

Strategy description:

This Strategy for the development of Sport will support the College in fulfilling its responsibilities for the health and wellbeing of students and staff as outlined by Sport England's strategy 'Creating a Sporting Habit for Life', and the national sporting agenda that Sport England is focused on, which is helping people and communities across the country create a sporting habit for life'.¹

This strategy is a specialised aspect of the College's all-encompassing Health and Wellbeing Strategy to provide clear direction and milestones regarding enabling participation in sport to be offered to all students (further and higher education, full and part-time) and all staff.

Supporting documentation:

- Sport Development Action Plan

Links to other strategies and policies:

- Strategic Plan
- Health and Wellbeing Strategy
- Estates Strategy
- Community Engagement Responsiveness Strategy

¹ Sport England Youth and Community Strategy January 2012

Contents

1 Executive Summary

It is well documented that regular participation in sport and exercise has many benefits for a person's physiological and psychological well being. Investing time and effort in promoting sports participation amongst staff and students of the College will support improvements in the health of the College population and may lead to a happier and more productive environment. Supported by strong community links, Craven College aims to provide the College population with access to sport and exercise opportunities and to develop access to excellent facilities to support staff and students in adopting a healthy lifestyle. Physical activity and exercise is integrated into the curriculum wherever possible, especially where relevant to the students' intended destinations or to promote confidence and enable students to benefit from positive, healthy lifestyle choices.

2 Context

The Association of Colleges has recently formed AoC Sport, a representative organisation for college sport, as it recognises the important role sport can play in college students' success. The move from secondary to tertiary education is an important transition, during which adult health-related behaviour patterns may become established for life. The transitional period provides a unique opportunity to consolidate good experiences from school or to re-engage those who have had a less positive experience. The AoC and Sport England recognise that colleges play a significant role in maintaining and growing student interest in sport as well as providing students with the opportunity to try new sports and activities². Allowing students to actively engage in recreation and extracurricular activities, including sport, can help to address this spectrum of provision. Craven College is organised, outward facing and professional in its approach to sport, health and exercise. The College is committed to making a significant contribution to national priorities relating to healthy lifestyles. Craven College is working towards a future where the student and staff population develop healthy, active, safe and productive adult lifestyles, able to fulfil their potential in life. The benefits to students of participation in sport and physical activity are consistent with this vision. Development of partnerships with local sports clubs and community organisations as well as relationships with National Governing Bodies will enhance the College's sport provision as well as build capacity.

3.0 Strategy

The College's strategy aims to ensure that all staff and students have access to opportunities to develop physically active approaches to life and work. These aims will be achieved by developing appropriate internal structures and action plans to drive the strategy forward. Sport is a context in which the 'character and resilience' of students can be developed.³ The opportunities open to staff and students will be published and circulated through a range of media, including Sports Activities leaflet, student intranet and displays on the College screens in receptions.

3.1 Strategic Aims

² National College Sport Strategy: Growing Sport, Growing Colleges 2011

³ Character and Resilience Manifesto with Centre Forum and Character Counts

3.1.1 Raising student self-esteem through participation in sport

Raising the self-esteem of our students will allow them to reach their potential through the provision of high quality physical education opportunities, sport and competition. Access to sport, health and exercise will be available to students across the curriculum. The College's higher education sport and physical education students will be supported to provide a range of non-competitive sports activities, to develop relevant physical skills and generic life skills such as:

- Team work - being adaptable and taking on a variety of roles to achieve a goal within a group.
- Communication - the ability to listen and communicate in an environment different from their norm.
- Confidence – experiencing and achieving new skills
- Strategic thinking – tactics which will improve cognitive thinking

Wherever possible, participants will be encouraged to design their own activities which will support development of planning and organising skills, for example being able to develop projects and plans to deliver tournaments.

The College's Performance Conditioning Suite will be staffed by appropriately qualified personnel for a number of sessions during the week to allow students and staff to develop their fitness with expert guidance and supervision. This facility will be free for students and staff of the College, who will also receive discounts at Craven Pool and Sandylands Sports Centre.

Non-competitive sport will be developed with North Yorkshire County Council and be linked with The Skipton Academy.

