

# Yarriambiack Shire Council

## Sport and Recreation Strategy



2016-2025





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## Table of Contents

1.0 Executive summary .....	1
2.0 Introduction .....	6
2.1 Aim of the strategy .....	6
2.2 Methodology.....	7
3.0 Our community .....	8
3.1 Our region .....	8
3.2 Our people .....	9
4.0 Political context.....	10
5.0 Sport and recreation .....	11
5.1 Benefits .....	11
5.2 Trends .....	12
5.3 Participation rates in physical activity .....	14
5.4 Barriers to participation.....	15
6.0 Issues and opportunities.....	17
6.1 Participation.....	17
6.1.1 Health benefits of participation.....	17
6.1.2 How much physical activity is recommended.....	17
6.1.3 Physical activity levels in our schools.....	18
6.1.4 Other local studies .....	20
6.1.5 Barriers to participation .....	20
6.1.6 Participation trends .....	20
6.1.7 Physical activity for older adults .....	21
6.1.8 Junior participants.....	21
6.1.9 Demand for local activities .....	21
6.1.10 Demand for events.....	21
6.1.11 Programs and activities.....	22
6.1.12 Physical activity priorities to encourage participation .....	23
6.1.13 Summary of opportunities .....	23
6.2 Facilities.....	24
6.2.1 Focus on facilities.....	24
6.2.2 Range of facilities .....	24
6.2.3 Distribution of facilities.....	25
6.2.4 Facility development challenges.....	30

6.2.5 Facility development priorities – from the facility audit .....	30
6.2.6 Facility development priorities –from club surveys.....	33
6.2.7 Facility development priorities – from community surveys .....	34
6.2.8 Facility development priorities – from community listening posts .....	35
6.2.9 Universal Design (UD) and Environmentally Sustainable Design (ESD) Principles.....	35
6.2.10 Local demand for sport and recreation facilities .....	35
6.2.11 Potential impact of club amalgamations on facilities .....	36
6.2.12 Multi-purpose facilities .....	36
6.2.13 Other providers of facilities .....	36
6.2.14 Usage of facilities in neighbouring municipalities .....	37
6.2.15 Summary of opportunities .....	37
6.3 Club development.....	37
6.3.1 Role of clubs in delivering sport and recreation opportunities .....	37
6.3.2 Governance, planning and administration .....	38
6.3.3 Grant writing .....	38
6.3.4 Support through periods of change .....	38
6.3.5 Volunteers.....	38
6.3.6 Promotion .....	38
6.3.7 Cost of sport.....	39
6.3.8 Declining levels of sponsorship.....	39
6.3.9 Funding programs .....	39
6.3.10 Cost of water .....	40
6.3.11 Summary of opportunities .....	40
6.4 Support from Yarriambiack Shire.....	41
6.4.1 Role of Council and partners.....	41
6.4.2 Internal Council planning .....	41
6.4.3 Promotion .....	41
6.4.4 Financial contributions.....	42
6.4.5 Staff resources .....	43
6.4.7 Summary of opportunities .....	43
7.0 Vision and planning principles .....	44
8.0 Guidelines and processes.....	46
8.1 Level of facilities for each town .....	46

8.2 Council contributions to recreation reserves, bowls greens, golf courses and swimming pools .....	49
8.3 Council and community contributions to capital works projects .....	50
8.4 Council and community contributions to maintenance of facilities.....	50
9.0 Risk management.....	51
10.0 Facility rationalisation .....	54
11.0 Action plan .....	55
11.1Facility development priorities .....	62
11.2 Reporting and evaluation.....	72
11.3 Summary of Recommendations.....	73

## 1.0 Executive summary

Yarriambiack Shire recognises the value of sport and recreation to the local community. It understands that participation in physical activity is important for people's physical and mental health and can reduce the burden of disease and its associated costs. It understands that sport is the social glue that can bind communities together and create strong connections between residents, which in turn helps people to create new friendships and networks and reduces social isolation. It also understands without strong clubs and organisations and strategic partnerships with other organisations, that it would not be possible to deliver the breadth, diversity and quality of sport and recreation opportunities currently available within the Shire.

Yarriambiack Shire recognises that the sport and recreation landscape is constantly changing and that in order to be successful and sustainable, Council, its partners, clubs and organisations need to be informed, skilled, proactive and innovative. Issues such as droughts and floods have had a major impact on sports grounds in recent years, but have also offered opportunities to be more innovative about the way in which water is used and created opportunities for new facility developments.

Amalgamations of various sporting clubs also brings with it opportunities and challenges. It is likely, that as the population grows older and the number of people available to make up teams diminishes, that there will be more amalgamations, or alternatively, the introduction of new modified activities to adapt to the changing demographics.

In recent years, Yarriambiack Shire has encouraged clubs to upgrade their facilities to ensure that they meet regulations and expected standards. It will be important, however, to ensure that these facilities are well maintained so that they reach their potential in terms of lifespan and continue to be well utilised by the community. It will also be important to continue to upgrade existing facilities as funding becomes available to do so. Any potential new facility developments or major upgrades should be subject to a feasibility study to ensure that facilities not only meet the existing and future needs of the community, but are also sustainable to build and operate. All facilities should work towards being as welcoming, inclusive and accessible as possible and be multi-use where appropriate.

While the development and ongoing upkeep of facilities should still remain a priority, Council should also recognise and adopt as a priority, activities and programs for local residents. In addition, it should also focus on club development as another priority, to ensure that local clubs and organisations are strong, skilled, resilient, viable and adaptive to change. Specific areas local clubs have identified for support include: attracting and retaining volunteers for Committee of Management, working bees and game day activities (76%); accessing enough players to make up a team or to make the club viable (72%); and declining membership due to ageing community, young people moving away and population decline (67%). Twenty-nine percent of clubs that responded to the club survey indicated that they expect membership levels to decline in the next five years and only 4% expect membership levels to grow. Hence clubs will need to be supported to remain viable with less resources or to adapt the way in which they operate.

The Shire also recognises the critical importance of volunteers to clubs and organisations. It understands that the ways in which people choose to volunteer now, may be quite different to the

traditional model where people tended to volunteer for a considerable number of years. We therefore need to recognise these changes and provide opportunities that meet the needs of clubs / organisations and potential volunteers. Without volunteers, organised sport and recreation in Yarriambiack Shire would struggle to exist.

Another major focus is the development of sport and recreation programs for the community. Through the community consultation undertaken as part of the Sport and Recreation Strategy, local residents voiced their desire to take part in a number of local activities such as martial arts, exercise for over 50's, boxing, rock climbing, personal training / boot camp, zumba, pilates, aerobics, water aerobics and dancing (Latin, ballet and ballroom) – in addition to traditional sports. An examination of trends in the sport and recreation sector over recent years indicates that the desire of local residents for more unstructured and individual activities is consistent with what is happening elsewhere around Australia. Walking, gym / exercise classes, swimming and running are four of the most popular physical activities in both Yarriambiack Shire and the nation at present, and are continuing to grow. The Sport and Recreation Strategy therefore needs to respond to this change in participation.

To enable a range of new programs to be offered, Yarriambiack Shire will encourage existing sport and recreation clubs and organisations to value add to what they already do by introducing new activities or modified versions of their activities and may also provide some 'Come 'n' Try' days. Yarriambiack Shire may also facilitate a number of programs or encourage other organisations to establish programs in the Shire.

Other areas that the Sport and Recreation Strategy will focus on are establishing more effective communication processes with State Sporting Associations and other relevant partners, as well as better communication with clubs.

A vision and a set of planning principles have been developed to guide Yarriambiack Shire in terms of sport and recreation provision over the next five years. These are as follows:

***Yarriambiack Shire is an active, healthy and inclusive community supported by strong community clubs and a diversity of programs and accessible facilities.***

To help achieve the vision of a healthy, active community supported by strong community clubs and a diversity of programs and accessible facilities, a series of planning principles have been developed. These planning principles will guide Yarriambiack Shire and the community when considering implementing new initiatives or facilities or when considering upgrades to facilities. Wherever possible, any sport and recreation initiatives undertaken by Yarriambiack Shire and its partners will be:

Planning Principle	Details
<b>Of benefit to the community</b>	Initiatives must provide a demonstrated benefit to the Yarriambiack community, i.e. provide opportunities to increase the health and wellbeing of local residents; provide a safer or more comfortable experience for participants; provide opportunities for social connections; reduce the burden on volunteers; promote income generation opportunities to improve sustainability.



Planning Principle	Details
<b>Designed to meet demonstrated community need</b>	Community needs will be demonstrated through feasibility studies, needs assessments, master plans, surveys or other similar processes. This will help to ensure that facilities, programs or services in Yarriambiack Shire are not unnecessarily duplicated; are likely to be sustainable; and will not have a major impact on existing facilities, programs or services.
<b>Accessible for people of all abilities</b>	Any facilities in Yarriambiack Shire will be Disability Discrimination Act (DDA) compliant and planned according to Universal Design principles. Any programs will be made as accessible as possible for people by removing or reducing barriers to participation such as cost, transportation, time, etc.
<b>Inclusive and welcoming</b>	Any facilities, programs or services in Yarriambiack Shire will be designed to create a welcoming and inviting atmosphere, inclusive of all residents.
<b>Sustainable</b>	Any facilities in Yarriambiack Shire will be designed to be sustainable from both an environmental design and impact perspective. Any programs in the Shire will be designed so that they are able to be operated locally at minimal cost and requiring minimal human resources. Wherever possible, programs will occur in partnership with other relevant organisations and agencies such as health centres, schools and existing sport and recreation clubs and organisations.
<b>Multi-purpose in design</b>	Any facility developments or upgrades in Yarriambiack Shire should be designed to be as multi-purpose as possible, recognising the changing needs of the community over time. Where possible, facilities should be co-located to take advantage of economies of scale.
<b>Able to offer a diversity of opportunities</b>	The development of new or modified activities and more informal activities that meet the diverse needs of local residents and the changing demographics will be encouraged in Yarriambiack Shire.
<b>Cost effective</b>	Any new facilities or facility upgrades in Yarriambiack Shire will be cost effective to build and operate and any programs will offer value for money for local residents.
<b>Designed to enhance and protect the natural environment and cultural and heritage values</b>	Any new facilities or facility upgrades in Yarriambiack Shire will minimise their impact on the environment and wherever possible enhance and protect the natural environment and cultural and heritage values around them.
<b>Designed to reflect the unique nature of Yarriambiack Shire</b>	Any facility developments should reflect the unique aspects of Yarriambiack Shire, e.g. use of local materials and reference key cultural, historical or environmental features.

## The five key priority areas of the Strategy are:

### 1. Participation:

Work in partnership with organisations such as Rural North West Health, Dunmunkle Health Services, schools, Wimmera Regional Sports Assembly and Deakin University to promote, encourage and facilitate physical activity opportunities and healthy lifestyles for the Yarriambiack community.

### 2. Facilities:

Continue to ensure that sport and recreation facilities and amenities such as walking / cycling tracks, weir pools, parks, sports grounds, sports courts, skate parks, community centres, etc in Yarriambiack Shire are developed, upgraded and maintained to an acceptable standard and designed according to Universal Design (UD), Environmentally Sustainable Design (ESD) and Disability Discrimination Act (DDA) guidelines and requirements.

High priority facility developments include:

Town	Facility	Proposed development
Beulah	Beulah Memorial Park	<ul style="list-style-type: none"> <li>Construct female change facilities at netball / tennis courts</li> </ul>
Brim	Brim Memorial Bowling Green	<ul style="list-style-type: none"> <li>Access cheaper water</li> <li>Upgrade lighting for bowls</li> </ul>
	Brim Recreation Reserve	<ul style="list-style-type: none"> <li>Construct female change facilities</li> <li>Upgrade oval and irrigation system</li> </ul>
Hopetoun	Lake Lascelles / Corrong	<ul style="list-style-type: none"> <li>Develop a walking track</li> </ul>
	Hopetoun Recreation Reserve	<ul style="list-style-type: none"> <li>Upgrade community centre and change rooms</li> <li>Upgrade lighting on oval</li> </ul>
Minyip	Minyip Recreation Reserve	<ul style="list-style-type: none"> <li>Upgrade change facilities</li> </ul>
	Minyip footpaths	<ul style="list-style-type: none"> <li>Construct more footpaths and walking tracks</li> </ul>
Murtoa	Murtoa Showyards Reserve	<ul style="list-style-type: none"> <li>Install a compliant ramp and accessible toilets in the community centre</li> <li>Access cheaper water</li> </ul>
	Murtoa Swimming Pool	<ul style="list-style-type: none"> <li>Upgrade existing change rooms/ toilet facilities.</li> </ul>
Patchewollock	Open space	<ul style="list-style-type: none"> <li>Develop shared cycling / walking paths</li> </ul>
	Open space	<ul style="list-style-type: none"> <li>Upgrade park</li> </ul>
Rupanyup	Footpaths	<ul style="list-style-type: none"> <li>Upgrade footpaths</li> </ul>
Warracknabeal	Warracknabeal Golf Club	<ul style="list-style-type: none"> <li>Upgrade the irrigation system over the entire golf course</li> </ul>
	Anzac Memorial Park	<ul style="list-style-type: none"> <li>Develop change rooms for female players and umpires</li> <li>Increase access to irrigation water</li> </ul>
	Walking / cycling trails	<ul style="list-style-type: none"> <li>Upgrade existing walking / cycling trails</li> </ul>
	Warracknabeal Weir	<ul style="list-style-type: none"> <li>Upgrade facilities at the weir pool</li> </ul>

Town	Facility	Proposed development
	Pool	
Woomelang	Cronomby Tanks	<ul style="list-style-type: none"> <li>Develop a walking track</li> </ul>
Yaapeet	Yaapeet Wetlands (Turkey Bottom Ponds)	<ul style="list-style-type: none"> <li>Develop a walking track</li> </ul>

### ***3. Club development:***

Continue to support sport and recreation clubs through training; information sessions; newsletters; grant writing assistance; assistance with volunteer recruitment and recognition; use of technology; and utility cost audits. Advocate on behalf of clubs to State Government, State Sporting Associations and GWM Water for changes to grants, club development assistance and water rates.

### ***4. Support from Yarriambiack Shire:***

Ensure greater integration of sport and recreation planning across all areas of Council; review and update user agreements and community grants programs; develop policies to guide the provision of sport and recreation delivery in an equitable and transparent manner; promote sport and recreation opportunities more broadly to the community; work in partnership with other relevant organisations to share resources; and seek additional resources to assist with sport and recreation planning and delivery within Council.

### ***5. Collaboration with key stakeholders:***

Liaise with relevant government departments in the planning and delivery of sport and recreation opportunities.

**Refer to section 11.0 of the report for the full list of recommendations and section 11.1 for more details of proposed facility upgrades and priorities.**

## 2.0 Introduction

### 2.1 Aim of the strategy

The aim of the Yarriambiack Shire Sport and Recreation Strategy 2016-2025 is to encourage increased participation in physical activity so that the community can improve its health and wellbeing, enhance its social connections and feel a sense of belonging to the community. It also aims to identify community needs and expectations in relation to physical activity so that future sport and recreation programs, services and facilities are able to be sufficiently flexible to cater for community needs which may change over time.

Specific objectives of the strategy are:

- To identify and evaluate existing sport and recreation needs, the delivery of services and provide recommendations for effective models of future service delivery.
- To analyse Council's current delivery of sport and recreation services, providing direction based on best practice models and principles.
- To review the existing sport and recreation strategy in relation to levels of completion and the relevance of recommendations in the context of current sport and recreation trends within the Shire and neighbouring Shires.
- To identify and review related Council key planning documents and strategies.
- To identify and assist Council to develop a priority listing of sport and recreation facility and service development projects for the next 5-10 years.
- To provide an assessment of the short, medium and long term funding requirements required to implement recommendations of the Sport and Recreation Strategy.

Ultimately Council and its partners want to ensure that their investment in sport and recreation facilities, services and programs will achieve the most effective outcomes possible for the community.

Through an extensive consultation process the needs and demands of the general community have been identified and an assessment of gaps and opportunities has been undertaken. An assessment of the latest trends within the sport, recreation and physical activity environment has also occurred. Specific community needs have subsequently been incorporated into an action plan that contains a series of costed and prioritised recommendations.

## 2.2 Methodology

In order to produce the strategy, the following process was utilised:

Action	Details
Literature Review	Summarise relevant reports, and policies to understand the context in which recreation programs, services and facilities are provided or facilitated.
Demographic Analysis	Prepare a demographic snapshot, including population projections, of Yarriambiack Shire, neighbouring Local Government areas and the broader Wimmera Southern Mallee region.
Trends and Participation Statistics	Provide an overview of sport and recreation trends and participation details that may have an impact on Yarriambiack Shire.
Inventory / Audit of Recreation Programs, Services and Facilities	Undertake an inventory / audit of recreation programs, services and facilities in order to determine any gaps and opportunities. This audit will identify areas for improvement.
Key Stakeholder Interviews	Meet with relevant individuals and organisations to discuss gaps, opportunities and potential developments in relation to recreation provision. Key stakeholders will include government agencies as well as State Sporting Associations such as AFL Victoria, Netball Victoria, Cricket Victoria, Tennis Victoria, etc.
Consultation with Clubs and Organisations	Undertake consultation with clubs and organisations that provide or facilitate recreational opportunities in Yarriambiack Shire to discuss gaps and opportunities and any specific issues and priorities.
Community Consultation	Undertake consultation with the community to identify key recreation needs via surveys, listening posts and community workshops.
Analysis	Analyse all of the information gathered to identify gaps and opportunities, existing policies, etc and formulate new prioritised actions.

