

Plymouth Sports Facility Strategy

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

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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. 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 from Sport England's Active People Survey shows that over half the population do not participate in any type of fitness or sporting activity and around one quarter take part on a regular and sustained basis ⁽¹⁾; 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 Facility Strategy (referred to within this document as the 'PSFS' or 'the 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 ('PCC') has already identified that, in order to deliver its 2020 Vision and core corporate priorities of 'improving culture and leisure opportunities', 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 Plymouth 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 south west England, highlighting Plymouth's role as a regional 'city of sport'.
- 1.4 Nevertheless, challenges remain, in particular: some poor quality stock, great variations in the 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.**
- 1.5 **PCC will continue to actively pursue funding opportunities particularly ensuring that developer contributions, through planning obligations and engagement with relevant National Governing Bodies of Sport (NGBs) are maximised to provide the base for the funding of the facilities identified in this strategy. There is no additional funding from PCC at this stage but this will be considered alongside other funding streams as they are identified.**
- 1.6 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, work and visit. It has been produced to inform,

influence and support a wide range of people within the 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.

- 1.7 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.'
- 1.8 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. It is a period of transformational change, with PCC 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
- 1.9 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 Facility Strategy and, in due course, an action plan linked to Plymouth's Local Development Framework ⁽²⁾, the Sustainable Community Strategy ⁽³⁾ and other corporate strategies such as Strategy for Change: Investment for Children ⁽⁴⁾
 - a strategy that has the support and commitment of local people and their elected representatives
 - a strategy that has the support and commitment of PCC'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.
- 1.10 This strategy presents the results of research and analysis during Spring/Summer 2009 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 statements of general principle and standards of provision to guide new development. It is proposed that from this, draft options and proposals be developed, for further consideration and consultation within the Council and with its many partners. Appendices as listed form part of the strategy and there is also a wide range of supporting documentation, setting out the methodology, the consultation and needs analysis and the facility audit underpinning the key findings.
- 1.11 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 where there is poor quality stock, poor accessibility and a disparity in participation rates and opportunities between different areas of the city and different groups within the city's communities.

1.12 **Plymouth City Council would sincerely like to thank all the people who have contributed to this Strategy - in particular local residents, clubs, sporting organisations, schools and their personnel, the school sports partnerships, sports development officers, governing body representatives, MoD personnel, the Plymouth Sports Forum and the Community Sports Network, and representatives of the Council's many strategic partners - by completing questionnaires, supplying information and taking part in focus groups and interviews.**

Special thanks to Jacqueline 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

SECTION A: BACKGROUND TO THE STRATEGY

1 Rationale and Scope

1.1. The Plymouth Sports Facility Strategy was commissioned by Plymouth CC in late summer of 2008 in response to a number of factors including:

- a desire to update previously prepared sports facility strategies and to complete a comprehensive review of facility provision within Plymouth.
- to ensure that the corporate priorities of PCC, as set out in the recently published Corporate Plan 2010-2013 ⁽⁵⁾, 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 Plymouth 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 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 ⁽⁶⁾
- a desire to develop further the themes and opportunities outlined in the 'The Vital Spark' – Plymouth's Cultural Strategy ⁽⁷⁾ - 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 ⁽⁸⁾, fitness and green space strategies ⁽⁹⁾ 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 (see Section B.2)

1.3 As its Corporate Plan sets out (see Section A.2), PCC 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 and other developer contributions and providing information to 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
- the delivery framework for leisure operators

2 Links to other Corporate Documents

For other relevant information please see:

Appendices | **E.2 References, Sources and Linked Strategies**

2.1 The purpose of the PSFS, 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 many of the key drivers for the Council's 'Corporate Improvement Priority' (CIP) programme in 2010/11 and beyond (2), in particular CIP6 - 'improving culture and leisure opportunities', and also 'improving customer service' (CIP1); 'reducing inequalities between communities' (CIP4); 'improving skills and educational achievement' (CIP 8); 'developing high quality places to earn in' (CIP9); 'improving access across the city' (CIP11) and 'providing better value for money' (CIP14).

2.2 As set out in PCC'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 that 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 Council's Local Development Framework Core Strategy ⁽¹⁰⁾ 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 Council's Corporate and Cultural Strategies, the LDF Core Strategy and the Local Strategic Partnership's Sustainable Communities Strategy and Sustainable Development Framework, the PSFS links to, builds upon and complements previous work carried out on sports facility provision within Plymouth, including:
- Plymouth Sports Plan 2020 (2003) and revision 2007 ⁽¹¹⁾
 - 'Analysis of need for the Plymouth Life Centre – 'Active Plymouth' ⁽¹²⁾ and other work undertaken or commissioned by PCC
 - Plymouth Green Space Strategy 2008 – 2023
 - Plymouth Playing Pitch Strategy 2007 – 2016 (the current strategy considers artificial turf provision but not grass pitches) ⁽¹³⁾, and the
 - Plymouth Swimming Facility Strategy 2006 – 2016 ⁽¹⁴⁾
- 2.5 It also relates to other PCC and Plymouth 2020 plans and strategies, including: 'Healthy Plymouth'; 'Children and Young People's Plan' ⁽¹⁵⁾; 'All Our Futures' – Plymouth's Strategy for the over 50s' ⁽¹⁶⁾; 'Crime Reduction' ⁽¹⁷⁾ and '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

For other relevant information please see:

Maps	<i>1: Neighbourhoods and Localities</i>
Appendices	<i>A: Master Database Facilities; C.1 Locality Review; E.1 Methodology</i>

- 3.1 The strategy has been prepared by Jacqueline Bennett of Bennett Leisure & Planning Ltd in line with a Steering Group comprising officers of PCC 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 ‘Planning Policy Guidance Note17: Open Space, Sport and Recreation’ ⁽¹⁸⁾ 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 ⁽¹⁹⁾. Strategic planning support was provided by Sport England under its ‘Facilities Improvement Service’ by Genesis Consulting.
- 3.2 Research underpinning the strategy has involved site visits and audits of over sixty key facilities within the city, with scores assigned to various indices, including ‘quality’ and ‘fit for purpose’. Consultation for the strategy has embraced national and regional governing bodies of sport, sports development officers, key PCC 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 PCC 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 and 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 Appendix C.1 in particular gives 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	2: Location Map
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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 eight 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 PCC 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 south east of Cornwall (formerly Caradon¹ district), South Hams or West Devon. Plymouth also has a strong tourist economy with 3.5 million people a year visiting Plymouth for the day and 2.4 million overnight stays.
- 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 Areas of Outstanding Natural Beauty (AONB) and 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 Plymouth 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 Sports Centre, developing centres at YMCA Kitto Centre 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 and golf courses.
- 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; the YMCA Kitto Centre for judo, wrestling and fencing; HMS Drake/Wyvern Centre 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 - Plymouth Argyle, with ambitious long term plans and a potential FIFA World Cup venue in 2018, Plymouth Albion, a solid club in the country's second rugby tier 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

¹ The Cornwall (Structural Change) Order 2008 saw the winding up and dissolution of District Councils and the formation of the unitary Cornwall County Council.

- 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, and, in 2009, Daley's first place in both the 10m platform events at the FINA World Championships and FINA Diving Grand Prix
 - the delivery of the Plymouth Life Centre and the establishment of strong links with a number of National Governing Bodies of Sport, which 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 south west England. 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 and Plymouth Fencing. 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 NGBs supporting sub-regional facility provision within the city. This includes such support from 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: the Plymouth Half Marathon, the use of Central Park Pools for national diving competitions and, on regular occasions, for the regional and county swimming galas. Similarly Brickfields hosts sub-regional school athletic events and Mayflower Leisure Centre hosts sub-regional school netball and indoor sports hall athletics 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, City College Plymouth 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.
- 4.12 As a brief introduction, there are also some major challenges being faced in terms of facility provision:
- several facilities are in need of upgrading (notably on school sites) and replacement (the Mayflower Centre, Central Park Pools). Moreover, some indoor sports halls are not able to accommodate a range of sports due to inadequate sizing and ancillary facilities

- 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
- There are wide variations in ease of accessibility and transport to different facilities, particularly for those whose mobility and ability to access opportunities is restricted (by, for example, cost and/or time). A particular example is the relatively poor access to seawater 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
- the 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 term time due to the location of the majority of the city's stock of sports facilities on education sites
- a shortage of indoor water space within the city to meet variety of needs from aquatic sports
- poor quality playing pitch and associated changing room provision as a consequence of an ageing stock of facilities
- 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)
- the scope for further development of health and fitness pursuits and activities outdoors in the city's green spaces and through its proximity to Dartmoor and other local countryside areas
- the opportunity to exploit more fully Plymouth's superb waterfront setting and the coastal environment for water based activities and sports; and
- the need to ensure that new built environments – whether educational, residential, retail, business, office etc – adopt a 'design for health and fitness' approach and encourage active lifestyles

SECTION B: ANALYSIS OF FACILITY DEMAND FOR SPORT AND FITNESS IN PLYMOUTH

1 Demographic and Social Background to Plymouth

For other relevant information please see:

Maps	Map 3: Population Density; Example Maps 4 & 5: 18-24 year olds against city and neighbourhood populations. Map 6: IMD 2004 Health & Deprivation
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- 1.1 Based on the PTPCT estimate base, the current (2009) population of Plymouth is 259,243. 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 the following levels: 268,137 by 2016; 286,893 by 2021 and 302,907 by 2026.

