



# How Active are Our Communities?

## A Sport NZ presentation

Jason Merrett | General Manager, Participation Pathways

Louise Van Tongeren | Council Play Advocate, Christchurch City Council

Loren Howson | Research & Insights Lead, Sport NZ

MAORI RŪMA INGOA  
ENGLISH ROOM NAME



SPORT  
NEW ZEALAND  
IHI AOTEAROA

# How Active are our Communities?

Sport NZ



# What we'll cover today

## **Insight into Activity – Loren Howson, Sport NZ**

*Overview of findings from the Active NZ 2022 data to provide insight into how our communities want to be active*

## **Build it & they will come... Yeah, right – Jason Merrett, Sport Canterbury**

*A summary of how spaces & Places are a key enabler for participation in play, active recreation and sport and can support the delivery of quality experiences including examples where both positive and less than positive results of facility work have occurred.*

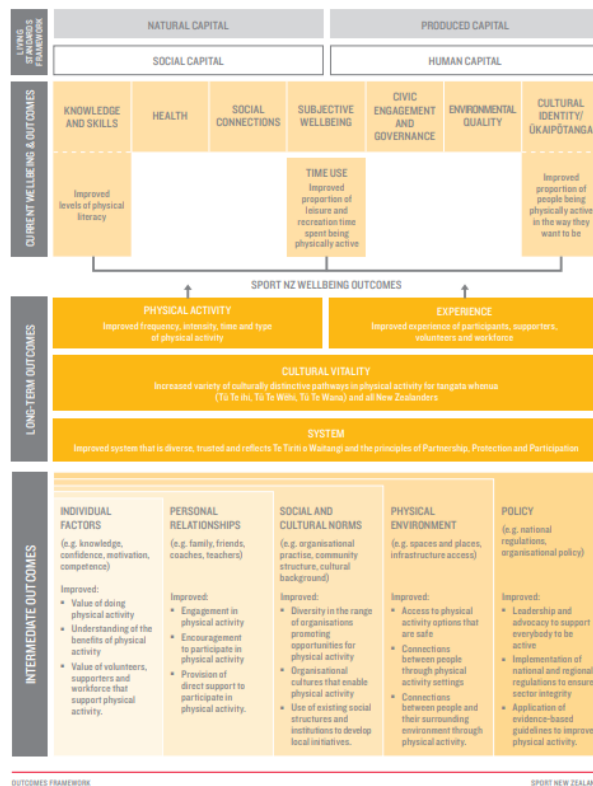
## **PLAY EVERYWHERE: The Local Play Workforce Project – Louise Van Tongeren, Christchurch City Council**

*Across Aotearoa, Territorial Authorities are evolving their approach to how tamariki are considered in their planning. The Local Play Workforce project is a partnership between Sport NZ and local government which takes a fresh approach to considering the needs of tamariki.*

# How does physical activity contribute to wellbeing?

## SPORT NZ'S OUTCOMES FRAMEWORK

Sport NZ's Outcomes Framework demonstrates the links from the socio-ecological behavioural change model at the intermediate outcomes level all the way up to the wellbeing outcomes and the contribution that play, active recreation and sport have on the wellbeing of all New Zealanders.



We influence wellbeing outcomes in these domains:

