



# ACTIVE LOGAN STRATEGY 2016 – 2028



# Acknowledgement

Logan City Council respectfully acknowledges the Traditional Custodians of the lands across the City of Logan and extends respect to the Elders, past, present and emerging. The City of Logan recognises and respects their cultural heritage, beliefs and relationship with the land.

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## WHAT IS THE ACTIVE LOGAN STRATEGY?

*The Active Logan Strategy* (Strategy) sets the direction for the provision of sport, recreation and physical activity that will support our diverse community to be active in Logan.

The development of this Strategy was informed by two (2) key Council sport and recreation planning documents:

- *The Active Logan Participation Study*; and
- *The Sport and Recreation Infrastructure Discussion Paper*.

The *Active Logan Participation Study* details information on residents' participation in physical activity. This includes motivators and barriers to participation,

preferred activities, frequency of participation, and the type of spaces used for physical activity.

In addition, the *Sport and Recreation Infrastructure Discussion Paper* provides baseline data of club-based sports and recreation activities in Logan. The document gives an overview of sporting trends and details how current and future reserves are utilised.

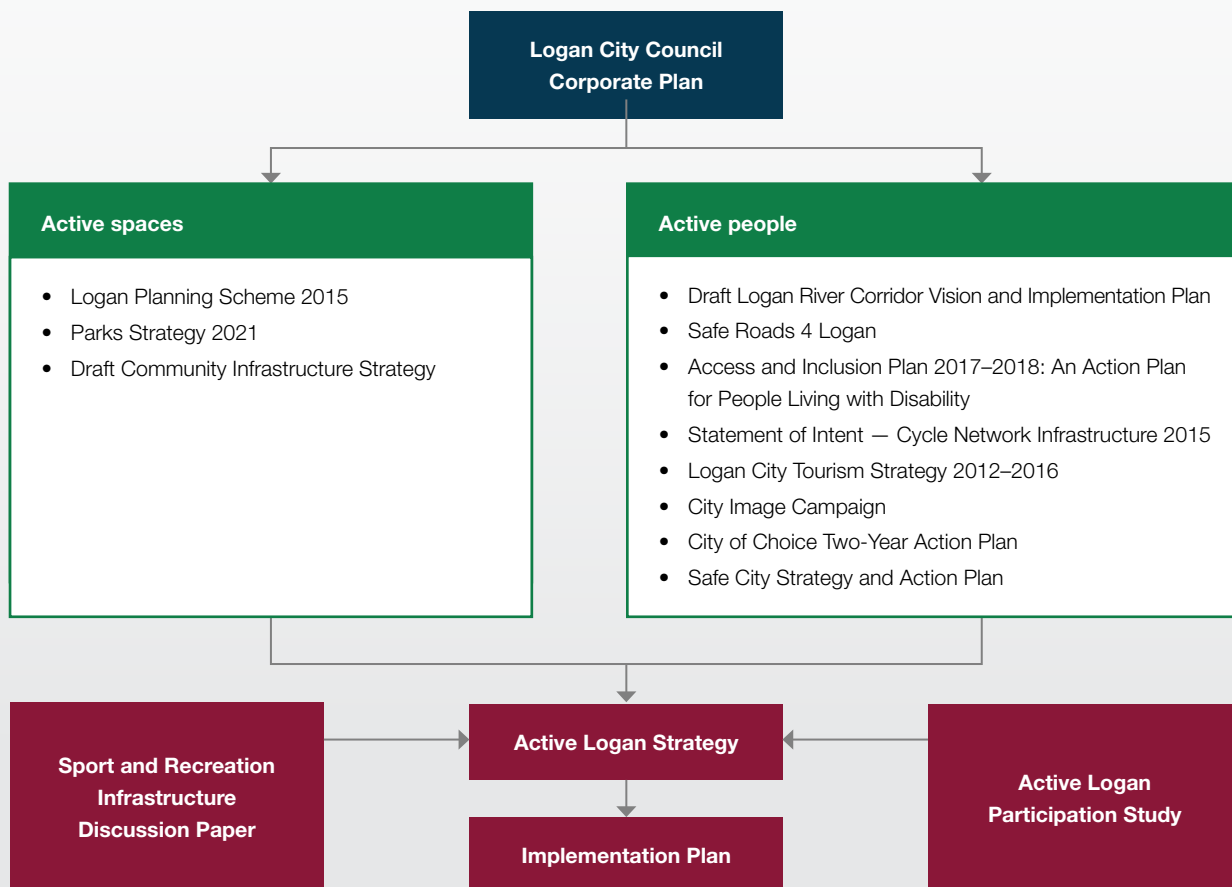
Both documents involved significant engagement with the Logan community and provide a holistic representation of sport, recreation and physical activity from a participation and facility perspective.



# Strategic context

The diagram below shows the relationship between the *Active Logan Strategy*, the *Corporate Plan* and other Council Strategies.

Figure 1 — Strategic fit



The *Active Logan Strategy* provides a blueprint for physical activity, sport and recreation across the city. This Strategy will focus on transforming community land as allocated through the Planning Scheme, Parks Strategy 2021 and the Draft Community Infrastructure

Strategy to create spaces that provide positive physical activity benefits. Likewise, the *Active Logan Strategy* will reinforce other physical activity outcomes as mentioned in supporting documents.