- 1.2 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 new homes and Millbay/Stonehouse - 1500 new homes. 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.

- 1.3 Under the LDF, Area Action Plans have or 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 East End and Eastern Gateway and The Hoe are currently being prepared; plans for Devonport, Millbay/Stonehouse, City Centre/University 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 Plymouth Life Centre (plan adopted)

- 1.4 The map of Plymouth's population density shows that the most densely populated quartile of neighbourhoods (between 4.9 and 11.7 people per 1000m²) 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, Whiteleigh, Barne Barton and King's Tamerton and a central band from the City Centre to Eggbuckland are in the third highest density quartile, 3.5 to 4.9 persons per 1000m² sq. The lowest densities (less than 2.3 people per 1000m²) 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.

- 1.5 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

- 1.6 For all age 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.
- 1.7 The strategy has supporting maps and analysis showing the age distribution throughout the city, which benefit from careful interpretation; 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

1.8 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

1.9 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 south west 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
- 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.

1.10 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.

1.11 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

1.12 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.

BME

1.13 Important points are:

- In recent years there has been a substantial and sustained growth in the ethnic diversity of Plymouth’s community, the BME population having trebled over the last 10 years. The BME population now stands at 6.6% and is expected to continue rising. Professional migration, EU economic migration, international students and asylum seeker dispersal have all contributed to this. South East Locality has the highest proportion of BME residents, with Mutley & Greenbank, East End, City Centre and Stonehouse being the Neighbourhoods with the highest percentages of BME people.
- Recent estimates suggest that Kurdish, Polish, Indian and Chinese are the largest ethnic minority communities.
- With regard to faith, religion and belief in Plymouth, according to the last census, the vast majority (74%) identified Christianity as their faith. A very small number identified other regions. Of these the most significant change is the increase in Muslim communities from 885 individuals in 2001 to an estimated 4,500 today. This increasing trend is likely to continue.

2 Participation in Sport and Fitness Activities in Plymouth

<i>For other relevant information please see:</i>	
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

2.1 A recent study based information gathered from several of the national representative annual Health Surveys for England 1997-2006 ⁽²⁰⁾ 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 years or more, and women aged 30-44 years
- On the other hand, the percentage of men aged under 30 years who take part in cycling and racquet sports has dropped significantly.
- The authors reported that fewer people in England from BME 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.

2.2 These findings have also been born out by the latest results from the Active People Survey conducted by Sport England and findings reported in the recent 'Be Active, Be Healthy'⁽²¹⁾ 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.

2.3 The overarching conclusion from this is that 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.

2.4 Data on participation in sport and physical activity in Plymouth comes from several sources. The Active People survey - conducted in 2005/6, (Survey 1), 2007/8 (Survey 2) and 2008/9 (Survey 3) 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 now uses seven main Key Performance Indicators:

KPI1 Participation: 'taking part on at least 3 days a week in moderate intensity sport and active recreation (at least 12 days in the last 4 weeks) for at least 30 minutes consecutively in any one session. Participation includes recreational walking and cycling.

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

'Organised sport': defined as the percentage of adults who are members of a sports club and/or have done at least one of the following in the last 12 months: received tuition in sport or taken part in organised competitive sport..

	Plymouth (UA) %			Regional %			National %		
	05/06	07/08	08/09	05/06	07/08	08/09	05/06	07/08	08/09
KPI 1 - Participation	18.6	23.5	25.1	21.9	22.5	22.9	21.0	21.3	21.6
KPI 2 - Volunteering	3.6	6.2	8.3	5.2	5.5	5.5	4.7	4.9	4.7
KPI 3 - Club Membership	22.7	22.9	27.5	24.4	24.5	24.2	25.1	24.7	24.1
KPI 4 - Tuition	16.0	18.7	16.7	18.4	18.5	19.1	18.0	18.1	17.5
KPI 5 - Competition	14.9	15.4	19.7	16.2	15.9	16.1	15.0	14.6	14.4
KPI 6 - Satisfaction	63.0	64.7	66.2	70.5	68.5	69.6	69.5	66.6	68.4
Organised Sport	35.6	35.6	38.4	37.3	37.7	37.4	37.0	37.0	36.1

2.5 The Active People results for 2005/2006 form the basis for this Strategy, as at the time of its preparation, the data was analysed by Sport England to provide a detailed

geographic participation and market segmentation portrait of Plymouth . (The Active People 05/06 Survey involved 1000 people across Plymouth, whilst the 07/08 and 08/09 surveys each involved around half this number).

- 2.6 In 2005/06, the critical index for Plymouth of ‘participation on at least 3 days a week at moderate intensity for 30 minutes’ – KPI 1 was 18.6% and this figure has been incorporated into one of Plymouth’s Local Area Agreements (LAA 9), with a stretch target of a 4% increase over 3 years to 22.6% by 2010. The announcement for the critical index (KPI1) for 2009/2010 will be made by Sport England in December 2010 at which time the Council will know if they have achieved their stretch target under LAA 9..
- 2.7 A separate Local Indicator 5 has also been developed that focuses on the % of adult population (16-74) participating in 30 minutes of moderate physical activity once a week with a target of 1% increase per annum.
- 2.8 The Active People 08/09 data suggests that the figure is now around 25% of the population which is now above the regional and national averages of 22.9% 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.
- 2.9 In the 2008/9 Active People survey, further information is now available on ‘Adult participation in 30 minutes, moderate intensity sport’. This is defined as ‘3 sessions a week (at least 12 sessions of at least moderate intensity) for at least 30 minutes in the previous 28 days’. This is a different measure of participation than the NI8 or KPI1 participation indicators, which are 3 x 30 sport and active recreation (three days a week, moderate intensity, 30 minutes).
- 2.10 When Plymouth is compared to its ‘family benchmarking authorities’, it shows a relatively high level of participation for this index:

Key Performance Indicator	Plymouth	Regional	National	Ipswich	Lincoln	Salford	Portsmouth
Participation In moderate intensity sport (all adults)	18.2%	16.4%	16.6%	16.9%	17.7%	17.3%	17.4%

- 2.11 Figures on participation in sport and physical activity thus appear quite encouraging, but mean that three quarters of the population do not take part on a regular basis in sport and active recreation and less than a fifth take part in moderate intensity sport. Plymouth City Council wishes to raise these levels of participation.
- 2.12 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%
- 2.13 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
 - 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 Eggbuckland.
- 2.14 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), which apparently reflects the above findings.
- 2.15 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 Eggbuckland 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
- 2.16 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.

3 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 ‘Market Segment D19’ and Bowls Provision
Appendices	D.1: Market Segmentation Analysis

- 3.1 Market segmentation was devised by Sport England as an effective way to use the information collected by the Active People and Taking Part surveys. Using a modelling process, the adult population (18 years+) is divided into nineteen 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.

3.2 The nineteen segments are divided into four supergroups A, B, C and D. Supergroup A contains mainly 18-25 year olds; supergroup B, 26-45 year olds; supergroup C, 46-65 year olds, and supergroup D, 65 years and older. This allows comparisons to be made between segments which are more similar to each other in terms of age profile. Sport England has given 'names' to these segments for easier recognition but within this strategy the original reference numbers are employed.

3.3 Within each of the four groups and nineteen segments there are clear differences in terms of lifestyle, affluence and participation rates. It is therefore useful to both compare an individual segment with other segments within its peer group (Groups A to D) and to compare a segment referenced against the total population.

3.4 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:

- 'A02' Young men who are second highest participators of all the types. They enjoy watching and playing team sports, especially football.
- 'A04' Young busy mothers who are the least active type within the peer group, but still participates to some extent.
- 'B09' Men who enjoy pub league games and watching live sport. A less active type within its peer group, though likely to be part of a social club that does some physical recreation.
- 'C11' Comfortable mid-life men who are the most active type within this peer group, enjoys participating in a number of activities, including team sports, racquet games and technical sports.
- 'C13' Early retirement couples who participate one/two times a week. They enjoy activities such as walking, swimming, table tennis or golf, and also keep fit classes.
- 'D19' Retired singles or widowers, predominantly female who are the lowest participators of the group, health problems and disability being major inhibitors to activity

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

- 'B10' Single mums with financial pressures, childcare issues and little time for pleasure. Least active within group. Unlikely to be a member of a fitness or sports club.
- 'C14' Middle aged women working full time. Some participation, but likely to be without a car. Walks, rather than cycles, to get to places. Enjoys swimming and keep fit classes.
- 'C15' Generally inactive older men. Some participation, but focused on lower intensity sports that can accommodate health problems and low income.
- 'C16' Older ladies, recently retired with a basic income. Lowest participation of the Group, mainly enjoying walking and other low intensity activities. Younger members of this group may participate in keep fit classes or swimming.

'D18' Retired men with some pension provision and limited exercise opportunities. Medium participation compared to his Peer Group. Enjoys both individual activities and social activities.

