



Cardinia



# Active Cardinia Strategy



July 2023

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# Acknowledgement of Country

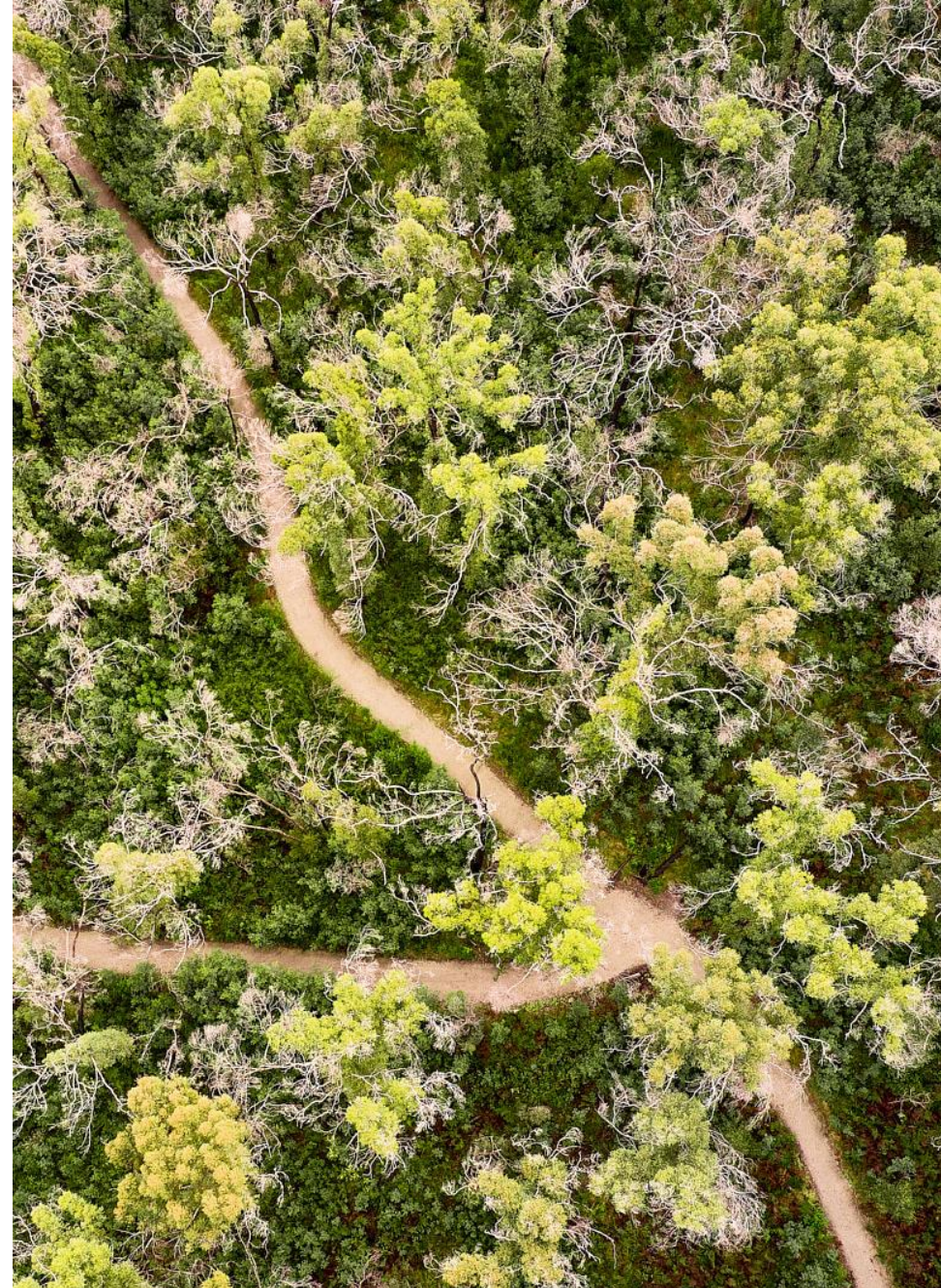
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Cardinia Shire Council recognises and values the Bunurong and Wurundjeri tribes as the original inhabitants of the land that makes up Cardinia Shire.

Cardinia Shire's name is derived from the Bunurong or Wadawurrung word 'Kar-din-yarr', meaning 'look to the rising sun' or 'close to the sunrise'. Council's logo, which includes a motif of the rising sun, reflects this meaning.

Cardinia Shire Council acknowledges the right of Aboriginal peoples, and indeed all Australians, to live according to their values and customs, subject to the law.

Council is committed to developing and strengthening relationships through reconciliation. Council supports the reconciliation process, which promotes mutual respect and understanding of the Aboriginal peoples and of all ethnic groups and their history and culture in our community.



# Acknowledgements

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Cardinia Shire Council would like to acknowledge the following partners for their contribution to the development of the Active Cardinia Strategy:

- Victorian Government
- State Sporting Associations and Peak Sporting Bodies
- Community Organisations and Health Agencies
- Sporting Clubs and Associations



# Glossary

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**Active living:** Physical activity integrated into everyday living e.g. walking to work, gardening.

**Active recreation:** Non-competitive physical activity undertaken during leisure time, individually or in groups. Examples of active recreation activities include walking, cycling, running, fitness/exercise activities, swimming and yoga.

