

## PHYSICAL ACTIVITY POLICY

**Policy Type: Council Policy**

**Policy Owner: Manager Healthy Melville**

**Policy No. CP- 028**

**Last Review Date: 12 December 2017**

### POLICY OBJECTIVES

To increase opportunities for physical activity; leading to the improved health and wellbeing of the community.

### POLICY SCOPE

This Policy applies to Elected Members of Council, employees and consultants engaged by the City and influences all strategies, plans and activities developed or conducted by the City.

### DEFINITIONS / ABBREVIATIONS USED IN POLICY

Nil.

### POLICY STATEMENT

The general health benefits of Physical Activity have been recognised for many centuries, with scientific evidence documenting the clear health, social, economic and environmental benefits of regular moderate intensity Physical Activity emerging over the past four decades.

The City of Melville recognises the importance of providing or facilitating Physical Activity opportunities through accessible, safe and affordable facilities and services that meet the identified needs of the community.

This Policy has been developed and aligned with the principles used in the Western Australian Department of Sport and Recreation, Strategic Directions 2016-2020 (SD6 ). Relevant principles from SD 6 include:

- Inclusivity;
- Universal access;
- Fair play;
- Sustainability;
- Adaptive delivery;
- Excellence;
- ~~Cooperative relationships~~[Collaborative relationships](#).

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

- Identifying and monitoring the current and future physical activity needs of the community.
- Providing or facilitating a safe environment, facilities and services to encourage physical activity.
- The provision of unstructured recreation facilities in the form of natural bush areas, river foreshore, public open space, parks, multi-use paths, walk trails, physical activity equipment and associated facilities e.g. seating, 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.
- 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 physical activity.
- The support of the Travel Smart program and it aims to increase physical activity within the community through active forms of transport i.e. walking, cycling and use of public transport.
- Building partnerships with internal/external agencies to promote the use of existing community assets (i.e. Schools, Travel Smart).

**References that may be applicable to this Policy**

Legislative Requirements:

Procedure, Process Maps, Work Instructions:

Other Plans, Frameworks, Documents Applicable to Policy:

People Places Participation – City of Melville Strategic Community Plan 2012-2022  
Health and Wellbeing Strategy 2014-2017

Delegated Authority No:

**ORIGIN/AUTHORITY**

Ordinary Meeting of Council

**ITEM NO.**

C06/8009

**REVIEWS**

Ordinary Meeting of Council  
Ordinary Meeting of Council  
Ordinary Meeting of Council  
Ordinary Meeting of Council  
Ordinary Meeting of Council

15/12/2009  
20/12/2011  
19/11/2013  
17/11/2015  
12/12/2017

C09/5097  
D11/8042  
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CD15/8075  
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