## 3.0 Our community

### 3.1 Our region

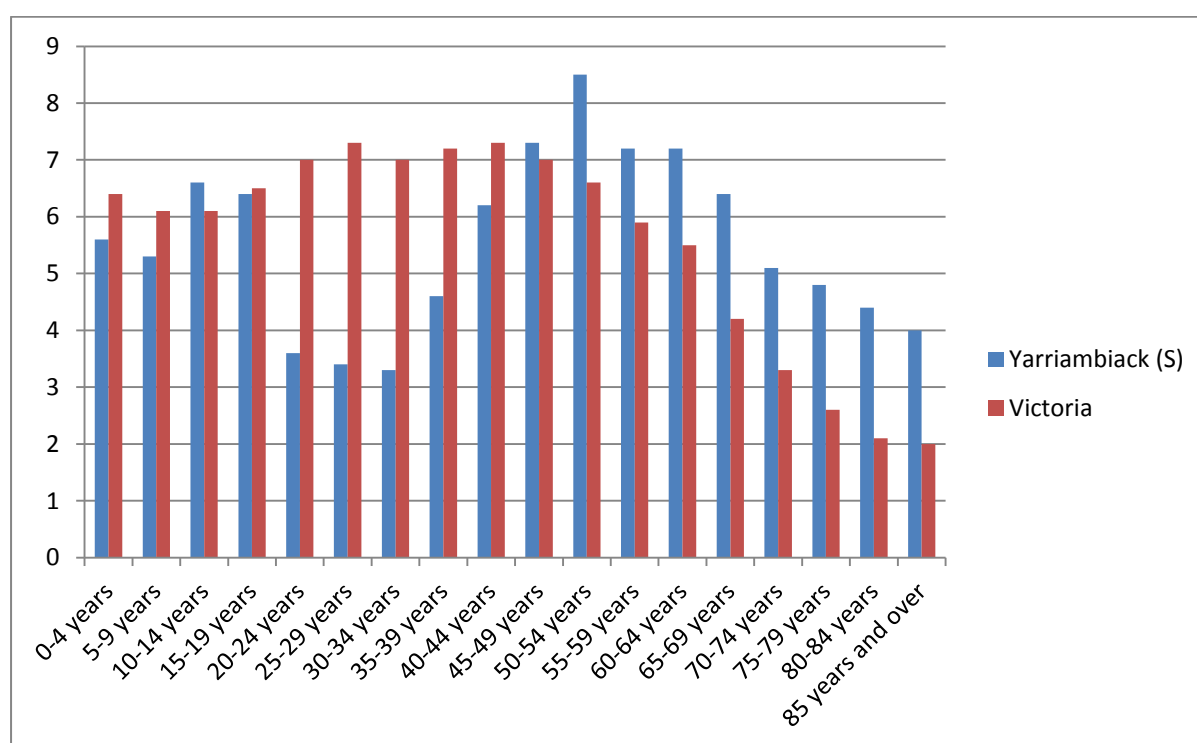
Yarriambiack Shire is located approximately 350km north-west of Melbourne and 145km east of the South Australian border. It covers an area of 7,326 square kilometres from the Wimmera River just north of the Grampians in the south, to the centre of the Mallee in the north. Yarriambiack Creek runs almost the entire length of the Shire. The population density is 1 person per square kilometre.



The key industry in the Shire is grain production and handling; primarily wheat and barley. The area is also well known for its legume and oilseed crops and its production of lambs and wool. A large proportion of the population either works in agriculture or depends indirectly on farming for their income. The main service centre in Yarriambiack Shire is Warracknabeal.

### 3.2 Our people

Yarriambiack Shire comprises a total population of 7,088 people – 49.8% Male, 50.2% female<sup>1</sup>. The median age is 48, compared with 37 for both Victoria and Australia. Yarriambiack Shire has a higher percentage of 10-14 year olds and people over 45 years of age, compared with Victoria. It has a significantly lower percentage of people aged 20-39 years of age.



The town population (as per Australian Bureau of Statistics Urban Centres and Localities definition as part of the 2011 Census – except for Woomelang where only a state suburb figure was provided by ABS) is distributed as follows:

Township	Population	Township	Population
Warracknabeal	2,340	Minyip	440
Murtoa	809	Rupanyup	359
Hopetoun	555	Beulah	207

<sup>1</sup> ABS Quickstats 2011 Census:  
[http://www.censusdata.abs.gov.au/census\\_services/getproduct/census/2011/quickstat/LGA27630?opendocument&navpos=220](http://www.censusdata.abs.gov.au/census_services/getproduct/census/2011/quickstat/LGA27630?opendocument&navpos=220)

The remaining towns each have a population of less than 150:

- Brim
- Lah
- Lascelles
- Lubeck
- Patchewollock
- Rosebery
- Sheep Hills
- Speed
- Tempy
- Turriff
- Woomelang
- Yaapeet

The majority of residents (88%) were born in Australia and 93% of residents only speak English at home.

From an employment perspective, at the last Census, the percentage of people who worked full-time and part-time were similar to the figures for Victoria and Australia, and the number of people unemployed was slightly less in Yarriambiack Shire. The median weekly income of households in Yarriambiack Shire is significantly less than the Victorian figure: \$773 compared with \$1,216.

Between 2011-2031, there is expected to be a net loss of 975 local residents, based on an average annual growth rate of -0.7%. Yarriambiack Shire is expected to comprise of approximately 6,208 residents by 2031. By 2031, 49% of the population is expected to be over 50 years of age<sup>2</sup>.

## 4.0 Political context

A range of documents including:

- Yarriambiack Shire Council Plan 2013-17 (2013)
- Sport and Recreation Strategy (1997/98)
- Municipal Public Health and Wellbeing Plan 2013-17 (2013)
- Youth Plan 2014-18 (2014)
- Access and Inclusion Plan 2011-14 (2011)
- Wimmera Southern Mallee Regional Growth Plan (2014)
- Community Action Plans for Beulah (2014), Hopetoun (2014), Minyip (2014), Murtoa (2016), Rupanyup (2014) and Woomelang (2013).

were analysed to identify any policies or trends that may impact on sport and recreation provision in Yarriambiack Shire. Where applicable, this information has been referenced in the Sport and Recreation Strategy. A full literature review is provided in the appendix of this report.

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<sup>2</sup> Victoria in Future (2015): Yarriambiack Shire:  
[http://www.delwp.vic.gov.au/\\_data/assets/pdf\\_file/0006/308526/Yarriambiack\\_VIF2015\\_One\\_Page\\_Profile.pdf](http://www.delwp.vic.gov.au/_data/assets/pdf_file/0006/308526/Yarriambiack_VIF2015_One_Page_Profile.pdf) (viewed 2/1/16)



## 5.0 Sport and recreation

### 5.1 Benefits

The benefits of participating in sport and recreation are well documented. Not only do individuals benefit from a health and wellbeing perspective, but the whole community benefits from a greater sense of community, economic opportunities, improvement to the environment, reduction in crime and a healthier society. Some of the benefits that can occur through participation in sport and recreation are:

<i>Benefits</i>	<i>Individual and Community</i>
Physical and Mental Health	<ul style="list-style-type: none"><li>• “Protect(s) against a range of poor health outcomes, including cardiovascular disease, hypertension, type 2 diabetes, osteoporosis, musculoskeletal impairments, obesity, some cancers and poor mental health.”<sup>3</sup></li><li>• Improved balance and coordination, resulting in fewer falls</li><li>• Stronger muscles, joints and bones</li><li>• Improved confidence and self-esteem</li><li>• Improved body image</li><li>• Improved motor skills</li><li>• Less likely to suffer from depression and anxiety</li><li>• Greater sense of achievement</li><li>• Reduced stress levels</li><li>• Higher energy and concentration levels</li><li>• Reduction in incidence and severity of illness and disability</li><li>• Increased life expectancy.</li></ul>
Social	<ul style="list-style-type: none"><li>• Greater sense of community</li><li>• Stronger, more self-reliant communities</li><li>• Greater social and friendship networks</li><li>• Reduced anti-social behavior and vandalism</li><li>• Helps to develop shared attitudes, values and codes of behavior in the community</li><li>• Breaks down barriers between different sectors of the community</li><li>• Stronger family relationships.</li></ul>
Economic	<ul style="list-style-type: none"><li>• Employment in sport and recreation activities, events, venues, clubs</li><li>• Improvements to local business viability through sale of sport and recreation equipment, services or programs</li><li>• Reduction in health care costs – according to VicHealth, physical inactivity is estimated to cost Australia \$13.8 billion annually; and the health sector alone \$719 million<sup>4</sup> 16,178 premature deaths can be attributed to physical inactivity each year across Australia</li></ul>

<sup>3</sup> VicHealth (2015) Promoting equity in physical activity: An evidence summary

<sup>4</sup> VicHealth (2010) Participation in Physical Activity: A Determinant of Mental and Physical Health

<i>Benefits</i>	<i>Individual and Community</i>
	<ul style="list-style-type: none"> <li>Increases productivity of workers and reduces number of sick days (approximately 1.8 working days per employee per year are lost to physical inactivity or the equivalent of \$458 per employee<sup>5</sup>).</li> <li>Potential to attract businesses to the region if quality sport and active recreation settings, programs and services exist</li> <li>Flow on benefits to tourism businesses from people participating in sport and recreation events and activities or involved as a spectator.</li> </ul>
Environment	<ul style="list-style-type: none"> <li>Protection of habitats, biodiversity and ecological integrity</li> <li>More attractive living environments</li> <li>A greater appreciation and awareness of the natural environment.</li> </ul>

## 5.2 Trends

Participation in sport and recreation activities by Yarriambiack Shire residents has been influenced by broader social and economic trends. Some of the trends currently impacting on participation and facility developments include:

<b>Trend</b>	<b>Details</b>
<b>New activities</b>	<ul style="list-style-type: none"> <li>movement away from many traditional organised sports such as football, cricket, netball and tennis to more individual or small group non-organised activities, e.g. walking, aerobics, fitness classes, cycling, swimming, running, etc.</li> <li>greater use of facilities by personal fitness trainers and their clients.</li> <li>greater demand for lifestyle/non-traditional forms of sport, i.e. games that can be played on the street, in parks or indoors, e.g. bocce, street table tennis, etc.</li> </ul>
<b>Improved surfaces</b>	<ul style="list-style-type: none"> <li>installation of sports surfaces that help to reduce injuries and increase player comfort, e.g. sprung wooden floors, plexipave tennis courts.</li> </ul>
<b>Spectator facilities</b>	<ul style="list-style-type: none"> <li>installation of improved spectator facilities, e.g. verandahs, retractable seating, shaded viewing areas.</li> </ul>
<b>Accessibility</b>	<ul style="list-style-type: none"> <li>installation of facilities to encourage participation by people of all abilities, e.g. use of ramps, unisex toilets with change tables, single storey buildings to allow for wheelchair access, Braille signs, etc.</li> </ul>
<b>Improved infrastructure</b>	<ul style="list-style-type: none"> <li>installation of lighting or higher standard of lighting to allow games and training to take place in the evenings.</li> </ul>
<b>Environmentally Sustainable Design features</b>	<ul style="list-style-type: none"> <li>development of environmentally responsible practices such as solar hot water, recycled water systems, double glazed windows, etc to reduce the impact of sports facilities and their users on the environment.</li> </ul>

<sup>5</sup> VicHealth (2010) Participation in Physical Activity: A Determinant of Mental and Physical Health

Trend	Details
<b>Safety</b>	<ul style="list-style-type: none"> <li>development or upgrading of facilities and equipment so that they meet the safety requirements of their designated sport, e.g. netball court run-offs.</li> </ul>
<b>Improved planning</b>	<ul style="list-style-type: none"> <li>master planning of recreation reserves to ensure that needs of all existing and casual users are considered in the long term – including the linking of cycling / walking paths, development of play spaces, landscaping and BBQ / picnic facilities to encourage family use of facilities.</li> </ul>
<b>Multi-purpose facilities and spaces</b>	<ul style="list-style-type: none"> <li>development of multi-use facilities and spaces which can cater for a variety of traditional activities as well as non-traditional or emerging activities, e.g. pilates, yoga, meetings, conferences, expos, markets, children's programs, women's day time social competitions, master's games, etc.</li> </ul>
<b>Social aspects</b>	<ul style="list-style-type: none"> <li>greater emphasis on social competitions mid week during the evenings as opposed to structured competition on a Saturday afternoon.</li> </ul>
<b>School access</b>	<ul style="list-style-type: none"> <li>greater demands on some facilities by school groups due to the declining standard of school sporting infrastructure in some areas or the lack of facilities at some schools.</li> <li>Difficult for the community to access some school facilities due to school council policies around school use only</li> </ul>
<b>Events</b>	<ul style="list-style-type: none"> <li>greater demand on sporting facilities for special events and tournaments.</li> </ul>
<b>Sporting hubs</b>	<ul style="list-style-type: none"> <li>co-location of several sporting facilities to form recreation precincts to maximise limited resources and to cross-market activities.</li> </ul>
<b>Value of physical activity</b>	<ul style="list-style-type: none"> <li>understanding of the relationship between physical activity participation and improved health, wellbeing and social connectedness.</li> </ul>
<b>Improved facility standards</b>	<ul style="list-style-type: none"> <li>expectation by the community that facilities, programs, services and management will be of a reasonably high standard.</li> </ul>
<b>Greater availability of facilities</b>	<ul style="list-style-type: none"> <li>expectation that facilities will be available during a range of time slots throughout the week, including weeknight, early morning and weekends.</li> </ul>
<b>Electronic communication</b>	<ul style="list-style-type: none"> <li>expectation by user groups that draws, ladder, information, etc about local sports competitions are available via the internet.</li> </ul>

### 5.3 Participation rates in physical activity

In recent years, there has been a shift away from organised sport to more informal recreational activities that can be undertaken in small groups, alone, or at varying times of the day. The following table<sup>6</sup> shows the most popular physical activities (organised and non-organised) for people 15 years of age and over in Victoria in 2010, compared with results from the Yarriambiack Sport and Recreation Strategy community survey:

Ranking	Activity	% of Victorian Participants over 15 years of age (at least once per year)	Results from Yarriambiack Shire community survey (at least once per year) %
1	Walking (other)	37	90
2	Aerobics / fitness / gym	25	50
3	Swimming	14	68
4	Cycling	13	60
5	Running	13	52
6	Golf	7	9
7	Tennis	7	18
8	Australian Rules Football	5	21
9	Basketball	5	24
10	Bushwalking	5	6
11	Netball	4	20
12	Cricket (outdoor)	3	19

Participation in all of the activities listed above, other than golf and bushwalking, are significantly higher than the state average (based on percentage), according to those who completed a survey.

Other activities that are higher than the state average in Yarriambiack, based on percentage (according to the surveys returned) are: water skiing (10%), lawn bowls (9%) and fishing (5%). Access to lakes and rivers locally and an ageing population are the prime drivers for these activities.

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<sup>6</sup> Australian Government: *Participation in Exercise Sport and Recreation – Annual Report 2010*: [http://www.ausport.gov.au/\\_data/assets/pdf\\_file/0003/436134/ERASS\\_Report\\_2010-VIC.pdf](http://www.ausport.gov.au/_data/assets/pdf_file/0003/436134/ERASS_Report_2010-VIC.pdf)

For Australian children, the top 10 organised sports (does not include other leisure activities such as bike riding) in 2012 were<sup>7</sup>:

Activity	Participation rate (%)
Swimming / diving	18
Dancing	15
Soccer (outdoors)	14
Australian Rules Football	8
Netball	8
Basketball	8
Tennis	7
Martial arts	6
Gymnastics	5
Cricket (outdoor)	5

## 5.4 Barriers to participation

There are a broad range of social and economic determinants that influence whether or not people participate in physical activity. Based on the VicHealth BE ACTIVE Framework<sup>8</sup>, other documents reviewed and the outcome of consultations, it is recognised that barriers exist at an individual, organisational, community and societal level as outlined below.

**Individual Level:** Key factors which limit participation in physical activity by individuals include:

- Lack of time
- Cost of activities
- Poor health
- Lack of motivation
- Inability to access child care
- Lack of confidence or self-esteem

**Organisational and Club Level:** Factors that may limit participation at an organisational or club level include:

- Lack of inclusive policies and practices.
- Lack of information about opportunities available.
- Inadequate facilities.
- Clubs or organisations that do not respond to the cultural needs of certain groups.

**Community Level:** At a community level, the following factors can have a negative impact on physical activity participation:

- Inadequate facilities and areas of open space as a result of poor planning and lack of activation or programming.

<sup>7</sup> ABS (2012) Children's Participation in Sport and Leisure Time Activities – website: [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/ABA491F2AC01415FCA257ADA000E3EAA/\\$File/4901055001\\_2003%20-%202012.pdf](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/ABA491F2AC01415FCA257ADA000E3EAA/$File/4901055001_2003%20-%202012.pdf) (viewed 2/1/16)

<sup>8</sup> VicHealth Be Active website: <http://www.vichealth.vic.gov.au/beactive> (accessed 16 September 2013)

- Communities that are based around cars as the major form of transport.
- Lack of public transportation.
- Communities where people do not feel connected to each other.

**Societal Level:** At a societal level, participation can be limited if:

- People don't feel that facilities and areas of open space are safe.
- People feel that spectators will make it unpleasant to participate.
- People feel that it is more enjoyable to spend leisure time using technology.
- There is a concern that participation as a participant or support person may lead to litigation.

## 6.0 Issues and opportunities

The following issues and opportunities have been identified through community consultations, review of policies and plans, audit of facilities and identification of trends and best practice elsewhere.

### 6.1 Participation

#### 6.1.1 Health benefits of participation

Participation in some form of physical activity is very important for people's health and wellbeing. Regular physical activity can protect against a range of poor health outcomes including:

- "cardiovascular disease
- hypertension
- type 2 diabetes
- osteoporosis
- musculoskeletal impairments
- obesity
- some cancers
- poor mental health."<sup>9</sup>

Physical inactivity is estimated to cost Australia \$13.8 billion annually, and the health sector alone \$719 million<sup>10</sup>. 16,178 premature deaths can be attributed to physical inactivity each year in Australia<sup>11</sup>. From a workplace perspective, approximately 1.8 working days per employee per year are lost to physical inactivity in Australia, or the equivalent of \$458 per employee<sup>12</sup>.

