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Sport for Everyone



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Health and Sport Committee

To consider and report on matters falling within the responsibility of the Cabinet Secretary for Health and Sport.



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Introduction

1. In December 2016 we agreed to hold an inquiry into sport and physical activity. The remit of this inquiry was:
 - To consider the degree of progress made in recent years around access to, and participation in, sport in Scotland.
 - To make recommendations in ensuring that the Commonwealth Games "Active Legacy" aims of increasing access to and participation in sport continue over the medium to long term.
2. We decided the inquiry would have an initial fact-finding phase (phase 1) followed by a more detailed look at certain aspects of participation and barriers to sport (phase 2)
3. It is important to note that although the Inquiry is entitled Sport for Everyone the remit for the inquiry also covers physical activity. We agreed to follow the definition of sport from the previous Health and Sport Committee's 2013 report [Pathways into sport and physical activity](#) :
 - ” There is an ongoing debate about what constitutes sport but one broad definition is that it includes all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels. ¹ Participation in sport is the taking part in any sports or other physical recreations that have governing bodies or a formal structure.

Phase 1

4. Phase 1 provided us with an opportunity to consider a range of views from those stakeholders involved in the provision of sport facilities, sport clubs and sport activities. It also allowed us to hear from those who do not currently participate in sport to determine the reasons and any potential barriers to their participation.
5. We carried out an online survey, a range of fact-finding visits and an oral evidence session during phase 1 of the inquiry, full details of which are in our [Interim Report](#) which was published on 3 May 2017.
6. The Minister for Public Health and Sport [responded](#) to our Interim Report on 18 July 2017.

Phase 2

7. For Phase two of the inquiry we agreed to focus on participation, community and volunteers, the school estate and the Commonwealth Games Legacy.
8. On 19 May we issued a call for views which sought responses to questions which focused on grassroots sport and the importance of developing strategies to remove

barriers to participation. The questions also sought views on how Scotland might increase sport and physical activity participation rates across all groups and sectors of society. The call for views ran until 30 June and [37 responses](#) were received. The full call for views can be read [here](#). We thank Peter Hall and his colleagues in the Northern Ireland Assembly for their assistance in producing a summary of the written submissions.

9. Following the call for views we carried oral evidence sessions on [26 September](#), [3 October](#) and [24 October](#).

Participation

10. Phase 2 of our inquiry considered community based approaches to removing barriers to participation in sport and physical activity. The following questions relating to participation were asked in our [call for views](#):
1. Can you provide examples where a community based approach has been successful in removing barriers to participation in sport and physical activity?
 2. What were the key ingredients to that success?
 3. Were there any approaches that were particularly successful in increasing participation among certain social groups, like women, ethnic minorities, certain age-groups?
 4. To what extent are these approaches unique to a particular area and set of circumstances, or replicable in other parts of the country?

Barriers to participation

11. During Phase 1 of the inquiry the Committee highlighted numerous barriers to participation, including:
- caring/family commitments;
 - feeling self-conscious;
 - time;
 - shortage of suitable facilities nearby;
 - expense; and
 - do/did not enjoy PE at school.
12. Phase 2 of the Inquiry considered some of these barriers further and others that had been raised.

Palaces of Sport/ Appropriate Levels

13. Many respondents to our survey on Phase 1 of the Inquiry noted they did not participate in sport or physical activity because they felt self-conscious. There was a worry among many they would embarrass themselves whilst trying a new sport or activity.
14. When speaking to a group who did not participate in sport or physical activity at an informal event in Edinburgh we heard some were embarrassed to attend and worried they may make themselves look foolish, especially in large leisure facilities - or palaces of sport² - their image was of ultra-fit people in spandex.
15. Glasgow Life advised they were aware of this issue and in response were trying to provide opportunities for participation in a variety of different venues:

- ” a lot of people are absolutely put off by that; they prefer something much more low key, local and community focused. We have certainly found that a lot of people prefer the corner shop to the supermarket. In response to that threshold anxiety, we have developed a range of programmes that we take out to community settings such as church halls, community facilities and parks—we operate park lives along with a number of other cities in the UK—to be where people and families are much more comfortable being

Source: Health and Sport Committee 26 September 2017, Billy Garrett, contrib. 28¹

16. Scottish Rugby were also aware of this barrier and advised that Rugby was for all shapes and sizes:

- ” It is about allowing people to wear what they want to wear to feel comfortable in the training environments in the clubs and making sure that we do not have people in tight-fitting tops or whatever. There is a degree of choice so that people feel comfortable.

Source: Health and Sport Committee 26 September 2017, Sheila Begbie, contrib. 31²

17. Abertay University echoed Glasgow Life, that a range of options and venues is needed. They also highlighted:

- ” The people who lead the sessions are role models, so they should epitomise a range of shapes, sizes, cultures and whatever else.

Source: Health and Sport Committee 26 September 2017, Andrea Cameron, contrib. 32³

18. We consider where possible and practicable sport and physical activity should be available in a wide variety of locations. This will provide people with choices in where to participate, hopefully resulting in there being at least one arena where they feel comfortable. An initial more relaxed environment could encourage participation which may lead to confidence to move on to "palaces of sport". In more rural areas we recognise this is less likely to be possible and recommend as much choice as possible be made available between differing standards and activity choices.

Role models

19. Part of the solution to encouraging more people to participate is in having the right coaches mentoring people. This can encourage people to take part who were previously nervous or uncomfortable participating. One element of this is having role models people can relate to. sportscotland advised in relation to female role models:

- ” Getting more young women involved in coaching helps to drive up the number of women, and especially young girls, who participate, because they see role models whom they can take after and approach.

Source: Health and Sport Committee 03 October 2017, Malcolm Dingwall-Smith, contrib. 100⁴

20. Scottish Rugby have been actively seeking to increase participation rates of women and girls in the sport and have done this in a number of ways. They advised more than 650 women/girls have actively signed up for rugby as new players over the last 18 months and they have seen a 35% increase in the number of women's and girls' teams during that period. Their [written submission](#) notes they have adopted a variety of approaches including:
- For young females in general, sport is a social activity which is about fun, friendship and family. There is a confidence gap with young women and girls, which requires to be addressed through a specific approach – namely, the engagement of female Development Officers who provide young women and girls with role models and ambassadors.
 - Publicity, profile and marketing campaigns, including during Women in Sport week and the [#bethebestyou](#) campaign
 - Improved and appropriate competition and development opportunities
21. In a similar vein we also heard from [LEAP Sports Scotland](#), who advised us of the success of Aberdeen Boxing Club's programme to increase participation in Boxing among LGBT groups. The Club consulted and collaborated with LGBT groups to devise a LGBT access programme which has resulted in extending the traditional reach of the sport. LEAP suggest that following the LGBT Sports Charter's five principles would enable those delivering sport in Scotland to make it more accessible and welcoming.
22. As with a variety of locations and venues being a positive to increase participation so will the availability of a wide spectrum of coaches and role models. We heard details of good work being undertaken by clubs and organisations to increase participation among women. We encourage others to learn from such positive programmes and expand and tailor them to increase participation by other groupings.
23. We ask the Scottish Government to advise of the work it is doing to encourage role models in specific areas of sport and physical activity. For example those with the aim of increasing participation among specific groups such as females, people over 50, LGBT, ethnic minorities and other minority groups.

Negative early years experiences

24. One area that came up frequently during both phases of the inquiry was the link between poor experiences of sport and physical activity when young, including bad PE experiences at school and a future lack of participation in sport or physical activity. Many witnesses agreed good experiences in the early years could help increase participation rates in people as they grow older.
25. Abertay University noted:

- ” One barrier is that people who have negative experiences of physical education at school carry that into their adult life. We know that the more active children are likely to be more active as adults. Children who have had a poor experience in school are less likely to stick with sport and exercise as they go into adulthood.

