

# FIT FOR THE FUTURE

SPORT STRATEGY PROGRESS REPORT FEBRUARY 2017





# **FOREWORD**

Sport in Jersey continued to flourish in 2016 maintaining the momentum gained by the Island having hosted the NatWest Island Games in 2015. The Games were delivered on budget and the Company that was established to organise the Games is now closed. We now look forward to the Gotland Games at the end of June and I wish the Jersey team every success and hope that they bring back with them many medals on their return to Jersey.

The Jersey Sport Shadow Board has continued to work diligently and they presented the 'Sport Report' including their recommendations to me in September. I was delighted to endorse this report and the Shadow Board have begun implementation including moving towards setting up a Non-Charitable Purpose Trust, and a new Company. Final approval to set up Jersey Sport will be required from the States Assembly, however early indications are that subject to confirmation, several staff members are likely to transition from the Economic Development Tourism, Sport and Culture department to Jersey Sport to work under a new Chief Executive Officer later this Spring. I am extremely grateful to Shadow Board Members Phil Austin, Jean Cross, Steve Law and Tony Taylor for all of their hard work and commitment to the Board and congratulate them in achieving so much, often under challenging circumstances. I am confident that if the States gives its approval, that Jersey Sport, working in partnership with Government, sports bodies, clubs and officials, will ensure a very positive future for Sport in Jersey. I very much look forward to working with the Board in delivering their future vision.

The Strategy 'Fit for the Future' was written in 2013 setting out some ambitious targets for 2014 –18. I am delighted that as this report highlights that after 3 years, we have made significant progress towards reaching those ambitions and I am very grateful to everyone concerned who have worked so hard to achieve this.

In particular I wish to thank all the staff who work in the Sport Division whether involved in running our excellent facilities or those in Sport Development. They are an excellent team who collectively show a firm commitment towards furthering sporting and physical activity in Jersey as a means of helping improve the quality of life for many in our community.

Most importantly however I would like to thank the many volunteers who work in clubs and associations to provide countless opportunities to thousands of people in Jersey through their selfless dedication. They are the bedrock of sporting success in Jersey and I pass on thanks to them all on behalf of the whole community.



**Connétable Steve Pallett**Assistant Minister with responsibility for Sport March 2017

# INTRODUCTION

This is the third Annual Report into the progress of initiatives set out under four key areas in the "Fit for the Future" sport and physical activity strategy.

Once again it is very pleasing to record and recognise the positive outcomes largely due to the combined effort and dedication of governing bodies, hundreds of local volunteers plus staff employed in the Sport Division of Economic Development, Tourism, Sport and Culture Department (EDTSC), who have worked tirelessly to provide opportunities for the benefit of the population of Jersey.

In January 2016 a States reorganisation of responsibilities saw Sport move from the Education Sport and Culture department to EDTSC. In the latter part of 2016 a Shadow Board – created by the Assistant Minister with responsibility for Sport – brought forward its "Sport Report" recommending a full transition of the Sport Development Team into Jersey Sport, an independent, grant funded body. Transition plans are ongoing and – subject to States of Jersey approval – it is intended that full implementation will take place later this year. The operation of sports facilities will remain within EDTSC.

In 2014 and 2015 £4.5 million was allocated to upgrade and develop new facilities which continue to have a positive impact for many sports.

In addition, in each year since 2014, the budget has increased to enable new initiatives to be funded. The progress and outcomes from these initiatives are updated within this report.

Individuals and teams from Jersey continue to perform at a very high level which raises the profile of sport and brings positive feelings within the community. We enjoy celebrating their success but equally we recognise the value of sport and physical activity in terms of health and community benefits for the whole population. More emphasis is being placed on young people to ensure they benefit from high quality opportunities which will encourage wider and more enjoyable participation as they grow older. This in turn will hopefully lead to lifelong participation, improved physical and mental well-being and general enhancement of quality of life.



**Derek de la Haye** Head of Sport March 2017











The strategy said...

 Ensure strong links with the Natwest Island Games organising committee

 Create an environment that makes it easy for people to become more active more often

#### Our plan

 Build on the interest generated by the 2015 NatWest Island Games

 'Take sport to the people'

 provide more opportunities for physical activities in Parishes

#### What we achieved in 2016

Springfield Stadium 3G pitch is used by more than 1000 participants each week. This includes from club training sessions, school PE lessons and representative football matches.