## Our vision

The Vision for the Active Logan Strategy is:

‘In 2028, the City of Logan is recognised as an active and healthy community.’

An active community is one that is continually creating and improving opportunities in the built and social environments and expanding community resources to enable all its citizens to be physically active in day-to-day life (World Health Organization Europe, 2008).

This Strategy recognises the value of active living, physical activity and sport to contribute to a healthy community. The City of Logan is committed to providing opportunities for physical activity and active living for all.



## DELIVERING THE VISION

This Strategy is underpinned by an *Implementation Plan* that outlines key projects to enhance infrastructure, programs and partnership opportunities that will increase the community's physical activity.

As part of this, Council will look to provide varied physical activity, sport and recreation opportunities that cater to the spectrum of physical activity, as detailed below.

- **Unorganised activities**

This includes any sport, recreation and physical activity for which Council provides and maintains spaces for people to be active. These include parks, pathways, bikeways, aquatic centres, etc.

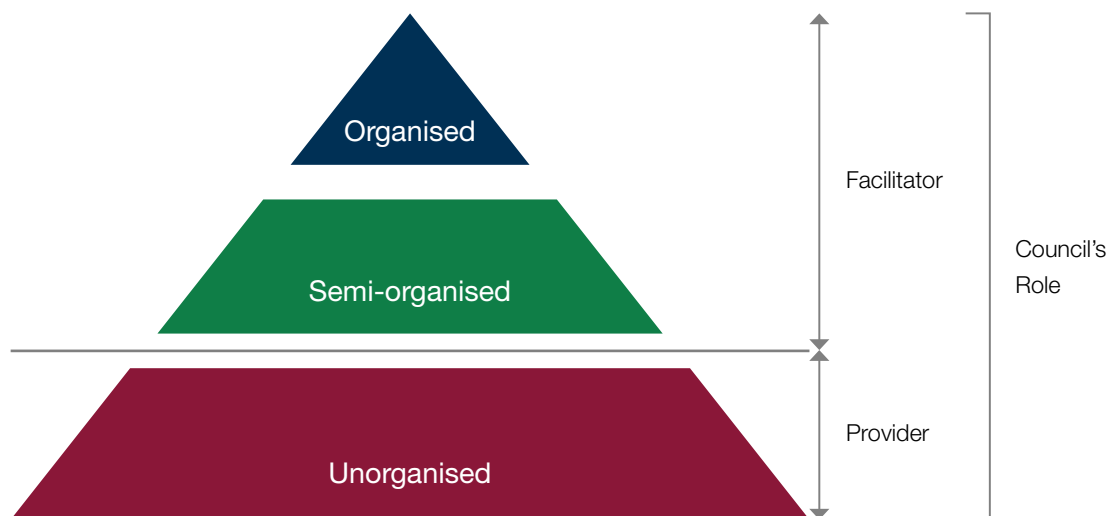
- **Semi-organised activities**

This includes activities that Council will facilitate by providing spaces, however the activity itself is run by a partnering organisation. Examples include parkrun or National Heart Foundation Walking.

- **Organised activities**

Council provides low-cost programs like Live Well Logan to encourage people to be active. Council also supports clubs to operate by leasing more than 100 facilities.

Figure 2 — Spectrum of physical activity



## KEY OUTCOMES

### Active spaces

The City of Logan provides diverse spaces where people can be active, from parks to trails, pathways to sports fields and courts. This outcome is dedicated to the built environment, how it can be planned, designed and managed to create an active community.

#### Challenges and opportunities

- Providing spaces that meet current and future needs
- Financing the provision of high quality spaces
- Balancing the diversity and mix of spaces
- Re-purposing ageing facilities
- Optimising use of Council owned facilities

### Active people

The community is active, inclusive of age, gender, cultural background and ability. This outcome concentrates on the social environment, how participation can be enhanced for all population groups.

#### Challenges and opportunities

- Offering diverse and affordable opportunities for the community to be active
- Raising community awareness about opportunities to be active
- Providing opportunities that cater for everyone's needs
- Ensuring the community can access spaces and programs
- Providing time-effective opportunities for the community to be active

### Active organisations

Organisations are well governed and deliver programs and activities that support an active community. This outcome focuses on supporting organisations to activate the community.

#### Challenges and opportunities

- Supporting volunteers
- Ensuring organisations are financially sound
- Supporting organisations to plan for the future
- Supporting organisations that play a vital role in delivering an active community

