P O I N - C o n f e r e n c e  2 0 1 0
Policies and Infrastructures for Physical Activity and Sport:
Good Practice in Europe

Nov. 8th and 9th, 2010, Frankfurt/Main, Germany

A b s t r a c t  B o o k

www.impala-eu.org/poin2010
Programme Overview

November 8th, 2010 | 12:00 - 18:30

09:00 - 12:00  Arrival, Lunch, Welcome Coffee
12:00 - 12:30  OPENING
12:30 - 16:30  PLENARY SESSION I - European Policies Good Practice
16:30 - 17:00  Coffee Break & Poster Sessions
17:00 - 18.30 WORKSHOP SESSIONS - European Good Practice

19:00 - 22:00 Citywalk & Conference Dinner

November 9th, 2010 | 9:00 - 13:30

09:00 - 10:30 PLENARY SESSION II - Transatlantic Perspectives
10:30 - 11:00 Coffee Break & Poster Sessions
11:00 - 12:30 PLENARY SESSION III - Australian & Pacific Perspectives
12:45 - 13:30 FINAL PAPER on European Good Practice Criteria
13:30 Lunch, Farewell and Goodbye
Physical activity and sport require adequate environments!

Indoor and outdoor sports facilities, as well as infrastructures for self-organized physical activity such as parks, lanes or open landscape are major resources for physical activity and sport all over Europe. On the one hand, attitude towards physical activity has changed dramatically across all ages, becoming broader and a lot more differentiated – therefore challenging to adapt facilities for physical activity and sport. On the other hand, infrastructures for physical activity and sport are outworn and in urgent need for renovation and modernization. Management and operating issues need updating.

How to improve infrastructure for physical activity and sport?

What are good practice examples of policies and instruments for infrastructure development for physical activity and sport in Europe and worldwide?

How to coordinate health promotion and infrastructure development?

POIN2010 provides answers!

Prof. Abby King, Stanford University, and Prof. Neville Owen, School of Population Health, The University of Queensland in Brisbane, Australia will be keynote speaker at the conference POIN 2010 “Policies and Infrastructures for Physical Activity and Sports: Good Practice in Europe”.

The conference will present new EU-guidelines on improving infrastructures for physical activity and sport. These guidelines were developed in the EU-project IMPALA. Examples of good practice will be put up for discussion at the event from European as well as from non-European countries. The conference will offer opportunities for exchange of experience and information to policy makers and key stakeholders in fields such as sport, health, urban and spatial planning.

Main objectives of the conference are:

- To offer an international symposium for decision makers and key stakeholders in politics and fields such as sport, health, urban and spatial planning, environment, tourism, economy etc.
- To present and discuss good practice in infrastructure development for leisure-time physical activity and sport.
- To adopt a position paper with criteria of good practice in infrastructure development for leisure-time physical activity and sport.
Transatlantic Experiences in built environment and physical activity promotion
Abby C. King, Stanford University School of Medicine (USA)

As the 21st century unfolds, the major challenges facing the physical activity promotion field have grown from basic questions related to which interventions work, to more complex questions concerning the targeting of PA programs and strategies, within specific environmental contexts, to different populations. This presentation will provide an overview of how ecological perspectives are currently being applied to broaden the diversity, applicability, and reach of physical activity approaches in the U.S. Examples from the built environment, social and communication environments, and policy arenas will be highlighted, along with future directions.

Australian and Pacific perspectives and transfer-ability of approaches
Neville Owen, University of Queensland, Brisbane (Australia)

Professor of Health Behaviour, School of Population Health and Co-Director, Cancer Prevention Research Centre, The University of Queensland, Brisbane, Australia; Professorial Fellow, Baker IDI Heart and Diabetes Institute, Melbourne

International, national and state level preventive-health goals include increasing levels of physical activity participation, in order to reduce risk of major non-communicable diseases. The NCD continuum (type 2 diabetes; cardiovascular disease; cancer) is beginning to impose an unsustainable burden on health systems. In this context, broad-reach, socially-equitable and evidence-based initiatives are required to assist in controlling population-wide weight gain and conferring the other health benefits of increasing physical activity and reducing sitting time. However, research to inform the relevant environmental and policy changes has come largely from the USA and Australia. These two Western countries provide a rather narrow range of environmental, social and cultural exposures, limiting our capacity to identify the modifiable determinants of physical activity and sedentary behaviour. The International Physical Activity and the Environment Network (IPEN) is a four-year project funded by the US National Institutes of Health through the National Cancer Institute and led by a team of investigators from the USA, Australia and Belgium. IPEN aims to gather internationally comparable data on objectively-assessed and perceived environmental attributes, objectively-assessed and self-reported physical activity and sedentary behaviour, plus associated neighborhood-environment, transportation-infrastructure, and individual-level factors. IPEN includes countries from Europe and Asia. This presentation provides an overview of the guiding concepts, goals and methods of IPEN and findings from the studies on which IPEN has been built. Related government policies, advocacy from NGOs, and local-government initiatives in active transport, community infrastructure development, and workplace- and transportation-related sitting time are gaining momentum, and impressively so in the UK. Evidence from IPEN will be helpful, in guiding what is being done and in formulating relevant evaluations. Capacity-building and advocacy by the International Society for Physical Activity and Health’s Council on the Environment and Physical Activity aim to support the relevant research-translation initiatives in multiple countries.

Bio: Neville's research aims to inform the primary prevention of diabetes, heart disease and cancer, and deals with the environmental, social and personal-level determinants of behavioral risk factors – primarily lack of physical activity and sedentary behaviors (television viewing, sitting in automobiles, desk- and screen-bound work). His program includes descriptive and analytic epidemiology studies, analyses of environmental determinants, and trials of broad-reach interventions. He has published some 315 peer-reviewed papers; his H index is 44. Physical Activity and Behavioral Medicine (Sage, 1999; co-authored with James Sallis) is a text of reference for the field. He has been a contributing author to prevention-policy documents, including Moving On (England); Active for Life (New Zealand); Developing an Active Australia; and Acting on Australia's Weight, and the WHO-IARC Handbook on Cancer Prevention, Volume 6: Weight Control and Physical Activity.
WHO programmes and strategies to increase active living and reduce sedentary behaviour
Lideke Middelbeek, Technical Officer Nutrition, Physical Activity and Obesity Programme, WHO Regional Office for Europe

Due to the rising levels of increasing physical inactivity and its associated health problems in many countries, public health organizations worldwide, including the World Health Organization (WHO), are unified in a call to action. Interventions to promote physical activity as part of daily life could take place in a range of settings and sectors: transport, urban planning and housing, leisure and sport, education, workplace and health services. Below, an outline is given of WHO’s strategies and actions aiming to increase populations’ physical activity levels.

Global level
In May 2004, the World Health Assembly adopted the Global Strategy on Diet, Physical Activity and Health, a worldwide framework to promote physical activity and healthier diets (1). In relation to this framework, WHO has developed various action tools, such as the Move for Health – World Initiative for awareness raising; and a stepwise approach to chronic disease risk factor surveillance (STEPS) to support Member States with surveillance (2,3). WHO has recently launched WHO Global Recommendations on Physical Activity for Health with the overall aim of providing national and regional level policy makers with guidance on the dose-response relationship between the frequency, duration, intensity, type and total amount of physical activity needed for the prevention of NCDs. The recommendations set out in this document address three age groups: 5–17 years old; 18–64 years old; and 65 years old and above (4).