There has been an increase in the number of participants using the artificial turf pitches at D'Auvergne School, Haute Vallee School, Janvrin School, Samares School and Les Quennevais Hockey Pitch.

EDTSC Sport Development employs a designated officer to provide holiday and term-time courses. In 2016 the following programmes were delivered:

454 individual term time sessions in 26 different sports including judo, dancing and fencing.

Over 5847 hours of activity by children aged 5-14 experienced during term time programmes.

472 individual holiday course sessions

16,758 hours of activity experienced by children aged 8–14 during holiday sessions.

These figures are the highest ever recorded by the department.



#### The strategy said...

 Create an environment that makes it easy for people to become more active more often

#### Our plan

 'Take sport to the people'

 provide more opportunities for physical activities in Parishes

#### What we achieved in 2016

Sports specific Development Officers delivered courses throughout term time. These courses were:

- •Badminton 22 sessions for school years 4-6
- Cricket 82 sessions for school years 3-8
- Football 120 sessions for school years 1-6
- •Netball 72 sessions for school years 1-6
- •Rugby 22 sessions for school years 4-7

Exercise Referral is a scheme that assists individuals in the rehabilitation of physical and mental medical conditions.

In 2016 a total of 1107 clients where referred into the scheme and a total of 3000 classes were delivered by specialist tutors at Les Quennevais, Fort Regent and Springfield.

In addition 96 Nordic Walking sessions were delivered at a variety of locations around the island.

3 new 'gentle exercise' classes were introduced at Fort Regent (x1) and Springfield (x2). These classes regularly attracted a good number of people with an average age of 77.



#### The strategy said...

 Further develop links with health professionals and promote the benefits of a healthy lifestyle

#### Our plan

 Work in partnership with relevant agencies and government departments to deliver health related projects

#### What we achieved in 2016

The Health and Fitness Practitioner (Schools) worked with selected primary schools to increase opportunities for exercise and provide health education to pupils:

- In partnership with the Health Improvement
  Department a new schools healthy project was developed.
  This was based on a concept called 5210 (5 fruit/veg, 2 hours or less screen time, 1 hour or more physical activity, 0 sugary drinks). This was introduced in 18 schools in Jersey and was supported by 15 local organisations including dental practices, nutritionists and local cafés.
- A total of 42 families attended 12 workshops on healthy eating in the home.
- 120 exercise sessions delivered as part of breakfast and lunchtime clubs.
- Over 150 exercise related sessions put on after school (these were predominantly in town schools).
- 37 yoga sessions for a group of children from the Communication Support Centre for children with Special Educational Needs. These children were identified to improve spatial awareness and give them a place where they can go to relax.

#### The strategy said...

 Further develop links with health professionals and promote the benefits of a healthy lifestyle

#### Our plan

 Work in partnership with relevant agencies and government departments to deliver health related projects

#### What we achieved in 2016

Patients who complete Cardiac and Pulmonary Rehabilitation classes can progress to Exercise Referral to help continue their rehabilitation. In 2016 the number of patients referred through this route was 87.

Exercise Referral deliver educational talks every 8 weeks to Cardiac Rehabilitation patients at Fort Regent. In addition the Jersey Brain Tumour Charity and MacMillan Jersey are now actively referring patients to the scheme.





#### The strategy said...

 Explore new ways to attract less active people

#### Our plan

 Help sports clubs and activity providers to increase attendance and members, including disabled participants

#### What we achieved in 2016

Low cost 'pay as you go' sessions were introduced by Sports Development and attracted over 2700 participants. These sessions were aimed at attracting children from low socio-economic backgrounds and included trampolining, badminton and table tennis as well as a specific 'Super Sport Fun' session for Year 1 & 2 pupils.

The Community Sports team delivered the first Walking Football project in Jersey for anyone aged 55+. The aim of this project was to provide opportunities for those people who are most at risk of inactivity. Exercise Referral tutors attended these sessions to assess participants' blood pressure and heart rate. Overall:

- · 26 people regularly attended weekly sessions.
- 73% of participants said they attended the sessions to become more active.
- 69% said they attended to make new friends and have fun.

Netball Development delivered a 'Back to Netball' programme targeting ladies who had previously given up the sport. Weekly sessions were delivered at Oakfield and Les Ormes which attracted 40-60 ladies each term.