Source: Health and Sport Committee 26 September 2017, Andrea Cameron (Abertay University), contrib. 7⁵

26. Scottish Rugby noted:

- ” we see school as a place where we have a captive audience and can inculcate an approach to physical activity and sport in young people and develop it for later life. If people are active in sport in their early years and have a good experience, it is more likely that they will continue to participate. It is also about getting clubs and governing bodies to develop links into schools so that we can create the pathways for young people to continue to develop and enjoy sport and physical activity.

Source: Health and Sport Committee 26 September 2017, Sheila Begbie, contrib. 48⁶

27. The Robertson Trust also pointed out additional benefits to the early years approach, noting:

- ” The early years approach affords us a great opportunity to engage not just young children but their families in physical activity. This is an area where there is room to develop and do more work. There is already a lot of work going on within play. You also see a lot of walking groups with mums and toddlers, and that is something for us to build on.

Source: Health and Sport Committee 26 September 2017, Linda Macdonald, contrib. 44⁷

28. Stonewall Scotland wrote:

- ” Negative experiences of school sport have also been identified as a factor in dropping out of sport – 30 per cent of gay men identified their experiences of PE at school as discouraging them from participating in sport as an adult ([Out on the Fields, 2015](#)).

29. We acknowledge the importance of enjoyable experiences in early years with sport and physical activity, including at school. These experiences will hopefully encourage children to continue participation further in life. However, we believe more needs to be done to ensure the involvement of whole family groups. By focussing only on schools a whole spectrum of other opportunities are being missed.
30. Curriculum for Excellence includes as one of its core objectives the health and wellbeing of pupils, noting that physical education should inspire and challenge children and young people and enhance their quality of life. In line with the general policy not to be prescriptive about detail Curriculum for Excellence does not prescribe the minimum amounts and variety of PE or sport that should be available beyond a 2 hour minimum. We consider there could be opportunities to

help tackle inequalities of access to PE and sport for young people. We would welcome the views of the Scottish Government as to how they consider providing pupils access to a range of sports could assist.

31. We would also be grateful if the Scottish Government could advise what opportunities are provided to ensure all young people can participate in a sport.

A place for elitism?

32. We were keen to hear whether witnesses felt a culture of elitism existed in non-professional sport; a culture that stems from initial selection by PE teachers and coaches at primary school which then becomes the accepted norm and determinant of who receives coaching support and encouragement through the ranks.
33. The Robertson Trust felt this resulted from policy and strategic drivers that focus on participation and progression in sport. They also noted that participation is not just about progression but also about goals such as healthier and happier individuals and communities:

” The opportunity at a strategic level is for us to reframe the lens on that messaging and to really make the connection about how we want to use sport and physical activity in our society. Yes, some of that is about progression and medals—that is brilliant—but there is a wider range of things that sport and physical activity can support us to do. I do not think that we send out that message strongly or clearly enough at a strategic and political level.

Source: Health and Sport Committee 26 September 2017, Linda Macdonald, contrib. 34⁸

34. Both Glasgow Life and Scottish Rugby noted the importance of elite sport. Glasgow Life advised "The demonstration and inspiration factor that elite sport can give has an impact at the other end, delivering that culture of physical activity and getting people more active." ³ Scottish Rugby made a similar point, noting: "As a governing body, we realise that the elite end of rugby is the part of the game that is the shop window for our sport. It is the driver; it encourages people to come into the game. It also generates the revenue that we can then reinvest in the grass roots." ⁴

35. The Minister for Public Health and Sport acknowledged the role elite sport played:

” Through their successes, Scottish athletes are inspiring others on their own sporting pathway and providing the rest of us with immense pride and the motivation to get more active.

Source: Health and Sport Committee 24 October 2017, The Minister for Public Health and Sport (Aileen Campbell), contrib. 2⁹

36. We wanted to understand how clubs and organisations could work to ensure elitism could be removed from non-professional sport. Thereby ensuring opportunities and benefits from participating for everyone including those who do not demonstrate great aptitude for sport, or do not wish to become elite athletes. We were keen to

identify how the recreational and performance sides of participation can be balanced ensuring we keep both sides involved.

37. Billy Garrett from Glasgow Life stated:

” I remember my kids’ experience: when they did not make it into the first team, they were devastated. We just cannot afford for that to happen. Not everyone can be in the first 11, so what is the exit strategy? What is constructed around that process to make sure that everyone can continue to be meaningfully involved in the sports that they love? We cannot afford to turn anyone off.

Source: Health and Sport Committee 26 September 2017, Billy Garrett, contrib. 40¹⁰

38. Scottish rugby noted it was down to the coaches and teachers who lead the sessions to ensure everyone is involved in sessions or games and that young people get equal game time. ⁵

39. Abertay University noted there had to be capacity to provide opportunities for all levels:

” It is about having the capacity to do that. What are the alternatives? Are there enough pitches for those who have not made it? Are there enough coaches to support them? What messages are coming through from the coaches about the value that people will get from the sport?

Source: Health and Sport Committee 26 September 2017, Andrea Cameron, contrib. 41¹¹

40. Elitism in sport is essential, for driving inspiration and generating money, however we believe there has to be a different approach if a balance between the recreational and performance sides of participation is to be achieved.

41. We would be grateful if the Scottish Government could advise what work it and sportscotland are undertaking to ensure the best performers and elite athletes are being used to encourage others.

42. We would also like to understand what work is being done at a strategic level to ensure there is capacity to provide opportunities for participants at all levels. What work is being done to ensure there are enough coaches and facilities for all levels and that usage time on facilities and coaches is proportionally split.

Key ingredients for success

43. Respondents were generally agreed the broad categories of a successful community sports project designed to increase participation are:

- people and community
- structures
- statutory support

- approach

Community led

44. We highlighted in our Interim Report the important role grassroots influences have in removing barriers to sport and physical activity and specifically the good work Community Sport Hubs (CHSs) are carrying out.
45. Community Sport Hubs were referenced regularly by respondents to our call for views as examples of how partnership and co-ordination can increase participation in sport in local communities. CSHs offer considerable potential for this and many respondents see CSHs at the heart of any strategic approach to increasing participation in sport.
46. A number of general themes emerged from the written and oral evidence including a clear view that one of the keys to increasing participation in sport is to understand and engage with the communities in which this is to be undertaken. The community must be involved in the planning, development and implementation of programmes and initiatives. If the strategy is not applicable to the community it is likely to fail. It is a mistake simply to expect a one-size-fits-all scheme to work everywhere.
47. Glasgow Life noted:

” Our view is that the chances of addressing the barriers to participation are greatly increased if we can develop a genuine bottom-up approach.

Source: Health and Sport Committee 26 September 2017, Billy Garrett (Glasgow Life), contrib. 8¹²

Glasgow Life continued:

” The great strength of the community sport hub model is that it allows local approaches: no two community sport hubs are the same. Although it is a national programme, it allows for local variations, and it has been an extremely successful model in Glasgow.