# Where are we now?

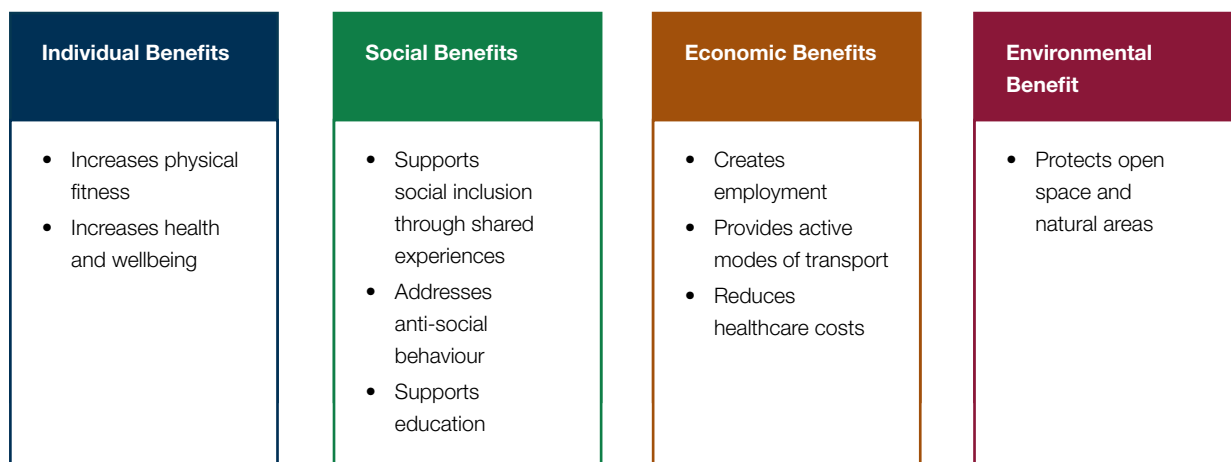
## WHY ARE WE DEVELOPING AN ACTIVE LOGAN STRATEGY?

Sport, recreation and physical activity are vital to everyone's health and wellbeing, with the broader benefits recognised by governments, companies and communities worldwide.

### The importance of being active

It is commonly understood that sport, recreation and physical activity create improved health and education outcomes, enhanced social inclusion, economic returns and community development, as detailed below (Logan City Council, 2016).

Figure 3 – Benefits of sport, recreation and physical activity



## What is an active community?

An active community is a community where people choose to be physically active every day in their community, whether they are at school, work, home, or play. Supporting an active community is based on the belief that regular physical activity has many lifelong benefits.

## Factors influencing an active community

Research highlights that key factors can influence the levels of physical activity in a community. This Strategy aims to influence these factors to increase participation.

### Individual factors

The Active Logan Participation Study and other studies by the Australian Bureau of Statistics (ABS) have identified similar barriers to participation: lack of time, proximity of venue and cost (Logan City Council, 2016).

### Built environment factors

The built environment can either facilitate or discourage physical activity.

- **The neighbourhood environment** — footpaths, street connectivity, mixed land use and urban density;

- **The road environment and safety measures** — pedestrian crossings, traffic volume, speed limits and traffic calming;
- **The amenity of the neighbourhood** — green spaces, continuous urban renewal, and distance to destinations;
- **Proximity** — as adults are more likely to walk to destinations within 400 metres, the closer sports centres and parks are to young people, the more likely they will be used (Sunarja, Wood, & Giles-Corti, 2008), (Garrard, 2009), (Kelty, Giles-Corti, & Zubrick, 2008).

### Social and cultural environment factors

- **Sedentary lifestyles** — technological advances have resulted in minimising physical activity (Bauman, Bellew, Vita, Brown, & Owen, 2002), (Edwards & Tsouros, 2006), (Australian Institute of Health and Welfare, 2008).
- **Inclusive environments** — sporting environments need to be inclusive of the whole community. Spaces need to be safe, supportive and culturally inclusive environments for women, Indigenous Australians, people from culturally and linguistically diverse communities (CALD) and people with disabilities.
- **Social connectedness** — The percentage of individuals undertaking sufficient weekly exercise is closely linked with the level of social connectedness (Brown & Nepal, 2010).

## PHYSICAL ACTIVITY IN AUSTRALIA AND QUEENSLAND

Despite our image of ourselves as an active nation, the data tells a different story. Australians are, in fact, a nation of couch dwellers, and physical activity levels in both adults and children are lower than those of most comparable nations. Since 2001, the proportion and number of Australians doing very little or no exercise has continued to increase (National Heart Foundation of Australia, 2014).

The Federal and Queensland Governments have established a number of policies to influence physical activity and create active communities.

## PHYSICAL ACTIVITY IN THE CITY OF LOGAN

Logan is a vibrant and culturally diverse city going through a period of unprecedented expansion. Logan occupies an area of more than 950sq km spread across urban, rural and semi-rural lands, and is home to 308,000 residents from 215 different nationalities and ethnic groups. The city is expected to grow to 410,000 by 2031 with a focus on the Priority Development Areas of Greater Flagstone and Yarrabilba.

