

# CCSP 25 Physically Active Communities Policy



February 2019

This policy was adopted by Council to set governing principles in place that align the strategic direction of the organisation with Goal 2: Welcoming, inclusive and healthy communities of the Community Strategic Plan 2036.

## Objectives

The purpose of this policy is to facilitate and encourage physical activity in the community to enhance health and wellbeing through supportive physical and social environments.

The Shire is committed to increasing and improving opportunities for physical activity. It is recognised that physical activity can improve physical and mental health, quality of life and has positive social, economic and environmental outcomes.

Through the provision of well-planned and designed environments that support, encourage and enable physical activity, the Shire will continue to provide and promote facilities, programs and services, which provide opportunities for physical activities that are responsive to community need.

This policy has been developed on the following principles:

- **Accessibility and inclusion:** Active living and physical activity opportunities should optimise accessibility and inclusion for all users and provide convenient access for people with disabilities
- **Partnerships:** Organisations need to work in partnership to maximise the opportunities for physical activity in the community
- **Design:** Well planned and designed neighbourhoods are critical to increasing physical activity levels by creating accessible and conducive environments that support and encourage active living opportunities while also protecting and enhancing the natural environment and responding to climate change
- **Awareness:** An informed community provides the opportunity for individuals to make healthy lifestyle choices through raising awareness of the importance of physical activity.

The objectives of the Physically Active Communities Policy are:

- Green and open spaces, sporting and recreational facilities that cater for a range of users of all ages, genders, socio-economic levels, cultural backgrounds and abilities
- A wide range of physical activities which reflect community needs is available
- Active travel options such as cycling and walking are available and encouraged
- Urban design which facilitates physical activity and a sense of community, while also protecting and enhancing the natural environment and responding to climate change
- The community is well informed of the benefits and opportunities for physical activity.

## Policy

In seeking to achieve the above objectives the following strategies will be implemented:

- Providing the community with high standard and affordable recreational facilities and sporting grounds with low environmental and carbon footprint
- The promotion of shared and multi-use facilities
- That Shire facilities meet access requirements and services are accessible by all
- Improvement in planning for physical activity services and infrastructure to ensure services and facilities are aligned with community need
- Fostering partnerships with external agencies to promote the use of existing facilities
- Working with agencies to provide programs that target groups of people that are less likely to engage in physical activity
- Supporting community based sport and recreation organisations
- Providing a range of programs, activities and services from the Shire's Recreation Centres
- Providing a network for connected cycle ways and pedestrian pathways that is environmentally, culturally and socially sensitive
- Ensuring walkable neighbourhoods that are safe, convenient, attractive and close to a range of recreational, community and other facilities
- Establishing best practice urban design that considers the principles of walkability, liveability, reduced reliance on motor vehicle use, and protection and enhancement of the natural environment
- Increasing awareness of the range of activities, events, sports and facilities available
- Promoting events that maximise community participation.

## Application

Responsibility for the implementation of this policy rests with the Chief Executive Officer and Directors and is to inform all strategies and plans of the Shire. The Policy is to be reviewed every three years.

### Definitions

#### Accessibility

The degree to which facilities and services benefit as many local residents as possible

#### Physical Activity

Any bodily movement produced by skeletal muscles that require energy expenditure

### Related documents

- *Community Strategic Plan 2036*
- *Corporate Plan 2018-22*
- *Access and Inclusion Plan 2018-22*
- *Local Planning Strategy*
- Department of Health 2017, *Pathway to a Healthy Community: A Guide For Councillors And Local Government, 2<sup>nd</sup> Edition, South Metropolitan Health Promotion Service, Perth*
- Western Australian Planning Commission: *Draft 2015 Liveable Neighbourhoods*
- *Active Living for All 2017-2019: A Framework for Physical Activity in Western Australia*
- Western Australian Department of Sport and Recreation: *Strategic Directions 2016-2020 (SD6)*

## Document and version control table

<b>Strategic outcome</b>	Goal 2: Welcoming, inclusive and healthy communities of the Community Strategic Plan 2036	
<b>Responsible Directorate</b>	Corporate and Community Services	
<b>Authority of original issue</b>	Council	
<b>Date of original issue</b>	09/07/2014	
<b>Contact officer</b>	Director Corporate and Community Services	
<b>Date of next review</b>	February 2022	
<b>Document No.</b>	OM2014/142 (COR/11)	
<b>Version</b>	<b>Date issued</b>	<b>Brief description</b>
1.0	09/07/2014	Creation and adoption of policy
2.0		Reviewed in conjunction with current versions of the related documents. Realigned with Community Strategic Plan 2036.