Source: Health and Sport Committee 26 September 2017, Billy Garrett (Glasgow Life), contrib. 8¹²

48. Respondents to the call for views indicated there are approaches that can be replicated across the country. However, these must be adapted to local needs and circumstances and proper partnerships must be created between local sports clubs/organisations and communities. It was also noted that projects must be clear about the group/groups they are seeking to target, and this is particularly the case when targeting under-represented groups.
49. Scottish Archery advised:
- ” While each Local Authority area has been unique in certain ways, it is possible to find the right delivery model in any LA. By engaging with active schools in the first instance we are able to work out the best model in advance of approaching the schools. The delivery model is always adaptable though which is important to make sure we can best serve every individual school. ⁶
50. Cycling UK noted:

” Our successful Belles on Bikes programme gives a consistency of quality to activities (ie logo, branding, training provision) but is adaptable enough that leaders can use their skills and knowledge to apply to local communities and geographic areas in a way that is meaningful to them. No prescribed requirements for leaders or participants mean that the model is fluid and will work effectively in communities across Scotland and attracts a wide range of women - not just those that define themselves as ‘sporty’ or ‘good’ at physical activity.⁷

51. We heard a wide range of examples, covering a variety of sports and target groups, where a community based approach was successful in removing barriers to participation. This included simple examples such as Moray Council's reflections on Jog Scotland sessions within the council area which cost participants £1 weekly and require no specific facilities. The activity is relaxed and sociable and can be embedded in the community and target specific needs and groups. The activity has been designed to remove as many barriers to participation as possible.⁸

52. The Robertson Trust advised of an example that focused more on approach rather than on specific sports or physical activities. The Youth Work in Sport programme, funded by Robertson and the Rank Foundation (total £1.5m), supported 11 sports organisations to use a youth work approach to engage hard-to-reach young people in sport. This was successful in increasing participation in sport in communities which have been difficult to engage previously.⁹

53. The Winning Scotland Foundation highlighted a project involving North Glasgow Homes (NGH), a social landlord, as a partner which was part of the 2014 Legacy Programme. Largely based in the Possilpark and Springburn areas of the city, the project provided NGH tenants with free sports taster sessions. The project surveyed the community to assess the barriers and the issues of cost, transport and psychological barriers – the facilities aren't for us – were raised. The carefully organised taster sessions were designed to remove these barriers and shift attitudes to sport in these communities.¹⁰

54. As mentioned earlier (para 23) we heard from Scottish Rugby that they are working to remove barriers to women and girls taking part in what is regarded as many as a predominantly male sport. Scottish Rugby noted they are doing this by employing local development officers:

” we have taken a really proactive approach by employing women to work as development officers in the region to ensure that we have positive role models and that we really support girls and women to be actively involved in rugby.

Source: Health and Sport Committee 26 September 2017, Sheila Begbie (Scottish Rugby), contrib. 6¹³

55. Many respondents to the call for views noted that existing networks like the Community Sport Hubs and Active Schools co-ordinators could be used to provide the kind of local support and guidance that will provide the foundation on which the elements above can be applied.

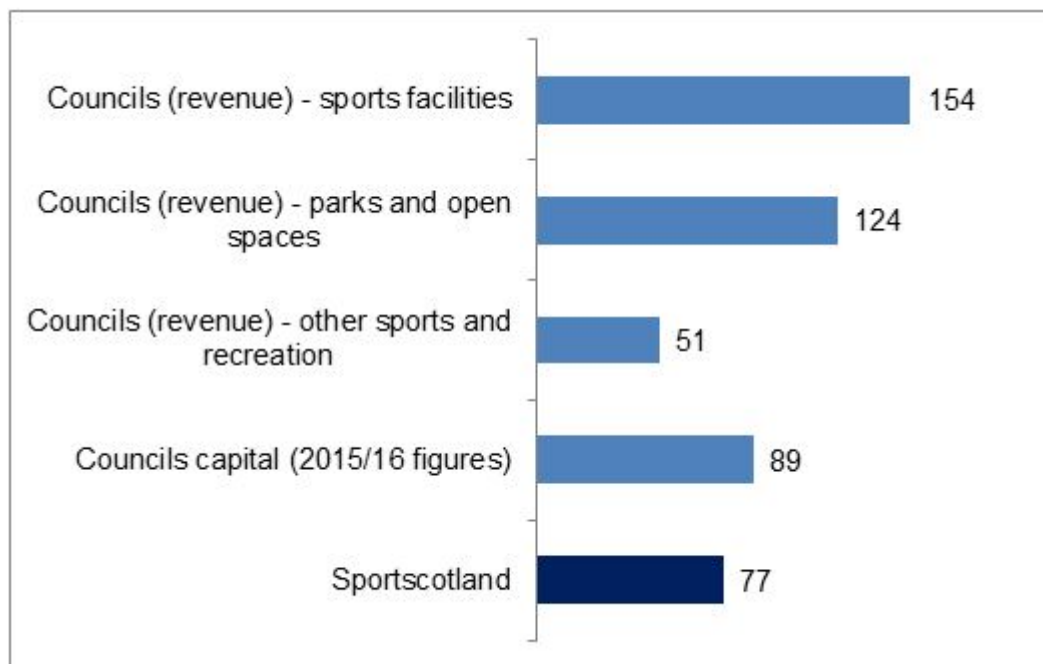
56. We noted the important role of Community Sport Hubs (CSHs) at Phase 1 and continue to believe they have an important role to play in increasing participation in sport and physical activity. CSHs and the Active Schools co-ordinators are existing networks that can be used by other organisations and groups to provide support and guidance. They can provide the foundation on to which the key ingredients for success listed above can be applied.
57. We heard about concerns raised around the reduction in lottery funded revenues much of which supports CSHs. We are pleased to hear the Scottish Government is taking this issue forward with the UK Government but are disappointed to hear they have received no response. We would encourage the Scottish Government to continue making robust attempts to discuss this vital issue with the UK Government.
58. Whilst CSHs and existing networks are very important we are pleased to hear other work is being undertaken beyond these to engage a wide range of community organisations and groups. We firmly believe the main route to increasing participation in sport and physical activity is through community and grassroot influences and involvement. We consider the approaches and specific projects and programmes highlighted to us have the potential to be replicated across Scotland even though they may have originally been developed with particular issues, contexts, or situations in mind. Provided local needs and target groups are clearly identified, approaches and initiatives adjusted accordingly, existing approaches could be successfully replicated.
59. We believe Government at all levels has a key role to play, both as a provider of funding and investment, but also as a leader of policy and change. It is for national and local government to take a much more strategic approach to increasing participation in sport. We would be pleased to hear from the Scottish Government on the ways they encourage more local approaches.

Statutory Support

60. Many respondents noted the chances of a project being successfully, particularly those within communities of multiple deprivation, increase if it secures some level of continuing statutory funding.
61. We note that public funding of sport and physical recreation comes from sportscotland and local authorities. The funding currently stands at around £500 million per year, with local authorities providing around £400 million of this.

62.