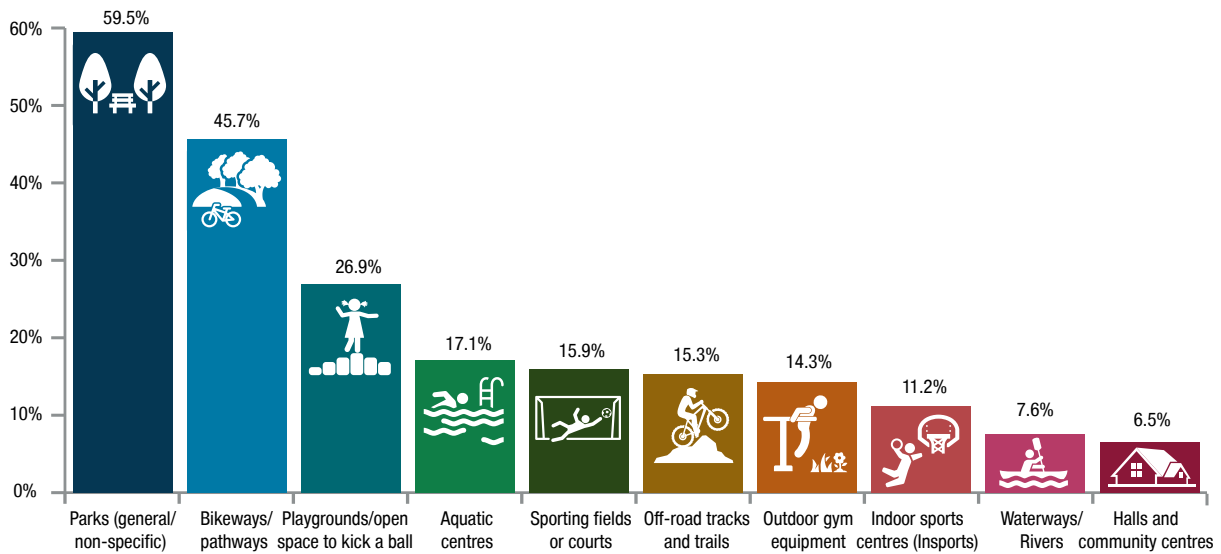


## Active spaces

Council currently provides:

- 973 parks, including 55 sports reserves
- 125 sport and recreation facilities leased to clubs and community organisations
- 6 aquatic centres where 80,000 swim lessons are taught each year
- 3 indoor sport centres with 10,000 casual users a year
- 3 gyms with more than 2,000 members
- About 90 km of recreational trails for walking, mountain biking and/or horseback riding
- 3 BMX tracks
- 313 outdoor gym stations
- 89 half and full basketball courts and 22 multi-purpose, sepak takraw, volleyball and netball courts.
- Council's most popular facilities for sport, recreation and physical activity include parks, bikeways/ pathways, playgrounds, aquatic centres and sporting fields or courts<sup>1</sup>

Figure 4 – Top 10 Council facilities used for sport, recreation and physical activity



<sup>1</sup> Q9. Which of the following Council sport and recreation facilities and infrastructure have you used in the past 12 months? Multiple Responses. (Logan City Council, 2016)

## Active people

The findings of the *Active Logan Participation Study* identified that 76.9% of residents are physically active<sup>2</sup>. In comparison to the broader Queensland and Australian population, the City of Logan is leading the way in participation in physical activity. Males and females have similar rates of activity, with females (76.9%) slightly more active than males (75.5%).

The most popular activities Logan residents participate in include walking, fitness/gym, running/jogging, swimming and road cycling<sup>3</sup>. On average, residents are participating in two activities each week<sup>4</sup>. However, there are still areas that need improvement around frequency and lifelong participation<sup>5</sup>. More than 41.3% of Logan residents identified that barriers prohibited further participation in physical activity. Compared to the National Physical Activity and Sedentary Guidelines it is evident that Logan residents are active, but not often enough.

Figure 5 — Active participation in Logan

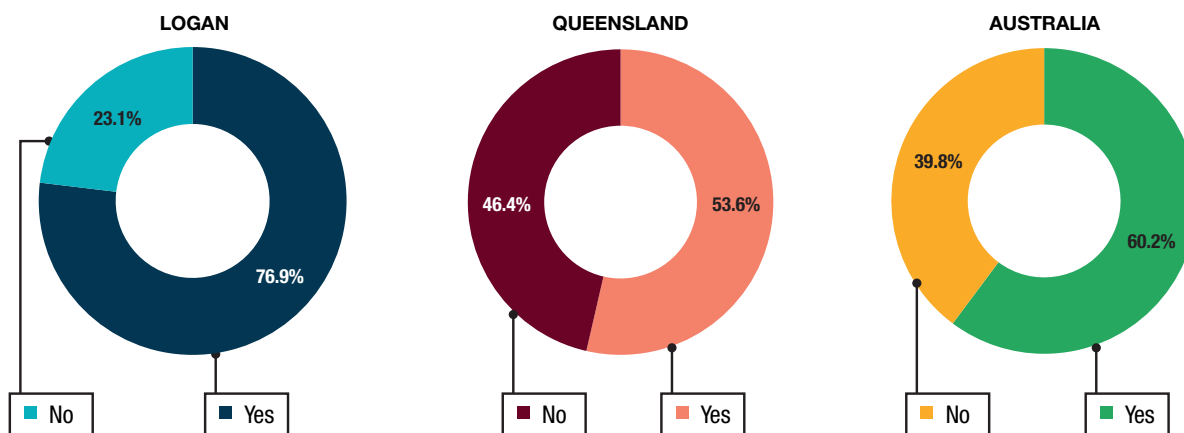
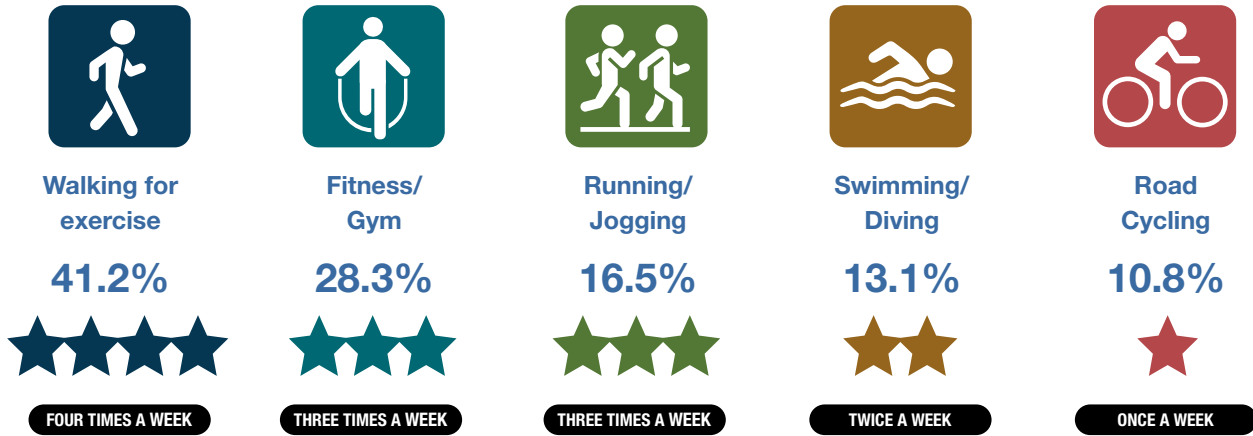