European level
In accordance with the Global Strategy and as an outcome of the Ministerial Conference on Counteracting Obesity (2006), the WHO Regional Office for Europe has launched various activities to promote physical activity. The Charter on Counteracting Obesity adopted during the Ministerial Conference stipulated the need to change the social, economic and physical environment at all life stages and in different settings (5). As a follow up to the Conference, the WHO European Action Plan for Food and Nutrition Policy 2007–2012, in which the promotion of physical activity is emphasized, was endorsed by Member States at the fifty-seventh session of the WHO Regional Committee for Europe in September 2007 (6).

Steps to health: a European framework to promote physical activity for health was launched in 2007 as a blueprint for countries to invest into physical activity promotion. It is written for European policy-makers and leaders from different sectors involved in promoting physical activity (7). The European network for the promotion of health-enhancing physical activity (HEPA Europe), an international collaborative programme, collects best practices, analyses policies, develops guidance and supports Member States in developing, implementing and evaluating strategies for physical activity promotion in close collaboration with WHO (8,9).

One of WHO’s core functions is monitoring the health situation in Member States. In line with this, the WHO Regional Office for Europe and the European Commission (EC) Directorate-General for Health and Consumers (DG SANCO) have started a joint project. The project runs from 2008 to 2010 and aims at monitoring the situation regarding nutrition, physical activity and obesity and evaluating the stage of policy development and the implementation status of key commitments contained in the European Charter on Counteracting Obesity, the WHO European Action Plan for Food and Nutrition Policy and the EC White Paper on a strategy for Europe on nutrition, overweight and obesity related health issues (10).

Early 2010 WHO Regional Office for Europe has signed another collaborative agreement with DG SANCO. This three year project aims to promote networking and action on healthy and equitable environments for physical activity with a focus on cities, youth and socially disadvantaged groups (11).

Another EC (DG EAC) co-financed project, which also started in the beginning of 2010, mainly focuses on promoting networking, exchange and greater synergy between sport and health-enhancing physical activity sectors. This one
year project aims at strengthening networking and exchange between the main health, physical activity promotion and sport actors and to analyze approaches of Member States towards sport-related physical activity promotion (12).

**National level**

At the national level, action across different sectors is needed to introduce key strategies for increasing physical activity in a variety of settings. Many countries have already developed national physical activity policies and action plans. The WHO Regional Office for Europe has collected them in a database to provide Member States with easily accessible information and disseminate existing experiences to support policy development (13).

**Local level**

WHO recognizes that most people’s daily living environments – including transport, housing and occupational, school and leisure settings – have great potential for increasing populations’ physical activity levels.

Local governments can play a crucial role in creating environments and opportunities for physical activity and active living. City leaders and other decision-makers can provide leadership, legitimacy and an enabling environment for developing and implementing policies that support active living for all citizens. WHO therefore stresses the importance of an intersectoral approach linking national policies to local initiatives. The WHO Regional Office for Europe has developed advocacy booklets on physical activity and health and the role of local governments in urban settings, as well as a guidance for creating a healthy and active city (14–16).

References

13. International inventory of documents on physical activity promotion. Copenhagen, WHO Regional Office for Europe. (http://data.euro.who.int/PhysicalActivity/, accessed on 23 September 2010)
The development of mobility showed a decrease of walking and cycling as a means of transport and an increase of car usage. One of the consequences is that many people and even children are physically inactive and threatened by diseases. WHO estimates, that physical inactivity is the fourth leading factor for diseases worldwide\(^1\).

Fitness studios and outdoor sport activities are promoted as a substitution for missing physical activities. For many of these activity cars are used again to reach these sport reservations.

Isn’t it better to promote walking and cycling in everyday’s mobility?

The potentials for cycling are very high. In Austria one third of all car trips is not longer than three kilometers, every second car trip is shorter than 5 kilometers!

The Austrian Masterplan Cycling is a national strategy to promote cycling. The main goal is to double the share of cycling in everyday’s traffic from 5 to 10%. The federal ministry of the environment, that is responsible for this strategy, has defined three areas of action and 17 concrete measures. Main activities are the coordination of the local actors, the motivation on a national level, optimizing the federal regulatory framework and providing funding and advisory service for local administrations. The “Masterplan Radfahren” was approved by the government in 2006 and is now in an evaluation phase. Many of the measures are implemented; many local and regional activities have been induced and encouraged.

Many cities and regions in Austria have their own strategies for promoting non-motorized traffic. And many of them work very successfully, shares of cycling are rising. The main instruments are city- and regional planning, traffic planning, and mobility management. Cyclers need cycling friendly streets and neighbourhoods, attractive main connections with high standards (“cyclers highways”), good service and a positive cycling culture. In cycling friendly cities opinion leaders use cycles and change the image of the bicycle as a means of transport.

Based on a WHO-tool\(^2\) to assess health benefits of cycling it was estimated, that the doubling of the share of cycling in Austria leads to 811 million Euro annual benefit, 824 „saved lives“ per year and 1.253 Euro annual savings per cyclist.

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\(^1\) Eddy L. Engelsman, Physical activity and health benefits from walking and cycling in urban areas. THE PEP Workshop on safe and healthy walking and cycling in urban areas. Batumi (Georgia), 30 September 2010.

\(^2\) WHO (publisher), methodological guidance on the economic appraisal of health effects related to walking and cycling. WHO 2008.
Physical activity is preventive to a number of diseases and is a source of joy, expression of life and positive self affirming experiences. The Parliament White Paper No.16 (2002-2003) “Prescription for a healthier Norway” emphasises the importance of physical activity for the health and well-being of the population. The Paper describes public health work as the total effort of society to “strengthen whatever contributes to improved health and impair whatever involves health risks.” The Parliament White Paper as well as the World Health Organization (WHO) points out that physical inactivity is the great health challenge of the future.

Many people believe that most Norwegians lead physically active lives, and that lifestyle diseases caused by physical inactivity are not predominant in Norway. There is, however, well founded evidence that Norway is also succumbing to the health-impairing lifestyle of postmodern society, a lifestyle that among other things involves a decrease in the level of activity. The negative development in the level of physical activity of the population is part of a trend in all industrialized countries. The increase in body weight on a global scale is so strong that the World Health Organization (WHO) defines it as a global epidemic with immense consequences for people's health. Because of this trend, WHO adopted a Global Strategy for nutrition, activity and health in the spring of 2004. Norway has adopted this strategy that emphasises the significance of each individual member state developing its own cross-sectorial strategy plans.

The Action Plan on Physical Activity aims at increasing and strengthening factors that promote physical activity in the population and reduce factors that lead to physical inactivity. An increased physical activity will be attained through a total strategy that includes measures in diverse areas of society – in kindergartens, schools, at work, in transport, in the local environment and in leisure. This initiative requires co-operation between different sectors and levels of administration, and eight ministries collaborate in the development and the follow-up of this plan. The Action Plan was divided into 108 measures.

The Action Plan on Physical Activity is a national mobilisation in order to promote improved public health through increased physical activity. The Action Plan, was implemented from 2005 until 2009. The Action Plan is evaluated and the plan has had positive effects in several important areas. Considering that the plan had to be implemented without committing the ministries involved (apart from the Ministry of Health and Care Services) with regard to orders of priority and use of resources beyond those that had been settled before the Action Plan was set up, the plan and the work carried out as a result must be described as successful. The weaknesses in the action plan are primarily linked to preconditions based on overall guidelines which were not met, and an indistinct allocation of roles, assignments and responsibility between the different public players and administrative levels. This, combined with the many measures without specific targets and priority, has resulted in haphazard follow-up regionally and locally.
Experiment Healthy Neighbourhoods: Dating other parties
Annelies Acda, Municipal Health Department Amsterdam (Netherlands)

Amsterdam is participating in the national “Experiment Healthy Neighbourhoods”, initiated by the Ministries of Health and Housing, Spatial Planning & Environment, bringing health promotion and urban planning together to decrease inequalities in health. Already mentioned in the city’s Health and Sports Papers, the Experiment (focusing on spatial planning) started November 2009. The Municipal Health Service was appointed project leader and (tried to) introduce the concept to the Physical Planning Department, building corporations and local boroughs of Amsterdam. This took time: the object of healthy inhabitants was alien to these services/organisations (not their core business) and it took a mind shift from “health as a goal” to “health as a means to achieve other goals” to “sell” the concept, shifting the focus from “bricks only” to “healthy inhabitants”.

