

Comhairle Contae Fhine Gall
Fingal County Council



Active, Together.

Local Sport and Physical Activity Plan 2024 - 2029



Foreword:

This Fingal Sports and Physical Activity Plan 2024 – 2029 focuses on increasing participation in sport and physical activities across the County for all.

In doing so, it builds upon the vast array of Fingal County Council supported facilities and initiatives which encourage Active Living in Fingal and identifies areas for future growth and development alongside opportunities for collaboration with key stakeholders.

The merits of increasing participation in sports and physical activities are well documented. Fingal County Council is highly committed to building sustainable, inclusive and active communities and key to this is recognition that increased participation in sports and physical activity brings about social, economic, societal and individual benefits including contributing to positive mental and physical wellbeing and an increased sense of community and belonging.

We recognise that these benefits are not restricted to participation in formal competitive sports but are also evident in increased walking and cycling, gardening and gentle movement and exercise regimes of a more informal nature. In this sense this plan spans the range of collaborative offerings of the Council while addressing stakeholder views on how we can grow, support and promote this concept of participation in an active lifestyle across the county.

The Council plays a significant role in the planning, provision, operation, maintenance and oversight of civic physical infrastructure and facilities in the County and in the ongoing support of voluntary community groups, sports clubs and key stakeholders who work together to promote active, inclusive communities.

This plan, grounded in national and local Policy, recognises the value of collaborative working to enhance, develop and grow current and future



opportunities to enhance participation in sports and physical activity across the County over the next five years. We believe that the implementation of this plan will contribute to increased levels of activity becoming evident in the lifestyles of people across Fingal which will enhance our social, economic, physical and mental well-being and support an increased sense of community across our County.

A handwritten signature in blue ink that reads "AnnMarie Farrelly".

AnnMarie Farrelly
Chief Executive
Fingal County Council

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1.0 Introduction to the Plan

Introduction

This document sets out a Local Sport and Physical Activity Plan for Fingal County 2024-2029.

In developing and launching this plan, we are fulfilling part of our commitments under Action 8 of the National Sports Policy by adopting a whole of council approach to facilitating and promoting an increase in physical activity across the County for all.

We believe in the cross-cutting impacts of regular participation in sport and physical activity such as improved physical and mental health and social connectedness, as well as associated benefits to the wider economy, climate action improvements and regeneration. These are in line with our overall council objectives set out in our **Corporate Plan 2019-2024**.

This plan reflects our local approach and commitment to increasing the proportion of adults that are regularly participating in sport and physical activity (National

target of 60% vs baseline position of 44% in 2022) and increasing the number of children meeting the national physical activity guidelines (national baseline 23% primary school and 12% post primary in 2022). We know that participation means different things to different people, so whilst we retain a focus on participation in sport, this plan considers all kinds of physical activity from walking, cycling, dancing, gardening and going to the gym, to team based and competitive sport.

Underpinned by its overarching purpose of **“Inspiring Active Lifestyles for all in Fingal”** and building on our existing investments and assets, including our facilities, our natural resources and our passionate and committed staff, this plan will also stimulate and further support a more collaborative and joined up holistic approach to sport and physical activity across the County.

Our commitment to supporting active lifestyles across the county spans aspects

of many areas including planning, provision and management of public open spaces, sports facilities, grant funding support and partnerships with many key stakeholders. This document should therefore be considered in tandem with our **County Development Plan 2023-2029** and relevant cross cutting Fingal County Council policies including those set out in Appendix 2.

While this Plan addresses some aspect of infrastructure and facility provision, this is merely in the context of increasing participation in sport and all types of physical activity. The **Fingal County Development Plan 2023-2029** remains the primary source of reference for physical infrastructure and facility provision across the county. Our ambitions for sport and physical activity in the County are captured in **6 overarching commitments**, which are brought to life by **56 strategic actions**, creating an ambitious plan, but one that we believe we can deliver on.

1.0 Introduction to the Plan

Our Purpose and Our Commitments

Our Purpose:

“Inspiring Active lifestyles for all in Fingal”

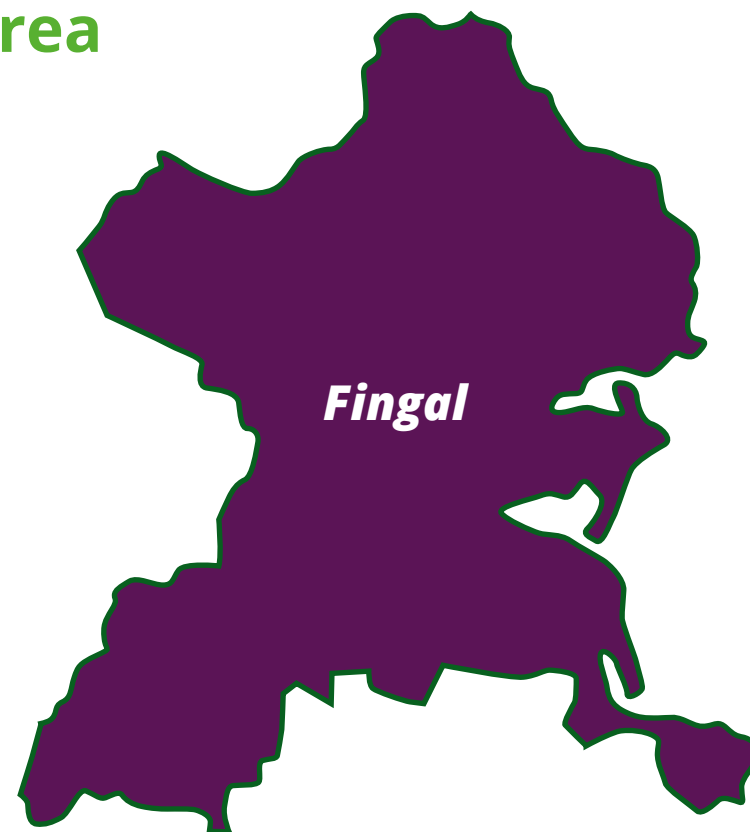
Our 6 Commitments:



2.0 About Fingal County Council Area

About Fingal County

- > Fingal County Council is **one of four** local authorities in **Dublin**.
- > Fingal is bordered by **Meath** to the north, **Kildare** to the west and by **Dublin City** to the South.
- > Fingal spans an area of 458km².
- > Fingal has 7 electoral areas: **Balbriggan; Rush-Lusk; Swords; Blanchardstown – Mulhuddart; Ongar; Howth-Malahide; Castleknock**.
- > Fingal's expansive **88km of coastline** and unique mix of rural and urban settings create many ideal conditions which foster a wide range of sport and physical activities.

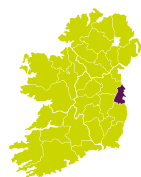


The People



330,506

Population of Fingal
(2022)



6.4%

of Ireland's Population
live in Fingal



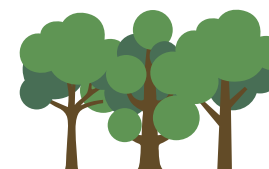
400,000+

Estimated Population
of Fingal by 2031



93%

of Fingal's Population
are living in urban
areas



7%

of Fingal's Population
are living in rural areas



50.8% // 49.2%

of Fingal's Population
is Female and Male
respectively

2.0 About Fingal County Council Area

Key Insights About Fingal County Council Area



Fingal has the youngest population of all Local Authority areas

The average age in Fingal is 33.8 years; compared to 37.4 for the State. 52% of the residents are between the ages 0-34 compared with 47% for the State. Fingal also has a significant population of older citizens at 27.12% (Range of ages – 50-90 and above) compared to the State (13.3%).

Fingal's deprivation level is marginally above average (5.31)

Despite being the second most affluent Local Authority area in Ireland, there are significant pockets of disadvantage in Fingal. 6% of Small Areas (Census small areas are sub-divisions of a county's electoral divisions, generally covering 65-90 households) in Fingal are classed as 'Very Disadvantaged' or 'Disadvantaged'.

Fingal's unemployment rate is lower than State levels

In 2022, Fingal 155,063 (60.5%) of Fingal's working age population were in employment; higher than the national average (56.1%). The female unemployment (4.8%) was slightly below the male rate (5.4%).

Fingal has similar educational attainment levels to the State¹

In general, Fingal has higher proportional share in third level education at 48.7% than the State (42%). A total of 8.3% of the population of Fingal have no formal education or only attained primary level education, lower than the State at 12.5%.

In Ireland Fingal has the third highest population of non-Irish nationals²

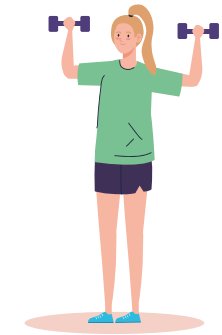
The breakdown of population in Fingal shows us that 87.1% are Irish Nationals, 13% are non-Irish nationals, of which 53.8% Polish, Romanian, English and Lithuanian. Fingal has a larger Black/Black Irish and Asian/Asian Irish population than the rest of the country. In Fingal our population growth increased by 12% on 2016 Census figures with the largest natural increase of 19,183.

Fingal has a marginally better health profile than the State.

In 2016, 88.5% of the population of Fingal stated that they were in very good or good health, marginally higher than the State (87%). 1.3% stated that their health was very bad or bad compared with 16% for the State. 31,970 people in Fingal have a disability, lower than the State average (10.8% vs. 13.5%).

