



# Action Plan 2008 - 2009



**County  
Limerick  
Local  
Sports  
Partnership**

For the **Development of Sport** in County Limerick

# local sports partnership



## Local Sports Partnership Initiative

- In 2001, the Irish Sports Council began the establishment of a national network of Local Sports Partnerships and in 2008 countrywide cover was completed. The partnerships are seen as the main mechanism by which

*'all Irish people will be enabled to participate in sport in their own communities'.*

- Through the partnerships it is hoped to increase participation in sport by:
  - building on work already being carried out by volunteers in sports clubs and community groups
  - increasing the usage of sports facilities, and
  - creating and implementing plans for the long-term sustainable development of sport at local level

## County Limerick Local Sports Partnership

- County Limerick Local Sports Partnership Steering Group Operated since 2001
- County Limerick Local Sports Partnership received formal status from the Irish Sports Council in 2007 and is an inter-agency group comprising representatives from:
  - the key providers which invest in various aspects of sport development in the County
  - the key stakeholders including the sport sector, the community sector, and the education sector
- The main roles of County Limerick Local Sports Partnership are:
  - to involve key providers and stakeholders in formulating sport development policy in the county and in informing the future direction of the partnership
  - to coordinate the implementation of strategic plans and operational plans agreed by the Board
- The partnership has a number of staff including a full-time Coordinator and Administrator based at County Hall in Dooradoyle

## Strategic Plan 2008-2011

- In 2008, County Limerick Local Sports Partnership produced a strategic plan for sport development for the period 2008 to 2011 which;

- sets out a **definition** of sport as

*'all forms of physical activity which, through casual or organised participation, aim at improving physical fitness and mental wellbeing, forming social relationships or obtaining results in competition at all levels.'*

This definition includes active play, physical education, physical recreation, exercise, and competitive sport.

- outlines a long-term **vision** of

*'a county where all people are encouraged and enabled to participate in sport.'*

- states as its **mission**

*'to increase participation in sport in County Limerick by fostering partnership amongst the key providers and stakeholders, building the capacity of sports clubs, schools and communities, and promoting sustainable infrastructure'.*

- identifies four inter-related themes and goals which form the framework under which action will be progressed in the period of the plan (see diagram). A set of objectives (for the 2008-2011 period) accompanies each goal - these are outlined in the pages that follow.

- The Strategic Plan has been prepared and will be implemented with consideration of a range of research studies, national strategies, and local strategies that impact on it. For example
  - Teenspace, the National Recreation Policy of 2004 proposes that young people should be encouraged into sports volunteering. In the strategy, this proposal is incorporated into Objective 2.2. which seeks to support best practice in relation to volunteer recruitment and retention. More specifically, in Action 2.2b, County Limerick Local Sports Partnership commits to explore the potential to develop a Sport Volunteer programme aimed at young people in the 2008/09 period.
  - Limerick County Council's Local Play Policy (2002) points to the need to expand the provision of playground facilities for young children. As per Objective 3.3. of the strategy, the partnership will facilitate the development of needs-led, community sports infrastructure plans.
- The Strategic Plan is available to download from the County Limerick Local Sports Partnership website [www.cllsp.ie](http://www.cllsp.ie)

**Theme 1**

Increasing Participation

**Goal**

To increase the levels of sports participation in County Limerick.

**Theme 2**

Supporting the Sport Sector

**Goal**

To build the capacity of sports clubs to deliver a high-quality, relevant service.

**Theme 3**

Improving the Infrastructure

**Goal**

To support the development of a sustainable sports infrastructure in Co Limerick.

**Theme 4**

Promoting Partnership

**Goal**

To foster a strategic, sustainable, partnership approach to sport development in the county.



## Our Vision

*'a county where all people are encouraged and enabled to participate in sport.'*

## Our Mission

*'to increase participation in sport in County Limerick by fostering partnership amongst the key providers and stakeholders, building the capacity of sports clubs, schools and communities, and promoting sustainable infrastructure'.*

## Action Plan 2008/09

- In order to manage the delivery of the Strategic Plan most effectively, County Limerick Local Sports Partnership has decided to produce two Action Plans over the 2008-2011 period which will outline specific, measurable short-term actions
- This is the first Action Plan and covers the 15-month period from October 2008 to December 2009 inclusive
- In the case of each action, a lead agency(ies) is identified - this agency will take responsibility for the implementation of that action in consultation with the Board
- The plan may be subject to change depending on issues such as availability of resources, priorities, etc

## Terms and Abbreviations

A number of terms and abbreviations are used throughout this document which are explained below:

