



# Living Active

City of Unley  
Sport and Recreation Plan 2015-2020

THE CITY of  
*Unley*

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**“Healthy, active children learn better, communities are stronger and are better places to live, environmental outcomes can be achieved and businesses have a healthier workforce fit for the jobs required now and into the future.”**

# Executive Summary

Physical activity through participation in sport and recreation is a key contributing factor to building and maintaining positive health and wellbeing.

The City of Unley recognises the importance that sport and recreation plays in our City. Active recreation and sport has significant health, social and economic benefits, and in particular reduces the risk of escalating medical conditions in both children and adults alike.

Council has a key role in providing, promoting, encouraging, supporting and facilitating sport and recreation opportunities within the City that lead to positive health and wellbeing outcomes for our community.

The *'Living Active Plan'* is a new 5-year plan focused on building the capacity of our communities to lead physically active lifestyles. It is based on extensive research and engagement and provides a new direction for the City of Unley to support recreation and sport initiatives.

The Plan defines Council's role and acknowledges that there are many different ways for a diverse community to become and remain physically active. This plan aims to capitalise on existing strengths, as well as explore new opportunities. Council's role can encompass creating opportunities for recreation and physical activity, facilitating the development of formal sports activities and extends to fostering participation in recreation and sports programs.

The *'Living Active Plan'* outlines a series of strategic directions and actions under four key themes:

- People & Participation
- Planned Places
- Partnerships
- Sustainability.

The strategic directions and actions will be delivered through Council's Annual Business Plan and Budget over the next five years. The Plan contains five guiding principles that underpin our direction and inform our priorities for sport and recreation. These are:

- 1 Participation for all
- 2 Optimal facilities and optimal use
- 3 Partnerships
- 4 Financial Sustainability
- 5 Involving our community



The Sport and Recreation Plan has been developed by City of Unley staff, with input from key external stakeholders and our community.

# 1

## Introduction and Overview

### 1.1 Purpose and Scope

The purpose of the *Living Active Plan 2015 – 2020* is to activate and encourage increased participation in sport and recreation by the City of Unley community. The Plan is focussed on sport and recreation activities that provide, promote and foster physical activity and social interaction, which has a direct and positive impact on the health and wellbeing of the community.

The City of Unley Community Plan 2033 provides the vision, strategies and framework for the future of the City of Unley. Included within the Community Plan is the strategic objective to realise a “Healthy and Active Community” and the *Living Active Plan* plays a critical role in achieving this goal. Additionally, the *Living Active Plan* is a key instrument to deliver the actions of the ‘Living Well – Regional Health Plan for Health and Wellbeing for the Cities of Unley and Mitcham’ (2014).

The Plan includes four themes, each with strategic directions and actions, and also considers current trends, challenges and opportunities to build the capacity of our community to lead a physically active and healthy lifestyle.

The Plan will guide the future provision, improvement and management of sport and recreation facilities, programs and services over the next five years.

This Plan outlines key directions for the provision of sport and recreation opportunities in the City of Unley. It specifically includes facilities, programs and services provided by Council, as well as by other providers, including educational institutions, the not-for-profit and private sectors.

Although guided by other strategic documents, Council’s community centres and libraries have also been included in this Plan as these facilities are considered to be important venues for directly providing, hosting and/or facilitating sport and recreation programs and services for the community.

The Plan will be reviewed after five years in conjunction with the City of Unley Community Plan 2033.



# City of Unley Sport and Recreation Facility Provision

ADELAIDE PARK LANDS (ADELAIDE CITY COUNCIL)



Play equipment   
 Fenced play area   
 Shaded play area   
 BBQ   
 Shelter   
 Tennis   
 Basketball   
 Cricket nets   
 Skate facility   
 Public toilets

- |   |   |   |  |  |   |   |   |
|---|---|---|--|--|---|---|---|
| <p><b>1 Everard Park Reserve</b><br/>Hillsley Ave, Everard Park<br/> </p> <p><b>2 Forest Avenue Reserve</b><br/>Forest Ave, Black Forest<br/> </p> <p><b>3 Princess Margaret Playground</b><br/>Byron Rd, Black Forest<br/> </p> <p><b>4 Page Park</b><br/>Cnr Cross Rd &amp; East Ave, Clarence Park<br/> </p> | <p><b>5 Forestville Reserve and Unley Swimming Centre</b><br/>Ethel St, Forestville<br/> </p> <p><b>6 Goodwood Oval</b><br/>Curzon Ave, Millswood<br/> </p> <p><b>7 Millswood Park &amp; Millswood Sporting Complex</b><br/>Millswood Cres, Millswood<br/> </p> <p><b>8 Dora Gild Playground</b><br/>Churchill Ave, Clarence Park<br/> </p> | <p><b>9 Wayville Reserve</b><br/>Le Hunte St, Wayville<br/> </p> <p><b>10 Goodwood Community Centre</b><br/>Rosa St, Goodwood<br/> </p> <p><b>11 Soutar Park</b><br/>Albert St, Goodwood<br/> </p> <p><b>12 Orphanage Park</b><br/>Mitchell St, Millswood<br/> </p> | <p><b>13 Charles Walk, Unley Glen Osmond Creek Linear Trail, Parkside</b><br/>Thomas St, Unley<br/> </p> <p><b>14 Heywood Park</b><br/>Addiscombe Pl, Unley Park<br/> </p> <p><b>15 North Unley Playpark</b><br/>Young St, Goodwood<br/> </p> <p><b>16 Morrie Harrell Playground</b><br/>Ramage St, Unley<br/> </p> <p><b>17 Soldiers Memorial Gardens</b><br/>Cnr Unley Rd &amp; Thomas St, Unley<br/> </p> | <p><b>18 Village Green</b><br/>Oxford Tce, Unley<br/> </p> <p><b>19 Unley Primary School</b><br/>Cremorne St, Malvern<br/> </p> <p><b>20 Haslop Reserve</b><br/>Cremorne St, Malvern<br/> </p> <p><b>21 Leicester Street Playground</b><br/>Leicester St, Parkside<br/> </p> | <p><b>22 Unley Oval</b><br/>Trimmer Tce, Unley<br/> </p> <p><b>23 McLeay Park</b><br/>George St, Parkside<br/> </p> <p><b>24 Henry Codd Reserve</b><br/>Cnr Maud St &amp; Windsor St, Parkside<br/> </p> <p><b>25 Windsor Street Linear Trail</b><br/>Windsor St, Fullarton<br/> </p> | <p><b>26 Fern Avenue Reserve</b><br/>Fern Ave, Fullarton<br/> </p> <p><b>27 Yeo Avenue Reserve</b><br/>Yeo Ave, Highgate<br/> </p> <p><b>28 Parkside Primary</b><br/>Robart St, Parkside<br/> </p> <p><b>29 Hackett Reserve</b><br/>Cnr Kemilworth Rd &amp; Dudley St, Parkside<br/> </p> | <p><b>30 Highgate Junior &amp; Primary Schools</b><br/>Avenue Rd, Highgate<br/> </p> <p><b>31 Fullarton Park</b><br/>Cnr Fisher St &amp; Fullarton Rd, Fullarton<br/> </p> <p><b>32 Howard Florey Reserve</b><br/>Campbell Rd, Parkside<br/> </p> <p><b>33 Scammell Reserve</b><br/>Cullross Ave, Myrtle Bank<br/> </p> <p><b>34 Fraser Reserve</b><br/>Rivendale Rd, Myrtle Bank<br/> </p> <p><b>35 Ridge Park</b><br/>Barr Smith Ave, Myrtle Bank<br/> </p> |
|---|---|---|--|--|---|---|---|

CITY OF MARION

CITY OF MITCHAM

CITY OF BURNSIDE

PARKSIDE

UNLEY

WAYVILLE

GOODWOOD

MILLSWOOD

KINGS PARK

CLARENCE PARK

FORESTVILLE

EVERARD PARK

BLACK FOREST

CITY OF WEST TORRENS

CITY OF MARION





## 1.2 Definitions

For the purpose of the *Living Active Plan*, the following definitions apply:

### Sport

A human activity capable of achieving a result requiring physical exertion and/or physical skill which, by its nature and organisation, is competitive and is generally accepted as being a sport (Office for Recreation & Sport SA, 2015).