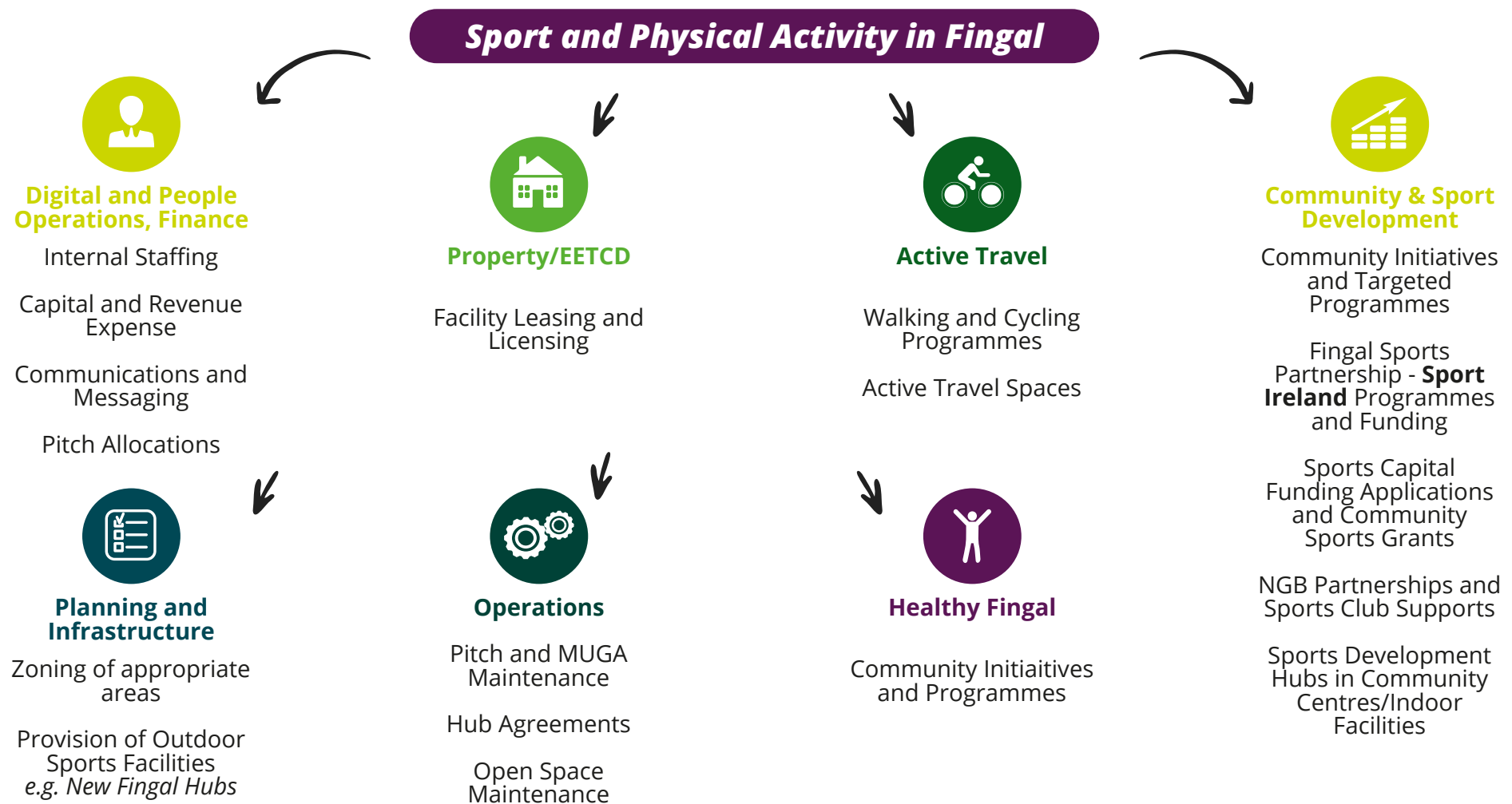
¹<https://www.cso.ie/en/csolatestreleases/2022/>

²<https://www.cso.ie/en/census/census2016reports/>



3.0 A Whole Council Approach

This plan reflects a whole council approach to supporting sport and physical activity participation, where all relevant departments and directorates play a proactive and collaborative role in removing barriers and enhancing opportunities for people in Fingal to lead more active lifestyles.



3.0 A Whole Council Approach

Our Facilities and Spaces

There are a wide range of facilities and spaces for sport and physical activity across the Fingal County Council area³. This provides a strong baseline for our sport and physical activity plan. The following are operated and maintained by Fingal County Council:



31

Community Centres



180

Sports Pitches



56

Playgrounds



46

Tennis Courts



35

Outdoor Gyms with equipment



21

Multi-use games areas



10

Boules courts



8

All-weather pitches



88km

of coastline including associated beaches & trails

- ➔ **5 x** Cricket grounds
- ➔ **4 x** Calisthenic equipment
- ➔ **4 x** Basketball courts
- ➔ **4 x** Skate parks

- ➔ **4 x** Trim Trails
- ➔ **2 x** Bowling greens
- ➔ **1 x** BMX Track
- ➔ **1 x** Pump Track

- ➔ **1 x** Table tennis table
- ➔ **1 x** Croquet lawn
- ➔ **1 x** All-weather athletics track

3.0 A Whole Council Approach

Our Facilities and Spaces

More than 2000 hectares of public open space are available in Fingal and **180 grass pitches** are currently allocated to sports clubs in Fingal in response to local need.

With increasing demand for facilities and the need for evening training and sporting activities, Fingal County Council is pioneering the provision of Active Recreational Hubs strategically located in parks and open spaces around the County.

This programme is in line with the Council’s **“Keeping It Green – Open Space Strategy”** adopted in 2015. Recreational Hubs include high specification and well serviced sports facilities designed for high intensity use, catering for a range of sporting codes and located so that they facilitate ease of access with good connectivity via active travel and sustainable transport infrastructure.

Proximity to primary and post primary schools is also a factor in determining the optimum location for these facilities. A core component of this plan will focus on learning from the successes and challenges of existing models to enhance access to quality sport and physical activity facilities across the county.

³ Fingal Public Participation Network Database

Our Sports and Physical Activity Clubs

There are **172 sport and activity groups and clubs** registered in Fingal County Councils area . The most common sports and physical activity clubs are:



Football/Soccer



GAA



Cricket



Basketball



Golf



Tennis



Martial Arts



Athletics



Swimming



Rugby

3.0 A Whole Council Approach

Our County Development Plan 2023 - 2029

The **Fingal Development Plan** is a strategic document which envisages Fingal as an integrated network of vibrant socially and economically successful urban settlements and rural communities, strategic greenbelts and open countryside; supporting and contributing to the economic development of the County and the Dublin City Region.

The Plan is underpinned by four key cross cutting themes: climate action, healthy place-making and sustainable development, social inclusion and high-quality design. Within the Plan, there are 28 policies which relate to sport, recreation or physical activity, with a total of 76⁴ objectives in these areas.

These include:

-  **Cycling** - 33 Objectives
-  **Walking** - 29 Objectives
-  **Recreation** - 25 Objectives
-  **Community Facilities** - 14 Objectives
-  **Sport/Leisure Facilities** - 13 Objectives
-  **Open Spaces** - 9 Objectives
-  **Water Activities** - 2 Objectives



Key Fingal Strategies

In the spirit of a whole system approach, our local sport and physical activity plan will connect with and complement a range of existing Fingal County Council strategies and policies including for example:



Active Travel Strategy for Fingal:

Active Travel means travelling with purpose using your own energy, it includes walking, cycling, scooting, running and wheeling. This strategy sets out Fingal County Council's ambitions to increase the number of people choosing Active Travel for everyday short journeys, and as part of longer journeys by public transport.

There is a clear synergy between our Active Travel Strategy and our Sport and Physical Activity Strategy and a strong commitment to work collaboratively to deliver on the aims and objectives of both.

⁴ A number of objectives include cross references to multiple activities.

3.0 A Whole Council Approach

Key Fingal Strategies



Keeping it Green: An Open Space Strategy for Fingal:

The purpose of this document is to define the appropriate strategy for the planning, development and sustainable management of public open space in Fingal. The focus of this Open Space Strategy is on the publicly owned and/or maintained land, the primary use of which is for outdoor recreation and amenity in Fingal. Collaboration in relation to regional and local parks, public playgrounds and environmental open space will be a key part of this Sport and Physical Activity Strategy.

Healthy Fingal Strategic Plan:

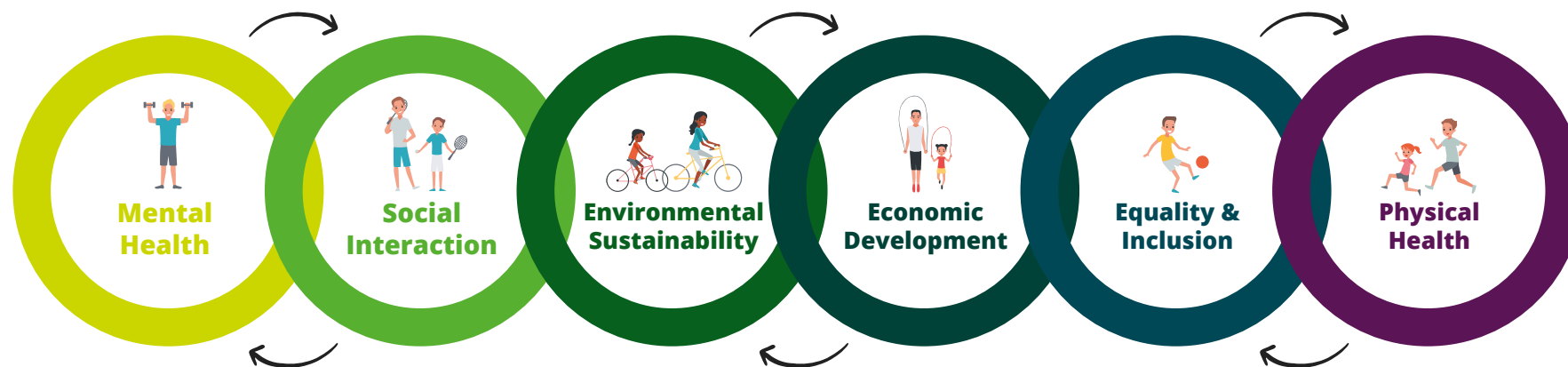
Our vision for a Healthy Fingal is where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility. The focus for the next 3 years is around a reduction in tobacco/vaping use and a reduction in binge drinking. Given the clear link between health and regular participation in sport and physical activity, this plan will synergise closely with our Healthy Fingal partners to ensure collaborative approaches and initiatives.

