

## Committee Briefing: Inquiry into Sports and Physical Activity – Submission Matrix

### Introduction

This paper presents a matrix of written submissions to the Culture, Arts and Leisure Committee's inquiry into participation in sport and physical activity (see Table 1 below).

Using the terms of reference for the Committee's inquiry, the matrix has divided the information provided into:

- groups identified within the adult population with low levels of participation;
- barriers to participation; and
- suggested solutions to low participation.<sup>1</sup>

Where submissions have made a unique suggestion, this has been included in the 'other' sections.

### Data findings

The findings of the matrix are represented in the graphs below, which indicate the frequency of identified groups, barriers to participation, and suggested solutions.

As can be seen from Figure 1, those living in socio-economically deprived areas and Women were the groups most frequently cited as having low levels of participation. Older people closely followed. The ethnic minority grouping was the least frequently cited in the evidence submissions.

Figure 2 looks at barriers to participation, as can be seen from the graph, the most prevalent barrier to participation highlighted in the evidence was a lack of facilities/lack of opportunity. This was closely followed by a lack of transport/accessibility problems. The least frequently cited barriers were lack of interest/motivation and lack of information/awareness.

Numerous submissions detailed more specific barriers, and these are listed in the matrix under the 'other' category.

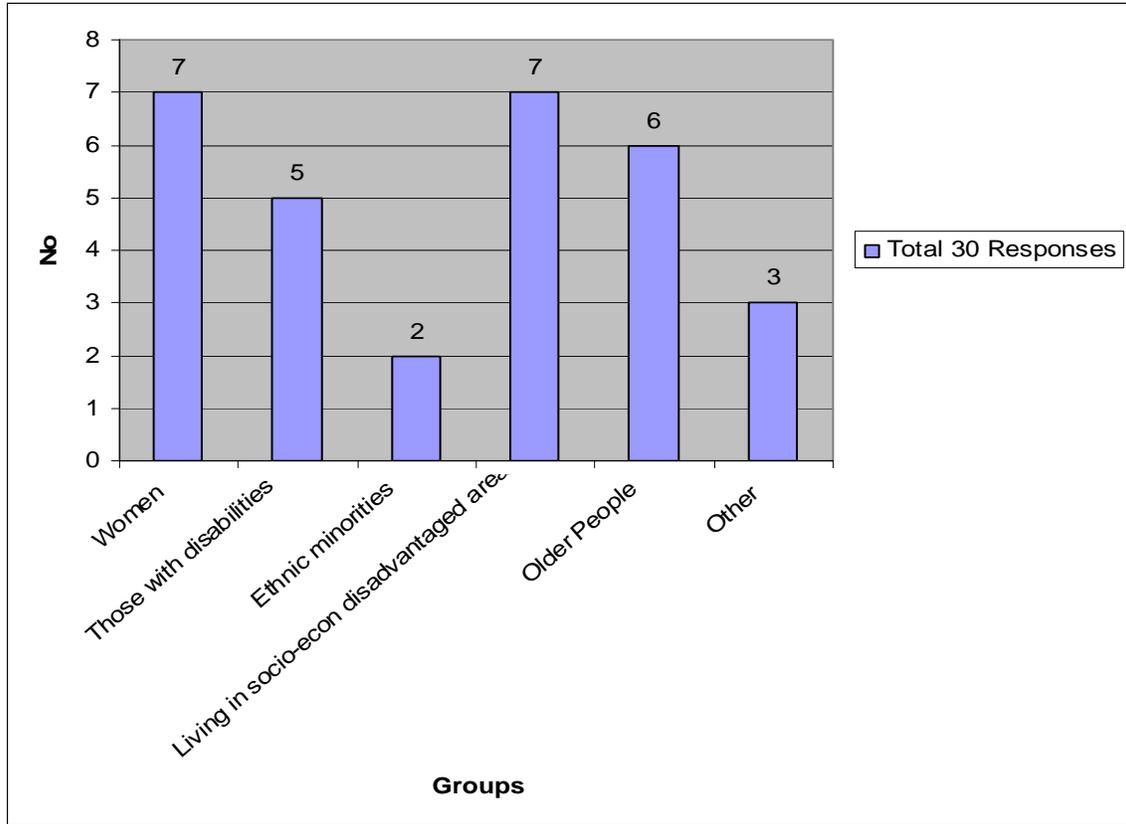
Finally, looking at Figure 3, which outlines the proposed solutions contained in the submissions it is evident that many of the submissions provided examples of methods of best practice and/or suggested more information sharing as suggested solutions to tackling low levels of participation. Co-operation amongst the public sector, the third sector/education sector was a popular solution. Staff/coach training and development was also a popular suggestion. Many of the submissions suggested particular solutions ('other'), although it should be noted