- sport means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness or mental wellbeing, forming social relationships or obtaining results in competition at all levels.[Definition of Council of Europe 1975 and adopted by the Irish Sports Council 2000]
- sport development is a process by which people are supported to partake in sport, and usually involves the elements of programmes, facilities, leadership and promotion
- key providers are agencies that invest in, or have an influence on sport development in the county. For example Limerick County Council, County Limerick Vocational Education Committee, and the Health Promotion Service of HSE Midwest
- key stakeholders are those that deliver sport at the 'coalface' including individuals, schools, sports clubs, and community organisations
- national governing body is an organisation, recognised by the Irish Sports Council, that coordinates the development of a particular sport or sports through constituent clubs. (e.g. Gaelic Athletic Association, Irish Basketball Association)

- local development company is a local non-statutory company with voluntary representation on their Boards of Management which are responsible for local delivery of national programmes funded by Government Departments and the European Union. Two Local Development Companies operate in the county - Ballyhoura Development Ltd. and West Limerick Resources
- sport sector refers to the collective of the organisations and clubs that promote various codes of sport in the county
- community and voluntary sector is the collective of organisations, groups and clubs that work in a range of areas of community development in the county, and are ordinarily managed exclusively by voluntary committees (e.g. Irish Countrywomens Associations, Youth Clubs, Active Retirement Groups). The sector is represented on the Community and Voluntary Forum
- low participation groups are groups of people that engage in sport less than the mainstream. (e.g. people with a disability).
- inclusion refers to actions which assist all individuals (irrespective of age, ability, gender, ethnic background or economic circumstances) participate in sport
- sports infrastructure is inclusive of the wide range of built facilities (indoor or outdoor) that are suitable for the playing of competitive

sport (e.g. community halls, school sports halls, football pitches, athletics tracks, golf courses) and built or natural amenities that are suitable for recreational participation (e.g. children's playgrounds, swimming pools, golf courses, walking routes, cycling trails)

- ISC** - Irish Sports Council
- LSP** - County Limerick Local Sports Partnership
- LCC** - Limerick County Council
- VEC** - County Limerick VEC
- HSE** - Health Service Executive
- UL** - University of Limerick
- LYS** - Limerick Youth Service
- FO** - Foróige
- FAS** - FAS (the Training Authority)
- GS** - Garda Síochána
- SD** - Shannon Development
- LDC** - Local Development Company
- CVF** - Community and Voluntary Forum
- SS** - Sport Sector
- CLCC** - County Limerick Childcare Committee
- SIDO** - Sports Inclusion Development Officer

## Introduction

County Limerick Local Sports Partnership believes that increasing participation in sport has the capacity to promote the health of individuals and to be an effective tool for social inclusion and community development. Statistical data however, suggests that there are many people who do not partake in sport with meaningful regularity - the wide ranging barriers include lack of information, low levels of confidence, low levels of opportunities, affordability, and access. These barriers lead to unequal participation or exclusion. The partnership is committed to the concept of Sport for All and believes that sport should be an integral element of the lives of people of all ages, abilities, needs and interests.

## Goal 2008-2011

... increasing the levels of sports participation in County Limerick.

## Priority of Focus

On the basis of issues identified through consultation and research, the priority of focus for 2008-2011 will be on:

- gathering locally relevant statistical data on sport participation in the county which will provide baselines for future policy making
- collating and disseminating information relating to opportunities for sport participation

- increasing the range of opportunities for participation in sport to cater more fully to the varied interests and abilities of the entire population
- supporting efforts to increase participation in sport by young people, women, middle-aged and older adults, and people with a disability