#### 6.1.2 How much physical activity is recommended

Australia's Physical Activity and Sedentary Behaviour Guidelines<sup>13</sup>, as promoted by the Department of Health are:

Age	Recommendations
Children 0-5 years of age	<ul style="list-style-type: none"><li>• For health development in infants (birth to one year) physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.</li><li>• Toddlers (1 to 3 years) and pre-schoolers (3 to 5 years) should be physically active every day for at least three hours, spread throughout the day.</li></ul>

<sup>9</sup> VicHealth (2015) Promoting equity in physical activity: An evidence summary

<sup>10</sup> VicHealth (2010) Participation in Physical Activity: A Determinant of Mental and Physical Health.

<sup>11</sup> VicHealth (2010) Participation in Physical Activity: A Determinant of Mental and Physical Health.

<sup>12</sup> VicHealth (2010) Participation in Physical Activity: A Determinant of Mental and Physical Health

<sup>13</sup> Department of Health (2014) Australia's Physical Activity and Sedentary Behaviour Guidelines:

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>

Age	Recommendations
Children 5-12 years of age	<ul style="list-style-type: none"> <li>For health benefits, children aged 5–12 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.</li> <li>Children's physical activity should include a variety of aerobic activities, including some vigorous intensity activity.</li> <li>On at least three days per week, children should engage in activities that strengthen muscle and bone.</li> <li>To achieve additional health benefits, children should engage in more activity – up to several hours per day.</li> </ul>
Young people 13-17 years of age	<ul style="list-style-type: none"> <li>For health benefits, young people aged 13–17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.</li> <li>Young peoples' physical activity should include a variety of aerobic activities, including some vigorous intensity activity.</li> <li>On at least three days per week, young people should engage in activities that strengthen muscle and bone.</li> <li>To achieve additional health benefits, young people should engage in more activity – up to several hours per day.</li> </ul>
Adults 18-64 years of age	<ul style="list-style-type: none"> <li>Be active on most, preferably all, days every week.</li> <li>Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.</li> <li>Do muscle strengthening activities on at least 2 days each week.</li> </ul>
Adults 65 years of age and older	<ul style="list-style-type: none"> <li>Be physically active for 30 minutes per day, or more</li> </ul>

Survey results from the Yarriambiack Sport and Recreation Strategy indicate that of the people who completed the survey, 71% participate in sufficient physical activity for health benefits. Due to the low number of survey respondents, it cannot be assumed that this figure is representative of the broader community, particularly as VicHealth estimates that less than one third of Victorians are getting enough physical activity to benefit their health<sup>14</sup>.

### 6.1.3 Physical activity levels in our schools

There is a perception that the amount of physical activity undertaken at schools has decreased in recent years. 12 of the 14 schools in Yarriambiack Shire responded to a telephone survey to determine the number of hours students take part in physical education classes, as well as their participation in carnivals, other sports programs and informal activities during recess and lunchtime. The following table provides a summary of responses:

Program / event	Details
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<sup>14</sup> VicHealth website: <https://www.vichealth.vic.gov.au/our-work/encouraging-regular-physical-activity> (viewed 2/1/16)



Program / event	Details
Physical Education class	<ul style="list-style-type: none"> <li>• PE classes for primary schools range from 50 minutes per student in some schools to 2.5 hours per week.</li> <li>• One school noted that its students in prep to grade 4 only complete about half the requirement for PE and sport time (i.e. 2 hours of PE and 1 hour of sport per week)</li> <li>• Secondary colleges require students in years 7-10 to take part in 150-200 minutes of skill development and sports / games.</li> <li>• PE is not compulsory for students in years 11 and 12</li> </ul>
Sports carnivals	<ul style="list-style-type: none"> <li>• Most schools are involved in athletics carnivals and swimming carnivals with cluster schools. Often there are practice sessions leading up to these events</li> <li>• Some schools are involved in cross-country events</li> </ul>
Swimming program	<ul style="list-style-type: none"> <li>• Most schools operate a swimming program over the warmer months – some schools offer 1 hour per student per week, whilst others offer 4 classes per student for a 2 week block</li> </ul>
Other sports programs	<ul style="list-style-type: none"> <li>• Parents at some of the schools offer tennis programs once per week. A large number of secondary school students at Hopetoun P-12 participated in a lunch time sports competition.</li> <li>• Our Lady Help of Christians School runs a Blue Earth program each Monday for 40 minutes involving games and team work</li> <li>• Hopetoun P-12 and Rupanyup PS ran the State Government funded Sporting Schools Program in 2015 after school to help increase participation in physical activity amongst primary school children</li> <li>• St Mary's PS in Warracknabeal offers specialist programs, e.g. golf and hockey clinics and Kanga Cricket</li> <li>• Murtoa P-12 secondary school students can represent the school in up to 3 different sports at inter-school events</li> <li>• Some primary schools offer inter-school sports events</li> </ul>
Recess / lunch	<ul style="list-style-type: none"> <li>• The type of activities typically played by students at recess and lunch time include: bat tennis, cricket, football, gang tiggly, red rover, basketball, down ball, four square, yard ball, skipping rope, hula hoops, 'hit against the wall' and free play on playground equipment</li> <li>• Teachers stated that most primary school children are active during recess and lunch</li> <li>• Murtoa has not had much success in getting its secondary school students active at lunch time.</li> <li>• Minyip PS has had lunch time sports activities coordinated by a volunteer</li> </ul>
Other	<ul style="list-style-type: none"> <li>• A number of children play sport after school and on weekends, e.g. tennis, football, netball, cricket, swimming, basketball, table tennis, dancing – but this is influenced by finance and parent support.</li> <li>• Public pools are well utilised over summer.</li> <li>• Some schools starting to see a drop off in sports participation and interest by children in grades 5-6.</li> </ul>

Specific issues identified by schools included:

- Closure of the Mallee Football League is likely to have a big impact on children's sporting opportunities locally and whether or not they will play football and netball
- Parents are worried about how to engage children in sport and recreation
- Children from transient families are those most in need of participation in sport and recreation, but their parents often don't engage the children in any activities outside school
- The number of children who are not 'connected' with sport etc is growing
- Schools are under a lot of pressure to provide sport/recreation because it is often the only place where children are exposed to physical activities
- Weather can be an issue for schools running PE and sports classes if they don't have indoor facilities
- Some clubs are very engaging with younger people
- Some clubs are struggling and can only offer round robin tournaments because of low numbers
- Students at secondary schools appear to be far more sedentary than students at primary schools.

#### **6.1.4 Other local studies**

Developing healthy physical activity habits early on is vitally important. Opportunities to promote healthy lifestyles should be promoted at every opportunity.

The Yarriambiack – Creating healthy, active, nourished generations (YCHANGE) shire wide initiative working groups have prioritised improving the health of food and beverages available at sporting events. It is acknowledged there are multiple complexities in this task, particularly given that the sporting groups rely on this income to part-fund their operations. A preliminary working group has been formed and initial discussions held with the Wimmera Regional Sports Assembly to identify where YCHANGE can work with WRSA to strengthen the importance of providing healthy options.

This initiative should be supported.

#### **6.1.5 Barriers, or perceived barriers, to participation**

There are many barriers that prevent people from being as active as they would like, or being active at all. Of those residents who completed a survey, the top four barriers were identified as:

- Activity not available locally (49%)
- Time constraints (26%)
- Not fit / well enough (6%)
- Costs too much (4%)

The cost of equipment, uniforms, mouth guards, etc can also be prohibitive for some people.

Measures to address these barriers must be considered if we are to make inroads into increasing physical activity levels in the community.

#### **6.1.6 Participation trends**

In recent years, there has been a trend away from organised sport to more individual physical activities such as walking, running, gym and swimming. Within sports clubs, there has been greater demand for modified sports, social competitions, mid-week competitions and evening competitions. State Sporting Associations have responded by introducing a range of programs for children such as

Auskick (AFL football), Milo Cricket (cricket), Net Set Go (netball), Hot Shots (tennis), Aussie Hoops (basketball) and a range of programs for adults, e.g. Barefoot Bowls, Cardio Tennis, 5 a-side soccer, walking soccer, AFL 9's, Rock up Netball, etc. In order to be sustainable and relevant, clubs and organisations must be aware of the trends impacting their sports and be willing to adapt to change with the times.

There has also been greater demand for physical activities that can be accommodated indoors, e.g. netball, basketball, gym, aerobics, etc. At the same time, there has been increased demand for casual or informal sport and recreation facilities which can be used by anyone at almost any time often without cost, e.g. outdoor gyms, outdoor table tennis tables, petanque pistes, etc. Council needs to consider these trends when prioritising facility developments and grant applications.

#### **6.1.7 Physical activity for older adults**

Particular consideration needs to be given to facilitating physical activity opportunities for older adults, especially as 39% of the population of Yarriambiack Shire is already over 55 years of age. Without wanting to generalise, the majority of older adults will gradually become interested in physical activities that are less demanding on their bodies, such as walking, cycling, swimming, golf, lawn bowls, tennis, croquet, gentle exercise, dance, gym, etc. That being said, older adults may continue to have a very strong interest in sports that they previously took part in such as football, netball and cricket, possibly more as administrators, volunteers or spectators.

#### **6.1.8 Junior participants**

To help ensure the long term sustainability of existing sports clubs, it is important to have a strong junior base. Therefore the recruitment and retention of young people is important. Research shows that young people join a sports club to be with their friends and to have fun. These elements need to be a key focus if young people are to sign up and stay with clubs for some time. Clubs may need to develop closer relationships with schools in order to attract and retain junior players.

#### **6.1.9 Demand for local activities**

Local residents also spoke of the desire for more activities to be made available locally to reduce their costs and travel time to other locations. Some felt that informal town-based programs during the term could potentially operate, featuring activities such as table tennis and badminton. After school sports programs were also identified by young people as desirable.

#### **6.1.10 Demand for events**

Community consultations revealed a demand by local residents for more events, particularly those that have a physical activity element, a social element, are family friendly and inexpensive. People spoke about their desire for Friday night activities during the school term featuring a variety of different activities for families to take part in, e.g. table tennis, badminton, round robin tennis, etc. Others spoke about holding events near lakes and weir pools with a game of tippety cricket and live music. Some people suggested that larger events are developed, utilising the area's natural assets, such as inland fishing competitions.

There is also an opportunity to attract regional or state level events.

### 6.1.11 Programs and activities

There are a variety of sport and recreation programs and activities held in Yarriambiack Shire. Some of these programs and activities are delivered by sport and recreation clubs, whilst others are delivered by agencies such as Rural Northwest Health, Dunmunkle Heath Services, Murtoa & District Neighbourhood House (SLAAM Inc), Warracknabeal Neighbourhood House and Learning Centre and Yarriambiack Shire Council. Some are delivered by private operators in commercial centres, halls or community centres. Programs include:

• AFL Football	• Golf	• Shooting
• Badminton	• Hockey	• Skate boarding
• Basketball	• Horse racing	• Soccer
• Boxing	• Horse riding	• Squash
• Canoeing / kayaking	• Indoor bowls	• Swimming
• Cricket	• Lawn bowls	• Table tennis
• Croquet	• Netball	• Tennis
• Cycling	• Personal training	• Volleyball
• Dance	• Roller derby	• Walking
• Exercise classes – gym	• Running / jogging	• Water skiing
• Fishing		

NB: not all of these activities may be currently running.

There is a growing recognition of the value of programs as a means to encourage greater participation in physical activity and also to encourage social connections locally. Whilst some clubs have traditionally offered competitive activities, others are beginning to focus more on social activities such as barefoot bowls. This change in focus has potential to attract more people to clubs, provide a more diverse range of sport and recreation opportunities and generate more income for clubs.

Sport and recreation clubs are only one of the many providers of programs and activities. Community health agencies such as Rural North West Health and Dunmunkle Health Services play an important role in the provision of programs and activities, particularly for young children, older adults and people just commencing exercise again following a period of inactivity, injury or illness, e.g. hydrotherapy classes, gentle exercise classes, walking groups and kindergym. The private sector also plays a role, but only to a small degree in Yarriambiack Shire, e.g. the boxing gym in Warracknabeal, dance classes in Warracknabeal and Hopetoun and personal trainers in locations such as Warracknabeal and Rupanyup. The not-for-profit sector also plays a role. Parkrun is a good example of a free running program staffed by volunteers internationally to provide an opportunity for residents in particular areas to come together to enjoy a timed run or walk once per week. Technological advances have also opened up a variety of fitness apps, YouTube sites, etc to encourage people to be more physically active, e.g. Strava, Run keeper pro, Couch to 5k, ifitness, the personal trainer, etc.

There is a role for Local Government to play in programming too. Many Local Government Authorities offer programs such as Summer in the Parks or festivals where a variety of different

activities can be offered including pool parties, community bike rides, community walks, table tennis challenges, traditional games, music, movies, etc. Some Local Government Authorities work in partnership with local sport and recreation clubs to offer 'Come 'n' Try' days as a means to encourage people to try a new activity for free and to allow clubs to sign up new members or participants. Others provide after school programs in partnership with schools, with a focus on physical activity. By offering programs and activities, under-utilised facilities can be activated and more people encouraged to take part in physical activity.

#### 6.1.12 Physical activity priorities to encourage participation

The best investments to encourage physical activity, as determined by the British Journal of Sports Medicine (2012)<sup>15</sup> and Heath et al (2012)<sup>16</sup> are (in no particular order):

1. Whole of **school programs** (e.g. provision of game equipment and painted markings in playgrounds to encourage physical activity).
2. **Transport policies and systems** that prioritise walking, cycling and public transport (e.g. active transport programs such as walking school bus and tools to encourage active transport to work).
3. **Urban design** regulations and infrastructure that provides for equitable and safe access for recreational physical activity and recreational and transport-related walking and cycling across the life course.
4. Physical activity and non-communicable disease prevention integrated into **primary health care** systems.
5. **Public education**, including mass media to raise awareness and change social norms of physical activity (e.g. encouraging stair use over escalator use through signage and stairwell upgrades).
6. **Community-wide programs** involving multiple settings and sectors that mobilise and integrate community engagement and resources.
7. **Sports systems and programs** that promote 'sport for all' and encourage participation across the lifespan.

#### 6.1.13 Summary of opportunities

- In partnership with local community health agencies promote the health benefits of physical activity participation and the National Physical Activity Recommendations
- In partnership with schools, identify initiatives to increase participation in physical activity and sports clubs by young people

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<sup>15</sup> The British Journal of Sports Medicine. (2012) Investments that Work for Physical Activity. British Journal of Sports Medicine, Volume 46, Issue 10, pages 709-712

<sup>16</sup> Heath, Gregory W; Parra, Diana C; Sarmiento, Olga L; Andersen, Lars Bo; Owen, Neville; Goenka, Shifalika; Montes, Felipe; and Brownson, Ross C. (2012) Evidence-based Physical Activity Intervention: Lessons from Around the Globe. *The Lancet*, Volume 380, Issue 9838, pages 272-281.

- In partnership with Deakin University and Wimmera Regional Sports Assembly, encourage sports clubs to limit the amount of unhealthy food and drinks at sports events
- Facilitate a range of physical activity programs, e.g. free Come 'n' Try events in partnership with local sports clubs to increase participation levels in physical activities; informal town physical activity programs; Summer in the Parks program around the Shire featuring a variety of physical activity opportunities suitable for families, along with music, movies and barbeques; and a community based free running program called Parkrun (<http://www.parkrun.com.au/>)
- In partnership with Wimmera Regional Sports Assembly, support clubs to introduce more modified and social competitions and to create more welcoming clubs
- In partnership with Rural North West Health, identify the physical activity needs of older adults and develop programs to accommodate these needs
- Prepare an annual calendar of events for physical activity opportunities (formal and informal) that is promoted on Council's website and in the media each three months.

## 6.2 Facilities

### 6.2.1 Focus on facilities

Considerable effort has been made over recent years by Yarriambiack Shire and local sport and recreation clubs to progressively upgrade sport and recreation facilities throughout the Shire. It is recognised that this program of continual improvement needs to continue so that facilities are able to meet the needs of existing and potential user groups into the future. Quality facilities not only provide a comfortable playing experience, but also can help to attract players to a club. It is also recognised that rather than building any major new facilities within the municipality, that the focus should be on maintaining what already exists to an appropriate standard and to ensure that these facilities are designed to cater for a broad range of uses. Clubs should be supported to develop facility maintenance and asset renewal plans.