3.6 Some segments significantly under-represented in Plymouth include:

'D17' Retired couples, enjoying active and comfortable lifestyles. Highest participation of the Group; enjoy a variety of activities and are likely to be members of sports and social clubs.

'A03' Young image-conscious females who like keeping fit and keeping trim. Active and primarily enjoys exercise classes that they can go to with friends, over individual activities or team games. Swimming is popular, as is going to the gym, but combat sports do not appeal.

'B06' Sporty male professionals who are a very active type, enjoying high intensity activities and technical sports such as skiing and water sports, uninhibited by the financial outlay. Both team games and individual activities feature high on his agenda, and personal fitness activities are also popular

3.7 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:

Segment	3 x 30 mins (%)	0 x 30 mins (%)	Age (yrs)	Classification
A02	32	19	18-25	C2/D3
A04	23	44	18-25	C2/DE
B09	19	51	36-45	DE
C11	26	39	46-55	ABC1
C14	14	64	46-55	C2/DE
C13	19	54	56-65	ABC1
D19	5	85	66+	DE

3.8 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 A04 (18-25 years), B09 (36-45 years), C14 (46-55 years) and D19 (65+ years)

3.9 Market segmentation 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. The market segmentation analysis gives profiles of each segment – whether they are 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

3.10 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 three 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
- 3.11 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
 - The 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.
- 3.12 It is relevant to consider what activities these low participant market segments are particularly likely to do; these are overwhelmingly the 'fitness' type activities as follows:
- Football
 - Swimming
 - Aerobics/Keep Fit/Pilates/Yoga/Step Machine
 - Dance Exercise
 - Bowls
- 3.13 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.
- 3.14 At the macro level, a comprehensive understanding of market segmentation within Plymouth has assisted in identifying gaps in provision and where the development of new facilities and activities may most effectively assist in raising participation. Once facilities are being planned and developed, market segmentation analysis can again be employed to understand the market and how best to target individual segments.
- 3.15 An anticipated outcome of the strategy is to develop integrated development frameworks for a number of key sports, in order to deliver high quality community sport infrastructure. Once the overall strategy is agreed, it is suggested that a number of 'focus sports' be selected for more detailed consideration. The selection of such 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

- 3.16 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).
- 3.17 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

3.18 Key findings and issues for older people include:

- there is a 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 facilities etc). Many of the concerns of older people relate to transport, for example bus timings, and crossing main roads after getting off the bus
- there is support for outreach exercises addressing health issues, such as chair exercises, and the expansion of these activities in, for example, residential homes for older people aged 75 years and over
- bowling and swimming are always popular; walking and cycling are also important daily exercises
- links with physiotherapists are especially important and may provide links into gentle exercise and aerobics
- it is often good to link physical exercise with other activities, such as filling in forms, use of computers, social get togethers, coffee mornings etc., For example, 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 during the strategy research take part in about 30 minutes exercise a week; around a quarter do more than this. At least a fifth go swimming regularly too.

Young People

3.19 Research for this strategy included meeting with several groups of young people throughout the city, together with short questionnaire surveys. There are many initiatives taking place throughout Plymouth which encourage young people to become physically active and take part in sport. These are run by a wide range of agencies – the PCT, Police and Crime Prevention Agencies, Social Services and Children's Services, for example - quite apart from direct involvement through schools, sports clubs and agencies and mobile schemes.

3.20 Consultation with young people in Plymouth has highlighted 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 and 'amenity' grassed areas, for example, as well as the more recognisable sport and youth facility areas such as equipped playgrounds, youth shelters, BMX and skateboard parks and multi-use games areas.
- large numbers of young people are participating in 'free' street sports (skateboarding, parcour etc) and extreme sports such as coasteering
- deterring factors often relate to the cost of transport and so many young people walk or cycle to facilities with friends
- young people like to be able to get to sports facilities easily on their own steam (public transport is not the panacea). Safe cycling lanes are 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
- many young people prefer to access facilities within their own 'neighbourhood' and are sometimes reluctant to travel into other neighbourhoods
- sports being introduced through the 'Sports Unlimited' programme through the school sports partnerships are proving popular, particularly street surfing
- generally, it appears that young people believe that there is to be a large selection of activities available in Plymouth but that many of these are not advertised widely enough.

- activity programming needs to be flexible in order to accommodate youngsters wanting to try different activities.
- the cost of participating is also a deterrent: some suggestions to address this include 'fitness passes' and subsidies to get young people interested, together with good introductory sessions
- better targeting and marketing of opportunities, using methods such as advertising on Facebook and consulting with the three main student unions in the city (at Plymouth University, UCP Marjon and PCAD) may increase participation
- it is important that opportunities continue to exist for the more extreme, risky activities, even if these are not planned for

Women

3.21 Barriers faced by women to take part in sport are well documented and have been supported by research in Plymouth, such as the Points of View Surveys. They include:

- practical barriers, such as a lack of time, lack of childcare and, lack of money and lack of transport
- difficulties with transport, and therefore the promotion of physical activities, which do not require transport, such as walking and running, may be particularly popular
- 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, for example BME girls and women who may 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

3.22 From research for the strategy, other important considerations for women in Plymouth are:

- fitting activity into tight timeframes; it is thus important that facilities are easy to get to, with convenient session times at the right price
- It is of benefit if women's activities can be dovetailed or linked in to activities that their children are doing
- In summary, there is a huge demand from women for activities and facilities which can be easily reached by walking and cycling and which fit in around other tasks, demands and commitments.

BME

3.23 Some of the issues raised in respect of participation by BME groups include:

- strict requirements about clothing may prevent some BME women from participating. For example, swimming pools which do not allow women to wear T-shirts over their swimming costumes, and clubs which insist members wear particular type of clothing 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

3.24 People with disabilities – both physical and learning - have lower participation rates for a variety of reasons, and may be deterred by the following:

- physically inaccessible facilities, venues, changing rooms and equipment
- a lack of information in accessible formats for visually and/or hearing impaired people
- a lack of accessible transport and parking
- unwelcoming attitudes amongst other sports participants and staff
- a lack of role models to inspire, motivate and encourage

3.25 In addition to the above, the following challenges often apply:

- many may still be living with their parents who may be quite elderly and unable to transport and supervise activities. If an adult is in supported housing there may not be staff available to support them to do activities
- there are difficulties in finding clubs where coaches and staff are able to support members who have a disability appropriately, in terms of communicating, modifying and adapting their teaching to help them take part in enjoyable, fulfilling activities
- there are certain sports governing bodies (badminton is an example) that are keen to develop disability sport within the city – but finding suitable venues (with, for example, accessible changing and toilets/showers and wide doors) can be difficult.

3.26 Consultation with young people with disabilities and their parents and carers in Plymouth has highlighted the following:

- participation in sport is often down to parents themselves, who are responsible for organising, transporting and frequently supervising their children.
- hydrotherapy pool are important facilities; there are, however, concerns about the cost of using them; a lack of staff to supervise hydrotherapy pools on school sites out-of-school hours, and some poor design of hoists and changing rooms, for example
- an active group of parents in Plymouth have formed a wheelchair football club but find it hard to meet the cost of hiring facilities.
- children with special needs may not be appropriately catered for in school PE sessions; teaching staff are not always fully aware of inclusive activities.
- there are some very good schemes operating in Plymouth around participation in water based activities, for example. 'Wheels on Water' – WOW – for children with physical and learning disabilities, and Horizon Sailing in the south west of the city.

3.27 This strategy is primarily concerned with identifying gaps in provision of facilities themselves. Once general locations for new facilities have been agreed, the design and accessibility of each facility for all groups within the community, including people with physical and learning disabilities, will be carefully considered during the planning and development stage. For example, there have been significant levels of consultation on

The Plymouth Life Centre with regards to ensuring the centre is fully accessible and an access statement was submitted with the planning application. It is recommended that any significant capital leisure build project follows this best practice by establishing focus groups and consulting with the Plymouth Disability Action Network.

- 3.28 There is now a developing focus for work with people with disabilities within the city. At UCP Marjon, for example, the Disabilities Officer is consulting widely with the Disability Forum and others over deficiencies in provision and focusing on exit strategies into sports clubs and support to coaches for coaching people with disabilities.
- 3.29 Carers of people with physical and learning disabilities and other people who are ill or mobility impaired may be overlooked in terms of their own need for support and opportunity to take part in sport and fitness activities. As well as difficulties in finding time of their own to participate, there are other issues – such as being charged at different rates for accompanying the people they are caring for to sporting activities.

4 Sources for Further Analysis of Demand

- 4.1 In summary, much analysis has been carried out using various sources of information with sophisticated mapping techniques developed by PCC 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
- 4.2 There is an immense amount of other studies and information within Plymouth which can be considered when researching how to reach low participant groups, these include:
- Points of View in 2006
 - The Place Survey 2008
 - School Sports Partnership Surveys (data on children and young people's participation)
 - National Governing Body information
 - Catchment area data from facility managers
- 4.3 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
- 4.4 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 local area agreements and the adoption of strategic commissioning within Culture, Sport and Leisure and other sections of PCC and its partner agencies.