### Recreation

Any structured or unstructured activity chosen and undertaken for the purpose of enjoyment, which may involve varying levels of physical activity, from reading in a park to playing football with friends. Recreation is engaged in during leisure time and offers a person an outlet for physical, mental and/or creative expression (City of Unley, 2005).

Active recreation is where:

- The primary purpose and primary focus of the activity undertaken is to engage in human physical activity for its own sake
- The physical activity gained is not an indirect benefit of the primary activity; and
- Organisations delivering these activities do so for the primary purpose of human physical activity.

Passive recreation is where activities generally require minimal facilities and have minimal impact.

## 1.3 Benefits of Participation in Sport and Recreation

Participation in sport and active recreation provides a broad range of benefits to individuals and communities. These benefits are well researched and are summarised below:

### PHYSICAL HEALTH

Reduces the risk of, and helps to manage and treat disease and improve weight control, sleep, physical fitness, co-ordination and life expectancy.

### MENTAL HEALTH

Improves concentration, memory, self-esteem, psychological wellbeing and a reduction in anxiety and depression.

### SOCIAL

Encourages social interaction and connections, social cohesion and community development, improves social skills, enhances networks and integration, reduces isolation, reduces anti-social tendencies, creates safer places and communities and strengthens the 'sense of community and place'.

### ENVIRONMENTAL

Reduces traffic congestion, air pollution, greenhouse emissions and noise pollution associated with replacing car trips with active travel (i.e. walking and cycling) and improves visual and aesthetic values associated with enhanced and valued open spaces and landscape amenity.

### ECONOMIC

Creates employment, attracts tourism, supports local business (through goods and services), reduces absenteeism and improves productivity, encourages volunteering and provides active transport options.

**'No matter what age, we all need regular physical activity for good physical and mental health. It is recommended that adults include at least 30 minutes or more of moderate-intensity physical activity on most, if not all days of the week'.**

Heart Foundation, 2014



## 1.4 Council's Role

Council has many roles to play in the delivery of sport and recreation opportunities for our community. As outlined in Sections 6 and 7 of the *Local Government Act 1999*, Council has a responsibility to provide for the wellbeing of our community, including the provision of sport and recreation facilities, programs and services. This may be done directly by Council or by other means.

Being clear about Council's roles and the roles of others will ensure that we stay focused on our responsibilities, maximise efficiencies (financial and time) and foster partnerships that will benefit the community. Council's role in the delivery of sport and recreation opportunities can be defined as follows:

Council's Role	Examples
<b>Service Provider</b> Council provides all or the majority of resources for a facility, program or service.	<b>Facilities</b> <ul style="list-style-type: none"> <li>Council is the largest owner and manager of land and facilities in the City of Unley and a high proportion of these assets have a sport and/or recreation function.</li> <li>Council may directly manage and maintain facilities or lease/licence to external groups who may have some or full management and maintenance responsibilities,</li> <li>Council may issue permits to external groups to undertake activities on community land (such as fitness trainers).</li> </ul> <b>Programs &amp; Services</b> <ul style="list-style-type: none"> <li>Council may directly deliver sport and recreation programs and services. A current example includes learn to swim program at Unley Swimming Centre.</li> <li>Council may partner with external agencies to provide sport and recreation programs and services for the community. A current example includes funding for sport and recreation programs through Council's community grants programs.</li> </ul>
<b>Partner/Part Provider</b> Council contributes to a proportion of a facility, program or service for which others have responsibility.	Council may partner with external agencies to provide sport and recreation facilities, programs and services for the community. Council may also partner with groups at a regional level beyond the City of Unley borders, to create benefits for the local community.
<b>Promoter</b>	Council provides information and promotes sport and recreation opportunities for the benefit of the community, including facilities, services and programs within and outside of the City of Unley through electronic and hard copy channels.
<b>Advocate</b>	A current example includes the provision of physical activity programs at community centres via Council's website and brochures. Council advocates on behalf of and for the benefit of the community, to seek support from other agencies that can apply influence or provide funding/resources/support to address a particular need. A current example includes liaison with government agencies on behalf of sports clubs.
<b>Facilitator</b>	Council connects other agencies and/or individuals to instigate a conversation on a particular issue, find areas of common interest and determine appropriate actions. A current example includes shared school and community gardens.
<b>No role</b>	There are times when Council does not have a role to play in the delivery of sport and recreation opportunities, such as a private gym. However, opportunities for community benefit should always be considered.



## Methodology

The *Living Active Plan* has been developed by the City of Unley, with input from key external stakeholders and our community. The plan has been informed by research and consultation and has involved the following key steps:

Stage	Details	Timing
1	<p>'Active Unley' – Sport and Recreation Research Project</p> <p>Council commissioned a review of recent literature relating to sport and recreation in Unley (such as demographic information) and undertook community consultation on sport and recreation participation. This included survey responses and workshops involving over 800 people.</p> <p>The project also provided an analysis of facility, program and service provision, community need, gaps and opportunities.</p>	April – August 2014
2	<p>Internal consultation and analysis</p> <p>Workshops were held with Elected Members and key Council staff to provide input and feedback on draft principles, strategic directions and actions.</p>	September 2014 – February 2015
3	<p>Development of draft Sport and Recreation Plan</p> <p>The draft document was developed based on the previous consultation and analysis tasks.</p>	February – March 2015
4	<p>Community and Stakeholder Engagement</p> <p>A variety of engagement methods were undertaken to seek feedback on the draft Plan including on-line and in-person techniques.</p>	April 2015
5	<p>Final Sport and Recreation Plan</p> <p>The Plan was finalised and endorsed by Council.</p>	May 2015



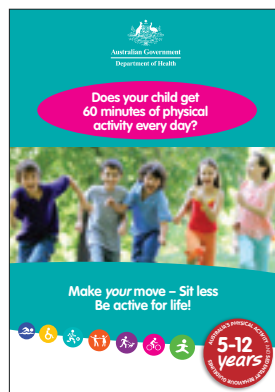


# 3

## Strategic Context

The *Living Active Plan* has been developed in consideration of other legislative, strategic and policy documents at national, state and local levels. The relevant documents and their connection to the Sport and Recreation Plan 2015–2020 are listed below.

### National Context



Developed by the Department of Health, Australia’s Physical Activity and Sedentary Behaviour Guidelines are supported by a rigorous evidence review process that considers the relationship between physical activity, sedentary behaviour/sitting time and health outcome indicators, including the risk of chronic disease and obesity. The guidelines outline minimum physical activity requirements for all ages and ways to incorporate physical activity into everyday life.

The guidelines have informed the development of this Plan, particularly the guiding principles, which emphasise the need to take a holistic approach and promoting the notion of ‘participation for all’.

### State Context

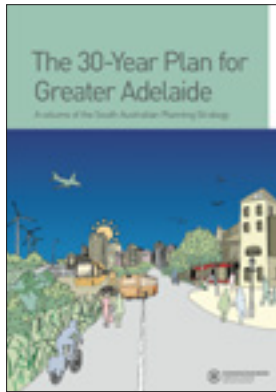


This Plan guides individuals, community organisations, governments and businesses to secure the wellbeing of all South Australians. The Plan contains 100 measurable targets and identifies priorities for South Australia. Relevant targets to the Sport and Recreation Plan include:

- Increase the use of urban spaces (T1)
- Double the number of people cycling by 2020 (T2)
- Increase South Australia’s population to 2 million by 2027 (T45)
- Increase the healthy life expectancy of South Australians to 73.4 years for males and 77.9 years for females by 2020 (T78)
- Increase by 5 percentage points the proportion of South Australian adults and children at a healthy body weight by 2017 (T82)
- Increase the proportion of South Australians participating in sport or physical recreation at least once per week to 50% by 2020 (T83)

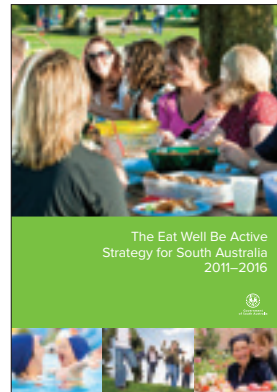
These targets relate to population growth, density, impact and use of public spaces and the role of sport and recreation in improving health and wellbeing. The *Living Active Plan* considers these targets in setting the local priorities for the City of Unley.

State Context



This document sets the long term vision for the greater metropolitan area of Adelaide and includes policy for increased density through high rise residential developments along main road corridors in the City of Unley, particularly Unley and Greenhill Roads.