Figure 6 – Top 5 activities and frequency of participation



Council runs programs that support an active community:

- Live Well Logan** — The Live Well Logan program incorporates a holistic approach to health and wellbeing and includes more than physical activity. It has grown to incorporate physical activity and health and wellbeing programs. In 2015, more than 5,000 people participated in a Live Well Logan activity. In 2016/17, Council has attracted 44 Live Well Logan providers to run 59 different activities. There are over 15 walking groups across the city that offer indoor, outdoor and bushwalking opportunities.
- KRANK School Holiday program** — Activities available for young people from 5–17 years of age. The program offers a variety of free and low-cost activities for kids to enjoy during the holidays. Within the first six months of 2016, 955 young people attended the program. 30.3% of participants represent culturally and linguistically diverse communities or Aboriginal and Torres Strait Islander young people.
- Environmental Events and Activities** — In 2015, more than 300 people attended bushwalks and canoe trips organised by Council.

<sup>2</sup> Q1. During the last 12 months, did you participate in any physical activities for exercise, recreation or sport?  
Single Response (Logan City Council, 2016)

<sup>3</sup> Q2. In the last 12 months, which sports and recreation activities did you participate in most frequently?  
Multiple Responses. (Logan City Council, 2016)

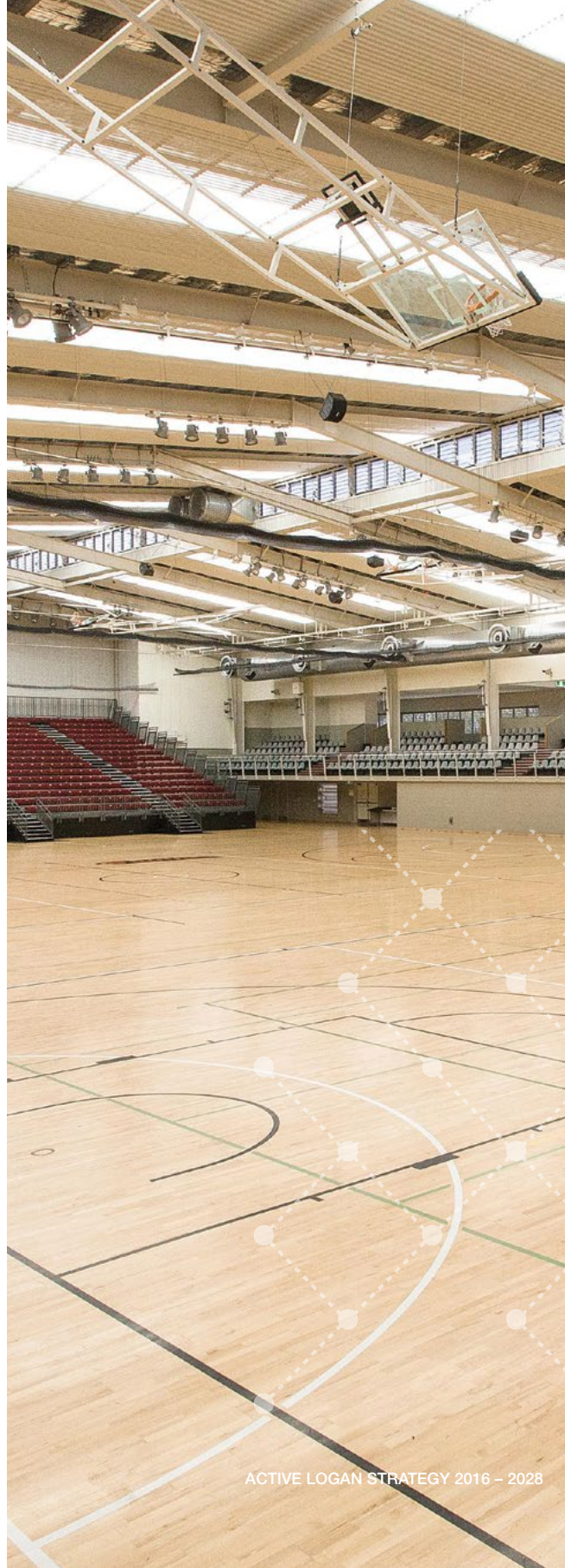
<sup>4</sup> Q3. Including any practice or training sessions, approximately how many times did you participate? (Logan City Council, 2016)