Not everyone was interested but I took inspiration from my sports club where an older player accused our board of moving too fast in working together with another club, saying: “I thought you had to date someone before you got married”, which is the approach we took: Dating. We dated for over a year to find the “click” you need and now there is a healthy partnership both citywide and locally; projects are starting, funded by municipal and independent organisations, with input from universities and local parties.

We are mainly working in two local deprived neighbourhoods and the Experiment is now more regarded as a movement than a process, where health and spatial planning meet in the neighbourhood approach.

Examples of projects:
- adolescents remodelling the local neighbourhood with the help of architects
- outside fitness equipment (Geuzenveld)
- fitness equipment for elderly (Noord)
- urban community gardens in unused gardens
- local participation through sports and exercise
- inspirational meeting on healthy neighbourhoods
- etc.
Urban Strategy; using an interactive urban planning tool in creating activity-friendly neighborhoods for children

Luuk Engbers (presenter), S.I. de Vries, F.H. Pierik - TNO Quality of Life, Department of Health Promotion (Netherlands)

In the last few years, many studies have been performed to identify characteristics of the built environment that encourage an active lifestyle. The Spatial Planning And Children's Exercise (SPACE) study is one of them. The SPACE study is a Dutch survey on the physical activity (PA) level of children from ten disadvantaged urban neighborhoods. The results showed that children from neighborhoods with a high frequency of parallel parking spaces and a high subjective rating of the activity-friendliness of the neighborhood on average spent more time in moderate to vigorous PA than children from neighborhoods with fewer of these characteristics. In addition, children from neighborhoods with a high frequency of pedestrian crossings and a high frequency of parallel parking spaces, on average walked and cycled for transportation and walked and cycled to school more often. The results have been implemented in Urban Strategy (US), an interactive, decision support system. US offers an interactive overview of the built environment in which changes can be implemented and oncharged on the quality of the environment using models for: traffic; air quality; noise; external safety; groundwater; accessibility of parks; sustainability; cost/benefits of demolition/new development. To stimulate the inclusion of health in urban planning an innovative PA-module was developed. To date, this module includes: [1] location of play facilities [2] service area of facilities (including potential barriers such as water surfaces and roads), [3] location of children with insufficient access to play facilities based on age-specific radii of action. With this tool the potential white spots service areas can be visualized to help stakeholders develop and change public spaces. In addition, the effects of changes are on-charged on several aspects of the quality of the environment. We will present the results of the SPACE study including a short demonstration of the US-tool.

Architecture and city planning shall create a new generation active

Poul Broberg, Secretary to the management in the National Olympic Committee and Sports Confederation (Denmark)

The NOC of Denmark will create a new generation active, where all citizens have access to sport and physical activity. It is the architecture and the planning of the city spaces, parks, harbours, schools and rooftops, which shall be the cradle of a new generation active. We are telling how in a brand new manual “Activating Architecture and city planning”, which are giving a number of recommendations creating the necessary infrastructure and development to make the Danish cities the most used sports facility in the country.

In order to have better possibilities for implementing our recommendations to architects and city planners, we have developed a line of planning icons, which can serve as concrete tools to secure a development of the planning of the Danish cities in order to improve the use of the city spaces to sport and physical activity. The planning icons are representing a number of planning initiatives, which can be suitable to consider, when public authorities are developing public spaces. Moreover the icons are illustrating how sport and physical activity can be implemented in the architecture and the city planning, right from the first draws are made.

The manual is also introducing a new development method, which shall integrate the access to sport and physical activity in the everyday activities of the citizens. The developed method is looking at how to map the possibilities for sport and physical activity in a certain area. The third and final part of the manual is presenting 50 world wide cases of architecture and city planning, which are improving the access to sport and physical activity in city spaces, parks, harbours, connections, surplus areas, parking lots, former industrial areas, rooftops, living areas, business areas and schools. With the manual the NOC of Denmark is actively advocating that the municipalities must be more committed, when it comes to develop cities, which are motivating and breading a new generation active.
Integrated Sports Development and a health promoting environment in the context of healthy cities
Steffen Broll, Management of Sports, Claudia Kasimir-Glaeser, WHO-Project “Healthy Cities”, Dresden (Germany)

Around the world 60 percent of all deaths are directly related to non-communicable diseases such as cardiovascular diseases, high blood pressure and diabetes. The main causes of these are malnutrition and a lack of physical activity. Sport and games have a crucial role to play in well-being and healthy living. The strategic encouragement of sport by local government can make a significant contribution to safeguarding the health of the population.

The objective of the integrated sports development planning conducted in Dresden is getting the larger part of the population involved in sports and physical activity by means of sports and activity services, be it on an organised or individualised basis. The provision of quantitatively and qualitatively superior sports services, facilities and options, the strategic encouragement of sports and physical activity, comprehensive information services and good public relations will form the core aspects for the development of sports in Dresden in the coming years.

Another important ancillary objective is the upgrading of urban leisure spaces through the organisation of sports options as well as the adaptation of sports facilities, sports environments and sports services. The actionable goals of the district-based sports development plan include the analysis of the currently available sporting and physical activity facilities, the formation of planning objectives for securing a multifaceted sports offering and the improvement of the quality in the vicinity of residential areas, the establishment and long-term preservation of spatial facilities for multi-functional uses, the improvement of the accessibility of facilities in the vicinity of residential areas as well as the prioritisation of core sports facilities and physical activity environments.

From 2002 Dresden implemented its first integrated sports development plan. In 2008 the sports development plan and its implementation were evaluated from a scientific perspective. The evaluation was the starting point and the basis of the discussion for a co-operative sports development plan initiated between all the relevant agencies and organisations in 2008 and which has been continued on in five urban sub-areas since 2010. The Institute of Sports Science at the University of Erlangen-Nuremberg took on the role of an active chairman in heading up a goals-based process for updating the list of measures. Integrated sports development planning should be comprehended as a process that is updated and continued with an evaluation performed after each and every planning and implementation phase.

With the introduction of the Integrated sports development planning, Dresden stepped away from the simple planning of sports facilities and centres towards a municipal, co-operative and integrated sports and physical activities development plan, which incorporates all relevant aspects of urban development. Sports facilities, sports centres and physical activity environments are treated with equal importance from a planning perspective. Sports development planning has been opened up to encompass urban planning that promotes the mobility of people and landscape planning as well as the development of physical activity environments. One crucial planning principle is the development of the five urban sub-areas. There is a crucial role in all of this for the issue of health, and its promotion through physical activity as well as the stimulation of health-conscious behaviour.
Implementation and health effects of a whole community intervention - “3000 steps more a day”

Wallmann, Birgit 1 (presenter); Nentwich, P. 2; Grewe, B. 1; Froboese, I. 1 - 1 Centre of Health, German Sports University Cologne, 2 VfL Berghausen e.V. (Germany)

**Background:** There is a great deal of interest to change physical activity behaviours through community-based approach. Especially in rural surroundings physical inactivity is common and displays a special challenge for physical activity promotion. This mainly ascribes due to the lack of financial and personnel resources as well as through deficiency in sport facilities.