SECTION C: ANALYSIS OF FACILITY PROVISION (SUPPLY) FOR SPORT AND FITNESS IN PLYMOUTH

1 Introduction

For other relevant information please see:

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. An aim for the strategy 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. Plymouth 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 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 City College Plymouth), commercially owned (for example, 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, PCC and commercial enterprises (John Nike Leisure). There is also a vast array of green space 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.
- 1.3 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 Plymouth 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 Plymouth Life Centre

- 2.2 The provision of sports facilities in the city is about to be transformed through the building of the Plymouth Life Centre, which commenced in February 2010 and is

scheduled to open in Autumn 2011. The Plymouth Life Centre is the key priority in PCC's capital programme and will be an innovative and iconic sports building in the centre of the city in Central Park. It will replace 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 a 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 Plymouth 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 16m wall, aerial rope course, bouldering and abseiling
- A 120 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 and other studio spaces, through an ASB squash solution flexible facility
- Ancillary accommodation, café

Building Schools for the Future

Maps	Map 17: Adult Participation Rates and Location of Education Sites
Appendices	B.1: School Sports Facilities; B.2: Background to School Sports Facility Provision

2.4 Over the last decade PCC has been investing in a rationalisation of its school asset stock to meet a changing demographic demand for education in the city. This has offered opportunity to improve the sporting facilities that schools offer their communities. Examples of this include the single court halls and Multi Use Games Area (MUGA) built in primary schools in Ernesettle, Honicknowle, Barne Barton, Ham and Efford and the provision of the city's first covered MUGA at Southway. There has been the opportunity to purchase land and increase playing field provision at both Whiteleigh and Barne Barton, and improvements to the quality of playing fields has been made at Chaucer, Ham, Southway and Efford. Investment in the BSF Pathfinder at Estover Community College will also see a replacement of the four court sports hall and the construction of an additional Synthetic Turf Pitch (STP) to serve the north east quadrant of the city. These improvements have all been achieved using national investment for education and by focusing schools to be at the heart of their community, ensuring the facilities are built to allow access so that organised sporting will benefit from the provision.

2.5 The Council has been actively pursuing national investment through the BSF programme and has successfully changed the government priority so that the city will benefit from this programme earlier than previously announced. In late 2008 the Council adopted its 'Investment for Children' policy that sets out the strategic direction for

rationalisation of the provision of education in the city, and in late 2009 the DCSF announced that Plymouth has successfully entered into the BSF programme. The initial wave of investment between 2012-14 will see five secondary schools substantially improved. Firstly a new build school for Devonport and Stoke and a substantial refurbishment of the school that serves Ham and Honicknowle, followed by further refurbishments of the schools that serve Lipson and Efford, also St Budeaux, Barne Barton and Ernesettle. Finally investment of ITC in Whiteleigh will complete the BSF investment into the Wood View Campus which was constructed under PFI in 2008.

- 2.6 The Council has set out in its 'Investment for Children' strategy the reasons that initial investment needs to be targeted to narrowing the gap in quality of life across the city. This means that the initial investment schools all sit in the heart of needy communities and it is no accident that the 'Investment for Children' strategy fits with this Sports Facility Strategy to improve activity rates in the north and west of the city. This can be demonstrated by plotting the neighbourhoods listed above on to Map 17 which shows the sections of the city that have low activity rates. This means that the BSF investment has been prioritised to offer a very strong opportunity to improve facilities in these communities and will encourage and improve active participation in sports where it is needed most.
- 2.7 The Council acknowledges that BSF investment alone will not deliver the specialised sporting facilities the city needs outside the Plymouth Life Centre as a central facility. It is essential therefore that sports NGBs are encouraged to align their infrastructure funding streams to enable BSF investment to be taken further. The school sites will offer land and building availability for sports activity and with modest further investment can be enhanced to meet a specialist agenda. The Council has therefore set up under the BSF project executive a Sports Forum for these synergies to be explored and executed. It is expected that in this way national sporting investment through NGBs can be encouraged to be targeted to areas of low participation and therefore contribute to the city's health and social targets.

Other Rebuilding within Plymouth

- 2.8 As well as the Plymouth 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, City College Plymouth and the University of Plymouth each have plans and proposals to enhance their provision. Improvements to the YMCA Kitto Centre'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

- 2.9 Whilst many sports aspire to having dedicated provision (particularly indoor sports), the delivery of this vision maybe unrealistic unless it is linked to the delivery of the NGB whole Sport Plans and the increased funding given by Sport England (Sport England are investing £480 million through 46 governing bodies over four years).
- 2.10 The co-commissioning of new facilities either within the Plymouth Life Centre or on education sites, particularly through BSF, would then see formal arrangements being put in place between the authority and third parties, to allocate 'dedicated time' within a multi-use facility for the development of specific sports, in return for capital/revenue funding from the NGBs. It is important therefore that open dialogue is maintained with

the NGBs and that they 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 (i.e. meet the minimum size threshold) and are available for all or part of the weekly peak period. Ancillary halls on the same site are also included in the FPM 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 separate 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 Plymouth 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 Kitto + 1 x 6 = MoD/Wyvern Centre	33
TOTAL				116*

**Plymouth Life Centre will be 12 courts. Gives revised total of 113 halls after building of the Plymouth 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. 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 separate halls of 3 courts+	No of badminton courts	Pay & Play	P&P Restricted	Sports Clubs &/or Assns	Registered member or school use only
Total now	24	116	19 (16%)	72 (62%)	11 (9%)	14 (12%)
Total after The Life Centre	23	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 Plymouth 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. 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. 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 RC School and UCP Marjon and the proposed second sports hall at Plymstock School, many of the other school halls are in need of upgrading and enhancement. The Plymouth 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 Plymouth 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 Community Sports College). Most of these can be accessed by the community to varying degrees outside school hours, but are of varying quality. However, the dual use one 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 City College Plymouth 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 one 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 one 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 distances covered in various time periods at off peak periods are:
- 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.

Indoor Sports Halls - Demand Issues by Locality

- 3.18 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 Plymouth 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 Plymouth Life Centre and Brickfields); new indoor spaces at City College Plymouth and at the rebuild of Stoke Damerel Community College may also assist in meeting demand at peak times (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 Plymstock which may impact upon participation and behaviour in the east/south east of the city. However, this will be fairly localised, given the catchment areas and location of the proposed new development. Plymstock School has built a second sports hall, which will has 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.

Indoor Sports Halls - Demand Issues from Sports

3.19 Consultation with NGB development officers and PCC and other sports development staff identifies generic facility development issues including:

- difficulties in accessing court time at convenient times (early evening) for sports development/coaching sessions
- many facilities are generally reasonable for recreational activity but restrict further development because they are, for example, of insufficient size or height or have inadequate equipment for training and competition.
- better, secured access to existing facilities and/or access to new provision for competition and specialist development is particularly required in the following sports: badminton, netball, basketball, volleyball. Through the delivery of the whole sport plans and increased revenue funding given to NGBs, 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.

Indoor Sports Halls – Issues from Schools

3.20 Findings from school consultation suggest the following:

- 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, through lack of provision 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’s Catholic College). 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 Plymouth Life Centre. Consideration will also need to be given to new schools that are built in the city and whether the enhanced facilities at the Plymouth Life Centre can provide a better offer to meet the curriculum demands.
- 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 sites 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 (twelve) 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. Careful consideration by NGBs should be given to supporting additional funding to BSF to achieve better dedicated provision all year round as it is seen as a significant inhibitor to clubs using school sites.

The development of a network of 'hub' and 'satellite centres'

3.21 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 Plymouth 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 NGBs' whole sport plans. The Plymouth 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 NGBs and the strategic needs identified in their whole sport plans. The Plymouth Life Centre indoor sports hall will be a sub-regional facility providing the opportunity for regional competition and training across three 4 court spaces. It will be the only venue of its type, outside Bath, in south west England. 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 Plymouth Life Centre indoor sports hall provides a unique opportunity to address.
- 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 three key multi sport hubs/strategic facilities for world class delivery in the city, namely the Plymouth 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 Plymouth 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

3.22 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 and this facility should 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/Plymouth 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
- The 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 people with disabilities – 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 Plymouth Life Centre forming the main hub and other 6 and 4 court halls around the city acting as satellite hubs.

4 Provision for Swimming

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

Quantity and Access

- 4.1 The strategy records six indoor pools of at least 25m length by 4 lanes width with community access in Plymouth as follows:

Locality	Name	Dimensions	Access
North	Devonshire Health & Racquets Club	25m x 4 lane	Registered member use
North	UCP Marjon	25m x 5 lane	Pay & Play; restricted hours
East	Plympton Pool	25m x 4 lane	Full public access
South	HMS Drake/Wyvern Centre	25m x 4 lane	MoD; some community use
South	Plymouth College Ford Park	25m x 5 lane	Private school; some community use
South	Central Park Leisure Pools	33.3m x 6 lane	Full public access

In addition, there is a leisure pool complex at Plymouth Pavilions and various smaller (indoor and outdoor) pools at hotels, schools and health centres within the city. There is public outdoor pool provision in Plymouth at Tinside Lido on the Hoe and Mount Wise Pools in Devonport.