<sup>5</sup> Q1. During the last 12 months, did you participate in any physical activities for exercise, recreation or sport?  
Single Response (Logan City Council, 2016)



## Active organisations

- Council works with approximately 125 sport and recreation organisations that lease sporting facilities.
- Council, in partnership with the Brisbane Lions, has supported 746 individuals by funding \$315,389 to compete at local, state, national and international competitions since 2012.
- Council, in partnership with the Brisbane Lions, has supported 34 sporting clubs by funding \$121,945 to develop their facilities and improve club governance since 2012.
- Council, in partnership with the Department of National Parks, Sport and Racing, has funded and delivered 30 sporting infrastructure projects to the tune of \$4.4 million since 2013.
- Council has provided in excess of \$150,000 in funding in the past year to support 41 clubs to better maintain their facilities.
- Council officers met with 121 sport and recreation organisations last financial year (2014/15) to support the completion of Organisation Planning Toolkits.
- The Sport, Recreation and Community Toolbox features more than 30 resources designed to support sport and recreation clubs.



# Where are we going?

Themes raised from the Active Logan Participation Study and the Sport and Recreation Infrastructure Discussion Paper have underpinned the development of a series of Outcomes contained within the strategy.

## OUTCOME 1: ACTIVE SPACES

**In 2028, the City of Logan offers an increased diversity of open spaces and facilities for people to be active.**

### 1.1. Plan for active spaces

#### 1.1.1 Plan active spaces to meet existing and emerging needs

Planning will be undertaken with the whole of the city in mind, considering the specific needs of rural, urban and growth areas. These spaces meet the needs of all age groups and abilities by providing a range of different opportunities. Council will re-purpose and replace ageing facilities and spaces to meet the emerging needs of the community. Development of new active spaces will be undertaken with the State and Federal Governments, State Sporting Organisations, developers and key user groups to ensure that spaces cater for the growth of the area and its surrounding suburbs. Council will also look to expand its pedestrian links and trail network as a way to improve accessibility to, and within, Logan's open spaces.

#### 1.1.2 Identify the use of active spaces

Council will continually research and analyse the use of active spaces across the city to identify key needs and gaps in the provision of active spaces. Such research will include tracking visitation rates where possible.

#### 1.1.3 Plan for spaces that support all sporting pathways

Council will strive to make Logan a destination for sport. With a range of existing partnerships from grass roots to elite sport, Council will continue to strengthen this image by ensuring there are sporting pathways across a variety of sports. To achieve this, Council will seek to strengthen partnerships with State and National Sporting Organisations to deliver a coordinated approach in the strategic planning, training and education of these organisations.

#### 1.1.4 Encourage active travel

Council will expand its bikeway and pathway network to increase connectivity and encourage active travel. This will provide accessibility to key destinations like active spaces and key infrastructure nodes (schools, shops, public transport and businesses).

### 1.2. Deliver active spaces

#### 1.2.1 Dedicate funding to deliver active spaces

Where possible, Council will leverage its budget allocation to attract external funding to realise capital projects.

#### 1.2.2 Design and construct a diverse range of active spaces

Council will coordinate the design and construction of its active spaces. Council will ensure that the community, key stakeholders and user groups are well engaged.

#### 1.2.3 Negotiate community access to school spaces

Using the State Government's Community Use of Schools Facilities Policy, Council will seek to negotiate additional community use of school facilities to increase opportunities to access sport and recreation facilities.

### 1.3. Effectively manage and maintain Council's active spaces

#### 1.3.1 Manage active spaces efficiently and effectively

Council will continue to manage its active spaces to ensure that they satisfy needs. Council will ensure that spaces are well utilised.

#### 1.3.2 Ensure active spaces are safe and well maintained

Guided by Crime Prevention through Environmental Design (CPTED) principles, Council will ensure that all active spaces are safe and are perceived to be safe by the community. Council will support the ongoing maintenance of all its active spaces.

#### 1.3.3 Manage the provision of active spaces

Council will ensure there is a balance between demand and supply of activities. If required, Council will help facilitate the consolidation or expansion of organisations across the City. Where feasible, Council will encourage multi-use of facilities to ensure maximum use.

## OUTCOME 2: ACTIVE PEOPLE

**In 2028, Logan residents are more active, more often.**

### 2.1. Encourage participation

#### 2.1.1 Identify needs and gaps in participation

To ensure Council caters for all, Council will carry out research at regular intervals to identify the community's physical activity needs. Council will use the findings to inform, evaluate and benchmark Logan's physical activity levels against the broader Queensland and Australian population. Utilising this research, new sports and activities may be trialed to respond to the needs of the community.

#### 2.1.2 Deliver activities

Council will provide programs that support an active community, inclusive of age, gender, cultural background and ability. Council will deliver programs that meet the needs of the community and reduce barriers to participation.