**Purpose:** The aim of this study was to implement the lifestyle intervention “3000 steps more a day” in a German village of 1,237 inhabitants as a whole community intervention. The purpose was to create an effective infrastructure in the community to accomplish the intervention and to determine effects on physical activity level, social well-being in the community as well as quality of life aspects.

**Methods:** Starting with a kick-off event, inhabitants were asked to participate in the intervention study “3000 steps more a day” which is based on the individual baseline activity level. The local sport club in cooperation with other local associations offered a great range of physical activity during the 15 weeks with a total of 198 proposals. To identify the baseline activity level, all participants wore a pedometer (Omron HJ-720-IT-E) with invisible taped screen for seven days. On the foundation of the individual activity level the participants were urged to accumulate 3000 steps more a day for the duration of 15 weeks which was monitored over the entire period. Pre- and post-tests included questionnaires concerning the well-being in the community as well as quality of life aspects.

**Results:** 112 inhabitants (9% of total residents; 38 male / 74 female; Ø-age: 49,6 ± 16,2) signed up for the intervention with a baseline activity level of 5827±3745,2 steps per day. Changes in physical activity behaviour, attendance in local physical activity offers as well as effects on community well-being and quality of life will be presented.

Infrastructures and More… Potentials for Innovations to foster Primary Prevention

Eckehard Fozzy Moritz, Sonja Brühmann - SportKreativWerkstatt (Germany) | www.sportkreativwerkstatt.de

Today already 10 to 20% of the six year olds in Germany are overweight (Kromeyer-Hausschild, 2005). Half of the adolescents have a poor posture and a fourth have circulation problems (Hollmann & Hettinger, 2000). Every second overweight adolescent does not get slim anymore being an adult. The working population is stressed and does not have enough time to do sports. Elderly people are missing physical activity possibilities in every day life. In this presentation we will explain how cities and regions can develop good health management concepts. The practical examples have been developed using our methodology of holistic innovation (Moritz, 2008). In addition to this general innovation framework we will illustrate four specific examples:

1. Regionalization of publically accessible spaces for health and movement: Examples here are taken from Mexico and Chile, complemented by a proposal for the Frankfurt region.

2. Innovations for City Sport Culture: Due to the ongoing trend of urbanization in the 21st century, sports will need to take place in an urban environment and will effect urban planning. Playgrounds for adults, urban acrobatics or sliding sport in the city provide for new access to physical activity.

3. Promotion of ‘non-motorized-traffic’: In order to reduce the number of traffic jams, emissions and noise, and at the same time integrate physical movement into everyday activities non motorized mobility shall be strengthened. New mobility products and new infrastructure solutions as well as new marketing concepts can support this development.

4. Healthy Office: Newly developed furniture and work organization concepts will support healthy behaviour and physical activity directly in the working environment.
Project of small recreational areas in Olomouc: history, present and future

Filip Neuls (presenter)¹, Jan Dygryn¹, Monika Vaculikova² | ¹ Center for Kinanthropology Research, Faculty of Physical Culture, Palacky University in Olomouc, ² Department of Conception and Development, the Municipality of Olomouc (Czech Republic)

In 2002, the Municipality of Olomouc began successive renovation and reconstruction of playgrounds and sports grounds within the cadastre of the city. The main purpose was to create safe and suitable areas especially for preschool children and their parents and to improve the urban environment. The public was involved not only in planning of these areas but also in works.

Presently, continuous reconstruction of existing playgrounds and building of new small recreational areas according to given standards is in progress. The Municipality regularly offers financial means for the playgrounds from its budget while further possibilities of financing come from commercial sphere (foundations and grants). The playgrounds must meet the criteria of safety, they are attested and certified. They are also opened to public (including some school areas and traffic playground) and supervised. Equipment for these playgrounds is manufactured by companies chosen by selection procedures of the Municipality. Components of playgrounds and sports grounds (swings, seesaws, climbers, slides, carousels, sandboxes, ping-pong tables, goals etc.) are set to support physical activity and dexterity of children and youth in their leisure time. The selection of equipment is based on surveys respecting age categories.

An integral part of the project is the "Map of small recreational areas in Olomouc", an internet application awarded as the best electronic service in region. It includes database of detailed information about the leisure-time sites within the urban area divided into three main types: 1) playgrounds suitable for age categories 0-6, 6-12 and 12-15; 2) sports grounds with different surfaces for ages 12-15 and older; 3) multifunctional areas for more generations.

One of the most important parts of the process is searching for acceptable locations according to demographic structure of inhabitants, accessibility or equal distribution within the quarters of the city. In this field, the Municipality of Olomouc teams up with the Center for Kinanthropology Research at Palacky University to identify suitable sites for the small recreational areas using the Geographic Information System analyses.
Equality and Sport Facility Services in Finland – follow up study 1999 –2009
Kimmo Suomi, Department of Sport Sciences, University of Jyväskylä (Finland)

The equality is the main principle in the Sport Act in national legislations for sport culture in Finland. This the reasons that the implementation of the equality for getting sport facility services in Finland was the main purpose of this follow up study. The main research method was postal inquiry for 18-74-years old people in the country (N= 6 000). Most important equality factors were: age (generations), sexes (gender), living types (blocks of flats, one family houses, mixed housing models), education years, professional background, living regions in Finland, children in the family (single family model, whiteout/with children) and income classes.

Main results were that between last ten years sport participation among all female groups were more active than male groups. Only male students were more active for getting sport facility services than female students. Most inactive groups according professional equality factor were farmers because the frequencies of their physical exercises were only 25 % from the most active male student groups. The cap between educated and not-educated persons and high/low income groups were bigger than ten years ago. The payments for using sport facility services excluded people out from sport facility services much often than ten years ago. One main result was that adults used much more active way pedestrian areas as their main sport infrastructure in the cities and nature environments in the country side for their physical activities than ten years ago. Children and youngsters used more active way the real sport infrastructure than adults. This phenomenon builds two different sport facility service cultures in Finland: another is built sport facility infrastructure for children and youngsters and another is not-built free form infrastructure for physical exercises of adults.

Managing the University and Federal State Sports Centre Salzburg/Rif
Wolfgang Becker, Director of the Sports Centre Salzburg/Rif (Austria) | www.ulsz-rif.at

The University and Federal State Sports Centre Salzburg/Rif opened on June 29th, 1986. Since then the infrastructure serves as event facility for competitive sports as well as for training and educative purposes. Almost 500.000 persons use the centre every year. The ‘sports city’ offers everything the heart desires: Indoor swimming pools, 3 halls for exercise, gymnastics and ball games, a tennis hall, a bowling hall, shooting facilities, fitness rooms, indoor and outdoor athletic facilities, outdoor tennis courts (sand and hard court), 6 football grounds, a 7 kilometre rowing course, etc. The Salzburg/Rif Centre integrates several institutions: The University of Salzburg (Sport Science Studies and University Sports), Training Centre for the Austrian Armed Forces (facilities for approx. 45 Austrian top athletes), a school to educate and promote young athletes in Salzburg and the Olympic Centre of Salzburg. Many Olympic champions, World champions, European champions, etc. come ever since from ‘Rif’.

Together with the slogan ‘Sports and Physical Activity for all’ the outdoor areas were created opportunities also for sport and physical activity for young and old. The following facilities are free of charge and can be used by the general public without bureaucratic obstacles: 2 football grounds on natural lawn, a street soccer ground, a roller inline hockey ground, 2 streetball facilities, tennis hard courts, 3 beach volley ball courts, a fitness trail and running track with floodlights, a foot reflexology trail, a skatepark, the complete athletic facilities, a playground, etc.