Strategic Need

- 4.2 Significantly, swimming is the largest participation sport in the city, and has a key role to play in delivering PCC's Vision for Plymouth and its key corporate objectives of widening leisure opportunities for all members of its 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. Of particular note is that 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.
- 4.3 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 Facilities Strategy (2006-2016). In this respect the PSFS seeks to bring this work up to date, not to duplicate research previously undertaken.
- 4.4 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 Plymouth Life Centre are:
- Plymouth Swimming Facilities Strategy 2006 – 2016
 - A 'Pool for the North of Plymouth – Initial Site Options Appraisal' February 2007
 - Plymouth Aquatics Strategy ⁽²²⁾ – being written at the time of this Strategy through a joint partnership arrangement with the Amateur Swimming Association (SW), PCC and Strategic Leisure
 - FPM model – run by Sport England in 2007
 - ASA national and regional strategies, including the newly adopted whole sport plans.
- 4.5 The objectives of the Swimming Facilities Strategy produced by PCC 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,
- and its 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 Swimming Facilities Strategy were that future swimming pool provision in Plymouth should concentrate on the following:

a **Provision of the Plymouth Life Centre in Central Park.** This project, incorporating a 50m pool and replacement diving pool, will increase the city's net pool area. The Amateur Swimming Association's (ASA's) whole sport plan and supporting documents identified Plymouth as one of four high performance diving centres in the UK, and one of four locations within the south west which can provide a strategic network of 50m pools, the other pools being at Bath University, at Millfield School and in Bristol..

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 Plymouth Life Centre will fulfill this need. Plymouth is fortunate in that the facilities at the existing Central Park Pools provide a 10m board, but if the development of the Plymouth Life Centre did not proceed, the next nearest comparable diving pool is in Southampton, some 150 miles away. The Plymouth Life Centre will meet the needs of the city and its divers and will also serve as a catalyst for the development of diving in the West Country as a whole'.

The ASA also provides supporting evidence with regards to the scope of the facility, and how the Plymouth 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.

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 PCC boundary in South Hams) to help support delivery of a new swimming pool for the existing and new communities.

The Sherford development, with a projected population of around 12,000, 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 Swimming Study ⁽²³⁾, which 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 (Plymouth) city boundary'. The pool located at Sherford

would be a satellite site, linked to the central aquatic hub, located at the Plymouth Life Centre.

- c **Provision of a site in the north of Plymouth** to serve the PL5 and PL6 postcode areas (*Central & North East locality*) was also identified in the Plymouth Swimming 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 assessment for a 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 and Sir John Hunt Community Sports College.

In line with the Swimming Facilities Strategy and the above analysis, approval was given to proceed with the provision of a pool for the north of the city in March 2009, through a joint partnership with UCP Marjon. PCC is making a capital contribution of £1.2 million 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 refurbished pool will open in July 2010 and is part of a major rebuild of sports facilities on the UCP Marjon Campus.

- 4.8 Although not identified within the Plymouth Swimming Facilities Strategy, the current PSFS 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 the Plymouth Life Centre and the refurbished pool at UCP Marjon.
- 4.9 There is currently a heated 25m outdoor pool at John Kitto Community College (to become All Saints Church of England Academy) 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.

The Plymouth Aquatics Strategy

- 4.10 In line with the shared vision that PCC have with the Amateur Swimming Association, these bodies jointly commissioned Strategic Leisure to produce an updated Aquatics 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 Aquatics Strategy seeks to address:

- a framework for future development and delivery with measurable outcomes
- pathways to ensure a smooth transition from learn to swim to elite training

- the identification and support of elite athletes in the city and sub-region, including students at UCP Marjon and Plymouth University.
- a review of and access to existing delivery and resources
- informing and planning 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
- that access to swimming opportunities in Plymouth is affordable and equitable
- the need for support for new activities, particularly Water Polo, Octopush and Syncro disciplines
- existing challenges such as the low take up of key stage 2 school swimming and the quality and quantity of learn to swim opportunities
- the effective co-ordination of resources across the city
- the delivery of an improved approach to aquatic development, reflecting the significant investment to be made in the Plymouth Life Centre
- maximising the aquatic delivery opportunities of the proposed facilities in line with PCC's projected business plan.

Hierarchy of aquatic provision

- 4.11 PCC 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.
- 4.12 The Plymouth 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 the University of Plymouth's students, through a £2.5 million partnership contribution and will be an exemplar example of facility design and aquatic delivery. The Plymouth Life Centre will seek to displace swimming clubs and public swimmers from UCP Marjon and Plympton to it, in order 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.
- 4.13 The Plymouth Life Centre pools will also replace the Plymouth Pavilions leisure water, to allow the Millbay Area Action Plan vision to be implemented to the west of the city. 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.
- 4.14 The hierarchy of provision will see Plympton Pool, UCP Marjon pool, and the proposed new pool to the east of the city at Sherford meeting local needs identified above and forming satellite sites to the Plymouth Life Centre. 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.
- 4.15 The public outdoor pools at Tinside Lido 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.

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 Plymouth Playing Pitch Strategy (2007), which sought to maximise any investment opportunities that may arise to provide new full-size third-generation rubber crumb pitches (3G) and to provide at least one additional full size sand filled STP for hockey for the city. The current strategy updates the earlier analysis of STP provision contained within the Plymouth Playing Pitch Strategy and is complementary to it.

Quantity and Access

5.2 In total, there are eight full size STPs in Plymouth and five half size STPs (or MASAs – Multi Activity Sports Areas) at present (see below). In addition, there are a number of smaller 3G surfaces at the Goals! Centre in Central Park and a new tarmac MUGA has also recently been constructed at Estover Community College (but is not included in this assessment).

	Locality	Surface	Full/Half-size
Plymstock School Sports Centre	Plymstk	3G`	Full
UCP Marjon	C&NE	Sand	Full
Manadon	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 ownership of the STPs affects the times they are available for use by the local 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 (very restricted)
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; the following points should be noted:
- Two STPs - 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 has recently been renovated for hockey
 - Future use of the STP at Manadon is currently being reviewed
 - 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 A new 3G pitch was installed at Plymstock School in 2009; this is intensively used for football and sustains high amounts of use. The STP at HMS Drake/Wyvern Centre is 'inside the wire' and has very little outside use. A new 3G STP is planned at UCP Marjon; in addition to the existing sand filled STP on the campus (this is not included within this assessment).

Quality and Surface

- 5.6 Most of the STP surfaces within Plymouth are of adequate to good quality.
- 5.7 The provision of STPs has to be considered in relation to the type of surface provided. The choice will include the recent emergence of rubber crumb filled 3rd generation synthetic surface with a shorter pile (accommodating competitive football and, subject to annual verification by the English Hockey Association, competitive hockey), and rubber crumb 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.

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 by STPs at UCP Marjon (2) and Manadon.

North West locality

- No STP serving Whiteleigh area or at Sir John Hunt Community 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 City College Plymouth 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 Co-operative Community College, which is fully used.

Plymstock locality

- 3G STP at Plymstock School.

Synthetic Turf Pitches – Demand Issues

5.10 Assessment of demand takes account of:

- The development needs of hockey. Excluding the two MoD sites, there are three 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 at key sites within the city, including UCP Marjon and Plymstock School (where a dedicated football development officer is based). Its priorities also include the linking of synthetic surfaces to the network of grass provision, the development of a network of full and half size 3G STPs, the upgrading of grounds to Level 6 where appropriate, and the improvement and provision of appropriate ancillary (changing) facilities.
- The Rugby Football Union (RFU) are supportive of a mix of STPs and half size training areas to support the game of rugby in the city. The RFU highlight a decrease in the condition of public grass pitches and describe the development of the game hampered by access opportunities to an appropriate mix of quality 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 within curriculum time to either a full or half size synthetic surface to meet curriculum and extra-curricular needs.
- 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 transference of activity indoors to outside, which then 'frees up' indoor halls for other sports.

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. 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 The FA, RFU and the English Hockey Association support the development of such areas as support facilities for football, rugby 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 School and Stoke Damerel and Eggbuckland Community Colleges – 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 for netball, tennis, hockey and football training. The half-size 3G at Brickfields, is a valuable training facility for Plymouth Albion RFC, but has more restricted outside use.
- 5.14 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.

Summary of Key Issues – Synthetic Turf Pitches

- Distribution of STPs 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 eight full size pitches, three are on education sites, three are on MoD land (one with very restricted access) and two have full public access (Brickfields and Manadon Football Development Centre)
- Most of the STP surfaces within Plymouth are of adequate to good quality.,
- Technology for STPs is constantly evolving and there is a need to ensure that there is adequate provision for football, rugby, hockey and community use for tennis and other sports, and to meet the needs of school sport. New surfaces sanctioned by the English Hockey Association may meet demand for both hockey and football (but not rugby or tennis).
- 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
- A new 3G surface at both Ivybridge Community College (suitable for football and hockey) and at UCP Marjon (suitable for football and rugby) and the provision of a new sand dressed STP at the Sherford development may influence demand for pitches within Plymouth, and the situation should be monitored.