Expenditure on sport (2016/17) £m

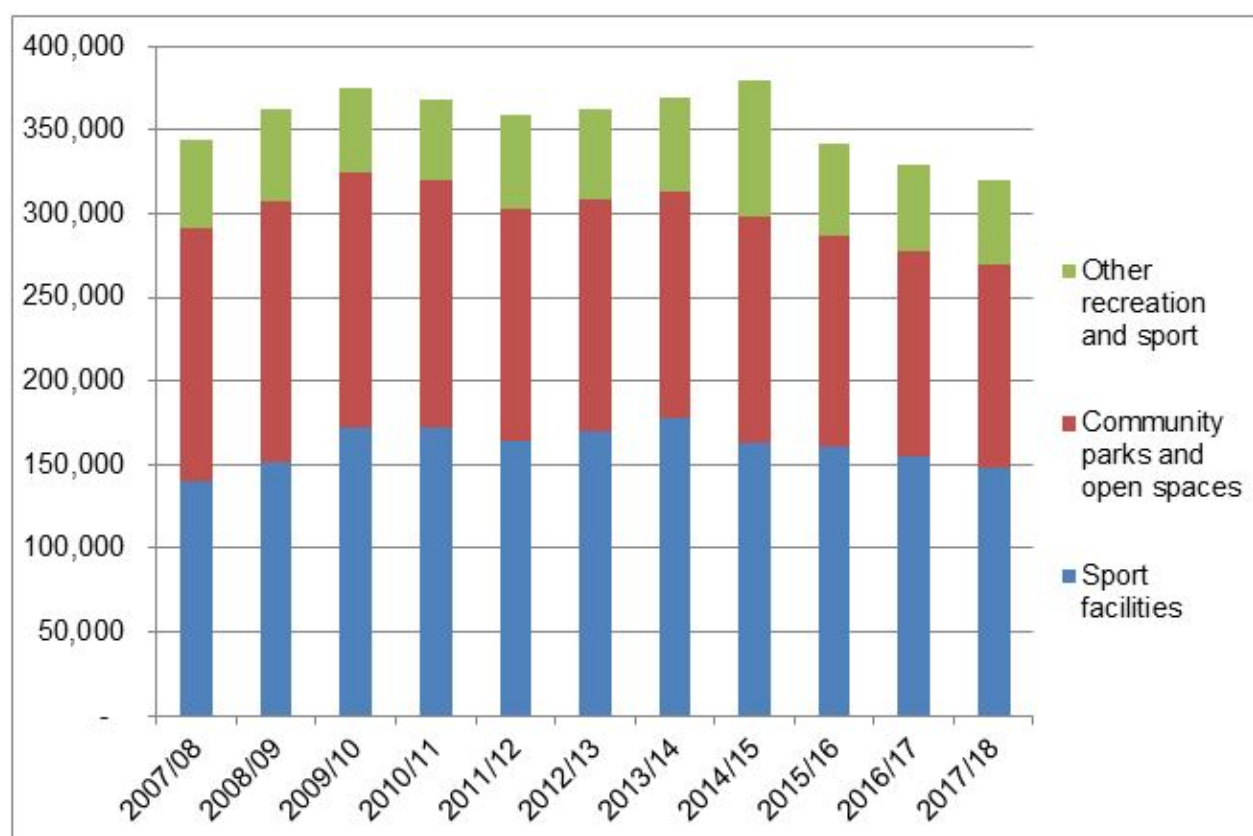


Source: [Scottish Local Government Financial Statistics](#) and [Sportscotland Summary of Progress 2016/17](#)

63. The [most recent SPICe briefing on local government finance](#) (June 2017) indicated that between 2010-11 and 2016-17 there was a real terms fall in the local government revenue budget of 6.2%, and that a 2.2% drop is expected between 2016/17 and 2017/18 (on a like for like basis). Net revenue spending on sport related services has reduced since 2014/15.ⁱ

ⁱ Between 2010-11 and 2016-17, the Scottish Government's discretionary spending limit has reduced by 8.0% in real terms. Source: [Scottish Government Draft Budget 2017-18](#), Table 1.02 (fiscal revenue DEL + capital DEL)

64. **Net Revenue Spending (cash terms) by Councils on sport related services (£'000s)**



Source: [Scottish Local Government Financial Statistics](#)

65. The Minister for Public Health and Sport noted:

” Of course we recognise the challenges under which local authorities are working. That is why we continue to work with our local authority partners and why we work with governing bodies, and it is why we are intent on maximising the impact of the resources that have been put into improving infrastructure across the country.

Source: Health and Sport Committee 24 October 2017, Aileen Campbell, contrib. 22¹⁴

66. Given the prominent role of local government in delivering sports services, and the increased charges at a local level to participate, can the Scottish Government please advise the extent to which the impact of pressures on local government budgets is affecting local participation rates?

67. Sports participation is influenced by a wide range of government activities and bodies. We would be grateful if the Scottish Government would advise what the challenges are in delivering a coherent, effective and joined up approach and how it aims to tackle these. It would also be helpful to know who is overseeing all of this and driving forward a coherent, effective and joined up strategy.

68. We are aware local government provides a large proportion of the funding for community and grassroots sport. However, sportscotland is responsible for creating a framework for grassroots and community sport as well as schools. Can

the Scottish Government advise the extent to which sportscotland is linking with local authorities to deliver the Framework and how this is being monitored?

Measures of Success

69. Whilst this Inquiry is looking at ways participation in sport and physical activity across Scotland is being increased it is important that the measures of success for this are appropriate. Increased participation rates would be one measure of success and we were keen to see what other specific measures should be used.

Socioeconomic background

70. We noted in our Interim Report:

"The Committee also believes sportscotland, and others who provide sport and physical activity services, should be collecting data on participants socioeconomic background and whether they were previously inactive. Only by doing so can we see how barriers can be removed and participation increased for people who are inactive and people from deprived areas." ¹¹

71. Information must be recorded, not only to measure success of increased participation in socioeconomic areas, but also to ensure inequalities in access and participation are tackled. We heard a mixed picture of whether data was being collected.
72. Abertay University advised they work with schools to ensure information is logged in relation to deprivation and socioeconomics. Glasgow Life advised they use a suite of approaches and methodologies which include questionnaires and postcode analyses based on the information they collect from participants. ¹²
73. On the other hand, Senscot noted that although social enterprises that are rooted in the community work towards addressing inequalities they do not gather a lot of statistics. NHS Borders noted their sport and leisure trusts also have difficulty gathering information in a format that would help look at health inequalities. They advised:

” We can put different sources of information together, but we cannot always say which communities particular users come from.

Source: Health and Sport Committee 03 October 2017, Allyson McCollam, contrib. 94¹⁵

74. We note neither the Scottish Governments [Active Scotland Outcomes Framework](#) or the National Performance Framework make reference to increasing participation in areas of higher deprivation. However, the Minister for Public Health said a clear direction has been given to sportscotland to focus on communities of socioeconomic deprivation:

- ” We have been very clear in our direction to sportscotland that we want to see a focus on the communities that you have identified. That is why the next iteration of community sport hubs will have a much keener focus on tackling areas of deprivation to ensure that there is opportunity and so that we can nudge people in those areas towards becoming more active.

Source: Health and Sport Committee 24 October 2017, Aileen Campbell, contrib. 14¹⁶

75. In its response to our Interim report the Scottish Government advised it has been working with sportscotland to build on data collection for its programmes and that sportscotland now collect consistent information on club members and school participants.¹³ We welcome this and understand this is no easy task and will take time to collect robust data, however we believe it is imperative it happens as quickly as possible so a greater understanding of participation is available. We ask the Scottish Government to show us how effective their collecting and sharing of information on participation and use of sports facilities has been.
76. We understand many programmes are run by volunteers and some may feel they are not in a position to collect data or are concerned that by asking too many questions of participants they could be creating a barrier in itself. However, data such as socioeconomic background is imperative to begin to remove inequality barriers to access. We ask for guidance from the Scottish Government on what minimum data (such as postcode of participants) they consider it would be useful to begin collecting.
77. In relation to the Active Scotland Outcomes Framework we have the following questions:
- Can the Scottish Government please advise what the monitoring process is and how effectively this is at capturing movement from inactivity to activity?
- We believe the Framework should include a specific target to increase participation in areas of higher deprivation:
- Can the Scottish Government advise what plans it has to add such a measure?
78. We support the Scottish Government directing sportscotland to increase participation in areas of deprivation. We would like to hear how sportscotland will measure success in this area and the extent to which such measures are being rolled out.

Chief Medical Officer Guidelines

79. The Chief Medical Office advises recommended physical activity guidelines for adults as:



Source: Scottish Government

80. The proportion of adults meeting these physical activity recommendations in 2015 was 63%- the same as in 2014 and similar to previous years (62% in 2012, 64% in 2013). Between 2008 and 2012, there was little change in the proportion meeting the physical activity recommendations. These figures suggest that there has been little progress in increasing rates amongst adults. sportscotland did advise the Committee on increases in children's participation rates:

” there has been a statistically significant increase in children's participation, with 76 per cent of children reaching the recommended level. It is interesting that there has been a particular increase in girls' participation since 2008, from 64 per cent to 72 per cent.