3.1.2 Develop competitive sport

The College will continue to develop, expand and sustain the competitive teams and individuals representing the College at a regional and national level. Representing the College at sport is important for individual students and will enhance the student experience beyond their vocational/academic studies. Representative sport helps to develop a multitude of life skills including: self-discipline; team working; self-respect; respecting teammates, opposition and officials, and an understanding of hard work and achievement.

Students will have the opportunity to play competitive sport by attending the AoC regional championships in York. This will give students the opportunity to play a variety of sports from table tennis to cross country.

The College currently runs two Sports Academies. The football and the rugby academy are available to all students who can then compete in the AOC leagues. The rugby academy is currently in the Category 1 premier north for Rugby Union having become Yorkshire champions in 2015. The academies train five times a week and the training sessions are run in accordance with a professional environment.

These professional environments include field sessions with a focus on game play and skill development. The gym and conditioning sessions are supported by Workouts health and fitness club which currently work with Keighley Cougars having previously been involved with Leeds Rhinos and Wakefield Wildcats. To support the overall development of the athletes they will have access to a pool recovery session and have sessions timetabled specifically for performance analysis.

3.1.3 Ensure that inclusion is embedded

Craven College will ensure sport and physical activity is inclusive and is perceived to be inclusive to all its members by consulting with potential participants from different

backgrounds. This includes ensuring that cost, activity or campus location, biological sex, gender, faith and belief, sexual orientation, ethnicity, age, and any learning and/or physical disabilities do not form barriers to taking part in sport at Craven College. Aims include strengthening female participation and encouraging participation by students with learning difficulties. The College ethos is that participation in sport is of an equal priority to excellence in sport and will actively encourage wider and increased participation. The College will work in partnership with students, community groups and other relevant organisations to ensure sport and physical activity is inclusive to all students and that the participants reflect the diversity of the student community at Craven College.

3.1.4 Create a thriving sports community network

Sport and exercise will play a vital role in the student community, wider college community and in individual student development. We will continue to develop partnerships which will help to place the College at the heart of the community it serves. We are allied with sports development organisations which include National Governing Bodies of Sport. The College has strong community links, in particular with partner clubs including Keighley Cougars RLFC, the Rugby Football Union, Silsden Football Club and Northcliffe Golf Club. The College will seek or provide financial and/or other support for students who progress beyond the region. Sports staff will explore setting up and running a Coaching Academy, for sports students to run holiday camps in association with Craven District Council. Students and staff will be made aware of and encouraged to join local sports clubs,

3.1.5 Develop sustainable facilities and resources

Resourcing sports facilities to meet the strategy will be challenging in these difficult economic times. The College intends to combine external funding, working with local sports clubs and other community organisations regarding sharing resources to develop high quality facilities for student use. The College's current facilities are limited, a significant development for September 2015 will be the Performance Conditioning Suite.

3.1.6 Develop attributes that contribute to employability

Physical Education (PE) professionals, coaches, leaders and volunteers are fundamental in the delivery of sport and physical activity and provide central roles nationally. The individuals who run community sports clubs provide the sustainability and foundations for sport in this country. Through the curriculum, sports students are encouraged and supported to take on these roles and develop skills which will allow them to progress to higher levels and/or employment. The provision of clear pathways for individuals within specific disciplines will support their ambitions for the future. The employability skills that students will develop include: Communication; team working; discipline; respect; timekeeping; reliability; perseverance and resilience.

3.2 Benefits

In addition to the benefits to students, there are a number of potential benefits of the Sports Strategy for the wider college:

- Identification of areas where action is required to enable students to be physically active
- Making a positive statement to students, partners, staff and volunteers about how they are valued by the organisation, which may promote sustained or increased participation, and sporting success
- Encouraging staff and volunteers to work with students

- Creating links with local communities for organisations whose main business it is to promote sport and exercise
- Supporting everyone in the organisation to play their part in promoting health and exercise within the College
- Creating healthier campus environments
- Greater individual productivity
- Greater individual employability
- As members of the AoC students from the College are able to participate in a range of sports, as offered by the AoC, plus the Annual Sporting Event

3.3 Promotion and Development

The College will take reasonable steps to raise awareness of and promote the Sport Strategy to staff, volunteers, partners and students, for example, through formal student engagement processes such as focus groups and seminars held with students and employers. The Student Union and Human Resources Department will be involved in raising awareness and promoting the Strategy to students and staff. The sporting activities of the College will be promoted through a range of media- including leaflet/s, intranet, and the College's TV screens.