#### 2.1.3 Activate the community with new initiatives

Council will seek to be innovative in its delivery of sport, recreation and physical activity. Council will look to

activate non-traditional spaces as a way of providing a point of difference to its programs and events.

### 2.2 Raise awareness

#### 2.2.1 Inform the community

Council will develop an informed marketing approach for physical activity across the city. Through tailored promotion, Council will empower the community to become more active by advocating the importance of being active and promoting opportunities to be active in the city.

#### 2.2.2 Promote sporting opportunities

Council will support partnerships with elite sporting bodies and individuals to promote sporting opportunities.

#### 2.2.3 Explore the use of technology

With the emergence of technology as part of everyday life, Council will look to integrate technology as a key medium to activate the community. Council will explore a variety of online solutions from social media to phone applications as a way of making physical activity more accessible.

## OUTCOME 3: ACTIVE ORGANISATIONS

**In 2028, Logan's sport, recreation and community organisations continue to activate the City.**

### 3.1. Develop sustainable organisations

#### 3.1.1 Provide suitable tenure arrangements

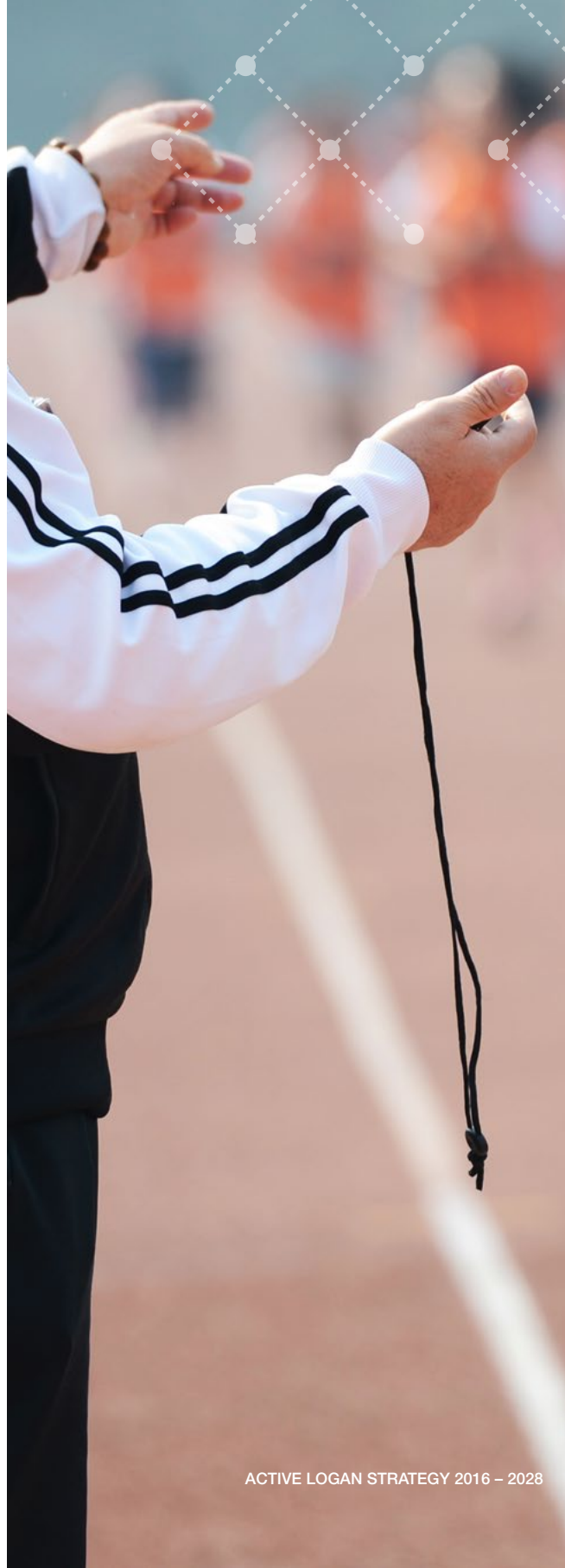
Council will continue to provide tenure to sport, recreation and community organisations on Council owned or controlled land. Using research, Council will endeavour to place the right organisation at the right space through expression of interest campaigns and monitoring key performance indicators.

#### 3.1.2 Build the capacity of Logan's organisations

Council will assist its organisations to instill best practice governance principles in their day-to-day operation. Council will continue to provide strategic planning, training and education opportunities. Council will also look for new and improved ways to deliver these learning opportunities.

#### 3.1.3 Provide funding opportunities to support the development of organisations

Council will administer a variety of funding opportunities to support residents and Logan's sport, recreation and community organisations. Council will offer a diverse range of opportunities to help deliver programs, governance, maintenance, upgrades and new infrastructure to Council spaces. Council will continually review these funding opportunities to ensure they align with the needs of residents and organisations.



# How are we going to get there?

## RESOURCING

The Active Logan Strategy Coordination Group will be established to coordinate the delivery of the *Active Logan Strategy* and *Implementation Plans*. The key role of the group will be to ensure actions are prioritised, funded, implemented and coordinated.

Funding for the delivery of the *Implementation Plan* will be sourced from existing operational and capital budgets, grant funding and partnership opportunities. Where additional funding is required, the Active Logan Strategy Coordination Group will prioritise actions and conduct additional scoping of the action.