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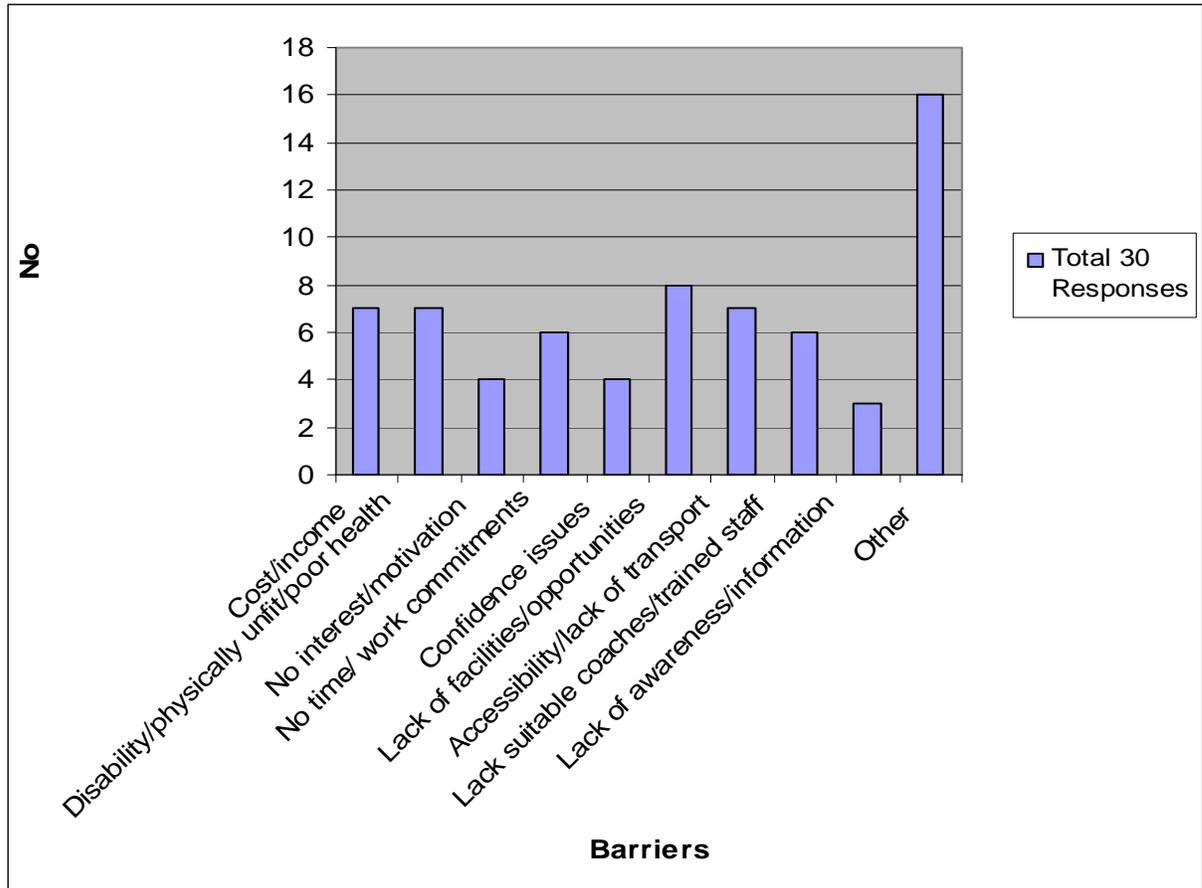
<sup>1</sup> NB: Since the Royal Society for the Protection of Birds' submission did not offer information relevant to the Inquiry's terms of reference, it was decided that its submission should be omitted from the matrix.

that many of these were specific to the industry/field which the respondees were representing.

