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1. How can local delivery, including funding structures, of sport and recreation be improved to ensure that people of all ages and abilities are able to lead an active lifestyle? For example, how successfully do local authorities and other bodies such as Active Partnerships, Leisure Trusts, local sports clubs and charities work together, and how might coordination be improved?

In my opinion, the first organisation which should be involved in this action should be hospitals, schools, care homes, community organisations and councils. They have the right statistics and evidence about all citizens, specially about the ones with disabilities or with a critical health situation, who really need access to sport and leisure activities. Should exists a stronger collaboration between this institutions and individuals, to can facilitate an easier access to sport clubs and other organisations which are involved in this action plan.

2. How can children and young people be encouraged to participate in sport and recreation both at school and outside school, and lead an active lifestyle? If possible, share examples of success stories and good practice, and challenges faced.

The young generation should be more encourage to have an active style because this is having a positive impact on their health and their education, in strong relation with UN SDG 3 and SDG 4, respectively a good health and well-being and a good education, according with the United Nations Sustainable Development Goals.

The young generation should be more informed about the benefits of sports and an active life style and should be supported and encouraged through different programmes, including facilitation of some vouchers, more competitions and more campaigns in this direction.

Like an example I will take a tennis class, which from my own experience it was bringing a positive impact on the health and well-being of my daughter, and also on her social behaviour.

3. How can adults of all ages and backgrounds, particularly those from under-represented groups, including women and girls, ethnic minorities, disabled people, older people, and those from less affluent backgrounds, be encouraged to lead more active lifestyles? If possible, share examples of success stories and good practice, and challenges faced.

This objective could be realised with help from different organisations and institutions, like: hospitals, universities, schools, charities or other community organisations. I think competitions should be encouraged and also vouchers facilitated for example for swimming or tennis, that could extend the benefits on the mental health aspects, too.

4. Sporting Future: A New Strategy for an Active Nation, the Government's 2015 sports strategy, outlines five outcome priorities: physical health, mental

health, individual development, social and community development and economic development. Are these the right priorities and how successful has the government been in measuring and delivering these outcomes to date?

Yes, these are the right priorities and also we should underline the United Nations Sustainable Development Goals 2030, which are including SDG 3 which is specially focused on a Good Health and Well – being.

Personally, I think we should do a lot more to implement all these measures, starting with facilitating more information and vouchers to help people in this direction.

5. Is government capturing an accurate picture of how people participate in sport and recreation activities in its data collection? How could this be improved?

Making some more Apps, including and developing also digitalisation in this domain, connecting more sport institutions and organisations with individuals.

Some sport individual plans facilitated through schools, universities or hospitals.

6. How can racism, homophobia, transphobia, misogyny and ableism in sport be tackled?

I think these aspects are not often met in this domain, because sport is an international domain which is promoting fair play rules.

We should be more inclusive and not differentiate for example disabled people or individuals from other nationalities, from the others. We should be more inclusive in all aspects and also facilitate more sport and action plans for all social categories.

7. What can be done to improve and implement effective duty of care and safeguarding standards for sports and recreation actives at all levels?

More guidelines and information promoted in this direction, in schools, hospitals, universities, recreational centres and community organisations. More educational plans and guidelines in this direction.

8. What are the opportunities and challenges facing elite sports in the UK and what can be done to make national sports governing bodies more accountable? For example, accountability for representing and protecting their membership, promoting their sport and maximising participation.

A development plan focused on sport facilities and action plans should developed and be implemented in the next future.

I think its needed more financial support from Government part and voucher schemes encouraging competitions and elite sports.

9. What successful policy interventions have other countries used to encourage people of all ages, backgrounds and abilities to participate in sport and recreation, and lead more active lifestyles?

Canada is a very good example, having an efficient sport policy promoted and implemented by their Government.

"Many organizations make up Canada's sport system, each playing their own role. Some provide Canadians with access to sport and help athletes participate and succeed in competitions. Others are responsible for hosting sport events."

The current Canadian Sport Policy, effective from 2012 to 2022, sets a direction for all governments, institutions and organizations to make sure sport has a positive impact on the lives of Canadians, our communities and our country.

Through five broad objectives, their Policy aims to increase the number and diversity of Canadians participating in sport:

- Introduction to sport: Canadians have the fundamental skills, knowledge and attitudes to participate in organized and unorganized sport.
- Recreational sport: Canadians have the opportunity to participate in sport for fun, health, social interaction and relaxation.
- Competitive sport: Canadians have the opportunity to systematically improve and measure their performance against others in competition in a safe and ethical manner.
- High performance sport: Canadians are systematically achieving world-class results at the highest levels of international competition through fair and ethical means.
- Sport for development: Sport is used as a tool for social and economic development, and the promotion of positive values at home and abroad."

10. Should there be a national plan for sport and recreation? Why/why not?

Definitely yes. This could encourage and sustain the young generation, and not only, to have a more healthier and active life style, which will conduct to a good health and well-being, SDG3. This action plan will have a positive impact on more domains, reducing inequalities, supporting communication and social activities between individuals, helping to create more sustainable cities and communities.

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