We will also ensure a strong sport and physical activity voice in the development of future strategies and policies, including the forthcoming Local Economic and Community Plan.

4.0 Why is a Sport and Physical Activity Plan Important?

The Cross-Cutting Impact of Sport and Physical Activity

Research^{5 6 7 8} proves that participation in sport, physical activity and recreation brings significant positive impacts to people, communities, the environment and the economy.



Mental Health: helps manage stress; boost energy levels; improve moods; reduces symptoms of anxiety and depression; and increases self-esteem and cognitive function.

Social Interaction: Physical activity reduces isolation; helps build community networks; and builds social cohesion.

Environmental Sustainability: Active travel reduces fossil fuel consumption; creates a healthier environment; and contributes to less congested and safer roads.

Economic Development: Physical activity reduces longer-term healthcare costs in society; reduces sickness absence and enhances productivity at work; and increases tourism.

Equality & Inclusion: Increases access and opportunities to physical activity for all groups, eliminating inequality and fostering integration and inclusiveness with those groups under-represented in society.

Physical Health: Physical activity helps to prevent and treat long-term health conditions and helps to control weight and manage diseases such as obesity.

⁵ Mental Health - <https://paahjournal.com/articles/10.5334/paah.127/>

⁵ Equality & Inclusion - https://www.sportireland.ie/sites/default/files/2019-11/wis_policy.pdf

⁶ Social Interaction - <https://assets.gov.ie/7563/23f51643fd1d4ad7abf529e58c8d8041.pdf>

⁶ Environmental Sustainability - [9789241514187-eng.pdf \(who.int\)](https://www.who.int)

4.0 Why is a Sport and Physical Activity Plan Important?

The Economic Impact of Sport and Physical Activity

In 2021, **Sport Ireland** commissioned the **Sheffield Hallam University's Sport Industry Research Centre (SIRC)**⁹ to carry out research on the value of Sport in Ireland. The research looked at both the economic impact of sport in Ireland, including a valuation of sport volunteering, as well as the health impact of participation in sport and physical activity in Ireland.

The report demonstrates that sport and physical activity has a measurable and substantial impact on the physical and mental health of participants in Ireland who achieve the **National Physical Activity Guidelines** (150+ minutes per week). The report also demonstrates the importance of sport and physical activity to the Irish economy, in generating and sustaining jobs and output.

- ➔ **Participation in sport and physical activity prevents nearly 100,000 cases of disease annually, generating savings to the Government of nearly €0.4bn**
- ➔ **Sport-related jobs accounted for 2.8% of all Irish employment in 2018**
- ➔ **Sport volunteering in Ireland valued at €1.5bn**
- ➔ **Consumers spent €3.3bn on sports related goods and services in 2018**



Sport, Physical Activity and Sustainable Development

September 2015 saw the adoption of the **2030 Agenda for Sustainable Development** (the 2030 Agenda) by all 193 Members States of the United Nations (UN). The 2030 Agenda aims to deliver a more sustainable, prosperous and peaceful future for all and sets out a framework for how to achieve this by 2030.

This framework is made up of 17 Sustainable Development Goals (SDGs) which cover the social, economic and environmental requirements for a sustainable future. Investing in a more active society through promoting walking, cycling, sport, active recreation and play can contribute directly to achieving many of the 2030 Sustainable Development Goals (SDGs).

Fingal County Council is fully committed to the SDGs and this plan, in seeking to inspire Active Lifestyles for all in Fingal sets out how we can make a meaningful and practical contribution at a local level

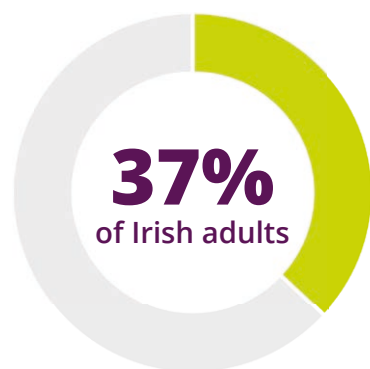
⁹ <https://www.sportireland.ie/news/benefits-of-sport-on-irish-society-and-economy-confirmed-by-new-study>

¹⁰ <https://apps.who.int/iris/bitstream/handle/10665/272722/9789241514187-eng.pdf>

4.0 Why is a Sport and Physical Activity Plan Important?

Sport and Physical Activity Participation in Ireland

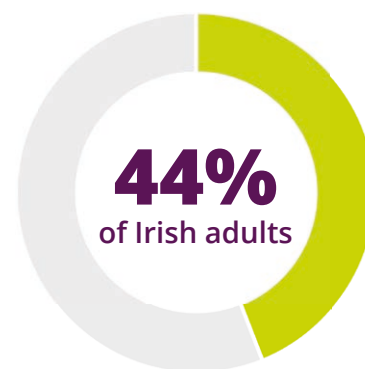
According to the **Irish Sports Monitor Mid-Year Report (2022)** and the most recent **CSPPA (Children's Sport Participation and Physical Activity) Study (2022)**:



classified as **'Highly Active'** (considered to be meeting the **National Physical Activity Guidelines**). This is the lowest level since 2019.



classified as **'Inactive'** (did not participate in any activity during the past 7 days). This is on the rise and is at its highest level since 2019 (20%).



are **regularly playing sport** - A key aim of the **National Sports Policy** in Ireland is that 60% of adults regularly playing sport by 2027.



12% of post primary and **23% of primary** aged children met the **National Physical Activity Guidelines** of at least 60 minutes of **moderate-to-vigorous** physical activity every day.



4.0 Why is a Sport and Physical Activity Plan Important?

Sport and Physical Activity Participation in Ireland

The COVID-19 pandemic had a significant impact on the type of sport, physical activity or recreation that people in Ireland take part in. Individual sports and activities such as walking, running and cycling experienced unprecedented growth; contrastingly indoor and team-based sports and activities experienced decline.

Overall, the proportion of Irish adults meeting the **National Physical Activity** guidelines is now falling, with work needed to restore club membership and volunteering to pre-pandemic levels.

Fingal County Council is fully committed to the SDGs and this plan, in seeking to inspire Active Lifestyles for all in Fingal sets out how we can make a meaningful and practical contribution at a local level.

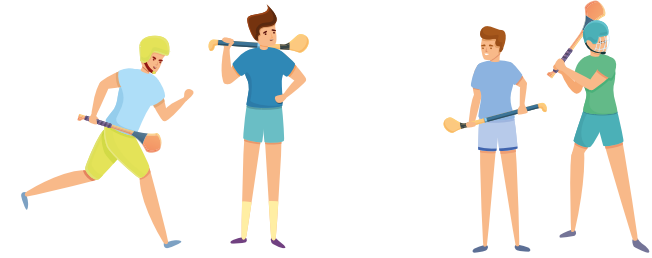
The recent **Irish Sports Monitor Research** highlights how the changes in participation impacted people differently. For example:

- ✦ **Whilst the gender gap for sports participation is still at a much lower level than at the start of the ISM series, the gap has widened to the same level measured in 2017.**



- ✦ **Socio-economic gradients in sport widened during the pandemic, with those in employment, of higher socio-economic status and with higher levels of education significantly more likely to be involved in sport and physical activity.**
- ✦ **There remain gaps in participation, in club membership and in volunteering and social participation amongst ethnic minorities, people with a disability and the LGBTIQ+ community.**

4.0 Why is a Sport and Physical Activity Plan Important?



Synergy with National and International Policy

The positive impact of regular sport and physical activity participation is far reaching, cross cutting, and prioritised across government and national policies; this is summarised below:

Our Sports and Physical Activity Plan



4.0 Why is a Sport and Physical Activity Plan Important?

Synergy with National and International Policy

Governmental Policy Alignment

Programme for Government: Our Shared Future: The Programme shapes the Government's direction until 2025 for Sport and Physical Activity nationally: *Mission 'Universal Health Care'* seeks to promote physical exercise among all sections of society to stimulate long-term health benefits and *Mission 'Building Stronger and Safer Communities'* commits the government to promoting personal health, wellbeing, and physical activity. Finally, *Mission 'A Better Quality of Life for All'* seeks to promote sustainable modes of transport and active travel for their role in environmental sustainability.

Project Ireland 2040 National Planning Framework and the National Development Plan 2021-2030: Project Ireland 2040 is the Government's high-level strategic plan for shaping the future growth and development of Ireland until 2040. Our Sport and Physical Activity Plan for Fingal aligns with Project Ireland 2040's commitments to *enhance sports facilities* in Ireland and to *improve air quality and create a clean environment for a healthy society*; the growth of active travel opportunities in Fingal will support progress towards this objective.

National Development Plan 2021-2030: The National Development Plan sets enhancing sports facilities throughout Ireland as a strategic investment priority and sets specific environmental goals focused on the improvement of air quality and a reduction in greenhouse gas emissions; again, the growth of active travel opportunities in Fingal will support progress towards this goal.

Climate Action Plan 2023 (CAP2023): The growth in active travel opportunities in Fingal through this strategy will support the achievement of the Climate Action Plan's goals for a 50% increase in daily active travel journeys by 2030 and a 25% reduction in daily car journeys.