Opportunities to increase open space provision and activate existing spaces for sport and recreation will be important as new development occurs. Partnerships will also be essential, particularly with Adelaide City Council, in activating the Adelaide Park Lands.



This Strategy provides a 5-year blueprint for action to promote healthy eating and physical activity for all South Australians. The Strategy recognises the role of local government in increasing physical activity, which is now mandated by the *South Australian Public Health Act 2011* and the need for Council's to develop public health plans. For the City of Unley, this is achieved through the 'Living Well – Regional Health Plan for Health and Wellbeing for the Cities of Unley and Mitcham' (2014).

Other key state level documents that were considered in the development of this Plan include:

- Inner Metro Rim Structure Plan (Government of South Australia)
- Streets for People: Compendium for South Australian Practice (Heart Foundation and Government of South Australia)



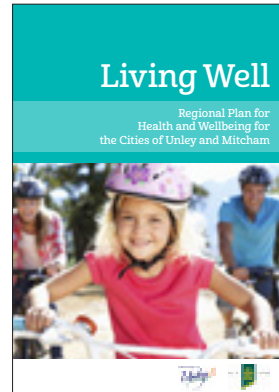
Local Context



COUNCIL'S COMMUNITY PLAN 2033

Council's Community Plan 2033 and various policies place a strong emphasis on supporting healthy communities, increasing activity opportunities, providing trails and paths that increase the walkability of the City and enhancing sport and recreation facilities.

The Sport and Recreation Plan primarily supports the 'Living' goal of the City of Unley Community Plan 2033 and is a key document to guide the delivery of projects and services outlined in Council's 4-Year Plan. Specific outcomes relevant to the Sport and Recreation Plan include:



'LIVING WELL – REGIONAL HEALTH PLAN FOR HEALTH AND WELLBEING FOR THE CITIES OF UNLEY AND MITCHAM' (2014)

Mandated by the *South Australian Public Health Act 2011*, the 'Living Well – Regional Health Plan for Health and Wellbeing for the Cities of Unley and Mitcham' (2014) provides a regional direction for both Councils to support community capacity to improve health and wellbeing. The *Living Active Plan* is a key delivery document of 'Living Well', and all relevant actions identified by 'Living Well' are included in the Strategic Directions section of this report.

Strategic Objective

Details

Strategic Objective	Details
Healthy and active community	<ul style="list-style-type: none"> <li>We have a healthy community</li> <li>Recreational and wellbeing programs influence healthy living behaviours</li> <li>Local clubs and sporting organisations are a strength of our community</li> <li>A healthier community based on the 'State Health Index'</li> <li>Level of participation in sporting programs with the City</li> </ul>

Sport and recreation facilities, services and programs contribute to the delivery of these outcomes and the Sport and Recreation Plan provides the strategic direction for this to be achieved.





### Local Context

#### OPEN SPACE STRATEGY, CITY OF UNLEY (DRAFT)

The (draft) Open Space Strategy provides the overarching direction for Council's open space and public realm. The Strategy sets the hierarchy of open space and informs decisions on the planning, design, development and management of open space and the public realm.

The Open Space Strategy will provide direction for Council on the role of open space as a driver for economic development, connecting traditional and non-traditional public spaces and for maximising investment and potential for change. The Strategy will be built on the four goals of the Community Plan 2033 and provide flexibility in long term planning.

#### LIVING YOUNG, ACTION PLAN FOR OUR YOUNG PEOPLE 2015-17, CITY OF UNLEY (DRAFT)

The (draft) Younger Persons Plan will provide directions for Council to work with and empower young people in the City of Unley. This Plan will have links to the Sport and Recreation Plan to assist engagement with and provision of appropriate activities for young people.

#### OPEN SPACE RECREATION STRATEGY, CITY OF UNLEY (2004-2014)

Reviewed in 2011, the Open Space Recreation Strategy 2004 – 2014 was the key strategic document that informed Council's decisions. This Strategy implemented the establishment of an open space hierarchy, guided the upgrade and enhancement of key facilities (such as Orphanage Park) and enabled new partnerships to be formed, such as through joint use agreements to enable community access to schools. This Strategy has been considered in the development of the Sport and Recreation Plan, including the integration of ongoing strategic directions where appropriate.

#### COMMUNITY ASSET REVIEW, CITY OF UNLEY (2011 – 2013)

From 2011 to 2013, Council undertook a review of its community assets to identify condition, use, and future requirements. A number of key recommendations were identified and extensive stakeholder consultation and research was subsequently undertaken.

Many recommendations related to the provision of sport and recreation facilities, including opportunities to co-locate and consolidate buildings, and the need to consider a holistic approach through precinct master planning. Subsequently, improvement plans for Unley Oval, Goodwood Oval and Millswood Sporting Complex have been completed and will be implemented as resources are available.

The recommendations of the Community Asset Review have been considered and integrated into the Strategic Directions of this Plan where appropriate.

#### PEDESTRIAN AND BICYCLE PLAN, CITY OF UNLEY

The Pedestrian and Bicycle Plan establishes a network of cycling and walking routes throughout the City of Unley. The network includes existing and future routes, and through well designed and convenient infrastructure, aims to increase the use of walking and cycling as a mode of transport and for recreation. The Plan was reviewed in 2015 to ensure consistency with other Council strategies, as well as to account for improvements to local and regional cycling and walking routes.

#### ACTIVE AGEING STRATEGY, CITY OF UNLEY (DRAFT)

The City of Unley is a member of the World Health Organisation's Global Network of Age-friendly Cities and Communities. The Sport and Recreation Plan plays a key role in supporting and promoting Active Ageing initiatives and outcomes.

#### OTHER KEY DOCUMENTS

The *Living Active Plan* also acknowledges other key documents that are integral to the delivery of this Plan, such as the Adelaide Park Lands Management Strategy and Active City Strategy (Adelaide City Council).



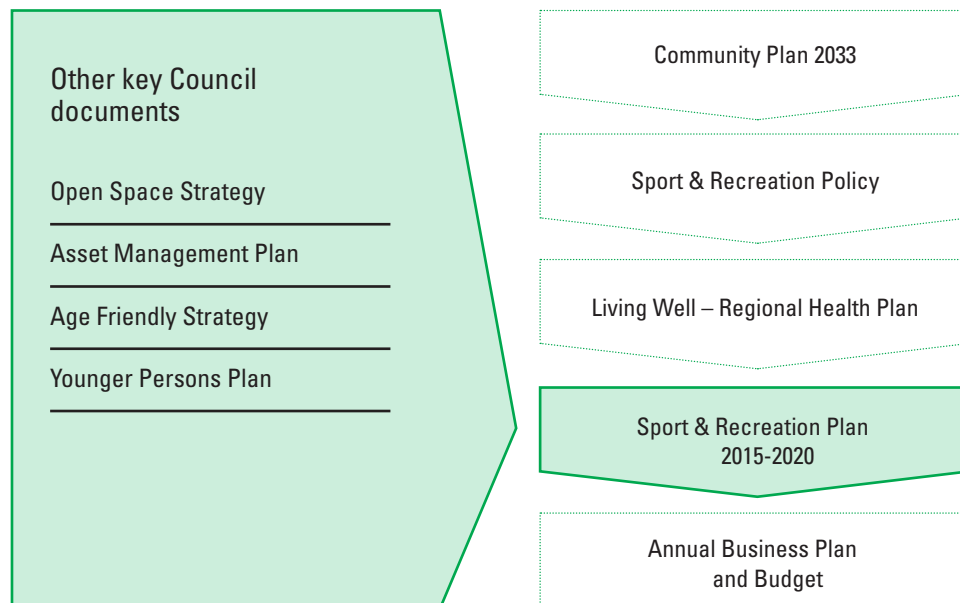




Other key Council documents that were considered in the development of this Plan include:

- “Access for All” Disability Action Plan
- “Reading the Future” Library Strategy
- Animal Management Plan
- Environment Sustainability Plan
- City of Unley Development Plan
- Community Centre Directions Paper, 2014
- Pedestrian and Bicycle Strategy (reviewed in 2015)

The relationship of the Sport and Recreation Plan with other Council documents is shown below.



