in the Council Policy Framework.

12. Revision History

<i>Revision #</i>	<i>Approval Date</i>	<i>Council or Committee</i>	<i>Decision #</i>	<i>TRIM Reference</i>	<i>Related policy documents</i>