### 6.2.2 Range of facilities

Yarriambiack Shire provides a breadth of formal and informal sport and recreation facilities including:

- |   |   |  |
|---|---|--|
| • Sports ovals for football and cricket | • Playing fields for hockey / soccer      | • Halls / indoor recreation facilities |
| • Walking / cycling tracks              | • Bowling greens                          | • Skate parks                          |
| • Netball courts                        | • Tennis courts                           | • Golf courses                         |
| • Croquet greens                        | • Swimming pools                          | • Weir pools / lakes                   |
| • Parks / playgrounds                   | • Shooting facilities                     | • Gyms                                 |
| • Outdoor gyms                          | • Racing tracks / horse riding facilities | • Basketball – full and half court     |

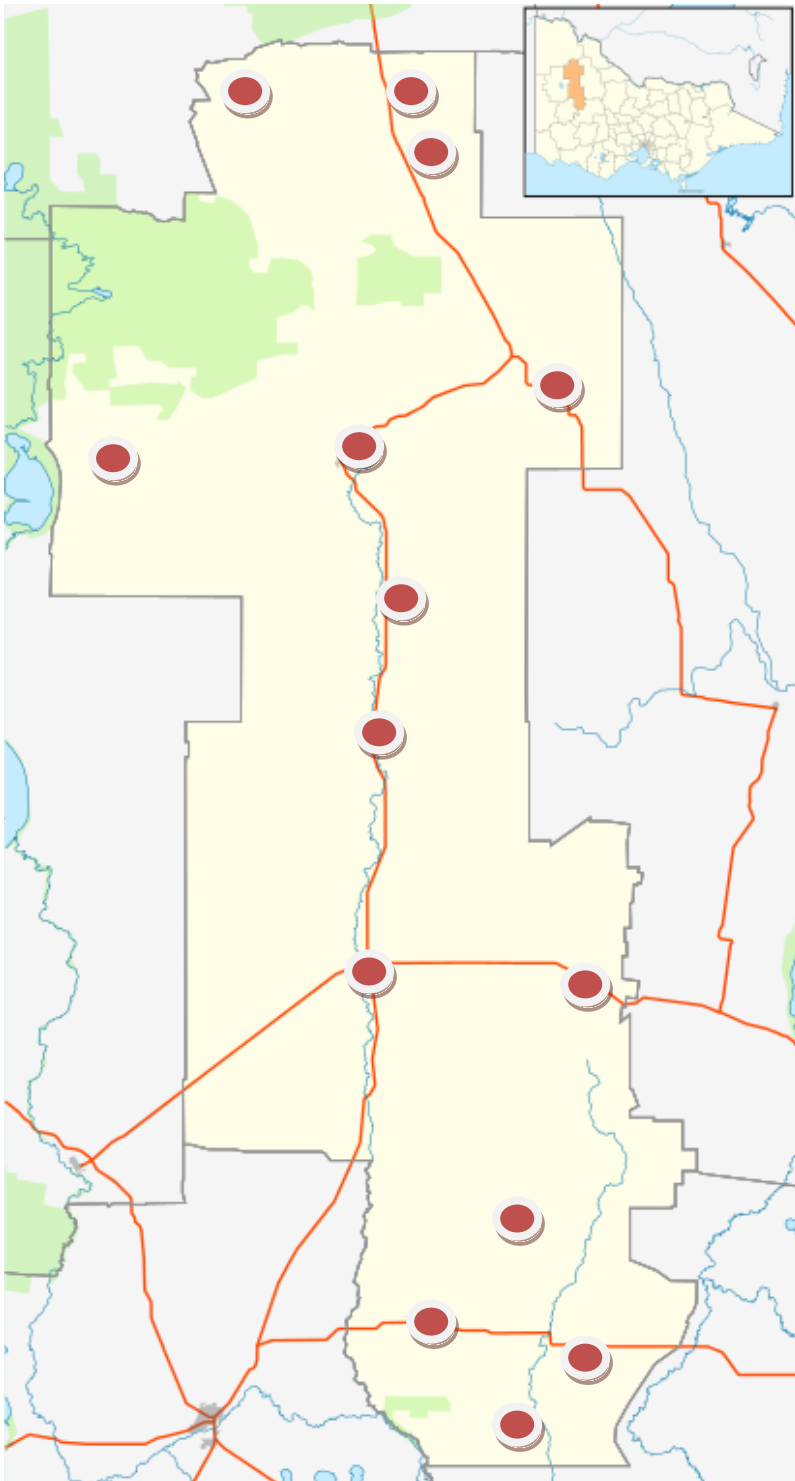
A full audit of facilities is included in the Appendix.

### 6.2.3 Distribution of facilities

Sport and recreation facilities are well distributed throughout the region. As the major centre of the municipality, Warracknabeal, as expected, provides a diversity of facilities. The majority of towns with a population over 150 people comprise of a sports oval, several hard courts suitable for netball and / or tennis, a bowls green, a golf course, a park with a playground, a swimming pool /weir pool / lake. Smaller towns may feature a tennis court, a park with a playground and potentially an oval.

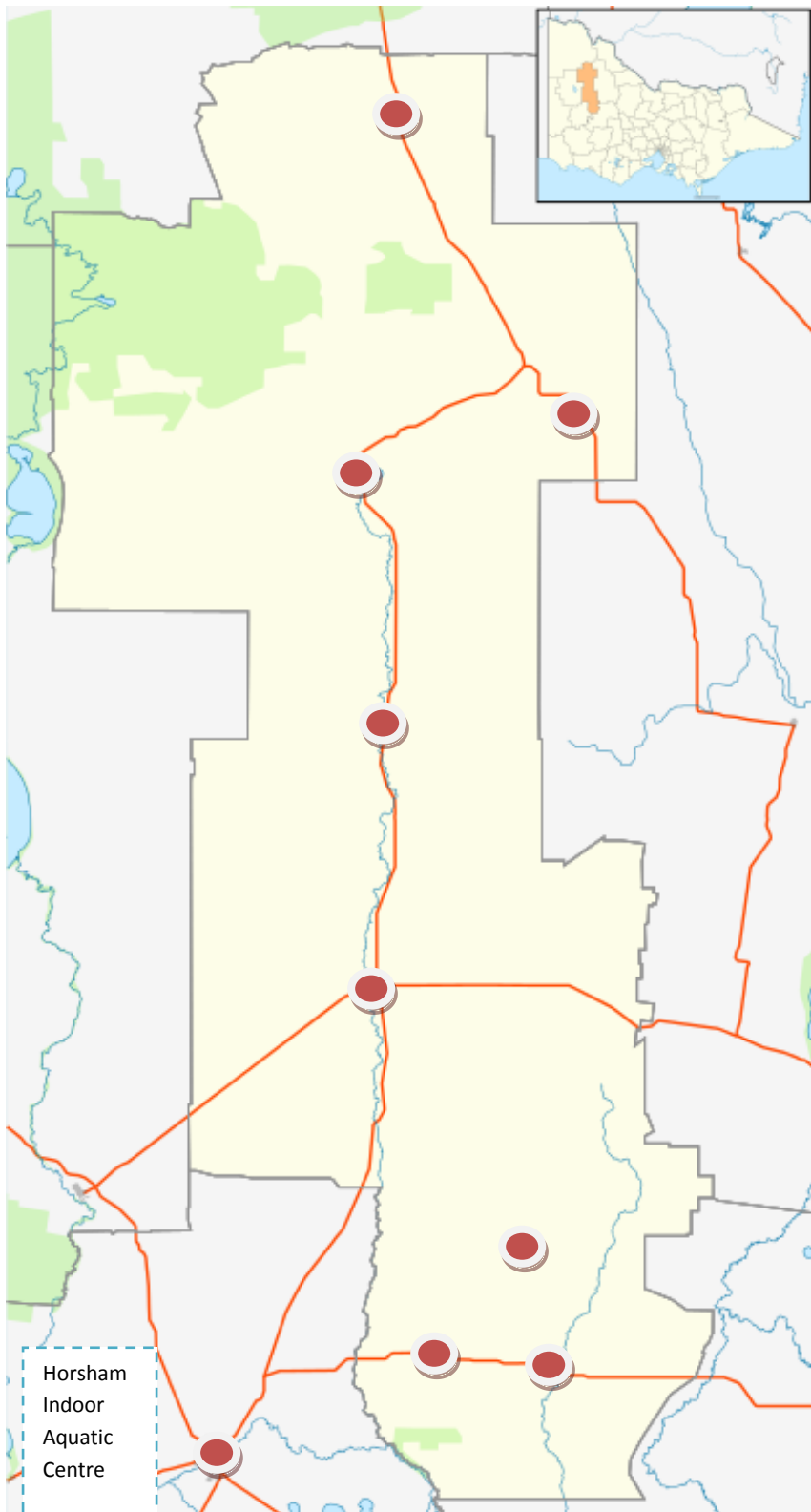
Given the population size and resources available, the standard of sport and recreation facilities is generally quite good, in part due to the concerted effort by Yarriambiack Shire to encourage clubs and organisations to upgrade their facilities to modern standards in recent years. The Shire's efforts to secure water for turf based facilities wherever possible has also paid dividends. The following maps show the location of recreation reserves, swimming pools, golf courses and bowling greens in the Shire.

## Recreation Reserves

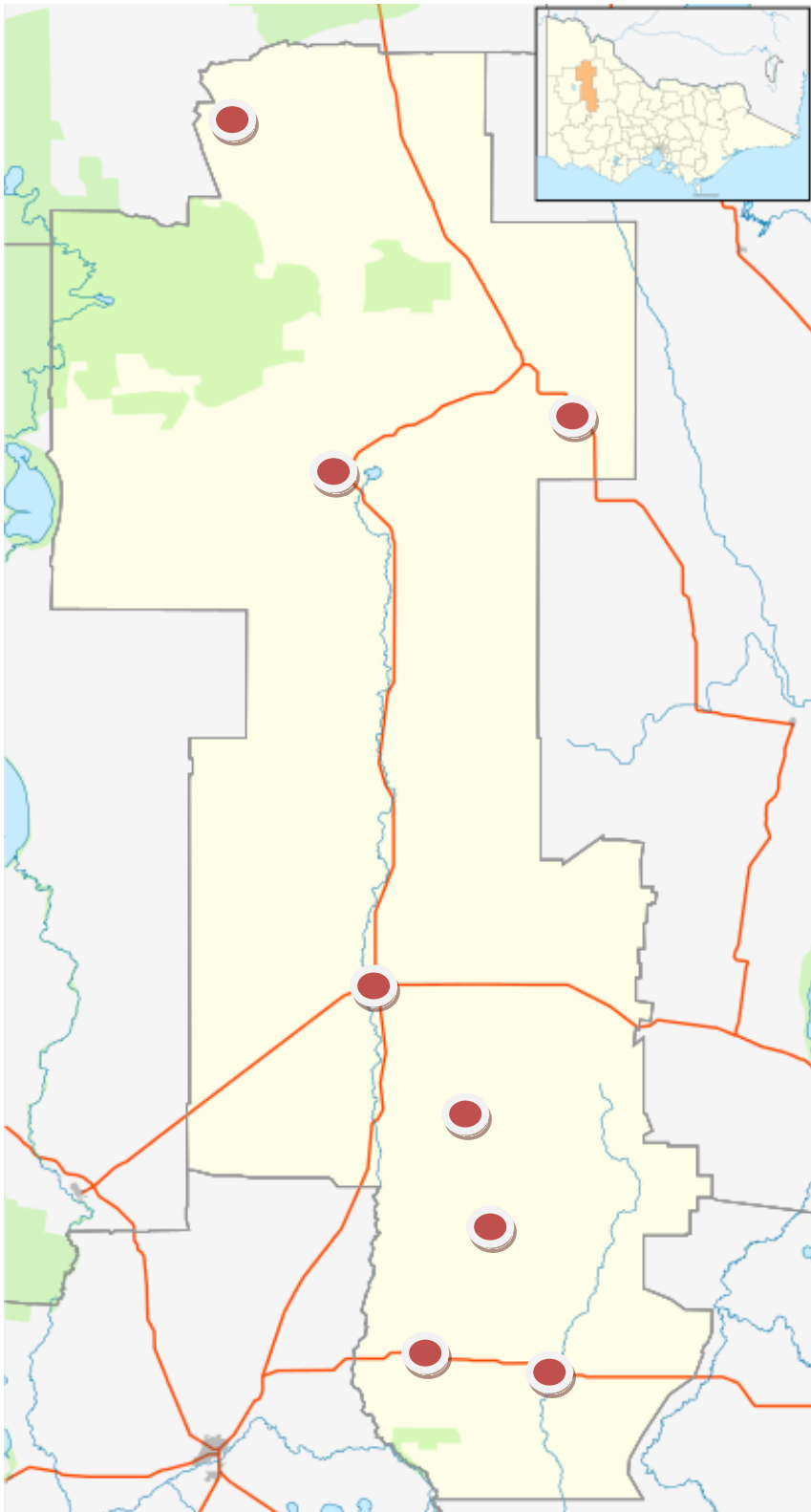




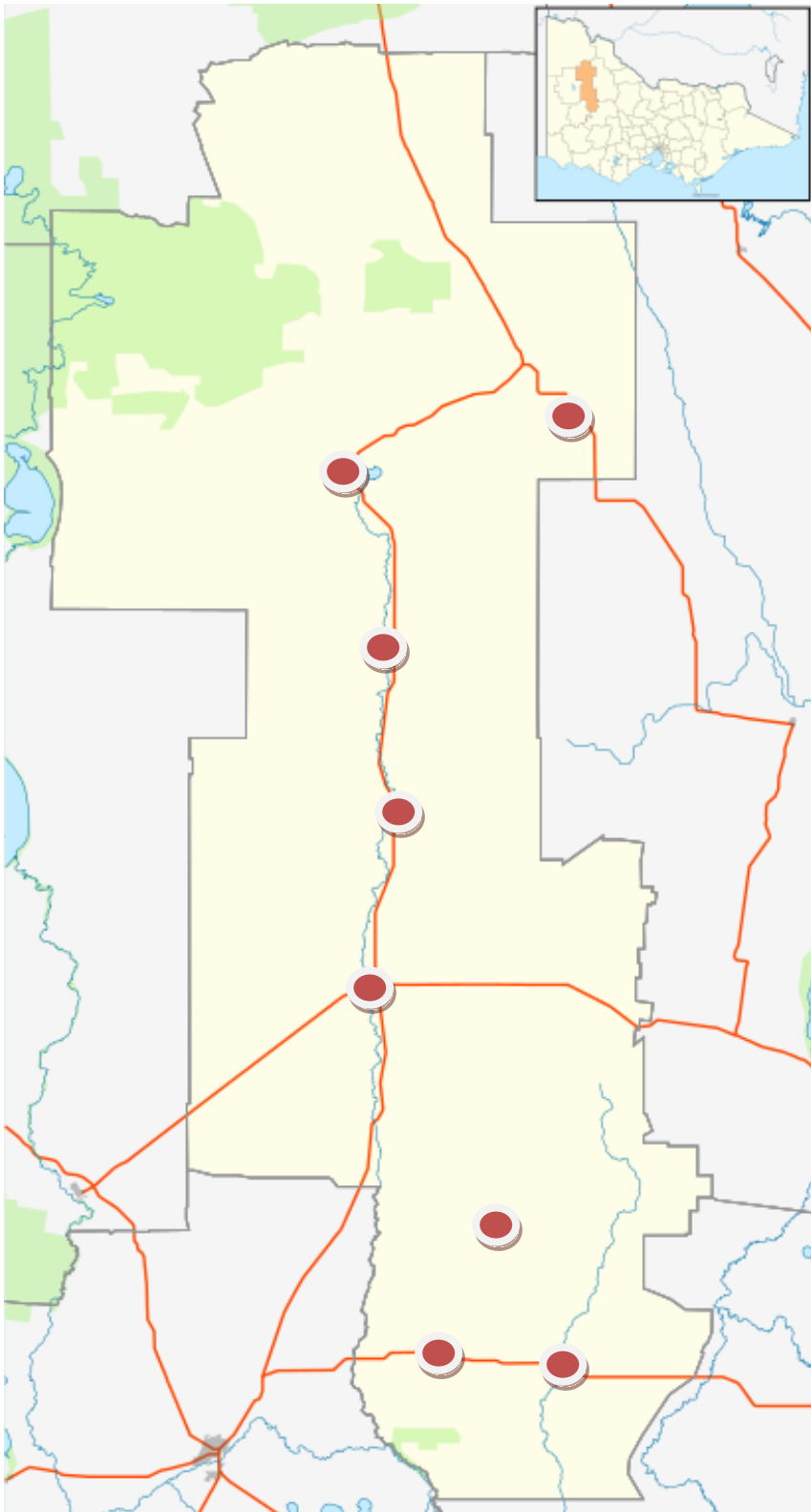
## Swimming pools



## Golf courses



## Bowling greens



#### 6.2.4 Facility development challenges

Some of the key challenges facing clubs and Yarriambiack Shire in terms of facility developments and upgrades both now and in the future are:

- Declining population – therefore less people available to join clubs, pay fees and help fund the maintenance of facilities
- Ageing population – potentially less players available locally to help fund the maintenance of facilities
- Insufficient volunteer numbers to help maintain facilities
- Amalgamations of clubs – potentially forcing clubs to choose one venue over another to invest its resources in
- Lack of water or cost of water to maintain facilities
- Competition within towns for resource allocations between a community hall and a community centre located at a recreation reserve
- Rising costs of sport – thereby reducing available funds for upgrades
- Rising costs of construction and materials (e.g. synthetic surfaces) for sport and recreation facility developments and upgrades
- State government funding programs that have not increased with CPI or not increased substantially for many years
- Greater competition for grants and sponsorship to fund facility developments
- Complex grant writing processes which are beyond the capacity or interests of some volunteers – therefore limiting grants obtained to upgrade facilities.

There will need to be some difficult decisions regarding facilities in the next few years as more amalgamations of clubs occur and as facilities reach the end of their useful life. An over-supply of some facilities, such as golf courses, may inevitably result in the closure of one or more clubs. A number of Football / Netball clubs may ultimately decide that they cannot continue to maintain two or more sports ovals, netball courts, community centres and change facilities and may choose one site over another for future investments.

Other facilities that are desired by the community, e.g. indoor heated swimming pools, are unlikely to be constructed as they simply aren't viable in towns as small as those located in Yarriambiack Shire. The only possibility for such facilities, with a hydrotherapy and learn-to-swim focus, is through the private sector, e.g. a physiotherapist or through partnerships with community health centres and other organisations such as schools.

#### 6.2.5 Facility development priorities – from the facility audit

Facilities identified through the audit that require to be upgraded include:

Town	Facility	Action	Details
Beulah	Beulah Memorial Park	Install more lights over netball / tennis courts	Tennis club is now defunct. Will need to access power <i>Low priority</i>
	Beulah Memorial Park	Construct female change facilities	Construct female change facilities at netball / tennis courts <i>High priority</i>
		Upgrade change	\$298K has just been received to upgrade

Town	Facility	Action	Details
		facility	the community centre at its other shared home ground in Hopetoun. <i>Low priority.</i>
		Install air conditioning in the community centre	\$30K will be required to upgrade the power supply for air conditioning. <i>Low priority.</i>
<b>Brim</b>	Brim Memorial Bowling Green	Access cheaper water	Negotiate with GWM WATER to secure recreational water rates for sport and recreation facilities wherever possible. <i>High priority</i>
		Upgrade lighting for bowls	An application for improved lighting has been submitted to the Community Sports Infrastructure Fund in 2015. Currently has overhead incandescent lights. <i>High priority</i>
	Brim Recreation Reserve	Upgrade tennis / netball courts	The concrete under the synpave surface has cracked, causing deterioration of tennis / netball courts. This is a high priority for the Brim community. <i>Low priority</i>
		Upgrade irrigation system	An application for a new in-ground, fully automated, sprinkler system, laser levelling and re-seeding has been submitted to the Community Sports Infrastructure Fund in 2015. <i>High priority</i>
<b>Hopetoun</b>	Recreation Reserve	Upgrade lighting on oval	In principle support has been given by Council to submit an application to the Country Football and Netball Program in 2016 (if the funding program still exists) for 4 x 25 metre high light towers to provide lighting of the oval to football night game illumination standard. It is proposed to include infrastructure on the towers so that in the future light globes can be installed to bring the illumination up to night cricket standard. A grant of \$100,000 will be sought and a cash contribution of \$83,000 will be required from Hopetoun Football / Netball Club. <i>High priority</i>
	Hopetoun Tennis Club	Extend the paving to below the basketball rings	The basketball court boundaries are partially on hard surface and partially on grass – potentially causing a risk to players as they move from one surface to another. Extent of existing and latent use of basketball courts is required prior to undertaking any further planning.