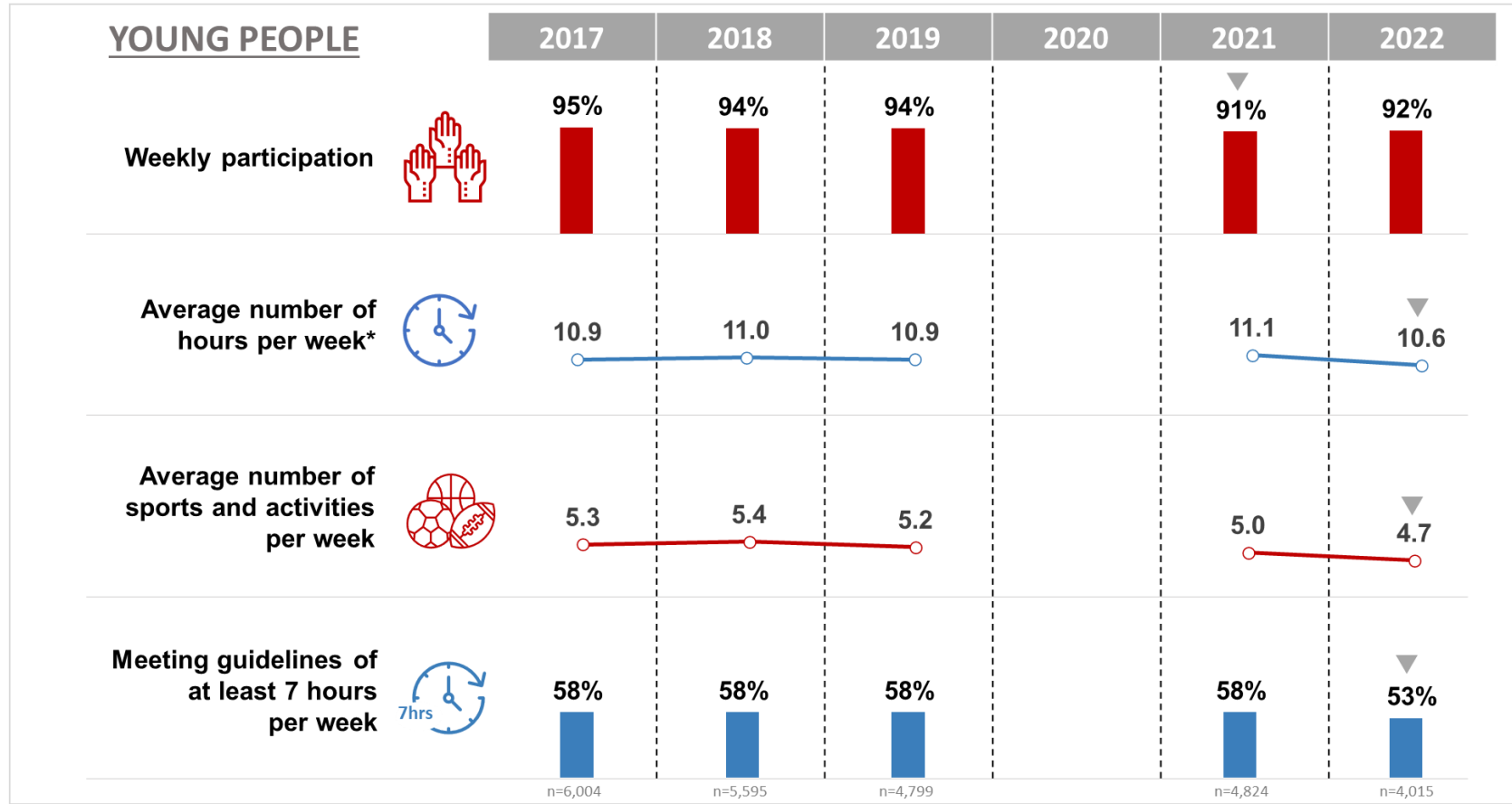
- Health
- Social connections
- Leisure and play
- Subjective wellbeing
- Physical literacy – knowledge and skills
- Cultural capability
- Civil engagement – volunteering
- Environmental quality – green spaces

We **believe/know** that play, active recreation, sport and high performance have value to NZ...but **how do we prove it?**

# SROI Key findings

1. Recreational physical activity **generates significant value for society.**
2. The value of these outcomes is greater than the costs of providing these opportunities, making recreational physical activity a potentially **cost-effective investment.**
3. Outcomes from sport active recreation and play include:
  - Improved health
  - Improved happiness and life satisfaction
  - Reduced absenteeism
  - Increased social cohesion

# Young people – key participation statistics over time



▲▼ = Significantly higher/lower than the previous year  
 Results are from 2017 to 2022 | Base: All young people aged 5 to 17  
 \*Average number of hours per week filter: ≤ 75

# What activities have NZers done in last 7 days?



## Adults

**50%** Walking

**22%** Individual workouts

**17%** Running, jogging

## Young people

**51%** Running, jogging

**40%** Playing

**30%** Walking for fitness



# Play in a crisis

*“Don’t underestimate the value of play for the wellbeing of tamariki”*

Interviewee





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# What is the Local Play Workforce?