Source: Health and Sport Committee 03 October 2017, Malcolm Dingwall-Smith, contrib. 66¹⁷

81. We were eager to hear whether the current recommendations were a positive guideline to physical activity rates or whether they could actually be perceived as a barrier.
82. Most agreed that whilst the guidelines were important they were just a starting point for increasing participation. The Robertson Trust noted:

” In measuring to date, we have tended to have quite a binary view of participation—people are either meeting the chief medical officer for Scotland guidelines or they are not. The evidence tells us that, for most people, it is not a one-step journey from being inactive; there might be several steps before they get there. If we are looking purely at participation, we need to look at measures that enable us to track people along that pathway.

Source: Health and Sport Committee 26 September 2017, Linda Macdonald, contrib. 12¹⁸

83. Glasgow Life advised it was important to note there is nothing wrong with people who are already active becoming more active and that is a positive.¹⁴ Scottish Rugby agreed and advised they were focussing on how they retain the people who are already actively participating in rugby, noting:

” That is something that the Scottish Government has to address as well. It cannot all be focused on getting the inactive people active; it needs also to be about how we can make sure that people who are currently active stay active.

Source: Health and Sport Committee 26 September 2017, Sheila Begbie, contrib. 13¹⁹

84. We agree the importance of the CMO guidelines in providing guidance on levels of healthy activity. However, we believe there must also be other information collated to give a wider picture of activity. People becoming more active is always a positive and it would be useful to also know these levels.
85. In response to our Interim report, the Scottish Government advised the National Strategic Group for Sport and Physical Activity evidence sub-group was reviewing the national indicators that underpin the Active Scotland Outcomes Framework. We would be grateful if the Scottish Government would provide an update on this work, together with implementation dates and detail on proposed monitoring arrangements.

Physical Activity as a preventative measure

86. Increases in physical activity and sport can have a benefit even if the levels fall short of the CMO's recommended levels. It's important to realise that even a slight increase in activity levels can be beneficial to certain groups.
 87. Chest, Heart and Stroke Scotland advised us of their work to increase participation amongst those with long-term health conditions. They advised that only 39% of people living with long-term health conditions are able to be physically active.
 88. Third sector organisations like Chest Heart & Stroke Scotland are key providers of community based support for people living with long-term conditions. They noted:
 - ” Amongst our 160+ community groups ‘affiliated’ to CHSS are a number which offer exercise to their participants. These range from classes provided by physiotherapists or qualified exercise instructors in gyms and halls, through to lower level exercise (such as seat-based). Support groups such as these have typically removed some of the barriers to participation by catering for the additional support needs for their members, for example with transport assistance, or peer support.¹⁵
 89. Not only does the increase in physical activity improve health it can also be used as a preventative measure as well as reducing social isolation. Chest, Heart and Stroke noted:
 - ” Not only does it help them to regain their lives—some people can be literally trapped in the house without sufficient support to be physically active—but people who are physically active are far more likely to participate in their community and build a network around themselves to self-manage their conditions. They are also less likely to be readmitted to hospital and to have to visit their general practitioner repeatedly, so there are savings to be made for the NHS, as well.
- Source: Health and Sport Committee 03 October 2017, Katherine Byrne, contrib. 64²⁰
90. NHS Borders agreed physical activity should be seen as a preventative measure. They noted they were looking at ways in which physical activity can be targeted as part of a diabetes prevention programme. A small-scale pilot has already shown significant gains in clinical improvements for the participants.¹⁶

91. Small increases to physical activity or sport levels can make a big difference to a person's health and wellbeing. The CMO guidelines are helpful but we must recognise that to some they seem wholly unachievable. Support to overcome some of the fears and barriers to participation can only be positive. A small start can lead to increasing participation and over time hopefully lead to meeting the recommended guidelines. We are pleased to learn there are programmes working to help those with long-term health conditions participate
92. We would be grateful if the Scottish Government would advise how are such successful programmes being extended to all and what support it is provided for this.

Community and Volunteers

93. During Phase 1 the Scottish Sports Association noted “another significant legacy opportunity from the Games was converting the unparalleled interest in volunteering at the Games (50,811 applications in total) into sustained volunteering interest; to date our understanding is that this supported conversion has been minimal.”¹⁷
94. The Session 4 Committee Inquiry into [Support for Community Sport](#) also highlighted the importance (and challenges) of retaining volunteers by ensuring adequate training and development opportunities.
95. The following questions relating to community and volunteers were included in our Phase 2 call for views:
1. What are the barriers facing volunteers, (either those wanting to volunteer for the first time or sustaining ongoing volunteering)?
 2. How might these barriers be overcome?
 3. What are the challenges in retaining volunteers beyond the short term?
 4. What examples are there of good practice to encourage and maintain volunteers in community sport and are there lessons to learn from other sectors around attracting and retaining Volunteers in sport?
 5. Can you provide examples of innovative joint working between clubs and public bodies that are utilising available sources of funding?
96. [Statistics from Volunteer Scotland](#) show that:
- In 2016 27% of adults in Scotland (1.2m people) were volunteers
 - This had fallen slightly from 31% in 2010
 - A small core of people account for a large proportion of volunteering (in 2013 some 6% of the population accounted for 66% of the volunteer hours)
97. Support and structures are essential to encourage volunteers and volunteering. Without the proper support they are unlikely to initially volunteer and ongoing support is required to make volunteering a positive experience and to retain volunteers.
98. Some identified barriers to volunteering were:
- time
 - costs
 - culture
 - confidence and the (perceived) value of volunteering.

99. The Scottish Association of Local Sports Councils suggested a number of ways of overcoming these barriers and also of retaining volunteers in the long term, included the need for clear role descriptions, support from the club and community, mentoring opportunities, personal development and rewards and recognition. ¹⁸
100. Chest, Heart and Stroke Scotland (CHSS) indicated they are one of the largest volunteer-involving organisations in Scotland. They note confusion about where and how to volunteer, and also under representation in some demographic groups, particularly disabled people, BME communities, and people from lower socioeconomic communities. They believe the profile of employee assisted volunteering is too low and also under-resources. They suggest the long term aim for volunteering to become the societal norm. ¹⁹
101. Sencot suggest an over-reliance on volunteers, particularly where key roles fall to a small number of people. Funding or income streams can help achieve the right balance between paid and unpaid. They also argue that a proper personal development structure is important. ²⁰
102. A more strategic approach needs to be applied across the board to the recruitment and retention of volunteers. We note, and welcome, the explicit commitment to volunteers in the programme for government. We would be grateful if the Scottish Government could advise details about this commitment together with the timescales for implementation and detail of how it will be measured and evaluated.
103. In its response to our Interim report the Scottish Government noted a number of areas of growth which highlight areas of increased support for volunteering and participation. We would be grateful if the Scottish Government would advise on its plans to "build on growth and how it is addressing the ongoing challenges in participation rates" referred to in their response. ²¹

Building capacity

104. We are keenly aware that to increase participation rates in sport and physical activity there needs to be an increase in the number of volunteers. One cannot happen without the other.
105. We heard from sportscotland that they were aware of various bodies, such as Scottish Athletics, who had taken a pro-active approach to increasing volunteers to help build capacity at their clubs. sportscotland also noted they support the growth of volunteering in a number of ways, including through coaching subsidies and providing training to clubs to ensure they understand how to manage volunteers. ²²
106. sportscotland describes its approach to developing the sports workforce and sets out three 'impact measures'
- We will have taken a planned approach to increasing the number, quality and diversity of coaches working in schools and education, and clubs and communities.