Town	Facility	Action	Details
			<i>Low priority</i>
<b>Lubeck</b>	Tennis Court	Upgrade tennis court	Existing court is in a poor state of repair. Likely only to be used for social tennis. <i>Low priority</i>
<b>Murtoa</b>	Murtoa Showyards Reserve	Install a compliant ramp and accessible toilets in the community centre	Neither the ramp nor the toilets are compliant with DDA regulations. <i>High priority</i>
		Access cheaper water	Negotiate with GWM Water to secure recreational water rates for sport and recreation facilities wherever possible. <i>High priority</i>
	Lake Marma	Upgrade swimming pool change rooms	Upgrade change rooms used by patrons of the swimming pool and the general public. <i>High priority</i>
<b>Rupanyup</b>	Rupanyup Recreation Reserve	Upgrade training lights on sports oval	Current lights are inadequate. <i>Medium priority</i>
		Upgrade external public toilet block to include an accessible toilet	This will enable the site to be more accessible for all people. <i>Medium priority.</i>
		Plant the oval with warm season grasses	This will help to reduce water bills. <i>Medium priority.</i>
	Jack Emmett Billabong	Extend the walking track	Extend the existing walking track into the centre of Rupanyup. <i>Medium priority</i>
<b>Warracknabeal</b>	Warracknabeal Golf Club	Upgrade the irrigation system over the entire golf course	This would enable the golf course to remain green all year long and attract increased membership. It may draw members from other nearby golf club courses, therefore impacting their viability. This cost is likely to be very high. Further investigation of the feasibility of this initiative is required. <i>High priority</i>
		Install a new air conditioner	This would enable a more comfortable environment for golfers and bowlers in summer and winter. <i>Medium priority</i>
	Warracknabeal Leisure Centre & Gymnasium	Replace floor of stadium	The surface of the sports courts needs to be replaced – still has the original floor from 1975. At the same time, basketball key line marking which no longer complies can be rectified. <i>Low priority</i>

Town	Facility	Action	Details
	Anzac Memorial Park	Develop change rooms for female players and umpires	Funding application has been submitted to Country Football and Netball Program in 2015 for \$100K to construct a new netball and female umpire change room incorporating showers, toilets and wash basins (total project value: \$151K). <i>High priority</i>
		Increase the size of change rooms for football / cricket players.	Existing change rooms are too small. Estimated to cost \$400K. Female and umpire change facilities are the first priority. <i>Medium priority</i>
		Increase access to irrigation water	An application has been submitted to the State Government for an additional non-potable water irrigation supply for Anzac Park – which is the construction of a 5ML dam in the south east corner at the Wheatlands Museum site, with pumping infrastructure to transfer the water to Anzac Park. The application requests a grant of \$54,100 for a total project cost of \$81,176. <i>High priority</i>

#### 6.2.6 Facility development priorities –from club surveys

Clubs were surveyed to identify specific upgrades required. The facilities most likely to be in poor condition according to club representatives who completed the survey are:

- Female change facilities
- Male change facilities
- Public toilets
- Umpire change facilities
- Playgrounds
- BBQ / picnic areas
- Netball courts
- Community centre
- Golf course.

Facility priorities as determined by the club surveys (29 surveys returned) include:

Town	Facility	Details
Beulah	Beulah Memorial Swimming Pool	Install solar or gas heating in the pool
	Beulah Recreation Reserve	Upgrade tennis/netball court surface for safety reasons (slippery when wet) and install lights for night tennis.
	Beulah Recreation	Upgrade football change rooms showers and toilets

Town	Facility	Details
	Reserve	at Recreation Reserve
	Beulah Bowls Club	Construct change facilities and an accessible toilet
<b>Brim</b>	Brim Recreation Reserve	Upgrade oval and watering system
<b>Hopetoun</b>	Hopetoun Bowls Club	Install heating system
	Hopetoun Tennis Club	Install a playground
	Lake Lascelles	Establish a fish hatchery at the North end of Lake Lascelles in the old reservoir.
<b>Minyip</b>	Minyip Golf Club	Install artificial 'driving range' grade synthetic turf at tee-off areas
	Minyip Swimming Pool	Install solar or gas heating in the pool
<b>Murtoa</b>	Murtoa Swimming Pool	Upgrade existing change rooms/ toilet facilities
<b>Sheep Hills</b>	Sheep Hills Golf Club	Upgrade clubhouse and toilet facilities (but recognise that they don't have the resources to do so).
<b>Warracknabeal</b>	Golf Course	Upgrade irrigation system on the golf course.

### 6.2.7 Facility development priorities – from community surveys

Facility priorities as determined by the community (98 responses) from two of the survey questions: priorities if a lot of money is available and priorities if only a small amount of money is available. Only suggestions from two or more people for each item has been included in the table below:

Town	Facility	Details
<b>Brim</b>	Brim Recreation Reserve	Upgrade oval and watering system
		Upgrade netball / tennis courts
		Upgrade community centre
	Brim Weir Pool	Upgrade weir pool – boat ramp and pontoon
<b>Hopetoun</b>	Hopetoun Swimming Pool	Install solar or gas heating in the pool
<b>Minyip</b>	Minyip Recreation Reserve	Upgrade tennis courts
<b>Tempy / Patchewollock / Speed</b>	Walking paths	Develop shared cycling / walking paths
	Parks	Upgrade existing parks to include more seats, shade, BBQs, picnic areas and landscaping
	Tempy Swimming Pool	Upgrade swimming pool
<b>Warracknabeal</b>	Warracknabeal Leisure Centre	Upgrade floor and mark out a permanent roller derby track
		Increase the size of the gym
	Warracknabeal shared cycling / walking trails	Upgrade existing walking trails so that they are DDA compliant and don't have stones along the path
	Warracknabeal Weir pool	Install outdoor gym equipment and seal a path to enable DDA compliance
	Warracknabeal Golf Club	Install automatic sprinklers / watering system
	Anzac Park	Extend size of change rooms and community centre
		Upgrade tennis courts
	Warracknabeal Boxing Gym	Upgrade Molly Taylor Memorial Kiosk
	Warracknabeal Men's Shed	Access a larger site with air conditioning
	Warracknabeal Men's Shed	Extend the Men's Shed



### 6.2.8 Facility development priorities – from community listening posts

Facility priorities as determined by the community (196 responses) from listening posts. Only suggestions from two or more people for each item has been included in the table below:

Town	Facility	Details
<b>Hopetoun</b>	Hopetoun Recreation Reserve	Expand size of skate park and install seats and shade
	Hopetoun Golf Course	Upgrade pavilion and develop a storage shed
	Lake Lascelles	Install running track with markers around the lake and back into town
		Develop walking tracks, play equipment, exercise equipment and more shade around Lake Lascelles
<b>Minyip</b>	Minyip Recreation Reserve	Upgrade tennis courts
		Upgrade netball change facilities, netball courts and place more seating around the perimeter
	Walking paths	Ensure that there are footpaths on at least one side of each street and develop more shared cycling / walking paths in town
	Minyip Wetlands	Upgrade wetlands to include more trees and grassed areas with shade as well as fish
<b>Rupanyup</b>	Footpaths	Upgrade footpaths in Rupanyup
<b>Warracknabeal</b>	Warracknabeal Skate Park	Enlarge the skate park and provide a variety of equipment
	Warracknabeal Weir pool	Install outdoor gym equipment, stock water with fish and improve water quality
	Anzac Park	Extend size of change rooms
		Upgrade netball court
		Upgrade toilet block
		Develop a parcour course
	Lions Park	Provide additional features such as totem tennis, rock climbing wall and more shade
	Playgrounds	Upgrade playgrounds - more shade, greater accessibility, adult play features

### 6.2.9 Universal Design (UD) and Environmentally Sustainable Design (ESD) Principles

Improved accessibility for people of all abilities through the implementation of Universal Design principles is recognised as paramount when designing new facilities or upgrading existing facilities. So too is the need to focus on Environmentally Sustainable Design principles. The ability to minimise water and electricity usage and the number of hours required by volunteers to maintain a site is also very important.

The degree to which Universal Design and Environmentally Sustainable Design principles are included in project proposals is assessed carefully as part of funding applications to the State Government.

### 6.2.10 Local demand for sport and recreation facilities

Local residents were asked to identify the types of facilities that they would most like to see provided in Yarriambiack Shire. The most popular response to this question was the development of additional walking / cycling paths. Other improvements included additional lighting for clubs to

allow them to more easily offer evening competitions or to provide a better standard of lighting for training. Some clubs, particularly bowls clubs utilising lawn greens, expressed some demand for synthetic surfaces to reduce the volunteer burden and to reduce water use. Improved female change rooms (including female umpire change rooms) were also identified as a priority.

When asked what types of activities people hope to be participating in in 10 years time, the most popular activities were walking, golf, bowls and gym. Hence these facilities need to be provided or maintained to a good standard so that they are ready to meet the needs of the community both now and in the future. The need for footpaths on at least one side of the street was expressed, particularly as footpaths are seen as a key facility to enable walking as a form of exercise.

#### **6.2.11 Potential impact of club amalgamations on facilities**

The amalgamations of football / netball clubs has frequently resulted in merged clubs operating from two sports grounds (and in some other municipalities, more than two grounds). Whilst it is recognised that the retention of a football / netball clubs (and their associated community facilities) is very important to the psyche, physical activity opportunities, networking opportunities and the economic situation of small towns, there may come a time, particularly with additional amalgamations, that it may simply not be viable for clubs to operate from more than one venue. Clubs may need to identify which of its two (or more) facilities will be its major base (and therefore the site where more significant investments are made into playing surfaces, change facilities and community centres) and which site or sites will be utilised for training. There may also come a time where two clubs share the one ground.

There are eight golf clubs in Yarriambiack Shire with three located only 45 minutes drive apart. Although local residents have stated through the community survey that golf is an activity that they are particularly keen to be involved in in the future, trends in relation to golf suggest that people want to be able to play golf year round (which requires irrigated grass greens) and want to play on a quality course with suitable clubhouse facilities. Ultimately there is likely to be a loss of golf courses in the Shire, with more players joining the Warracknabeal Golf Club.

These scenarios should be recognised when making decisions about investing in future facility upgrades or developments.

#### **6.2.12 Multi-purpose facilities**

The development of, or conversion to, multi-purpose rather than single use facilities is important as it allows for greater use of one facility and less establishment and operational costs. Outdoor hard courts with line marking for netball and tennis are a good example of the type of shared facilities that should be encouraged in the Shire where possible. Other existing facilities such as halls, senior citizens centres, indoor stadiums at schools, etc should also be encouraged to promote increased use of their facilities.

#### **6.2.13 Other providers of facilities**

Other providers of sport and recreation facilities in Yarriambiack Shire include schools and Grampians Wimmera Mallee Water. Minor sports such as hockey and soccer tend to utilise fields located at secondary schools, however these facilities are generally not maintained to the same standard as Council owned facilities. Where possible, joint use agreements should be established

with schools to allow community access to facilities such as ovals, courts and playgrounds outside school hours.

#### **6.2.14 Usage of facilities in neighbouring municipalities**

Local residents are not constrained by municipal boundaries when utilising sport and recreation facilities. Indoor facilities suitable for sports such as basketball and outdoor recreation reserves / sports facilities which are used by local residents are located in:

- Buloke Shire – Birchip, Donald and Sea Lake
- Horsham Rural City Council – Horsham, Kalkee and Jung
- Hindmarsh Shire Council – Dimboola, Jeparit and Rainbow
- Mildura Rural City Council – Ouyen
- Northern Grampians Shire – Marnoo

Equally, residents from these municipalities, as well as visitors to the area, are likely to use sport and recreation facilities in Yarriambiack Shire periodically.

One of the most popular facilities outside the municipality is the indoor heated pool at Horsham. Given the geographic size and the distribution of the population in Yarriambiack Shire, it is unlikely that a 25m or 50m indoor heated pool will ever be feasible (although a smaller hydrotherapy pool shared with a health agency may be more realistic). Hence Yarriambiack Shire needs to encourage residents to go to the Horsham indoor heated pool instead of constructing its own.

#### **6.2.15 Summary of opportunities**

- Undertake the facility upgrades / developments as listed in the action plan
- Support clubs to develop facility maintenance and asset renewal plans.
- Ensure that UD and ESD principles are incorporated into all facility upgrades and developments.
- Establish joint use agreements with schools to allow community access to facilities such as ovals, courts and playgrounds outside school hours.
- Progressively work towards ensuring that there is a footpath on at least one side in every street.

### **6.3 Club development**

#### **6.3.1 Role of clubs in delivering sport and recreation opportunities**

While Yarriambiack Shire and Department of Environment, Land, Water and Planning (DELWP) are the key providers of sport and recreation facilities in the Shire, sport and recreation clubs are the key provider of organised physical activities within the community. They provide sporting events and competitions and manage sports facilities, almost entirely utilising voluntary labour. It would be extremely hard for the Shire or other private organisations to offer the breadth of activities currently available. To ensure that sport and recreation opportunities can continue to be provided in the future, clubs need to be supported in several key areas.

### **6.3.2 Governance, planning and administration**

The first area in which clubs need support is in the area of governance, planning and administration. Clubs need to be provided with sufficient support or training to effectively govern their organisation and to meet the various legislative requirements associated with community base organisations and their particular activity. Some clubs find the governance and associated administrative aspects of a club onerous on their volunteers and therefore pay or would like to pay an individual or organisation to assist them with these tasks. However, for many clubs, the capacity to pay a person to undertake this work is not financially feasible.

Clubs may also need assistance to prepare a business plan or strategic plan to guide their future work. It appears that a number of state sporting associations are assisting local clubs to prepare basic plans. The Wimmera Regional Sports Assembly can also assist in this regard.

### **6.3.3 Grant writing**

A number of clubs have stated that they would like assistance to identify funding opportunities and to improve their grant writing skills. They also stated that they would like the grant writing process and other processes related to club governance and operations to be made simpler and easier. Excessive red tape and various other responsibilities that have been placed on clubs in recent years takes valuable volunteer time away from running a sport or recreation activity.

### **6.3.4 Support through periods of change**

Some clubs are in fact fighting for their survival. Football / netball club amalgamations have reduced the number of clubs in the municipality and the loss of such clubs can have a detrimental impact on community morale and the availability of local recreational activities (as a player, administrator or supporter). Clubs and towns need to be supported through the amalgamation process, primarily by AFL Victoria and to a lesser extent by Yarriambiack Shire.

### **6.3.5 Volunteers**

Attracting sufficient volunteers to assist with sport and recreation clubs has been cited as one of the major challenges by clubs in Yarriambiack Shire. Volunteers typically assist with activities such as coaching, umpiring, operating canteens and bars, catering for events, collecting gate takings, maintaining and cleaning facilities, organising sports events, providing updates on scores to the media, governance of committees of management, etc. Without volunteers, very few clubs would be able to operate to the level that they currently do; unless they appoint a paid staff person to carry out the tasks required. However, very few, if any, clubs are likely to be in a financial position to employ staff to sufficiently undertake the jobs currently performed by volunteers. There is also concern that many of the volunteers involved in sport and recreation are ageing and physically cannot do as much as they may have been able to in the past.

### **6.3.6 Promotion**

There is an expectation by participants that information about sport and recreation clubs, including their latest scores, enrolment forms, details of social events, etc can be accessed online. However, as yet, not every club in Yarriambiack Shire has a website or social media site. It will become increasingly important for clubs to develop and regularly maintain both a website and a social media presence if they are to attract new players and retain existing players.

### **6.3.7 Cost of sport**

The cost of operating facilities has increased significantly in recent years, primarily due to rising utility costs such as electricity and water. The cost of running lights on sports ovals, tennis / netball courts and bowling greens can be quite high, and the additional demand for water during periods of low rainfall or drought can also stretch the finances of clubs, many of whom already operate on a 'shoe string' budget. Clubs will need to look at ways of reducing their operating costs wherever possible. Features such as solar hot water, low flow taps, efficient irrigation systems, passive heating / cooling, drought tolerant turf, etc should be considered to reduce operating costs and the cost on the environment.

The cost of facility upgrades or developments has also increased significantly. Whilst a number of bowls clubs in Yarriambiack Shire would like to install a synthetic bowling green, they simply cannot afford to purchase the green and then set aside sufficient money to replace the surface when it reaches the end of its useful life in 10-15 years time.

Building costs have also risen substantially in recent years, fuelled by an increase in the cost of materials such as steel several years ago. It may be prudent to consider installing portable facilities at some sites, particularly those in smaller towns where the long term viability of some clubs is unknown. A bonus of installing portable facilities is that they can be relocated to another site and / or sold if required.

Whilst people acknowledge the value of insurance cover provided by State Sporting Associations through player affiliation fees, they often don't feel that their affiliation fees are used to advance their sport locally. Despite players paying affiliation fees to State Sporting Associations, only a few of these organisations visit the region.

### **6.3.8 Declining levels of sponsorship**

When local businesses have not fared well, due to drought and the corresponding lack of expenditure on goods and services such as farm machinery, there is less money circulating in the community. This has a flow on effect to the amount of sponsorship available for clubs and to the cash-flow of clubs. It has been noted that companies such as soft drink manufacturers no longer tend to sponsor smaller clubs, but instead invest their money into much larger state or national teams. Hence sponsorship funds have diminished in recent years. Other than football clubs, who can raise some funds from gate taking fees and a more substantial amount of funding from bar sales, kiosk sales and fundraising events, most clubs are reliant on small scale fundraising initiatives.