6 Tennis

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

Quantity and Accessibility – Outdoor Courts

6.1 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 Plymouth City Council (with 8 being subject to formal agreements with two clubs); the remainder are located at private tennis clubs.

Locality	Name	Access	No of courts	floodlit courts	Surface	Condition 0-5	Fit for Purpose 0 - 5
CNE	Devonshire H&R Club	Private	2	2	AWT	n/a	n/a
CNE	Carhullen LTC	Private club	3	3	AWT	5	5
CNE	Hartley Park	PCC	1	1	Tarmac	2	3
CNE	Hill Lane LTC	Private club	4	4	Tarmac	3	4
CNE	Mannamead LTC	Private club	6	4	4AWT/2 grass	4	4
CNE	Russell Avenue LTC	Private club	2	0	n/a	3	3
CNE	Whiteford Road LTC	Private club	3	0	Tarmac	3	4
SE	Tothill Park	PCC	1	0	Tarmac	1	1
NW	St Budeaux	PCC	3	2	Tarmac	3	4
SW	West Hoe	PCC	4	0	Tarmac	3	3
SW	Devonport Park	PCC	3	0	Tarmac	4	4
Plympton	Harewood House	PCC/Club	4	0	AWT	5	4
Plymstock	Dean Cross	PCC/Club	4	0	AWT	5	4

6.2 Distribution throughout the city is very uneven:

- 53% of the total stock of courts in Plymouth are situated in the Central and North east locality (21 outdoor courts, 14 of which are floodlit). 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.
- There are thus 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.
- In the remaining five localities, all the courts (one site in each) are owned by the City Council, comprising 16 courts.
- In addition there are courts at a number of schools, notably Eggbuckland School and Plymstock School, which has 10 courts, 4 of which are floodlit, and well used by the community and local club.

Quality – Outdoor Courts

6.3 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.

- 6.4 Only 40% of outdoor courts are floodlit. 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 of PCC's sites have 4 courts – Harewood House in Plympton, Dean Cross in Plymstock (both subject to arrangements with clubs) and West Hoe.

Tennis Provision – Demand Issues

- 6.5 Tennis development work throughout the city is promoted through various clubs and professional coaches; there are coaching programmes on the public courts at Devonport Park and West Hoe tennis courts through KGS Tennis and there is a well established league structure for juniors and adults. However, there is considerable potential for further expansion and development. Compared with national levels of participation, 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 and a need to increase the number of LTA qualified coaches operating in the area, as well as more young people on Level 1 and 2 coaching courses, for example.
- 6.6 Nationally, the LTA's whole sport plan for tennis is concentrating on increasing participation and through its 'Places to Play' strategy, giving priority to more junior participation. The Tennis Foundation is continuing to develop a network of 'Beacon sites' throughout the country – these are sites with a minimum of six visible courts and a catchment area within a 10 mile radius of a minimum of 200,000 people. At each Beacon Site the Tennis Foundation plans to generate competitive tennis, court bookings, and social interaction through a variety of measures and to become involved in this initiative, the park must be free for social use.

Indoor tennis

- 6.7 Indoor tennis courts are vital in sustaining the development of tennis participation as they provide significant increased playing opportunities. There are 8 indoor courts at the Devonshire Health and Racquet Club, which is a very high quality facility and runs developmental programmes; however, this has a membership structure which mitigates against non members widely accessing coaching programmes and general community use which would be required in for it to develop more fully. The Hele's School Bridome has 4 indoor tennis/3 netball courts which are well used by the local tennis club and for some development work. There are 4 indoor and 4 outdoor courts at the South Devon Tennis Centre in Ivybridge, which runs extensive coaching and training programmes attracting players from Ivybridge and the wider South Devon area, including Plymouth.

Assessment

- 6.8 Plymouth has 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.
- 6.9 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.

Summary of 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 outdoor 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.
- Priority to develop a 4 court indoor pay and play facility within the city.

Analysis for the Strategy suggests consideration be given to the development of a network of facilities for tennis in the city, as follows:

City wide facility

- One principal indoor site with a minimum of 4 (preferably 6) indoor courts, with at least 4 floodlit outdoor courts in close proximity.

Community Facilities

- There is a need for tennis courts to meet casual demand from the community and for sports development work.
- As a priority, one outdoor site within the city – preferably in PCC ownership with at least four courts – to be floodlit and developed as a coaching centre
- 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 which currently have restricted access to the general public
- Given low level of provision, the need for more courts is considerable and the best option may be to provide these at new build school sites

Floodlit courts

- To floodlight existing courts, with priority afforded to sites where currently there are four courts which are not floodlit

7 Bowls

Maps	Map 30: Bowls Provision with 1000m and 2000m radii
Appendices	A.6: Facilities for Bowls

Quantity and Access

7.1 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. In April 2010, these were audited the Sports Turf Research Institute; the scores given are presented in the table below.

Locality	Green	Ownership	Condition Rating – Green	Condition Rating – Ancillary	Overall Fit for Purpose-Local	Overall Fit for Purpose - County
CNE	Central Park Bowling Greens: Upper	PCC/Club	5	3	4	4
CNE	Central Park Bowling	PCC/Club	4	3	4	2

	Greens: Lower						
CNE	Sir Francis Drake Bowls Club	Private Club	5	5	5	5	
SE	Tothill Park Bowling Green	PCC/Club	4	3	4	1	
SE	Unity Park Bowling Club	Private club	5	3	5	3	
SW	City Bus Bowling Group	Private club	2	2	3	2	
SW	Devonport Park	PCC/Club	4	5	5	3	
SW	Plymouth Hoe Bowling Green	PCC/Club	5	5	5	5	
SW	Victoria Park Bowling Green	PCC/Club	3	3	3	1	
Plympton	Harewood House Bowling Green	PCC/Club	4/5	5	5	4	
Plymstock	Dean Cross Bowling Green	PCC/Club	4	4	4	3	
Plymstock	Plymstock Bowls Club	Private club	5	5	5	5	

7.2 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.

Quality

7.3 The scores in the table above given by the STRI reflect ratings undertaken in the audit for this strategy. The STRI concluded that the greens within each category (county and local levels) were as follows:

County Level <i>(Green and ancillary facilities to high standard)</i>	Central Park (Upper Green only) Hoe Road Plymstock Sir Francis Drake Harewood House
High performing at Local level <i>(Facilities lacking for County level)</i>	Central Park (Lower Green) Unity Park <i>(lacking in ancillary facilities)</i> Citybus* Dean Cross* Devonport Park*
Local level only <i>(Green and facilities to lower standard)</i>	Victoria Park Tothill

**Possibility to perform at County level if improvements are completed. Placed at local level due to condition/circumstance at the time of assessment.*

7.4 However, there are concerns among Plymouth bowlers over the condition and quality of some of the greens and the need to enlarge and improve changing facilities (so that they can cater for visiting and touring sides) and improvements to clubhouses, notably at Tothill Park.

Bowls – Demand Issues

- 7.5 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.
- 7.6 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 Plymouth Life Centre.
- 7.7 The market segmentation analysis for the Strategy shows the relatively high population of Market Segment D19, 'Retired Singles or Widowers', 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.

Indoor Bowls

- 7.8 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.
- 7.9 A detailed feasibility study on the future of indoor bowling in the city was undertaken in Autumn 2007 by UCP Marjon, with findings supporting the strong strategic need for bowls facilities. The Plymouth Life Centre includes an 8 rink indoor bowls facility.

Summary – Key Issues for Bowls

- 7.10 The emphasis for outdoor bowls should be on securing a replacement to the Civil Service Bowling Greens, improving investment in quality including clubhouse provision, and raising the membership of some clubs.
- 7.11 In addition, consideration to be given to the following:
- improving access for the general by keeping clubhouses open for casual use
 - new facility developments in those areas identified within the strategy as currently having a shortfall of provision of outdoor bowls, especially where predicted increase of older people.
- 7.12 It is suggested that the requirement for further indoor bowls facilities be considered once the new indoor rink at the Plymouth Life Centre has become established.

8 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

Facilities

- 8.1 Athletics activities take place throughout the city in a range of venues, including Brickfields athletics track, within the Mayflower Leisure Centre and at many schools (using grass tracks and facilities).
- 8.2 The principal facility is the floodlit six-lane synthetic athletic track with field event facilities at Brickfields Recreation Ground in the south west of the city, originally given to the city by the MoD.