# SPORT AND RECREATION IN THE CITY OF UNLEY

## snapshot



### FACILITIES

#### MOST USED



Walking tracks



Ovals



Playgrounds



Swimming pool



Bike trails

#### MOST REQUESTED

The community has expressed a desire for more



Off-leash dog areas



Trails



Walking programs



Other exercise programs

#### CONTINUOUS IMPROVEMENT

The community has identified key facility improvements for Council



Playgrounds



Ovals



Trails



Outdoor courts

### PARTICIPATION

Key sports and activities with higher participation in 2015 and key areas of participation projected to 2040.

ORGANISED SPORTS	5-14 YEARS		15+ YEARS	
	CURRENT	PROJECTED	CURRENT	PROJECTED
Football (Australian rules)	✓	✓	✓	✓
Tennis	✓	✓		✓
Cricket	✓			
Hockey	✓			
Soccer		✓	✓	✓
Netball		✓		
Basketball			✓	
Lawn bowls			✓	✓
<b>RECREATION &amp; LEISURE</b>				
Walking	✓		✓	✓
Cycling	✓	✓	✓	✓
Swimming	✓		✓	✓
Playgrounds	✓			
Reading		✓		
Visited library		✓		
Skateboard or scooter		✓		
Walking a dog			✓	
Aerobics/fitness				✓

# 4

## Trends and Findings

This section outlines the national and local trends that impact the provision of sport and recreation opportunities.

### 4.1 National Focus

To provide relevant facilities, programs and services for our community, we must also be cognisant of broader national and international trends. Recent research into the future of Australian sport (CSIRO and the Australian Sports Commission, 2013) has identified six sports 'megatrends' that may redefine the sport sector over the next 30 years, as follows:

A perfect fit – Individualised sport and fitness activities are increasing. Participation rates in aerobics, running and walking, and gym memberships have all risen sharply over the past decade, while participation rates for many organised sports have held constant or declined (Standing Committee on Recreation and Sport, 2010). This is particularly relevant for senior sport (age 15+) however participation in many sports at a junior level continue to experience growth.

From extreme to mainstream – Adventure, lifestyle, extreme and alternative sports are on the rise. They are also characterised by a strong lifestyle element and participants often obtain cultural self-identity and self-expression through these sports. These sports are likely to attract participants through generational change and greater awareness via on-line content and social media.

More than sport – Governments throughout the world now recognise that participation in sport and recreation can assist in meeting physical and mental health outcomes. Sport can also be used as a tool to bridge social and cultural gaps between countries.

Everybody's game – An ageing but healthy population use sport and recreation as a means to keep mentally and physically fit. Different cultures have different sports preferences and sporting organisations will be challenged in capturing the interest and involvement of these cultures.

New wealth, new talent – Population and income throughout Asia will create competition and new opportunities. This may present opportunities for new investment in local sport and recreation facilities, programs and services.

Tracksuits to business suits – A range of market forces will influence sport and recreation. Sports with higher salaries will draw participants away from lower funded sports. The cost of participating is likely to keep rising.

### 4.2 Local Focus

This section highlights broader local trends identified through the 'Active Unley – Sport and Recreation Research Project' (2014).

#### LIFELONG PARTICIPATION

The City of Unley recognises that opportunities for participation in physical activity and healthy living must be fostered across all ages, rather than a focus on a specific age group. From toddlers and children developing gross motor skills and learning healthy habits, young people seeking new and fun activities, to older people requiring activities that are lower impact and encourage social connection, improved mobility and balance.

#### LET THEM PLAY!

The mix of age groups in the City of Unley suggests there will be demand for a range of sport and recreation facilities, services and programs, including active play opportunities for all ages. The value of play also contributes to shaping the community's perception and connection to a place and their environment.



## ‘Being open to the need for change and having the management flexibility to enact that change is what builds great public spaces and great cities and towns’.

People for Public Spaces



### SUPPORTING ACTIVE AGEING

The higher socio-economic character of the City of Unley suggests that many people should have the potential to pay for recreation and sport activities including to private operators. However, as highlighted in the City of Unley consultations there is also likely to be a need for affordable activity opportunities through Council operated facilities, particularly for older adults and younger people.

Flexible and lower impact (on muscles, bones and joints) sport and recreation opportunities, e.g. fitness centre activities, walking, cycling, lawn bowls and croquet will become increasingly important.

### NEW RESIDENTS

The large proportion of new residents moving into the area including people from overseas highlights the need for sport and recreation information, ‘come and try’ activities to assist people to integrate within the community and be active.

### SOCIAL CONNECTION

The large proportion of people living alone highlights the need for facilities and services that support individuals to participate in activities and socialise with other people in the community. Sport and recreation has the potential to provide this opportunity and contribute to a connected community and reduce social isolation.

The ‘Active Unley’ (2014) survey also uncovered anecdotal evidence of people becoming parents later in life, with much of their time focused on children, resulting in a reduced focus on the leisure time of the parent. Many parents and particularly women indicated they did not have time for themselves and a number had moved into the area with little family support. This suggests opportunities to participate in activities where child care is provided are limited which will be an important consideration for future programs and services.

Providing places where people can socialise while walking their dog, participate in gardening with others through a community garden, join a club and play team sport, participate in recreation events and meet other people will be remain important.

Whilst the *Living Active Plan* is not the lead document for walking and cycling in the City of Unley, it has a key role in enhancing experiences and encouraging people to walk and cycle through the council area.

# 5

## Demand and Supply Analysis

This analysis is based on 'Active Unley – Sport and Recreation Research Project' (2014), which included a City of Unley resident survey (810 respondents) in 2014. A summary of the key findings is as follows:

### 5.1 Demand Analysis - Sport

#### JUNIOR SPORT

Participation in junior sport has remained strong and a number of sports continue to be higher participation sports and therefore could generate high demand in the future. Sports participation is also quite strong in the City of Unley; particularly given the survey has been responded to by people aged 15 years and over.

#### CHANGING PARTICIPATION

A potential increasing demand for indoor sport and night games reflecting climatic conditions linked to climate change and also work patterns (with young people often working weekends). This could increase the need for lighting suitable for evening and night activities.

#### SYNTHETIC PLAYING SURFACES

A movement towards specialised synthetic playing fields, particularly in soccer, is influenced by a lack of sportsgrounds to meet demand, particularly in areas where there is limited land available for sportsgrounds (as is the case with the City of Unley).

Synthetic surfaces enable increased use and can also reduce water and maintenance costs. However, cost of development and replacement is high and can be limiting due to the specific purpose they are designed to fulfill. Synthetic fields also limit the functionality and use of a space, which could be a significant issue for the City of Unley, given there is an identified lack of open space.

### 5.2 Sports Participation: Key Considerations for the City of Unley

This section highlights key considerations for sports participation across South Australia as confirmed by State sporting organisations for key sports in and the relevant implications for the City of Unley.

Other key participation sports in the City of Unley include:

- Australian Rules football (12.6% of survey respondents)
- Soccer (9.1%)
- Lawn Bowls (8.9%)
- Basketball (8.1%)
- Netball (7.1%)

#### SPORTS PARTICIPATION IN UNLEY

Tennis is the main sport played by the survey respondents and this could be as a casual or organised activity. It is of interest to note that the participation rate for tennis (22.65%) is much higher than the state participation rate for organised participation in tennis (7.0% based on ABS 2012 data) and tennis court use in the area is strong (22.49%) justifying the provision of tennis courts including for community use.

#### AUSTRALIAN RULES FOOTBALL

Australian Rules football maintains its position as the highest participated sport in the state, and this is also the case for the City of Unley, particularly at junior level.

With reference to the strategic plans of the leagues that govern the two clubs in the City of Unley (SA Amateur Football League and SA National Football League), growing participation and providing quality facilities are key strategies. The success of the 'Auskick' program is expected to sustain junior participation and clubs (including the Goodwood Saints Football Club) have also identified and provide participation opportunities for people with a disability.

Recommendations identified by the improvement plans for Unley Oval (2013) and Goodwood Oval (2014) for Australian Rules football, could be considered and implemented where appropriate. Issues regarding facility over use have been identified and opportunities to increase the functionality of other parks in the City of Unley should be investigated, as well as advocating on behalf of the community and local clubs to enable access to nearby facilities outside of the City of Unley.





#### BASKETBALL

While participation in basketball is lower at the State level (ERASS, 2010), participation rates at the national level exceed other popular sports (including Australian Rules football and cricket). This is reinforced through Basketball SA's Strategic Plan to grow the sport across the State. Although the City of Unley does not currently directly provide for competition basketball, a 3-court indoor facility is located at the Adelaide Showgrounds and is home to the Forestville Eagles Basketball Club. This club is strong and expects to grow, particularly through junior and school-based participation programs. There is opportunity for Council to work closer with the club to promote activities at this facility.