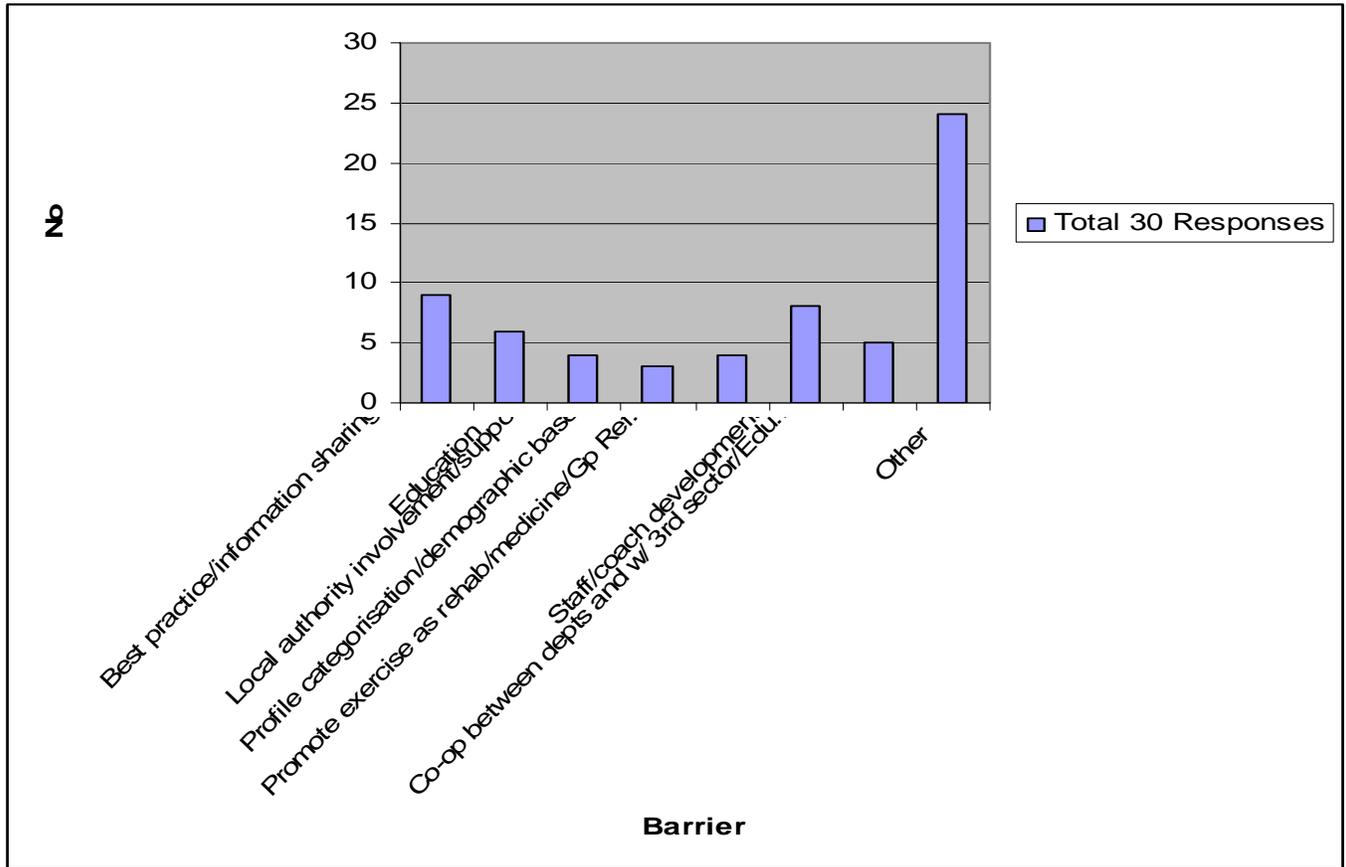
**Figure 1: Low level Participation Groups**