Badminton Development delivered Adult Beginner sessions every week.



#### The strategy said...

 Focus on the development of physical literacy in young children

#### Our plan

 Introduce a pilot scheme measuring the physical literacy of pupils in Jersey

 Invest in PE and after school sport at primary and secondary schools

#### What we achieved in 2016

In partnership with the Jersey Sport Foundation, the first ever scheme measuring physical literacy was launched in Jersey. Targeted at Year 4 pupils these measures provided results on pupils' physical competency, daily activity levels, motivation and confidence. In total 819 pupils were assessed and 70,000 pieces of data were produced. Results from this data identified areas for development which have had an impact on the planning of PE lessons and how they are resourced.

A team of qualified coaches are employed by Sports Development to deliver the PE curriculum in primary schools. Partnerships with various clubs and associations have meant schools have also benefited from activities including pilates, judo, fencing and tennis.

In 2016 the following was delivered by the PE Team:

- · 2800 high quality PE lessons
- · Over 350 after school clubs sessions
- · Over 150 'Wake n Shake' exercise clubs
- · 225 lunchtime activity sessions
- · 45 'Sports' assemblies



#### The strategy said...

 Focus on the development of physical literacy in young children

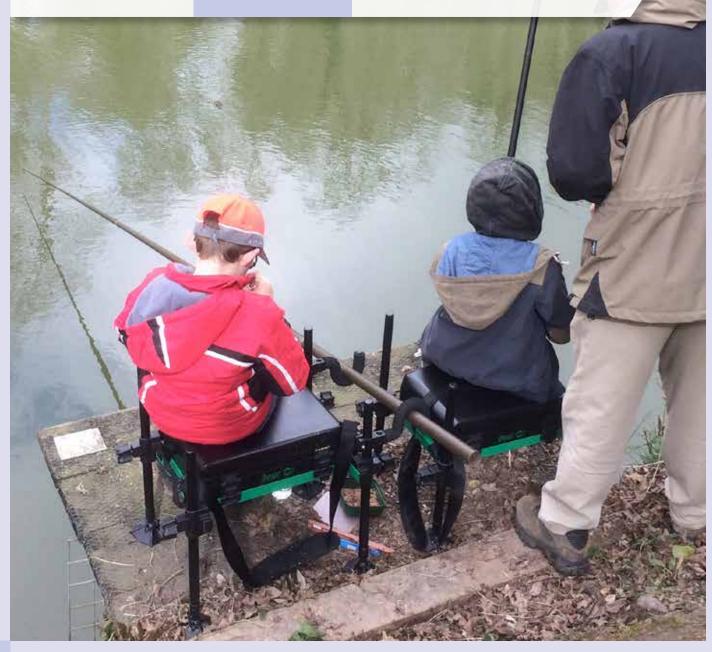
#### Our plan

 Invest in PE and after school sport at primary and secondary schools

#### What we achieved in 2016

Issues with behaviour and low self-esteem resulted in Sports Development providing support for four individuals who were disengaged from mainstream education. One-to one sessions in fitness and various sports provided very positive results. The mother of one of the participants described the outcome as 'life changing' whilst feedback from the Intensive Support Team at the Health Department showed the young person was now much better at taking instruction and keeping on task.

Janvrin and Rouge Bouillon schools benefited from specialist yoga sessions funded by the strategy. Anecdotal evidence from teachers has shown that the pupils are demonstrating a positive and calmer attitude back in the classroom as a result of these sessions.



Our Ambition. 10	encourage criliciten	to take up sport at arrearry age.
The strategy said	Our plan	What we achieved in 2016
Focus on the development of physical literacy in young children	Provide assistance from development officers	Sports Specific Development Officers also support schools in teaching the PE curriculum as well as delivering festivals, leagues and qualifications.  In 2016 the following was delivered by the Development Officers:  Badminton 120 PE lessons 60 after school sessions 30 lunchtime clubs Schools Badminton league delivered  Cricket 895 PE lessons, 120 after school sessions 3 Lunchtime taster sessions Primary school kwik & hardball cricket leagues Girls primary swik cricket tournament day U13 evening league for 6 secondary schools U16 indoor league for 5 secondary schools from Jan-March  Football 226 PE lessons 2 Junior Football Organiser courses 2 'Girls Football Weeks' resulting in 34 sessions for 430 girls  Netball 18 PE lessons 43 after school sessions  Rugby 210 PE lessons 20 after school sessions 4 Tag Rugby festivals for Y4, 5 & 6 boys and girls Lord Jersey Cup for Y10 & Y11 22 sessions with the 'St Helier Combined Schools Team'  Squash – 238 PE lessons 160 after school sessions 4 schools festivals

The strategy said...

Our plan

What we achieved in 2016

 Increase the variety and quality of sport and PE both in school and after school  Promote the value of PE in the school curriculum The PE Working party secured funding from the Education Department to allow all PE Coordinators and secondary school PE teachers 2 days of continued professional development. Examples of how this was used include sending teachers to PE conferences, engaging training providers to deliver workshops on physical literacy and coach education courses.

 Support the staff and volunteers who work with school aged children Cricket Development (in partnership with the Keith Dennis Foundation) provided 5 new sets of 'Cricket Factory' equipment in schools and provided training to teachers on how to use it.

Deliver professional training

Football Development delivered in-service training to 20 PE Coordinators at Fort Regent.

Sports Development delivered half-day physical literacy workshops in 13 primary schools. Teachers were taught effective planning methods, best practice PE lessons and were provided with online resources.

Class teachers attended 84% of PE lessons delivered by Sports Development. Officers provided planning prior to each lesson.





#### What we achieved in 2016 The strategy said... Our plan · Ensure schools can Target schools with All states schools access EDTSC sports facilities free of charge. access the best available limited space or facilities facilities FCJ, Springfield, Grands Vaux, Helvetia, D'Auvergne and Janvrin Primary Schools have all accessed the Gilson Hall for their badminton lessons. All schools within the locality of Springfield Stadium use the new astro-turf facility. All schools in the St Clements cluster have been able to access the Geoff Reed Table Tennis Centre and the St Clements Squash Club.

# **Our Ambition:** To ensure all young people have opportunities to engage in positive activities

#### The strategy said...

# Support and expand community sport initiatives, targeting

specific areas and social

groups

#### Our plan

#### Provide sport activities in key locations in the community

#### What we achieved in 2016

The Fit for the Future strategy has provided additional resource to ensure the Community Sports team is able to provide free activities to targeted groups. These projects rely on the assistance of local volunteers and support from agencies such as the States of Jersey Police. In 2016 the team delivered:

 24 Friday night sports sessions at key locations including Fort Regent, Springfield and the Millennium Park aimed at minimising youth anti-social behaviour.

Note: Recorded youth anti-social behaviour fell for the 10th consecutive year.

- 104 free sessions of after school squash, badminton and circuit training. These sessions attracted 1081 participants of which 22 went on to join sports clubs.
- 45 free evening sport sessions at Samares School and Plat Douet School aimed at providing opportunities for young people to play sport. 52% of participants from these sessions did not play sport outside of school for a club.

Community projects were also delivered by the team in partnership with Sports Specific Development Officers, these included:

#### **Badminton**

Free holiday and term time courses.

#### Cricket

Fort Regent Sport for All Day.
Girls Only sessions (attracting 70 girls aged 8-16).

#### **Football**

FA Skills Holiday Programme.
Inflatable Football Project.
6 'Girls Only' Free Fun Nights (aged 5-11).
St Brelade Community Day.
Girls Only 'Just Play' project (aged 15-18).
Free mini-soccer festival (aged 9-10).

#### Rugby

Free Tag sessions in the holidays. Free evening sessions in St Helier.

#### Squash

Free squash after-school and holiday sessions.

Our Ambition: To ensure all young people have opportunities to engage in positive activities

#### The strategy said...

Our plan

What we achieved in 2016

 Support and expand community sport initiatives, targeting specific areas and social groups  Target people who would not normally participate Badminton, Rugby and Community Sports Development delivered coach education to prisoners at HMP La Moye.

Squash Development delivered a sports module to 10 students on the Prince's Trust programme.

Students from Highlands College with Special Educational Needs attended 4 weeks of sports activities at Fort Regent.

Community Sports provided free places on holiday courses for 22 families. These families were identified by Brighter Futures, Children and Adult Mental Health Service and the Education Department



# **Our Ambition:** To ensure all young people become competent swimmers and are safe in the water and sea

#### The strategy said...

#### Focus on the development of swimming for all students in primary school

#### Our plan

#### Invest in swimming programmes for primary and secondary school children

# Build on the existing programme to ensure all primary school children have swimming lessons

#### Review pool use to ensure all schools have access to facilities

- Coordinate the swimming programme across all schools
- Provide logistical support for schools, including transport

#### What we achieved in 2016

Swimming is a statutory requirement in the school curriculum. The Schools Swimming Coordinator centrally organises primary school swimming and supports the booking of secondary school swimming sessions.

She also facilitate NRASTC (National Rescue Award for Swimming Teachers and Coaches) qualification for staff in both primary and secondary schools.

#### In 2016:

- Over 700 swimming curriculum lessons were delivered.
- Over 50 different classes accessed lessons.
- 1300 individual pupils had a minimum of 10 lessons.
- Over 800 pupils from 25 schools took part in swimming festivals at 3 swimming pools.

100% of States of Jersey primary schools accessed swimming lessons

7 Teachers and Coaches NRASTC courses were delivered qualifying 45 members of school staff to deliver the curriculum.

A specific National Curriculum training course was delivered to 13 teachers.

Facilities are now regularly reviewed to ensure maximum use which has resulted in all States of Jersey primary schools accessing swimming lessons in 2016.

In addition to the 700 curriculum swimming lessons, a Year 6 assessment was delivered. This was followed by an intensive programme for pupils requiring more lessons which led to increased levels of confidence.

- Continued support has been given to schools in 2016 by providing coach/minibus transport for 19 out of the 22 schools, at no cost to the school.
- 2 schools walked to the pool due to the schools' close proximity to the venue.
- 1 school used their own minibus to transport pupils to their venue.



**Our Ambition:** To help Jersey's top athletes achieve their best possible performances in local, national and international competitions.

#### The strategy said...

 Support clubs, teams and individuals, including those with disabilities, to develop training programmes that enable them to qualify for events including the Commonwealth Games, NatWest Island Games, Jeux des Isles and Youth Commonwealth

#### Our plan

- Support preparations for the 2017 NatWest Island Games in Gotland.
- Provide financial support for athletes to attend events
- Support players, athletes and coaches by providing services in conjunction with the Jersey Sport Foundation

#### What we achieved in 2016

The Advisory Council allocated a total of £325,000 in grants to 56 sports clubs and associations to support individuals and teams. In particular this enabled athletes to reach qualifying standards for Island and Commonwealth Games.

The Jersey Sport Foundation delivered 21 courses to 329 coaches and teachers. These courses covered areas such as Long Term Athlete Development, Physical Competency, Athlete Management and Team Based Sports.

The Jersey Sport Foundation also delivered 1089 hours of High Performance services to athletes in Jersey. This included strength and conditioning services, nutrition, physiotherapy and immersion work.

Cricket Development delivered their 'Development for Excellence' programme for players aged 10 to 18. In 2016 weekly sessions were delivered to 121 boys and girls on this programme.

Football Development delivered their 'JFA Capita Centre of Excellence' programme for boys and girls aged 12 to 18. A total of 128 players took part in the programme which delivered a total of 261 coaching sessions. Links from this programme have been established with Charlton FC, Fulham FC and Southampton

Netball Development delivered a 'PWC Academy' programme for girls aged 12 to 18. This programme provides a four-tier pathway for girls whose aspirations are to participate in the England Netball regional programme

## Our Ambition: To increase sports tourism and events

#### The strategy said...

 Develop a co-ordinated programme of sustainable and well-organised sporting events that attract visiting participants and spectators

#### Our plan

Work with Economic
 Development to maximise
 the potential for promotion
 and sponsorship

 Establish a website for Jersey Sport

- Manage a calendar of events and contacts list to help organisers
- Provide more support for organisers
- Promote Sports Clubs and events

#### What we achieved in 2016

EDTSC supported the Professional Squash Association World Tour Event held in Jersey. This event also included 100 local pupils who were invited to practice sessions with the participants.

Cricket Development and EDTSC supported the World Cricket League Division 5. Teams from Jersey, Nigeria, Tanzania, Guernsey, Vanuatu and Oman took part in the event.

The 'Jersey Loves Sport' website was established in 2014 in partnership with the Jersey Evening Post and the One Foundation. In 2016 the site had 44,830 visits by 11,335 individual users. Of these visits 50.69% were from Jersey, 15.34% from UK, 11.77% from Russia, 3.91% from India, 2.91% from United States and 1.54% from France.

A calender of events is available on 'Jersey Loves Sport'. This is regularly updated by sports organisers.

Sports Development works with Visit Jersey to provide support to sport event organisers. A variety of equipment is available for these events including marquees, PA system, trailer and a timing clock.

6 clubs have a promotional video on Jersey Sport TV (Youtube channel).

In 2016 Sport Development had a 25% increase of Twitter followers (1345 in total) and a 16% increase in Facebook likes (1408 in total)





Our Ambition: To have an all-island overview of how to improve performance and participation

#### The strategy said...

 Develop a co-ordinated programme of sport development for schools, clubs and the community

#### Our plan

- Agree roles and coordinate work of the existing Sports Development Officers.
- Provide funding for additional Sport Development Officers

 Develop closer links between schools and sports clubs

#### What we achieved in 2016

All States of Jersey Development Officers have work programmes that align with departmental objectives.

Regular meetings took place to ensure effective coordination of work carried out by Sport Specific Development Officers. In addition all officers produced development plans for their associations.

Sports Development supported the Jersey Athletics Association in writing their strategy for the future .

As a result of the Football Development community programme a total of 40 girls aged 7-13 joined football clubs.

14 coaches achieved an England Squash Level 1 and Level 2 coaching qualification. The majority of these coaches have worked in schools.

Cricket Development now employs 2 fulltime staff and 3 part-time staff to deliver cricket in schools.

All Sport Specific Development Officers have reported an increase in club numbers as a result of their work in schools.

#### Our Ambition: To help sports clubs improve and work together Our plan What we achieved in 2016 The strategy said... Work with Economic Football Development supported all clubs Encourage clubs to draw up development plans with Development to maximise to develop 3-year plans. the potential for promotion long-term goals Squash Development assisted 2 clubs to and sponsorship produce development plans. Netball Development provided assistance to the Jersey Netball Association in maintaining and following the detailed County Plan with England Netball. Promote the Jersey Launch and publicise the 19 clubs now fully accredited with Jersey Clubmark Clubmark scheme, Jersey Clubmark scheme to with many more close to accreditation in the early especially for groups with part of 2017. Where necessary the Club Support ensure organisations are aware junior sections of good practice Officer has assisted in development planning. Continue to provide essential Sport Development hosted its first Safeguarding training and advice in first Conference. 49 representatives from 38 different clubs aid, child protection and other and associations attended. coaching courses. Sport Development delivered 16 Local Safeguarding courses to 251 individuals and 3 First Aid courses to **Monitor Standards** 48 individuals. 15 National Governing Bodies have approved the Jersey Safequarding Partnership Board course for their sport. 134 Sport Division staff received initial or updated adult and child safeguarding training. Sport Development completed 153 Disclosure and Barring Service (DBS) checks for sports volunteers. The department collaborated with the Child Protection in Sport Unit and various local agencies (including Jersey Safequarding Partnership Board and States of Jersey Police) to create a Jersey-specific safequarding course for club welfare officers called 'Time to Listen'. Two courses were held for a total of 31 attendees



# Our Ambition: To help sports clubs improve and work together

#### The strategy said...

 Promote the Jersey Clubmark scheme especially for groups with junior sections

#### Our plan

- Continue to provide essential training and advice in first aid, child protection and other coaching courses
- Monitor Standards

#### What we achieved in 2016

Coaching courses were supported for Regent Gymnastics, Jersey Freshwater Angling Association, Jersey Netball Association, Jersey Air Rifle Club, Jersey Archery Society, Jersey Basketball Association, Jersey Triathlon Club and Jersey Table Tennis Association in order to support their development.

Cricket Development delivered the ICC Level 2 Coaching Award to 13 participants. In addition 16 coaches took part in the ICC Europe Coach Award.

Football Development delivered 23 Coach Education courses and workshops. In addition a new Referee Development Centre was established with 6 young officials qualified.

Netball Development delivered a UKCC level 2 course to 15 coaches. In addition 'C' and 'B' Umpire courses were delivered.



Launch the new body

Jersey Sport will be launched in mid

2017.





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