It is also noted that there are currently no basketball facilities within 30 minutes (drive) of the Adelaide CBD capable of holding significant national tournaments at one single venue. Increasing Wayville sports stadium to a 5/6 court facility could be investigated in conjunction with key stakeholders.

Nearly all schools in the City of Unley have at least one basketball court and, in many cases these are located indoor. Council also provides many half-court basketball courts throughout the City.

Council's role in the future should be to continue provision of half-court facilities to meet community need, maintain agreements with schools to enable community access and support the clubs.

#### CRICKET

The South Australian Cricket Association's participation strategy has been to focus on entry level participation and school cricket programs, and building participation in indoor and outdoor cricket. This may place increasing demand on the City of Unley's facilities, and a need to investigate the use of new locations (other than Unley and Goodwood Oval), particularly for junior outdoor cricket activities, with potential locations including Orphanage Park and Ridge Park.

Both Goodwood and Sturt District Cricket Clubs are recognised as a strong clubs in metropolitan Adelaide with high participation and success sustained over a long period, and it is expected that this will continue.

#### CROQUET

While formal participation data for croquet is not available, evidence from Croquet SA reveals the sport has experienced recent sustained growth through new forms of the game ('golf croquet'). The City of Unley is home to two successful clubs that cater for the inner-south metropolitan area, and both clubs have the capacity to grow.

Recommendations identified by the improvement plans for Unley Oval (2013) and Goodwood Oval (2014) for croquet should be considered and implemented where appropriate. The City of Unley has undoubtedly become a hub for croquet due to the passion of the people in the clubs and the central location. Council should continue to support both clubs and investigate opportunities for year-round use of lawn bowls facilities should be investigated.

#### HOCKEY

While hockey has lower state participation compared to the other sports, it draws people from across Council areas and has the potential to attract high numbers. Recent investigations (in 2014) have identified a need to support Forestville Hockey Club to gain access to a home facility with a synthetic pitch.

To provide for current and future need, Hockey SA, through their State-wide Facilities Strategy (2012), supports the establishment of a new synthetic pitch in central Adelaide and further south. Council should continue to assist the club to advocate for a new pitch development as a high priority.





#### LAWN BOWLS

The Bowls SA State-wide Facilities Audit & Master Plan (2014) outlines key participation data and recommendations for facility development across the State. At a national level, lawn bowls has experienced a significant decrease in competition bowls over the past five years; however this has been offset by the rapid increase in social bowls. Over the period 2010-2013, regular bowls participation increased at an average annual rate of 3.54% (including regular social participation).

Recommendations identified by the improvement plans for Unley Oval (2013) and Millswood Sporting Complex (2014) for lawn bowls should be considered and implemented where appropriate. Research has identified current facility provision (five greens) complements recommended industry guidelines (Parks & Leisure Australia, 2012), and there is likely to be increasing demand for age friendly and low impact activities such as lawn bowls. Opportunities for year-round use of lawn bowls facilities should be investigated.

It should be noted that there is an abundant local supply of lawn bowls facilities within and in close proximity to the City of Unley.

**‘Being physically active every day is important for the healthy growth and development of infants, toddlers and pre-schoolers. Physical activity for children includes both structured activities and unstructured free play, and can be done indoors or out’.**

National Physical Activity Guidelines, Australian Government, 2010.

#### NETBALL

Netball SA outlines strategies for strengthening the sport in its Strategic Plan 2014-15. Key pillars of the plan are growing the participation and sustainability of the sport across the State. Netball is recognised as a high participation sport in South Australia at both junior and senior level (ERASS, 2010), however demand for courts in the City of Unley has not been strongly expressed.

Regional netball facilities are located nearby in the Adelaide Park Lands (Park 22) and at Mile End. This provision is seen as adequate based on current and future demand; however this may need review within five years. While the City of Unley does not currently provide competition netball courts, there is potential to integrate provision within existing courts (multi-use) and provide training facilities where a smaller area can be provided. Additionally, courts are also provided at primary schools where Council has agreements to enable community access.

#### SOCCER (FOOTBALL)

While State and National soccer participation has remained strong, soccer is currently not provided for in the City of Unley and there are minimal expectations for new facilities due to limited opportunities to provide new facilities for the sport. The Football Federation SA (FFSA) has developed a Football Facility Development Plan to guide new development, with a key focus on improving soccer facilities in the Adelaide Park Lands. The FFSA has also identified a gap area in the south-eastern corner of the City of Unley for potential future provision.

State-wide participation, particularly in junior soccer, is expected to remain strong and opportunities to increase the functionality of some parks for this use should be investigated. Considerations may include playing field size, lighting, toilets and change facilities and car parking.

#### TENNIS

As one of the sports with the highest participation in the City of Unley, social and competition tennis participation is expected to remain strong. National programs such as ‘Hot Shots’ and ‘Cardio Tennis’, will support this growth. Tennis SA is committed to the ongoing use and improvement of the Millswood Tennis Complex as a key satellite facility for tournaments, coaching and community use. A review of the provision of one and two court facilities throughout the City of Unley may be required.



## OTHER ACTIVITIES

An analysis of other sports has been undertaken as follows:

Sport	Comments
Archery	Adelaide Archery Club currently use the Adelaide Park Lands.
Athletics	Athletics activities currently occur in the Adelaide Park Lands and at the SA Athletics Stadium, Mile End. Track athletics may occur at sports hubs in the City of Unley; however Council will not be able to directly provide for field athletics in the short term.
Badminton, Squash, Table Tennis and Volleyball	Badminton competitions are located in close proximity to the City of Unley, at Glenunga International High School and St Peters College. Table tennis is also provided in Clarence Gardens. A range of indoor space is available in the City of Unley that can accommodate volleyball activities, including community centres, scouts and guides buildings and private gyms.
Baseball and Softball	Baseball requires a dedicated a playing field and supporting infrastructure, that the City of Unley is currently unable to provide. The nearest club is Sturt Baseball Club in Mitcham. The City of Unley currently caters for junior softball (school competition) at Orphanage Park.
Cycling and BMX	The City of Unley cycling network is considered as part of the 'Living Streets' network outlined in Council's Open Space Strategy. Council has partnered with Adelaide City Council to provide a regional BMX track in the south park lands and a criterion cycling track is located in Victoria Park. Opportunities exist to partner with other Councils.
Dance – Ballet, Jazz/ Contemporary, Ballroom, Calisthenics	Ballet, calisthenics and other forms of dance are popular within the area, particularly at junior levels. These activities are provided by private operators of which there are a number within the City of Unley. Calisthenics SA indicates overall participation has remained relatively static (2015), with access to indoor spaces a key constraint.
Football – Gaelic, Rugby League, Rugby Union, Touch Football	Facilities are currently provided in the Adelaide Park Lands for other football codes. These sports could be played using existing facilities in the City of Unley; however demand has not been expressed at this stage.
Golf	Golf was indicated as a relatively high participation sport for the City of Unley residents (16.5% of survey respondents). Nearby courses include North Adelaide, Glenelg and Adelaide Shores (West Beach). Golf courses obviously a large land area and are expensive to operate however, Council could investigate ways to provide and promote opportunities for residents.
Lacrosse	Nearby lacrosse facilities include Sturt Lacrosse Club, St Marys and Burnside Lacrosse Club, Linden Park. Reserves in the City of Unley could provide for lacrosse (with modifications), however demand has not been expressed at this stage.
Martial Arts and Gymnastics	A range of indoor space is available in the City of Unley that can accommodate martial arts and gymnastics activities, including community centres, scouts and guides buildings and private gyms.
Orienteering, Geocaching and Rogaining	Participation in geocaching is gaining more popularity, and is widely participated throughout the City of Unley and metropolitan Adelaide. Council has recently supported activities and there are opportunities to promote this growing activity. Whilst orienteering and rogaining opportunities are limited in the City of Unley, partnerships with adjoining Councils may exist.
Swimming	Swimming remains one of the nation's most popular sports and this corresponds with participation in the City of Unley (fourth highest participated activity at 42% of survey respondents). Patronage of Unley Swimming Centre is high compared to other similar facilities in Adelaide and room to grow is restricted due to facility limitations. Unley Amateur Swimming Club indicates memberships remain consistent and with an ageing population and the attraction of a low impact activity, growth in swimming is likely.