Every year those ‘sports-for-all’-facilities are used by 50.000 persons that are not organised in sports clubs but are still motivated to do sports and physical activity as well as to gather and have social exchange. The platform ‘Rif Aktiv’ is an initiative to additionally open the indoor facilities for citizens of the neighbourhood. The people do self-organised sports there by the guidance of sport students. The free-of-charge outdoor area is extended with one new facility almost every year. All storage rooms with sports equipment are accessible for the general public. The philosophy behind this openness at the Salzburg/ Rif is: “The most beautiful sports facilities do not help us at all if our children don’t know how to use it.” The Salzburg/Rif Centre is accessible for the general public for more than 20 years. In autumn 2009 the Sports Centre Rif was award winner in the category of “barrier-free sports facility” at the IAKS-Congress in Cologne.
Good Practice of managing Omega Sports and Health Centre in the Czech Republic

Michal Kudláček (presenter) - Centre for kinanthropology research, Faculty of Physical Culture, Palacký University in Olomouc, Jan Petr - Omega Sports and Health Centre (Czech Republic) | www.omegasport.cz/en

Omega Sports and Health Centre was established two years ago as an ambitious project as a facility that offers countless opportunities for sports (fitness, tennis, squash, badminton, H.E.A.T. program etc.), relaxation (sauna, massage etc.) and social activities. This centre, with this superb environment, enables clients to meaningfully spend entire days with their relatives, children and friends. To plan and build this facility in the centre of Olomouc originated from the lack of such infrastructure in the town even if there was no survey of need assessment. It is the commercial infrastructure for leisure-time physical activity where its clients can choose to become a member of Omega club (year paid membership with several special offers and discounts) or to visit its activities irregularly. Even if the Centre was aimed at middle and high social class clients according to their evaluation questionnaire results visitors come from all social classes. Its head manager is responsible to Omega owner and leads a team of three managers who take care of the sections. Its employee must be able to propose sport project, undergo psychological test and interview with the manager and later on with the owner in case they have been chosen for the position required. Each week manager organises meetings with sub-managers in order to plan and evaluate activities. Omega has got its own websites to inform clients about news and they can use online reservation system for physical activities. This centre is profit-making facility and cooperates mutually with other sport organisation within Olomouc region. The problem area is the reception because it is the first contact the client makes. The receptionists should be willing to help people and have excellent knowledge about the Centre and its offer. Key indicators of success in Omega are attendance, club membership, and financial indicators.

The Informal Appropriation of Public Space for Leisure and Sport as Participative Process: the case of Barcelona

Antonio Borgogni1, Erika Vannini2, Faculty of Sport Sciences, Department of Sport and Health Sciences, University of Cassino: 1 Assistant Professor, 2 Teaching and Research Assistant (Italy)

The identification and classification of the different typologies of infrastructures for leisure and sport is crucial in the study of the opportunities for practising physical activities and in the recognition of the characteristics of the body facilitating environments.

The speech presents a part of a research, which is in a finalization phase, whose applicative field concerns a qualitative study based on interviews and observations concerning the body facilitating environments and the citizens’ participation in planning sports and recreational areas. The research compares several European case studies.

The speech focus on the Barcelona case in which, together with sport facilities and infrastructures designed for allowing the body’s expression, there are several cases of informal appropriation of public spaces aimed at transforming them into light sport facilities.

Most of them are examples of spaces become places thanks to the accommodation and assimilation process between users and public administration. The conflicts, the mistakes, the opportunities, the provisions, need to be understood in a diachronic perspective, investigable through a narrative approach. The most common results are walls for Climbing, Skateboard ramps, Football, Ecua-volley, and Pelotas fields. Adolescents, young people, migrants, are among the most frequent users of the spaces.

These processes are deeply rooted in the Barcelona’s town planning history, characterized by the dialogue between planners and citizens, by the attention to liveability and body expression, and by the excellent use of events to improve the city infrastructural drawing.

Compared with other European cases, the Barcelona’s results show the effectiveness of these bottom-up proactive processes in allowing leisure and sport oriented body expressions. Moreover, while some of the ongoing processes of informal appropriation have begun twenty years ago, they reveal their economic and social sustainability.
Triple AC (Active City – Active Community – Active Citizens)
Bae Dixon, TAFISA (Germany)

Sport for All: TAFISA’s mission is to promote and facilitate Sport for All and physical activity internationally. But what is Sport for All? Sport for All is: (1) Synonymous with physical activity, and therefore includes non-competitive, individual or sporadic activities, as well as competitive, organised and elite activities, (2) Inclusive and open for all ages, genders, races, religions, abilities, (3) An umbrella term which includes: physical activity / leisure activity / recreational activity / exercise / active commuting / sport

Active Living: Active Living is a lifestyle that incorporates physical activity into everyday routine. This may include active commuting, for example walking or cycling to and from work or school, taking the stairs instead of an elevator, including physical activity into social meetings, for example meeting friends to walk or play sports rather than for sedentary activities, etc. Active living is partly a choice of the individual, however it is heavily influenced by the opportunities available for activity, for example cycling paths and safe walking routes through a city. Developing an attitude of active living is aided significantly by positive reinforcement. This is both on the individual level and on a community and city level. Recognising and rewarding steps toward active living is important!

Triple AC Program: TAFISA’s Triple AC program is built to recognise and reward those who are taking steps toward an active lifestyle, and incorporating Sport for All into their cities and communities. It is not a program to tell people how to be active, although it does include some best practice examples, but rather a program to recognise and reward those who have commenced or continued on their way toward active living. TAFISA’s Triple AC program provides the platform for cities and communities around the world to learn from each other, and build upon existing active cities and lifestyle theories to create a more active world.

Sports and urban planning in the Netherlands: a sport-inclusive approach is needed
Remco Hoekman, W.J.H. Mulier Institute (Netherlands) | www.mulierinstituut.nl

Sport is practiced in rather disparate spaces, places and venues and with this it does not fit the functional separation of live, work, recreation and transport in urban planning. Looking back, sport is not part of the primary urban planning process and is often more like a ball that is kicked and thrown to places that are low-priced or cannot be used for other purposes. How can we change this pattern and provide a solid ground for more sport-minded – or activity-friendly – urban planning?

In the relationship between sport and urban planning in the Netherlands, a ground pattern can be recognized consisting of three constants. The first constant is the separation of physical education and sport, where, for example, sport requirements are not taken into account when facilities for physical education are build. The second constant is the position of sport between the functional separation of live, work, recreation and transport and a rare sport-inclusive approach. The third constant is the ad-hoc financing of sport facilities, where financial benefits are created by closing sport facilities in the inner city and used to build new facilities in the periphery.

To break with this ground pattern municipalities should put sport firmly on the local agenda, creating a more central role for sport. Essential conditions are the cooperation of sport with (physical) education, the incorporation of sport with broader needs for activity-friendly neighbourhoods, and increasing the multi-functionality of facilities.

In our paper we argue that the instrumental value of sport and physical activity justify a more central role for sport and activity-friendly environments in urban planning. Important aspects are the walkability, the cycling possibilities and the sport infrastructure – hardware, software and orgware.
Outdoor recreation and public health - a joint Nordic project
Lisa Bergstroem, Friluftslivets fellesorganisasjon (Norway/Sweden) | www.friskinaturen.org

“Frisk i Naturen” (stay healthy in nature) is an cooperation between the outdoor recreation organizations and the health sector in each Nordic country - financed by the Nordic Council of Ministers. The reason why the project started up was the lack of attention, within the Nordic countries but also within the Nordic Council of Ministers, on nature and its resources when it comes to public health issues.