**Figure 2: Barriers to Participation**



**Figure 3: Suggested Solutions**



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## Annex 1: Matrix of Responses

<b>Organisation/Respondee</b>	<b>Craigavon BC</b>	<b>Sport NI</b>	<b>DCAL</b>
<b>Groups identified w/ low participation</b>			
Women		X	X
Those with disabilities	X	X	X
Ethnic minorities	X		
Living in socio-econ disadvantaged area		X	X
Older People	X	X	X
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income	X		X
Disability/physically unfit/poor health			
No interest/motivation			
No time/ work commitments	X		
Confidence issues	X		
Lack of facilities/opportunities	X		
Accessibility/lack of transport	X		
Lack suitable coaches/trained staff	X		
Lack of awareness/information			
Other	Language barrier		
Other (2)			
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing	X	X	
Education			
Local authority involvement/support			
Profile categorisation/demographic based	X		
Promote exercise as rehab/medicine/Gp Referral	X		
Staff/coach development	X		
Co-op between depts and w/ 3rd sector/Education Sector	X		
Other	Inclusive activities	More research (SAPAS)	Sport Matters Strategy
Other (2)		Sport Matters Strategy	
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>Sports Council Wales</b>	<b>Sport Scotland</b>	<b>Ulster GAA</b>
<b>Groups identified w/ low participation</b>			
Women	X	X	X
Those with disabilities			X
Ethnic minorities			X
Living in socio-econ disadvantaged area	X	X	X
Older People	X	X	X
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income			
Disability/physically unfit/poor health	X	X	
No interest/motivation		X	
No time/ work commitments	X	X	
Confidence issues			
Lack of facilities/opportunities	X		X
Accessibility/lack of transport			X
Lack suitable coaches/trained staff			X
Lack of awareness/information	X		
Other			Expertise for disabled
Other (2)			Lack of strategy
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing	X		
Education		X	X
Local authority involvement/support	X		
Profile categorisation/demographic based	X		
Promote exercise as rehab/medicine/Gp Referral			
Staff/coach development			X
Co-op between depts and w/ 3rd sector/Education Sector			X
Other		Club accreditation	
Other (2)			
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>Environment C'tee</b>	<b>Sports Coach</b>	<b>BMA NI</b>
<b>Groups identified w/ low participation</b>			
Women			
Those with disabilities			
Ethnic minorities			
Living in socio-econ disadvantaged area			
Older People			
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income			
Disability/physically unfit/poor health		X	
No interest/motivation	X		
No time/ work commitments	X		
Confidence issues		X	
Lack of facilities/opportunities			X
Accessibility/lack of transport	X		X
Lack suitable coaches/trained staff		X	
Lack of awareness/information	X		
Other			Personal safety concern
Other (2)			
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing	X		
Education			
Local authority involvement/support			X
Profile categorisation/demographic based			
Promote exercise as rehab/medicine/Gp Referral			X
Staff/coach development		X	
Co-op between depts and w/ 3rd sector/Education Sector			X
Other	Outdoor recreation	Community ownership of projects	Prioritise cyclists/peds
Other (2)		Demographic based interventions	Cycle hire schemes
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>Fitness NI</b>	<b>Skills Active</b>	<b>Moyle DC</b>
<b>Groups identified w/ low participation</b>			
Women			
Those with disabilities			
Ethnic minorities			
Living in socio-econ disadvantaged area	X		
Older People			
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income	X		
Disability/physically unfit/poor health			
No interest/motivation			
No time/ work commitments			
Confidence issues			
Lack of facilities/opportunities			X
Accessibility/lack of transport			X
Lack suitable coaches/trained staff		X	
Lack of awareness/information			
Other			
Other (2)			
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing		X	
Education		X	
Local authority involvement/support			
Profile categorisation/demographic based			
Promote exercise as rehab/medicine/Gp Referral			
Staff/coach development		X	
Co-op between depts and w/ 3rd sector/Education Sector			
Other			
Other (2)			
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>Damien Crowne</b>	<b>Belfast Trust</b>	<b>RNIB</b>
<b>Groups identified w/ low participation</b>			
Women			
Those with disabilities			X
Ethnic minorities			
Living in socio-econ disadvantaged area			
Older People			
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income			
Disability/physically unfit/poor health		X	X
No interest/motivation			
No time/ work commitments			
Confidence issues	X	X	
Lack of facilities/opportunities			
Accessibility/lack of transport			
Lack suitable coaches/trained staff	X		
Lack of awareness/information			X
Other		Social isolation	
Other (2)			
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing			
Education	X		
Local authority involvement/support			
Profile categorisation/demographic based			
Promote exercise as rehab/medicine/Gp Referral			
Staff/coach development	X		
Co-op between depts and w/ 3rd sector/Education Sector			
Other			
Other (2)			
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>WCRP</b>	<b>Volunteer DA</b>	<b>Big Lottery</b>
<b>Groups identified w/ low participation</b>			
Women	X		
Those with disabilities			
Ethnic minorities			
Living in socio-econ disadvantaged area	X		
Older People			
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income			
Disability/physically unfit/poor health			
No interest/motivation			
No time/ work commitments			
Confidence issues			
Lack of facilities/opportunities			
Accessibility/lack of transport			
Lack suitable coaches/trained staff			
Lack of awareness/information			
Other	Child care		
Other (2)			
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing	X		X
Education			
Local authority involvement/support			
Profile categorisation/demographic based			
Promote exercise as rehab/medicine/Gp Referral			
Staff/coach development			
Co-op between depts and w/ 3rd sector/Education Sector			
Other		Sports volunteers	
Other (2)		V'teer management	
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>Royal Scottish Country Dancing</b>	<b>NI Aeromodellers</b>
<b>Groups identified w/ low participation</b>		
Women		
Those with disabilities		
Ethnic minorities		
Living in socio-econ disadvantaged area		
Older People		
Other (1)		
Other (2)		
<b>Barriers to participation</b>		
Cost/income	X	X
Disability/physically unfit/poor health		
No interest/motivation		
No time/ work commitments		
Confidence issues		
Lack of facilities/opportunities		X
Accessibility/lack of transport	X	
Lack suitable coaches/trained staff		X
Lack of awareness/information		
Other		
Other (2)		
Other (3)		
Other (4)		
<b>Suggested solutions</b>		
Best practice/information sharing		
Education		
Local authority involvement/support		
Profile categorisation/demographic based		
Promote exercise as rehab/medicine/Gp Referral		
Staff/coach development		X
Co-op between depts and w/ 3rd sector/Education Sector		
Other		
Other (2)		
Other (3)		
Other (4)		
Other (5)		
Other (6)		

