

CCSP 25 Physically Active Communities Policy



July 2014

This policy was adopted by Council to set governing principles in place that align the strategic direction of the organisation with Goal 2: Welcoming and Inclusive Communities of the Community Strategic Plan 2033.

Objectives

The purpose of this policy is to facilitate and encourage physical activity in the community to enhance health and well-being 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 multiple 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 which are responsive to community need.

This policy has been developed on the following principles:

- **Accessibility:** Active living and physical activity opportunities should optimise accessibility 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
- **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 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
- 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 recreational facilities and sporting grounds
- The promotion of shared and multi-use facilities
- That Shire facilities 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 those groups 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
- Ensuring walkable neighbourhoods that are safe, convenient, attractive and close to a range of recreational, community and other facilities.
- Establishing best practise urban design that facilitates the principles of walkability, liveability and reduced reliance on motor vehicle use.
- Increasing awareness of the range of activities, events, sports and facilities available

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

Document and version control table

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