National Sustainable Movement Policy: In increasing opportunities for active travel the Fingal County Council Local Sport and Physical Activity Plan 2024-2029 is innately synergised with the purpose of the National Sustainable Movement Policy and its targets for at least 500,000 additional daily active travel and public transport journeys and a 10% reduction in kilometres driven by fossil fuelled cars by 2030.

4.0 Why is a Sport and Physical Activity Plan Important?

Synergy with National and International Policy

Governmental Policy Alignment

NTA Active Travel Programme: The work of the NTA's Active Travel Programme is underpinned by the aims and objectives set out in the Government's Climate Action Plan 2023, with a goal to increase the level of walking, cycling and public transport so that these methods of transport will account for 50% of all journeys made by 2030. Projects funded under this Programme are delivered by Local Authorities, evidencing cross-organisational and cross-sectoral synergy with the Fingal County Council Local Sport and Physical Activity Plan 2024-2029.

National Sports Policy Alignment

National Sports Policy 2018-2027: The National Sports Policy is foundational for our Sport and Physical Activity Plan. The National Sports Policy asks Local Authorities to develop 'local sports plans' which review needs and set out actions to increase participation locally. Our Sport and Physical Activity Plan for Fingal delivers on this ask.

Sport Ireland Participation Plan 2021-2024: The Plan has a clear focus on those who have traditionally had fewer opportunities to take part in sport and physical activity and reinforces the importance of developing active places and whole system and



community approaches to promoting developing sport and physical activity. These concepts are key to our new Sport and Physical Activity Plan for Fingal.

National Physical Activity Plan: The overarching target of the Plan is to increase the proportion of the population undertaking regular physical activity by 1% per annum, with the aim being that Irish people will better understand physical activity's health benefits and learn how to be more active in their daily lives. Our Sports and Physical Activity plan synergises strongly with this and will contribute to the achievement of the Plan's goals.

4.0 Why is a Sport and Physical Activity Plan Important?

Synergy with National and International Policy

National Health Policy Alignment

Healthy Ireland, A Framework for Improved Health and Wellbeing 2013 – 2025: Healthy Ireland takes a “whole of government” and “whole of society” approach to tackling the issues which lead to negative health outcomes. The Framework offers six priority areas of work, two of which offer clear synergy with our Sport and Physical Activity Plan for Fingal: 1) physical activity; and 2) spaces and places for health and wellbeing.

Sharing the Vision: A Mental Health Policy for Everyone: The Policy aims to create positive mental health and wellbeing amongst the Irish population. Our Sport and Physical Activity Plan for Fingal will contribute to this Policy’s objectives as the links between mental health and physical activity are well established. The provision of a range of physical activity opportunities will promote mental resilience.



International Policy Alignment

United Nations: 2030 Agenda for Sustainable Development: The Agenda is made up of 17 Sustainable Development Goals (SDGs) and aims to deliver a more sustainable, prosperous and peaceful future for all and sets out a framework for how to achieve this by 2030. The Agenda recognises sport as an important enabler of sustainable development and peace in its promotion of tolerance and respect; the empowerment of women, young people, individuals and communities; and impact on health, education and social inclusion.

Global Action Plan on Physical Activity (GAPPA) Framework 2018-2030: Worldwide, 1 in 4 adults, and 3 in 4 adolescents (aged 11-17 years), do not currently meet the global recommendations for physical activity set by the World Health Organisation (WHO) . Following requests by countries for updated guidance on effective policy actions to increase physical activity at all levels, WHO developed the Global Action Plan on Physical Activity (GAPPA) Framework 2018-2030.

4.0 Why is a Sport and Physical Activity Plan Important?

Synergy with National and International Policy

International Policy Alignment

Global Action Plan on Physical Activity (GAPPA) Framework 2018-2030:

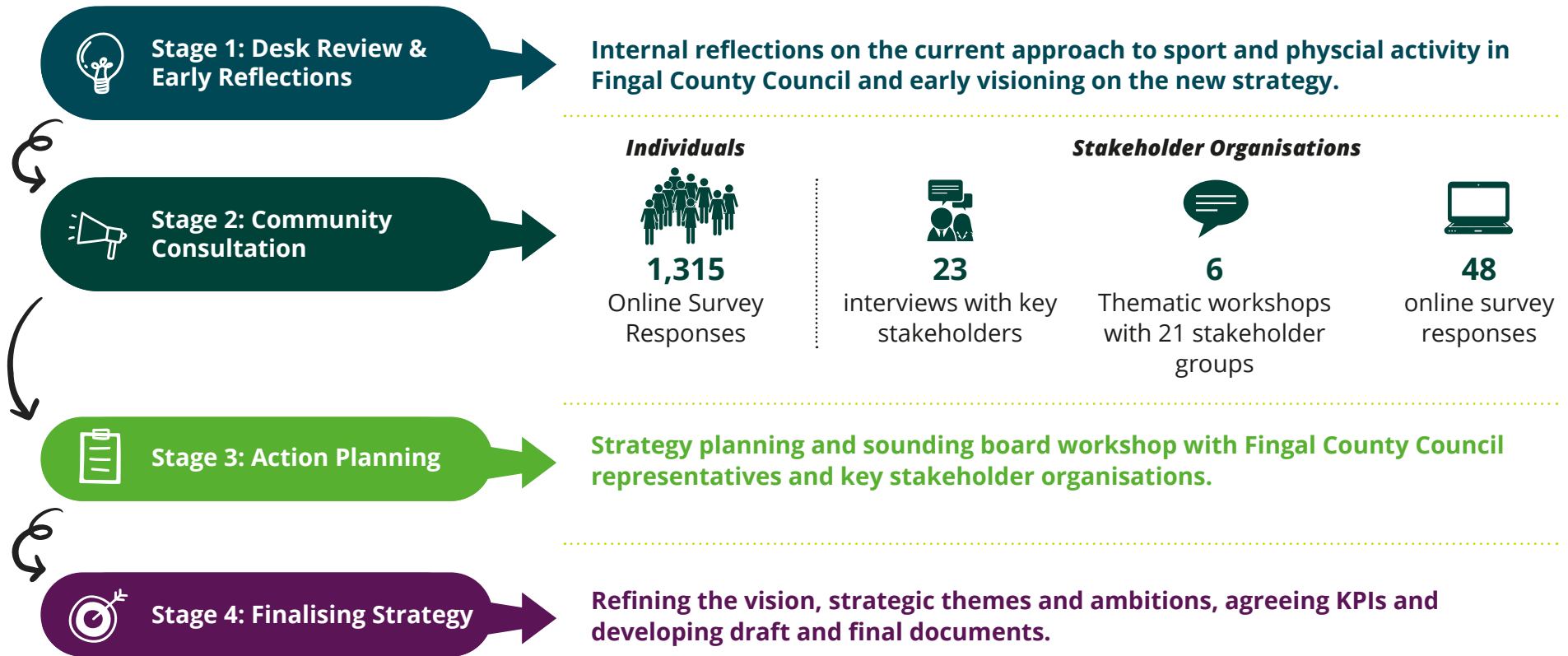
The GAPPA Framework emphasises that effective national action to reverse current trends and reduce disparities in physical activity requires a “systems-based” approach with a strategic combination of “upstream” policy actions aimed at improving the social, cultural, economic and environmental factors that support physical activity, combined with “downstream”, individually focused (educational and informational) approaches.

The framework sets out four strategic objectives; Create Active Systems, Create Active Societies, Create Active Environments and Create Active People. These four objectives are supported by 20 policy actions that are universally applicable to all countries. Together, these objectives capture the whole-of-system approach required to create a society that intrinsically values and prioritises policy investment in physical activity as a regular part of everyday life.



5.0 Developing the Plan

The strategic planning process involved significant engagement with stakeholders over a focused **6-month consultative period**. The strategic planning process is set out below.



5.0 Developing the Plan

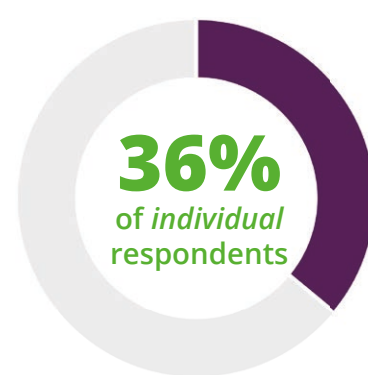


The consultation process included passionate and forthright contributions from stakeholders about where we need to go and what we need to do to enhance our participation in sport and physical activity over the next 6 years.

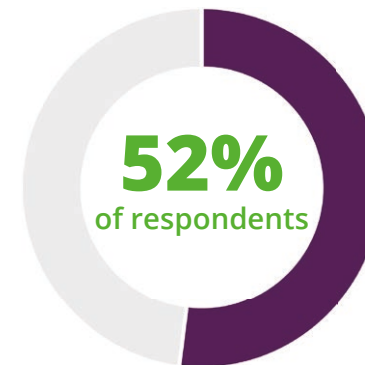
The following section provides a high-level summary of the key insights from the consultation process. These have directly shaped and informed the development of the Fingal Local Sport and Physical Activity Plan.

6.0 Key Insights

Participation in Sport and Physical Activity



report meeting **National Physical Activity Guidelines**



are part of a sports club or group in Fingal



6/10 Stars

Average rating of opportunities to participate in sport, physical activity and recreation in Fingal
(1 = Poor and 10 = Excellent)

6.0 Key Insights

Motivation for Sport and Physical Activity

The top 3 reasons why respondents to our survey participate in sport and physical activity are to:



- ➔ Improving athletic skill is more important than the need to control weight for people under 35.
- ➔ Females are more likely to participate in sport for health, fitness, and to control their weight than males, of whom a higher proportion selected 'to improve athletic skills' and 'to relax'
- ➔ Participating in sport and physical activity for 'fun' is most prominent for those aged 45+.