### **6.3.9 Funding programs**

State Government grants have not kept pace with CPI or the cost of equipment, facilities or planning. Country Action Grants, for example, have remained at \$5,000 for at least 15 years, with no increase. Community Facilities Grants have only recently increased after at least 10 years at the same rate. During this time, the cost of equipment, facilities and planning has practically doubled, particularly synthetic surfaces. Hence clubs need to provide a much higher contribution to projects than they would have 10 years ago.

When trying to raise matching funds for upgrades to facilities, it is extremely difficult for most clubs in Yarriambiack Shire to raise the required amount. Most clubs simply do not have the number of participants or population within the community to raise substantial amounts. Given the Shire's low

socio-economic status, this makes it even more challenging. What local clubs can often do, however, is provide in-kind labour for projects. Local businesses are also often willing to provide equipment / infrastructure at cost for such projects, providing local residents undertake the labour to install the equipment / infrastructure where feasible.

#### **6.3.10 Cost of water**

One factor that is having a big impact on the finances of some turf based clubs is the cost of water. This will only be exacerbated if the drought continues. Whilst much has been done to secure alternative water sources or recycled water in most towns, there are still some clubs that are paying for water based on town rates, rather than recreational water rates. GWM Water currently provides water for weir pools at recreational water rates. The Wimmera Southern Mallee Regional Growth Plan 2014 supports further investment in recycled water infrastructure to ensure that sport and recreation assets are maintained to protect the liveability and amenity of towns.

#### **6.3.11 Summary of opportunities**

- Conduct annual information sessions for sport and recreation clubs to update them on any relevant issues; to allow for two way communication between clubs and Council; and to provide networking for clubs
- Provide a newsletter for clubs and organisations every six months to provide information about grants and other relevant initiatives
- Ensure that clubs have access to relevant information and training, e.g. strategic planning, governance training, grant writing workshops, source of grants, fundraising initiatives, etc
- Advocate to government agencies to simplify grant applications wherever possible, increase grants in line with CPI each year and allow a higher in-kind percentage from local clubs rather than a financial contribution to match grant funds
- Advocate to AFL Victoria to include Local Government Authorities in discussions about amalgamations
- Develop a volunteer recruitment strategy in partnership with other relevant agencies and clubs
- Conduct annual volunteer recognition / awards events
- Work in partnership with local schools or other training agencies to help clubs develop and maintain websites and social media sites.
- Work in partnership with tourism operators and clubs to develop both short term memberships to places such as golf clubs, and develop a package of experiences including accommodation, dining and sports opportunities such as a round of golf.
- Engage with State Sporting Associations to develop service level agreements to support local clubs in Yarriambiack Shire
- Encourage the development of a second hand sports equipment / uniform service
- Work with clubs to audit their utility costs with the aim of implementing cost saving measures and installing cost saving devices
- Develop an agreement with GMW to provide all turf sports clubs with water at recreational water rates.

## 6.4 Support from Yarriambiack Shire

### 6.4.1 Role of Council and partners

Yarriambiack Shire understands the value of sport and recreation to its community. It recognises that it is a key partner in the delivery of sport and recreation, particularly in relation to:

- Planning of sport and recreation
- Co-ordination of programs, services and facilities
- Communication with clubs and other organisations
- Provision of resources including grant application assistance
- Facility provision and development
- The contribution of sport and recreation to regional development and the sustainability of communities
- Integration of the current Council Plan and the Municipal Health and Wellbeing Plan.

Local Government, particularly in rural communities, is well placed to lead and facilitate a partnership approach to achieving outcomes in the sport and recreation and health and wellbeing sector.

However, it also recognises that it is not the only partner. Sport and recreation clubs, community health agencies, State and Federal Government departments (e.g. Sport and Recreation Victoria), water authorities, service clubs, hall committees, schools, the private sector and others all have an important role to play in relation to:

- Education and promotion
- Delivery of sport and recreation opportunities
- Provision of facilities
- Provision of resources

In order to achieve the best possible outcomes for the community, utilising existing budgets, Council and sport and recreation organisations will need to collaborate with a range of other areas such as health, economic development, tourism, etc. Not only do collaborations and partnerships contribute to an effective utilisation of scarce resources and potential leveraging of funding, they also allow a more holistic approach to all aspects of physical activity and help to achieve better health and wellbeing for the community.

### 6.4.2 Internal Council planning

Within Council itself, sport and recreation crosses many areas within Council such as parks and gardens, engineering, strategic planning, early year's services, etc. It is important that each of these areas is involved in planning processes around sport and recreation and that in turn, the recreation area is involved in planning for each of these other areas. Integrated planning and service delivery are essential if Council is to deliver the best possible outcome for the community. Council's role also needs to be clearly defined.

### 6.4.3 Promotion

A review of the Yarriambiack Shire website reveals that other than the community directory, which lists the various sport and recreation clubs in the municipality, there is no page on the website that

provides information about informal sport and recreation opportunities such as the weir pools, cycling / walking trails, outdoor exercise equipment, dance classes, private providers of sport and recreation such as boxing, playgrounds, etc.

#### 6.4.4 Financial contributions

From a budgetary perspective, Yarriambiack Shire assists with the preparation of funding applications on behalf of sports clubs and committees of management for facility upgrades, but generally does not provide funds towards such works, unless the works are for non-club based infrastructure such as cycling / walking trails and skate parks. Council's 2014/15 budget provided the following amount for sport and recreation capital infrastructure:

Item	Details	Budget
Gymnasium – capital	Furniture and equipment capital works	\$4,000
Parks and playgrounds - capital	Playground capital works	\$21,630
Sporting complex – capital	Building capital works	\$5,000
Sporting complex – capital	Furniture and equipment capital works	\$4,000
Swimming pool – capital	Building capital works	\$20,000
<b>Total</b>		<b>\$54,630</b>

Council provides an annual contribution to sports facilities to assist with maintenance costs. New guidelines are provided in Section 8 of the report. Council also maintains other sport and recreation facilities such as playgrounds, walking paths, skate parks etc.

Whenever a club wishes to undertake major capital works requiring grant assistance, Council assists with grant applications, project management and the provision of various in-kind services and infrastructure such as supply of plant and equipment. Unlike some other rural municipalities, Yarriambiack Shire will generally not provide a financial contribution to the project.

Up to \$500 is provided by Council for community based organisations through its 'Community group Financial Assistance Scheme'. In 2015, Council received 27 applications from community groups to the value of \$12,750 and was able to provide funding of \$10,000 in total. No group missed out; however, the amount funded was generally less than the amount applied for. Typical projects that sport and recreation clubs sought funding through this scheme for included: kitchen equipment, clothing, solar panels, playground fencing, security locks, lighting, sewerage connection, junior sports equipment, landscaping products and training equipment.

Yarriambiack Shire also has a community grants program titled Sustainable Healthy Adaptable Resilient Engaged (SHARE). Under this program communities can apply for funds to:

- Develop Community Action Plans
- Promote individual projects for prospective funding and support
- Coordinate and plan for future infrastructure and service needs
- Build relationships and connections with stakeholders and other communities in terms of significant change.

Small equipment such as kitchen utensils, hockey sticks, BBQs and shade sails are all listed as eligible types of projects. Other projects that could be funded, of relevance to the Sport and Recreation



Strategy are: events; projects that encourage groups to work together and share equipment; community activities; and projects that encourage healthy living.

There are two funding rounds each year, with a total funding pool of \$20,000 per round. The maximum amount of funding per organisation is \$3,000.

The resources of many organisations in Yarriambiack Shire are very limited. Rate capping at the Shire is likely to impact on additional resource allocations at a Council level. Hence any actions undertaken need to make the best possible use of such resources.

#### **6.4.5 Staff resources**

From a staffing perspective, Council's Community Projects Coordinator has responsibility for sport and recreation, among a multitude of other community based projects. Similar sized municipalities in rural Victoria generally have one to two full time staff whose time is entirely dedicated to sport and recreation. Additional staffing resources would enable Council to further develop the capacity of clubs to deliver sport and recreation opportunities and to enable a shift towards the encouragement of more physical activity programs across the Shire. This position could be part-time, or may consist of a trainee.

#### **6.4.7 Summary of opportunities**

- Establish a formal process to ensure that relevant areas of Council are involved in sport and recreation planning and that the recreation area is involved in planning of other areas.
- Upgrade Council's website to provide more information about sport and recreation opportunities, including informal opportunities such as shared trails, playgrounds, etc.
- Review and update the user agreements between Council and sport and recreation clubs to clearly identify the roles and responsibilities of each body on Council owned facilities.
- Seek additional resources to appoint a part-time officer or trainee to assist the Community Projects Coordinator.
- Continue to work in partnership with and collaborate with a range of organisations such as not-for-profits, businesses, health agencies, schools, to help deliver increased and / or improved sport and recreation opportunities.
- Establish a Local Advisory Group to assist with planning, implementing, monitoring and evaluation sport and recreation initiatives in Yarriambiack Shire
- Review the Community Group Financial Assistance Scheme and the SHARE program.
- Adopt the Council contributions to recreation reserves guidelines.

## 7.0 Vision and planning principles

A vision and a set of planning principles have been developed to guide Yarriambiack Shire in terms of sport and recreation provision over the next five years. These are as follows:

***Yarriambiack Shire is a healthy and active community supported by strong community clubs and a diversity of physical activity programs and accessible sport and recreation facilities.***

To help achieve the vision of a healthy, active community supported by strong community clubs and a diversity of programs and accessible facilities, a series of planning principles have been developed. These planning principles will guide Yarriambiack Shire and the community when considering implementing new initiatives or facilities or when considering upgrades to facilities. Wherever possible, any sport and recreation initiatives undertaken by Yarriambiack Shire and its partners will be:

Planning Principle	Details
<b>Of benefit to the community</b>	Initiatives must provide a demonstrated benefit to the Yarriambiack community, i.e. provide opportunities to increase the health and wellbeing of local residents; provide a safer or more comfortable experience for participants; provide opportunities for social connections; reduce the burden on volunteers; promote income generation opportunities to improve sustainability.
<b>Designed to meet demonstrated community need</b>	Community needs will be demonstrated through feasibility studies, needs assessments, master plans, surveys or other similar processes. This will help to ensure that facilities, programs or services in Yarriambiack Shire are not unnecessarily duplicated; are likely to be sustainable; and will not have a major impact on existing facilities, programs or services.
<b>Accessible for people of all abilities</b>	Any facilities in Yarriambiack Shire will be Disability Discrimination Act (DDA) compliant and planned according to Universal Design principles. Any programs will be made as accessible as possible for people by removing or reducing barriers to participation such as cost, transportation, time, etc.
<b>Inclusive and welcoming</b>	Any facilities, programs or services in Yarriambiack Shire will be designed to create a welcoming and inviting atmosphere, inclusive of all residents.
<b>Sustainable</b>	Any facilities in Yarriambiack Shire will be designed to be sustainable from both an environmental design and impact perspective. Any programs in the Shire will be designed so that they are able to be operated locally at minimal cost and requiring minimal human resources. Wherever possible, programs will occur in partnership with other relevant organisations and agencies such as health centres, schools and existing sport and recreation clubs and organisations.

Planning Principle	Details
<b>Multi-purpose in design</b>	Any facility developments or upgrades in Yarriambiack Shire should be designed to be as multi-purpose as possible, recognising the changing needs of the community over time. Where possible, facilities should be co-located to take advantage of economies of scale.
<b>Able to offer a diversity of opportunities</b>	The development of new or modified activities and more informal activities that meet the diverse needs of local residents and the changing demographics will be encouraged in Yarriambiack Shire.
<b>Cost effective</b>	Any new facilities or facility upgrades in Yarriambiack Shire will be cost effective to build and operate and any programs will offer value for money for local residents.
<b>Designed to enhance and protect the natural environment and cultural and heritage values</b>	Any new facilities or facility upgrades in Yarriambiack Shire will minimise their impact on the environment and wherever possible enhance and protect the natural environment and cultural and heritage values around them.
<b>Designed to reflect the unique nature of Yarriambiack Shire</b>	Any facility developments should reflect the unique aspects of Yarriambiack Shire, e.g. use of local materials and reference key cultural, historical or environmental features.

## 8.0 Guidelines and processes

The following guidelines and processes have been developed to help guide Council to provide an equitable and transparent process in relation to sport and recreation facility development and maintenance.

### 8.1 Level of facilities for each town

The following table provides a guide to the minimum level of facility development that is considered appropriate for each sized town / village in Yarriambiack Shire to ensure that all residents have access to a range of physical activity opportunities within close proximity to their homes. Note that some towns may already exceed these levels, or community groups or other organisations such as schools may choose to construct and maintain additional facilities. Hence this table simply lists the level of facility development that Yarriambiack Shire recommends. A definition of what is meant by town size follows:

Town size	Population level	Examples of towns in category
Large town	Pop: >1,000	Warracknabeal (2,340)
Medium town	Pop: 300-1000	Murtoa (809) Hopetoun (555) Minyip (440) Rupanyup (359)
Small town	Pop: <300	Beulah Brim Lascelles Lah Lubeck Patchewollock Rosebery Sheep Hills Speed Tempy Turriff Woomelang Yaapeet

Facilities	Large town	Medium town	Small town
<b>Sports oval and change facilities</b>	Yes – developed to a reasonably high level	Yes – developed to a medium level	May be provided, but will be only developed to a basic level.
<b>Netball court and change facilities</b>	Yes – several outdoor netball courts and a minimum of one indoor netball court.	Yes – one to two at each recreation reserve, preferably line marked for tennis too.	One court may be provided, preferably line marked for tennis too.
<b>Tennis court</b>	Yes. A regional tennis	Yes – up to three	At least one tennis

Facilities	Large town	Medium town	Small town
	facility comprising of a bank of courts and several tennis courts suitable for social use or practice.	tennis courts suitable for local competitions, social use and practice.	court for social use or practice.
<b>Bowling green</b>	Yes – one to two facilities with synthetic surfaces.	Yes – one facility per town. May have a synthetic surface, but only if feasible.	Generally not provided
<b>Croquet green</b>	Yes – one croquet green	Generally not provided	Not provided
<b>Golf course</b>	Yes – one golf course with irrigated putting greens	Yes, but only sand scrape courses	Generally not provided
<b>Multi-purpose playing field, e.g. hockey</b>	Yes – a minimum of one multi-purpose playing facility, but could be provided by a school. Needs a reasonably good playing surface.	May be provided, but only to a basic level – possibly at a school.	Generally not provided
<b>Shooting facilities</b>	Yes – one facility to be provided	May be provided	May be provided
<b>Horse racing tracks</b>	Yes – one facility to be provided	Generally not provided	Not provided
<b>Community centres / halls</b>	Yes – several community centres / halls	Yes. May be one in town and one at a recreation reserve.	May be provided, but should only be a community centre at a recreation reserve or a hall in the town.
<b>Indoor leisure centres</b>	Yes – one two court stadium (suitable for basketball, volleyball, badminton, indoor cricket, fustal, etc) with gym, office, kiosk and program rooms (suitable for exercise classes) to be provided	May be provided but will generally only feature one court. May be provided or shared with a school.	Not provided.
<b>Gymnasiums</b>	Yes – one Council owned gym to be provided, but must be incorporated within a leisure centre.	May be provided by schools, sports clubs, health agencies or the private sector.	Generally not, but if they do exist, they will usually be provided by schools, sports clubs, health agencies or the private sector.
<b>Park with BBQ, public toilet and picnic facilities</b>	Yes – several parks to be provided, but evenly spaced throughout the town.	Yes – at least one park to be provided, preferably in a central location so that it is	Yes – one provided to a basic level. If public toilets (including an accessible one) and

Facilities	Large town	Medium town	Small town
	Should have an accessible toilet.	accessible to all. Should have an accessible toilet.	BBQ are provided at a recreation reserve in town, they will not be duplicated in the park.
<b>Playground with open space for ball games</b>	Yes – several playgrounds to be provided, but evenly spaced throughout the town. One playground should be developed to a municipal level.	Yes – a local level playground should be provided within the park and also at the recreation reserve.	Yes – a local level playground should be provided within the park or at the recreation reserve.
<b>Walking / cycling tracks</b>	Footpaths to be provided on at least one side of each street in town. Several off road walking / cycling tracks to be provided and linked to one another. In areas of high use, the track should be sealed. Consideration given to a bicycle skills development area.	Footpaths to be provided on at least one side of each street in town. One 6km off road walking / cycling track to be provided in an attractive location, e.g. bushland, near a lake, etc.	Footpaths to be provided on at least one side of each street in town. Where feasible, an off road walking / cycling track to be provided.
<b>Swimming pool</b>	Yes – one 50m pool with toddler pool and water slides should be provided in a central location.	Yes – one 25m pool with toddler pool should be provided in a central location.	Access to a pool within 20 minutes drive from homes if possible
<b>Skate parks / BMX</b>	Yes – one skate park to be provided in a central location. One BMX facility if demand warrants.	One skate park may be provided in a central location subject to demand and distance from other skate parks.	Will not be provided
<b>Weir pools / lakes</b>	Yes - fishing pontoons, boat ramps, etc should be developed to enhance weir pools / lakes	Yes - fishing pontoons, boat ramps, etc should be developed to enhance any weir pools / lakes in or close to the town	Yes - fishing pontoons, boat ramps, etc should be developed to enhance any weir pools / lakes in or close to the town, particularly in towns with no swimming pools.
<b>Informal recreation facilities, e.g. outdoor gym equipment, half court basketball court, down ball area, rebound wall, bocce</b>	Yes – a number of informal recreation facilities to be developed dependent upon community needs	One to two informal recreational facilities provided in each town - dependent upon community needs	One informal recreational facility provided in each town - dependent upon community needs

Facilities	Large town	Medium town	Small town
pitch, outdoor table tennis, etc			

## 8.2 Council contributions to recreation reserves, bowls greens, golf courses and swimming pools

It is recommended that Council provides the following annual resource allocations to sport and recreation facilities to assist user groups to maintain the facilities that they lease, manage or hire from Council or the Crown. This model provides an equitable process of allocation based on a range of different factors. Community groups will still be eligible for additional assistance through Council's community grants programs.