The aim of this project is to develop and make visible the Nordic outdoor policy with a clear public health profile, share best practice in the four focus areas (see below), creating a knowledge platform and to communicate evidence-based-research in popular science. The main task is to underline the importance of nature’s power when it comes to public health - to make the positive effects visible and clear to decision makers and to give them good arguments for more outdoor recreation in benefit for health. The project has four focus areas:

- Outdoor education in preschool and school
- Physical activity on prescription/ prevention and treating health care
- Green open spaces (urban)
- Outdoor and mental/physical health.

Monsieur Vélo - Interministerial Coordination for Cycling in France
Hubert Peigne, Interministerial Coordinator for Cycling - Ministère de l’écologie, de l’énergie, du développement durable et de la mer (France)

We used to have, in France, a high level of bike culture in sports and leisure/tourism, but a rather low one in our daily urban life – and since 1982, year of an important political decentralisation, we had no government committment in any kind of bike policy until the appointment of an interministerial Coordinator for the development of bike use in April 2006, Mr Velo.

Mr Velo is fully «intersectoral». Six ministers (Environment, Tourism, Youth and Sports...) gave their signature to the decree which determines his missions : designing and drawing up a national action plan; disserminating international experiences and good practices; producing guidelines, handbooks, folders ; raising the ministries’ and public bodies’ awareness about cycling ; conducting surveys and studies; supporting local authorities, users associations and other stakeholders etc. He works with a «deputy Mr Velo» and a small budget.

Method: Mr Velo identifies the sectors in which he may hope to develop a bike policy, and he incites the relevant ministries and other players to act. If they agree and do act, he does too. If they don’t, aren’t ready or just pretend, Mr Velo does not persist and uses his energy in another sector, where it can quickly produce an actual added value.

The presentation will give a few examples:
- Universities: helping to set up workplace travel plans, and to create bike storage facilities in student’s housings.
- Economy: study «The economics of cycling» (short version – 36 pages – in English, German, Spanish) which deals with various «macro» points of view: industry turnover; tourism; public works; health...
- Alliance «Public Transport and Bike». Government’s subsidies for Subways, Trams, BRTs also for related bike arrangements (cycle connections, parking facilities in stations and «stops»...)
- Cycles parts and storage in housing:

Years of proposals and lobbying resulting in a law (July 2010) making it compulsory to create parking facilities in the new offices and services (entertainment, shops...) - and, before 1 January 2015, in the existing ones – as well as in the new housing. In 2011, a decree will give the detailed standards to be applied...
- Health: Negative reception to the proposals in 2006 (Bike = Danger = Helmet...).
- Positive reception in May 2010: an action plan (pro-walking and pro-cycling) is being prepared (with other relevant ministries).
- Leisure and Tourism veloroutes, greenways. Joint approach of Ecology, Tourism, Economy, Transports....

National network of 1998, (more than 50 % already implemented), reviewed and increased (20 000 km) in May 2010 – with government’s subsides for strategic routes and sections.
- We don’t have a global national bike policy yet. Therefore, that’s the way we go (ride) forward: implementing its possible chapters, step by step, with the willing bodies and players!
Broad approach for child friendly landscaping

Elske Oost-Mulder, OBB Playconsultants (Netherlands) | www.OBB-Ingenieurs.nl

Integrated and interactive approach to policy making for play, exercise and meeting spaces. This approach is used and implemented in over 10 municipalities in the Netherlands. In this presentation examples from the various stages of these projects at the municipalities will be shown. Furthermore the concerned parties and interests of these parties are discussed.

When preparing policy for landscapes for movement of children we use the following approach:

1. **Drafting policy**
   The first step towards integrated and interactive policy making is setting up an intersectoral project committee. In the project group various professionals are represented. Professionals from the municipality, politics and stakeholders from organizations. In two interactive sessions mission, vision and the direction of future policies are formulated.

2. **Implementing policies**
   The current design of the landscapes for movement is tested against the current policy. Users, residents and other professionals can give their opinion about the current design. Together with them we make a SWOT analysis of the current design. We examine how the landscape currently is being used.

3. **Feedback on policy and analysis**
   Users, residents and politicians then have the possibility to give their feedback on the new policy and the proposed measures. These new policies and measures have been formulated after a thorough analysis of the landscape. The politicians approve the policy and provide sufficient resources. Hereby we use communication tools such as websites, posters en leaflets to inform users, residents and politicians.

4. **Develop measures tailored to each district**
   We communicate the measures that are carried out to the stakeholders in the neighborhoods. Children, residents and professionals are being involved. There is a joint reflection on the design, management and maintenance of the landscape for movement. Organized activities are also evaluated in this group.

5. **Implementing measures**
   When measures have to be implemented contractors are often used. However there are also pathways known that are carried out in cooperation with residents. Many parties are involved when it concerns organizing activities for children.

6. **Aftercare**
   Aftercare at facilities is often done by the municipality. But residents and users are often willing and able to contribute to the aftercare.
GPS and GIS for assessment of Physical Activity Behaviour of Children within the Urban Environment

Luuk Engbers - TNO (presenter), JMA Graham, Pierik, Sterkenburg, Slinger, de Vries (Netherlands)

**Background:** The urban built environment influences the physical activity levels of children. Currently, knowledge of which environmental factors affect activity behaviour among children, and how they do so, is not clearly understood. Traditional analysis methods provide only limited insight, since they are unable to accurately determine exactly where children are active.

**Aim:** To obtain better insight into the urban locations where children are physically active by using both Global Positioning System (GPS), ActiGraph accelerometers and Geographic Information Systems (GIS) technologies.

**Methods:** Approximately 90 school children (aged 7-11 years) from 5 cities in the Netherlands participated in the study for a maximum of 7 days. The locations and intensity of their activities were recorded by GPS and accelerometer, and by 7-day physical activity diary. A spatial analysis of the children's activities was conducted by use of GPS track data together with geographical information concerning aspects of the physical environment (e.g. land type, land-use, buildings, and playgrounds).

**Results:** Preliminary results indicate that the children spent a mean of 1.8 hours per 24-hour period outdoors, and that 26.7% of this time was spent in areas containing natural vegetation. Despite that the amount of time spent near public playgrounds and the school playground was relatively low (mean 4.6 minutes, range 0-13 minutes per 24 hours), the mean activity levels during these periods were higher than in any of the other investigated areas. Information on activity levels and actual distances walked by children for various purposes (e.g. travelling to school) will be presented.

**Conclusions:** These findings provide better insight into the question where within the urban environment do children spend their time and where they are physically active. Also, the use of GPS technology, in conjunction with GIS, appears to be an insightful and promising addition to this field of research.

National policies in sustainability in leisure-time physical activity infrastructures. An example of good practice.

Miguel Madruga (Presenter), Narcís Gusi ; Carlos Javier Rodríguez; Fabián Quesada; Josué Prieto. (Spain)

There is a close connection between physical activity and environment, because to practice physical activity and sport at local level using the natural resources and infrastructures are required. Doing sport and physical activity in all kind of infrastructures can generate negative impact to the environment which should be minimized along the developing process of these infrastructures (planning, building, financing, developing and maintaining). Spain collaborating with other countries over the world is developing some strategies to contribute to sustainable development through physical activity and sport.

This poster aims to show some specific good practices regarding to national policies and to the research on sustainable development of physical activity infrastructures at local level in Spain and Extremadura.