- We will have used the Coaching Scorecard to drive quality improvement in the development of coaching strategies, ensuring there are more coaches with the right qualifications working in sport and improving opportunities for those currently under-represented in coaching.
- We will have provided a range of leadership opportunities to young people so they are encouraged and supported to reach their potential in leadership roles.

107. Chest Heart and Stroke Scotland note the key for them is understanding the motivation for volunteering in the first place and using that as a strength. If the volunteers are looking to build certain skills or experiences they use that as a strength to encourage and retain volunteers. ²³
108. Volunteer Scotland noted flexibility as being key to increasing volunteer numbers. They advised the top reason why adults may undertake unpaid work in the future is if it fitted in with their other commitments. However, the second most cited reason to encourage people to volunteer is 'if it fitted in with my interests and skills'. This fits in with increasing student volunteers as detailed later in this section.

Reasons why adults may undertake unpaid help in the future (2016)

Reasons for undertaking unpaid work in the future	% of respondents
If it fitted in with my other commitments	14%
If it fitted in with my interests and skills	6%
If someone asked me to do something	4%
If I thought I could help others	3%
If I could volunteer when I felt like it	2%
If I knew more about the opportunities available	2%
If it was good fun	2%
If it would improve my career/job prospects	1%
If it helped me gain qualifications	1%
If it would improve my skills	1%
If someone I knew volunteered with me	1%
If I had more confidence	1%
No answer	56%

Source: SHS, 2016; Base: 7,020

109. We commend sportscotland on having an approach to developing the sports workforce but we are unclear what the "impact measures" actually are designed to deliver, what the intended outcomes are and how these will be measured. We would be grateful for further information on the "impact measures" including how they are used for the benefit of the volunteer workforce. We would also be interested to hear from the Scottish Government what targets have been set for sportscotland in relation to each of the measures.

110. We would be grateful if the Scottish Government would advise of any research undertaken on its behalf in relation to the capacity of clubs and the support it provides to help clubs increase capacity.

Student volunteers

111. In our Interim Report we noted the Active School programme had a positive impact on encouraging school children to take part in and enjoy sport, particularly where there is an emphasis on participation, enjoyment and physical activity for all. The report also noted the programme was highlighted as an excellent example of how volunteering can benefit both the volunteer and the participant.
112. This was further reiterated to us during Phase 2 of the Inquiry. Abertay University advised they have students as a volunteer workforce, working with many community groups, including quite heavily in the Active Schools programme. Abertay University noted:

” One of the good things about working with a range of students is that they come with a great skill set, and often the activities that pupils have been exposed to could not normally be put on a traditional PE curriculum. It gives pupils the opportunity to try out different sports; we can then connect them with community groups.

Source: Health and Sport Committee 26 September 2017, Andrea Cameron (Abertay University), contrib. 7⁵

113. The Abertay University student workforce have also been working in other initiatives, such as the keep well project in Dundee, which targets 45 to 64-year-olds who are at risk of chronic health problems. Such initiatives are seen to help people find an active lifestyle that works for the individual but also brings communities together.

114. We are aware the Active School programme and nearly every other sport programme relies on a volunteer workforce. This workforce cannot always be met from parent volunteers and we would recommend to all they seek to build closer relations with universities to increase student volunteers. This would be beneficial to both, providing more volunteers and provide students with opportunities to increase employability skills.
115. We would welcome hearing from the Scottish Government about the support available to organisations and students designed to encourage volunteering and support to facilitate such skill sharing programmes.

The School Estate

116. We heard evidence during Phase 1 that there remain on-going difficulties in communities accessing the school estate. Similar problems were raised by the Session 4 Health and Sport Committee in its 2013 report on [Support for Community Sport](#). These include problems around janitorial time, out of school hours and issues around PPP (Public Private Partnership) contracts.
117. We were interested in hearing views on continuing problems and suggested solutions to overcome. We included the following questions in our call for views:
1. To what extent is the school estate currently being used effectively to increase opportunities for sport and physical activity participation?
 2. In what ways has access to the school estate for communities improved in recent years?
 3. What are the remaining barriers to use of the school estate? *Please also note any particular issues around term-time compared with school holiday time.*
 4. How might these barriers be overcome?
118. Respondents to the call for views highlighted clear issues around the use of the school estate. While some progress has been made, issues still exist around access outwith school hours and term time. Approaches taken by schools and local authorities vary greatly, suggesting to us there is a role for the government to work with local authorities and schools encouraging a more flexible approach to using the school estate. Access requires to be widened and there needs to be better support for the objective of increasing participation in sport.
119. Our predecessor's inquiry identified access problems during the holiday period when janitors are on holiday. This concern persists although not in all areas. sportscotland noted:
- ” Quite a lot of the schools in the Highlands are run by High Life Highland, which I think the committee has taken evidence from. That model gets round the janitor problem, because it uses a much larger staffing base. The fact that the staff can move between locations means that it is not necessary to rely on a janitor unlocking the door.
- Source: Health and Sport Committee 03 October 2017, Malcolm Dingwall-Smith, contrib. 86²¹
120. However access wasn't the only issue raised about the school estate, the cost of access is also a barrier. The Robertson Trust noted:
- ” Others have also asserted that the costs of accessing the school estate are too high. Indeed, we have had conversations with organisations seeking to take on or build their own facility due to the fact that they are not able to access facilities in their local community at a time or price that is suitable for them. ²⁴

121. Community and sports involvement at every stage of the development of new schools or in the refurbishment of school facilities was highlighted as being necessary if schools are to open up sporting opportunities at the heart of communities. Glasgow Life noted:

” It is about building partnerships between the school community and what happens around the school; that is important.

Source: Health and Sport Committee 26 September 2017, Billy Garrett, contrib. 25²²

122. In the Scottish Government's response to our Interim Report the Minister for Public Health and Sport requested we share any evidence collated surrounding access to the school estate. All our evidence is publicly available and contained in the [oral evidence](#) we have taken over both phases of the inquiry and in the [written submissions](#) we have received.

123. One of the ongoing issues around accessing the school estate relates to the contracts in place when the schools were built. Can the Scottish Government advise any changes they have been able to make to alleviate this or free up increased access to the school estate?

124. The Scottish Government's response to our Interim report advised they, in collaboration with the Association of Directors for Education in Scotland and the Scottish Heads of Property Services, would look into this aspect in more detail throughout the remainder of the year. We would welcome an update on progress in this regard.

125. We are aware that approaches taken by schools and local authorities to access the school estate vary greatly. Can the Scottish Government advise its role in encouraging local authorities and schools to adopt a more flexible approach to using the school estate and what work has been undertaken? We would also like to hear of any work undertaken to encourage the sharing of best practice in this area, including around the area of janitorial time. We would also be grateful for details of how access to schools is being measured.

Commonwealth Games Legacy

126. A key driver in Scotland's bid to host the 2014 Commonwealth Games was to achieve an "Active Legacy" through excellent sporting infrastructure increasing access to sport and increased levels of sporting activity across Scotland.

127. In our Interim Report we noted:

” varying data showing a mixed picture on active legacy outcomes. Overall the Committee sees no current evidence of an active legacy from the 2014 Games. However, the Committee also notes it has seen no evidence that any previous major sporting event has resulted in an active legacy.²⁵

128. We were keen to investigate active legacy further and included the following questions in the call for views for Phase 2 of the inquiry:

1. How would you assess the active legacy of the Commonwealth Games for:

- Community benefits; and
- Participation rates

Additionally:

1. To what extent are the new facilities being used to maximum capacity?
2. Are there any examples of innovative uses of the new facilities benefiting the community?
3. Is the physical infrastructure built for the Commonwealth Games being used effectively to increase opportunities for sport and physical activity; and increasing rates of sport and physical activity participation?