The College will work with its partners in education and sport to share information, knowledge, skills and expertise, for example with primary and secondary schools, Higher Education Institutions and local employers at annual seminars/conferences and through the arrangement of work placements for students. Good practice will be shared at national level through competitive sporting events and conferences organised by the Association of Colleges (Sport).

4 Sport Development Action Plan

	Goal	Actions	Who	Timescale	Progress
1	Raising student self-esteem through participation in sport	<ul style="list-style-type: none"> • Timetable and publish Performance Conditioning Suite sessions 	SSL Sport	Publish in August 2015	
		<ul style="list-style-type: none"> • Activities to be devised by sports students 	SSL Sport and Sports Tutors	From November 2015	
		<ul style="list-style-type: none"> • Non-competitive sport to be developed with NYCC, linked with TSA 	SSL Sport and Sports Tutors		
2	Continue to develop competitive sport	Enter sports teams in; <ul style="list-style-type: none"> • Leagues <ul style="list-style-type: none"> ○ Rugby ○ Football • Cup competitions <ul style="list-style-type: none"> ○ Rugby ○ Football 	SSL Sport	September 2015	
		<ul style="list-style-type: none"> • rugby academy will continue to develop in both codes of rugby 	SSL Sport	September 2015	
		<ul style="list-style-type: none"> • football academy will include female participation 	Football tutor	September 2015	
3	Ensure that inclusion is embedded	<ul style="list-style-type: none"> • provide information and training for student groups 	SSL Sport & DoSS	October 2015	
		<ul style="list-style-type: none"> • Ensure that barriers are removed for each protected characteristic (biological sex, gender, faith and belief, sexual orientation, ethnicity, age, and any learning and/or physical disabilities) 	SSL Sport; Sports Tutors; Sports students	All year	
		<ul style="list-style-type: none"> • set high standards for behaviour when taking part in or spectating a sporting event or activity 	SSL Sport & Sports Tutors	All year	
		<ul style="list-style-type: none"> • financially support students to take part, where cost is a barrier to participation 	SSM	All year	

		<ul style="list-style-type: none"> run an "out in sport" campaign to increase 	SSL Sport; Sports Tutors	March 2016	
		<ul style="list-style-type: none"> promote sporting opportunities to students at all campuses <ul style="list-style-type: none"> Consider how sporting opportunities can be made available to all students 	SSL Sport	Termly: Dec 2015 March 2016 June 2016 Tbc	
		<ul style="list-style-type: none"> Analyse participation of students (who enrol 2015) and staff 	SSL Sport	October 2015	
		<ul style="list-style-type: none"> Provide non-competitive sport events 	Sports Tutors	March 2016	
		<ul style="list-style-type: none"> the awareness of inclusivity issues and to increase participation in LGBT students 	Sports Tutors	All year	
4	Create a thriving sports community network	<ul style="list-style-type: none"> deliver sports coaching to primary and secondary schools in Craven 	SSL Sport; Sports Tutors; SSL PS	All year, termly check	
		<ul style="list-style-type: none"> seek or provide financial and/or other support for students who progress beyond the region 	SSM	As required	
		<ul style="list-style-type: none"> explore setting up and running a Coaching Academy 	SSL Sport	May 2016	
5	Develop high quality, sustainable facilities and resources	<ul style="list-style-type: none"> develop Performance Conditioning Suite 	SLT	September 2015	
		<ul style="list-style-type: none"> explore sharing resources to develop high quality facilities for student use <ul style="list-style-type: none"> seek external funding work in partnership with local secondary schools, sports clubs and other community organisations 	SLT; HoS; SSL Sport	tbc	

6	Promote non-competitive and competitive sport internally and externally	<ul style="list-style-type: none"> • sport information leaflet distributed at enrolment 	SSL Sport	August 2015	
		<ul style="list-style-type: none"> • information on intranet and website, regularly updated 	Sports Tutors	All year, termly check	
		<ul style="list-style-type: none"> • Launch of Performance Conditioning Suite 	Marketing	September 2015	
		<ul style="list-style-type: none"> • Events and sports results in local press 	Marketing & Sports Tutors	All year, termly check	