In Spain, national government and Green Cross Spain have recently develop some mechanisms and instruments to use them by implied agents (companies, public and private institutions, users, local governments, etc) in sport and physical activity promotion. Some of them are: the Green Letter of Sport, National Strategy about Sport and Sustainability, Good Practice Manual in Sustainable Sport by Sport and Guide of Environment and Sustainability applied to non-Olympic sports. However, it is important to apply it for developing materials and infrastructures for physical activity. Therefore, it would be interesting to research what the most appropriate and sustainable materials are for the infrastructures, instruments and implements for sport and physical activity. In Extremadura the International Innovation Centre for Outdoor Sport is working on that and it contributes to maintain and improve the relation between physical activity, sport and sustainable development.
Moving elderly people. What kinds of offerings for physical activity moves elderly people out?
Andrea Kinsberger, MA18-Municipal Department for Urban Development and Planning, Section Landscape and Open Space Planning, Vienna (Austria) | www.stadtentwicklung.wien.at | www.gemmaaus.univie.ac.at | www.paseonet.org

In regard to the oncoming demographic change the City of Vienna tries to act on time in finding strategies to support health of ageing people. As modest agitation is found to be essential for health and well-being, interdisciplinary projects were started to move the elderly out and motivate them to use the urban public (open and green) space for physical activity. In 2006 the departments for urban development + planning and health promotion initiated the project “sALTo” which investigated the impact of demographic change and social issues on the small-scale urban space (neighbourhood). In cooperation with local institutions and the civil society, preventive measures were developed according to the specific needs of two target areas in Vienna for increasing the quality of living of the elderly and to enable them to mentally and physically age in a self-determined and healthy way.

The City of Vienna is acting as partner in the two current projects “Gemma raus!” and “Paseo”, which are based on the conclusions of “sALTo” and focus on the target group of inactive older people.

Cooperating sectors: Urban planning | Health promotion | Sport science

“Paseo” is an EU-project and aims to link the different involved actors and decision-makers and to support capacity building within this group. The outcome will be an action plan for Vienna “Paseo – bewegtes Altern in Wien”. “Gemma raus!” uses a participative and empowering approach to push physical activity of sedentary older people. It deals with the question how public space can be used and optimized for health promoting agitation. For example existing infrastructures like multi-generation activity parks were evaluated by a group of elderly persons, at the same time empowering them to use the equipment of the parks on their own. The findings of the project will lead to a catalogue of guidelines and measures how public open space can be optimized for these special needs.

An Example of a Funding Legal Document: ‘Specific Regulation of Sports Facilities and Infrastructure’

MM Pereira1 (presenter), AN Pizarro1, C Novais1, J Carvalho2, J Mota2 - Research Centre in Physical Activity, Health and Leisure – Faculty of Sports, University of Porto: 1 Research Assistants, 2 Professors (Portugal)

Purpose: This abstract main objective is to present a document on the financing dimension of the process of developing Leisure-Time Physical Activity infrastructures in Portugal. Document Context: This document was revised and approved by the Ministerial Committee for Coordination on September 15th of 2008, was produced under the National Strategic Reference Framework and is in effect from 2007 to 2013.

Document Contents: This document establishes the conditions of access and general rules for allocation of EU co-financing of European Regional Development Fund to applications submitted under the policy “Infrastructure and Sports Equipment” from the Priority Programme IX, Operational Programme of Territorial Enhancement. The first chapter of this document is related to “General Provisions”, and is subdivided in six articles; scope of regulation, aims of this intervention, concepts, geographical area of intervention and types of applications beneficiaries. The second chapter is “Conditions of Eligibility”, and refers to the conditions of admissibility and acceptability of beneficiaries and applications, the eligible and the non-eligible expenses as well as the selection criteria. The third chapter is “Support” and its contents regard the co-financing of eligible costs. Chapter four, “Procedure for Allocation of Co-Financing”, explains how to do the submission of applications, the verification of eligibility conditions and acceptability, the decision-making and the amendments to the financing decision. The fifth relates to “Funding” and how to do the procurement funding, the details on the termination of contract, the payments and the recoveries. “Monitoring and Control” is the sixth chapter and explains the monitoring and controlling applications of execution and the obligations of the applications beneficiaries. The last chapter is “Final Provisions” namely the EU and national regulations for the allocation of funds, the doubts and omissions, the approval and entry into force and the revision of regulation. The annex regards all matters on selections criteria.
Sport & Fun - An urban strategy to build low-threshold sports halls, Vienna, Austria

Michael Kolb, Irene Bittner, Department of Sports Pedagogy, University of Vienna (Austria) | www.sportundfun.at

The ‘Sport & Fun’ halls are easy to access, have low entrance fees (flat rate system) and are located close to public transport station (metro, tram) in deprived neighbourhoods. The ‘sport & fun’ concept provides a high potential to equally supply all residents but especially youngsters with infrastructure for sports and fitness. All costs are kept low – starting from planning and building to the management and maintenance of the halls. However, the equipment of the facility has high quality.

From experiment to urban strategy: The idea of the ‘Sport & Fun’-Halls in Vienna started in 1995 by reusing an old convention hall as temporary sports hall as an alternative site for youngsters on rainy days from May to October. The initiative came from the youth worker Wilhelm Göppert. Right from the beginning the concept was a big success and after some years - when the old convention hall could not be used any longer - the concept altered to a permanent sports facility throughout the whole year. The first ‘Sport & Fun’ hall was opened in 2004, after it was used the year before as a warm-up hall for track and field championships. Today three permanent ‘Sport und Fun’-Halls exist - mainly in deprived neighbourhoods, a 4th one is projected.

Low-threshold indicators of ‘Sport & Fun’:

(1) Low entrance fees: The entrance fees for the halls are not dependent on a membership: Children and youngsters until the age of 18 pay Euro 2.50/day, adults pay Euro 4.00/day. All halls can use be used by school classes between 8 a.m. until 2 p.m. for the special rate of only Euro 10.00/day per group.

(2) User groups: People of all ages, gender and social as well as ethnic backgrounds but especially youngsters use the facilities. Up to some visits especially girl groups seem to use this hall intensively. In contrary, in public urban space this social group is highly underrepresented at facilities for physical activity and sports (e. g. parks, ball game opportunities, etc). The ‘Sport & Fun’ halls seem to have potential to support this female user group.

(3) No equipment needed: The halls can be used with outdoor shoes and street cloths, which is another indicator that it is easy to access without big investment in sports equipment. Nevertheless, one can find changing and showers there. A lot of different sport equipment - balls, rackets, etc - can be borrowed for free.

(4) Various types of sports are offered: Street soccer, streetball, volleyball, beach volleyball, badminton, table tennis, inline hockey as well as a fitness area (must not be used under the age of 18). Some ‘Sport & Fun’ halls also offer outdoor facilities.

Sustainable urban development and building: The ‘Sport & Fun’ halls are connected to other infrastructures: At ‘Sport & Fun Ottakring’ the outdoor sports facilities are also planned and built for the school next-door. The ‘Sport & Fun Donaustadt’ is connected to a big boulder hall (different provider). The projected 4th hall is connected to a new social housing area. The ‘Sport & Fun’-Halls are multiple sports hall, constructed as low-energy-buildings. The economic concept is organized with clear responsibilities: The loan of the personal working at the ‘Sport & Fun’-halls - 2 attendants at one time in each hall - is fully covered by the earnings of the entrance fees. The maintenance of the hall (cleaning, repair) and the acquisition of new equipment is fully subsidised by the Municipal Dept. of Sport, MA51, Vienna.