Objectives 2008-2011	Strategic Actions for 2008/09	Evaluation Indicators	Lead Agencies
1.1. To establish baseline statistics in relation to sport participation in the county.	1.1a. Develop a framework for the compilation of baseline statistics for the county.	Baseline statistics framework agreed.	UL
1.2. To build the capacity of schools to increase participation in sport.	<p>1.2a. Deliver Healthy Tots and Buntús Start Training for leaders in Pre-Schools.</p> <p>1.2b. Complete the rollout of Buntús Teacher Training to all Primary Schools in the county and organise further workshops (e.g. cycling, playground games, volleyball).</p> <p>1.2c. Complete review of Primary School Physical Activity Policy initiative and circulate recommendations.</p> <p>1.2d. Initiate research on the use of external sports leaders in Primary Schools.</p> <p>1.2e. Complete the delivery of the Girls Active Programme in Secondary Schools.</p>	<p>6 Healthy Tots and Buntús Start courses delivered.</p> <p>Training delivered to Teachers in 118 Primary Schools.</p> <p>Review complete and recommendations circulated.</p> <p>Research project initiated.</p> <p>Girls Active Programme completed and evaluated.</p>	LSP HSE UL CLCC VEC
1.3. To increase participation in sport by older people and people with a disability.	<p>1.3a. Establish a People with Disability in Sport Forum to formulate a strategic approach to delivery of future action.</p> <p>1.3b. Deliver adapted sport programmes to suit needs of people with a disability.</p> <p>1.3c. Coordinate the delivery of an integrated programme of Leader training for those working with older people in clubs, day-care facilities, and communities (see Action 1.4a).</p>	<p>Forum established and strategic priorities agreed.</p> <p>Series of adapted sport programmes delivered.</p> <p>Integrated training programme delivered.</p>	SIDO  LDC HSE VEC
1.4. To implement community initiatives to increase sport participation by low-participation groups.	1.4a. Continue expansion of the Communities in Motion Project to 15 communities with a particular focus on; <ul style="list-style-type: none"> <li>- provision for older people and migrants.</li> <li>- promotion of walking.</li> <li>- development of sport facilities to support the above (activity areas, playgrounds, walking routes, etc.).</li> </ul>	15 communities promoting sport and involving low-participation groups at local level.	LDC VEC HSE LCC CVF FAS GS

### Introduction

Over 300 sports clubs operate in County Limerick and the partnership recognise that these clubs play a major role in the sustainable development of sport in the county. Today's changing environment presents great challenges to sports clubs, however, officers, administrators and coaches need to be supported in order to deliver a high-quality service that meets the diverse needs of their communities. Volunteers are crucial to the sustainability of sports clubs and volunteerism needs to be promoted and supported. Quality training and education is seen as a key element in this regard.

### Goal 2008-2011

... building the capacity of sports clubs to deliver a high-quality, relevant service.

### Priority of Focus

On the basis of issues identified through consultation and research, the priority of focus for 2008-2011 will be on:

- developing a vibrant, sustainable sport sector
- promoting greater inclusion in sports clubs
- building the capacity of the sport sector to meet the changing environment
- supporting and fostering sports volunteerism



<b>Objectives 2008-2011</b>	<b>Strategic Actions for 2008/09</b>	<b>Evaluation Indicators</b>	<b>Lead Agencies</b>
2.1. To provide networking opportunities for sports clubs.	2.1a. Organise two Sport Network sessions for sports clubs focusing on (a) promoting the Strategic Plan; (see Action 4.1b). (b) volunteer recruitment and retention (see Action 2.2a).	Two Sport Network sessions held.	LSP SS
2.2. To promote and support best practice in relation to volunteer recruitment and retention.	2.2a. Organise a Sport Network session on topic of volunteer recruitment and retention (see Action 2.1a)  2.2b. Explore the potential to develop a Sport Volunteer programme aimed at young people.	Sport Network session on topic of volunteering held.  Sport Volunteer programme for young people examined.	LSP SS  LYS FO GS VEC
2.3. To provide localised education and training for club officers, administrators and coaches.	2.3a. Deliver a programme of Running Sport Workshops to include topics such as; - strategic planning at club level; - facility planning and development; - coach education; - financing a club.  2.3b. Administer a bi-annual grant scheme geared to assist sports clubs access training for club officers, administrators and/or coaches.	Running Sport Programme delivered to 50 sports clubs.	LSP
2.4. To support initiatives to improve inclusion in sports clubs.	2.4a. Initiate development of an Inclusive Sports Club Scheme to increase inclusion in sports clubs.  2.4b. Support the implementation of sports programmes that promote inter-culturalism.	Inclusive Sports Club Scheme initiated.  Inter-cultural sport programmes supported and implemented.	LSP SS

## Introduction

Sports facilities and recreational amenities (built and natural) are a key element in sport development. Forward planning of the county's sports infrastructure needs to focus on optimising usage, ensuring accessibility and affordability for all, and guaranteeing sustainability. County Limerick Local Sports Partnership believes that there is a need in the longer-term to develop a Facility Development Plan for our County addressing issues such as development, upgrading and expansion needs.

## Goal 2008-2011

... a suitable and sustainable sports infrastructure.