<b>Organisation/Respondee</b>	<b>Irish Indoor Bowls</b>	<b>Older People's</b>	<b>Ulster Angling</b>
<b>Groups identified w/ low participation</b>		<b>Advocate</b>	<b>Federation</b>
Women			
Those with disabilities			
Ethnic minorities			
Living in socio-econ disadvantaged area			
Older People			
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income	X		
Disability/physically unfit/poor health			
No interest/motivation			
No time/ work commitments			
Confidence issues			
Lack of facilities/opportunities		X	
Accessibility/lack of transport		X	
Lack suitable coaches/trained staff			
Lack of awareness/information			
Other			Child protection legislation
Other (2)			
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing			
Education			
Local authority involvement/support			
Profile categorisation/demographic based			
Promote exercise as rehab/medicine/Gp Referral			
Staff/coach development			
Co-op between depts and w/ 3rd sector/Education Sector			
Other	Abolish rates for club		
Other (2)			
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>Cancer Survivors</b>	<b>DRD</b>	<b>DSD</b>
<b>Groups identified w/ low participation</b>			
Women			
Those with disabilities			
Ethnic minorities			
Living in socio-econ disadvantaged area			
Older People			
Other (1)			
Other (2)			
<b>Barriers to participation</b>			
Cost/income			
Disability/physically unfit/poor health	X		
No interest/motivation	X		
No time/ work commitments			
Confidence issues			
Lack of facilities/opportunities	X		
Accessibility/lack of transport			
Lack suitable coaches/trained staff			
Lack of awareness/information			
Other			
Other (2)			
Other (3)			
Other (4)			
<b>Suggested solutions</b>			
Best practice/information sharing		X	
Education			X
Local authority involvement/support			
Profile categorisation/demographic based			
Promote exercise as rehab/medicine/Gp Referral			
Staff/coach development			
Co-op between depts and w/ 3rd sector/Education Sector			
Other		Promote walking	
Other (2)		Promote cycling	
Other (3)			
Other (4)			
Other (5)			
Other (6)			