Evaluation of grants in sport and physical activity through programmed financing and cost utility analysis

Jana Vašíčková, Vladimir Hobza - Faculty of Physical Culture, Palacký University in Olomouc (Czech Republic)

Development of sport and PA in municipalities in the Czech Republic is assured in two ways. One way is through the development of municipality infrastructures by non-grant policy in agreement with complex development of territorial unit, the second way is by grant policy that completes overall development of certain field. This contribution is aimed at one of the most problematic part of grant policy, mainly on linkage of the objectives with proposed grants and their criteria evaluation. We found out during analysis of development concepts that objectives are too vague and thus it is not possible to set indicators that would help with effective grant awarding, evaluation, and inspection. Further, survey of need assessment signalised that more than 80% of financial sources should be directed to the sphere Sport for all (leisure-time physical activity). For grant policy methodical guide exists that unfortunately does not contain indicators according to which it should be able to judge grant proposals and choose. Gradual steps for effective creation of grant policy should be as follow: (1) preparation of conception, (2) determination of development priorities (external versus economical; setting financial limits = programmed financing), (3) elaboration of linkage „objective – program – grant“,
(4) determination of methods for grant evaluation and assessment of proposed grants according to given indicators (5) inspection. The cost utility analysis might be used as objective indicator for grant evaluation. Benefit of this method is that wide spectrum of outputs can be understood as summary of partial characteristics creating total usefulness of the program. Because indicators of interdisciplinary character are used for evaluation, it is necessary to have the opinion of experts from different professions. Expert evaluation of externalities and use of programmed financing can become one of the most important conditions for effective process of grant municipality policy in sport and PA sphere.

Walkability in Austria - Good Practice: Pilot-projects, role of behaviour-change and the needs for further steps to support physical activities

Dieter Schwab - Researcher and Cityplaner; Walk Space – Austrian Federation of Pedestrians (Austria) | www.walkspace.at

Starting point of the talk are the facts of leisure and everyday walking in Austria. Austrian Good-Practice-Projects of Walk-Space.at will be shown: starting from the „Pedestrian check“, to the Pilot-project in the city of Salzburg / „Walkability-Measures St. Andräviertel“, to the relevance of „active travel“- elements in the mobility linkage especially for elderly people and youngsters / children, as well as good-practice-outputs of the Walk-Space-AWARD.

Walk-space.at shows in a positive way how the topic walking can be communicated positively. With the help of national and international examples, options for a worth living street design will be shown as well as making walking more attractive in the communities and cities. The first approach to establish qualities for pedestrian would be the “Pedestrian check” – also known as „Pedestrian Audit“, - through which weaknesses in the walking net can be determined easily in the dialog with citizens.

2009 the first Austria pedestrian traffic pilot project was done in the city of Salzburg, in the St. Andräviertel district. The goal was the change of the modal splits in favour of pedestrian traffic with the help of a result orientated package of measures. Together in a dialog with pupils, elderly people, representatives of the economy, tourism as well as with the aid of questionnaires, elevations and survey with the residents, the main pedestrian routes has been recorded and suggestions of improvements in the pedestrian net has been shown.

The first measures are now already in the implementation phase. How streets can be places of regeneration, meeting or even places for children to play, can be seen in already realised examples in Austria. These and similar Good-Practice examples (quod vide: Walk-space AWARDS - www.walk-space.at/Walk-Space-Award/dewalk-space-award.html) clearly show, that target group orientated and user requirement planning or rather realisation of pedestrian qualities especially on highly frequented destinations – as kindergarten, schools, home for elderly people, local supply, parks and leisure areas, enhancing the quality of life of a community or city and each single person. In course of the talk new possible proceedings for “good-practice”, for physical activities, behaviour-change – as well as the relevance of policy, practice & research will be finally discussed.

‘Simply-multiple’ - Physical Activity and Sport is more than just acting within technical or formal rules.

Jutta Kleedorfer, Project Coordination for Multiple Use, Municipal Dept. 18, Urban Development and Planning - Austria

In particular, for kids and youngsters - individually or in a (peer) group - to be physically active takes place in more playful and also more competitive ways. However, to be physically active means to prove to oneself and to groups your own standing. It also means to communicate non-verbally. Mobility, physical activity and sport is an important part in young people's life, it is a part to grow up playfully. Finding enough and sufficient spaces for physical activity and sport in urban agglomerations is not sometimes so easy for children and adolescent. The lack of infrastructure particularly for those groups has different reasons, e. g.:

Restrictions at sport camps / membership required / school sport fields are closed after school hours / overcrowded parks / traffic occupies streets and places / or gender gaps.

In Vienna, a booming city with increasing density, we try to expand space for leisure time activities with a project-orientated strategy called ‘simply – multiple’ (in German: einfach - mehrfach). The project is working with

2 basic instruments:
(1) multiple use of urban facilities; especially school grounds
(2) ‘temporary uses’ of building gaps or other unused grounds until they find their final purpose
EXAMPLES

1) 'Actin – park' in Hirschstetten:
= school sport area without fences, one skate area and public green zones. In the centre of a big housing area in 22nd district; the school sport ground urgently needed a renewal. The schoolyard and also the school sports ground was - as usual - barred. The gates and fences were always damaged; the surfaces of the facilities became messy and unusable.
Results of the simple - multitude strategy:
- Merging the school area with the public space (concept: Kohlbauer, planning: Auböck /Karasz)
- Attendant Participation – workshops in schools and with the neighbourhood
- Moderation through the community orientated youth centre (in case of upcoming user conflicts)

2) 'Barefoot in Hernals'
= Beachvolleyball place in a gap between buildings with simple facilities for 1 season; This Volleyball ground is sponsored by the property developer of the later developed residential building in this gap located at Parhamerplatz in the 17th district.
Initiator: Gebietsbetreuung - GB17; in cross-sectoral cooperation with the Project Coordination for Multiple Use, Municipal Dept. 18, Urban Development and Planning, and the Municipal Dept. 42, Parks and Gardens
Results of the simple - multitude strategy:
- Improvised sport ground in the heart of the city
- Positive response from the general public and media

Strategies of the ‘Simply – multiple’ policy are to (1) minimize existing conflicts through new offers, preserve resources, introduce multiple uses for spaces, etc. and to (2) support people, initiatives, organizations, temporary activities, etc.

FURTHER SPEAKERS

PLENARY SESSION - European Policies
- EU Physical Activity Guidelines - Jacob Kornbek, European Commission - DG Education and Culture Sport Unit
- Proposed EU-Guidelines for improving infrastructures for physical activity | Improving Infrastructures for Leisure-Time Physical Activity in the Local Arena - Alfred Rütten, Univ. Erlangen-Nürnberg

PLENARY SESSION - Good Practice in Developing Infrastructure
- Integrated Sports Development - Georg Kemper, Sports Department Frankfurt am Main (Germany)
- National Inventory of Sports Facilities Sports Areas and Sites - Denis Roux, Ministry of Sports (France)

PLENARY SESSION - Good Practice in Developing Infrastructure
- „El Anillo“ and „Young Factory“ - Fabian Quesada, Director General of Sports of Extremadura (Spain)
- The policy of the German Olympic Sports Confederation in the area of sport development planning - Andreas Klages, German Olympic Sports Confederation - DOSB (Germany)
- Ville ludique et sportive - a private award and label to promote infrastructures - Philippe Benassaya, FIFAS & Alain Laporte, Jeremy Cheroyan, City of Elancourt (France)

WORKSHOP SESSION - Planning
- The Regional Sports Plan - Ari Karimäki, Finland
Conference Organization

Friedrich-Alexander-University of Erlangen-Nuremberg
Institute of Sport Science and Sport
Department of Public Health and Physical Activity

University of Vienna
Centre of Sport Science
Department of Sports Pedagogy

Venue

Ramada Frankfurt Messe
Oeserstrasse 180
D-65933 Frankfurt/Main
Deutschland

Conference Dinner
November 8th, 2010, 19:00
Depot 1899 - Wirtshaus
Textorstraße 33
D-60594 Frankfurt/M.

Contact
University of Vienna
Centre of Sport Science
Auf der Schmelz 6A | A-1150 Vienna, Austria
T +43-(0)1-4277 59115
poin2010@impala-eu.org

Cooperation Partners

www.impala-eu.org/poin2010