Popular Sport and Physical Activities

The most popular sport and physical activities in Fingal according to respondents are:



- ➔ Walking, running, and gym-based exercise were replaced by basketball and soccer for 16-24 year olds; Pilates and yoga 55-64 year olds; and golf for over 65s.
- ➔ For respondents who have a disability, basketball and horse riding replaced running and gym-based exercise.
- ➔ For respondents from minority ethnic groups, basketball and other team sports replaced running and gym based exercise as the most popular.
- ➔ In terms of context, people most commonly participate in sport and physical activity through organised training or coaching (31%); casual activities with friends or families (30%); solo participation (23%); or organised competition (14%).

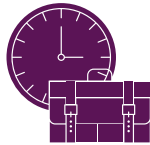
6.0 Key Insights

Barriers to Sport and Physical Activity

To promote active lifestyles and increase participation in Sport and Physical Activities across the county it is important that we minimise barriers to participation for all citizens. Several key areas below emerged from our consultation process .



Access to the right facilities at the right time



Lack of time due to Work



Lack of time due to Family Commitments



Cost to Participate



Age



Injury, Illness or Disability



Personal Safety Concerns



Lack of Motivation

Facilities in Fingal

☆☆☆☆☆
3/5 Stars

Average rating of Fingal County Council sport and leisure facilities (1 = Poor and 5 = Excellent)

- ➔ Most individuals, clubs, schools and community groups agreed that facilities in Fingal cater for the activities that people want.
- ➔ We have an opportunity to improve both *access to* and *accessibility* of sport and physical activity facilities.
- ➔ Enhancing *affordability* of facilities for individuals is a priority, most clubs and groups feel that facilities are *affordable*.

The top 5 places where sport and physical activity takes in place in Fingal is:



Roads & Footpaths



Sports Pitches



At Home



In the Gym



In Community Centres

6.0 Key Insights

Future of Sport and Physical Activity

Individual Respondents

The 3 most popular factors which **individual respondents** felt could improve participation in sport and physical activity in Fingal over the next 5 years were:



Organisation Respondents

The 3 most popular factors which **organisations including sports clubs, schools and community organisations** felt could improve participation in sport and physical activity in Fingal over the next 5 years were:



Active, Together.

Our Sport and Physical Activity Plan
2024 - 2029

Comhairle Contae
Fhine Gall
Fingal County
Council



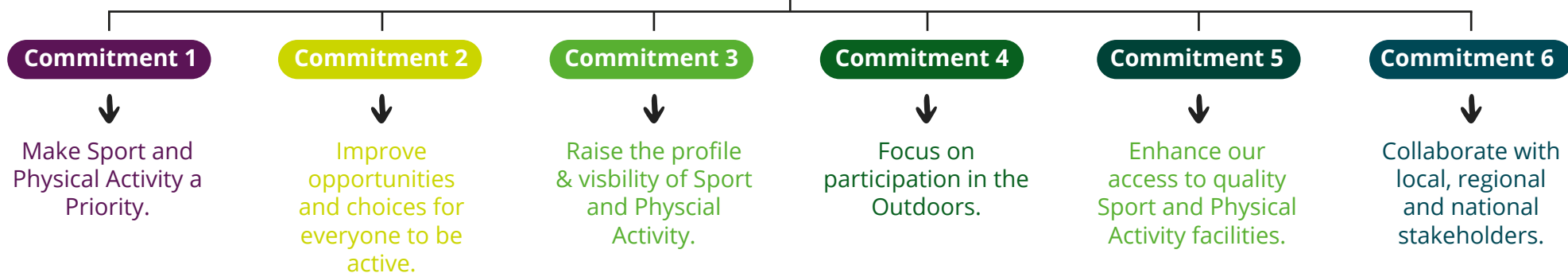
7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Our Purpose and Commitments

Our Purpose:

“Inspiring Active lifestyles for all in Fingal”

Our 6 Commitments:



7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Our Principles and Values

Community Involvement:

We believe that local communities have a critical role to play in the development and delivery of sport and physical activity. We will work closely with community partners and residents to encourage and facilitate their involvement in the evolution of this plan.

Inclusivity:

We will ensure that everyone in our communities, irrespective of background, age or ability can benefit from active participation in sport and physical activity.

Purposeful & Proactive:

We will invest time, energy and resources to achieve the objectives set out in this plan and we will be proactive in identifying the most efficient and effective ways of achieving them

Sport and Physical Activity for Health:

We know that exercise is one of the primary behaviours of good health and the relationship between sport, physical activity and health is strengthening. We will use the power of sport and physical activity to contribute to improved health & wellbeing, using a variety of ways to inspire and encourage people to be active.



Building on our strengths:

There is a lot that we do well, and Fingal is already a great place to be active with high quality facilities, natural resources and committed teams and volunteers. We will build on what exists and incorporate learning to advance Fingal as an Active County.

Collaborative:

Taking a 'whole systems' approach, we commit that this plan will be driven by strong and purposeful collaboration both within Fingal County Council and with our external partners across community, voluntary, public and private sectors.

Sustainable:

Our plan puts the importance of facilitating an active environment at its core. We will continue to invest in spaces and initiatives that encourage active lifestyles, we will also strive to develop sustainable relationships and pathways with key stakeholders to support increased participation in sport and physical activities across the county.

Adaptable:

We understand the need to change and adapt to circumstances and to consider the uniqueness of the communities and geographies that make up Fingal. We will adapt our approach where necessary, and work creatively with partners and communities to increase participation in sport and physical activity.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 1 - Make Sport and Physical Activity a Priority

What does this mean?

1. Improving how we collaborate as a Council so that consideration of Sport and physical activity opportunities and developments is part of everyone's remit

To shift the participation gradient at a significant scale, there is a need to work collaboratively both across Fingal County Council departments and with external stakeholders.

Adopting a 'whole-system' approach to sport and physical activity is one of the central tenets of the Global Action Plan on Physical Activity 2018-2030 and our existing Active Cities Project has begun to bring various stakeholders together to find ways that we can embed sport and physical activity across our council functions. We believe that this project can be a key conduit and vehicle for greater collaboration over the life course of this plan.

Whilst you told us during the consultation process that there are lots of things that we (Fingal County Council) are doing well, there are things that we can do better together; Creating more opportunities for our departments to connect, plan, share ideas and resources to enhance physical activity.

2. Providing the right resources, in the right places to allow us to deliver on our sport and physical activity commitments

As a council we already invest significantly in the provision and maintenance of high quality infrastructure to support participation in sport and physical activity across the County. Our dedicated staff work closely with internal and external stakeholders to ensure we capitalise fully on opportunities to improve access to and participation in both formal and informal ways of active living. However, we know that in order to match the ambition set out in this plan, there will be a need to optimise the availability of funding (both internal and external) and to continue to invest in sport and physical activity aligned to local need.

We need to raise the profile and awareness of our work across this area and ensure that our structures and services are fit for purpose; facilitate active and extensive cross departmental cooperative ways of working to ensure cohesive project planning; deliver continuous evaluation; and maximise the opportunities afforded by developments in digital and new technologies to ensure our services are as accessible as possible to people from across Fingal.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 1 - Make Sport and Physical Activity a Priority

Objective:	Strategic Action	Lead	Key Success Measures
<p>Improving how we collaborate as a Council so that Sport and physical activity is part of everyone's remit</p>	<p>1. Establish an internal cross departmental Active Fingal Committee comprising senior representatives from FCC Departments including Operations, Planning & Strategic Infrastructure, People Corporate & Digital Services, Environment, Climate Change and Active Travel, Housing, Community and Sports Development and EETCD ensuring a coordinated approach to FCC sport and physical activity provision and support across the County. The committee will focus on maximising potential outputs, eliminating duplication and ensuring optimal exploration of available funding streams while taking a Whole of Council approach to delivery across this area.</p>	<p>Sports Office</p>	<p>A key decision maker from every relevant FCC Department actively participates on this committee</p>
	<p>2. Establish a Fingal Active Cities Steering Group comprising of representatives from the Internal Active Fingal Committee and external key stakeholders to improve access and opportunities for all citizens to participate in sport and physical activity across the county.</p>	<p>Sports Office</p>	<p>Establishment and operation of Fingal Active Cities Steering Group</p>
	<p>3. Ensure regular sharing of key sport and physical activity high quality information & news with elected representatives, council departments and statutory committees</p>	<p>Sports Office / Communications Office</p>	<p>Develop a sports and physical activity media plan</p>
	<p>4. Support the transition of the coordination of Sports Capital Grant funding applications to the Community and Sports Development Office and develop procedures to support strong collaboration in accessing grants as opportunities arise</p>	<p>Community and Sports Development</p>	<p>Cross departmental process established and grants submitted within scheme deadlines</p>

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 1 - Make Sport and Physical Activity a Priority

Objective:	Strategic Action	Lead	Key Success Measures
Providing the right resources, in the right places to allow us to deliver on our sport and physical activity commitments	5. Develop a mechanism to maximise the funding opportunities for new sport and physical activity supports and resources created by National Bodies such as Sport Ireland	Sports Office	Increase in external resources/supports used to support measures to increase participation
	6. Continue to review resource provision across the organisation in line with growth demands across the county including an assessment of the long-term sustainability of the Active Cities Project and its potential as an overarching coordinating structure across the Council	Active Fingal Committee/ People Operations	Demand v service sustainability standing item on Active Fingal Committee Agenda
	7. Adopt a cross departmental approach to large scale funding opportunities to ensure best practice in project conception, funding applications, delivery and sustainable operational models going forward I.e. route via Internal Active Fingal Committee	Active Fingal Committee	Committee Agenda Review of FCC Grant Funding Models supporting sport and physical activity
	8. Identify and review FCC grant funding models such as the Activity Sports Grants with particular focus on the possibilities of achieving better integration and stronger pathways to participation	Active Fingal Committee	

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 2 - Improve Opportunities and Choices for Everyone to be Active

What does this mean?