**Recreation reserves** (sports ovals, netball / tennis courts, cricket practice wickets).

- 50% of the budget will be allocated based on the number of people who live in that town (i.e. percentage based)
- The balance of the 50% of the budget allocated will be distributed on a % of points basis, using the following criteria:
  - An additional point for each sport catered for
  - An additional two points if the facility is owned by Yarriambiack Shire
  - An additional point if the facility is used by school (s)
  - Less two points if the facility has revenue raising capacity, e.g. a bar

### Bowls and Golf

An amount, to be determined by Council, is to be allocated to Shire Bowling and Golf Clubs each year.

### Swimming pools

- 50% of the budget will be allocated based on the number of people who live in that town (i.e. percentage based)
- The balance of the 50% of the budget allocated will be distributed on a % of points basis, using the following criteria:
  - An additional point per square metre of the main pool area
  - An additional point if the facility is owned by Yarriambiack Shire
  - An additional point for each toddler's pool
  - Less two points if the facility has revenue raising capacity, e.g. a canteen

An amount, to be determined by Council, to be allocated to each pool for lifeguards.

Both of these funding models should be reviewed annually to ensure the information contained is up to date.

All clubs should be encouraged to develop a strategic plan. Council should provide a basic template for clubs to use if they wish. Once completed, clubs should forward their strategic plans to Council.

### 8.3 Council and community contributions to capital works projects

Yarriambiack Shire does not generally provide cash resources for capital works program at recreation reserves. However, it does assist with grant applications, project management and the provision of various in-kind services and infrastructure such as supply of plant and equipment. It expects that community groups will undertake local fundraising for these initiatives. Where capital works are required to rectify a safety risk, Council may at its discretion provide the funds to do so.

Council will consider providing cash resources to match grants for projects that are considered to be a community asset rather than a facility that is primarily leased to sport and recreation clubs. Examples of these facilities include:

- Shared cycling / walking trails
- Swimming pools
- Skate parks
- Playgrounds
- Parks / open space
- Weir pool / lake developments, e.g. fishing pontoons

In these instances, Council will seek to obtain the maximum amount of funding possible through Government sources, the philanthropic sector, the private sector and other community partners and will, if the project is considered feasible, meets the planning principles of the Sport and Recreation Strategy and is within Council's resource capacity, contribute the required amount to submit a funding application.

### 8.4 Council and community contributions to maintenance of facilities

It is recommended that clubs / committees of management sign a lease agreement which outlines the maintenance roles and responsibilities of both Council and the club / committee of management. Funds to assist with maintenance should not be paid until a signed lease is received by Council. Typically the roles and responsibilities of each party are as follows for a facility:

Maintenance task	Council role	Club / committee of management role
Payment of utilities		✓
Cleaning of community centres, change rooms and toilets		✓
Internal maintenance of buildings		✓
Minor repairs, e.g. hot water systems, heating / cooling systems, kitchen equipment		✓
Playing surface maintenance, e.g. mowing, watering, line marking, sweeping courts		✓
Playground maintenance	✓	
Payment of insurance for buildings	✓	
External maintenance of buildings	✓	
Internal roads and car parking maintenance	✓	
Tree inspections	✓	



## 9.0 Risk management

Council is committed to providing a range of sport, recreation and cultural facilities for the community. Inherent with this provision, there are always risks to consider. Factors such as population decline, ageing community, lack of volunteers, cost of utilities including water, drought, etc can all impact on sport and recreation provision. The likelihood and consequences of potential risks can be rated according to the following matrix.

		Consequence				
		How severe could the outcomes be if the risk event occurred?				
		<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>				
		1 Insignificant	2 Minor	3 Significant	4 Major	5 Severe
Likelihood	5 Almost Certain	5 Medium	10 High	15 Very high	20 Extreme	25 Extreme
	4 Likely	4 Medium	8 Medium	12 High	16 Very high	20 Extreme
	3 Moderate	3 Low	6 Medium	9 Medium	12 High	15 Very high
	2 Unlikely	2 Very low	4 Low	6 Medium	8 Medium	10 High
	1 Rare	1 Very low	2 Very low	3 Low	4 Medium	5 Medium

Some specific risks that have been identified in relation to Council's provision of sport and recreation programs, services and facilities in Yarriambiack Shire are:

Potential risk	Outcome	Measures to minimise risk	Likelihood	Consequence	Score
Swimming pool committees of management unable to manage facilities due to insufficient volunteers, skills or resources	Committees hand management back to Council. Cost to Council to run pools without voluntary contributions will be higher than the funds currently paid to committees of management to carry out this function. Council will need to review its budget to determine whether or not it can afford to fund pools or operate in-house. It may also explore opportunities for external swimming pool managers or may consider rationalising some swimming pools.	Continue to support swimming pool committees of management through annual funding allocations and training. Assist committees to recruit volunteers.	Moderate	Significant	9 - medium
More football / netball clubs amalgamate	As a result of amalgamations, recreation reserves in some towns are only used several times per year, if at all. Assets at recreation reserves no longer maintained, or only maintained to a very basic level, causing them to potentially fall into a state of disrepair. Committees of Management unable to fund upkeep and utilities for facilities due to less income from user groups, gate taking fees, bar sales, etc. Communities develop a sense of loss as their sports team no longer exists in its current format and their sports and social facilities are not used as often, or not used at all. Less opportunities locally for residents to play football or netball.	Keep lines of communication open with football / netball clubs, associations, leagues and communities and proactively seek to be involved in any potential discussions around amalgamation. Work with communities to ensure that facilities at recreation reserves are as multi-purpose as possible and can be used by the community if sport is not a focus of the site. Ensure that a range of physical activity opportunities are available in each town.	Likely	Significant	12- high
Sports clubs and / or committees of management unable to	Committees of management will not have the structure to plan and operate their particular sport and undertake the necessary tasks such	Continue to support sports clubs / committees of management through training	Moderate	Major	12 - high

Potential risk	Outcome	Measures to minimise risk	Likelihood	Consequence	Score
form a management committee	as organising competitions, paying utilities, opening facilities, inspecting grounds, etc. The sport or activities are likely to cease operating.	(including governance). Assist committees to recruit volunteers.			
Sports clubs and / or committees of management unable to find sufficient volunteers to maintain facilities	Facilities will not be maintained to expected standards, or not maintained at all. This may create unsafe or undesirable playing surfaces and could ultimately result in the club / committee of management ceasing to operate. Alternatively, if clubs have some finances available, they may seek to employ a part time maintenance person or seek support from Council to assist with maintenance.	Continue to support sports clubs / committees of management through annual funding allocations and training. Assist committees to recruit volunteers.	Moderate	Significant	9 - medium
Turf based sports clubs / facilities unable to afford water bills	Grounds will not be watered to expected standards, or watered at all. This may create unsafe or undesirable playing surfaces and could ultimately result in the club / committee of management ceasing to operate. Clubs / committees of management may seek support from Council to assist with water bills or to help install a drought tolerant surface.	Continue to support sports clubs / committees of management through annual funding allocations. Liaise with GWM Water to ensure all sports clubs have access to recreational water rates to reduce their water bills. Assist clubs to audit their sports facilities to identify ways of reducing water use. Assist clubs to prepare funding submissions for drought tolerant and synthetic sports surfaces.	Moderate	Significant	9 - medium

## 10.0 Facility rationalisation

Yarriambiack Shire provides a diverse range of sport and recreation facilities for the benefit of the community including walking / cycling trails, sports grounds, sports courts, indoor leisure centre, skate parks, swimming pools and playgrounds. These facilities are vitally important as they help to create the places where people can be physically active. At the same time, Council is mindful that its investment in such facilities is justified, and can continue to be justified, based on factors such as:

- Lifespan and condition of facility
- Use of facility
- Occupational Health and Safety legislation adherence
- Disability Discrimination Act (DDA) compliance
- Universal Design compliance
- Financial viability
- Local, state and national trends for similar facilities
- Value of the facility to the community

In order to assist Council with its decision making regarding whether or not specific facilities should be repaired, upgraded, retained in its current state until the end of its lifespan or rationalised, it needs to ask the following questions:

- What is the current lifespan of the facility?
- How often is the facility used?
- How many people use the facility each time it is used?
- What is the condition of the facility?
- Are there any Heritage Listings (or similar) associated with this facility?
- Are there any Occupational Health and Safety issues associated with this facility?
- If there any Occupational Health and Safety issues associated with this facility, are these issues able to be addressed?
- Does the facility require upgrading to ensure its functionality / adherence to relevant regulations such as the Disability Discrimination Act (DDA) and Universal Design principles?
- How much does this facility cost Council or user groups to maintain on average each year?
- How much (if any) income does the facility generate for Council per annum?
- Who are the main users groups of the facility?
- How important is this facility to the community?
- How important / necessary is it for Council to provide such a facility for the community?
- What trends have you noticed in Yarriambiack Shire or neighbouring municipalities for similar facilities?
- Are there other facilities in the community or that are provided by the private sector that could take the place of this facility if it was to be closed / no longer used?
- What type of community reaction would you expect if this facility was to be closed / no longer used?

## 11.0 Action plan

This action plan has been prepared utilising information obtained from:

- various policy directions at a Local, State and National level
- a demographic analysis of the Yarriambiack Shire community
- general sport and recreation trends
- feedback from local sport and recreation clubs
- feedback from State Sporting Associations and key stakeholders
- feedback from the general community

The action plan has been divided into a number of different rows and columns.

Four key priority areas have been developed:

1. participation
2. facilities
3. club development
4. support from Yarriambiack Shire

Under each of these priority areas there are a number of issues and actions. Against each action, Council's role is identified.

### **Potential partners**

A range of potential partners has also been identified to assist in the delivery of the actions contained within the plan. Key partners for Yarriambiack Shire to work with in relation to sport and recreation include relevant Federal and State Government departments, community health agencies, neighbourhood / community houses, schools, sports clubs and private organisations.

### **Resource requirements**

Similarly, resource requirements have been identified. In general, most of the actions require staff time and potentially a small program budget. Facility developments however will require much greater levels of expenditure.

No.	Issue	Action	Partners	Resources	Priority
<b>Participation</b>					
1	<b>Promotion of health benefits</b>	In partnership with local community health agencies promote the health benefits of physical activity participation and the National Physical Activity Recommendations in the media and on Council's website.	Rural North West Health Dunmunkle Health Services	Officer time	Ongoing
2	<b>Junior participation</b>	In partnership with schools, identify initiatives to increase participation in physical activity and sports clubs by young people.	Local primary schools Local secondary schools VicHealth Sports clubs State Sporting Associations	Officer time	High
3	<b>Healthy eating</b>	Support the work of YCHANGE working group as it works towards improving the health of food and beverages available at sports events.	YCHANGE working group Wimmera Regional Sports Assembly Sports clubs	Officer time	High
4	<b>Programs</b>	Facilitate a range of physical activity programs, e.g. <ul style="list-style-type: none"> <li>• free Come 'n' Try events in partnership with local sports clubs to increase participation levels in physical activities</li> <li>• informal town physical activity programs</li> <li>• Summer in the Parks program around the Shire featuring a variety of physical activity opportunities suitable for families, along with music, movies and</li> </ul>	Sports clubs Parkrun	Officer time  Program budget \$2,000	High

No.	Issue	Action	Partners	Resources	Priority
		BBQs <ul style="list-style-type: none"> <li>Parkrun.</li> </ul>			
5	<b>Social competitions</b>	In partnership with Wimmera Regional Sports Assembly, support clubs to introduce more modified and social competitions and to create more welcoming clubs.	Wimmera Regional Sports Assembly Sports clubs State Sporting Associations	Officer time	Ongoing
6	<b>Older adults</b>	In partnership with Rural North West Health and Dunmunkle Health Services, identify the physical activity needs of older adults and develop programs to accommodate these needs.	Rural North West Health Dunmunkle Health Services Warracknabeal Leisure Centre	Officer time	High
7	<b>Calendar of events</b>	Prepare an annual calendar of events for physical activity opportunities (formal and informal) that is promoted on Council's website and in the media each three months.	Sports clubs Schools Rural North West Health Dunmunkle Health Services	Officer time	High
<b>Facilities</b>					
8	<b>Facility developments / upgrades</b>	Undertake facility developments / upgrades as per list in 9.1 of this report.	Sports clubs State Sporting Associations Funding bodies	Not costed	High to low (refer to list)
9	<b>Asset renewal plans</b>	Support clubs to develop facility maintenance and asset renewal plans.	Sports clubs	Officer time	High
10	<b>Universal Design and Environmentally</b>	Ensure that Universal Design and Environmentally Sustainable Design principles are incorporated into all facility upgrades and	Sports clubs	Officer time	Ongoing

No.	Issue	Action	Partners	Resources	Priority
	<b>Sustainable Design principles</b>	developments.			
11	<b>School facilities</b>	Establish joint use agreements with schools to allow community access to facilities such as ovals, courts and playgrounds outside school hours.	Schools	Officer time	Medium
12	<b>Footpaths</b>	Progressively work towards ensuring that there is a footpath on at least one side in every street.	None identified	Not costed	Ongoing
<b>Club development</b>					
13	<b>Information sessions</b>	Conduct annual information sessions for sport and recreation clubs to update them on any relevant issues; to allow for two way communication between clubs and Council; and to provide networking for clubs.	Sports clubs Wimmera Regional Sports Assembly	Officer time	Ongoing
14	<b>Newsletters</b>	Provide a newsletter for clubs and organisations every six months to provide information about grants and other relevant initiatives.	Sports clubs Wimmera Regional Sports Assembly	Officer time	Ongoing
15	<b>Access to information</b>	Ensure that clubs have access to relevant information and training, e.g. strategic planning, governance training, grant writing workshops, source of grants, fundraising initiatives, etc.	Sports clubs Wimmera Regional Sports Assembly	Officer time	Ongoing



No.	Issue	Action	Partners	Resources	Priority
16	<b>State Government grant processes</b>	Advocate to government agencies to simplify grant applications wherever possible, increase grants in line with CPI each year and allow a higher in-kind percentage from local clubs rather than a financial contribution to match grant funds.	Government bodies	Officer time	High
17	<b>Amalgamation processes</b>	Advocate to AFL Victoria to include Local Government Authorities in discussions about amalgamations.	AFL Victoria Football / netball clubs	Officer time	Ongoing
18	<b>Volunteer recruitment</b>	Develop a volunteer recruitment strategy in partnership with other relevant agencies and clubs.	Sports clubs	Officer time	High
19	<b>Volunteer recognition</b>	Conduct annual volunteer recognition / awards events	Sports clubs	Officer time Program budget \$2,000	Medium
20	<b>Electronic communications</b>	Work in partnership with local schools or other training agencies to help clubs develop and maintain websites and social media sites.	Sports clubs Schools Training agencies	Officer time	Medium
21	<b>Tourism packages</b>	Work in partnership with tourism operators and clubs to develop both short term memberships to places such as golf clubs, and develop a package of experiences including accommodation, dining and sports opportunities such as a round of golf.	Tourism operators Sports clubs	Officer time Promotional budget \$500	Medium

No.	Issue	Action	Partners	Resources	Priority
22	State Sporting Associations	Engage with State Sporting Associations to develop service level agreements to support local clubs in Yarriambiack Shire.	State Sporting Associations Sports clubs	Officer time	Medium
23	Sports equipment	Encourage the development of a second hand sports equipment / uniform service.	Sports clubs Neighbourhood houses	Officer time	Low
24	Utility costs	Work with clubs to audit their utility costs with the aim of implementing cost saving measures and installing cost saving devices.	Sports clubs	Officer time	Medium
25	Water rates	Develop an agreement with GWM Water to provide all turf sports clubs with water at recreational water rates.	Sports clubs GWM Water	Officer time	High
<b>Support from Yarriambiack Shire</b>					
26	Internal Council planning	Establish a formal process to ensure that relevant units of Council are involved in sport and recreation planning and that the recreation unit is involved in planning of other units.	None identified	Officer time	Ongoing
27	Council website	Upgrade Council's website to provide more information about sport and recreation opportunities, including informal opportunities such as shared trails, playgrounds, etc.	None identified	Officer time	Ongoing
28	Lease agreements	Review and update the user agreements between Council and sport and recreation clubs to clearly identify the roles and responsibilities	Sports clubs	Officer time	High

No.	Issue	Action	Partners	Resources	Priority
		of each body.			
29	Staff resources	Seek additional resources to appoint a part-time officer or trainee to assist the Community Projects Coordinator, or consider reallocating tasks internally utilising staff from other areas.	None identified	Not specified.	High
30	Partnerships	Continue to work in partnership with and collaborate with a range of organisations such as not-for-profits, businesses, health agencies, schools, to help deliver increased and / or improved sport and recreation opportunities.	Not-for-profits Businesses Health agencies Schools	Officer time	Ongoing
31	Community grants program	Review the Community Group Financial Assistance Scheme and the SHARE community grants program.	Sports clubs Community groups	Officer time	Medium
32	Recreation reserve assistance	Adopt the council contributions to recreation reserves guidelines.	Sports clubs	Officer time	High
33	Recreation Reserve planning	Prepare master plans for each of the major recreation reserves in the municipality, i.e. Anzac Park (Warracknabeal), Beulah, Brim, Hopetoun, Minyip, Murtoa and Rupanyup.	State Government Sports clubs Schools	Officer time or \$20,000 per plan or \$140,000 in total if undertaken externally.	Medium
34	Playground planning	Prepare a playground policy for the municipality.	State Government Schools Pre-Schools General public	Officer time	Medium

No.	Issue	Action	Partners	Resources	Priority
35	<b>Walking and Cycling Strategy</b>	Prepare a walking and cycling strategy for the municipality.	State Government Schools Community health agencies General public	Officer time or \$30,000 if undertaken externally.	Medium

## 11.1 Facility development priorities

Facility development priorities have been identified through:

- Facility audit
- Clubs surveys
- Community surveys
- Community listening posts.