<b>Organisation/Respondee</b>	<b>Public Health Agency</b>	<b>DETI</b>
<b>Groups identified w/ low participation</b>		
Women	X	
Those with disabilities		
Ethnic minorities		
Living in socio-econ disadvantaged area		
Older People		
Other (1)	Young People	Working age population
Other (2)	Men	
<b>Barriers to participation</b>		
Cost/income	X	
Disability/physically unfit/poor health	X	
No interest/motivation	X	
No time/ work commitments	X	
Confidence issues		
Lack of facilities/opportunities		
Accessibility/lack of transport		
Lack suitable coaches/trained staff		
Lack of awareness/information		
Other	Extra time /ideological /structural pressure on young mothers	
Other (2)	Lack of energy	
Other (3)	Weather	
Other (4)		
<b>Suggested solutions</b>		
Best practice/information sharing		
Education	X	
Local authority involvement/support	X	
Profile categorisation/demographic based	X	
Promote exercise as rehab/medicine/Gp Referral	X	
Staff/coach development	X	
Co-op between depts and w/ 3rd sector/Education Sector	X	
Other	Investigate motivators for men	
Other (2)	Walking/Cycling promotion	
Other (3)	Monitor progress	
Other (4)		
Other (5)		
Other (6)		

<b>Organisation/Respondee</b>	<b>NI Volley Ball</b>	<b>NILGA</b>	<b>TOTAL</b>
<b>Groups identified w/ low participation</b>			
Women			7
Those with disabilities			5
Ethnic minorities			2
Living in socio-econ disadvantaged area			7
Older People			6
Other (1)			See below
Other (2)			3
<b>Barriers to participation</b>			
Cost/income			7
Disability/physically unfit/poor health			7
No interest/motivation			4
No time/ work commitments		X	6
Confidence issues			4
Lack of facilities/opportunities			8
Accessibility/lack of transport			7
Lack suitable coaches/trained staff			6
Lack of awareness/information			3
Other	'IT Leisure time activity'	Changes in work practices	See below
Other (2)	Funding Issues	increasing sedentary lifestyle	See below
Other (3)	Dominance of Elite/'traditional' sports	Marketing pressures	See below
Other (4)		Changing values	16
<b>Suggested solutions</b>			
Best practice/information sharing		X	9
Education			6
Local authority involvement/support		X	4
Profile categorisation/demographic based			3
Promote exercise as rehab/medicine/Gp Referral	X		4
Staff/coach development		X	8
Co-op between depts and w/ 3rd sector/Education Sector		X	5
Other		Identify PA as a priority in the PFG	See below
Other (2)		Planning Policy Statement 8	See below
Other (3)		infrastructure Cycling/walking	See below
Other (4)		Ensure Funding	See below
Other (5)		Research Pricing	See below
Other (6)		Promote through 2012	24