- 1. Proactively targeting all areas in Fingal, particularly areas of disadvantage and population growth to support key groups such as new communities, people with disabilities, and members of the LGBTQI+ community to become more active.**

Different groups of people and different areas face different barriers to sport and physical activity. Our consultation process tells us that people with disabilities, minority ethnic communities and LGBTQI+ communities are less likely to be active in Fingal.

In addition, a lack of facilities, lack of time due to work or family commitments, cost and injury/disability were identified as the main barriers preventing people being more active in Fingal. Our plan needs to target ways to help people and communities to overcome these barriers, improving opportunities and choices to become more active.

- 2. Building strong and purposeful partnerships with National Governing Bodies & Schools, Community Centres and other stake holders.**

We have strong relationships with several National Governing Bodies of Sport and want to continue to develop existing and



promote new relationships to enhance opportunities. Our community centres, schools and other stakeholders play vital roles in this area, and we will work even more collaboratively to provide increased and more accessible opportunities.

- 3. Creating participation pathways to inclusive and well-resourced local sports clubs with a key focus on minority sports.**

Sports clubs play a critical role in supporting an active population. There are more than 170 sporting clubs in Fingal and by supporting these clubs to create greater pathways to participation, enhancing the availability and effectiveness of funding, improving club governance and promoting inclusive practice, we can unlock opportunities for people from across Fingal to regularly participate in sport and physical activity.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 2 - Improve Opportunities and Choices for Everyone to be Active

Objective:	Strategic Action	Lead	Key Success Measures
Proactively target all areas in Fingal, particularly areas of disadvantage and population growth to support key groups such as new communities, people with disabilities, LGBTQI+, women and families to become more active.	10. Continue to deliver an annual calendar of programmes with a focus on those target groups with lower participation levels such as people with disabilities, LGBTQI+, minority ethnic communities and females	Sports Office/ Active Fingal Committee	Total # of participants, engaged in our programmes (broken down by target group) increases year on year
	11. Continue to develop, promote and deliver an annual programme of large-scale participation initiatives including Couch25k, Park Runs, in partnership with relevant organisations	Sports Office	Support of 2 or 3 county-wide events minimum annually
	12. Maximise the availability of funding through Dormant Accounts to develop new projects aligned to local need such as Urban Outdoor Adventure Initiatives, Women in Sport, Diversity & Inclusion, Innovation in Sport	Sports Office	Cross Departmental Initiatives addressed by Active Fingal Committee
	13. Ensure that our programme development and design is informed by up to date and relevant data e.g. embedding Physical Literacy, new research approaches etc	Sports Office/ Active Fingal Committee	# Fingal take-up of funds aligns favourably with # Dormant Account Opportunities
	14. Explore options to enable sport and physical activity to contribute to the circular economy while supporting target areas, building on best practice examples from local, national and international settings	Active Fingal Committee	Active Fingal Committee Terms of Reference includes sharing of appropriate best practice and research
	15. Deliver on the objectives set out in our Active Travel strategy including retrofitting communities for Active Travel and building sustainable communities	Active Travel	Circular Economy and other Climate Change Actions to be captured in the Terms of Reference for the Active Fingal Committee <i>See Active Travel Strategy</i>

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 2 - Improve Opportunities and Choices for Everyone to be Active

Objective:	Strategic Action	Lead	Key Success Measures
Build strong and purposeful partnerships with National Governing Bodies, Schools, community centres and other stakeholders	16. Build on external partnerships with key stakeholders such as Sport Ireland, National Governing Bodies of Sports, Drug and Alcohol Task Forces, Healthy Fingal, Youth Services, Age Friendly, Mental Health Services, Active Disability Ireland and the HSE. These partnerships will focus on developing initiatives and securing resources to engage key target groups	Sports Office/ Active Fingal Committee	# of collaborative initiatives developed with partners to enhance access to sport and physical activity

Objective:	Strategic Action	Lead	Key Success Measures
Create participation pathways to inclusive and well-resourced local sports clubs with a key focus on minority sports	17. Continue to provide access to grant funding for sports clubs on an annual basis and review the grant funding criteria to ensure optimum value for money	Active Fingal Committee	Committee to review Council access policies # of clubs accessing practical support and training increases year on year
	18. Support access to key training courses in health and safety for not for profit clubs and organisations who do not have an alternative means of accessing courses	Sports Office	# Supports provided
	19. Provide advice, guidance and practical support for clubs and organisations on governance, inclusive practice, capacity building and sustainability- particularly in areas of high population growth or where there are new communities and with a key focus on minority sports	Sports Office	# Clubs engaged

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 3 - Raise the Profile and Visibility of Sport and Physical Activity

What does this mean?

1. Contributing to and leading on effective and targeted campaigns to raise awareness of the benefits and opportunities in sport and physical activity

The consultation process revealed a lack of awareness of existing opportunities to participate in physical activity across the county which forms a barrier to participation. This indicates there is ample scope to improve the promotion and awareness of opportunities for citizens and groups across Fingal to increase their physical activity.

We heard consistently that individuals in the area have “difficulty accessing information about available opportunities,” and it was felt that ***“communication is not there about what spaces are openly available.”***

This demonstrates that alongside provision of facilities, programmes and initiatives, the organisation needs to increase its focus on raising the profile of facilities and available opportunities across the County to fully engage its citizens.

Our consultation findings suggest that ‘having fun’, ‘controlling weight’, ‘improving health and fitness’ and ‘to relax’ are the most common motivators for sport and physical activity participation. We also know that different groups of people are motivated in

different ways and therefore the ways in which we communicate about sport and physical activity and the messages we send should be focused and targeted; this requires an investment in time and resources.

3. Using research and evidence to inform what we do and sharing information about our work, the work of others and its impact

It is increasingly important to monitor and evaluate the work we do and to communicate its impact. We want to ensure that our investments in sport and physical activity, whether in facilities or in programmes, are informed by sound evidence and research.

Through our membership of the Local Sports Partnership Network and our strong relationship with Sport Ireland, we have an opportunity to contribute to and learn from extensive research and evaluation efforts across the sport and physical activity ecosystem. We intend to capitalise on this and to ensure information is shared and disseminated across our key stakeholders in Fingal.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 3 - Raise the Profile and Visibility of Sport and Physical Activity

Objective:	Strategic Action	Lead	Key Success Measures
Contribute to and lead on effective and targeted campaigns to raise awareness of the benefits and opportunities in sport and physical activity	20. Carry out a review of the FCC Sports Office identity and brand including a review of social media and online presence to maximise visibility within FCC and with external stakeholders	FCC Comms	
	21. Develop a focused sport and physical activity communications plan to include: <ul style="list-style-type: none"> a. Delivery of 3-4 Fingal specific annual campaigns focused on key target groups with appropriate and targeted messaging b. Contribution to the roll out of national campaigns at a local level including for example: European Week of Sport, HerOutdoors, Women in Sport, Bike Week c. Development of local sport and physical activity ambassadors, maximising the use of local individuals & clubs with a sporting/physical activity profile to promote the benefits and opportunities in sport and physical activity through quality video content and other means d. Develop and deliver campaigns focused on the synergy between climate action/health/integration aspects of physical activity 	FCC Comms & Sports Office	

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 3 - Raise the Profile and Visibility of Sport and Physical Activity

Objective:	Strategic Action	Lead	Key Success Measures
Use research and evidence to inform what we do and share information about our work, the work of others and its impact	22. Maximise funding opportunities for research and evaluation to build an evidence base of what works for whom in increasing participation in sport and physical activity in Fingal	Sports Office/ Active Fingal Committee	# of research and evaluation projects carried out in sport and physical activity increases year on year
	23. Carry out a midterm review of this plan, ensuring widespread engagement with local communities and key stakeholders	Sports Development Office	Mid-term review undertaken
	24. Strengthening the role and importance of sport and physical activity in our corporate publications including the Annual Report, CE monthly reports, newsletters and digital resources to regularly share sport and physical activity information within council and across the County to raise awareness of events, opportunities and new developments	FCC Communications Office/Sports Office	Increase coverage from baseline
	25. Ensure use of the M1 ¹² physical activity indicator across initiatives delivered	Sports Office	Improved data collation for reporting purposes

¹² A systemic self-report measure (M1) on levels of participation in Sport and Physical Activity used by Sport Ireland funded bodies such as NGBs, LSPs to measure participation levels. For more information, please refer to Appendix 3.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 4 - Focus on Participation in the Outdoors

What does this mean?

1. Developing and promoting purposeful and recreational travel in Fingal by optimising the potential of our greenways, pedestrian ways, cycleways and trails

Active Travel is travelling with a purpose using your own energy which usually means walking or cycling as part of a journey. Fingal County Council is working to build Active Travel into everyday life as part of normal daily routines. We are investing in infrastructure and initiatives designed to promote Active Travel across the County.

The link between Active Travel and sport and physical activity is obvious; through this plan we want to reinforce our existing commitment to optimise our greenways, pedestrian ways, cycleways and trails for purposeful and recreational travel. There is a need and an opportunity to significantly enhance synergies between our Active Travel and Sports Office teams, particularly through the Active Cities Project; targeting sustainable pathways into sport and physical activity for residents across the County.

2. Maximising our open spaces, urban centres, beaches, open waters and woodlands as spaces where people are active.



The availability of our natural resources as places to be active was highlighted as a major strength and asset in Fingal. We are home to numerous open sea water swim areas and outdoor facilities, and we want to build on this over the life course of the plan.