Demand issues

- 8.3 The umbrella organisation for athletics in the city is the Armada Athletics Forum, which has a collective membership of over 2000 and comprises 14 athletics clubs. These include road running clubs and seven are city based, with seven from the surrounding Plymouth Travel to Work area. There is widespread evidence that demand for athletics across Plymouth is increasing, both outdoor and in sports halls, and there has been a particular growth in running with growing interest in the Women's Running Network.
- 8.4 Plymouth was recently selected as one of the first ten athletics networks in the country under a 3 year initiative promoted by England Athletics, in partnership with McCains and Sport England. The revenue funding from this has provided a full time Club and Coach Coordinator employed by the Armada Athletics Forum within the PCC Sports Development Unit to support and in some cases deliver a range of initiatives. The City Council has felt for some time that there is great potential for junior club development throughout the city, linking in with school programmes across the range of disciplines, and is fully supportive of this as an excellent opportunity to increase participation and ensure that existing facilities are fully utilised.
- 8.5 The objectives of this initiative are to open the sport to a wider audience, develop stronger community links and support the growth of club athletics. To date, as well as establishing links with the existing local Women's Running Network, the Forum is continuing to develop links with the School Sports Partnerships, University of Plymouth and UCP Marjon. Other recent activities include summer and winter time trials, development sessions and courses for athletes, coaches and officials and sharing of resources between member clubs.
- 8.6 The Brickfield track is well used in the evenings at peak times. The City of Plymouth Athletic Club, for example, and its partner clubs within the Armada Athletics Forum use the Brickfields track for shared training sessions every evening and on Saturday mornings. The track hosts a wide range of events including league competitions across all age bands throughout the year, plus one Devon match per year, county championships on a three year rolling programme and open track and field meetings, plus local member club events, quad kids competitions etc. There is also significant usage by schools, both during curriculum time and for sports days.

Summary – Key Issues for Athletics

- 8.7 Sport England Facility Provision guidance suggests that a city of Plymouth's size should be able to support an 8 lane athletics track.
- 8.8 There is concern at the standards of facilities at Brickfields. There is insufficient land for an 8 lane track on the current footprint and the current dimensions of the long and triple jump facility do not meet full AKA accreditation standards. In addition, lighting, trackside facilities and the surface of the track would benefit from improvements.
- 8.9 The need for the provision of high quality athletics facilities throughout the city and the current limitations for field events are acknowledged by this strategy. The preferred option is for junior development to continue within existing clubs and pathways for athletics development throughout the city to be progressed before further consideration is given to the provision of a new 6 or 8 lane track. This may require the identification of a new site as the existing Brickfields athletics site footprint is not large enough for an 8 lane facility.
- 8.10 In addition, it is proposed that the following are considered:
- the provision of floodlit endurance training routes for harriers/road runners
 - bringing the existing long and triple jump field event facilities at Brickfields up to full UKA accreditation standards (acknowledging that 2 runways for pole vault is unlikely to be possible), together with appropriate trackside facility improvements
 - the provision of 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
 - the provision of indoor training and competition facilities to support a network of high quality athletic facilities throughout the city. Sports hall athletics is an important driver for athletics development within the city and it is suggested that a central venue for sports hall athletics could be accommodated within the Plymouth Life Centre

B ICE RINK

- 8.11 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).
- 8.12 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'.
- 8.13 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

- 8.14 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.
- 8.15 It is anticipated that an ice rink is built size minimum 56m x 26m with spectator seating for approximately 1,000 seats, to enable it to fully cater for community use as well as a learn to skate programme, recreational league ice hockey and one off events.

C SQUASH COURTS

Squash courts in Plymouth

Facility	No. of courts	Access type
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)
Fort Stamford Health & Fitness	4	Members club
TOTAL	20	

- 8.16 There are six community access pay and play squash 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

- 8.17 It is difficult to predict future participation levels in squash in the city. 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.
- 8.18 From the governing body perspective, there are three main centres in Plymouth, the two clubmark centres at Fort Stamford and West Country Squash (recently closed) 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

- 8.19 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 (ASB) is included within the Plymouth Life Centre and this may also prove a suitable design for new sports hall provision on school sites.
- 8.20 The success of the future delivery of squash within the Plymouth 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

- 8.21 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.
- 8.22 Swallows Gymnastics Club is very short of ancillary space (toilets, changing facilities, etc) and cannot be a competition venue as it has 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

- 8.23 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.
- 8.24 This 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
- 8.25 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)

- 8.26 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.

8.27 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 (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.

Assessment

8.28 Since the range at the YMCA Kitto Centre closed, shooting has been without a proper base within Plymouth, 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 seven disciplines for shooting.

9 Outdoor and Adventure Activities (The Natural Environment)

For other relevant information please see:

Maps

Appendices A.9: Climbing Walls

- 9.1 Past strategies by PCC 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 green space 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.
- 9.2 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.
- 9.3 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.

- 9.4 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

- 9.5 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.

- 9.6 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.

- 9.7 The Sustrans Route 27 passes along the Plym valley, forming the southern portion of the Two 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 PCC.

- 9.8 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.
- the desirability of being able to move easily around the city on cycle and on foot
- the Green Space Strategy for Plymouth promotes the green space access target that everyone should be able to access a green space within five minutes' walk of where they live or work (240m straight line).

B CYCLING

- 9.9 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).

- 9.10 Bikeability programmes from both the School Sports Partnerships and the Council are broadening access to cycle training across the city, in tandem with this the Council is working in partnership with Sustrans to deliver safe cycling routes around schools.
- 9.11 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, a private estate, holds numerous cycling events throughout the year including the Newnham 60 and the Soggy Bottom series. With the arrival of the new mountain bike facility in the Plym Valley it is hoped to expand on Newnham's success, and through partnership working allow the delivery of even more events.
- 9.12 A funding proposal, to the Rural Development Programme for England (RDPE) for a Mountain Bike Centre Project in Cann Woods in the Plym Valley has been successful. Initial work will start in 2011 with an aspiration of having a full operating capability by Summer 2012. This is already a well used area for mountain biking and the new scheme will mark and grade new trails and denote the direction of travel and levels of difficulty.
- 9.13 The strategy research suggests the following:
- the maintenance of existing dedicated cycling facilities
 - consideration of further provision of cyclocross and junior mountain bike routes on the peripheries of sports fields, landscaped wastelands and disused quarry pits
 - the provision of an additional BMX facility within the city
 - cycle speedway – further review pending interest and demand

C CLIMBING

- 9.14 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.
- 9.15 Links with the education sector are strong, as most existing walls are on school sites. Eggbuckland, Estover, Lipson and Stoke Damerel Community Colleges and Plymstock School have beginner walls within their sports halls and facilities are being added to all the time – at UCP Marjon, Notre Dame RC School, Hele's School and Sir John Hunt Community Sports College are all in the process of designing and installing new walls. More advanced provision is to be found at the YMCA Kitto Centre (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.
- 9.16 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.
- 9.17 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.

- 9.18 The vision for the Plymouth 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 Plymouth 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 limited specialist equipment required on the part of the participant.

D OTHER ACTIVITIES

- 9.20 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).
- 9.21 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.

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 green spaces 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
- Development of a 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 Plymouth Life Centre.
- Continuing development of wide variety of adventure activities – climbing, abseiling, coasteering etc

10 Provision for Water Based Sport and Recreation

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

- 10.1 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.

- 10.2 Plymouth Sound is a deep inlet, two and a half to three miles wide, and three miles 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, two miles from the Hoe.
- 10.3 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. In 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.
- 10.5 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. To take this forward, consideration is to be given to the preparation of a separate Water Sports and Recreation Strategy for the city.

11 Health and Fitness Facilities

For other relevant information please see:

Maps	Map 33: Health and Fitness Facilities
Appendices	A.11: Health and Fitness

- 11.1 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 south west regional ratio of 4.28 and England ratio of 5.04, per 1,000 population. An additional 120 stations located within the Plymouth Life Centre, based on the current population, would compare favourably when benchmarked in the south west region.
- 11.2 In the last ten years the growth of fitness facilities within the city has been led by the private sector, with provision at Cannons (86 stations), Devonshire Health and Racquet Club (110 stations), and McCaulay’s Health Club (80 stations), aimed primarily at higher income social groups.
- 11.3 The large majority of facility stations on a pay and play basis within Plymouth are located within schools or on 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.

Key Issues: Health and Fitness Facilities

- 11.4 Some of the main considerations in providing more health and fitness facilities are:

- the forthcoming provision of a new accessible high quality facility for the community, at the Plymouth Life Centre - 120 station fitness suite; health suite, with sauna, steam rooms and showers
- it is estimated that, with the new facilities at UCP Marjon and the Plymouth Life Centre, there will be around 1230 individual stations throughout the city.
- there is great scope for growth in the number of community gyms and fitness suites which are easily accessible, using community halls and other local resources for a range of health and fitness activities
- further links to be developed between health and fitness facilities throughout the city and the wide variety of health resources (the GP Referrals system, for example)
- accessible, affordable and welcoming health and fitness suites are key components in increasing participation in activity and sport, particularly amongst women and low participant groups
- there is potential for better quality provision on school sites, notably larger gyms with more equipment and greater community access.
- there is scope for the development of young people's gyms, such as the recently installed 'Shokk' branded Gym at Brickfields Sports Centre, and ensuring that equipment on school sites is suitable for young people
- The potential for developing a network of sports science laboratories, injury clinics and performance centres and other specialist provision at key locations around the city, to avoid duplication

12 Sport and Fitness Activities in the Built Environment

- 12.1 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.
- 12.2 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. There is a need for networks of well connected, well designed public space and streets which present greater opportunities for walking and cycling so that these 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.
- 12.3 Plymouth is about to embark on the largest public sector construction programme for a generation (BSF, Plymouth Life Centre and new housing, for example, in Plymstock and, Derriford), which will particularly benefit the education, sport and health sectors. It is important that an understanding of the direct relationship between physical activity and the built environment is embedded in the work of all agencies - 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.

