

Policy Type	<u>COUNCIL OR OPERATIONAL</u>	Process Owner: Community Recreation Coordinator
Business Function	Recreation & Cultural Services	Effective Date: 19 December 2006

**POLICY NO: 25-PL-003**

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## PHYSICAL ACTIVITY

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### POLICY OBJECTIVES

This policy aims to maximise participation in and promote the benefits of being Physically Active. The City of Melville will provide Physical Activity opportunities through exercise, structured and non structured sport and recreation for the benefit of the community. This policy will provide for accessible, safe and affordable facilities and services that meet the needs of the community.

### POLICY STATEMENT

This policy has been developed and aligned with the principles used in the Western Australian Department of Sport and Recreation, Strategic Directions 2006-2010 (SD4). Relevant principles from SD (4) include;

- innovation,
- inclusivity,
- minimal risk environments,
- accessibility and affordability,
- excellence,
- cooperative partnerships and
- relationships and sustainability.

This policy has also been aligned with the Travel Smart program as it aims to increase physical activity within the community through active forms of transport i.e. walking, cycling and use of public transport. Travel Smart is closely aligned with the Western Australian Heart Foundation, the Western Australian Department of Planning and the Premiers Physical Activity Taskforce.

This policy is aimed at achieving the following outcomes:

- increased physical activity levels of City of Melville residents.
- increased opportunities for sport and physical activity; leading to improved health and well-being of individuals and communities.
- supporting sport club sustainability.
- improving the links between facility development and Travel Smart.
- creating a stronger community identity and sense of place.

The City of Melville will encourage and promote physical activity through:

- Providing a safe environment, facilities and services to encourage Physical Activity.
- The provision of unstructured recreation facilities in the form of natural bush areas, public open space, parks, multi-use paths, walk trails, outdoor gym equipment, seating and picnic facilities and security lighting for those facilities around the City.
- The provision of Reserves and facilities for structured community sport and recreation.
- Providing support to sporting clubs and club development.
- Promotion of shared and multi use of community facilities.
- Catering for Physical Activity complemented by the development of the hierarchy of reserves and facilities.
- Increased knowledge and understanding of established Physical Activity opportunities and services within the community.
- The provision of an extensive range of programmes, activities and services from the City of Melville recreation centres.
- Linking community structured sport and recreation activities with existing and new recreation centre based programmes and services.
- Increasing the community's knowledge and understanding of the health and social benefits of being Physically Active.
- Building partnerships with internal/external agencies to promote the use of existing community assets (i.e. Schools, Travel Smart).

Benefits of this policy will be;

### **Individual Wellbeing**

Activity offers physical and psychological benefits to individuals. Improved health, physical fitness, and self esteem can be gained through regular activity. Children can learn social skills and body co-ordination, and older people can maintain mobility.

### **Community Benefits**

By providing opportunities for social interaction, sport and recreation can help enhance community identity and promote community integration. Individuals learn and share community values and attitudes and can gain a better understanding of other groups in society. Participation can also have a deterrent effect on anti-social behaviour, including vandalism and petty crime. Communities also benefit from the improved health and productivity of individual members, and the development of well-planned and managed facilities will lead to economic benefits.

### **Economic Benefits**

These benefits relate to direct and indirect employment in sport and recreation, income from sales of sport and recreation goods and services, improved productivity from happier and healthier workers and the economic benefits that arise from holding national or international sporting events in the State.



## **Environmental Benefits**

There is an increasing demand for recreational pursuits in parks, open spaces and natural environments. More effective management practices will enable resources and facilities to be better utilised in a manner that is sustainable and equitable, improving the quality of life of individuals and the community in which they live.

### **Other References Applicable to this Policy**

Delegated Authority No:

Procedure No:

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#### **ORIGIN/AUTHORITY**

Ordinary Meeting of Council

#### **ITEM NO.**

C06/8009

#### **REVIEWS**

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