The introduction of the National Outdoor Recreation Strategy coupled with Sport Ireland's Participation in Sport and Physical Activity in the Outdoors and Fingal specific plans on Open Spaces and our Play Policy presents opportunities to collaborate to enhance access to facilities and funding that optimise our outdoor spaces.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 4 - Focus on Participation in the Outdoors

Objective:	Strategic Action	Lead	Key Success Measures
Develop and promote purposeful and recreational travel in Fingal by optimising the potential of, greenways, pedestrian ways, cycleways and trails	26. Ensure strong collaboration between Active Travel, Active Cities, Community & Sports Development, Planning and Strategic Infrastructure and the Local Community Development Committee (LCDC) with regard to available funding streams e.g. Outdoor Recreation Infrastructure Scheme (ORIS), Failte Ireland funding and other national and EU funding opportunities.	Active Fingal Committee	Increase in funding leveraged through ORIS, Failte Ireland and others
	27. Continue to develop greenways, cycleways, trails and outdoor recreational sports hubs in line with the ambitions set out in the Fingal County Development Plan (CDP) to facilitate increased participation in active lifestyles	Active Travel/ Strategic Infrastructure	Facilities delivered in line with CDP and Capital Plan
	28. Ensure that identified current and future sport and physical activity needs of local community's form part of the public consultation process and are reflected as appropriate in future iterations of the Fingal County Development Plan.	Planning and Strategic Infrastructure	Active Fingal Committee involved in providing support in the consultation process to assist this consultation as appropriate
	29. Ensure a mobilisation and marketing programme is developed and supported for all new greenways, cycleways, trails and recreational sports hubs	FCC Communications Office	Mobilisation and Marketing Plan devised and implemented



7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 4 - Focus on Participation in the Outdoors

Objective:	Strategic Action	Lead	Key Success Measures
Maximise our open spaces, urban centres, beaches, open waters and woodlands as spaces where people are active	30. Explore opportunities to encourage people to become physically active across our vast array of public outdoor space types across the county in line with local need while maximising opportunities with key partners such as the Sport Ireland Outdoors Unit	Sports Office	# of new initiatives, collaborations or events piloted to stimulate participation in the outdoors
	31. Ensure sport and physical activity is embedded in all new and revisions of relevant Fingal County Council strategies including strategies related to open space use, play and tourism	All Directors of Services	New and revised relevant policies sent by Directorates to the Active Fingal Committee for input
	32. Continue to support and promote a series of open sea water swims in the County annually incorporating promoting Safe Open Water Swimming Practices	Operations/ Sports Office	#Open Sea Swimming initiatives supported
	33. Promote the Leave no Trace campaign across all our outdoor sport and physical activity resources	FCC Communications Office	#Leave no trace tagged in all appropriate social media and print promotional information

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 5 - Enhance our access to Quality Sport and Physical Activity Facilities

What does this mean?

1. Advancing our plans to invest in existing and new sport and physical activities across Fingal

The need for enhanced sport and physical activity facilities was referenced consistently during our consultation process as the key priority for both residents and organisations in Fingal. We have invested significantly in the development of facilities over the past number of years including the Porterstown Recreational Hub with athletics track and an all-weather sports pitch, and the Ward River Recreational Hub with newly developed grass pitches and all-weather sports pitch.

In addition, our rolling capital programme contains several key commitments, and we want to deliver on those. Of importance will be ensuring that any investment in facilities is informed by a robust assessment of need and an evidence-based approach, backed by research and consultation. We include a number of key actions to ensure this.

2. Ensuring a sport and physical activity voice is applied on all new capital projects across the County as appropriate

As the population in the County grows and as demographics change, demand for new housing and new models of housing

will continue to increase. This is accompanied by an increased need for community supports and facilities, health facilities, business supports, infrastructure expansion and adaptation, and economic and tourism based projects which support sustainable, inclusive, active, communities. We believe that new spaces and places can be optimised for sport and physical activity, but this means ensuring that key infrastructural projects consider a sport and physical activity lens from the outset. This requires relevant council directorates involved in the various aspects of sport and physical activity provision, activation, management, operation and review are included as early as possible to maximise the potential of this lens for projects from the outset.

3. Optimising our available facilities

Our County is home to the National Sports Campus, a world class facility which has capacity to inspire participation amongst our residents with greater access. In addition, our network of community centres, regional and local parks, playgrounds, allotments, greenways and Recreational Hubs are important local venues for sport and physical activity; we need to ensure that they are accessible and inclusive, enabling increased choice and opportunity.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 5 - Enhance our access to Quality Sport and Physical Activity Facilities

Objective:	Strategic Action	Lead	Key Success Measures
Advance our plans to invest in existing and new sport and physical activities across Fingal	34. Deliver on the Audit of Community, Sports and Recreation facilities in the administrative area of Fingal County Council and a radius of 10km around its borders and implement agreed recommendations as appropriate	Planning & Strategic Infrastructure with cross-departmental input	# of recommendations in the audit of Community, Sports and Recreation facilities implemented
	35. Work collaboratively with Sport Ireland, providing data to inform the new Active Ireland database and utilise the database to inform future decision making on sport and physical activity facilities	Planning/ Community & Sports Development	All data requests met within timescale

Objective:	Strategic Action	Lead	Key Success Measures
Ensure a sport and physical activity voice is applied on all new capital projects across the County	36. Inclusion of the Community and Sports Development team as an Internal Stakeholder at the earliest stage of relevant capital project development and on all relevant steering committees including on Local Area Plans and Masterplans	Planning & Strategic Infrastructure	# of planning processes/capital projects with meaningful involvement of the Community and Sports Development Division
	37. Establish the community and sports development staff an activation partner on key projects prior to go live optimising their local knowledge and connections with local stakeholders to ensure inclusivity and maximise uptake and involvement with new local facilities and initiatives	Planning & Strategic Infrastructure	# of successful activation partnerships annually
	38. Ensure the early involvement of the Community and Sports Development Department in social & community infrastructure audits for large housing developments	Planning/ Housing	Qualitative assessment of the impact of the involvement of the Sports Office in early stage planning processes

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 5 - Enhance our access to Quality Sport and Physical Activity Facilities

Objective:	Strategic Action	Lead	Key Success Measures
Optimise our current facilities, particularly schools, community centres, leisure centres and the National Sports Campus	39. Carry out a strategic review of the Recreational Hubs management model, with input from all relevant stakeholders, to ensure that facilities consider the needs of all local clubs and future population and club growth	Active Fingal Committee	# of recommendations implemented from the review of Fingal Recreational Hubs
	40. Explore the merits of revisiting the shared school facilities model as a mechanism for facility delivery and its possible future potential subject to availability of central government funding stream or alternative funding source	Community and Sports Development/ Active Fingal Committee	Report on assessment of Shared Schools Model delivered
	41. Strengthen engagement with the Department of Education to examine the feasibility of introducing a workable model for accessing Department of Education sports facilities after school hours	Sports Office	
	42. Support inclusivity through raising awareness among Community Centre Managers and Boards of Management of the importance of allocating space and times to local groups in a fair manner with particular focus on supporting marginalised target groups to become more physically active where capacity allows.	Community and Sports Development	# proportion of schools that make facilities available for community use increases from baseline
	43. Prioritise safe walkways and cycleways to and from schools, community centres and recreational hubs to promote easier access to existing facilities	Active Travel	# of awareness raising initiatives held
	44. Support the annual delivery of the 'Give it a Go' and other events in collaboration with Sport Ireland, the National Sports Campus and National Governing Bodies to promote increased participation through trialling new activities	Community and Sports Development	Implementation of Active Travel Policy # events supported

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 6 - Stakeholder Collaboration

What does this mean?

1. Providing a strong voice and operating as a committed partner to local, regional, national and international networks so that Fingal capitalises on and benefits from emerging trends, developments and initiatives in sport and physical activity

This plan is underpinned by a commitment to work collaboratively with our partners locally, regionally, nationally and internationally, ensuring that Fingal is well positioned to learn from and capitalise on emerging developments and trends in sport and physical activity.

We are already a committed partner to Sport Ireland and the Local Sports Partnership Network (LSP) and want to continue to provide strong representation and active contribution. We will continue work in partnership with other Local Sports Partnerships to build on and enhance the Active Cities Project whilst supporting national efforts to shift participation gradients by contributing to the development of new strategies, evaluations and research projects that enhance the evidence base and support for the benefits of sport and physical activity.



2. Involving people in the development and design of sport and physical activity initiatives

The development of this Fingal Sport and Physical Activity Plan is underpinned by extensive consultation with local residents and stakeholder organisations. We believe that those impacted should be involved in shaping and developing the policies, strategies or initiatives that impact them. We want to ensure the voice of underrepresented groups is heard and commit to meaningful consultation and engagement throughout the life course of this plan.