- 12.4 There is a unique opportunity to create an environment in which 'healthy choices are easy choices' and ensure that new built environments – whether educational, retail, residential, business, office etc – adopt a 'design for health and fitness' approach and encourage active lifestyles. 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.

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SECTION D: STRATEGIC PRINCIPLES AND STANDARDS OF PROVISION

1 Strategic Principles

Some themes are integral to the Plymouth Sports Facility Strategy:

- To protect and maintain at least current levels of provision and resources for sport, fitness and recreation in the city.
- 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 National Governing Body '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 optimise facility usage and capacity, particularly the co-location of indoor and outdoor facilities where appropriate for certain sports (for example, 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.
- To acknowledge and consider further the opportunities afforded by Plymouth's 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.
- In order to take the strategy forward, the following to be considered:
 - 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
 - the identification of priority areas and action points 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.
 - the strategy's findings to be linked to the Local Development Framework, Action Area Plans and other corporate strategies, objectives and frameworks wherever possible and appropriate

2 The Hub and Satellite Network of Provision

The development of this network, which places the Plymouth Life Centre at the central hub, will support the 'Grow, Sustain and Excel' continuum as promoted by Sport England

A The Plymouth Life Centre and Central Park Main Hub: 50m pool, high quality diving, 12 court hall, dance, 3G STP, indoor bowls rink, health & fitness facilities, outdoor tennis & bowls, pitches, skate park

B Strategic Multi Sport Activity Satellite Facilities

- UCP Marjon: 25m pool, 12 court hall, STP, pitches, health & fitness facilities
- The 'Kitto Hub': two sports halls, dance facilities, health & fitness, multi-use games area, pool
- Mount Batten Water Sports and Activities Centre/Plymouth Sound/Tamar & Plym: water sports; adventure/extreme sports
- Brickfields Sports Centre: synthetic turf pitches, athletics track, grass pitches, stadium
- Plymstock School Sports College; Sir John Hunt Community Sports College

C Specialist Facilities

- Ski and snow centre, ice rink, gymnastics competition and training facility, golf courses, indoor tennis centre, indoor bowls centre, climbing walls
- Tinside Pool and Plympton Pool
- Full size synthetic turf pitches
- Professional clubs: Plymouth Argyle FC (Football), Plymouth Raiders (Basketball) and Plymouth Albion RFC (Rugby)

D Community Facilities

- Network of minimum 4x court community sports halls including those on school sites and the University of Plymouth, half size STPs, outdoor tennis & bowls, health & fitness facilities, youth facilities

E Neighbourhood (Local) Facilities

- Access to multi use activity spaces (one court halls; ancillary halls)
- Access to multi use games areas
- Access to green space for fitness activities
- Networks of routeways and cyclepaths
- The built environment: designing for health & fitness, networks of routeways, cyclepaths, green space and waterfront access

3 Standards of Provision

3.1 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 Plymouth Life Centre and are intended as a minimum level of provision.

This table is intended to give details of potential future levels of provision required to meet the expanded population of the city expected by 2026.

This population growth will have to be monitored to ensure it is still relevant to the provision. There is no guarantee that this level of provision will be provided by the Council or others. It seeks to identify targets which can be worked towards over the coming years to secure the most practical levels of sports provision.

A	B	C	D	E	F
Facility type	Current provision	Current provision per 1000 pop²	Current shortfall	Additional provision and estimated cost³ required by 2026 (Total extra required by 2026 in brackets)	Proposed standard per 1000 pop
Sports halls	Equivalent of 26 x 4 court halls	60m ²	nil	4 halls (4 halls) £11,000,000	60m ²
2 Indoor Swimming Pools	Equivalent of 8 pools	8.9m ²	2 pools	0.6 pools (2.6 pools) £9,000,000	11.4m ²
3 STPs	7 STPs	178m ²	5 STPs	2 STPs (7 STPs) £4,800,000	306m ²
4 MASAs	5 MASAs	46m ²	6 MASAs	1.7 MASAs (7.7 MASAs) £600,000	101m ²
5 Outdoor Tennis Courts	40 courts	0.15 courts	12 courts	8 courts (20 courts) £1,300,000	0.20 courts
6 Indoor Bowls	8 rinks at The Life Centre	0.03 rinks (Life Centre included)	6 rinks	2.35 rinks (8.35 rinks) £2,000,000	0.054 rink
7 Fitness Gyms	1250 stations	4.8 stations	aprox 150 stations	c. 235 stations (c.385 stations) Average £5-6000 per station excluding accommodation	5.4 stations
8 Small Community Halls (Activity Space)	Not known	Not known	Not known	Target – 100 such spaces throughout the city £68,5000,000 (Based on a 1-court sports hall)	130m ²

² For summary of current provision see Appendix A and Notes below

³ Based on Sport England facility costs – 1st Quarter 2010

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.

Note 1: SPORTS HALLS

Standard computed on basis of a 4 court sports hall (or equivalent) measuring 33m x 18m (approx 600m²). Once the Plymouth Life Centre is built, there will be the equivalent of 26 x 4 court sports halls with community access at peak times in Plymouth (excludes HMS Drake/Wyvern Centre 6 court hall). These comprise 18 x 4 court halls in the city, Plymouth Life Centre and UCP Marjon each as 3 x 4 court halls (12 courts altogether on each site) and 2 halls at YMCA Kitto Centre (although actually 5 court and 6 court, counted for practical purposes as 4 court).

This is 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).

In certain circumstances it may be appropriate to consider the provision of one or two badminton court sized halls (on, for example, primary school sites) to provide a basic community sports hall facility. However the standard is expressed in 4 court halls, as the preferred minimum level of provision.

Note 2: INDOOR SWIMMING POOLS

Standard computed on basis of 25m x 6 lane community pool measuring 25m x 13m (325m²),. Once the Plymouth Life Centre is built, there will be the equivalent of eight 25m pools with community access at peak times in Plymouth; five pools of minimum size 25m x 4 lane (UCP Marjon, Plymouth College, HMS Drake/Wyvern Centre and Plympton Pool) plus the equivalent of three 25m x 6 lane pools in the water area in the Plymouth Life Centre.

A current shortfall of 2 x 25m x 6 lane pools is 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).

Note 3: SYNTHETIC TURF PITCHES (Full Size)

Standard computed on basis of a full size STP being 6600m² in size. Seven full size STPs with community use at peak times included as current provision (excludes HMS Drake/Wyvern Centre). 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.)

Note 4: 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.

Note 5: 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, 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.

Note 6: INDOOR BOWLS

The standard is computed on the basis of 8 rinks in the city (provision planned for the Plymouth 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 Plymouth Life Centre established; for this reason a range of one rink per 18,000 – 24,000 people is given.

Note 7: 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 Plymouth 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.

Note 8: 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.

3.2 Accessibility Standards

All people in Plymouth to live within 5 minutes' (straight line) walk of a green space and 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, as well as green space). 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..

Straight Line Distance	Time	Mode	Facility
240m	5 minute	Walk	A green space of any size (as per Plymouth Greenspace Strategy)
500m	10 minute	Walk	Any one opportunity: for example, community hall/activity space, multi-use games area
1000m	20 minute	Walk	Community 4 court Sports Halls, MASA (half size STP), outdoor courts, health and fitness suites,
1500m	30 minute	Walk	Indoor pools, some specialist provision, outdoor sports hubs, full size STPs
4km	10 – 15 minute	Drive	The Life Centre, major specialist provision, for example, indoor bowls, ice rink, gymnastics training and competition facility

The following also to be considered:

- The need to review transport and travel patterns around the city, particularly in view of the distance from key facilities and deficiency of provision in certain areas (for example, parts of the north west locality, Plymstock and Plympton)
- As many facilities as possible to be served regularly by public transport within five minutes' walking distance
- Improving access for the community by providing better information about opportunities, improving signage to sites and facilities and the linkages between them, and by making entrances and approaches welcoming, safe and easily negotiated
- Promoting accessibility by 'active transport' (i.e. cycling, walking) and to use green routeways and cycleways to link sport sites
- Ensuring that all facilities are accessible to people with disabilities and those with reduced mobility.

3.3 Quality Considerations

Qualitative standards to embrace the following:

- Developments to be of 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 NGB specifications, is of high standard and addresses all DDA needs.
- High quality ancillary provision is important in offering value for money and attracting customers , particularly high quality changing facilities, adequate car parking, viewing and catering facilities, especially on school sites with community access
- Major indoor provision (such as sports halls) to be planned in conjunction with appropriate additional facilities such as dance studios and health and fitness suites

- Facilities to be as flexible as possible: traditional 'sports hall' spaces to incorporate as many features and equipment as possible, from early design stages to maximise their use and longevity.
- Specialist equipment to be provided around the city to give as a wide a range of opportunities/sports as possible, for example: pits and bars (gymnastics); high quality drop down hoops (basketball); different types of flooring; harnesses (trampolining)
- New flexible solutions, such as ASB solutions for squash and other innovative 'activity space designs' – such as ball halls – to be considered.

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