129. Respondents were generally positive that the 2014 Glasgow Commonwealth Games had helped increase participation in sport. A number of examples of this were given and it is clear hosting the Games in Scotland has brought considerable benefits, not least in terms of facilities – both new and upgraded – as well as raising the profile of and interest in sport.

130. Some witnesses noted increased participation at club level as a sign of an active legacy. Earlier Scottish Athletics noted:

” I can talk only about athletics, but there has been huge growth in the sport across all levels, from general participation and club activity to event entries and participation in the events programme. There have been significant increases across the board. Our elite athletes have improved dramatically during the past two years and we now have five world-class athletes breaking records week in and week out. There is therefore evidence of a legacy in athletics and it has been exceptional.

Source: Health and Sport Committee 21 February 2017, Mark Munro, contrib. 195²³

131. However, others perceived the lasting impact on participation to be limited. The figures from the [Scottish Household Survey](#) (published October 2017) also show (excluding an increase in recreational walking) there has been no overall increase in participation, in recent years, and the number of adults achieving the MVPA (medium/vigorous physical activity) guidelines has remained steady.
132. It is also clear from the evidence provided that the Games Legacy is not universally felt. Some parts of the country feel the Games and its Legacy passed them by to a great extent with Glasgow and the Games and any new facilities seeming very far away.
133. The Minister for Public Health and Sport noted the legacy of community sport hubs and the legacy 2014 active places fund which launched in 2012:
- ” That £10 million fund was launched in 2012 and supported a total of 188 projects across the 32 local authorities through five investment rounds. In an attempt to ensure that it was not just a Glasgow games but a countrywide games, all local authorities have some kind of benefit and legacy in their area.

Source: Health and Sport Committee 24 October 2017, Aileen Campbell, contrib. 35²⁴

134. In our Interim report we concluded: "Overall the Committee sees no current evidence of an active legacy from the 2014 Games" ²⁶ . We would welcome the views of the Scottish Government as to whether it considers active legacy can still be achieved and detail of any work designed to achieve that.
135. We welcome the active places fund noted by the Minister for Public Health and Sport. Can the Scottish Government advise a breakdown of where the funding was provided together with any assessment of impact and benefit accruing.

Other issues

Barclay review of non-domestic rates

136. The [Barclay Review of Non-Domestic Rates](#) (August 2017) made a number of recommendations that affect sporting services. It recommended that council arms-length organisations (ALEOs), some of which deliver sports services, no longer be eligible for charity relief. This relief is 95% funded by the Scottish Government, and councils which provide services directly are not eligible for charity relief. However, if a council creates an ALEO to deliver the service, it can apply (to itself) for the existing charity relief.
137. The Review also recommended terminating ALEO eligibility for Sports Club relief (local community sports facilities should still be able to benefit from it) as ALEOs could otherwise potentially switch from charity relief to sports relief. The Review suggested that in implementing these measures the Scottish Government could cut each council budget by the appropriate amount from 1 April 2018 to realise an estimated £45 million in total savings
138. We asked about unintended consequences of the review on participation rates in sport and physical activity. Glasgow Life noted:

” we think that there is a real danger that decisions could be taken that will have significant unintended consequences for participation and access to physical activity, which are the matters that the committee is discussing. Glasgow Life operates a service that is not comparable to anything that happens in the private sector. We are a not-for-profit organisation delivering services that the private sector simply would not deliver in parts of the city where the private sector simply would not go, so any kind of equity comparison is inaccurate.

Source: Health and Sport Committee 26 September 2017, Billy Garrett, contrib. 65²⁵

139. We understand the Cabinet Secretary for Finance and Constitution is considering the implications of these recommendations with a view to publishing an implementation plan by the end of the year.²⁷

140. We ask the Scottish Government in finalising their implementation of the Barclay review to take full cognisance of impacts on participation and access to physical activity generally.

jogscotland

141. On 21 February we were advised Scottish Government funding for jogscotland (approximately £100,000 per annum) was being removed. We wrote to the Minister for Public Health and Sport to seek an update²⁸ which was provided on 24 April.²⁹

142. The update from the Minister noted reduced funding had been provided in 2016-17 to allow a pilot programme to put jogscotland on a more sustainable footing. Scottish Athletics had been asked to fully demonstrate the impact the programme is having and to develop a database to generate future commercial income.
143. During oral evidence on 3 October sportscotland advised funding for jogscotland had been reinstated.³⁰ The Minister for Public Health and Sport was asked about the funding situation during oral evidence:

” There was always support and funding for jogscotland, but there was a requirement to put work into ensuring the programme's sustainability, which is why Government officials carried out work to evidence jogscotland's impact.

Source: Health and Sport Committee 24 October 2017, Aileen Campbell, contrib. 49²⁶

144. Jogging is a relatively inexpensive activity and as such has an impact on socio-economic inequality. We are pleased funding for jogscotland has been reinstated, through collaboration with SAMH. This programme successfully encouraging a cohort of inactive people to become more active and at the same time helped reduce health inequalities by encouraging more women to participate in physical activity.

145. We are unclear why funding was removed prior to research being undertaken into the programmes impact. We would be grateful if the Scottish Government would provide the results of the research into the impact of the jogscotland programme and confirm how ongoing funding is to be secured.

Progress to date

146. We applaud and commend all the hard work in communities to increase participation rates. The wide variety of sports and physical activity on offer is testament to the efforts and dedication of sport and community groups, whether with or without local authority/ Scottish Government support.
147. However, we are disappointed overall participation figures have remained fairly stagnant over the past decade. Many of the issues raised during this Inquiry were raised in the Committees previous two sport/physical activity inquiries.
148. We believe it is important to note the impact a wide range of strategies and initiatives at both a government and local level can have. Work in one area is likely to have an affect on another. For example reductions in the number of sporting facilities affects participation rates but also impacts on areas such as obesity. Policies need to consider and reflect a broad range of other societal issues
149. We would be grateful if the Scottish Government could advise what it's plans are going forward to deliver increases in participation rates and what lessons it has learned over the past decade.
150. We would also be grateful if the Scottish Government could advise how it ensures new strategies consider the effect they may have on other areas of work and avoid taking narrow siloed approaches.

Annex A - Minutes of Meeting

5th Meeting, 2017 (Session 5) Tuesday 21 February 2017

2. Sport for Everyone: The Committee took evidence in a round table format from—

- Dr Gavin Reid, Lecturer (Sport and Recreation Management), University of Edinburgh;
- Dr Julie Clark, Lecturer in Sociology & Social Policy, University of the West of Scotland;
- Ian Hooper, Director of Sport and Infrastructure, Glasgow Life;
- Ian Murray, Chief Executive, Highlife Highland;
- Mark Munro, Chief Executive Officer, Scottish Athletics;
- Kim Atkinson, Chief Executive, Scottish Sports Association.

10. Sport for Everyone (in private): The Committee considered the main themes arising from the oral evidence heard earlier in the meeting.

6th Meeting, 2017 (Session 5) Tuesday 7 March 2017

2. Sport for Everyone: The Committee discussed the recent fact-finding visits.

9th Meeting, 2017 (Session 5) Tuesday 28 March 2017

5. Sport for Everyone (in private): The Committee discussed and agreed its approach to the conclusion of Phase 1 of its Inquiry.

10th Meeting, 2017 (Session 5) Tuesday 18 April 2017

3. Sport for Everyone (in private): The Committee considered a draft report and agreed to consider a further revised draft at its next meeting.

11th Meeting, 2017 (Session 5) Tuesday 25 April 2017

5. Sport for Everyone (in private): The Committee considered and agreed a revised draft report.

12th Meeting, 2017 (Session 5) Tuesday 9 May 2017

9. Sport for Everyone (in private): The Committee agreed to defer consideration of its approach to phase 2 of the inquiry until a future meeting.