# We knew that...

## The Aotearoa New Zealand context

5

Children spend on average 5 hours playing with others per week, and 2 hours playing alone

94.1

94.1% of children aged 8-12 years do not often roam their neighbourhood alone, and 84.9% do not often roam their neighbourhood with friends

79.7

79.7% of children aged 5-14 years usually watched screens for more than 2 hours a day

1.7

Children of parents who are not concerned about traffic accidents or stranger danger are 1.7 times more likely to regularly roam the neighbourhood with friends or by themselves

**“We want to make  
New Zealand the  
best place in the  
world to be a child.”**

Jacinda Ardern  
Social Good Summit 2018



**What do we mean by 'Play'?**



# Article 31

The Convention of the Rights of the Child



"Parties recognize the right of the child to rest and leisure and to engage in play"



General comment 17 states that central and local governments must be aware of "the need to create time and space for children to engage in spontaneous play, recreation and creativity, and to promote societal attitudes that support and encourage such activity."



# How do councils impact play?

- Play is an everywhere, everyday activity!
- Play is not limited to playgrounds!



# What is a Local Play Advocate?

- We work for the Council as part of a wider Sport NZ network of closely connected play professionals
- We work across units and teams to support their understanding of their impact on play
- We advise teams on specific projects
- We support strategic documentation
- We think creatively to connect teams and projects together across units and external organisations
- We consult with tamariki and rangatahi