Table 1 — Operational and capital funding sources

Operational	Capital
<ul style="list-style-type: none"> <li>Existing budgets (e.g. Sport &amp; Recreation Planning)</li> <li>Existing staffing resources (e.g. Sport &amp; Recreation Planners)</li> <li>Grants</li> <li>Sponsorships</li> <li>Future budget considerations</li> </ul>	<ul style="list-style-type: none"> <li>Community Services Levy (portion of)</li> <li>COMPES</li> <li>Divisional Infrastructure and Capital Improvements Program (portion of)</li> <li>Grants</li> <li>Public Private Partnerships</li> </ul>

## KEY PERFORMANCE INDICATORS

The success of the strategy will be assessed against *Australia's Physical Activity and Sedentary Behaviour Guidelines* (Department of Health, Sports Unit, 2014). Through delivering the *Active Logan Strategy*, Council will encourage an active community that aligns to the minimum levels, as set out in the guidelines.

The guidelines recommend:

- **5 to 12 year olds** — undertake at least 60 minutes of moderate to vigorous intensity physical activity every day
- **13 to 17 year olds** — undertake at least 60 minutes of moderate to vigorous intensity physical activity every day

- **18 to 64 year olds** — undertake 2.5 to 5 hours of moderate intensity physical activity or 75 to 150 minutes (1.25 to 2.5 hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week
- **65 years and older** — undertake 30 minutes of physical activity each day

Council will regularly undertake the *Active Logan Participation Study* to measure the immediate actions above and compare Logan to *Australia's Physical Activity and Sedentary Behaviour Guidelines*.

Table 2 – Key Performance Indicators

Key Performance Indicator	Where are we now? <sup>6</sup>	Target
Overall participation in sport, recreation and physical activity	<p>City of Logan: 76.9%</p> <p>Specific population groups:</p> <ul style="list-style-type: none"> <li>• Males: 75.5%</li> <li>• Females: 77.6%</li> <li>• CALD: 80.8%</li> <li>• Senior (over 65 years) : 59.1%</li> <li>• Children (Between 5–15 years): 75.2%</li> <li>• People with a disability: 60.3%</li> </ul>	Increase
Frequency of participation	In comparison to <i>Australia's Physical Activity and Sedentary Guidelines</i> (as mentioned above), the City of Logan is active, however not often enough	Increase
Barriers to participation	<ul style="list-style-type: none"> <li>• Cost: 21.4%</li> <li>• Lack of facilities: 14.9%</li> </ul>	Decrease
Well governed clubs	<ul style="list-style-type: none"> <li>• 90% of Organisation Planning Tool Kits commenced</li> </ul>	100% of Organisation Planning Tool Kits commenced

<sup>6</sup> Data is from the Active Logan Participation Study (Logan City Council, 2016).



# Glossary

## Active living

Active living is a way of life that integrates physical activity into daily routines. (World Health Organization Europe, 2008)

## Active travel

Active travel is not defined consistently across studies but can be defined as primarily walking and cycling for the purpose of functional rather than leisure travel

## COMPES

Capital and Operational Major Proposals and Enhancements Schedule

## Crime Prevention Through Environmental Design (CPTED)

A multi-disciplinary approach to deterring criminal behaviour through environmental design. CPTED strategies rely upon the ability to influence offender decisions that precede criminal acts by affecting the built, social and administrative environment (CPTED Association, 2016)

## Physical activity

Physical activity can be defined as all movements in everyday life either incidental or deliberate. Physical activity includes:

- Sport;
- Work;
- Recreation;

- Outdoor recreation; and
- Other forms of movements such as walking, cleaning or gardening.

What unites all types of physical activity is the effect on our bodies, raising our heart rate, bringing about an immediate and often beneficial physiological response and improving overall well-being. Indeed, the mental health benefits of physical activity are often overlooked. (Saxena, Van Ommeren, Tang, & Armstrong, 2005)

## Recreation

Under the *National Sport and Active Recreation Policy Framework* (Australian Government, 2011), active recreation is defined as:

*'Active recreation activities are those engaged in for the purpose of relaxation, health and wellbeing or enjoyment with the primary activity requiring physical exertion, and the primary focus on human activity.'*

Examples of active recreation include bushwalking, boating, mountain bike riding, rock climbing, trail horse riding, swimming, jogging, surfing and water-skiing.

## Space

An area of land dedicated for the purpose of physical activity, including:

- aquatic centres;
- community centres;
- green space;

- indoor sports centres;
- parks; and
- sports fields.

## Sport

The Australian Sports Commission defines sport as:

*'A human activity capable of achieving a result requiring physical exertion and/or physical skill which, by its nature and organisation, is competitive and is generally accepted as being a sport.'*

Sport includes:

- **Grass roots** — Entry level
- **Competitive sport** — A competitive activity undertaken in accordance with set rules. Generally structured and requires specific facilities/venue/equipment and may be individual or team based
- **Elite sport** — High standard sport that normally attracts high calibre (i.e. state, national and international) individuals or teams. Generally incorporates a spectator element.

## Sporting pathway

A continuum of sporting levels ranging from grass roots level sport through to elite sport competitions and athletes.

## State Sporting Organisation

The peak or industry body for a particular sport or recreation activity within Queensland.

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