13th Meeting, 2017 (Session 5) Tuesday 16 May 2017

5. Sport for Everyone (in private): The Committee considered and agreed its approach to phase 2 of the inquiry.

21st Meeting, 2017 (Session 5) Tuesday 26 September 2017

2. Sport for Everyone: The Committee took evidence from—

- Linda Macdonald, Innovation and Learning Manager, The Robertson Trust;
- Sheila Begbie, Director of Domestic Rugby/Interim Head of Women & Girls Rugby, Scottish Rugby;
- Andrea Cameron, Head of School of Social & Health Sciences, Abertay University;
- Billy Garrett, Director of Sport and Events, Glasgow Life.

4. Sport for Everyone (in private): The Committee considered the evidence heard earlier in the session.

[22nd Meeting, 2017 \(Session 5\) Tuesday 3 October 2017](#)

2. Sport for Everyone: The Committee took evidence, in a round table format, from—

- Ewen McMartin, Disclosure Services Manager, Volunteer Scotland;
- Katherine Byrne, Policy Manager, Chest Heart & Stroke Scotland;
- Kenneth Ovens, Chair, Scottish Association of Local Sports Councils (SALSC);
- Alan Johnston, Sport Social Enterprise Coordinator, Senscot;
- Allyson McCollam, Associate Director of Public Health, NHS Borders;
- Malcolm Dingwall-Smith, Strategic Partnerships Manager, sportscotland.

4. Sport for Everyone (in private): The Committee considered the evidence heard earlier in the meeting.

[23rd Meeting, 2017 \(Session 5\) Tuesday 24 October 2017](#)

1. Sport for Everyone: The Committee took evidence from—

- Aileen Campbell, Minister for Public Health and Sport, and
- Derek Grieve, Head of Active Scotland Division, Scottish Government.

2. Sport for Everyone (in private): The Committee considered the evidence heard earlier in the session.

[26th Meeting, 2017 \(Session 5\) Tuesday 14 November 2017](#)

3. Sport for Everyone (in private): The Committee considered a draft report and agreed to consider a revised draft at it's next meeting.

Annexe B - Evidence

Written Evidence - Phase 1

- [Scottish Sports Association](#)
- [Scottish Athletics](#)
- [High Life Highland](#)
- [Glasgow Life](#)
- [Dr Julie Clark](#)
- [Fields in Trust](#)
- [Fields in Trust - Glasgow Case Study](#)
- [Observatory for Sport in Scotland](#)
- [Paths for all](#)
- [Physical Activity for Health Research Centre](#)
- [Scottish Natural Heritage](#)
- [University of Edinburgh](#)
- [Winning Scotland Foundation](#)
- [John Dunlop](#)
- [The Robertson Trust](#)

Written Evidence - Phase 2

- [SFE001 Gareth Jenkins](#)
- [SFE002 Diane Cameron](#)
- [SFE003 Mountaineering Scotland](#)
- [SFE004 Moray Council](#)
- [SFE005 The Robertson Trust](#)
- [SFE006 SPORTA](#)
- [SFE007 Senscot on behalf of Sport Social Enterprise Network Members](#)
- [SFE008 Scottish Archery](#)

- [SFE009 Horsescotland](#)
- [SFE010 Observatory for Sport in Scotland](#)
- [SFE011 Winning Scotland Foundation](#)
- [SFE012 Fjordhus Rievers Hockey Club](#)
- [SFE013 Abertay University](#)
- [SFE014 Cycling UK](#)
- [SFE015 Chest Heart and Stroke Scotland](#)
- [SFE016 Fields in Trust](#)
- [SFE017 sportscotland](#)
- [SFE018 The British Horse Society](#)
- [SFE019 Scottish Sports Association](#)
- [SFE020 LEAP Sports Scotland](#)
- [SFE021 Scottish Borders](#)
- [SFE022 Anonymous 1](#)
- [SFE023 Scottish Association of Local Sports Councils](#)
- [SFE024 Stonewall Scotland](#)
- [SFE025 Paths for All](#)
- [SFE026 Cycling Scotland](#)
- [SFE027 The Boys Brigade](#)
- [SFE028 Scottish Rugby](#)
- [SFE029 Glasgow Sport](#)
- [SFE030 Triathlon Scotland](#)
- [SFE031 The Daily Mile](#)
- [SFE032 Glasgow Tigers Youth American Football Association](#)
- [SFE033 Scottish Natural Heritage](#)
- [SFE034 Active Stirling and Stirling Council](#)
- [SFE035 Active Aberdeen Partnership](#)
- [SFE036 Sport Aberdeen](#)
- [SFE037 Scottish Parent Teacher Council](#)

- [SFE038 Camanachd Association](#)

Additional Written Evidence - Phase 2

- [NHS Borders](#)
- [Moray Council](#)
- [Chest Heart and Stroke Scotland](#)
- [Volunteer Scotland](#)
- [Glasgow Life](#)

Official Reports of Meetings

- [Tuesday 21 February - Round table evidence from stakeholders](#)
- [Tuesday 26 September - evidence from stakeholders](#)
- [Tuesday 3 October - evidence from stakeholders](#)
- [Tuesday 24 October - evidence from the Scottish Government](#)

- [1] Health and Sport Committee 26 September 2017, Billy Garrett, contrib. 28,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026038>
- [2] Health and Sport Committee 26 September 2017, Sheila Begbie, contrib. 31,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026041>
- [3] Health and Sport Committee 26 September 2017, Andrea Cameron, contrib. 32,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026042>
- [4] Health and Sport Committee 03 October 2017, Malcolm Dingwall-Smith, contrib. 100,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11133&c=2029400>
- [5] Health and Sport Committee 26 September 2017, Andrea Cameron (Abertay University),
contrib. 7, [http://www.scottish.parliament.uk/parliamentarybusiness/
report.aspx?r=11114&c=2026017](http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026017)
- [6] Health and Sport Committee 26 September 2017, Sheila Begbie, contrib. 48,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026058>
- [7] Health and Sport Committee 26 September 2017, Linda Macdonald, contrib. 44,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026054>
- [8] Health and Sport Committee 26 September 2017, Linda Macdonald, contrib. 34,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026044>
- [9] Health and Sport Committee 24 October 2017, The Minister for Public Health and Sport
(Aileen Campbell), contrib. 2, [http://www.scottish.parliament.uk/parliamentarybusiness/
report.aspx?r=11147&c=2031523](http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11147&c=2031523)
- [10] Health and Sport Committee 26 September 2017, Billy Garrett, contrib. 40,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026050>
- [11] Health and Sport Committee 26 September 2017, Andrea Cameron, contrib. 41,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026051>
- [12] Health and Sport Committee 26 September 2017, Billy Garrett (Glasgow Life), contrib. 8,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026018>
- [13] Health and Sport Committee 26 September 2017, Sheila Begbie (Scottish Rugby), contrib.
6, [http://www.scottish.parliament.uk/parliamentarybusiness/
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- [14] Health and Sport Committee 24 October 2017, Aileen Campbell, contrib. 22,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11147&c=2031543>
- [15] Health and Sport Committee 03 October 2017, Allyson McCollam, contrib. 94,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11133&c=2029394>
- [16] Health and Sport Committee 24 October 2017, Aileen Campbell, contrib. 14,
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- [17] Health and Sport Committee 03 October 2017, Malcolm Dingwall-Smith, contrib. 66,
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- [18] Health and Sport Committee 26 September 2017, Linda Macdonald, contrib. 12,
<http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=11114&c=2026022>
- [19] Health and Sport Committee 26 September 2017, Sheila Begbie, contrib. 13,
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