### Other Emerging Sports

A number of other sports have been identified as emerging and Council should remain aware of their status and remain in contact with the peak management organisations for each sport. These sports include:

- Frisbee sports – such as Ultimate Frisbee and Frisbee Golf
- CrossFit – a high intensity strength and conditioning program
- Petanque / Bocce
- Roller Derby – a contact roller skating sport (conducted at the Adelaide Showgrounds)

### 5.3 Demand Analysis – Recreation

The findings in this section relate to recreation activities, based on the findings from the 'Active Unley – Sport and Recreation Research Project' (2014):

- Higher participation activities for children include various organised cultural activities (music, visiting a library, visiting an art gallery or museum) as well as various recreation activities (roller-skating, skateboarding, using a scooter and swimming).
- Key recreation activities for people aged 15 years and over are walking, fitness (using a gym or attending a fitness class or activity) and yoga and pilates, cycling and running and jogging.
- Based on the community survey, a good proportion of people in the City of Unley could be quite active and there is likely to be a high need for walking and bike tracks, BMX and skate activities, fitness based activities and spaces for dog exercise.
- Playground use is also high (40.3% of respondents), indicating the need for quality play opportunities throughout the City of Unley.
- Swimming was a high participation activity (42.1%) and use of the Unley Swimming Centre was high (35.4% of respondents), highlighting the importance of this facility.

### 5.4 Supply Analysis

Whilst it is recognised that the City of Unley has a low provision of open space to accommodate sport and recreation activities, industry best practice advises that an approach to community infrastructure provision cannot be solely based on arbitrary population projections, but must be informed by current use, trends, future demographics and an analysis of projected use, as well as consideration at a regional level. The consideration of facility benchmarks in such circumstances should be used as an indicator and inform the overall assessment process (Parks and Leisure Australia, 2012).

#### CARRYING CAPACITY

Previous analysis and current monitoring of sport and recreation facility use reinforces the high use and limited capacity of Unley Oval and Goodwood Oval, particularly during winter. Australian Rules Football is the highest participation sport in the City of Unley and space to accommodate and manage this use will remain a key consideration for Council.

#### ADELAIDE PARK LANDS

It is important to also acknowledge the proximity of the Adelaide Park Lands to the City of Unley. With over 200 hectares available for a range of different uses, research by Adelaide City Council and the City of Unley indicates these spaces receive high use by City of Unley residents, and opportunities exist to ensure these spaces continue to meet current and future demand.



#### KEY SUPPLY FINDINGS

The maintenance and quality of facilities, including playing surfaces, buildings and floodlighting is generally very good, and is consistent and appropriate for classification (according to the open space hierarchy outlined in Council's Open Space Strategy). However it should be noted that some sports clubroom and buildings within the City are getting towards the end of their 'useful life' or have function and design issues, that Council may need to address in the medium and longer term.

While there are no explicit gaps in facility provision for various activities, there appears to be a high level of latent demand for some key activities, including athletics, AFL, cricket, soccer, netball, tennis and softball facilities (ovals, fields and courts). Opportunities to provide for these activities will require further investigation in the future and there is potential to upgrade some sportsgrounds with lighting and amenities to assist in addressing this.

Partnerships with other land holders, particularly schools, is important and should be continued with further opportunities explored. Improvements to playing field surface, amenities and lighting may be required for sports use.

There is potential to improve the consistency and simplicity of lease and licence agreements, particularly in enabling increased use of certain facilities by other clubs and the general community.

The rising cost of utilities (water and electricity) is of particular concern to clubs in the City of Unley has been raised at the State Government level. This will require close monitoring and action to address in the short to medium term. Securing grant funding will be critical in supporting these clubs to remain sustainable.

The provision of and spread of multi-use courts (basketball, netball, volleyball, etc) and indoor sports facilities is satisfactory, however the majority are not owned by Council. This should be monitored into the future and Council's role in providing such facilities reviewed on an ongoing basis. There could be potential for some consolidation or increased use of some of Council's outdoor courts.

Partnership opportunities also exist with Adelaide City Council (netball courts at Park 22) and Basketball SA (basketball courts at Wayville).

There has been a focus on children's play, skate and BMX in recent years and key provision gaps in active recreation opportunities for young people have been identified. This will require further investigation to broaden opportunities and capitalise on partnership opportunities with adjoining Councils.

There is potential to increase, broaden and coordinate physical activity program opportunities through City of Unley sports clubs, community groups and community centres.

The provision of information to relevant audiences is also becoming increasingly important to promote physical activity opportunities throughout the community. The use of on-line tools, such as websites, 'apps' and networking via social media, will continue to grow, however the use of print media will remain important for the City of Unley community.

#### PROVISION BEYOND THE CITY OF UNLEY

The City of Unley is located in close proximity to the Adelaide CBD and a range of district and regional facilities in other Council areas. The City is reasonably well connected through public transport links and cycling and walking paths, and the topography is relatively flat. Consideration must therefore be given to other non-Council facilities and organisations in the City of Unley, including:

- State Swim pool, Arthur Street, Unley (6 lanes, 20 metre indoor pool)
- Adelaide Park Lands – particularly the South Park Lands (multiple playing fields, courts, playgrounds, croquet lawns, petanque, tennis courts, hockey field, lawn bowling greens)
- AA Bailey Reserve, Clarence Gardens (1 full size oval, 1 full size playing field, cricket nets, 3 bowling greens)
- Glandore Oval, Glandore (1 full size oval, cricket nets, 4 tennis courts)
- Kingswood Oval, Kingswood (1 full size oval, lighting, cricket nets)
- Price Memorial Oval, Hawthorn (1 full size oval, lighting, cricket nets, 4 bowling greens, 4 lawn tennis courts)
- Urrbrae Agricultural High School, Netherby (1 full size oval, 1 full size playing field, cricket nets)
- Waite Oval, Urrbrae (1 full size oval, 1 playing field or junior oval)
- Glenunga International High School and Webb Oval, Glenunga (2 full size ovals and cricket nets)
- Seymour College, Glen Osmond (1 full size oval, 8 hard court tennis courts)
- Peake Gardens Riverside Tennis Club, Marleston (14 hard court tennis courts)
- Adelaide Showgrounds, Wayville (ovals and halls)
- Schools (ovals, halls, courts, play spaces)

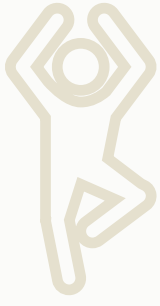
#### COMMUNITY CONSULTATION

Through the 'Active Unley – Sport and Recreation Research Project' (2014), issues or suggestions for upgrade generally related to a desire for increased facilities or improvements such as:

- Additional bike trails and bike lanes
- Improved walking tracks and footpaths
- Improved play spaces and additional activity opportunities for older children and young people, such as flexible spaces (suitable for scooters, bikes, skateboards, nature and adventure play)
- Fitness opportunities at appropriate locations, such as basketball rings, outdoor gym equipment and other low impact activities (such as petanque)
- Increased shade, trees, seating and shelter
- Management of dogs (demands for designated spaces and concerns about dogs at ovals)
- Access for people with a disability (and their carers) is a priority including for sport and recreation facilities, amenities and activity opportunities.
- Relevant and accessible recreation and physical activity programs











# Vision and Principles

## 6.1 Vision

The vision for the City of Unley, outlined by the Community Plan 2033 is:

**“Our City is recognised for its vibrant community spirit, quality lifestyle choices, diversity, business strength and innovative leadership”.**

To support the overarching vision for our City, the vision for sport and recreation in the City of Unley is:

**“The City of Unley community enjoys healthy lives optimised through regular participation in sport and recreation activities.”**

## 6.2 Principles

The principles underpin the strategic directions and actions and are as follows:

### 1 – PARTICIPATION FOR ALL

Everyone should have opportunities to participate in sport and recreation activities that contribute to their health and wellbeing, regardless of age, ability, gender, cultural background or socio-economic status. We will encourage, support and facilitate the piloting and evaluation of new ideas and opportunities that encourage more people to be physically active.

### 2 – OPTIMAL FACILITIES AND OPTIMAL USE

Sport and recreation facilities should be strategically provided in line with current and future community interests and needs, population growth and resources, to ensure we provide the right mix and balance of facilities, in consideration of opportunities near City of Unley’s borders.