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 6 - Stakeholder Collaboration

Objective:	Strategic Action	Lead	Key Success Measures
Provide a strong voice and operate as a committed partner to local, regional, national and international networks so that Fingal capitalises on and benefits from emerging trends, developments and initiatives in sport and physical activity	45. Focus on promoting the value and benefit of sport and physical activity amongst local elected representatives and citizens through ongoing communication and engagement – ensuring it is prioritised within council and its potential is realised across departments	FCC Communications Office	Development of sport and physical activity communication and marketing plan
	46. Host at least one major conference/networking event in Fingal during the lifespan of the plan, bringing a focus on sport and physical activity to Fingal	Community and Sports Development	Conference/Event held
	47. Continue to contribute to the National Active Cities project as part of the Dublin network of partners in conjunction with the four other Irish Cities and city based LSPs	Sports Office	Active participant in Active Dublin Initiatives
	48. Reinforce our commitment to the Local Sports Partnership Network – sharing knowledge, information and best practice on Sport and Physical Activity trends	Sports Office	# Fingal Local Sports Partnership meetings held
	49. Participate fully and contribute to national discussions, steering groups and consultations on key strategies and policies (e.g., Federation of Irish Sport, Active Disability Ireland, Get Ireland Walking, Get Ireland Cycling, Get Ireland Swimming, other Local Authority initiatives)	Active Fingal Committee	# of sport and physical activity networks and partnership groups with representation from FCC
	50. Ensuring that FCC departments provide representation and active participation on key local and regional networks such as CYPSC, SMART Communities, Active Travel, Healthy Ireland, Slaintecare focused committees and with local community and voluntary sector partners	All Directors of Services	All Directorates provide suitable representative as appropriate for committees
	51. Explore potential opportunities for businesses and corporate stakeholders to increase participation in sport and physical activities in the workplace	EETCD/Sports Office	# of initiatives supported

7.0 Our Local Sport and Physical Activity Plan 2024 - 2029

Commitment 6 - Stakeholder Collaboration

Objective:	Strategic Action	Lead	Key Success Measures
Provide a strong voice and operate as a committed partner to local, regional, national and international networks so that Fingal capitalises on and benefits from emerging trends, developments and initiatives in sport and physical activity	52. Maximising the contribution and active participation of all members of the Fingal Local Sports Partnership in support of the objectives of this plan	Fingal LSP	Fingal LSP bi annual update on plan objectives standing item on LSP Agenda
	53. Ensure a sport and physical activity component is included in all FCC Flagship Corporate events and programmes where appropriate such as the Howth Maritime & Seafood festival and Flavours of Fingal	EETCD/ Active Fingal Committee	# of FCC Flagship Events involving Sport and Physical Activity element above 60% of total Flagship Events

Objective:	Strategic Action	Lead	Key Success Measures
Involve people in the development and design of sport and physical activity initiatives	54. Optimise existing structures such as the Fingal Public Participation Network to ensure adequate consultation and engagement and information sharing in the development and delivery of major sport and physical activity initiatives	Community and Sports Development	Inclusion in the PPN newsletter of significant and appropriate updates concerning sport and physical activity
	55. Explore the establishment of localised data on sport and physical activity participation in conjunction with sport Ireland research unit and in line with the Irish Sports Monitor	Sports Office	Support the Active Cities and Sport Ireland Initiatives to collect baseline data across the county



Appendices

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Appendix 1 - Glossary of Terms

Active Lifestyle	An active lifestyle refers to a way of living that involves regular physical activity, exercise, and movement as a fundamental part of daily routines and recreational choices. It encompasses activities that promote overall health, fitness, and wellbeing, often including exercises, sports, outdoor pursuits, and active transportation. The aim is to maintain or improve physical health, mental wellbeing, and quality of life through consistent engagement in movement and physical pursuits.
Active Travel	Active Travel involves travelling with a purpose, using your own energy via sustainable means. It includes walking, wheeling, and cycling or the use of self-powered, non-motorised scooters as part of a purposeful journey. For example, walking to school and cycling to work are both considered forms of Active Travel.
FCC	Fingal County Council
LSP	Local Sports Partnership
NGB	National Governing Body: the controlling organisation of a sport. For example, the GAA or FAI.
Physical Activity	Physical activity refers to any bodily movement that results in energy expenditure. It encompasses a wide range of actions, from everyday activities like walking, climbing stairs, and household chores, to planned exercises, sports, and recreational pursuits.
Sport	All forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels
Whole-System Approach	Where all of Fingal County Council departments and directorates play a proactive and collaborative role to holistically remove barriers and enhance opportunities for people in Fingal to lead more active lifestyles.

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Appendix 2 - Links to Other Strategies

- » **Fingal Sports Office Vision Statement 2019–2021** - [fingal-sports-office-final-vision-statement.pdf](https://www.fingal.ie/sites/default/files/2021-12/9139_fingal-sports-office-final-vision-statement.pdf)
- » **Fingal Community Development Vision Statement** - https://www.fingal.ie/sites/default/files/2021-12/9139_fingal-community-dev-office-vision-statement_web2.pdf
- » **Fingal Migrant Integration Strategy** - <https://www.fingal.ie/council/service/migrant-integration-social-cohesion-strategy-2019-2024>
- » **Fingal Open Space Strategy** - [keeping_it_green_oss.pdf](https://www.fingal.ie/sites/default/files/2021-12/9139_fingal-open-space-strategy.pdf) (fingal.ie)
- » **Fingal Active Travel Strategy** - <https://www.fingal.ie/activetravel/strategy/draft>
- » **Fingal Coastal Way** - <https://www.fingal.ie/fingal-coastal-way>
- » **Fingal/Healthy Ireland** - [Healthy Fingal | Fingal County Council](https://www.fingal.ie/healthy-ireland)
- » **Fingal Tourism/Destination Fingal** <https://www.fingal.ie/council/service/tourism-fingal>
- » **Healthy Fingal** - <https://www.fingal.ie/sites/default/files/2021-06/healthy-fingal-plan.pdf>
- » **Fingal Space for Play** - <https://www.fingal.ie/news/space-play-play-policy-fingal>
- » **Fingal Allotment Strategy** - <https://www.fingal.ie/sites/default/files/2019-03/Allotment%20Strategy%202012.pdf>
- » **Fingal Climate Action Plan** - <https://www.fingal.ie/climate-change-action-plan-2019-2024>
- » **Safe Routes to School** - <https://www.nationaltransport.ie/news/safe-routes-to-school-srts-programme/>
- » **Fingal 'Gearing up for Training' Initiative** - <https://www.fingal.ie/gearingupfortraining>

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Appendix 3 - M1 Question

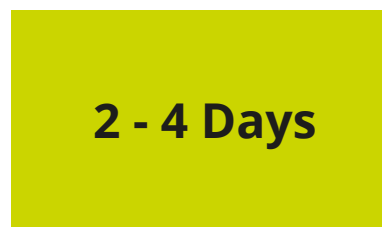
In order to assess the impact of our work, Fingal County Council has adopted the use of a Single Item Measure (M1). M1 is an internationally validated self-report measure that allows an organisation to track an individual's rates of participation in sport and physical activity. The question asks participants to recall how many days they were active for 30 minutes or more (in line with the National Physical Activity Guidelines) in the last 7 days. The question is asked of participants at programme registration, on the last day of the programme, and at 3 month follow up. Those active for 0-1 day are classified as being inactive, 2-4 days as being somewhat active and 5+ days as active.¹³

LSPs work to move the inactive towards increased levels of activity



0 - 1 Day

Inactive



2 - 4 Days

Somewhat Active



5+ Days

Active



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Appendix 3 - M1 Question



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Fingal County Council



Your Progress Matters.
M1 Measurement Tool

M1

PERSONAL INFORMATION
Tell us about you:

1. Name:

2. E-mail:

3. Phone No: 4. Town/Area you live in?:

Please Circle
5. Gender: Female Male Other Prefer Not To Say

Please Circle
6. Age Range: 12-17 18-24 25-34 35-44 55-64 65-74 75+

INITIATIVE INFORMATION
What did you take part in?:

7. Name of Initiative: 8. Start Date:

ACTIVITY LEVELS
Tell us about your Physical Activity:

9. In the past week, on how many days have you done a total of 30 minutes (adults) or 60 minutes (U12- U17) or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

Please Circle
0 1 2 3 4 5 6 7

Page 1



Fingal County Council

M1 Measurement Tool

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DECLARATION & RELEASE
We'd like to keep in touch

10. Can the LSP follow up with you after 3 months to ask you question 9 again?
Please Circle
Yes No

11. If yes, please let us know how you'd prefer us to connect with you:
Please Circle
Email Phone/Text Both

I agree that the information I provide in questions 4-10 above be anonymised (meaning that all identifiable information about you will be removed) and used to evaluate LSP and Sport Ireland initiatives. To this end, I understand that the information I provide in questions 4-10 will be shared with Sport Ireland and other stakeholders. I understand that my name and contact details will remain with the LSP and will not be shared as part of this process.

Please Circle
Yes No

PRIVACY NOTICE

The following document can be shared with initiative participants if they require further information on Sport Ireland's interaction with their data.

ABOUT US

Sport Ireland is a statutory authority that plans, leads and coordinates the sustainable development of competitive and recreational sport in Ireland. Sport Ireland funds and supports a network of Local Sports Partnerships. Sport Ireland's Head Office is at the Sport Ireland National Sports Campus, Dublin 15.

PURPOSE

The purpose of collecting this information is to evaluate the impact of our funding. This, in turn, will inform future decisions on National design and delivery of initiatives. The information we collect from you will aid us in assessing the impact of our investments by understanding what works for communities as well as highlight areas for learning.

CONSEQUENCES OF NOT PROVIDING YOUR DATA

You are not obliged to provide your personal information for this evaluation and not providing the information does not preclude you from taking part in the initiative run by your Local Sports Partnership.

Sport Ireland Data Protection Officer
Sport Ireland
The Courtyard
Sport Ireland National Sports Campus
Blanchardstown
Dublin 15
Tel: 01 8608800
dpo@sportireland.ie

COMPLAINTS

If you are dissatisfied with a response that you receive with regard to data privacy, you have the right to make a complaint to the Data Protection Commissioner:

Data Protection Commissioner, Canal House, Station Road, Portlarlinton, Co Laois, R32 AP23
Lo Call: 1890 252 231, Email: info@dataprotection.ie



Fingal County Council

M1 Measurement Tool

fingal.ie



View Now

Scan the QR Code below or click the link to view the **M1 Measurement PDF.**



<http://l.ead.me/FCCM1>

Active, Together.

Local Sport and Physical Activity
Plan 2024 - 2029

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Council



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS