

Plymouth Sports Facility Strategy

**For Culture, Sport & Leisure
Plymouth City Council**

DRAFT

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INTRODUCTION

- 1.1 The case for taking part in sport and fitness activities can be, and has been, made many times - but this does not mean that its value is universally understood nor, when resources are diminishing, that these activities receive their due priority. Involvement in sport and physical activity, whether it is for fitness, casual recreation or a way of life, is usually regarded – and often dismissed – as a matter of personal preference. Unfortunately, it is not that simple. Many people do not have the opportunity to take part in sport and fitness activities or to achieve their sporting potential. Analysis of participation patterns in Plymouth shows that over half the population do not participate in any type of fitness or sporting activity and only around one quarter take part on a regular and sustained basis; moreover there are significant variations in participation rates and opportunities across the city. Many may be discouraged because of lack of opportunities or barriers to taking part and those who do start to get fit or learn a new sport may not continue to realise their full potential.
- 1.2 Plymouth has the potential to become a world class sporting destination, with unique attributes – not least the magnificent resource of Plymouth Sound and its proximity to the natural abundance of Dartmoor. The Plymouth Sports Facilities Strategy provides an opportunity to firmly embed sport and fitness activity within the Vision for Plymouth - to raise the profile of sport within the authority and across the city, and to ensure and demonstrate how sport and physical activity has the attributes and characteristics to play a major part in transforming it into ‘one of Europe’s finest, most vibrant waterfront cities, where an outstanding quality of life is enjoyed by everyone’.
- 1.3 This Vision for Plymouth dovetails with many new exciting policy opportunities that have emerged at national, regional and local level. Plymouth City Council has already identified that to deliver its 2020 Vision and core corporate priorities of ‘providing more and better culture and leisure activities’, there needs to be a step change in its approach to leisure provision, using it to address broader corporate objectives including health, safer communities, quality of life, educational attainment and the economy. Key to this is the delivery of The Life Centre – an innovative and iconic sports building, in the centre of the city in Central Park, planned to open in 2011, which will meet needs from the local community and aspiring sportsmen and women from the city and the South West, highlighting Plymouth’s role as a regional ‘City of Sport’.
- 1.4 Nevertheless, challenges remain, in particular some poor quality stock, great variations in rates of participation, ease of accessibility and breadth of opportunities in different parts of the city and the lack of a strategic overview in terms of what the city is looking to achieve and develop for its residents and visitors in terms of sport. Whilst being focused on delivering corporate objectives, proposals and policies will need to be realistic. Given the investment the Council the Council is making to The Life Centre, UCP Marjon and schools through the BSF programme, it is widely accepted that there is unlikely to be additional large scale capital development funded by the Council during the period 2009 – 2019.
- 1.4 Consequently, the Strategy is not just about the future of sport in Plymouth but about the future of the city as a place to live and work and visit. It has been produced to inform, influence and support a wide range of people within the City Council, Plymouth 2020 and beyond. Many of them are involved in sport, in sports governing bodies, in business or local government, as volunteers or professionals, as players or officials, as teachers or coaches - often in more than one role; these people are already part of the city’s ‘sporting constituency’. Others may be persuaded to support sport because of their

concern for, and interest in, say health, education or economic development and regeneration.

- 1.5 Yet if sport and physical activity is to flourish in Plymouth, the case for the benefits which they can bestow also has to be made to other opinion-formers, policy-makers and decision-takers, who often believe sport is incidental, even trivial, compared with matters such as housing, transport, employment of the environment – or even alternative forms of cultural activity such as the Arts and Tourism. It is not. ‘Sport’ as Nelson Mandela said, ‘has the power to change the world, the power to inspire, the power to unite people in a way that little else can. It speaks to people in a language they understand. Sport can create hope where there was once only despair.’
- 1.6 This is the most exciting time in the history of sport and leisure in the City. It is a great time to write a Strategy, as the time is now opportune to bring all the core documents and initiatives together, as stronger partnerships are being delivered through education and culture and the mixed economy. This is a period of transformational change, with Plymouth City Council committed to improving quality and levels of service, a clear direction for strategic planning and to driving active partnerships with health, education and the private and voluntary sectors
- 1.7 The final Strategy needs to be ‘live’, deliverable and realistic about the opportunities to enhance and improve facilities over the next 15 years. In order to attract funding to deliver the improvements and new facilities Plymouth’s residents, workers and visitors require, there will need to be:
- a Sports Facilities Strategy and Action Plan linked to Plymouth’s Local Development Framework, the Sustainable Community Strategy and other corporate strategies such as *Investment for Children*
 - a Strategy that has the support and commitment of local people and their elected representatives
 - a Strategy that has the support and commitment of Plymouth City Council’s many partners, a large number of whom are directly involved in providing opportunities for a wide range of sport and recreation activities and without whom the potential of Plymouth as a vibrant City of Sport cannot be fully realised.
- 1.8 This Strategy presents the results of research and analysis during the past nine months into participation in sport and fitness in Plymouth and the facilities which are required to support, maintain and develop this. This Main Strategy document presents the background to sports participation in Plymouth and the key findings from the analysis of sports facility provision, together with an Action Guide, which proposes draft options and recommendations, for further consideration and consultation with the City Council and its many partners. A supporting document includes a wide range of documentation, tables and figures, setting out the methodology, the consultation and needs analysis and the facility audit underpinning the key findings and recommendations
- 1.9 It has been an aim of this Strategy to produce much of the information visually and there are many maps to support and illustrate the analysis and research findings. Moreover, we want residents, workers, visitors and decision makers in Plymouth to be able to:
- see and acknowledge the benefits of sport for Plymouth
 - see and appreciate the tremendous range of opportunities available
 - see and embrace the impact sport and physical activity can have on individual health, well being, fitness, happiness, educational attainment, social and community cohesion and regeneration and local prosperity
 - see and understand the issues faced – in particular poor quality stock, poor accessibility and the disparity in participation rates and opportunities between different areas of the city and different groups within the City’s communities.

- 1.10 PCC would sincerely like to thank all the people who have contributed to this Study - in particular local residents, clubs, sporting organisations, schools and their personnel, including the School Sports Partnerships, sports development officers, governing body representatives, MoD personnel, the Plymouth Sports Forum and the Community Sports Network, and representatives of its many strategic partners - by completing questionnaires, supplying information and taking part in focus groups and interviews.

Special thanks to Jacky Bennett of Bennett Leisure and Planning Ltd.

“Sport is more important than I ever gave it credit for, and athletes have a greater significance in everyday life than 99% of windbag politicians. Red Smith, the best sports writer of his generation, and most others believed that ‘sport is life’ – and I wouldn’t disagree. It can move people to rapture, like a glorious spring day. It can persuade people to identify with it, and with those who participate in it, in a way that few other things can. It matters. It stays with us like the characters from a great novel.

***‘Provided you don’t kiss me – 20 years with Brian Clough’
Duncan Hamilton; 2008; HarperCollins***

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SECTION A BACKGROUND TO THE STRATEGY

1 Rationale and Scope

1.1. The 'Sports Facility and Development Strategy for Plymouth' was commissioned by Plymouth City Council in the summer of 2008 in response to a number of factors including:

- a desire to update previously prepared Sports Facility and Sports Development Strategies and to complete a comprehensive review of facility provision within Plymouth.
- to ensure that the corporate priorities of Plymouth City Council, as set out in the recently published Corporate Plan 2009-2012, and its partners are clearly embedded into the future delivery of sports and leisure projects and infrastructure throughout the city
- the need to give context to The Life Centre proposal and other facility developments planned for the city, including *Investment for Children* and individual redevelopments such as the rebuild of UCP Marjon's sports facilities and the redevelopment of the Civil Service Sports Ground
- the availability of strategic planning support, provided by Sport England nationally through Genesis Consulting (the Facilities Improvement Service), the aim of which is to assist local authorities in acquiring a robust understanding of need in order to be able to plan strategically for sport
- government guidance which stresses the need for better local strategic planning (reference: 2006 Audit Commission Report 'Public Sport and Recreation Services')
- a desire to develop further the themes and opportunities outlined in the 'The Vital Spark' – Plymouth's Cultural Strategy published in January 2009 - to ensure that sport, health, and fitness themes are embraced fully within the overarching vision of culture and within other existing and emerging corporate and partner agencies' plans and programmes, including the Local Development Framework Action Plans, the Sustainable Development Strategy and health, fitness and greenspace strategies for the city
- the rapidly changing context for sports development and sports training, coaching and volunteering initiatives within Plymouth, including the impetus arising from the forthcoming London 2012 Olympic and Paralympic Games, the build up to this and the legacy to be delivered afterwards
- changes in the method of funding sport – since April 2009 directed through national governing bodies of sport

1.2 Broadly speaking, the Strategy has set out to ensure that a robust evidence base exists to inform future decisions about the provision and funding of recreational facilities. Other desired outcomes from the Strategy include:

- the basis for a strategy for future investment, ongoing service improvements and consistent management plans for all facilities
- a number of key principles and tenets which can guide effective decision making in the future as to where and how new facilities should be provided
- a clear policy for accommodating future demand and changing patterns of use
- improved partnership working with other agencies – educational, commercial, national governing bodies of sport and the voluntary sports network - and corporately between departments on facility and sports development
- a mechanism to ensure consistent future practice, ongoing monitoring and review

- a clear and widely supported strategic view on priorities across the city and a robust understanding of how opportunities presented through education, sport or health partnerships, for example, can meet these identified priorities.
- a facility framework which can support the strategy for sports development to ensure that the desired impacts in terms of increased physical activity and participation and progression through to higher standards are achieved
- an increase in participation in sport and fitness activities across Plymouth, specifically to improve on the current level of participation as set out in the Local Area Agreement (stretch targets relating to the number of sessions per week of at least 30 minutes in length consisting of activity of ‘moderate intensity’)

1.3 As the Corporate Plan sets out (see below), the Council will focus on building partnerships and capacity with other agencies and local communities in order to bring the Strategy to fruition. As a basis, the Strategy will provide material to assist in:

- maximising S106 contributions and inform developers of priorities
- maximising opportunities through *Investment for Children* and schools capital investment programmes
- highlighting priorities for external funding bids
- assisting with any restructure/realignment of resources internally
- delivery framework for leisure operators

2 Links to other Corporate Documents

<i>For other relevant information please see:</i>	
Appendices	<i>E.3 Bibliography</i>

2.1 The purpose of the Sports Facilities Strategy, therefore, is to improve and develop the range and quality of sporting facilities and opportunities in Plymouth as an essential component to increasing participation throughout the community. In this, it directly supports the delivery of Corporate Improvement Priority (CIP) 6 of ‘providing more and better culture and leisure activities’.. It also supports other Corporate Improvement Priorities: in particular improving customer service (CIP1); reducing inequalities (CIP4); improving educational achievement (CIP 8); developing high quality learning environments (CIP9); and improving accessibility (CIP11).

2.2 As set out in the City Council’s Sustainable Community Strategy, Plymouth aspires to be a 21st century city which is ‘Healthy’, ‘Wealthy’, ‘Safe and Strong’ and ‘Wise’. There are many ways in which sport and physical activity can contribute to these characteristics.

- A Healthy City: sport and physical activity has the ability to improve health and physical fitness and well-being narrow the gap in terms of health between different communities, neighbourhoods and groups within the population
- A Wealthy City: high quality sports facilities can improve the environment, create civic pride, attract people, visitors & businesses who contribute to the local economy and help to regenerate neighbourhoods. They can impact not only in the sports sector and supporting infrastructure industries, but also in other sectors such as broadcasting and tourism.
- A City that is Safe and Strong: sport and fitness activities can attract and engage people and help bring neighbourhoods and people together. Areas that are well planned and maintained will provide safer environments for people to enjoy and bring pride to local communities; moreover, evidence suggests that this can lead to reductions in crime (particularly amongst young people).

- A Wise City that is a location for learning, achievement and leisure. Participation in sport and physical activity has been shown both to raise attainment and achievement within schools and contribute to improvements in behaviour. For people of all ages it has the associated benefits of increased self motivation and esteem.

2.3 The City Council's Local Development Framework Core Strategy also has health, well being and sport firmly at the centre of its policy and vision. One of its Strategic Objectives - delivering community well-being –aims to protect and improve the city's sport and leisure facilities so as to promote healthy and active lifestyles and there is a strategic objective to safeguard, enhance and promote access to Plymouth's green spaces and coastal environments in order to support recreational opportunity.

2.4 As well as relating closely to, and developing the themes and objectives of, the City Council's Corporate and Cultural Strategies, the LDF Core Strategy and the LSP's Sustainable Communities Strategy and Sustainable Development Framework, the Sports Facility Strategy links to, builds upon and where appropriate will contribute to, the following work carried out on sports facility provision within Plymouth, namely:

- Plymouth Sports Facilities Strategy- Consultation Draft, January 2005, Knight Kavanagh & Page
- Plymouth Sports Plan 2020 (2003) and revision 2007
- Analysis of need for The Life Centre – 'Active Plymouth' and other work undertaken or commissioned by the Council.
- Plymouth Playing Pitch Strategy 2007 - 2016, and the
- Plymouth Swimming Facility Strategy 2006 – 2016
- Plymouth Green Space Strategy 2008 - 2023

2.5 It also relates to other City Council and Partner organisations plans, including 'Healthy Plymouth', 'Children and Young People's Plan', and 'All Our Futures' -Plan for Older People and 'Crime Reduction' and the Investment for Children'.

2.6 In summary, providing more opportunities for people to take part in sport and physical activity will help to promote community development and regeneration in Plymouth, raise attainment in its schools, make the most of the city's wonderful waterfront setting, improve residents' health and fitness and also attract visitors to the city. The key themes for the Strategy, which have emerged out of the research and consultation which has been undertaken are:

- Widening opportunities for all – at local, neighbourhood and city wide level
- Narrowing the gap in participation – between different ethnic groups, age ranges, areas of the city, active and non active communities and healthy and not-so-healthy communities
- Increasing and improving sport in schools and raising educational attainment and achievement through sport
- Making the best use of existing facilities and resources - including personnel and skills
- Targeting specific groups within the population and certain areas of the city
- Improving the links between sport and health
- Promoting cross cutting agendas within the authority itself and key partners and stakeholders
- Bringing the city together through sport – a sense of pride and shared interests
- Improving accessibility to sport and fitness opportunities for all members of the community
- Easing transition through pathways to performance – recognising talent and opening up opportunities for excellence
- Improving customer service to ensure higher rates of customer satisfaction

3 Methodology

<i>For other relevant information please see:</i>	
Maps	<i>1: Neighbourhoods and Localities</i>
Appendices	<i>A: Master Database Facilities; C.1 Locality Review; E.1 Methodology & E2 List of Consultees</i>

- 3.1 The Strategy has been prepared by Jacqueline Bennett of Bennett Leisure & Planning in line with a Steering Group comprising officers of the City Council and external agencies including the Primary Care Trust. Building on existing studies, analysis and recent consultation, the methodology used is compliant with that set out within ‘PPG17: Open Space, Sport and Recreation’ and with guidance prepared by Sport England, and has employed many of the diagnostic tools promoted by Sport England, including the Facilities Planning Model, Sports Facility Calculator, Active Places (analysis of levels of sports facility provision) and Active People – a national survey of people’s sporting behaviour which allows for detailed analysis through the ‘market segmentation’ technique. Strategic planning support has been provided by Sport England through Genesis Consulting under its ‘Facilities Improvement Service’.
- 3.2 Research underpinning the Strategy has involved site visits and audits of over 60 key facilities within the city, with scoring on ‘quality’ and ‘fit for purpose’. Consultation for the Strategy has embraced national and regional governing bodies of sport, sports development officers, key City Council and partner agencies’ personnel, the Community Sports Network and Plymouth Sports Forum, sports facility managers (both public and commercial) and various user groups including young people, older people and people with disabilities and their parents and carers. In particular, extensive consultation and audits have been undertaken with lead personnel at all secondary schools in the city and with the School Sports Partnerships.
- 3.3 The Strategy sets out where the facility deficiencies are in Plymouth, in order that demand and supply opportunities can be matched against Plymouth City Council and its partners’ corporate priorities. As well as setting out proposals for sports facility provision, it acknowledges a new focus on health, education, community participation and sporting excellence, and the contribution that PE, sport, fitness and associated community facilities can make to the social, health and cultural well being of Plymouth.
- 3.4 The scope of this Strategy is with sport and physical activity and thus includes all forms of activity, such as ‘everyday’ walking or cycling, active recreation not undertaken competitively, such as working out in the gym and a range of fitness and dance activities, as well as organised and competitive sport. What unites all physical activity is its effect upon the body, raising the heart rate which brings about an immediate and often beneficial physiological response, reduces the risk of coronary heart disease, reduces stress, enhances self-esteem and improves overall well-being, including mental health
- 3.5 The benefits of sport and physical activity go well beyond individual health and well-being. With higher transport costs and concerns about global warming, more cycling and walking as part of daily life can save money and help the environment. Fewer car journeys can reduce traffic, congestion and pollution, feeding back into the health of communities. Physical activity also offers opportunities for more social interaction – whether it is by joining a walking group, being part of a team engaging in sport or simply leaving the car at home for short, local trips.

- 3.6 Moreover, being more physically active is often the platform for people to become involved in more structured activity. Research shows that one of the most significant reasons why people do not take part in sporting activity is because they do not consider themselves to be healthy enough. However, being involved in sporting activity that includes receiving coaching or being part of a team or structured group can also help people to stay physically active on a regular basis, by increasing an individual's motivation and commitment to turn up regularly. It is acknowledged that sport can deliver many benefits for young people, including good health, social development and education.
- 3.7 Much of the analysis has been carried out around the six subdivisions of Plymouth known as 'localities' - Central & North East, North West, South West, South East, Plympton & Plymstock - and their constituent neighbourhoods. These sub areas are now forming the basis for delivery for many of the Council's services, particularly services for children and young people. Accompanying maps show the six localities and Appendices give salient characteristics, including demography, participation rates and a summary of facility provision.

4 Plymouth's Potential as a World Class Sporting Destination

For other relevant information please see:

Maps	<i>2: Location Map</i>
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- 4.1 Plymouth is the largest settlement on the English south coast with a current population of approximately 259,000 making it the 15th most populous city in England. It covers an area of 30.6 square miles (79.3 km²). Southampton, the second largest city on the south coast, has a population of 231,200. Plymouth is linked to Saltash and Cornwall in the west across the Tamar Bridge, to the north, to West Devon via a small corridor of land in South Hams (Woolwell) and in the east, to the South Hams and via the A38 – Devon Expressway – to Exeter and beyond. It has ferry links to France and Spain and an airport with international services. It is a compact city, only 8 miles across, and bordered by the sea, River Tamar and the South Hams and West Devon countryside and Dartmoor.
- 4.2 In terms of population size, Plymouth is pre-eminent in the counties of Devon and Cornwall and provides a bridging point between the two, effectively serving both. It is important to appreciate the size of Plymouth and its influence on the south west sub region. The overall density of population in the South West is comparatively low; most towns within the region do not have the size of population to support investment in large scale sports facilities. Plymouth's dominance on the sub region is clear: its residents comprise over 23% of Devon's population (1,109,900) and 16% of Devon and Cornwall combined (1,629,300). Torbay (the second largest urban area in Devon) has 136,300 inhabitants and Exeter, the administrative centre, has 122,400. . The nearest, larger city to Plymouth is Bristol – some two and a half hours driving time and 130 miles away (with a population of 416,400).
- 4.3 Plymouth's history has been shaped dramatically by the location here of the major Naval Base - the largest operational naval base in Western Europe. Not only is the seafaring aspect embedded into the psyche of the city, but it also was instrumental in Plymouth being a key target during World War II for bombing raids which left much of the city centre and surrounding suburbs damaged beyond repair in 1945. The rebuilding of the city centre and the vast housing estates which developed in the suburbs are direct results of this and have critically influenced the city's prosperity and development since. The city's geography and demography is characterised by a number of discrete

neighbourhoods, long recognised by the City Council as a basis for local service delivery. It is these neighbourhoods around which much of the analysis of sports provision in the city has been based.

- 4.4 Historically, the primary economic focus of the City related more to its maritime connections, than its rural hinterland. However the concentration of learning, health, cultural, leisure, shopping, tourism and employment facilities now places the City at the hub of the wider South West sub-region. It has the 11th largest university in the United Kingdom by number of students and is an important focus for economic activity, with a travel to work population of 345,000 and a retail catchment of over 500,000 people. 78% of those employed within Plymouth also live in the City. 17% commute into Plymouth from the districts of Caradon, South Hams or West Devon. Plymouth also has a strong tourist economy. In 2005-06 there were over 1.1 million visitors to the City who stayed overnight.
- 4.5 Plymouth has the potential to be a world class sporting destination. Its location alone – surrounding the superb natural harbour of Plymouth Sound and the Rivers Tamar and Plym and its proximity to the South Hams and Tamar Valley AONBs and – particularly - Dartmoor National Park - endow it with the capacity to play host to a wealth of outdoor adventure and water activities, giving it an enviable headstart.
- 4.6 It has, or has planned, an impressive range of facilities – including The Life Centre (aquatic hub and indoor sport and leisure provision – see below), the superb water based facilities at the Mount Batten Water Sports and Activities Centre, a number of high quality sporting hubs around the city – including UCP Marjon, indoor and outdoor facilities at Brickfields Recreation Centre, developing centres at YMCA Kitto and the University of Plymouth and a number of secondary schools, notably Plymstock School, and an attractive mix of specialist facilities including an ice rink, ski and snow centre, athletics track, golf.
- 4.7 Seven sports venues are being offered as training camps for the 2012 Olympics: Mount Batten Water Sports and Activities Centre for sailing; Plymouth Pavilions for basketball and boxing; Central park Pools for diving; Brickfields Athletics Track for athletics; Plymouth YMCA Kitto for judo, wrestling and fencing; HMS Drake for boxing, and, just outside the city boundary to the east, Newnham Park for cross country mountain biking.
- 4.8 At the time of writing this strategy, a huge range of activity and opportunities are in place:
- A centre for sporting excellence - with Plymouth Argyle and Plymouth Albion on cusp of their respective premier leagues and Plymouth Raiders renowned as one of the top basketball teams in the country.
 - A rich array of regional, national and international events – including the powerboat World Championship Grand Prix and the oldest of all solo offshore races – the prestigious Transat race since 1960. These events make significant contribution to the city's economy, as well as to Plymouth's image as a distinctive and dynamic place to live in and visit.
 - A wide range of volunteer and amateur activity – 60 voluntary sports being catered for with an active voice through the Plymouth Sports Forum
 - Competitors and coaches reaching national levels in diving, swimming, netball, fencing, gymnastics, table tennis and martial arts – notably Tom Daley and Tonia Couch's superb achievements at the Olympics in 2008, National Diving Championships and European Championships
 - The delivery of The Life Centre and the establishment of strong links with a number of Governing Bodies of Sport is opening up further opportunities to deliver corporate priorities in partnership with others,

- Up to 1500 hectares of parks, woodlands, local nature reserves, allotments, sport and play areas, available for free – an amazing resource for healthy activities
- a network of facilities for health and fitness
- a comprehensive range of facilities – both indoor and outdoor - at schools and further and higher education sites across the city.

4.9 Plymouth thus has a very significant role to play in the delivery of sport across the South West. The role Plymouth plays within its sub-region is further supported by the Facilities Planning Model, developed by Sport England, which highlights that Plymouth is a net importer of sports hall users. Sports Club membership across the city also highlights that membership, particularly of elite clubs is from the sub-region – this would include clubs such as Plymouth Diving, Plymouth Leander, Swallows Gymnastics, Plymouth Fencing Club. The regional significance of the club and development structure, with high level performance coaches, is a key consideration when planning for future facility provision. At present, there is no regional plan for sport in the South West; however with the newly launched Whole Sport Plans there are many examples of Governing Bodies supporting sub-regional facility provision within the city. This includes the Amateur Swimming Association, England Netball and the England Indoor Bowling Association.

4.10 The rural populations already look towards Plymouth as a central hub for delivering sport. Examples include: Plymouth Half Marathon, the use of Central Park Pools for national diving competitions and the use of the Pools on a regular occasion for the regional and county swimming galas. Similarly Brickfields hosts sub-regional schools athletic events, and Mayflower Leisure Centre hosts sub-regional schools netballs and indoor sports hall athletic events. Specialist facilities such as the Ski slope and ice rink have a catchment which stretches well beyond Plymouth civic boundary, with drive times of up to an hour or more. The regional significance of facilities, should be viewed as a positive attribute for Plymouth and one that should be capitalised on with regards to the economic benefits of bringing people into the city.

4.11 In addition, the large student population of Plymouth is a major factor in the demand for facilities, and also in contributing towards the city's economy. There are around 40,000 students in Plymouth attending the University of Plymouth, UCP Marjon, Plymouth City College and Plymouth College of Art and Design. It is important that investment in high quality facilities is maintained in order to continue attracting these students – many of whom are on sports related courses and contribute greatly to the stock of expertise and volunteer labour for sports coaching and administration within the city.

4.11 As a brief introduction, there are also some major challenges to face in terms of facility provision:

- Several facilities which are in need of upgrading (notably on school sites) and replacement (the Mayflower Centre, Central Park pools). Indoor sports halls which are not able to accommodate a range of sports due to inadequate sizing and ancillary facilities, for example
- Although an even distribution of indoor, outdoor and specialist facilities throughout the city could not be expected, certain areas are a long way from any kind of sport or fitness facility, impacting on people's ability to take part
- Wide variations in ease of accessibility and transport to different facilities, particularly for those whose mobility and ability to access opportunities is restricted (e.g. by cost, time). A particular example is the relatively poor access to water and the countryside to the north and west of the city, compared to the south and east
- a lack of a recognised 'hierarchy of provision' whereby a range of sports can progress from basic entry level facilities to higher quality venues capable of accommodating competitive, coaching and training events at various levels restricting club and sports development

- in addition to the Mount Batten Water Sports and Activities Centre, a need for true 'regional' facilities with the ability and inspiration to attract people from across the south west region
- lack of 'central venues' for competition and training in a variety of sports
- limited access for the community to take part in sport during the day in termtime due to the location of the majority of the city's stock of sports facilities on education sites
- shortage of indoor water space within the city to meet variety of needs from aquatic sports
- constantly changing technology in the evolution of artificial surfaces for hockey, football, rugby, tennis and other sports
- recent and potential losses of key city wide facilities within Plymouth, notably the Civil Service Sports Ground (comprising indoor sports hall, indoor bowls rink, outdoor bowling greens and pitches)
- to exploit more fully both the opportunities afforded by Plymouth's superb waterfront setting and the coastal environment for water based activities and sports; and the scope for further development of health and fitness pursuits and activities outdoors in the city's greenspaces and through its proximity to Dartmoor and other local countryside areas
- ensuring that new built environments – whether educational, residential, retail, business, office etc – adopt a 'design for health and fitness' approach and encourage active lifestyles

5 Demographic and Social Background to Plymouth

<i>For other relevant information please see:</i>	
Maps	Map 3: Population Density; Example Maps 4 & 5: 18-24 year olds against city and neighbourhood populations. Map 6: IMD 2004 Health & Deprivation

- 5.1 The current population of Plymouth (based on PTPCT Estimate Base) is 259,243 (the most recent GP statistics for 2008 give a population of 260,865) Projections for the increase in Plymouth's population (based on the RSS Growth Allocation Scenario Two, Variant Two (2006 Mid Year Estimate Base)) suggest that the population will reach: 268,137 by 2016; 286,893 by 2021 and 302,907 by 2026.
- 5.2 Certain parts of the city will be host to substantial amounts of new housing over this period, for example, North Plymstock – 2500 new homes, Derriford 2500 and Millbay/Stonehouse 1500. The proposed new settlement under the Regional Spatial Strategy at Sherford (adjacent to South East Plymouth in the South Hams) is scheduled to accommodate around 5500 houses – up to 16,000+ new residents. These developments will impact on the demand for facilities within Plymouth, as will other planned developments in the sub region. The number of households in Plymouth is projected to increase by 19.4% in the next 20 years.
- 5.3 Under the LDF, Area Action Plans are being prepared for areas in the city of greatest development pressure or opportunity or sensitivity to change, including:
- The waterfront areas: Plans for the City Centre / University, East End / Eastern Gateway, and The Hoe are currently being prepared; plans for Devonport, Millbay /Stonehouse and Sutton Harbour have been adopted
 - The Eastern Corridor area of significant opportunity, in particular North Plymstock (plan adopted)
 - The Northern Corridor, where there is a need to focus the delivery of area based initiatives at Derriford / Seaton (plan in preparation)

- Central Park, where there are opportunities to consider the provision of improved leisure facilities including The Life Centre (plan adopted)

5.4 The map of Plymouth’s population density shows that the most densely populated quartile of neighbourhoods (between 4.9 and 11.7 people per 1000sq.m) runs in a northern arc from Stonehouse to Beacon Park & Pennycross, taking in North Prospect, Ford, Morice Town and Stoke and, to the east, Mutley & Greenbank and Mount Gould.. St Budeaux and Chaddlewood and Yealmstone in Plympton also record these densities. Honicknowle, Whitleigh, Barne Barton and King’s Tamerton and a central band from the City Centre to Eggbuckland are in the third highest density quartile, 3.49 to 4.90 persons per 1000m sq. The lowest densities (less than 2.31 people per 1000sq.m) are recorded in Plymstock, Plympton (apart from its eastern fringe) and a belt through Woodford in the east up to Glenholt and Derriford. Ernesettle and Ham also have relatively low population densities.

- 5.5 The growth in Plymouth’s population will have implications for:
- evaluating future demand for facilities (this will be addressed in the assessment of standards of provision later on in this report)
 - maintaining and raising participation rates, as it is those age groups which traditionally have the lowest participation rates which are rising most rapidly (see table below)

Age band		0-14	15-24	25-44	45-64	65+	Plymouth
2006	Number	40,800	42,000	66,700	59,200	39,400	248,100
2011	% change	+3.2%	+1.7%	+3.6%	+4.2%	+7.6%	+4.0%
2011	Number	42,100	42,700	69,100	61,700	42,400	258,100
2016	% change	+12.5%	-5.2%	+9.0%	+5.6%	+20.6%	+8.1%
2016	Number	45,900	39,800	72,700	62,500	47,500	268,300
2021	% change	+21.6%	-8.3%	+15.9%	+4.4%	+30.5%	+12.2%
2021	Number	49,600	38,500	77,300	61,800	51,400	278,400
2026	% change	+24.8%	-2.4%	+20.4%	+1.5%	+42.6%	+16.3%
2026	Number	50,900	41,000	80,300	60,100	56,200	288,600

Some of the city’s salient characteristics in respect of participation in sport and fitness activities are:

Age and Gender

5.6 For all ages brackets up to 34 years the number of men is greater than the number of women. Amongst those aged 35 and above this trend is reversed, and women slightly outnumber men in the overall population. There are significantly more people in Plymouth in the age group 15-29 years compared to the population of England; the largest group in the city’s population by age is in the 25 – 29 age bracket. In the rest of the country, for the first time, there are more people of retirement age than there are under the age of 16, but this is not the case in Plymouth. Plymouth records slightly fewer people past retirement age per capita of the population than the wider South West region.

5.7 The Strategy has supporting maps and analysis showing the age distribution throughout the city, which benefit from careful reading: some findings are:

Children (0-11 year olds)

- Out of the 43 neighbourhoods in the city, Honicknowle (4.5%), contributes the highest number of the city's children – followed by Chaddlewood, North Prospect, Barne Barton and Plymstock. However, this is often because more people are located in these neighbourhoods.
- When looking at the demographic make-up of each neighbourhood a different picture can emerge – for example, 23% of Barne Barton's residents and 20% of North Prospect's residents are children – the neighbourhoods with the highest proportion of children.

Teenagers (12-17 year olds)

- Teenagers make up approximately 10% of the population of North Prospect, Barne Barton, and Honicknowle. The fewest percentage of teenagers are in City Centre (2.5% of their population), Mutley & Greenbank, Glenholt, Stonehouse and Stoke (5%).

Young people (18-24 year olds)

- 23% of Plymouth's 18-24 year olds live in Mutley and Greenbank – the neighbourhood containing the highest percentage of the city's young people. The next highest contribution is from the City Centre neighbourhood with 4.9%, followed by Mount Gould, Stonehouse and Stoke. Mutley & Greenbank's population has very low rates of children and teenagers – indicating that this is not an area hosting many families within Plymouth

Younger adults (25-44 year olds)

- The spread of younger adults across the city is more consistent. Mount Gould, East End, Peverell, Ford, Morice Town and Stonehouse each have approximately one third of their population in this age group. The neighbourhood with the lowest percentage of younger adults is Glenholt with 14%, followed by Elburton & Dunstone, Derriford, Plymstock and Crownhill (23%).

Middle aged adults (45-64 years)

- Glenholt has the highest percentage of middle aged adults in its population (36%), followed by Estover (34%) and then Leigham & Mainstone, Turnchapel, Hooe & Oreston and Elburton & Dunstone (between 30% and 33%).
- There are fewest middle aged adults, as a percentage of the neighbourhood population, in Mutley & Greenbank (12%), followed by Barne Barton, Mount Gould, North Prospect and City Centre (with up to 21%).

Older people (65 years +)

- Glenholt is also the neighbourhood with the highest percentage of older adults in its population (34%), followed by Elburton & Dunstone, Plymstock, Plympton St Maurice and Southway with up to 20% each.
- Older adults make up only 5.3% of Barne Barton's population; between 6 and 11% of Mutley & Greenbank, Chaddlewood, Morice Town and Mount Gould's population is within this age group.

Indices of Deprivation

5.8 Important points are:

- Deprivation has a great effect on health, well-being and social care need. Deprivation levels are measured by the Index of Multiple Deprivation. According to this, Plymouth is 76th most deprived local authority in the country (out of 354). The complicating factor in Plymouth is that it contains wards at the extremes of deprivation (i.e. the 288th most deprived and the 6,914th most deprived). It is acknowledged that there are pockets of deprivation in every neighbourhood across Plymouth.
- Analysis demonstrates that overall, there are significantly more young people in the most deprived areas of the city and significantly more older people in the least deprived areas.

- 37.5% of children and young people aged 18 and under live in the most deprived areas of Plymouth and 28.9% live in the least deprived.
- Deprivation is evident across a range of neighbourhood statistics including those relating to health, crime and anti-social behaviour and worklessness. These neighbourhoods also manifest poor housing conditions, predominance of social housing and poor private rented housing, a lack of choice of housing types and tenures, and wider infrastructure and services issues. Based on the Index of Multiple Deprivation 2006, a core of five neighbourhoods in Plymouth are considerably more deprived than the rest and are priorities for the Local Area Agreement:
 - Devonport
 - City Centre
 - North Prospect
 - Barne Barton
 - Stonehouse
- Two further neighbourhoods, that rank highly in terms of multiple deprivation, are also regeneration priorities - Efford and the East End.

Indices of Health

5.9 Key findings are:

- At the time of the last Census just under 50,000 (around 20%) of Plymouth's residents declared that they had a limiting long term illness. This was a slightly higher rate than that of the Southwest region and the rate in the national population. Nearly 50% of Disability Living Allowance (DLA) Claimants in Plymouth are aged between 25 and 59 years. The most common reason for claiming Incapacity and/or Severe Disability Allowance is mental health issues and this tendency has increased in recent years.
- 12.1% of adults (18 years +) within Plymouth are categorised as being 'obese'; levels across the city are fairly uniform, ranging from 10.2% of adults in Plympton to 16.1% in the South West locality. However, rates of obesity amongst children are growing and are a cause of major concern within Plymouth (insert details)
- Incidence of parents who abuse drugs are highest in the north west and south west localities by some considerable margin.
- Men in particular in Plymouth have lower life expectancy and more long-term illness, yet tend to access services less and end up as emergency admissions more. Other groups such as people with disabilities and those from ethnic minorities also have more health issues and often experience access problems.

5.10 The overarching objective of 'Healthy Plymouth: Plymouth's Health, Social Care and Well-being Strategy 2008-2020' is to "Improve the health, well-being and social care of local people, reduce inequalities and help people at all stages in their life to enjoy the best possible health ". The links between social exclusion and poor health are now well established. At the same time, the health benefits of regular physical activity are well documented and include physical benefits (such as reduced risk of cardio vascular disease), psychological benefits (such as increased psychological well-being) and social benefits (such as community interaction). There is increasing evidence that activity does not need to be vigorous or regimented to confer health benefits and moderate activity, such as walking, can convey considerable health gain.

5.11 However, whilst it is relatively easy to improve the health of those who are already well resourced and well motivated, improving the health of those who are less well resourced and perhaps socially excluded is a more difficult task. This is a particular challenge for Plymouth.

Employment and Social Conditions

5.12 Important points are:

- In Plymouth, women are far more likely to be working part-time, or looking after home and family than their male counterparts and men are more likely to be working full time or self-employed than women. This has implications for the timetabling of activities in attracting women.
- Plymouth has a slightly higher percentage of people living in one person households than the national average – 17.5% compared to 15.7%.
- It has higher levels of one parent families with dependent children – 7.4% of households compared to 6.4% nationally and 5.4% in south west
- It has a large number of carers and one quarter of carers in Plymouth provide over 50 hours a week of care, compared to 20% of carers providing this amount of care nationally.
- Vulnerability ranges from 5% to 49.8% across the city.

BME

5.13 Important points are:

- In recent years there has been a substantial and sustained growth in the ethnic diversity of Plymouth's community: it is estimated that that BME constituted 3.2% of population in 2001 and 7-8% now. Much of this has been due to the apparent increase of 300% in the numbers of BME students attending FE Colleges in the city; in addition Plymouth has become a dispersal area for asylum seeker refugees in the last five years; there is anecdotal evidence that these groups are concentrated around Stonehouse and Greenbank). The largest BME group is Chinese (1.3%), followed by those of Mixed Ethnic origin (1%) and Asian or Asian British (1%).
- The last census is the most recent information about Plymouth residents with regard to faith, religion and belief. At that time the vast majority (74%) identified Christianity as their faith. A very small number professed membership of other faiths and this amounted to c. 1% of the population; the largest non-Christian group were Muslims (0.4%).

6 Participation in Sport and Fitness Activities in Plymouth

For other relevant information please see:

Maps	Map 7: Active People 3x30 minutes across Plymouth. Example Maps 8 & 9: Plympton & North West Localities – Built Areas and Participation; Map 10: Central & North East Locality – Plymouth Points of View Survey
Appendices	D.1: Locality Reviews

6.1 A recent study based information gathered from several of the national representative annual Health Surveys for England 1997-2006 found the following:

- Compared to 1997, in 2006 men were 10% more likely and women about 20% more likely to practice sports regularly
- 20% of both men and women are more likely to take part in gym and fitness activities compared to 1997.
- However, this rise in sports participation is largely due to a significant increase in uptake by middle-aged and older individuals. Most noticeable are the increasing trends among both men and women aged 45 or more, and women aged 30-44.

- On the other hand, the percentage of men under 30 who take part in cycling and racquet sports has dropped significantly.
- The authors reported that fewer people in England from black or Asian backgrounds regularly do exercise. Of concern also is, first, a recorded drop in sporting activity among younger people and secondly, the fact that there are no signs that the gap between high and low socioeconomic groups and white and non-white ethnic groups is narrowing.
- Both men and women are most likely to be put off taking part in sports and physical activity if they are overweight.

6.2 These findings have also been born out by the latest results from the Active People Survey conducted by Sport England in 2007/8 and findings reported in the recent 'Be Active, Be Healthy' report published by the Department of Health. In summary, there is evidence that overall levels of participation in both men and women are increasing – with up to 20% of men and 13% of women nationally participating. Around one third of 16-19 year olds take part in sport and around 25% of adults aged 25 -29 years (there is a long appreciated major drop-off in sport from levels reached in the late teens). Thereafter, participation rates decline to about 6.5% at age 65 and above.

6.3 Sport has not widened its participation base to include more people from low incomes, from different ethnic minorities and from people with disabilities, despite the many years of public policy priority focused on promoting 'sport for all' and extending participation amongst a range of 'targeted social groups'. It is still the case that: the higher the household income, the more likely people are to take part in sport - and correlations have also been found between higher levels of sports participation and people who have easy access to transport by private car, are male, are under 30 years old, are in higher social classes, and are generally in good health. This is of great relevance to Plymouth whose population exhibits many of the characteristics commonly associated with lower rates of participation. As has been demonstrated here, the city exhibits great diversity in terms of its demographic profile, with age profiles, indices of health and social deprivation and participation rates in sport and recreation varying markedly across the city.

6.4 Data on participation in sport and physical activity in Plymouth comes from several sources. The Active People survey - conducted in 2005/6 and 2007/8 by Ipsos MORI, on behalf of Sport England - is the largest ever survey of sport and active recreation to be undertaken in Europe. The data identifies how participation varies from place to place at a local authority level and between different groups in the population. It uses six main Key Performance Indicators:

- KPI1 Participation at least 3 days a week at moderate intensity for 30 mins
- KPI2 At least one hour a week volunteering to support sport
- KPI3 Member of sports club
- KPI4 Received tuition from instructor or coach in past 12 months
- KPI5 Taken part in organised competitive sport in past 12 months
- KPI6 Satisfaction with local sports provision

6.5 The Active People results for 05/06 form the basis for this Strategy, as this data has been analysed in detail by Sport England, enabling market segmentation work to be carried out for Plymouth (see below). The Active People 05/06 Survey involved 1000 people across Plymouth, whilst the 07/08 Survey involved only 500 people.

	Plymouth (UA) %		Regional %		National %	
	05/06	07/08	05/06	07/08	05/06	07/08
KPI 1 - Participation	18.6	23.5	21.9	22.5	21.0	21.3
KPI 2 - Volunteering	3.6	6.2	5.2	5.5	4.7	4.9
KPI 3 - Club Membership	22.7	22.9	24.4	24.5	25.1	24.7
KPI 4 - Tuition	16.0	18.7	18.4	18.5	18.0	18.1
KPI 5 - Competition	14.9	15.4	16.2	15.9	15.0	14.6
KPI 6 - Satisfaction	63.0	64.7	70.5	68.5	69.5	66.6

6.6 In 2005/06, the critical index of ‘participation on at least 3 days a week at moderate intensity for 30 mins’ – KPI1 - was 18.6% and this figure has been incorporated into Plymouth’s Local Area Agreement, with a stretch target of a 4% increase over 3 years to 22.6% by 2010. The Active People 07/08 data suggests that the figure is now around 23% of the population which is now above the regional and national averages of 22.5% and 21.3% respectively. The Active People Survey is the only trend data we have available and so it will form a basic measurement of participation across the city.

6.7 In the 2005/6 survey, KPI1 was broken down into rates per groups within the population. When Plymouth is compared to its ‘family benchmarking authorities’. the findings are:

KPI	Plymouth	Regional	National	Ipswich	Lincoln	Salford	Portsmouth
Participation (all adults)	18.6	21.9	21.0	16.6	21.2	18.3	23.5
Male	19.8	23.8	23.7	15.6	25.7	20.4	30.2
Female	17.4	20.1	18.5	17.6	17.0	16.3	16.9
Over 55s+	9.7	12.1	n/a	8.6	11.7	9.7	12.1
With limiting Disability	9.6	9.1	8.8	5.3	11.1	10.2	8.7
BME adults	12.1	21.4	18.6	19.8	22.7	19.3	9.8

6.8 Moreover – participation in sport and physical activity within the city varies markedly. Analysis by Sport England splits the city into four quartiles, with rates of participation (3 periods of moderate exercise lasting at least 30 minutes per week) amongst the 16+ population as follows:

Low: 10.8% – 18.1% Low – Middle: 18.2% – 20.7%
 Middle to high: 20.8% - 23.4% High: 23.5% - 31.3%

6.9 Generally, participation is higher in the east of Plymouth than the west – although the picture in the centre of the city is complex. Mapping reveals the following significant characteristics:

- Highest rates of participation are found in the centre of the city (Hartley & Mannamead, Peverell, Mutley & Greenbank, City Centre and part of Mount Gould); also within Chaddlewood (which requires further analysis)
- Middle to high rates of participation are found across Plymstock and in most of the populated areas of Plympton; in the neighbourhoods of East End, Stoke, and Crownhill and the very north eastern fringe of Plymouth

- Low rates of participation are found throughout the North West locality extending south through Ham and North Prospect and in Devonport and Morice Town, and east into Manadon and Derriford, and also in an arc north from Lipson & Laira through Efford to parts of Leigham & Mainstone and Egguckland.
- 6.10 There has also been analysis of the pattern of participation of 1 x 30 minutes (i.e. one period of moderate exercise lasting at least 30 minutes per week) and which is understood to reflect the above findings.
- 6.11 It is difficult to establish exactly why some areas show higher rates of participation than others – particularly when high and low rates are shown in close proximity. A study of maps of deprivation within Plymouth and rates of participation shows:
- Generally, there appears to be a strong correlation between neighbourhoods exhibiting relatively low rates of participation and high indices of deprivation – this is certainly the case in Lipson, Laira, Efford, the whole of the North West locality (apart from small pockets and Tamerton Foliot), the whole of the South West locality (apart from the City Centre) and the neighbourhoods to the south of Estover running from Egguckland down to Efford
 - Correlation between higher rates of participation and lower indices of deprivation are visible in Plymstock, areas around central Plymouth – Peverell, Hartley and Mannamead and Crownhill and generally in Plympton (although Plympton St Maurice is in the bottom 50% of deprived neighbourhoods)
 - Other areas present a less clear picture, for example Mutley & Greenbank, Mount Gould and City Centre neighbourhoods are areas of relatively high participation but in bottom 50% (and in some parts, bottom 10%) of indices for deprivation
- 6.12 An examination of Plymouth's participation rates also need to take account of population density, as the sampling frame for Active People is likely to have interviewed more people in the most densely populated areas. Population density is also relevant to a consideration of catchment populations.

7 Establishing Target Groups and Areas in Plymouth

<i>For other relevant information please see:</i>	
Maps	Map 11: Dominant Market Segmentation Map; Example Maps 12 & 13: various market segmentation; Example Maps of 'Elsie & Arnold' and Bowls Provision
Appendices	D.1: Market Segmentation Analysis

7.1 Market segmentation was devised by Sport England as an effective way to use the information collected by Active People and Taking Part. Using a modelling process, the adult population (18+) is divided into 19 segments according to socio-economic demographics and sporting behaviour and attitudes. Information about lifestyle and media consumption are then added to provide a more rounded picture of the segments; what else they do in their free time apart from sport, what media they are more likely to react to and the brands that they aspire to.

7.2 An analysis of market segmentation in Plymouth shows that six segments in Plymouth represent approximately 45% of the total adult population in Plymouth; these are:

'Jamie'	Sports Team Drinkers
'Leanne'	Supportive Singles
'Kev'	Pub League Team Mates
'Phillip'	Comfortable Mid Life Males
'Roger and Joy'	Early Retirement Couples
'Elsie'	Retirement Home Singles

7.3 Others segments which are over-represented in Plymouth (compared to national representation) include:

'Paula'	Stretched Single Mums
'Brenda'	Older Working Women
'Terry'	Local 'Old' Boys
'Norma'	Late Life Ladies and
'Frank'	Twilight Years Gent

7.4 Some segments significantly under-represented in Plymouth include:

'Ralph and Phyllis'	Comfortable Retired Couples
'Chloe'	Fitness Class Friends
'Tim'	Settling Down Males

7.5 Analysis and mapping of these market segments suggests that the following types of people are well represented in Plymouth and exhibit many of the characteristics which should be focused on in trying to increase participation:

	3 x 30 mins (%)	0 x 30 mins (%)	Age	Classification
Jamie	32	19	18-25	C2/D3
Leanne	23	44	18-25	C2/DE
Kev	19	51	36-45	DE
Phillip	26	39	46-55	ABC1
Brenda	14	64	46-55	C2/DE
Roger and Joy	19	54	56-65	ABC1
Elsie and Arnold	5	85	66+	DE

- 7.6 However, whilst these are the most common type of market segments within Plymouth, they are not all low participants in sports and fitness and activities. The lowest participant market segments are Leanne (18-25 years), Kev (36-45 years), Brenda (46-55 years) and Elsie (65+ years)
- 7.7 This process can be refined as the Strategy progresses and this is a valuable tool when considering in detail the characteristics of an existing or proposed facility's catchment area and how the target market might be attracted. For example, the market segmentation work also gives profiles of each segment – whether they are, for example, a sports club and/or health club member, what would encourage them to take part more – better facilities, easier transport, childcare etc, and how to reach them via TV advertising, the internet, newspapers etc
- 7.8 There are certain areas of the city where there are high representations of the target groups; for example, the following neighbourhoods have a relatively high representation of 3 or more market segments:
- In the South West locality: Morice Town, Devonport, Stonehouse, City Centre
 - In Plymstock locality: Plymstock
 - In the Central & North East locality: Derriford,
 - In the Plympton locality: Plympton St Maurice, Yealmstone, Woodford
 - In the North West locality: Southway, Ernesettle, Honicknowle
 - In the South East locality: East End
- 7.9 In summary, the key areas to target in terms of raising participation amongst low participant groups within the city are:
- The North West Locality
 - Northern and central Plymstock
 - South West locality running from Devonport, through Ford, Morice Town, Keyham, North Prospect and Ham and extending into Beacon Park & Pennycross
 - A belt from Mount Gould, through Lipson and Laira to Efford and Eggbuckland and Estover.
- 7.10 However, what is particular relevant is the activities which these low participant market segments are particularly likely to do and these are overwhelmingly the 'fitness' type activities as follows:
- Football
 - Swimming
 - Aerobics/Keep Fit/Pilates/Yoga/Step Machine
 - Dance Exercise
 - Bowls
- 7.11 Other typical sports undertaken by the well represented market segments in Plymouth include: sailing, weightlifting, martial arts, boxing, golf, cricket, badminton, walking, fishing and snooker/pool/darts. Mapping of market segments and facilities can show where facilities might be best located to serve their target markets.
- 7.12 It is suggested that one of the outcomes of this Strategy will be the identification of Focus Sports Objective of the Strategy is to develop integrated development frameworks for a number of key sports, in order to deliver high quality community sport infrastructure. The selection of Focus Sports will take into account a number of key characteristics, including existing participation and potential for development within the city, the adequacy of existing facilities and NGB support.

Issues around participation for target groups

- 7.13 The barriers to doing more physical activity differ between men and women. From Active People, these include work commitments (45% of men, 34% of women) and lack of leisure time (38% of men, 37% of women). Caring for children or older people is cited by a quarter of women (25%) but only 13% of men. Other barriers to doing more physical activity include a lack of money (13% men, 16% women).
- 7.14 Supporting documents for the Strategy detail a range of issues identified by women, BME groups, Carers, People with Disabilities, Older People and Young People in consultation undertaken for this Strategy. These issues are briefly summarised below:

Older People

7.15 Key Issues:

- Great emphasis on access and accessibility to facilities – facilities must be easy to get to (one bus, easy parking arrangements) and easy to use once reached (good changing etc). Many of older people's concerns are around transport – bus timings, cost of bus passes, crossing main roads after getting off the bus
- Support for outreach exercises addressing health issues, such as chair exercises – outreach in residential homes for older people 75+ - could be expanded
- Bowling and swimming always popular; walking and cycling also important daily exercises
- Links with physiotherapists are especially important and may provide links into gentle exercise and aerobics
- Often good to link physical exercise with other activities, such as filling in forms, use of computers, social get togethers, coffee etc e.g. The 'Young at Heart' sessions at Plymouth Pavilions are very popular (swimming sessions run in tandem with coffee and advice sessions)
- Around half of those questioned do about 30 minutes exercise a week; around a quarter do more than this. At least a fifth go swimming.

Young People

- 7.16 The Strategy has met with several groups of young people throughout the city and questionnaires have been completed (see supporting documentation). There are numerous initiatives taking place throughout Plymouth working with young people to encourage them to become physically active and take part in sport from a wide range of agencies – PCT, Police and Crime Prevention Agencies, Social Services, Children's Services, quite apart from direct involvement through schools and sports clubs and agencies and mobile schemes Consultation with young people in Plymouth has revealed the following:

- Children and young people will play/hang out in almost all publicly accessible "space" ranging from the street, town centres and squares, parks, playing fields, "amenity" grassed areas etc as well as the more recognisable sport and youth facility areas such as equipped playgrounds, youth shelters, BMX and skateboard parks, multi-use games areas etc.
- Large numbers of young people are participating in street sports (skateboarding, parcour etc) and extreme sports such as coasteering etc
- Deterring factors often relate to the cost of transport. Most young people walk or cycle to such facilities with friends, the cost of transport around the city is a big issue.

- Young people should be able to get to sports centres easily on their own steam (public transport is not the panacea). Safe cycling lanes is a preferred option. There is also a desire for youth club type facilities
- Many young people would like to be able to use sports facilities at their schools outside school hours, but cost and access may make this difficult
- Plymouth's neighbourhoods can act as a barrier and children do not want to cross these, e.g. Efford into Laira.
- Sports being introduced through the Sports Unlimited programme with the School Sports Partnerships are proving popular – especially street surfing
- Generally felt to be a wide selection of activities available in Plymouth – for example, lots of martial arts activities throughout the city such as at UCP Marjon – but not advertised enough.
- Activity programming needs to be flexible in order to accommodate youngsters wanting to try different activities.
- Cost of participating is also a deterrent: some suggestions to address this include 'fitness passes' and subsidies to get people interested – e.g. swimming classes, martial arts, - need good introductory sessions
- Better targeting and marketing of opportunities – e.g. advertise on Facebook, consult with 3 main student unions – Plymouth University, UCP Marjons and PCAD.
- Important that opportunities continue to exist for the more extreme, risky activities, even if these are not planned for

Women

7.17 Barriers faced by women to take part in sport are well documented and have been supported by research here in Plymouth (Points of View Survey):

- Practical barriers, such as lack of time & lack of childcare, lack of money, lack of transport
- Promote physical activity, which doesn't require transport, such as walking and running.
- Personal safety: Personal safety on the streets, on public transport, and in and around sports and community venues is a particular problem for women. Some groups are particularly vulnerable e.g. BME girls and women can become the focus of racist behaviour. Travelling to and from venues for sports or physical activity can present particular barriers for these groups.
- Personal barriers: body image, clothing and equipment, lack of self-confidence, parental and adult influence
- Social and cultural barriers: the male-dominated culture of sport and attitudes and prejudices about sexuality

7.18 From research for the Strategy, other important considerations for women in Plymouth are:

- Fitting activity into tight timeframes – using facilities that are easy to get to, with convenient session times, and at the right cost
- Linking in with activities children are doing
- huge demand from women who want easily accessible facilities they can walk/cycle to and fit in around other tasks/demands

BME

7.19 Some of the issues raised include:

- Strict requirements about clothing can also prevent some BME women from participating. For example, swimming pools which don't allow women to wear T-shirts over their swimming costumes, and clubs which insist members wear tight

fitting or revealing uniforms can exclude those who follow the Muslim faith as well as those who are self-conscious of their bodies.

- Although many people believe that different ethnic groups share similar experiences, differences between black and minority ethnic groups are significant. For example, rates of participation in sport amongst different ethnic minorities vary from considerably lower to somewhat higher than the national average rates.
- Similarly, the gap between men and women's participation in sport is greater amongst some minority ethnic groups than it is in the population as a whole.
- Assumptions about BME people – for example, that Asian people don't play football, that all Asian girls aren't allowed to wear swimsuits, that Afro-Caribbean people are good at athletics and basketball - can limit their opportunities to take up sport or to participate in the full range of sports.
- Low participation rates will also lead to low rates of volunteering, coaching, employment and leadership in sport.

People with Disabilities

- 7.20 People with disabilities have lower participation rates for a variety of reasons:
- physically inaccessible facilities, venues, changing rooms and equipment
 - lack of information in accessible formats for visually and/or hearing impaired people
 - lack of accessible transport and parking
 - coaching staff who need advice on how to adapt their teaching to help individuals take part in enjoyable, fulfilling activities
 - unwelcoming attitudes amongst other sports participants and staff
 - a lack of role models to inspire, motivate and encourage
- 7.21 Consultation with people with disabilities and their parents and carers in Plymouth has highlighted the following concerns:
- Often participation in sport is down to parents themselves organising, transporting – and frequently supervising – their children.
 - Hydrotherapy pools: particular issues around loss of facilities; cost of using; lack of staff to supervise hydro pools on school sites out-of-school hours and poor design of hoists and changing rooms etc
 - The Calvert Trust on Exmoor singled out as good for adventure activities for disabled people
 - Active group of parents in Plymouth have formed wheelchair football club but find it hard to meet cost of hiring facilities. Can be difficult finding and retaining coaching and teaching staff.
 - Often children with special needs are not catered well in PE sessions in state schools. Teaching staff are not aware of inclusive activities.
 - Some sports such as badminton are keen to develop disability sport within the city – but finding suitable venues (e.g. with accessible changing and toilets/showers, wide doors) can be difficult.
 - There are some very good schemes operating in Plymouth with participation in water based activities e.g. Wheels on Water – WOW – for children with physical and learning disabilities and Horizon Sailing in the south west of the city.
- 7.22 There has been significant levels of consultation on The Life Centre with regards to ensuring the centre is fully accessible. An access statement was submitted with the planning application. It is recommended that any significant capital leisure build project follows this best practice by establish focus groups and consulting with the Plymouth Disability Action Network.
- 7.23 There is a developing focus for work with people with disabilities now within the city at UCP Marjon where the Disabilities Officer is preparing a Disability Strategy, consulting

with the Disability Forum over where the gaps are and focusing on exit strategies into sports clubs and support to coaches for coaching people with disabilities.

Carers

7.24 Issues for carers include:

- It is important that we empower and improve the health of local people, especially those who feel marginalised in the City and reach socially excluded groups and individuals.
- Support for carers and bereaved people in their homes with practical and befriending support
- Meeting the needs of carers of all ages, including young carers
- Carers are often charged different rates etc – there is no consistency across the city between different facilities

8 Sources for Further Analysis of Demand

8.1 In summary, much analysis has been carried out around these various sources of information with sophisticated mapping techniques developed by Plymouth City Council Culture, Sport and Leisure which have considered:

- Population density
- Age structure throughout Plymouth
- Indices of deprivation and geographical spread
- Distribution of facilities
- Catchment areas
- Participation rates across the city
- Market segmentation work

8.2 There is an immense amount of other studies and information within Plymouth which can be considered also in researching how to reach low participant groups, these include:

- Points of View in 2006
- The Place Survey 2008
- School Sports Partnership Surveys – can insert data on school participation
- Governing body information – membership postcodes
- Catchment area data from facility managers
- Comparison with 15 comparable nearest neighbour suggests Plymouth relatively low participation rates for Male 16-34; Female 20-24; Male and Female 35 – 45 and over 55s; adults from black and ethnic minorities

8.3 All the methods of demand assessment need to be considered together to give as rounded a picture as possible. The analysis suggests that additional focus/priority should be given to the areas and groups set out above taking into consideration low rates of participation, market segmentation work from Active People and areas of facility deprivation

8.4.1 The vast amount of data available highlights the opportunities which exist to deliver an improved 'physical activity and sporting offer' to key social groups through the establishment of LAAs/SLAs and the adoption of strategic commissioning within Culture, Sport and Leisure and other sections of Plymouth City Council and its partner agencies.

DRAFT

B ANALYSIS OF FACILITY PROVISION FOR SPORT AND FITNESS IN PLYMOUTH

1 Introduction

<i>For other relevant information please see:</i>	
Maps	Map 16: Key Facilities; Maps 18-23: Key Facilities with 500m and 1000 radii by Locality
Appendices	A.1: Master Database Facilities

- 1.1 This Section reviews and analyses the quantity, quality and accessibility of each type of sports facility within Plymouth. The aim for the final Strategy document is to set minimum standards of provision embracing these three components as proposed within government guidance PPG17. This Section is a summary, and there are a range of supporting documents with more detailed findings and analysis, relating to individual sports, facilities, schools and localities.
- 1.2 Facilities within Plymouth are held in a variety of ownerships and operated under differing management regimes. The City Council is the owner and manager of four swimming pool complexes: indoor pools at Central Park Pools and Plympton Pool and outdoor pools at Tinside and Mount Wise Pools and operators (through Trust arrangements) of two indoor facilities – Mayflower Leisure Centre and Brickfields Sports Centre (which also has extensive outdoor provision). The City Council is also involved through a Trust arrangement with Plymouth Pavilions (leisure pool, ice rink and events hall). All other indoor sports facilities are either on education sites (schools and the FE/HE establishments of University of Plymouth, UCP Marjon, and Plymouth City College), commercially owned (e.g. the Devonshire Health and Racquet Club) or run through the health sector (Derriford Health and Leisure) or the MoD. Outdoor facilities similarly are split between a variety of owners: private clubs, the City Council, commercial enterprises (John Nike Leisure). There is also a vast array of greenspace and other outdoor and water based recreational provision – notably the Mount Batten Water Sports and Activities Centre - contributing to the leisure facility infrastructure within Plymouth,
- 1.4 The analysis of sports facility provision within Plymouth which follows is based on existing facilities and refers where appropriate to the proposed new facilities within The Life Centre. The sports facilities at UCP Marjon are currently being redeveloped and the analysis is based on the new facility mix (replacement of three 4 court halls by one 12 court hall).

2 Review of Opportunities

2.1 The Strategy makes reference to a number of key opportunities arising for transforming sports facility provision within the city, most critically:

The Life Centre

2.2 The provision of sports facilities in the city is about to be transformed through the building of the Life Centre, planning permission for which is now being sought as this Strategy is prepared. The Life Centre is the key priority in Plymouth City Council's capital programme and will be an innovative and iconic sports building, in the centre of the city in Central Park. It is planned to open in 2011 as a replacement for the outdated Mayflower Centre and Central Park Pools complex and the leisure pool at Plymouth Pavilions, the site of which is being redeveloped to enhance the development of the Central Boulevard. This will be unique facility in the South West, acting as the central hub within Plymouth of sporting activity for local residents of all ages and abilities, as well as being a regional centre to attract some of the South West's leading sportsmen and women.

2.3 The proposed development of the Life Centre scheme, valued at around £44 million, comprises:

- 50m x 10 lane swimming pool, with moveable floors and 'booms' allowing flexible use and spectator accommodation
- A diving pool, also offering a moveable floor so it can be used as a standard pool, and spectator accommodation
- A dryside training facility for competitive divers
- A family leisure pool with flumes, 'beach entry' and bubble pool
- A 12 court multi-use sports hall, with spectator accommodation
- An eight lane indoor bowls rink
- An innovative climbing zone, with 15m wall, aerial assault course, bouldering and abseiling
- A 150 station fitness suite
- A health suite, with sauna, steam rooms and showers
- Multi-purpose areas for dance and martial arts, which can also be used as a crèche and soft play area
- Youth gym, squash training and other studio spaces, through an ABS squash solution flexible facility
- Ancillary accommodation, café etc

Building Schools for the Future

<i>Maps</i>	Map 17: Adult Participation Rates and Location of Education Sites
<i>Appendices</i>	B.1: School Sports Facilities;

2.4 Mapping school sports provision for the Strategy has demonstrated how pivotal facilities at secondary schools are to the development of sporting opportunity in Plymouth, particularly within lower participant and deprived neighbourhoods. As well as creating a sound basis for young people to begin their lifelong involvement in active recreation, facilities on education sites are a model for future sustainable sports facility provision. Providing access to the community is guaranteed, they can have a huge impact on

education, community participation and the sports development continuum of 'grow, sustain, and excel'.

- 2.5 At present, Plymouth has submitted an Expression of Interest and its Readiness to Deliver:

One School Partnership: Estover Community College (BSF One School Pathfinder)
– already commenced

Initial projects Sir John Hunt Community Sports College (Wood View Learning Community); Stoke Damerel Community College; John Kitto Community College; Lipson Community College and Tamarside Community College

1st follow on projects Coombe Dean School; Hele's School; Ridgeway School; Longcause Special School, St Boniface's Roman Catholic College; Notre Dame Roman Catholic School; Mount Tamar Special School

2nd follow on projects Plymstock School; Eggbuckland Community College; Devonport High School For Boys; Devonport High School For Girls and Plymouth High School For Girls

- 2.6 The BSF programme for Plymouth is already beginning to impact on sports provision. redevelopment at Wood View Learning Community Campus opened in September 2008 and the One School Pathfinder rebuild of Estover Community College is on site. The priority schools have been agreed using criteria based on deprivation of catchment areas, building quality and academic attainment and reflect priority areas emerging through the Sports strategy work. The importance of ensuring that the rebuilds and remodellings of these sites incorporate sports facilities which can address the needs of not only the school but their wider communities must not be underestimated.

- 2.7 The BSF programme for Plymouth brings with it great opportunities for establishing a new network of city-wide leisure facilities, whereby each of the new school facilities is linked to the new central hub facility at the Life Centre. This will be achieved through a co-ordinated approach to the management of the facilities and a city wide sports development vision, which will significantly impact on the corporate objectives of widening leisure opportunities. The Sports Facility Strategy will provide a strategic framework for sports facility delivery within the BSF programme.

- 2.8 However, it will not be the panacea for providing everything that is needed throughout the city. Through BSF, probably around 85% of the school's requirement to meet the curriculum will be met; however, any proposals over and above that set out in Building Bulletin 98 – i.e. any specialist provision, enlargement of facilities to meet higher specifications, county standards and spectator areas for example to enable community and sports development use – will require funding from different sources, most realistically through national governing bodies of sport.

Other Rebuilding within Plymouth

- 2.9 As well as the Life Centre and the BSF programme, there will continue to be developments to Plymouth's sporting infrastructure during the life of the Strategy. With around 40,000 students in Plymouth, it is important to maintain high quality facilities to attract and retain them and the financial benefit they bring to the city, and UCP Marjon, Plymouth City College and the University of Plymouth each have ongoing plans and

proposals to enhance their provision. Improvements to YMCA Kitto's facilities, for example, are ongoing at the time of writing and the MoD is undertaking a review of its sites within Plymouth, which may result in opportunities for rationalisation of facilities or purchase/use of new sites for sport, particularly in the south west of the city. It is hoped that the Strategy will provide a mechanism for recording, and a framework for evaluating, these developments.

New Funding Opportunities

2.10 Whilst many sports aspire to having dedicated provision (particularly indoor sports), the delivery of this vision is unrealistic unless linked, for example, to an Institute of Sport. Opportunities however may exist, through the delivery of the Whole Sport Plans and increased revenue funding given to Governing Bodies by Sport England, for the co-commissioning of new facilities either within the Life Centre or on education sites, particularly through BSF. This would see formal arrangements being put in place between the authority and third party, to allocate 'dedicated time' within a multi-use facility for the development of specific sports, in return for capital / revenue funding from Governing Bodies. The opportunities for initiating such proposals will be known during the summer of 2009, when the Governing Bodies will announce how they will deliver their new plans. It is important that NGBs are involved in the design and decision making early on in the process

3 Indoor Sports Hall Provision

Maps	Maps 24 & 25: Sports Halls with 4+ badminton courts (differing access arrangements); Example Map 25: North West Locality – Sports Halls 4+ badminton courts
Appendices	A.2: 4 court halls; A.11: Sports Hall Opening Hours; B.1: School Sports Facilities; Master Database Facilities

Quantity

- 3.1 Sport England bases its preliminary assessment of the strategic provision of sports facility provision on the computerised Facilities Planning Model (FPM). The model provides an assessment of the relationship between the likely demand for sports facilities and the current or proposed supply of them in specific areas. Sport England recognises that the FPM can only provide an initial guide to identifying facility surpluses and deficiencies, but the model incorporates the following assumptions.
- 3.2 Sports halls are included in the FPM assessment where they are three badminton court sized or larger and are fully available to the community for a minimum of 44 hours per week. Ancillary halls on the same site are also included in the assessment, the justification being that such alternative halls provide flexibility of provision and enhance capacity on site. The FPM builds in weightings for halls on dual use i.e. education sites.
- 3.3 At the time the Facilities Planning Model was run by Sport England in 2008, the total number of courts was established at 108.. Research for this Study has shown that in Plymouth there are 24 sports halls of 3 badminton court size or larger, on 22 sites and the total number of badminton courts in halls of 3 badminton court size or larger is 116. (The building of The Life Centre will reduce the number of courts to 113, as the 10 and 5 court halls at the Mayflower Leisure Centre are being replaced by one 12 court hall).

Existing Distribution of sports halls (3+ badminton courts)

Sub Area	Locality	No. of 4 court halls	Other (>4 courts)	Total No. of courts
East	Plympton	2		8
East	Plymstock	2		8
North	Central & NE	5	UCP Marjon rebuild 1 x 12	32
North	North West	1		4
South	Central & NE		1 x 10 + 1 x 5 = Mayflower	15*
South	North West	1		4
South	South East	3		12
South	South West	4	1 x 5 + 1 x 6 = YMCA + 1 x 6 = MoD/Wyvern	33
TOTAL				116*

** Life Centre will be 12 courts. Gives revised total of 113 halls after building of The Life Centre*

3.4 On the supply side, the Facilities Planning Model computed that Plymouth has 5.3m² of available sports hall space per 1,000 population. This compares to a figure of 3.8m² for England and 4.0 m² for the SW Region and represents a greater supply per 1,000 population than Bristol, Bournemouth and Torbay, but less than Exeter. It concluded from the demand analysis that Plymouth was well provided with sports halls. However, the FPM does not deduce the need for a network of provision embracing local, city-wide and sub-regional provision and for different size halls.

3.5 According to the Sports Facility Calculator used by Sport England for new developments, an acceptable level of provision is around 1 x 4 court hall per 14,000 inhabitants; this would equal around 19 x 4-court halls for Plymouth (see supporting information). However, Sport England recommends this only for use in new, not existing, developments.

3.6 The Strategy analysis concludes that, on purely quantitative terms, compared to similar areas and national guidance, Plymouth has a respectable number of 4 – 6 court sports halls for a city of its size. However, when considering the adequacy of provision, in addition to actual quantity, there are three further issues:

- Access
- Quality
- Accessibility

Access

3.7 The Strategy has added an additional category to Sport England’s classification of access types, to reflect more accurately in the mapping and analysis the fact that even though facilities may be available on a ‘pay and play’ basis, access to them is compromised by the fact that they are only available for certain parts of the day:

- Free Public Access
- Pay and play facility accessible to all
- Additional category: Pay and Play but limited opening hours to the community (i.e. sports halls on education sites)
- Sports clubs/community associations accessible through a membership
- Registered member use or school access only

3.8 According to these access/management criteria, the number of existing courts is as follows:

Distribution of badminton courts according to access

Sub Area	No of halls of 3 courts+	No of badminton courts	Pay & Play	P&P Restricted	Sports Clubs &/or Assns	Reg. member or school use only
Total Now	24	116	19 (16%)	72 (62%)	11 (9%)	14 (12%)
Total after Life centre	24	113	16 (14%)	72 (64%)	11 (10%)	14 (12%)

3.9 The principal issues regarding the quantity and access to sports halls within Plymouth are that:

- Only 16% of badminton courts available at the moment are genuine ‘pay and play’ facilities – open to the public all through the day, throughout the year – the 15 courts at the Mayflower Leisure Centre and 4 courts at Brickfields Sports Centre. (The 4 court hall at the University of Plymouth is timetabled out for students for a small part of the week, but is available on a pay as you play basis for the rest of the time.) This will be reduced to 14% (16 courts) once The Life Centre is built
- 71% are pay and play restricted in some way (i.e. 83 courts on education sites and available ‘out of school’ hours + YMCA Kitto Centre – available through sports club/association)
- 12% are registered member use only (4 courts each at Derriford Health and Leisure Centre and Devonshire Health & Racquet Club and the 6 courts at the MoD Wyvern Centre – which has restricted community access to around 5-10% of total use)

3.10 Analysis has been undertaken of the opening hours for indoor sports halls across the city (see Appendix 3). Assuming that a public leisure centre will be open on average for 83 hours a week (9.00-22.00 Monday to Friday and 9.00 to 18.00 on Saturday and Sunday); total opening hours across the 22 sports hall sites would equate to 1826 hours (22 sites x 83 hours). Analysis of actual opening hours shows around 922 hours open to the community. This is because so many of the sports halls are on education sites or, as in the case of the YMCA Kitto Centre, are used by schools during the day. Even the Mayflower Leisure Centre is heavily booked by schools during term time daylight hours.

3.11 Type of use varies during community use periods, with, it is estimated, up to 70% of the stock on block bookings by clubs and around 30% only available as genuine ‘pay as you play’ and for various sports development courses. Whilst use by clubs in this way is an important element of sporting activity, within Plymouth it is vital that a certain amount of the stock is available for daytime use, to encourage participation by lower participant groups.

Quality

3.12 The quality of the halls is variable, but generally many of the halls in Plymouth – especially those on school sites - although ‘fit for purpose’ are not of high quality, particularly in respect of ancillary facilities, such as changing rooms, car parking, catering facilities, fitness suites and equipment – all of which are important factors in meeting demand from the community outside school hours. (Summary of audit scores are included within Appendix 3). A number of school sports halls are not the right

height for badminton and volleyball and have other limitations with insufficient run-off for certain sports

- 3.13 With the notable exceptions of the new halls at the University, Notre Dame School and UCP Marjon and the proposed second sports hall at Plymstock Community College, many of the other school halls are in need of upgrading and enhancement. The Life Centre will offer a very high quality facility, to attract the widest possible use from across the community. The sports halls at Brickfields Sports Centre, the University, UCP Marjon and The Life Centre will be fully accessible for people with disabilities. These are opening up opportunities for the facilities to attract large numbers of disabled sports users; something which is desperately lacking in the city.
- 3.14 There are a further 17 halls of at least one badminton court size in Plymouth – 14 of these are gyms on education sites, and range between ‘old style’ school gyms, and more modern facilities (Sir John Hunt). Most of these can be accessed by the community to varying degrees outside school hours, but are of varying quality. However, the dual use 1 court hall at Drake Primary School (with community use) in the South West of the city is important in meeting local demand and the soon to be replaced (by a large indoor space) 2 court sports hall at Plymouth City College will also have an impact.
- 3.15 The need during the day is often for smaller activity halls, where people can practice individual fitness activities and/or join classes and courses e.g. aerobics, keep fit, dance, martial arts, trampolining, activities for children etc. These smaller 1 court or similar size halls should be located close to where people live, and the Strategy identifies several areas of the city, as being deficient in indoor sports facilities. Whilst smaller 1 court halls may suffice, 4 court halls are preferable or a facility which can offer some flexibility and at least two separate functioning areas for different sporting/fitness activities at the same time. Further mapping needs to be done to establish where such facilities are at the moment and where they could be provided.

Accessibility

- 3.16 The city is fairly compact; journey times from one side of the city to another can be quite quick, depending on location and use of the A38. However, within the residential areas, the terrain is often hilly and the road network between these can result in slower journeys. Moreover individual neighbourhoods are often quite self contained and residents do not easily cross from one to another. These factors need to be taken into account in developing a network of facilities which serve both city wide and local needs.
- 3.17 From analysis of over 600 drive times across Plymouth between major sports facilities, typical journey times (off peak) are:

No. journeys		Mins.	Miles	Km.	Av distance	Av distance
					m.	km.
51	20 mins+	1242	423.09	680.88	8.296	13.35
94	15-19 mins	1628	580.86	934.78	6.179	9.94
255	10-14 mins	3260	1259.48	2026.88	4.939	7.95
230	<10 mins	1684	589.07	947.99	2.561	4.12

- 3.18 This results in, on average:

A 10 minute drive time = 3.65 miles (5.87 km)
 A 15 minute drive time = 5.475 miles (8.81 km)
 A 20 minute drive time = 7.30 miles (11.75 km)

However, this is when traffic is flowing freely and at peak times, journey times are considerably slower.

Summary - Demand Issues by Locality

3.19 A consideration of quantity, quality and accessibility issues and also an assessment of unmet demand based on analysis of booking records, conversations with managers and users suggests the following:

- *Central & North East locality:* The situation here is quite complex; given the concentration of sports halls around the Derriford area, none of which are 'pay and play' facilities accessible during the day (20 badminton courts in total). The situation should be kept under review once the new 12 court halls at UCP Marjon and The Life Centre are built and being utilised.
- *North West locality:* parts of this locality (Southway and Ernesettle in particular) are poorly served with access to daytime available indoor provision.
- The *South West locality* is reasonably well served with facilities with daytime access (The Life Centre and Brickfields); new indoor spaces at Plymouth City College and at the rebuild of Stoke Damerel may also assist in meeting demand at peaktimes (but not during the day).
- The *South East locality* is not so well served and Efford is underprovided for by indoor space
- *Plymstock Locality:* There is no evidence to suggest that sports halls in neighbouring areas to Plymouth have a significant impact on local provision; there are none within easy travelling distance. The exception to this may be the proposed sports halls at Sherford, adjacent to South East Plymouth which may impact upon participation and behaviour in the east of the city. However, this will be fairly localised, given the catchment areas and location of the proposed new development. Plymstock School is building a second sports hall, which will have community use.
- The halls in the *Plympton locality* – all on school sites – are at capacity/fully utilised. The Plympton area is underprovided for by indoor sports space accessible during the daytime.

Summary - Demand Issues from Sports

3.20 Consultation with NGB development officers and Sports Development Staff identifies generic facility development issues including:

- Difficulties in accessing court time at convenient times (early evening) for sports development/coaching sessions
- Facilities are generally reasonable for recreational activity but restrict development e.g. insufficient size/height/equipment for training and competition.
- Better, secured access to existing facilities and/or access to new provision for competition and specialist development is required in the following sports: badminton, netball, basketball, volleyball. Through the delivery of the Whole Sport Plans and increased revenue funding given to Governing Bodies, the city should be encouraged to pursue Service Level Agreements or co-commissioning arrangements with these agencies.
- Competitive fees and charges – costs for sports hall hire vary markedly throughout the city which greatly influences usage patterns.
- The various targets for raising participation in sport – including the new '5 hour offer' for schoolchildren - will increase the demand for indoor sports provision.

Summary – Issues from Schools

3.21 Findings from school consultation:

- School sports halls are first and foremost there to meet the needs of the school and its pupils for curricular and extra curricular activities; however, many schools travel off-site to fulfil their curriculum needs. In particular, three secondary schools within Plymouth do not have sports halls on site (Devonport High School for Girls, Plymouth High School for Girls and St Boniface RC School for Boys). They are in receipt of an off-site PE allowance, and currently use a variety of venues to fulfil their needs. An agreed approach, which supports medium term provision, is the opportunity for the three secondary schools with an off site PE allowance to deliver their PE at The Life Centre.
- Each school is currently managing and programming its sports facilities in different ways. Most schools have managed and programmed use for the community (with various management and access arrangements); many sports halls on school are operating at capacity with regard to out of school hours community use, with few spare slots during term time evenings (peak time)
- There are some spare slots at weekends; school sports halls generally appear to open on Saturday afternoons and Sunday if there are specific events to accommodate.
- The majority of school sports halls are unavailable for up to a third (12) weeks of the school term time weeks (in December, January, May, June typically) as they are being used for exams. This affects continuity of sports development work and inconveniences (or even deters) users; sessions are cancelled and alternative accommodation has to be found by the clubs affected.
- The development of new/replacement sports halls on school sites, needs to clearly articulate the interrelationship of satellite sports halls and central hub sports halls in the city and the respective delivery of sporting outcomes of key sports in the city'. The provision of 'stand alone sports halls' for education and sub-regional community delivery needs to be discouraged, unless the full impact of delivery of each new facility and its impact across the city is fully understood.
- There is still some debate around the best building on school sites, i.e. whether to provide 4 court sports halls on all school sites. For modest additional funding from sporting groups, such as sufficient funding to provide an exams hall/ multi space the sports hall could be licensed out all year round, i.e. not disturbed by the exam period, which is the element that currently restricts their consistent availability to community groups

Development of Network of Hub and Satellite Centres

3.22 There is an established need for venues of 12 court size, with public accessibility throughout the day. The extended 12 court size hall at the Life Centre will address the following:

- Meeting the needs of community sport: such a space is considered essential for offering a broad programme of community and recreational sport in order to widen opportunities for everyone to take part in sport and fitness activities at whatever level they choose.
- Plymouth has a very significant role to play in the delivery of indoor sport across the sub-region which is reflected in Governing Bodies' Whole Sport Plans. The Life Centre will be an important element of the city's facilities in fulfilling this role.
- The provision of 12 courts, under one span, with fixed tiered spectator seating, meets the aspirations of the Governing Bodies and the strategic needs identified in their Whole Sport Plans. The Life Centre indoor sports hall will be a sub-regional facility providing the opportunity for regional competition and training across three 4 courts spaces. It will be the only venue of its type, outside Bath, in the South West. In essence, it will be an indoor county and regional hub site for world class delivery in, as a minimum,

badminton, volleyball, netball and basketball, as well as providing a high quality venue for a range of other indoor sports.

- The School Sports Partnerships within Plymouth have identified the urgent need for central venues – comprising indoor and outdoor facilities for a variety of sports - across Plymouth, which the Life Centre indoor sports hall provides a unique opportunity to address.
- Three secondary schools within Plymouth do not have sports halls on site (Devonport High School for Girls, Plymouth High School for Girls and St Boniface RC School for Boys). They are in receipt of an off-site PE allowance, and currently use a variety of venues to fulfil their needs. An agreed approach, which supports medium term provision, is the opportunity for these three secondary schools to deliver their PE at the Life Centre.
- The rebuild of UCP Marjon as a 12 court hall will be a valued facility for basketball and netball at this location and for other sports, but will inevitably have restricted community access due to priority use by students.
- There will be need to ensure joint working and complementary development between and around the 3 key multi sport hubs/strategic facilities for World Class Delivery in the city, namely The Life Centre, UCP Marjon and YMCA Kitto Centre, so that all needs – community, club and sports development – are catered for. Other 4 court halls within the city will develop as satellite facilities to the Life Centre, providing the opportunity for recreational and competitive events at city and county level where appropriate. Of these, a number require major refurbishment and or replacement, and need for additional indoor provision has been identified in several areas of the city.

Arena

3.23 At present, the main arena venue in Plymouth is provided by Plymouth Pavilions, which can accommodate around 1150 people when hosting, for example, league basketball fixtures. There is some evidence that a larger venue – capable of accommodating 2000-3000 spectators for sports events, plus other large arts, cultural, music and entertainment events, - may be of benefit. This facility need to be kept under review.

Summary of Key Issues – Indoor Sport Halls

- Whilst the number of indoor sports halls in Plymouth is commensurate with its size, there is restricted access (either through limited opening hours to the community as facility is on a school site or usage only through private membership) to 85% of provision.
- Both of the genuinely public access facilities – The Mayflower Centre/The Life Centre site lie to the south west of the city. The north and east of the city have poorer access to indoor sports provision during the day.
- Moreover, even when the facilities are open to the public outside of school hours, up to 70% of the stock is utilised in block bookings by clubs. There are difficulties in accessing court time at convenient times for sports development/coaching sessions and for ‘pay and play’ by the community.
- There appears to be some spare capacity at school sports halls at the weekends – this is a management issue in terms of marketing the facility and actively running the site at these times and is to be addressed in new provision.
- Indoor sports halls are generally ‘fit for purpose’ for recreational activity but restrict development for training and competition (e.g. insufficient size/height/equipment).
- Quality of indoor provision is variable, particularly in respect of ancillary facilities, such as changing rooms, car parking, catering facilities, fitness suites and equipment and access for the disabled – all of which are important factors in meeting demand from the local community.

- Based on considerations of access, accessibility and capacity, there are deficiencies in accessibility to space for indoor sport in the north west of Plymouth, the Lipson/Laira/Efford area and Plympton
- The Strategy research highlights the enormous existing and potential role being played by the wealth of activity rooms and community centres and halls throughout the city. The multipurpose nature of many of these facilities reinforce their very flexible function as key spaces for accommodating a range of sporting, health and fitness pursuits, as well as social, educational, recreational, artistic and entertainment related activities, for residents, visitors and workers within Plymouth.
- There is a need to develop a network of provision, with the new 12 court indoor hall at the Life Centre forming the main hub and other 6 and 4 court halls around the city acting as satellite hubs.

4	Provision for Swimming
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Maps	Map 27: Swimming Pools – Pay and Play 100m & 2000m radii
Appendices	A.3: Swimming Pools

Strategic Need

- 4.1 Significantly, swimming is the largest participation sport in the city, and has a key role to play in delivering the city council’s Vision for Plymouth as expressed in the Sustainable Community Strategy, and key corporate objectives: widening leisure opportunities for all members of our communities, and enhancing access for all. Swimming pools accommodate a very wide range of users of all ages and abilities wishing to swim for social, fun, fitness, health or competitive reasons, as well as use for lifesaving, canoeing and scuba diving activities.
- 4.2 The Council has adopted a strong strategic approach to the forward planning of a network of pools across the city, through the publication of the Plymouth Swimming Facility Strategy (2006-2016). In this respect the Plymouth Sports Facility and Development Strategy seeks to bring this work up to date, not to duplicate research previously undertaken.
- 4.3 Key reference documents which have informed the strategic development of pool facilities and aquatic development opportunities across the city, including the provision of an aquatic hub in the Life Centre are:
- Plymouth Swimming Facility Strategy 2006 – 2016
 - A Pool for the North of Plymouth – Initial Site Options Appraisal February 2007
 - A Swimming Development Strategy (2005-2010) – currently been rewritten through a joint partnership arrangement with the ASA (SW), Plymouth City Council and Strategic Leisure
 - FPM model – run by SE 2007
 - ASA national and regional strategies, including the newly adopted Whole Sport Plans.
- 4.4 The aims of the Swimming Pool Facility Strategy produced by the City Council in 2006 were:
- to provide Plymouth with the right number of swimming pools, of the right quality, in the right place.
 - to see a clear, coherent and equitable approach to facility development, enhancement, maintenance and management.

- to provide an adopted local standard for Plymouth in relation to the swimming facilities it should seek to provide for its local residents.

4.5 The analysis identified the following key issues:

- A current undersupply of 0.5 swimming pool units (25m x 4-lane equivalent) 2006
- A predicted undersupply of 3.0 swimming pools (25m x 4-lane equivalent) by 2016.

4.6 The aim of the Strategy was to ensure that by 2016 an accessible public swimming pool would be available to 90% of Plymouth residents within each of the following time bands:

- By walking, from a postcode centre point 30 minutes
- By public transport, from a postcode centre point 20 minutes
- By car, from a postcode centre point 10 minutes

To meet the proposed local performance indicator all three of the above criteria must be met within a particular postcode area).

4.7 The recommendations of the city's Swimming Facility Strategy were that future swimming pool provision in Plymouth should concentrate on the following:

A Provision of The Life Centre project in Central Park. The project incorporating a 50m pool and replacement diving pool would increase the city's net pool area. It would also offer the opportunity to address social issues and longstanding aspirations to improve the city's sports facilities; and replace the Plymouth Pavilions leisure water, to allow the Millbay AAP vision to be implemented to the west of the city. The scheduled loss of Plymouth Pavilions under the Millbay Redevelopment Plans means that the leisure pool will be relocated to The Life Centre. It will be necessary to ensure that transport links between the city centre and Central Park are good, so that unmet demand issues within the existing Plymouth Pavilions catchment area are addressed.

B Provision of an additional pool serving the East of the City/PL9 postcode area. There is unmet demand for a pool in the Plymstock area. For over 15 years the Plymstock and District Swimming Pool Association has campaigned for a pool to meet the needs of the wider Plymstock community and has suggested various sites within this locality for a new pool. Combined developer contributions will be sought for either on or off-site provision in association with the new housing proposed at Plymstock Quarry and at Sherford (outside the City Council boundary in South Hams) to help support delivery of a new swimming pool for the existing and new communities.

The Sherford development has already seen early discussion about on-site provision of a new sporting hub. The provision of a Pool in the east of the city has also been highlighted in the South Hams Strategic Swim Study (April 2008). The South Hams swim strategy states, "that there should be a new 25m x 4 lane pool to serve the proposed new development at Sherford, and the adjoining population of Elburton and Plymstock. However the proposed pool will be sited within the City boundary". (Note projected population for Sherford is around 12,000 people) The Pool located at Sherford would be a satellite site, linked to the central aquatic hub, located at The Life Centre.

C Provision of a site in the North of the City to serve the PL5 and PL6 postcode areas (*Central & North East Locality*) was also identified in the city's facility strategy. In February 2007, additional research was undertaken to determine the site options for a Pool for the North of the city. A number of sites in the North of the city were identified as being the most likely locations where a pool could be situated.

The scoring matrix undertaken as part of the Pool for the North of the city, highlighted that the top four sites were:

- UCP Marjon

- The International Business Park
- Proposed development within the AAP at Derriford
- Sir John Hunt Community College

In line with the Swimming Facility Strategy and the above analysis, approval was given to proceed with the provision of a Pool for the North of the City (March 2009), through a joint partnership with UCP Marjon. The city council is making a capital contribution of £1m, towards a refurbishment of the Pool. The future community use has been secured through a 'management use agreement' and will see the Pool providing in excess of 75% of its opening hours for public use, as opposed to the current public use of 30%. The refurbishment is due to take place between June and December 2009 and is part of a major rebuild of sports facilities on the UCP Marjon Campus. The Pool for the north of the city, will form one of three Life Centre indoor satellite sites, the other pools being Plympton, and the planned pool at Sherford.

- 4.8 Although not identified within the Plymouth Swimming Facility Strategy (2006-2016), the current Strategy finds that parts of the north west locality - notably the neighbourhoods of Barne Barton, St Budeaux, Kings Tamerton and Weston Mill, Ham and Honicknowle – are not easily accessible to swimming pool provision,, There is some evidence that visits are made to the 25m pool at Saltash Leisure Centre pool from this area. Some of the demand from the north of this area may be met by the new UCP Marjon facility, but these neighbourhoods are among the most deprived in Plymouth, where access to local swimming provision would be of great benefit to health and fitness. It is suggested that further FPM modeling work is undertaken to revise the Swimming Facility Strategy following the opening of Life Centre and UCP Marjon.
- 4.9 There is currently a heated 25m outdoor pool at John Kitto School near Honicknowle which hosts swimming lessons and after school activity for a restricted period during the summer. Its sessions are very oversubscribed and it cannot meet all the demand for swimming lessons and activities, notably from the School Sports Partnership This is a valued local community facility which is in close proximity to a range of indoor provision, and a multi-use games area – at the YMCA Kitto Centre.

Hierarchy of aquatic provision

- 4.10 Plymouth City Council has a clear hierarchy of facility provision for indoor swimming pools and diving pools, which dovetails with the emerging issues arising from the development of an aquatics strategy for the city and sub-region.
- 4.11 In order to provide a range of facilities commensurate with its population size, over a quarter of a million – and its pre-eminent role in the SW sub region - the provision of a regional competition and diving pool has been identified. Plymouth has the most successful age group swimming club in the country, Plymouth Leander, and supports three divers on the World Class Performance Programme, including Olympians Tonia Crouch and Tom Daley.
- 4.12 The ASA's Whole Sport Plan and supporting documents, identifies Plymouth as one of four High Performance Diving Centres in the UK, and one of four locations within the SW, providing a strategic network of 50m Pools, the other Pools being at Bath University, Millfield School, Bristol and Plymouth.
- 4.13 More specifically the ASA has stated, "*for swimmers in Plymouth and the South West there has been a strategic need for a 50m pool and the building of The Life Centre will fulfill this need. Plymouth is fortunate in that the facilities at the existing Central Park Pools provides a 10m board, but if the development of The Life Centre did not proceed,*

the next nearest comparable diving pool is in Southampton, some 150 miles away. The Life Centre will meet the needs of the City and its divers will also serve as a catalyst for the development of diving in the West Country as a whole”.

- 4.14 The ASA also provides supporting evidence with regards to the scope of the facility, and how The Life Centre can fulfil the needs of elite performers and community alike:
- The aquatic hub for the community will provide a range of facilities including provision for: swimming and its associated disciplines/ diving/ synchronized swimming and water polo
 - The leisure pool can be utilized by family groups and pre-school learn to swim
 - A 50m x 10 lane pool with two moveable floors and bulkheads, will allow for a number of different activities to take place simultaneously. The design of such pools now offers maximum flexibility, with 50m pools ideally suited to meeting both elite and community needs.
 - A diving pool with a depth of 5m, and boards to an international standard, with a moveable floor, will offer maximum flexibility of use for diving and general community pool provision.
- 4.15 The Life Centre will operate as the central hub for aquatics across the city and sub-region, and will be the base for elite and community aquatic disciplines, providing unlimited access to public swimming, a quality learn to swim programme, full time dedicated professional swimming coaches and teachers, a learning hub to increase the coaching and teaching capacity in the city, and a performance centre. It will meet all the needs of Plymouth University’s students, through a £2.5m partnership contribution and will be an exemplar example of facility design and aquatic delivery. The Life Centre will seek to displace swimming clubs and public swimmers from UCP Marjon and Plympton (to The Life Centre) , to relieve pressure on these Pools, so that the ‘holistic approach to city wide provision can be better managed’; providing more public swimming time, school swimming and learn to swim opportunities on satellite sites.
- 4.16 The hierarchy of provision will see Plympton Pool, UCP Marjon, and the proposed new Pool to the east of the city at Sherford meeting local needs identified above. Through a new operator agreement, and management agreement at UCP Marjon, there will be greater control over the synchronization of pool activities and pricing in the city.

Plymouth’s Aquatics Strategy

- 4.17 In line with the shared vision that PCC, have with the ASA, they have jointly commissioned Strategic Leisure to produce an updated Aquatic Strategy for the city. The Aquatics Strategy is seen as a cornerstone in the development of all aquatic disciplines across the city, and extends to the sub-region including all of Devon and Cornwall. The Aquatic Strategy will seek to address:
- A framework for future development and delivery with measurable outcomes
 - Pathway to ensure a smooth transition from learn to swim to elite training
 - To identify and support the elite athletes in the city and sub-region, including students at UCP Marjon and Plymouth University.
 - Access and review existing delivery and resources
 - Inform and plan for future development and delivery, including the opportunity to work in partnership with the ASA to deliver a Beacon Hub in Plymouth, one of eight hub sites in the city
 - To ensure that swimming is affordable and equitable
 - Support new activity, particularly Water Polo, Octopush and Syncro disciplines

- Address existing challenges such as the low take up of key stage 2 school swimming and quality and quantity of learn to swim opportunities
- To provide effective co-ordination of resources across the city
- Deliver an improved approach to aquatic development, reflecting the significant investment to be made in The Life Centre
- Maximize the aquatic delivery opportunities of the proposed facilities in line with PCC's projected business plan.

Outdoor Pools

4.18 The two public outdoor pools in Plymouth – Tinside Lido on the Hoe and Mount Wise Pools in Devonport, are highly rated, popular facilities. They both attract people from across the city and outside, although the catchment of the Mount Wise pool is generally more localised. Perception amongst users is that the facilities could be better promoted and marketed throughout the city. Catering facilities at Tinside Lido would also be most welcome; otherwise users appear very satisfied with provision.

Summary of Key Issues – Provision for Swimming

- There is a lack of pool space to meet demand for swimming lessons and Top Up swimming and swimming generally within the curriculum in both primary and secondary schools across the city
- Evidence of unmet demand by the general public from 4pm – 8pm and difficulty in meeting demand for public swimming at Central Park pools which hosts many events, galas and training sessions. Further increase in demand is likely to arise from the City Council's commitment to free swimming for people aged 60 plus initiative.
- There is difficulty in accommodating demand from swimming clubs throughout the city within Central Park and Plympton pools – with both heavily used by clubs
- Overall shortage of Pool water for the city/population when assessed using SE planning tools/ and when benchmarked with and against other authorities
- The ASA have identified the opportunity for a Beacon Status programme in Plymouth, the only delivery centre of this type in the SW. In conjunction with the ASA, the city has launched the research of an Aquatic Strategy which will further investigate many of the issues highlighted here; and which will be in its first draft early summer 2009

5 Synthetic Turf Pitches (STPs)

Maps	Map 28: Multi Use Games Areas – STPs Pay and Play with 1000m & 2000m radii
Appendices	A.4: Synthetic Turf Pitches

5.1 The current strategic framework for synthetic turf pitches was set out in the Playing Pitch Strategy (2007), which sought to maximise any investment opportunities that may arise to provide new full-size third-generation rubber crumb pitches (SG 3) and to provide at least one additional full size sand filled STP for hockey for the city. This Strategy updates the earlier analysis of STP provision contained within the Plymouth Playing Pitch Strategy.

Quantity and Access

5.2 There are 8 full size STPs in Plymouth and 5 half size STPs (or MASAs) at present (see below). It is understood that another one or two half-size ATP (3G) are planned at

Estover Community College. In addition, there are a number of smaller 3G surfaces at the Goals! Centre in Central Park.

	Locality	Surface	Full/Half-size
Plymstock School Sports Centre	Plymstk	3G`	Full
UCP Marjon	C&NE	Sand	Full
Manadon Football Development Centre	C&NE	Sand	Full
Lipson Community College Sports Centre	SE	Sand	Full
Bull Point MoD	NW	Sand	Full
Brickfields Sports Centre	SW	Sand	Full
HMS Drake	SW	3G	Full
Stonehouse Barracks	SW	Sand	Full
Coombe Dean School Sports centre	Plymstk	Sand	½ size
Eggbuckland Community College Sports Centre	C&NE	Sand	½ size
Stoke Damerel Community College Sports Centre	SW	Sand	½ size
Brickfields Sports Centre – Plymouth Albion	SW	3G	½ size
Plymouth College Ford Park	SE	Sand	½ size

5.3 The majority of the ATPs have restricted access to the community, as follows:

	Total Number	Public access	Education sites	MoD
Full size sand	6	2	2	2
Half size sand	4		4	
Full size 3G	2		1	1
Half size 3G	1	1		
	13	3	7	3

Full size sand STPs (hockey)

5.4 There are 6 full size sand dressed STPs in the city:

- Two - at Bull Point, Stonehouse Barracks - are MoD sites, but are important bases for hockey matches in the city, hosting several clubs.
- The sand STP at Brickfields is in need of renovation for hockey
- The STP at Manadon is currently unsuitable for hockey at present, and has been identified in the past as a possible option for converting to 3G, if a Football Foundation bid is forthcoming.
- The STP at Lipson Community College is used to capacity by the community and hockey clubs and sports development outside school hours
- The STP at UCP Marjon hosts a tremendous amount of hockey activity and is the base for the Hockey Centre of Excellence in the city

Full size 3G STPs (football/rugby)

5.5 There is a new 3G at Plymstock School, managed by a dedicated Football Development Officer; it is understood that this is already fully booked out and will be used intensively for football. It is understood that UCP Marjon are providing a new 3G STP adjacent to the sand filled STP on the campus (this is a recent proposal and is not included within the assessment). There is a further MoD pitch at HMS Drake, which is shortly to

change from sand dressed to 3G (and has been included as such in the assessment) This pitch is 'inside the wire' and has very little outside use.

There is great demand for five-a-side facilities in Plymouth and many sports halls are busy with this activity at peak times. If outdoor synthetic facilities are provided, there is usually a transference of activity indoors to outside, which then 'frees up' indoor halls for other sports.

Surface and Quality

- 5.6 Most of the STP surfaces within Plymouth are of adequate to good quality, the exception being the sand filled STP Brickfields, for which there are plans for resurfacing.
- 5.7 The provision of STPs has to be considered in relation to the type of surface provided, owing to the emergence of polytan surfaces (which can accommodate competitive football and, subject to annual verification by the English Hockey Association, competitive hockey) in addition to the rubber crumb filled 'third generation' (3G) synthetic turf pitches tailored for football and rugby, and sand filled synthetic turf pitches catering for competitive hockey, rounders and lacrosse and recreational tennis and netball. Polytan surfaces have emerged as a new surface since research for the Strategy commenced and it is anticipated that surface technology will continue to develop and improve. One of the STPs at Ivybridge Community College has recently been converted to a polytan surface.

Sport	A Long Pile 3G	B Sand dressed	C Water based	D Polytan
11 aside/small sided football	Recommended	Basic, training level only	Basic level only	Recommended
Rugby	Recommended	Not suitable	Not suitable	Not suitable
Hockey	Basic, training level only	Recommended	Recommended	Suitable**
Tennis	Not suitable	Basic, training level only	Not suitable	Not suitable
Netball	Not suitable	Basic, training level only	Not suitable	Not suitable

** *subject to annual verification by the EHA*

Accessibility

- 5.8 The Sport England recommended standard of provision for STPs is currently being revised; the standard is currently set at 1 STP per 40,000 - 60,000 within a 20 minute radius. This simplistic standard does not take allowance of the need for differing surfaces to accommodate football and hockey; or for different size provision; or to encourage community use. It was set originally when STPs were only available for hockey and thus on this measure alone Plymouth should have four to six full size sand filled STPs for hockey (with full community access).
- 5.9 Distribution is uneven around the city; there are no synthetic turf pitches at all in the Plympton locality or in the north west locality to the north of the A38.

Plympton Locality

- Plympton – there is no STP in Plympton and demand cannot be met for a variety of sports which would make use of this facility. Neither of the secondary schools here have such a facility which is urgently required to meet their own curricular, as well as community, needs.

Possibilities are for either full or half size STPs at one/both schools – football/rugby or hockey depending on more detailed assessment of demand

Central & North East Locality

- Area fairly well served, but if the sand filled STP at Manadon is changed to 3G, this will mean that the only full size sand filled STP with community access will be at UCP Marjon. UCP Marjon is also developing a 3G STP

North West Locality

- No STP serving Whiteleigh area or at Sir John Hunt School Sports College where there is a priority need for such a facility, to meet curriculum and community needs

South West Locality

- 3 MoD owned full size STPs with varying degrees of community access
- Sand filled STP at Brickfields planned for refurbishment
- Devonport High School for Boys and Plymouth City College both desire outdoor surfaces – scope for joint facility (3G?) – although proximity to Brickfields half-size 3G and sand filled full size STP will require careful consideration

South East Locality

- There is only one full size STP within this locality, at Lipson Community College, which is fully used.

Plymstock Locality

- New 3G STP at Plymstock School already fully used.

Synthetic Turf Pitches – Demand Issues

5.10 Assessment of demand has taken account of:

- The development needs of hockey. Excluding the two MoD sites, there are 3 sand dressed full size STPs for hockey in the city. Research finds that this is insufficient provision for a city of Plymouth's size, especially given the high level of hockey activity within the city and its very well structured development programme and structure. Establishing a facilities plan for hockey within the city is a priority.
- The development needs of football. There is a great amount of footballing activity in Plymouth and high demand for grass and synthetic surfaces. The FA has a well defined programme for football development within the city, including: development of Central Park with indoor 3G facilities (Grass Roots; 5-a-side + Professional club); Manadon 3G (Coach & Development Centre); 3G in Plymstock (Development Centre). All synthetic facilities linking to network of grass provision, half size 3Gs, upgrading of grounds to Level 6 where appropriate and appropriate ancillary facilities.
- Meeting the needs of PE and sport within secondary schools (curriculum). It is recommended that all secondary schools within Plymouth should have easy access to either a full or half size synthetic surface to meet curriculum and extra-curricular needs.
- Meeting the needs of community sport and sports development work. In addition to full size STPs, additional half-size STPs should be located so as to be able to develop outreach work from full size STPs. These should ideally be of size 60m x 40m synthetic turf, and to be located at all schools where there is not a full size STP.

Other Synthetic Surface Provision - Indoor 3G

- 5.11 There is no indoor 3G south of Bristol; there are many advantages to developing such a facility within the city, especially if allied to football development and excellence activity (e.g. Central Park). This accords with Football Foundation views. Plymouth Argyle Football Club wish to deliver a football academy and it is understood that a separate feasibility study linked to the long term vision of PAFC for a 3G pitch and/or indoor 3G facility is currently being undertaken. The provision of an indoor 3G pitch would deliver against broad football objectives within the city, particularly around juniors, girls and disability groups.

Managed All Weather Sports Areas (MASAs - Half size STPs)

- 5.12 Half size STPs – usually around 60m x 40m - (or floodlit managed all-weather sports areas) have an important role to perform for formal sport (particularly training), and when planned as part of an overall strategy can fulfil an invaluable developmental function. They can accommodate five-a-side football, netball, basketball, tennis and training in rugby, hockey and football. For this reason, they are very popular as school and community facilities.
- 5.13 Both the FA and the English Hockey Association support the development of such areas as support facilities for football and hockey training, particularly when allied to full size provision. The school based half-size sand STPs – three of which were funded through the New Opportunities Fund, at Coombe Dean, Stoke Damerel and Eggbuckland Schools – and the private school facility at Plymouth College - are well used for a variety of community based activities in addition to curriculum and extra curricular needs – netball, tennis, hockey and football training are an integral part of facility provision at their schools. The half-size 3G at Brickfields, is a valuable training facility for Plymouth Albion RFC, but has more restricted outside use.

Summary of Key Issues – Synthetic Surfaces

- There are 8 full size STPs in Plymouth; distribution is uneven around the city; there are no synthetic turf pitches at all in the Plympton locality or in the north west locality to the north of the A38. Of the 8, 4 are on education sites, 2 are on MoD land and 2 have full public access (Brickfields and Manadon Football Development Centre)
- Most of the ATP surfaces within Plymouth are of adequate to good quality, the major exception being the sand filled STP at Brickfields (which is due to be resurfaced).
- Technology for STPs is constantly evolving and there is a need to ensure that there is adequate provision for both football, rugby, hockey and for community use for tennis and other sports, and to meet the needs of school sport. The new polytan surfaces which if sanctioned by the English Hockey Association can meet demand for both hockey and football (but not rugby or tennis) may be appropriate
- There is underprovision of STPs for both hockey and football within the city – required to enable progression within all sports.
- There are ongoing conversions from one surface to another (MoD) and the provision of new pitches (UCP Marjon). The University of Plymouth is actively looking for a site for a new STP
- The new polytan surface at Ivybridge Community College and for the provision of a new STP at the Sherford development may influence demand for pitches within Plymouth, and the situation should be monitored.

Outdoor and Indoor Provision for Tennis

Maps	Map 29: Tennis Provision with 1000m and 2000m radii
Appendices	A.5: Facilities for Tennis

- 6.1 Various initiatives in tennis at present – The LTA Whole Sport Plan for Tennis concentrates on increasing participation and improving places to play. The ‘Places to Play’ strategy places priority on more juniors etc.....By October 2009 the Tennis Foundation plans to have 50 Beacon sites. Beacon sites are those with a minimum of 6 visible courts and in Year one a 10 mile radius around a Beacon site should cover a minimum of 200,000 people. At each Beacon Site the Tennis Foundation plans to generate competitive tennis, court bookings, social interaction etc through a variety of measures. Parks: In Year 1 plan to have 300 self service parks. At each there will be new style rules and guides on how to enjoy tennis; to become involved in this initiative, park must be free for social use.

Quantity – Outdoor Courts

- 6.2 Apart from outdoor tennis courts on school sites and at HMS Drake (which has very restricted access), the audit records 40 outdoor courts in the city, 16 of which are floodlit. 20 of these are on park sites owned and managed by PCC (with 8 being subject to formal agreements with two clubs); a further 20 are located at private tennis clubs. In addition there are courts at a number of schools, notably Plymstock School.
- 6.3 This is a low level of outdoor court provision. The LTA proposes a standard for the provision of floodlit courts (population within 30 minutes (preferably 15-20 minutes) x 2%, divided by 60) which gives a level of provision of at least 80 floodlit courts for Plymouth. Even allowing for the omission of tennis courts on school sites (or the use of STPs for tennis in the summer), Plymouth is underprovided for against accepted standards.

Quality

- 6.4 Surfaces range from all weather tarmac to basic tarmac and grass courts. Several of the private courts are in poor condition and clubs do not have enough money in their sinking funds to resurface and upgrade quality of floodlighting. A number of these facilities require upgrading and/or their outdoor clubhouses improved.
- 6.5 Only 40% of outdoor courts are floodlit.

Accessibility

- 6.6 Distribution throughout the city is uneven.

Central and North East locality

Name	Access	No. courts	No. floodlit	Surface	Condition 0-5 (good)	Fit for purpose 0 - 5 (good)
Devonshire H & R Club	Private	2	2	All weather tarmac	n/a	n/a
Carhullen LTC	Private club	3	3	All weather tarmac	5	5
Hartley Park	PCC	1	1	Tarmac	2	3

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Hill Lane LTC, Lockington Rd	Private club	4	4	Tarmac	3	4
Mannamead LTC	Private club	6	4	All weather tarmac + 2 grass	4	4
Russell Avenue LTC	Private club	2	0	N/a	3	3
Whiteford Road LTC	Private club	3	0	Tarmac	3	4
		21	14			

South East

Name	Access	No. courts	No. floodlit	Surface	Condition 0-5 (good)	Fit for purpose 0 - 5 (good)
Tothill Park tennis courts	PCC	1	0	Tarmac	1	1

North West

Name	Access	No. courts	No. floodlit	Surface	Condition 0-5 (good)	Fit for purpose 0 - 5 (good)
St Budeaux Tennis Courts, Verna Road	PCC	3	2	Tarmac	3	4

South West

Name	Access	No. courts	No. floodlit	Surface	Condition 0-5 (good)	Fit for purpose 0 - 5 (good)
West Hoe Tennis Courts	PCC	4	0	Tarmac	3	3

Plympton

Name	Access	No. courts	No. floodlit	Surface	Condition 0-5 (good)	Fit for purpose 0 - 5 (good)
Harewood House	PCC/Club	4	0	All weather tarmac	5	4

Plymstock

Name	Access	No. courts	No. floodlit	Surface	Condition 0-5 (good)	Fit for purpose 0 - 5 (good)

Dean Cross (Plymstock LTC)	PCC/Club	4	0	All weather tarmac	5	4
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Commentary

- 6.7 There are 21 outdoor courts (14 of which are floodlit) in the Central and North East locality – 53% of the total stock of courts in Plymouth. All of these - apart from the Devonshire Health and Racquet Club's two outdoor courts - lie south of the A38 and 18 of them (11 floodlit) belong to private clubs all located in a small area of Hartley & Mannamead. The quality of these courts is variable and for some time, rationalisation of these courts has been discussed
- 6.8 There is at least one court managed by the City Council in each of the six localities, but out of Plymouth City Council's 20 courts, only 3 have some type of floodlighting (1 at Hartley Park and 2 at St Budeaux, Verna Road.) Again, quality is variable. Three PCC sites have 4 courts – Harwood House in Plymton and Dean Cross in Plymstock (both subject to arrangements with clubs) and 4 courts at West Hoe.
- 6.9 However, there are no public outdoor tennis courts to serve the north of the city (i.e. north of the A38), except the four at Harewood House in Plympton. There are courts at schools – notably at Eggbuckland School, and 10 courts, 4 of which are floodlit and are well used by the community for tennis at Plymstock School).
- 6.10 There are many issues around the development of tennis within the city. The sport has failed to develop well within Plymouth – there is low number of clubs and low numbers of junior players coming through to represent Devon at tennis. There is great scope for increasing coaching on public courts, but there is a lack of LTA qualified coaches operating in the area. Need more young people on Level 1 &2 coaching courses etc. There are coaching programmes on the public courts at Devonport Park and West Hoe tennis courts through KGS Tennis, but scope to develop further on other sites

Indoor tennis

- 6.11 Indoor tennis courts are vital in sustaining the development of tennis participation as they provide significant increased playing opportunities. There are 5 indoor courts at the Devonshire Health and Racquet Club, which is a very high quality facility and runs developmental programmes, but the cost of membership, joining fees and court availability are a barrier to widespread community access. Non-members need to be able to access coaching programmes in order for it to develop. The Hele School Bridome has 4 indoor tennis/3 netball courts which are well used by the local tennis club and for some development work.
- 6.12 However, the LTA is now emphasising the value of the development of indoor facilities and the Devon LTA regards the provision of a 4 court pay and play facility within Plymouth as a priority. A number of sites are under consideration, and given the need to target the socially excluded in tennis and the LTA national objective to increase participation, it may be appropriate to locate this within an area that is accessible to the south west of the city.

6.13 Analysis for the Strategy suggests the development of a network of facilities for tennis in the city

City wide facility

- It is recommended that there should be 1 principal indoor site with a minimum of 4 (preferably 6) indoor courts, with at least 4 floodlit outdoor courts in close proximity.

Community Facilities

- Below this level there is a need for tennis courts to meet casual demand from the community and for sports development work.
- As a priority to start with, one outdoor site within the city – preferably in PCC ownership with at least four courts – should be floodlit and developed as a coaching centre (e.g. West Hoe tennis courts, Harewood House, Plympton and Dean Cross, Plymstock).
- Additional basic community level of provision of tennis facilities is to be provided via existing clubs and schools:
- To try to secure greater community use of courts currently with restricted access: there are certain sites where more effective use for tennis could be made, by opening up more widely to the local community.
- However, given low level of provision, the need for more courts is considerable and the best option would appear to be at new build school sites, with secured access to sand filled STPs.

Floodlit courts

- All courts within the City would have to be floodlit to meet the LTA's standard for floodlit courts. In particular to work towards installing floodlighting, starting at sites where currently there are four courts which are not floodlit

Key Issues – Provision for Tennis

- Poor membership figures in clubs across city, only approximately 400 members in Plymouth city tennis clubs, which is a low level for a city of a quarter of a million people plus
- Low number of courts and very variable court quality; only 40% courts are floodlit. Distribution throughout the city is very uneven.
- Great scope for developing coaching across the city.

Outdoor and Indoor Provision for Bowls

Maps	Map 30: Bowls Provision with 1000m and 2000m radii
Appendices	A.6: Facilities for Bowls
Technical Document	Section 4: Facilities Section 5: Specific Sports Section 7: Audit

6.15 Bowls in Plymouth has recently suffered from a major loss of facilities, mainly occasioned through the closure of the Civil Service Sports ground (2 outdoor greens and 6 indoor rink). In addition the 4 rink indoor facility at the Mayflower Leisure Centre has been earmarked for replacement for many years. Although bowls is not an activity that is exclusively undertaken by the more mature in age, there is a predicted significant growth in the 50+ population of Plymouth and there is clearly a need to acknowledge this sector of the community.

Outdoor Bowls

6.16 There are 12 outdoor bowling greens in the city, 4 in private club ownership and 8 owned by Plymouth City Council and leased to clubs, as follows:

Central and North East

Name	Access	Condition 0 - 5 (good)	Fit for purpose 0 - 5 (good)
Central Park Bowling Greens x 2	PCC/Club	4	4
Sir Francis Drake Bowls Club	Private Club	4	5

South East

Name	Access	Condition 0 - 5 (good)	Fit for purpose 0 - 5 (good)
Tothill Park Bowling Green	PCC/Club	4	3
Unity Park Bowling Club	Private Club	n/a	n/a

South West

Name	Access	Condition 0 - 5 (good)	Fit for purpose 0 - 5 (good)
City Bus Bowling Group	Private club	N/a	N/a
Devonport Park	PCC/Club	4	3
Plymouth Hoe Bowling Green	PCC/Club	4	5
Victoria Park Bowling Green	PCC/Club	4	4

Plympton

Name	Access	Condition 0 - 5 (good)	Fit for purpose 0 - 5 (good)
Harewood House Bowling Green	PCC/Club	4	5

Plymstock

Name	Access	Condition 0 - 5 (good)	Fit for purpose 0 - 5 (good)
Dean Cross Bowling Green	PCC/Club	4	3
Plymstock Bowls Club	Private Club	n/a	n/a

Commentary

- 6.17 As with tennis, distribution of facilities throughout the city is uneven. There are no bowling greens in the North West Locality and none to the north of the A38, except at Harewood House in Plympton.
- 6.18 Outdoor provision is not considered adequate in terms of quantity, especially since the loss of the Civil Service bowling greens. Not all members have been able to find alternative greens/clubs, due to distances involved, poorer quality of greens or lack of spare capacity. A need has been expressed for an additional outdoor green in Central Park, to make a Centre for bowling activity alongside the indoor provision proposed within The Life Centre.
- 6.19 The market segmentation analysis for the Strategy shows the relatively high population of 'Elsie and Arnolds' in the North West of the city, for whom bowls is a popular sport, but there is no bowls provision in this part of the city.
- 6.20 At the time of the audits (October) the quality of the greens appeared reasonable, although it is known that dissatisfaction has been expressed over the quality of the greens.
- 6.21 The emphasis for outdoor bowls should be on securing a replacement to the Civil Service Bowling Greens, improving investment in quality and raising the membership of some clubs.

Indoor Bowls

- 6.22 According to Sport England guidance through the Sports Facilities Calculator (although this is preferably only to be used in association with new development), a city with the population of Plymouth might be expected to support around 16 indoor rinks for bowls. There is currently only the 1 x 4 rink facility available at the Mayflower Leisure Centre, which is desperately in need of replacement. There is a significant indoor bowls facility void between Exeter and Plymouth since the closure of the 8 rink facility at Newton Abbot; the nearest facility to the west is at Liskeard.
- 6.23 A more detailed Feasibility Study on the future of indoor bowling in the city was undertaken by UCP Marjon, with findings supporting the strong strategic need for bowls facilities (Autumn 2007). The recent planning application for the Life Centre includes an 8 rink indoor bowls facility, which is being delivered in partnership with the Governing Body.
- 6.24 It is suggested that the requirement for further indoor bowls facilities be considered once the Life Centre has been open for a few years.

7 Specialist Facilities

Maps	Map 31: Other Facilities in Plymouth with 1000m and 2000m radii
Appendices	A.7: Specialist Facilities; A.8: Squash Courts

A PROVISION FOR ATHLETICS

- 7.1 There are 12 athletics clubs within the Plymouth Armada Forum – 6 city based and 6 from the surrounding Plymouth TTW area. Demand for athletics across Plymouth is increasing and activity takes place at many schools (using grass tracks and facilities),

within the Mayflower Leisure Centre and at Brickfields athletics track. There are many running clubs in Plymouth – including Plymstock Road Runners, as well as growing interest in the Women’s Running Network.

- 7.2 England Athletics, in partnership with McCains and Sport England are supporting a number of athletics networks around the country with the aim of:
- opening the sport to a wider audience
 - developing stronger community links
 - supporting the growth of club athletics
- 7.3 Plymouth has been selected as one of the first ten athletics networks in the country, and the existing Armada Athletics Network will become the forum to deliver this three year project. The revenue funding made available will provide a full time Coordinator, who will sit within the Sports Development Unit, and ensure that the outcomes of the delivery plan are met. Plymouth City Council is also supporting this initiative as it provides an excellent opportunity to increase participation and ensure that existing facilities are fully utilised.
- 7.4 There is a floodlit six-lane synthetic athletic track with field event facilities at Brickfields Recreation Ground in the south west of the city. The City of Plymouth Athletics Club has been concerned for many years at the standards of facilities at Brickfields, including the clubhouse and the long/triple jump facility and the size of the track.

Assessment

- 7.5 According to Sport England guidance, a city of Plymouth’s size should be able to support an 8 lane athletics track. The six lane track at Brickfields is currently underused and the preferred option is for junior development to take place within the existing club and pathways for athletics development throughout the city to be progressed before further consideration is given to the provision of an 8 lane track, elsewhere in the city (the Brickfields site is not large enough for an 8 lane track). There is great potential for junior club development throughout the city, linking in with school programmes across the range of disciplines.
- 7.6 In addition, it is proposed that the city looks to providing:
- For harriers / road runners –floodlit endurance training routes (possible route share with off road bikes)
 - A small scale outdoor training facility as specified by UK Athletics, encompassing a 140m straight with adjacent field event facilities. This could be located alongside a synthetic turf pitch provided in the east of the city, perhaps in Plympton on a school site
- 7.7 Sports hall athletics is a key driver for athletics development within the city and it is suggested that a central venue for sports hall athletics could be accommodated within The Life Centre

B ICE RINK

- 7.8 Plymouth Pavilions opened in 1991, and although relatively modern in leisure terms, the Ice Rink has limitations in appealing to mass markets. It is fairly small and irregularly shaped (44m x 22m) and has a capacity of 250 people. The shape of the current Ice Rink restricts the promotion of ice shows and league ice-hockey. Nevertheless, the Pavilions rink serves a very large catchment, drawing people from all over Devon and Cornwall (the nearest rink is at Bristol which is 56m x 26m). It is well used for range of

activities, including 2 figure skating clubs, Chilli Penguin club (regularly up to 100 younger children), recreational ice hockey, discos and ice mobility (for people with disabilities).

- 7.9 The Pavilions rink is due to be demolished as part of the redevelopment of Plymouth City Centre and the City Council is committed to replacement provision. Whilst the National Ice Skating Association of UK Ltd (Facilities Strategy) does not make specific reference to any UK ice skating site, discussions with the General Secretary support the strategic need for an ice-skating facility in Plymouth, identifying it 'high'.
- 7.10 Sport England confirmed their on-going support for ice provision in the city, during their analysis of need discussion with the Council in June 2007. In particular they cited the strong correlation between ice programmes and the 'youth agenda'. Ice provision also has wide appeal to the 'family destination market'. A new ice facility is likely to have a 60% penetration rate amongst young people aged 4-19 years, linking to the core needs of the city's sports plan.

Assessment

- 7.11 Using research undertaken by PMP consultancy it is estimated that the 'critical mass' of people living within a 20 to 30 minutes drive time for an ice rink, to be commercially viable is 100,000. Plymouth meets this criteria, together with a higher than recommended number of young people aged 5 - 19 years. Using information from the Active People survey, there is a comparative preference to ice-skating participation amongst women aged 18- 40. The family 'appeal', of the facility, could explain this.
- 7.12 It is proposed that an ice rink is built 56mx 26m with spectator seating for 1,000-1,500 seats. The facilities will be suitable for a learn to skate programme, recreational league ice hockey and one off events.

C SQUASH COURTS

Squash courts in Plymouth

Derriford Health And Leisure Centre	1	Members club
Devonshire Health & Racquet Club	3	Members club
HMS Drake	4	MoD restricted
Mayflower Leisure Centre	1	Public
Plymouth College Ford Park	2	Private school
University Of Plymouth Campus Sports Facilities	3	University + public
YMCA Kitto Centre	2	Public (dual use in day)
Westcountry Squash And Fitness Centre	3	Members club
Fort Stamford Health & Fitness	4	Members club
TOTAL	23	

- 7.13 There are only 6 community access pay and play courts in Plymouth - at the Mayflower Leisure Centre, the YMCA Kitto Centre and University of Plymouth. The number of squash courts in the city is slowly declining. Recently two courts at the YMCA Kitto Centre have been converted into classrooms and there are plans to convert one of the remaining two into an extension to the gym. The rebuild of sports facilities at UCP Marjon will not replace the current squash court provision.

Assessment

- 7.14 It is difficult to predict future participation levels in squash in Plymouth. Nationally, adult squash participation is predicted to decline from 1.1% to 0.7% between 2005 and 2013. This represents a 36% decline, which is high compared to other racquet sports, although the numbers of squash clubs are expected to rise as a result of the extensive mini squash programme nationally, which has seen 15,000 young people come into squash.
- 7.15 From the governing body perspective, there are three main centres in Plymouth, the two clubmark centres at Fort Stamford and West Country Squash and Devonshire Health and Racquet Club.. The priority for the NGB is to maintain the level of existing squash courts and pay and play access to as many as possible to increase participation and build the club base where it is diminishing. A lack of publicly available squash courts makes it difficult for children and young people to access opportunities to play squash for the first time
- 7.16 However, the provision of dedicated squash courts cannot be economically justified as a stand-alone facility. Through the provision of 'multifunctional squash courts'; the space can be programmed for a range of sports, which achieves higher occupancy rates. This design model (ABS) has been recommended for inclusion within The Life Centre and this may also prove a suitable design for new sports hall provision on school sites. The success of the future delivery of squash within The Life Centre will be greatly enhanced through a service level agreement with England Squash to ensure squash coaching and development programmes are delivered.

D GYMNASTICS

- 7.17 There is specialist provision for gymnastics at Swallows Gymnastics Club, located in a building built by the club in 1993 in the Tamar Science Park, Derriford. The Club has thrived since being in this building and members come from all over the city, helped by public transport accessibility to the Centre which is good. Swallows has a sub-regional role in that it attracts elite performers from across south and west Devon and East Cornwall. The club maintains a huge waiting list and it is apparent that demand for gymnastics in the city cannot be satisfied. There is also much gymnastics and trampolining activity at YMCA Kitto Centre and UCP Marjon and both sports are very popular in schools throughout the city.
- 7.18 Swallows Gymnastics Club is very short of ancillary space (toilets, changing, etc) and cannot be a competition venue (no spectator space). The club has planning permission to extend its facility and it is understood that the current intention is to extend to provide spectator accommodation at its existing location.

Assessment

- 7.19 Under Sport England guidelines, provision of dedicated facilities for gymnastics is based on one specialist centre for 250,000 population and/or 30 minutes drive time, together with an absence of competition facilities located within an identified catchment, or clear evidence of latent/suppressed demand. Due to the number of disciplines, each facility is unlikely to be able to specialise in more than two disciplines, therefore a network of facilities covering all disciplines is required.
- 7.20 The Strategy supports the need for a performance and competition venue within Plymouth, capable of accommodating national and even international events – either achieved at Swallows, or on another site

7.21 In addition, there should be the capacity for gymnastics to be practiced in a range of sports halls throughout the city, by ensuring that in any new provision (occasioned through BSF or other means), pits and the requisite equipment are constructed as the hall is built, to give maximum flexibility for a range of activities.

E INDOOR RIFLE RANGES (IRR)

7.22 There is no national Facilities Strategy for shooting. The sport comprises a number of disciplines:

- a. Air Rifle and Air Pistol International 10 metre disciplines = NGB disciplines at 20 yard.
- b. Prone Small-bore (miniature) Rifle
- c. Three-Position International Small-bore Rifle (Prone, Kneeling, Standing)
- d. Small-bore Pistol (International “Free Pistol” discipline)
- e. Small-bore Carbine disciplines
- f. Cross Bow.
- g. Disability target shooting sports.

7.23 The key issues for the sport of shooting in Plymouth are:

- No facilities for target shooting since closure of range at YMCA Kitto Centre
- Great interest in shooting as an Olympic sport – especially following the success of Heather Fells, Plymouth College (Olympic silver medal, Pentathlon).
- 7 disciplines within shooting; only (very limited) facilities for prone small-bore rifle shooting now available in Plymouth at 3 sites where access restricted:
 - Hele's School Sports Centre
 - Plymouth College Ford Park
 - Great Western Railway Social Club, Laira
- There are Olympic outdoor traps in Newnham Park to the north east of the city, beyond Plympton.
- There are clubs at

Assessment

7.24 Since the range at the YMCA Kitto Centre closed, shooting has been without a proper base within the City, and the Strategy supports the view that recognition should be given to this deficiency, given the history of the sport and the military presence in the city. There is a need for quality range provision to accommodate all 7 disciplines for shooting. Possible sites seem to be crystallising around redundant sports hall from the University in Ernesettle and sites at Chelson Meadow Ernesettle – depending on decision re:waste facility

8 Outdoor and Adventure Activities (The Natural Environment)

<i>For other relevant information please see:</i>	
Maps	
Appendices	A.9: Climbing Walls

8.1 Past strategies by Plymouth City Council and many current initiatives have identified the need for more emphasis on natural and water based fitness and sporting activities within

the city. Not only can these have tremendous health and well-being benefits, but water and greenspace and the countryside can often be used, and/or enjoyed, for free or very little cost, an important factor in reaching traditionally low-participant groups. Contact with nature has been shown to improve people's physical and mental health – by increasing physical activity, it helps to reduce stress; The National Institute for Clinical Excellence (NICE), for example, recently issued new guidelines for health professionals, which highlighted the mental health benefits to older people of led walks in the natural environment.

- 8.2 Other examples include the benefits of working in Green Gyms (concept developed by the British Trust for Conservation Volunteers to successfully increase people's physical activity and promote good mental health and well-being), which have been evaluated by Oxford Brookes University. They demonstrate increased fitness, better mental health and a strong retention rate of 70% of participants after six months.
- 8.3 Similarly, nature can stimulate us to be more active in coastal areas. The Marine and Coastal Access Bill has been introduced to Parliament with the potential to significantly increase coastal access. Plymouth has the potential benefits for its inhabitants of walking by the sea within easy reach of some of the most deprived parts of the city. Moreover, parts of the city which are deficient in indoor provision, such as St Budeaux, Ernesettle, Whiteleigh, Southway, Woodford, Chaddlewood, Turnchapel, Hooe, Oreston for example (being on the fringes of the built up area) are close to countryside and water resources, and advantage should be taken of this proximity by extending means of access such as footpaths, cycleways, slipways and launching areas. 'Co-operative Way' – route map joins up all city's green parks.
- 8.4 The Mount Batten Water Sports and Activities Centre provides a variety of adventure activities, as well as water based sports, including caving, climbing, abseiling, potholing, environmental studies and climbing/mountaineering.

A WALKING, RAMBLING AND RECREATIONAL CYCLING

- 8.5 The 10 mile Plymouth Waterfront Walkway was developed by the City Council in 2002 as a unique part of the South West Coast Path National Trail. It links the Cremyll Ferry landing stage on the shores of the Tamar with Jennycliff on the eastern side of Plymouth Sound. In addition, Plymouth has around 1500 hectares of park space, woodland, playing pitches and other public open spaces which is significantly higher than other comparable sized cities. New accessible green space has recently become available at Plymouth Countryside Park between the quarry and Sherford in the east of the city.
- 8.6 Plym Valley and Cann Woods are well established walking areas. Cann Woods are located only a couple of km from the Plymouth City centre, and are thus easily accessible from many areas of the City. The Park and ride facility is within 750m of the proposed Plym Valley and Cann Woods trails. Opportunities for walking throughout the city are continually being developed, as proposed within the new Derriford Park.
- 8.7 The Sustrans route 27 passes along the Plym valley, forming the southern portion of the 2 Moors Way. There is also a Sustrans route and other cycle paths passing through Mount Edgumbe – the 865 acre Country Park on the Rame Peninsula, South East Cornwall, setting for Mount Edgumbe House which is jointly owned by Cornwall Council and Plymouth City Council.
- 8.8 Other documents have set out the benefits of promoting cycling as an Active Transport, with benefits to health, fitness, well-being and the environment. Various initiatives which the Strategy supports include:

- Encouraging children to cycle to school, safely (with adequate bike storage at school)
- Proposals for the North Plymouth Community Park, linking the Bircham and Forder Valleys, include a 11km public footpath, cycleway, and tree trail network. The topography of the site particularly lends itself to ‘linear’ leisure and recreational pursuits such as walking, cycling and running. Promotion of the health-benefits of these activities will be incorporated into the infrastructure and signage of the Park.
- Need to be able to move around city on cycle and foot
- The Green Space Strategy for Plymouth promotes the green space access target that everyone should be able to access a green space within 400m of where they live or work (240m straight line).

B CYCLING

- 8.9 Cycling in many forms is increasing in popularity, especially following Great Britain’s recent Olympic successes. There are various disciplines: Roads (open roads and closed circuits), Tracks or Countryside (BMX, Cycle Speedway, Cycle-Cross and Mountain Biking). Bikeability programmes throughout the School Sports Partnerships are increasing access to, and interest in, cycling amongst schoolchildren in the city.
- 8.10 There is specialist cycling provision in the city for BMX in Central Park, with smaller ramps and jumps at various youth facilities around the city. The only Cycle Speedway track in Devon is at Exeter. Newnham Park in the east of the city is a centre for biking activity, particularly cyclocross and mountain biking/cross country. “Newnham 90” uses the area of Cann woods once a year for an organised mountain bike race. Plymouth is identified.
- 8.11 The Strategy research suggests the following:
- Maintain existing dedicated cycling facilities
 - Consider further provision of cyclocross routes on the peripheries of sports fields, landscaped wastelands and disused quarry pits
 - Provision of additional BMX facility within the city
 - Cycle speedway – further review interest/demand
 - There is a proposal for a Mountain Bike Centre Project in Cann Woods in the Plym Valley. This is already a well used area for Mountain biking; the proposal is to mark and grade the trails, denoting the direction of travel and difficulty. Such a proposal should be supported.

C CLIMBING

- 8.12 Climbing is very popular in Plymouth and the level of activity – and standards reached – is increasing rapidly. There are a small but growing number of climbing clubs based at several venues around the city.
- 8.13 Links with education sector are strong, as most existing walls are on school sites. Eggbuckland, Estover, Lipson, Plymstock and Stoke Damerel Schools have beginner walls within their sports halls and facilities are being added to all the time – UCP Marjon, Notre Dame School, Hele’s School and Sir John Hunt School are all in the process of designing and installing new walls. More advanced provision is to be found at the YMCA Kitto (within the sports hall – again improvements are being considered) and at the Mount Batten Water Sports and Activities Centre, which has an outdoor wall, for abseiling and a ferratta section. There is a mobile wall in the Plymstock School Sports Partnership.

- 8.14 The research points to burgeoning activity in Plymouth and given the proximity of the city to the natural climbing environment on Dartmoor, the Strategy finds that the sport would benefit from the development of a hierarchy of provision, and that there is a strategic need for a new high quality specialist facility. The nearest quality climbing provision is Undercover Rock in Bristol and within the South Hams near Totnes.
- 8.15 Over 50% of users of modern climbing facilities are aged under 19 years, with many families participating in group activities. Technology has assisted in providing curved resin products enabling a range of climbing activities to be promoted, including Auto belay, top roping, lead climbing, bouldering and abseiling. There has been a key shift in market users, moving away from specialist dedicated climbers who use indoor facilities during inclement weather, to the mass leisure market.
- 8.16 The vision for the Life Centre is to provide a climbing wall, which is open to everyone, which is safe, and promotes best practice in keeping with climbing tradition. The climbing facilities will be the central feature in defining the Life Centre as a family leisure destination (adventure centre), which differentiates itself from other key leisure providers in Plymouth and the surrounding area. The provision of a climbing wall will be designed as a dedicated facility and not integrated within the sports hall. The facilities will be open access, with no specialist equipment required on the part of the participant.

D OTHER ACTIVITIES

- 8.17 Climbing activities can be said to include rock climbing, abseiling, ice climbing, gorge walking and coasteering and sea level traversing and caving. Coasteering and sea level traversing are used to describe an activity which is a blend of rock climbing, caving and some water activities. It is climbing rock horizontally, either continuously or in sections. This is a growing activity in Plymouth. Caving takes place at Radford Cave when able to be accessed (Plymouth Caving Club).
- 8.18 Devon Orienteering Club has recently laid out a new course in Central Park. This activity is growing in popularity, and several schools are looking to establish courses in their grounds. Such tracks should be supported.

8.19 Key Issues: Outdoor and Adventure Sports and The Natural Environment

- Parts of the city which are deficient in indoor provision, such as St Budeaux, Ernesettle, Whitleigh, Southway, Woodford, Chaddlewood, Turnchapel, Hooe, Oreston for example (being on the fringes of the built up area) are close to countryside and water resources, and advantage should be taken of this proximity by extending means of access such as footpaths, cycleways, slipways and launching areas
- Enhancement of the capacity of, and improved accessibility to, the natural environment of Plymouth, including linkages to greenspaces and countryside within and near to Plymouth for range of climbing, cycling, fitness and orienteering activities (see also Plymouth Green Spaces Strategy)
- Development of orienteering routes and facilities for range of cycling disciplines, walking and running etc
- Facilities for cycling
- Development of network of provision for climbing, with a variety of smaller walls at school sports halls, progressing to the new innovative climbing zone, with 15m wall, aerial assault course, bouldering and abseiling facilities within the Life Centre.
- Continuing development of wide variety of adventure activities – climbing, abseiling, coasteering etc

9 Provision for Water Based Sport and Recreation

<i>For other relevant information please see:</i>	
Maps	Map 32: Watersports

- 9.1 Sailing, windsurfing, power boating and personal watercraft are all great sports for getting residents plus visitors to Plymouth active, energetic and outside in the fresh air. Plymouth Sound is recognised as one of the best stretches of water within the South West of England to experience these sports – and it is undoubtedly one of the city’s best assets for the introduction and long term participation out of any sport.
- 9.2 Plymouth Sound is a deep inlet, 2 1/2 to 3 miles wide, and 3 deep, into which the river Tamar falls from the west, and the river Plym from the east. It is sheltered by a great breakwater, constructed in 1812-41 - an insulated mole of stones, a mile in length, stretching across the middle of the Sound, 2 miles from the Hoe.
- 9.3 Plymouth offers some many easily accessible opportunities to get afloat in the South West. There are in the region of thirty six RYA affiliated clubs and organisations within the Plymouth area, ranging in size from small sailing clubs through to the Mount Batten Water Sports and Activities Centre, situated on the Mount Batten Peninsula, which is an RYA centre of excellence for the development of regional, national and international training and competitions.
- 9.4 Even as far back as the Specialist Sports Strategy for Sport England South West in 1991, Plymouth was highlighted as a superb natural resource for England and the South West.
- 9.5 There is an enormous amount of water based activity taking place in Plymouth Sound and the Rivers Tamar and Plym, and a considerable amount of data has been collected through the Strategy consultation process. Given the vast amount of activity and potential of Plymouth Sound for water based activities, it has been agreed that the best way to take this forward is to prepare a separate Water Sports and Activities Strategy for Plymouth, which may include Outdoor and Adventure Activities referred to in Section 8.

10 Health and Fitness Facilities

<i>For other relevant information please see:</i>	
Maps	Map 33: Health and Fitness Facilities
Appendices	A.11: Health and Fitness

- 10.1 Demand modelling undertaken by Strategic Leisure (March 2007) utilising the Fitness Industry Association Health and Fitness Penetration for 2006, based on the 2001 census population rates, indicates that there is a current deficiency of approximately 112 public accessible fitness stations in the city. Using Active Places Power data, the total available fitness stations per 1,000 population in Plymouth, is 3.85. This compares to a SW Regional ratio of 4.28 and England ratio of 5.04, per 1,000 population. An additional 150 stations located within The Life Centre, based on the current population, would compare favourably when benchmarked in the SW Region.
- 10.2 In the last 10 years the growth of fitness facilities within the city has been led by the private sector; Cannons (86 stations); Devonshire Health and Racquet Club (110

stations); McCaulay's Health Club (80 stations), aimed at the higher income social groups.

- 10.3 The large majority of facility stations on a pay and play basis within Plymouth are located within school or Higher Education sites. These, together with community gyms, such as those in the neighbourhoods of Stonehouse and North Prospect, are a welcome addition to the range of health and fitness facilities in the city, as they are aimed at people with lower levels of fitness and may attract those unlikely to visit, or be able to afford, commercial gym facilities. However, fitness suites on school sites often have a lower number of stations and are of lower quality.

Assessment

- 10.4 Some of the main considerations in providing more health and fitness facilities are:
- Provision of new accessible high quality facility for the community, at The Life Centre - 150 station fitness suite; health suite, with sauna, steam rooms and showers
 - It is estimated that with the new facilities at UCP Marjon and the 150 station facility planned at The Life Centre, there are around 1250 individual stations throughout the city. There is a further need for additional gym equipment around the city: there are some schools without gym stations and would wish to see growth in community gyms and fitness suites which are easily accessible.
 - Need more vibrant private sector involvement – opportunities may present themselves for a future external operator of PCC facilities through the provision of added value on existing sites.
 - Massive market in working women – need easily accessible, available facilities.
 - Links to other corporate objectives and partners – GP Referrals, school children, obesity etc
 - Accessible, affordable and welcoming health and fitness suites are key components if we are serious about increasing participation in activity and sport
 - Need better quality provision on school sites - larger gyms with more equipment and greater community access. More attention to equipment to meet demand from young people
 - Value in development of young people's gyms, such as the recently installed 'Shokk' branded Gym at Brickfields Sports Centre

Key Issues: Health and Fitness

- Provision of new accessible high quality facility for the community, at the Life Centre - 150 station fitness suite; health suite, with sauna, steam rooms and showers
- Unmet demand; desire to create network of health and fitness facilities throughout city, linking in to wide variety of health resources (GP Referrals etc)
- To consider new provision at all schools where no provision at present and the extension of some existing facilities, to encourage wider community use.
- Development of community gyms and use of community halls and local resources for a range of health and fitness activities.
- Sports Science laboratories, injury clinics and performance centres and other specialist facilities at key locations around the city - develop network of complementary facilities to avoid duplication.

11 Sport and Fitness Activities in the Built Environment

- 11.1 Across the country, it is the most disadvantaged communities that suffer from both the worst health problems and the lowest quality environments (and participate the least in active sport and recreation). Healthy environments are essential for a sustainable healthy community, and while the link between public health and the built environment may be recognised, it is still regarded by many as tangential, or the responsibility of 'someone else' to deal with.
- 11.2 With up to two-thirds of men and three-quarters of women not taking enough exercise and a quarter of adults already obese, these issues need to be addressed, in Plymouth as elsewhere. Most sustained exercise is taken during the course of everyday activities, such as travelling to work or school or going to the shops, rather than specifically for health purposes. It makes sense therefore that the built environment should provide a network of routes and destinations that maximise the potential for activity on foot or by bicycle, rather than by motorised transport. We need networks of well connected, well designed public space and streets which present greater opportunities for walking and cycling to become the norm for local journeys. Parks and green space are an effective environment in which to encourage people to take exercise, both informally and as part of organised sporting activities and are also crucial in making our neighbourhoods more walkable – and this is reflected in Plymouth's Green Space Strategy.
- 11.3 Plymouth is about to embark on the largest public sector construction programme for a generation (BSF, new housing in Plymstock, Derriford etc and The Life Centre, for example), particularly to benefit the education, sport and health sectors. It is imperative that an understanding of the direct relationship between physical activity and the built environment is embedded in the work of all parties (PCT, Children's Services, Development etc). This includes not only those procuring, designing and delivering education, health and sports buildings, but also doing the same in related sectors, including housing, public space and transport. There is a unique opportunity to create an environment in which 'healthy choices are easy choices'. The government hopes to transform the population into a fitter and more active nation in the run up to the 2012 Olympics and if the benefits of an active lifestyle are to be sustained beyond 2012, it is essential that we provide a built environment in Plymouth that offers opportunities for everyday activity. Local Development Framework documents such as the Sustainable Neighbourhoods Development Plan explore these issues further.

Key Issues for Sport and Fitness and the Built Environment

- Ensuring that new built environments – whether educational, retail, residential, business, office etc – adopt a 'design for health and fitness' approach and encourage active lifestyles.

DRAFT

SECTION C: STRATEGIC PRINCIPLES AND DRAFT STANDARDS OF PROVISION

C1 STRATEGIC PRINCIPLES

Some themes are integral to the Strategy:

- To protect and maintain at least current levels of provision and resources for sport, fitness and recreation in the city.
- To exploit fully the opportunities afforded by Plymouth's superb waterfront setting for water based activities and sports and its proximity to the natural coastal environment, Dartmoor and countryside areas for outdoor activities and health and fitness pursuits.
- For Plymouth City Council and its partners to adopt an agreed network of sporting hubs and satellite centres providing quality facilities for world class delivery throughout the City as reflected in Whole Sport Plans
- To develop a network of locally accessible, flexible multi-sport and multi-activity facilities and environments. Multi-sport facilities should be developed where appropriate and sustainable, to optimize facility usage and capacity, particularly the co-location of indoor and outdoor facilities where the sport can take place in both (tennis, netball, basketball, bowls, athletics)
- The importance of accessibility to facilities and opportunities, to encourage as many people as possible to take part in sport and fitness activities.
- Wherever possible, to provide sports and leisure facilities in combination with other 'essential community facilities' that can be used for a number of purposes. The obvious location is on school sites within Plymouth but there will be other sectors such as retail and employment locations where such facilities can be of benefit.
- In order to take the Strategy forward:
 - Early and systematic involvement of the community, the commercial, the educational and the voluntary sector in the design, delivery and management of new sports facilities; the challenge for the Strategy is in bringing these diverse elements together
 - Investment in priority areas to address major deficiencies and to maximise overall increases in participation amongst target groups
 - A focus on partnership working to design and deliver integrated sport and physical activity services and opportunities to improve both quality of provision, efficiency and effectiveness.
 - Links to the Local Development Framework, Action Area Plans, Facilities Improvement Strategy and Corporate objectives and frameworks set out in the new corporate strategy and related documents

C2 STANDARDS OF PROVISION

2.1 DRAFT QUANTITATIVE STANDARDS

Standards of provision for sports facilities need to be developed with caution, given the variety of sports, sizes of sites and facilities involved. Whilst a numerical standard can be useful in terms of securing an overall level of provision, the quality and ease of accessibility to facilities are just as important. The standards developed below include provision of The Life Centre; detailed calculations are included in the Technical Document – Section 4: Facilities.

Facility	Proposed standard per 1000 pop	Proposed facility per no. population	Current provision per 1000 pop	Current shortfall per 1000 pop	Quantity required (shortfall) by 2026
Sports halls with community access	60m ² (0.1 of a 4 badminton court hall)	1 per 10,000 people	60m ² (equivalent of 26 x 4 court halls)	n/a	30 halls (4 halls)
Swimming pools with community access	11.4m ² (0.04 of a 25m x 6 lane pool)	1 per 26,000 people	8.9m ² (equivalent of 8 pools included)	2.5m ² (total 2 pools)	10.6 pools (2.6 pools)
STPs	306m ² (0.05 of a full size pitch)	1 per 21,600 people	178m ² (7 STPs included)	128m ² (total 5 STPs)	14 STPs (7 STPs)
MASAs	101m ² (0.04 of a MASA)	1 per 23500 people	46m ² per thousand (5 MASAs included)	55m ² per thousand (6 MASAs)	12.7 MASAs (7.7 MASAs)
Outdoor Tennis Courts	0.20 courts per thousand	1 per 5000 people	0.15 courts per thousand (40 courts)	0.5 courts (12 courts)	60 courts (20 courts)
Indoor Bowls	0.054 rink	1 per 18,000 – 24,000 people	0.03 rink (8 rinks at Life Centre included)	Up to 0.02 rink (6 rinks)	Up to 16.35 rinks (8.35 rinks) (keep under review)
Fitness gyms	5.4 stations (1400)	1 station per 200 people	4.8 stations (1250)	0.6 (approx. 150 stations)	Approx. 1635 (385)
Small community halls/activity space	130m ² (0.3 of a 400m ² activity space)	1 space per 3000 people	Not known – target is around 86 facilities	Not known	Target – 100 such spaces throughout the city

EXPLANATION OF POPULATION FIGURES

Population figures used: existing population taken as 259,243, according to the PTPCT estimates for 2008. 2026 selected as the end year, as this shows a projected population of around 300,000 (302907. (The relevant projection for 2021 is 286,893) - Source: RSS Growth Allocations Scenario Two, Variant Two (2006 Mid Year Estimate Base). Once geographic breakdown of these figures are available, it will be possible to compute some standards on a sub area, as opposed to city wide, basis.

SPORTS HALLS

Standard computed on basis of a 4 court sports hall (or equivalent) measuring 33m x 18m (approx 600m²). Number of sports halls (including The Life Centre 12 court hall) - giving a total equivalent to 26 x four court halls at present - considered sufficient to meet demand at present, but equivalent of four additional 4 court halls required across the city within next 10-15 years (Plympton, Lipson/Laira and North west of the city; one other, possibly Derriford area). Current level of provision (target) is equivalent to 1 x 4 badminton court community accessible sports hall per 10,000 population or 60m² per 1000 population.

At existing levels of provision, the standard equates to the following within each sub area:

- East: 1 x 4 court hall per 11,166 people or 53.7m² per 1000 population (0.09 of a 4 badminton court hall)
- North: 1 x 4 court hall per 6,621 people or 90.6m² per 1000 population (0.15 of a 4 court badminton hall)
- South: 1 x 4 court hall per 9,835 people or 61m² per 1000 population (0.1 of a 4 badminton court hall).

INDOOR SWIMMING POOLS

Standard computed on basis of 25m x 6 lane community pool measuring 25m x 13m (325m²),. Equivalent of 8 x 25m pools with community use included. A current shortfall of 2 x 25m x 6 lane pools identified (to serve Plymstock/Elburton and North West of the City). Target level of provision of one x 25m pool per 26,000 is suggested (equivalent to 11.4m² per 1000 population). representing an additional (over current provision) 2.6 pools required by 2026. (This relates well to the modelling for the Swimming Facility Strategy).

SYNTHETIC TURF PITCHES (Full Size)

Standard computed on basis of a full size STP being 6600m² in size. Seven full size STPs included as current provision. A current shortfall of 5 STPs is identified (2 x sand filled; 2 x 3G and an additional STP to make a two facility site). Target level of provision of one x community accessible full size floodlit STP per 21,600 is suggested (equivalent to 306m², per 1000 population), representing an additional (over current provision) 7 full size STPs required by 2026. (The changing demand for different synthetic surface types for hockey and for football and the increasing level of supply within secondary schools, with varying levels of access by community clubs, will require periodic review and a separate strategy for STP provision.)

SYNTHETIC TURF PITCHES (Half Size or 'Managed All Weather Sports Areas)

Half size STPs (Managed All Weather Sports Areas or MASAs) have been calculated separately from full size STPs, as they fulfil a different function, principally training and coaching, and facilities for basketball, tennis, netball and five-a-side. Standard computed on basis of facility being 2400m² (60m x 40m) in size and five such facilities included as current provision. A current shortfall of a minimum of 6 MASAs is identified (one for each secondary school without an STP at present). Target level of provision of one x MASAs per 23,500 of the population (equivalent to 101m² per 1000 population) representing an additional (over current provision) of 3 (2.7) MASAs required by 2026.

OUTDOOR TENNIS COURTS

According to the LTA's own proposed standard of provision, Plymouth should have in the order of 86 tennis courts; it has 40 courts, only 20 of which are owned by the City Council. The Strategy identifies the need for up to an additional 12 outdoor courts with community access (in areas deficient in such provision, i.e. the north west locality north of the A38; south east locality; Derriford area and elsewhere in the city such as in Central Park.) This would give a total of around 52 courts, equivalent to approx. 0.20 courts per thousand. Such a level of provision would require around 60 courts (an extra 20) by 2026.

INDOOR BOWLS

The standard is computed on the basis of 8 rinks in the city (provision planned for the Life Centre), with an allowance for an additional 6 rink facility in the city (to replace lost facility at Civil Service Sports Ground and based on expressed demand). 14 rinks give a target level of provision equivalent to one rink per 18,500 people and a proposed standard of 0.054 of a rink per 1000 population. This would require the addition (over the existing 8 rinks) of 8.35 rinks by 2026. Situation to be kept under review, once rink at the Life Centre established; for this reason a range of one rink per 18,000 – 24,000 people is given.

HEALTH AND FITNESS SUITES/GYMS

Building on demand modelling carried out in March 2007 it is estimated that with the new facilities at UCP Marjon and the 150 station facility planned at The Life Centre, there are around 1250 individual stations throughout the city. There is a further need for additional gym equipment around the city: there are some schools without gym stations and would wish to see growth in community gyms and fitness suites which are easily accessibility; there are still many areas of the city which are poorly served. Say at least 4 locations with 25 stations plus 50 additional stations = 150 more stations required in total, to give a target figure of 1400.n. A target level of provision of one station per 200 people is suggested, equivalent to 5.4 stations per 1000 population. This represents an additional (over current provision) 385 stations required by 2026.

SMALL COMMUNITY HALLS/ACTIVITY SPACES

There is no definitive local standard for the provision of local community halls/activity spaces in terms of scope and provision for sporting activities. The size of a community hall should be determined by the nature of the activities that it is designed to accommodate, size of population and its accessibility (10 minute walk). Floor area of 400m² suggested as a guide for minimum size. Target provision of one such facility per 3000 population suggested (as a rough indication – 2 such halls required in each neighbourhood or around 86 across the city), equivalent to around 130m² per 1000 population. This would result in a target of 100 such activity spaces/halls within the city by 2026.

2.2 DRAFT ACCESSIBILITY STANDARDS

All people in Plymouth to live within 10 minutes (straight-line) walk of a facility or resource available to offer opportunities for sporting or fitness activity (community hall/activity space, multi use games areas, suitable greenspace). Larger indoor provision (4 x badminton court size) should be available within a 20 minute walktime (1km actual distance; 1500m straightline). The following table translates this into approximate journey times for walking and by car.

Straight Line Distance	Time	Mode	Facility
500m	10 minute	Walk	Any one opportunity: community hall/activity space, multi-use games area, greenspace
1000m	20 minute	Walk	Community 4 court Sports Halls, MASA (half size STP), outdoor courts, health and fitness suite, greenspace
1500m	30 minute	Walk	Indoor pools, some specialist provision, outdoor sports hubs, full size STPs, major parks and greenspaces
4km	10 – 15 minute	Drive	The Life Centre, major specialist provision (indoor bowls, ice rink, gymnastics), Newnham Park

Other Issues/Considerations
Need to review transport and travel patterns around the city, particularly in view of distribution of facilities and deficiency of provision in certain key areas (in particular parts of the north west locality, Plymstock and Plympton which lie relatively some distance from key facilities).
As many facilities as possible to be served regularly by public transport within 5 minutes' walking distance
Many methods of creating better access for the community: making entrances and approaches welcoming, safe and easily negotiated
To promote accessibility by 'active transport' (i.e. cycling, walking) and to use green routeways and cycleways to link sport sites
Improving accessibility requires improved information: about what is available together with better signage to sites and facilities and the linkages between them
To ensure that all facilities are accessible to people with disabilities and those with reduced mobility.

2.3 QUALITY CONSIDERATIONS

Developments to be of a high quality, sustainable, energy efficient, environmentally friendly and have the potential to impact positively on the quality of life of the local population.
Facility investment should result in 'fit for purpose', well-located and quality provision, meeting identified participation needs, whether as a result of new build, rationalisation or refurbishment. 'Fit for Purpose' means appropriately designed and equipped for the sports which it will accommodate i.e. complies with Sport England Design Guidance and national governing body specifications, of a high quality, and addressing all DDA needs.
Good quality ancillary provision important in offering value for money and attracting people in – particularly good quality changing facilities, adequate car parking, viewing facilities, catering facilities, especially on school sites
Major indoor provision (sports halls etc) to be planned in conjunction with appropriate additional facilities such as dance studios, health and fitness suites etc
Facilities to be flexible as possible: traditional 'sports halls' spaces to incorporate as many features and equipment as possible, from early design stages, to maximise their use and longevity.
Specialised equipment to be provided around the city to give as wide a range of opportunities/sports as possible, e.g.: gymnastics – pits and bars; high quality drop down basketball hoops; different types of floor; trampolining – harnesses, etc
New flexible solutions, such as ABS solution for squash, and other new innovative 'activity space designs' – such as ball halls - to be considered

See also Appendix F.1: Specific Sports – Development Opportunities.

More detailed Action Points and an Implementation Plan will be developed following consultation and the preparation and adoption of the final Strategy.