We aim to provide sport and recreation facilities throughout the City that offer a variety of experiences and choices, and will design facilities for optimal use for both sport and recreation activities. Facility provision and design will also consider public health and safety, other investment (such as by a local sports club), history (such as a sports club affiliation with a facility), minimising our ecological impact, reducing duplication and striving for best practice. We will also work with organisations and individuals to foster and encourage behaviour changes, to ensure resources are used optimally.

### 3 – PARTNERSHIPS

In consideration of Council’s varying roles, for various circumstances we will seek and foster partnerships with the community, community organisations, other government agencies, the private sector, education institutions and the sport and recreation industry to deliver more opportunities and in a relevant and timely manner.

### 4 – FINANCIAL SUSTAINABILITY

Financial sustainability will be a key consideration in everything we do. We will take a ‘whole of Council’ approach to deliver sport and recreation facilities, programs and services. We will work to leverage our investment in sport and recreation from external sources, and will endorse and encourage commercial opportunities where they promote physical activity outcomes. We will actively seek funding to realise and maximum outcomes.

### 5 – INVOLVING OUR COMMUNITY

We will listen to and work with the community to ensure interests and need is considered when providing and/or advocating for sport and recreation opportunities. We will also provide information regarding sport and recreation opportunities in the City of Unley and will promote the positive aspects of physical activity as a contributor to health and wellbeing.

# 7

## Strategic Directions and Funding

### 7.1 Strategic Directions

The Strategic Directions and Actions of this Plan are to be implemented over a five-year period and are outlined in the following table and are separated into four theme areas:

1. People and Participation
2. Planned Places
3. Partnerships
4. Sustainability

### 7.2 Funding

The *Living Active Plan* will be primarily implemented through existing resources, including staff time and operational funding and will be aligned to Council's Long Term Financial Plan. An implementation plan is outlined in Section 8 as guide for Council's proposed expenditure over the next five years. Importantly, this expenditure will be used to leverage funding from other sources.





## Theme 1 - People & Participation

Timing

1.1 Create opportunities for the community to be healthy and active.	a) Develop and implement a Healthy Communities program, which includes innovative and relevant events and activities that promote participation in physical activity and healthy living in the City of Unley, and actively measure the success of these initiatives.	Year 1-2
	b) Increase Council's community grants program having an increased focus on supporting physical activity opportunities in the City of Unley.	Year 3-4
	c) Work with the community and industry to establish, facilitate, support and promote events with a physical activity focus.	Ongoing
	d) Seek, support and encourage new sport and recreation ideas and initiatives from the community in order to provide participation opportunities and build community capacity.	Ongoing
	e) Investigate new and increased physical activity and health programs at Unley Swimming Centre and the community centres.	Year 3-4 (Ongoing)
1.2 Create opportunities to encourage 'active travel' and support personal mobility.	a) In conjunction with the Healthy Communities Program, investigate the establishment of an active travel education program, to provide information, awareness and training, and promote the benefits of walking and cycling.	Year 3-4
	b) Showcase the City of Unley as a walking and cycling destination in the provision of active travel options by participating in walking and cycling events and activities.	Ongoing
1.3 Promote physical activity opportunities and provide health and wellbeing information to the community.	a) Develop a 'Living Well' and 'Living Active' theme to support the promotion of all health and wellbeing related information and opportunities in the City of Unley.	Year 1-2
	b) Develop and frequently update Council's website and printed materials, to promote physical activity opportunities in the City of Unley, including regional open space, parks, trails and facilities and the benefits of these assets to physical and mental health in the region.	Year 1-2 (Ongoing)
	c) Explore and use other forms of media to promote physical activity opportunities and provide health and wellbeing information to the community.	Year 1-2 (Ongoing)



## Theme 2 - Planned Places

Timing

<p>2.1 Plan recreation spaces and facilities to encourage physical activity and wellbeing across all age groups and abilities and plan for open space to meet community needs.</p>	<p>a) Identify and secure opportunities to implement the Improvement Plans for Unley Oval, Goodwood Oval and Millswood Sporting Complex Improvement Plans.</p>	<p>Year 1-2 (Ongoing)</p>
	<p>b) Review the provision of outdoor sports courts across the City to ensure these facilities meet community participation trends.</p>	<p>Year 3-4</p>
	<p>c) Investigate the enhancement of Ridge Park and Orphanage Park for sports use, including sports lighting, flexible playing areas and multi-use facilities in consideration of the long term direction for these parks.</p>	<p>Year 1-2 (Ongoing)</p>
	<p>d) Establish key neighbourhood and district parks as recreation activity hubs, in order to provide a range of activities at a single destination to encourage social connection and physical activity.</p>	<p>Ongoing</p>
	<p>e) Explore and encourage the consolidation of existing sport and recreation buildings and infrastructure and increase multi-use facilities.</p>	<p>Ongoing</p>
	<p>f) Support Unley Park Sports Club to develop this facility as a sports activity hub, and explore increased community use of this facility with the club.</p>	<p>Year 3-4 (Ongoing)</p>
<p>2.2 Develop play spaces that offer fun and unique experiences for all.</p>	<p>a) Support the development of a district/regional destination play space in the City of Unley.</p>	<p>Year 3-4</p>
	<p>b) Ensure each play space provides a high level of play value and contributes to unique play experiences across the City of Unley. Nature and adventure play opportunities should be actively pursued.</p>	<p>Ongoing</p>
	<p>c) Support the 'Living Well' Regional Public Health Plan action to actively prevent smoking in close proximity to children's playgrounds.</p>	<p>Ongoing</p>
<p>2.3 Aspire to achieving best practice decision making through research, consultation and evaluation</p>	<p>a) Undertake research and evaluation to plan for new facilities and programs.</p>	<p>Ongoing</p>
	<p>b) Ensure a holistic approach is taken to implement sport and recreation projects, including consultation with the community, Council departments and relevant stakeholders.</p>	<p>Ongoing</p>
	<p>c) Through regular liaison with sports clubs; gather baseline participation data and continue to analyse data to ensure facilities, services and programs are relevant for our community.</p>	<p>Ongoing</p>



## Theme 3 - Partnerships

Timing

<p>3.1 Work with adjoining Councils to strategically provide sport and recreation facilities, services and programs.</p>	<p>a) Actively work with Adelaide City Council to provide guidance and advocate for the development of the Adelaide Park Lands to achieve mutually beneficial outcomes. Priority projects include a regional dog park and the investigation of new hockey facilities in the south Park Lands.</p>	Year 5+
	<p>b) Actively work with other Councils to review and implement initiatives that provide mutually beneficial sport and recreation outcomes at local, district and regional levels.</p>	Ongoing
<p>3.2 Partner with key organisations to deliver sport and recreation facilities, services and programs.</p>	<p>a) Continue to partner with and support City of Unley sport and recreation clubs and the leisure industry to provide physical activity opportunities to meet the needs of the community.</p>	Ongoing
	<p>b) Continue to partner with the State Government to provide community access to sport and recreation facilities at schools.</p>	Ongoing
	<p>c) Investigate and negotiate community access to indoor facilities in schools and the possibility of new partnerships with other educational institutions, from early childhood to tertiary. Key locations include Glen Osmond Primary School, Concordia College and Walford Anglican School.</p>	Year 3-4
	<p>d) Investigate sport and recreation partnership opportunities with other land holders. Key locations include the Adelaide Show Grounds, University of Adelaide (Waite Oval), Urrbrae Agricultural High School, Keswick Military Barracks, churches and private land holders.</p>	Year 3-4



## Theme 4 - Sustainability

Timing

<p>4.1 Commit to the sustainable provision and management of sport and recreation facilities, services and programs.</p>	<p>a) Support our sport and recreation organisations to remain financially sustainable and implement governance frameworks through advice, forums and information.</p>	Ongoing
	<p>b) Encourage and support sports clubs to adopt the 'Good Sports' and 'Star Clubs' initiatives, and continue to recognise the volunteers of these clubs and the contribution they make to the community.</p>	Ongoing
	<p>c) Work with State Government, industry organisations and sport and recreation clubs to manage water and energy costs to clubs.</p>	Ongoing
	<p>d) Actively seek and apply for funding from external sources to leverage Council and Club funds and resources.</p>	Ongoing
	<p>e) Ensure leases and licences for sport and recreation facilities balance organised sports and recreational use by the community, to achieve optimal and sustainable use, in consideration of the carrying capacity of each facility.</p>	Ongoing
	<p>f) Develop service levels for sport and recreation facilities in accordance with asset management plans and include 'base maintenance standards' drawing on industry best practice and demand considerations.</p>	Year 3-4





# Implementation Plan

The following table provides an overview of the financial requirements for each strategic direction and action. The funding amounts provided are aligned with Council's Long Term Financial Plan and will be

allocated through Council's Annual Business Plan and Budget. The funding amounts do not include asset renewal funding, grant funding or funding from other parties.