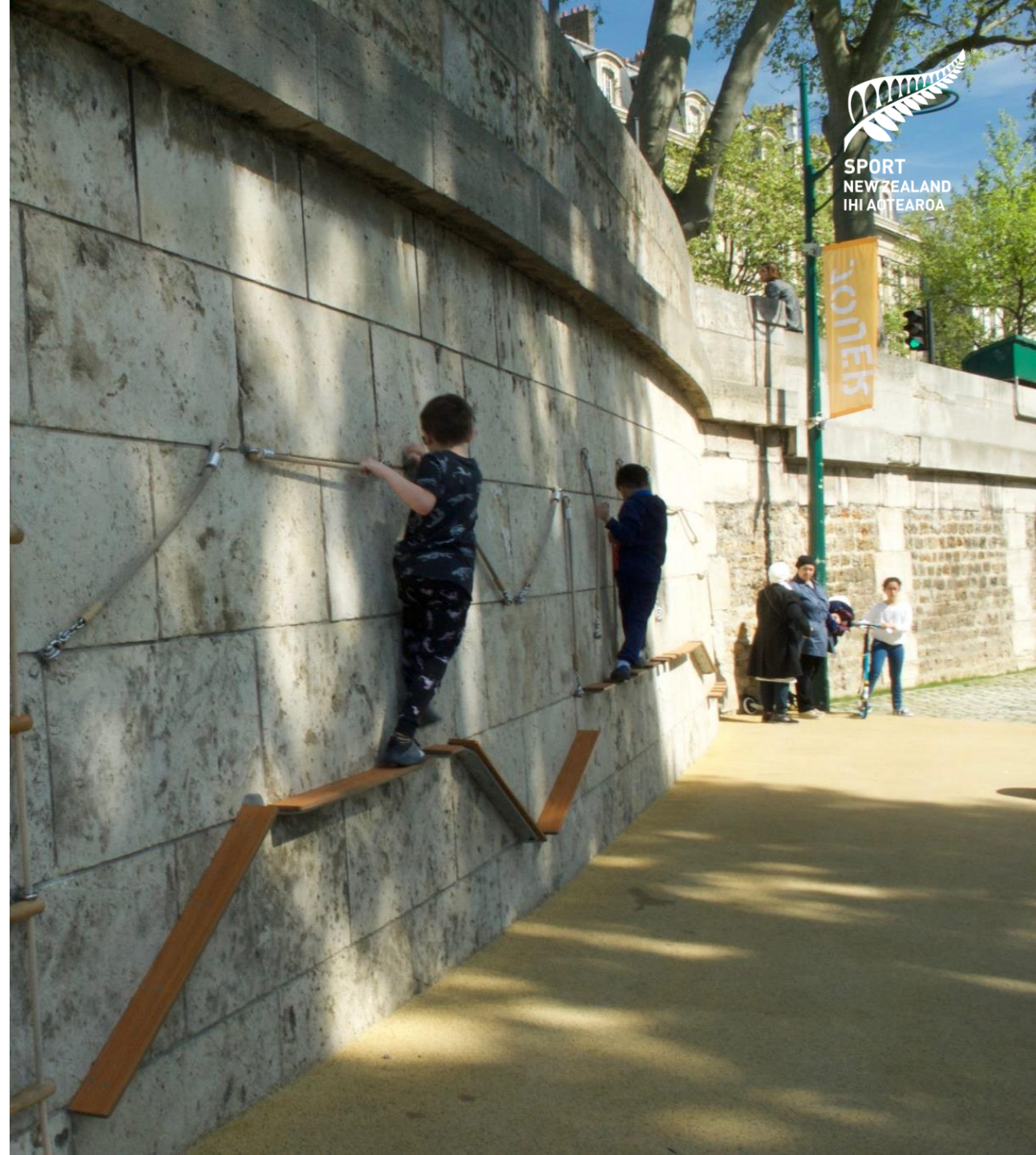




**Play is declining  
across  
Aotearoa**



**Councils have a significant role to play in enabling tamariki to thrive.**





Auckland Bowling Club



Margaret Mahy Playground, Chch



Royal Wellington Golf Club



Devonport Domain



Greymouth Indoor Climbing Wall



ASB Centre, WLG



Cambridge Velodrome

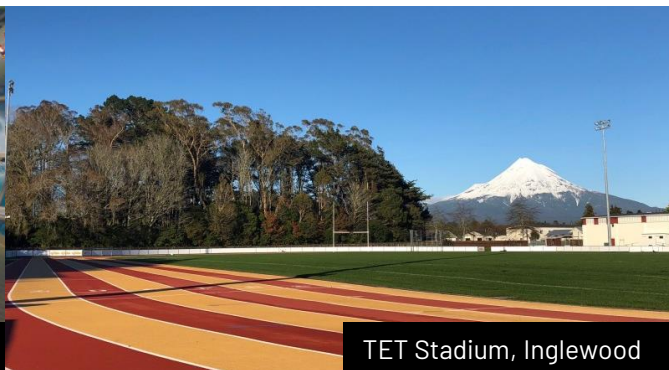


Queenstown Skate Park

Spaces and Places are more than just swimming pools and rec centres – they include any facility where PARS takes place



Splash Palace, Invercargill



TET Stadium, Inglewood



Lake Waikaremoana, Wairoa



National Equestrian Centre, Taupō

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# ***Better decision making for play, active recreation and sport facilities***

**WHY** – every New Zealander has the right to participate in play, active recreation and sport within a welcoming and inclusive environment

**WHAT** – better return from investments in what are highly valued assets that make a significant contribution to the health and wellbeing of our communities

**HOW** – through the right planning approaches, processes and collaborative effort, responding to evidenced based identified needs not wants

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# SNZ Approach

- A regional collaborative approach provides a high level strategic framework for determining and prioritising local, district and regional needs.



## Regional Sports Trust

leadership bringing partners together to:

- Provide Councils, funders and other partners support to guide and enable better decisions and investments
- Achieve more sustainable, fit-for purpose facilities, driving greater participation

**Build it and they  
will come**

**Yeah Right.**



# What is Best Practice?

1. Engage with your Regional Sports Trust
2. Follow NZ Sporting Facilities Framework:
  1. Meeting an identified need
  2. Sustainability
  3. Partnering & Collaboration
  4. Integration
  5. Future Proofing
  6. Accessibility



Weekdays October School Holidays  
\$3 Adults and \$4 Kids (under 16)



# Not Best Practice...



# Resources For You

1. Regional Sports Trust
2. Regional Spaces and Places Strategies
3. Sporting Facilities Framework
4. National Facilities Strategies
5. Sport and Recreation Hub Guide
6. Facility Data Tool

# Pātai?



**SUPERLOCAL**



**23**

Ko Tātou  
**LGNZ.**