Facility upgrades / developments have been prioritised against the proposed vision and planning principles. Note that all AFL football club facility developments should align with AFL (2012) Preferred Facility Guidelines – for State, Regional and Local Facilities<sup>17</sup>.

Town	Facility	Action	Details	Source of information	Priority
<b>Beulah</b>					
	Beulah Memorial Park	Install more lights over netball / tennis courts	Tennis club is now defunct. Will need to access power	Facility audit Club survey	<i>Low</i>
		Construct female change facilities	Construct female change facilities at netball / tennis courts <i>High priority</i>	Audit	<i>High</i>

<sup>17</sup> AFL (2012) Preferred Facility Guidelines – for State, Regional and Local Facilities: [http://aflvic.com.au/wp-content/uploads/2013/10/AFL\\_PREFERRED\\_Facility\\_Guidelines\\_for\\_State\\_Regional\\_Local\\_Facilities\\_FINAL\\_2012.pdf](http://aflvic.com.au/wp-content/uploads/2013/10/AFL_PREFERRED_Facility_Guidelines_for_State_Regional_Local_Facilities_FINAL_2012.pdf)

Town	Facility	Action	Details	Source of information	Priority
		Upgrade tennis/netball court surface	Courts are slippery when wet	Club survey	Medium
		Upgrade change facility	\$298K has just been received to upgrade the community centre at its other shared home ground in Hopetoun.	Facility audit Club survey	Low
		Install air conditioning in the community centre	\$30K will be required to upgrade the power supply for air conditioning.	Facility audit	Low
	Beulah Memorial Swimming Pool	Heat the pool	Install solar or gas heating in the pool	Club survey	Low
	Beulah Bowls Club	Upgrade change facilities	Construct change facilities and an accessible toilet	Club survey	Medium
<b>Brim</b>					
	Brim Memorial Bowling Green	Access cheaper water	Negotiate with GWM Water to secure recreational water rates for sport and recreation facilities wherever possible.	Facility audit	High
		Upgrade lighting for bowls	An application for improved lighting has been submitted to the Community Sports Infrastructure Fund in 2015. Bowling green currently has overhead incandescent lights.	Facility audit	High
	Brim Recreation Reserve	Upgrade training lights on the oval	Unsure if current lights meet regulations.	Facility audit	Low
		Upgrade tennis / netball courts	The concrete under the synpave surface has cracked, causing deterioration of tennis /	Facility audit Community survey	Low

Town	Facility	Action	Details	Source of information	Priority
			netball courts.		
		Construct female change facilities	Construct female change facilities or access a portable building to be used as a female change facility.	Facility audit	High
		Upgrade oval and irrigation system	An application for a new in-ground, fully automated, sprinkler system, laser levelling and re-seeding has been submitted to the Community Sports Infrastructure Fund in 2015.	Facility audit Club survey Community survey	High
		Upgrade community centre	Upgrade community centre.	Community survey	Medium
	Brim Weir Pool	Upgrade weir pool	Install boat ramp and pontoon.	Community survey	Medium
<b>Hopetoun</b>					
	Lake Lascelles / Corrong	Install a pontoon	Install a pontoon	Facility audit Literature review	High [Funding has recently been received for this project]
		Establish a fish hatchery	Establish a fish hatchery at the North end of Lake Lascelles in the old reservoir.	Club survey	Low
		Develop a walking track	Develop walking / running tracks with distance markers, play equipment, exercise equipment and more shade around Lake Lascelles.	Community listening post	High

Town	Facility	Action	Details	Source of information	Priority
	Recreation Reserve	Upgrade community centre and change rooms	The community centre will be upgraded over the summer months 2015-16 – a building permit has been issued. It will include windows so patrons can view netball whilst inside the building, an extension to the community centre and new change rooms. The building will be extended 15m in length.	Facility audit Literature review	High
		Upgrade lighting on oval	In principle support has been given by Council to submit an application to the Country Football and Netball Program in 2016 (if the funding program still exists) for 4 x 25 metre high light towers to provide lighting of the oval to football night game illumination standard. It is proposed to include infrastructure on the towers so that in the future light globes can be installed to bring the illumination up to night cricket standard. A grant of \$100,000 will be sought and a cash contribution of \$83,000 will be required from Hopetoun Football / Netball Club.	Facility audit	High
		Upgrade skate park	Expand size of skate park and install seats and shade.	Community listening post Literature review	Low
	Hopetoun Tennis Club	Extend the paving of the basketball half court	The basketball half court boundary is partially on hard surface court and partially on grass – potentially causing a risk to players as they move from one surface to another. Extent of existing and latent use of basketball half court is required prior to undertaking any further	Facility audit	Low

Town	Facility	Action	Details	Source of information	Priority
			planning.		
		Install a playground	Install a playground to be used by the tennis club.	Club survey	<i>Low</i>
	Hopetoun Bowls Club	Air conditioning, shade and seating	Install heating / cooling unit. Also additional shade and seating	Club survey Literature review	<i>Medium</i>
	Hopetoun Swimming Pool	Heating	Install solar or gas heating in the pool.	Community survey Literature review	<i>Medium</i>
	Hopetoun Golf Course	Upgrade pavilion and surrounds	Upgrade pavilion and develop a storage shed.	Community listening post	<i>Low</i>
<b>Lubeck</b>					
	Tennis Court	Upgrade tennis court	Existing court is in a poor state of repair. Likely only to be used for social tennis.	Facility audit	<i>Low</i>
<b>Minyip</b>					
	Recreation Reserve	Upgrade change facilities	Change rooms at the Recreation Reserve will be upgraded shortly to include a new floor, new showers, exhaust fans, change facilities for netballers and female umpires (3 toilets and 4 showers).	Facility audit Community listening post Literature review	<i>High</i>
		Upgrade netball courts	Upgrade netball courts and place more seating around the perimeter.	Community listening post	<i>Medium</i> [Funding has recently been received for this project]
		Upgrade tennis courts	Upgrade tennis courts.	Community survey	<i>Medium</i>



Town	Facility	Action	Details	Source of information	Priority
				Community listening post	
	Minyip Bushland Reserve	Extend walking track and upgrade car park	A funding application has been submitted to Regional Development Victoria in 2015 to link the track into the township of Minyip.	Facility audit Community listening post Literature review	<i>High</i> [Funding has recently been received for this project]
	Minyip Wetlands	Upgrade walking track	Blue stone walking track (poorly maintained and too uneven – needs to be resurfaced and widened). Also plant more trees and grassed areas with shade and stock the wetlands with fish.	Facility audit Community listening post Literature review	<i>High</i> [Funding has recently been received for track upgrade component of this project]
	Minyip Golf Club	Upgrade tee-off areas	Install artificial 'driving range' grade synthetic turf at tee-off areas.	Club survey Literature review	<i>Low</i>
	Minyip Swimming Pool	Heat the pool	Install solar or gas heating in the pool.	Club survey	<i>Low</i>
	Minyip footpaths	Construct more footpaths and walking tracks	Ensure that there are footpaths on at least one side of each street and develop more shared cycling / walking paths in town.	Community listening post	<i>High</i>
<b>Murtoa</b>					
	Murtoa Showyards Reserve	Install a compliant ramp and accessible toilets in the community centre	Neither the ramp nor the toilets are compliant with DDA regulations.	Facility audit	<i>High</i>
		Access cheaper water	Negotiate with GWM Water to secure	Facility audit	<i>High</i>

Town	Facility	Action	Details	Source of information	Priority
			recreational water rates for sport and recreation facilities wherever possible.		
	Murtoa Swimming Pool	Upgrade change facilities	Upgrade existing change rooms/ toilet facilities.	Facility audit Club survey	High
	Lake Marma (Rabl Park)	Develop additional walking tracks	A funding application has been submitted to Regional Development Victoria in 2015 to develop a walking track around Rabl Park.	Facility audit	High [Funding has recently been received for this project]
<b>Patchewollock</b>					
	Open space	Develop shared cycling / walking paths	Develop shared cycling / walking paths	Community survey	High
	Park	Upgrade park	Upgrade existing park to include more seats, shade, BBQs, picnic areas and landscaping	Community survey	High
<b>Rupanyup</b>					
	Rupanyup Recreation Reserve	Upgrade training lights on sports oval	Current lights are inadequate.	Facility audit Literature review	Medium
		Upgrade external public toilet block to include an accessible toilet	This will enable the site to be more accessible for all people.	Facility audit	Medium
		Plant the oval with warm season grasses	This will help to reduce water bills.	Facility audit	Medium
	Jack Emmett Billabong	Extend the walking track	Extend the existing walking track into the centre of Rupanyup.	Facility audit	Medium

<b>Town</b>	<b>Facility</b>	<b>Action</b>	<b>Details</b>	<b>Source of information</b>	<b>Priority</b>
	Footpaths	Upgrade footpaths	Upgrade footpaths.	Community listening post	<i>High</i>
<b>Sheep Hills</b>					
	Sheep Hills Golf Club	Upgrade clubhouse and toilet facilities	Upgrade clubhouse and toilet facilities.	Club survey	<i>Low</i>
<b>Speed</b>					
	Open space	Develop shared cycling / walking paths	Develop shared cycling / walking paths.	Community survey	<i>Low</i>
	Park	Upgrade park	Upgrade existing park to include more seats, shade, BBQs, picnic areas and landscaping.	Community survey	<i>Low</i>
<b>Tempy</b>					
	Open space	Develop shared cycling / walking paths	Develop shared cycling / walking paths.	Community survey	<i>Low</i>
	Park	Upgrade park	Upgrade existing park to include more seats, shade, BBQs, picnic areas and landscaping.	Community survey	<i>Low</i>
	Swimming pool	Upgrade swimming pool	Upgrade swimming pool	Community survey	<i>Low</i>
<b>Warracknabeal</b>					
	Warracknabeal Golf Club	Upgrade the irrigation system over the entire golf course	This would enable the golf course to remain green all year long and attract increased membership. It may draw members from other nearby golf club courses, therefore impacting their viability. This cost is likely to be very high. Further investigation of the feasibility of this initiative is required.	Facility audit Club survey Community survey	<i>High</i>

Town	Facility	Action	Details	Source of information	Priority
		Install a new air conditioner	This would enable a more comfortable environment for golfers and bowlers in summer and winter.	Facility audit	<i>Medium</i>
	Warracknabeal Leisure Centre & Gymnasium	Replace floor of stadium	The surface of the sports courts needs to be replaced – still has the original floor from 1975. At the same time, basketball key line marking which no longer complies can be rectified.	Facility audit Community survey	<i>Low</i>
		Upgrade gym	Increase the size of the gym.	Community survey	<i>Medium</i>
		Upgrade skate park	Extend the size of the skate park and add more skate equipment.	Community listening post	<i>Medium</i>
	Anzac Memorial Park	Develop change rooms for female players and umpires	Funding application has been submitted to Country Football and Netball Program in 2015 for \$100K to construct a new netball and female umpire change room incorporating showers, toilets and wash basins (total project value: \$135K).	Facility audit Community survey Community listening post	<i>High</i>
		Increase the size of change rooms for football / cricket players.	Existing change rooms are too small. Estimated to cost \$400k. Female and umpire change facilities are the first priority.	Facility audit Community survey Community listening post	<i>Medium</i>
		Increase access to irrigation water	An application has been submitted to the State Government for an additional non-potable water irrigation supply for Anzac Park	Facility audit	<i>High</i>

Town	Facility	Action	Details	Source of information	Priority
			– which is the construction of a 5ML dam in the south east corner at the Wheatlands Museum site, with pumping infrastructure to transfer the water to Anzac Park. The application requests a grant of \$54,100 for a total project cost of \$81,176.		
		Upgrade tennis courts	Upgrade tennis courts.	Community survey	Medium
		Upgrade Molly Taylor Memorial Kiosk	Upgrade Molly Taylor Memorial Kiosk.	Community survey	Low
		Upgrade netball court	Upgrade netball court.	Community listening post	Medium
		Upgrade public toilet block	Upgrade public toilet block.	Community listening post	Medium
		Develop a parcour course	Develop a parcour (outdoor street obstacle) course at Anzac Park.	Community listening post	Low
	Walking / cycling trails	Upgrade existing walking / cycling trails	Upgrade existing walking trails so that they are DDA compliant and don't have stones along the path.	Community survey	High
	Warracknabeal Weir pool	Upgrade facilities at the weir pool	Install outdoor gym equipment, seal a path to enable DDA compliance, stock water with fish and improve water quality.	Community survey Community listening post	High
	Warracknabeal Boxing Gym	Relocate boxing gym	Access a larger site with air Conditioning.	Community survey	Medium

Town	Facility	Action	Details	Source of information	Priority
	Warracknabeal Men's Shed	Extend the Men's Shed	Extend the Men's Shed.	Community survey	<i>Medium</i>
	Warracknabeal Lions Park	Provide additional features in the Lions Park	Provide additional features such as totem tennis, rock climbing wall and more shade.	Community listening post	<i>Medium</i>
	Playgrounds	Upgrade playgrounds	Develop more shade, greater accessibility and adult play features in playgrounds.	Community listening post	<i>Medium</i>
<b>Woomelang</b>					
	Cronomby Tanks	Develop a walking track	A funding application has been submitted to Regional Development Victoria in 2015 to develop a 1.5km walking track in Woomelang.	Facility audit Literature review	<i>High</i>
<b>Yaapeet</b>					
	Yaapeet Wetlands (Turkey Bottom Ponds)	Develop a walking track	A funding application has been submitted to Regional Development Victoria in 2015 to develop a walking track in Yaapeet.	Facility audit	<i>High</i>

## 11.2 Reporting and evaluation

It is recommended that an internal Council committee is established to meet several times each year, and prior to the development of Council budgets, to progress, monitor and evaluate the actions contained within the Strategy. The Recreation Strategy should be reviewed every 12 months and a new Recreation Strategy should be prepared in 2025.

## 11.3 Summary of Recommendations

The five key priority areas of the Strategy are:

### 1. Participation:

Work in partnership with organisations such as Rural North West Health, Dunmunkle Health Services, schools, Wimmera Regional Sports Assembly and Deakin University to promote, encourage and facilitate physical activity opportunities and healthy lifestyles for the Yarriambiack community.

### 2. Facilities:

Continue to ensure that sport and recreation facilities and amenities such as walking / cycling tracks, weir pools, parks, sports grounds, sports courts, skate parks, community centres, etc in Yarriambiack Shire are developed, upgraded and maintained to an acceptable standard and designed according to Universal Design (UD), Environmentally Sustainable Design (ESD) and Disability Discrimination Act (DDA) guidelines and requirements.

High priority facility developments include:

Town	Facility	Proposed development
Beulah	Beulah Memorial Park	<ul style="list-style-type: none"> <li>Construct female change facilities at netball / tennis courts</li> </ul>
Brim	Brim Memorial Bowling Green	<ul style="list-style-type: none"> <li>Access cheaper water</li> <li>Upgrade lighting for bowls</li> </ul>
	Brim Recreation Reserve	<ul style="list-style-type: none"> <li>Construct female change facilities</li> <li>Upgrade oval and irrigation system</li> </ul>
Hopetoun	Lake Lascelles / Corrong	<ul style="list-style-type: none"> <li>Develop a walking track</li> </ul>
	Hopetoun Recreation Reserve	<ul style="list-style-type: none"> <li>Upgrade community centre and change rooms</li> <li>Upgrade lighting on oval</li> </ul>
Minyip	Minyip Recreation Reserve	<ul style="list-style-type: none"> <li>Upgrade change facilities</li> </ul>
	Minyip footpaths	<ul style="list-style-type: none"> <li>Construct more footpaths and walking tracks</li> </ul>
Murtoa	Murtoa Showyards Reserve	<ul style="list-style-type: none"> <li>Install a compliant ramp and accessible toilets in the community centre</li> <li>Access cheaper water</li> </ul>
	Murtoa Swimming Pool	<ul style="list-style-type: none"> <li>Upgrade existing change rooms/ toilet facilities.</li> </ul>
Patchewollock	Open space	<ul style="list-style-type: none"> <li>Develop shared cycling / walking paths</li> </ul>
	Open space	<ul style="list-style-type: none"> <li>Upgrade park</li> </ul>
Rupanyup	Footpaths	<ul style="list-style-type: none"> <li>Upgrade footpaths</li> </ul>
Warracknabeal	Warracknabeal Golf Club	<ul style="list-style-type: none"> <li>Upgrade the irrigation system over the entire golf course</li> </ul>
	Anzac Memorial Park	<ul style="list-style-type: none"> <li>Develop change rooms for female players and umpires</li> <li>Increase access to irrigation water</li> </ul>
	Walking / cycling trails	<ul style="list-style-type: none"> <li>Upgrade existing walking / cycling trails</li> </ul>

Town	Facility	Proposed development
	Warracknabeal Weir Pool	<ul style="list-style-type: none"> <li>Upgrade facilities at the weir pool</li> </ul>
Woomelang	Cronomby Tanks	<ul style="list-style-type: none"> <li>Develop a walking track</li> </ul>
Yaapeet	Yaapeet Wetlands (Turkey Bottom Ponds)	<ul style="list-style-type: none"> <li>Develop a walking track</li> </ul>

### **3. Club development:**

Continue to support sport and recreation clubs through training; information sessions; newsletters; grant writing assistance; assistance with volunteer recruitment and recognition; use of technology; and utility cost audits. Advocate on behalf of clubs to State Government, State Sporting Associations and GWM Water for changes to grants, club development assistance and water rates.

### **4. Support from Yarriambiack Shire:**

Ensure greater integration of sport and recreation planning across all areas of Council; review and update user agreements and community grants programs; develop policies to guide the provision of sport and recreation delivery in an equitable and transparent manner; promote sport and recreation opportunities more broadly to the community; work in partnership with other relevant organisations to share resources; and seek additional resources to assist with sport and recreation planning and delivery within Council.

### **5. Collaboration with key stakeholders:**

Liaise with relevant government departments in the planning and delivery of sport and recreation opportunities.

**This Sport and Recreation Strategy was prepared with the assistance of the State Government.**