## Priority of Focus

On the basis of issues identified through consultation and research, the priority of focus for 2008-2011 will be on:

- initiating strategic planning for the sustainable development of sports infrastructure in County Limerick
- promoting best practice for facility development at community level
- supporting facility owners/operators in ensuring higher levels of usage, greater inclusion, and sustainability
- promoting increased usage of the natural environment



<b>Objectives 2008-2011</b>	<b>Strategic Actions for 2008/09</b>	<b>Evaluation Indicators</b>	<b>Lead Agencies</b>
3.1. To produce a strategic plan for indoor sports facilities in County Limerick in conjunction with National Facility Audit.	3.1a. Complete countywide audit of sport facilities that in line with development of National Facility Audit.	County Limerick Indoor Facility Audit complete.	LSP
3.2. To increase the number, range and usage of outdoor recreation amenities in the county.	3.2a. Develop a Limerick Outdoors web resource that identifies opportunities for outdoor recreation (amenities , activities, centres, etc)  3.2b. Further develop facilities and amenities at Kilfinane Outdoor Education Centre	Limerick Outdoors web resource developed.  Improved Infrastructure	LSP VEC LDC SD
3.3. To facilitate the development of needs-led, community sports infrastructure plans.	3.3a. Support three of the communities involved in the Communities in Motion Project (see Action 1.4a) to produce inclusive Sports Infrastructure Plans.	Three Community Sports Infrastructure Plans complete and development initiated.	LDC LCC

## Introduction

Sport development in County Limerick is dependant on a wide range of bodies - public and private, statutory and voluntary. County Limerick Local Sports Partnership is confident that a partnership approach to sport will enhance sports provision, meet the diverse menu of needs more adequately, and raise levels of participation in sport. The effective delivery of this strategy will require regular communication with the key stakeholders and positive collaboration between the key providers.

## Goal 2008-2011

... a partnership approach to sport development in the county.

## Priority of Focus

On the basis of issues identified through consultation and research, the priority of focus for 2008-2011 will be on:

- creating awareness of County Limerick Local Sports Partnership, and generating support for this and future strategic plans
- improving communication, coordination and collaboration between the key providers in sport development in the county
- increasing the involvement of key stakeholders in planning future sport development
- establishing working relationships with other agencies (both inside and outside the county) that impact on sport development in the county



<b>Objectives 2008-2011</b>	<b>Strategic Actions for 2008/09</b>	<b>Evaluation Indicators</b>	<b>Lead Agencies</b>
<p>4.1. To increase awareness of the roles and work of County Limerick Local Sports Partnership.</p>	<p>4.1.a. Launch Strategic Plan 2008-2011 document.</p> <p>4.1.b. Promote the strategic plan to all local agencies (including sports clubs, schools and community groups).</p> <p>4.1.c. Develop and maintain a dedicated website.</p> <p>4.1.d. Maintain ongoing contact with the Irish Sports Council, other Local Sports Partnerships, and other national agencies involved in sport development.</p>	<p>Strategic Plan produced and launched.</p> <p>Strategic Plan promoted countywide</p> <p>Developing Sport in County Limerick website operational <a href="http://www.cllsp.ie">www.cllsp.ie</a></p> <p>Attendance at organised ISC workshops, conferences, etc.</p>	<p>LSP</p>
<p>4.2. To operate and manage the affairs of County Limerick Local Sports Partnership in an effective manner.</p>	<p>4.2.a. Develop and implement an inter-agency Action Plan for 2008/09 period.</p> <p>4.2.b. Establish systems to effectively manage the affairs of the Partnership.</p> <p>4.2.c. Organise regular meetings of the Board and Executive Committee.</p> <p>4.2.d. Seek the appointment of professional Sport Development staff to enhance service provision.</p>	<p>Action Plan implemented</p> <p>Effective systems in place.</p> <p>Meetings held.</p> <p>Sports Development Officer Appointed</p>	<p>All Agencies</p>
<p>4.3. To deliver a number of multi-agency initiatives.</p>	<p>4.3.a. Plan and implement the Communities in Motion Project to 15 communities (see Action 1.4a.)</p>	<p>Communities in Motion Project implemented and evaluated.</p>	<p>All Agencies</p>
<p>4.4. To involve key stakeholders in the future planning of sport development in the county.</p>	<p>4.4.a. Organise two Sport Network sessions for sports clubs. (see Action 2.1 a)</p> <p>4.4.b. Collate proposals from stakeholders which have relevance for future Strategic Plans or Action Plans.</p> <p>4.4.c. Conduct a review of Action Plan 2008/09 to include key stakeholders.</p>	<p>Documented input to Action Plan 2010/11 by sport sector, school sector, and community and voluntary sector.</p>	<p>LSP</p>

# Contacts



## LSP Partners



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