## Theme 1 - People & Participation

Strategic Direction	Action	Year 1	Year 2	Year 3	Year 4	Year 5
1.1 Create opportunities for the community to be healthy and physically active.	a) 'Healthy Communities' program	\$20,000	\$20,000	\$20,000	\$20,000	\$20,000
	b)	within existing resources				
	c)	within existing resources and budget				
	d)	within existing resources and budget				
	e)	within existing resources and budget				
1.2 Create opportunities to encourage 'active travel' and support personal mobility.	a)	within existing resources and budget. Linked to 1.1 (a)				
	b)	within existing resources and budget				
1.3 Promote physical activity opportunities and provide health and wellbeing information to the community.	a)	within existing resources and budget				
	b)	within existing resources and budget				
	c)	within existing resources and budget				
<b>Year Totals</b>		<b>\$20,000</b>	<b>\$20,000</b>	<b>\$20,000</b>	<b>\$20,000</b>	<b>\$20,000</b>

## Theme 2 - Planned Places

Strategic Direction	Action	Year 1	Year 2	Year 3	Year 4	Year 5
2.1 Plan recreation spaces and facilities to encourage physical activity and wellbeing across all age groups and abilities and plan for open space to meet community needs.	a) Goodwood Oval and Millswood Sporting Complex - detailed design	\$50,000	\$0	\$0	\$0	\$500,000*
	b)	within existing resources and budgets				
	c)	within existing resources and budgets		\$40,000*		
	d)	within existing resources and budgets				
	e)	within existing resources and budgets				
	f)	within existing resources and budgets				
2.2 Develop play spaces that offer fun and unique experiences for all.	a)			\$50,000**		
	b)	within existing resources and budgets				
	c)	within existing resources and budgets				
2.3 Aspire to achieving best practice decision making through research, consultation and evaluation.	a)	within existing resources and budgets				
	b)	within existing resources and budgets				
<b>Year Totals</b>		<b>\$50,000</b>	<b>\$20,000</b>	<b>\$90,000*</b>	<b>\$20,000</b>	<b>\$500,000*</b>

\*Project scope and funding amount to be determined. \*\*To contribute to grant funding and existing asset renewal funding.



### Theme 3 - Partnerships

Strategic Direction	Action	Year 1	Year 2	Year 3	Year 4	Year 5
3.1 Work with adjoining Councils to strategically provide sport and recreation facilities, services and programs.	a) Adelaide Park Lands dog park	within existing resources and budgets		\$150,000*		
	b)	within existing resources and budgets				
3.2 Partner with key organisations to deliver sport and recreation facilities, services and programs.	a)	within existing resources and budgets				
	b)	within existing resources and budgets				
	c)	within existing resources and budgets				
	d)	within existing resources and budgets				
<b>Year Totals</b>		\$0	\$0	\$150,000*	\$0	\$0

\*Project scope and funding amount for a regional dog park to be determined in partnership with Adelaide City Council. Project scope for hockey to be determined, to inform a future funding allocation.

### Theme 4 - Sustainability

Strategic Direction	Action	Year 1	Year 2	Year 3	Year 4	Year 5
4.1 Commit to the sustainable provision and management of sport and recreation facilities, services and programs.	a)	within existing resources and budgets				
	b)	within existing resources and budgets				
	c)	within existing resources and budgets				
	d)	within existing resources and budgets				
	e)	within existing resources and budgets				
<b>Year Totals</b>		\$0	\$0	\$0	\$0	\$0

<b>Totals</b>		\$70,000	\$20,000	\$260,000	\$20,000	\$520,000
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# Measuring Success

The *Living Active Plan* sets out a number of actions for Council to work towards in providing quality sport and recreation opportunities for the community. Having an understanding of current data and establishing realistic goals will enable us to measure our progress and ensure we are meeting the needs of our community.

Indicator	Data Source	Current Data - 2015	Target – 2020
City of Unley residents participating in sport and/or physical recreation at least once per week	City of Unley records	Not available	50% of City of Unley residents (Aligned to SA Strategic Plan target)
South Australians participating in sport and physical recreation at least once per week	Australian Bureau of Statistics and Australian Sports Commission surveys	Not available	50% of South Australians (SA Strategic Plan, Target 83)
Annual visits to City of Unley community centres	City of Unley records	250,000 (2014)	262,500. Approximately 1% growth per annum
Annual visits to City of Unley Swimming Centre	City of Unley records	95,000	Retain the number of visits between 95,000-100,000
The number of City of Unley sports clubs registered in the 'Star Clubs' program	Office for Recreation and Sport records	14 clubs (70%) registered	90% of City of Unley sports clubs registered (18 clubs)
The number of City of Unley clubs with completed strategic plans	City of Unley records	5 clubs (25%) with completed strategic plans	60% of City of Unley sports clubs with completed strategic plans (12 clubs)
The number of City of Unley clubs registered in the Good Sports program	Australian Drug Foundation records	2 clubs (10%) registered	50% of City of Unley sports clubs registered in Good Sports (10 clubs)





**EDUCATIONAL INSTITUTION**

Includes a government or independent primary school, high school, college or university.

**GOOD SPORTS**

Good Sports is a program of the Australian Drug Foundation aimed at encouraging and instilling healthy behaviours in sports clubs, including practical techniques to manage the sale and promotion of alcohol, smoking, obesity and mental health.

**HEALTH**

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (World Health Organization, 1948).

**FACILITY**

The physical infrastructure that enable sport and recreation programs and services to be delivered and participated in, such as open space, buildings, floodlighting, car parking, etc.

**PROGRAM**

Organised activities that promote physical activity, held on a one-off or ongoing basis.

**SERVICE**

The administrative activities of an organisation that add value to sport and recreation facilities and programs, such as maintenance, planning, promotion and advocacy.

**RECREATION ACTIVITY HUB**

A collection of informal recreation facilities that share amenities within a single park or precinct. Recreation activity hubs should:

- Provide for a compatible range of services/ functions that are co-located
- Provide facilities used by a diverse range of community organisations, agencies and groups on both permanent and casual basis.
- Provide opportunities for the co-location of key service delivery such as childcare, aged care and library services.
- Be located within or close to population centres and in close proximity to public transport
- Be economically viable and provide opportunities for community partnerships where resources are shared and efficiencies can be demonstrated.

**WELLBEING**

The definition for wellbeing is referenced from Martin Seligman's report 'Building a State of Wellbeing – A Strategy for South Australia' (2013), which defines wellbeing as 'more than the absence of ill-being. It is something over and above not suffering'. This report outlines five components that can be built to increase wellbeing – positive emotion, engagement, relationships, meaning and accomplishment.

#### STAR CLUBS

Star Clubs is a club development program of the Office for Recreation & Sport (SA) designed for use by sport and active recreation clubs to assist in the preparation of strategic planning tools that foster long term club sustainability and enable benchmarking against indicators and other clubs.

#### GEOCACHING

An outdoor recreational activity, in which participants use a Global Positioning System (GPS) receiver or mobile device and other navigational techniques to hide and seek containers, called 'geocaches' or 'caches', anywhere in the world. Geocaching is a similar activity to orienteering or treasure hunting.

#### ROGAINING

A sport involving long distance cross-country navigation, using a variety of map types to traverse between various checkpoints. In a rogaine, teams of 2-5 people choose which checkpoints to visit within a time limit with the intent of maximising their score.

#### OVAL

An oval shaped playing area that usually caters for cricket and Australian Rules football activities. Full size ovals can also cater for two rectangular playing fields (for soccer, hockey, rugby, lacrosse, etc) depending on exact dimensions.

#### PLAYING FIELD

A rectangular shaped playing area that usually caters for activities such as soccer, hockey, rugby, lacrosse, etc.







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