**AusPlay:** Annual participation survey undertaken by Sport Australia.

**Facility guidelines:** Definition of the type and standard of facilities provided for a range of sport and active recreation activities.

**Facility provision:** Quantity and type of sport and active recreation facilities provided.

**Facility provision benchmarks:** Quantity and type of sport and active recreation facilities to be provided based on population and/or participation measures.

**Fit-for-purpose:** Relating to sport and active recreation facilities, this refers to whether a facility is of appropriate standard and condition for use.

**Interface Council:** A local government area located on the fringe of a capital city, generally experiencing significant population growth through residential development.

**Intergenerational:** Relating to people of varying age categories.

**LGBTQIA+:** Lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual and other gender-diverse people or communities.

**Master plan:** A plan established for a reserve to guide the future development of facilities.

**Multi-purpose:** Relating to sport and active recreation facilities, this refers to the ability of a facility to be used for multiple sports, activities or users either separately or concurrently.

**Peak sporting bodies:** Organisations that oversee the governance and development of sporting codes.

**Sport:** Organised sporting activities undertaken individually or in teams, generally characterised as being structured and competitive in nature.

**Super club:** A sporting club that has grown beyond a sustainable size, creating unequal competition and/or the need to access facilities outside of the local catchment of the club.

# Executive Summary

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**The Active Cardinia Strategy aspires to create an active and healthy community where all residents have access to a diverse range of opportunities to participate in sport and active recreation.**

As one of Victoria's fastest growing municipalities, Cardinia Shire Council must plan for its sport and active recreation needs for the next 10 years to ensure residents are supported to lead active and healthy lives.

The Active Cardinia Strategy provides strategic direction to ensure communities have access to high-quality facilities and environments that support all types of physical activity.

The Strategy prioritises support for sporting clubs and associations, partnerships with state sporting associations and peak bodies, and collaboration with key stakeholders that influence the ways that we participate in sport and active recreation.

Sustainable development is a core principle of the Strategy, ensuring that parks and reserves are developed responsibly for current and future generations.

With Cardinia Shire's population forecast to grow by 42% between 2022 and 2032<sup>1</sup>, Council will continue to grow its provision of sport and active recreation facilities to service both new and existing communities.

With 42% of Cardinia Shire's adult population not currently meeting recommended physical activity requirements<sup>2</sup>, the need for environments and public spaces that support active lifestyles are becoming increasingly important.

Cardinia Shire is unique in structure, with a mix of population-dense urban areas, townships and rural areas. The varying characteristics of our communities require careful consideration to ensure planning meets both municipal, regional and local needs.

As we strive to reduce barriers to participation, engaging our community in the development and implementation of the Active Cardinia Strategy is a key priority and vital to its success.

## **Our vision:**

***Our community is empowered to participate.***

***We are active, engaged and connected.***

***We are resilient and strong.***

***Our physical and mental health is supported by a sustainable environment.***

***We embrace diversity.***

***We are an Active Cardinia.***

<sup>1</sup> Forecast ID. 2022. Population forecast (adapted). [forecast.id.com.au/cardinia](https://forecast.id.com.au/cardinia)

<sup>2</sup> Victorian Government. 2017. Victorian Population Health Survey.

# About the Active Cardinia Strategy

The Active Cardinia Strategy represents Cardinia Shire Council's commitment to increasing opportunities for participation in sport and active recreation across our communities.

The Active Cardinia Strategy provides an evidence-based approach to planning for the future sport and active recreation needs of Cardinia Shire. The Strategy is guided by the analysis of relevant participation and population data, and incorporates direction from relevant Council, government and stakeholder strategies and plans.

The Active Cardinia Strategy is based on consultation and engagement with our community, sporting clubs, sporting organisations and other stakeholder groups.

The approach to the development of the Strategy is tailored to address the differences in challenges and opportunities in the Growth Sub-region and Northern and Southern Sub-regions.

The Strategy establishes strategic priorities under four key pillars:

1. **Participation:** Increase participation in sport and active recreation, with a focus on reducing barriers for people that are less active
2. **Places:** Plan, develop and activate places that support communities to participate in sport and active recreation
3. **Promotion:** Promote opportunities to participate in sport and active recreation, and build awareness of the benefits of physical activity
4. **Partnerships:** Work with our partners to invest in infrastructure, deliver participation opportunities and develop the capability of our community

The Active Cardinia Strategy is supported by further trend analysis, facility provision analysis, community engagement and implementation planning.

Progress against strategic priorities and recommendations from the Active Cardinia Strategy will be monitored through evaluation, the ongoing collection and collation of data, and engagement with our community.



## Sport

Organised competitive physical activity undertaken individually or in teams. Examples include Australian rules football, cricket, soccer, tennis, basketball and netball.

## Active Recreation

Non-competitive physical activity undertaken during leisure time, individually or in groups. Examples include walking, cycling, running, fitness/exercise activities, swimming and yoga.

# WHAT DOES AN ACTIVE CARDINIA LOOK LIKE?

**Our parks, facilities and open spaces are welcoming and encourage our communities to be physically active**

**Our clubs are vibrant, inclusive and sustainable, and create places for local communities to connect socially**

**Our sports facilities are accessible flexible and multipurpose, supporting use by a range of clubs, user groups and communities**

**Our community understands the positive health impacts of physical activity**

**People of all ages, abilities, genders and cultures are active, healthy and involved**

**We walk, cycle and move through a network of connected paths, trails and open spaces**

**Our communities are encouraged to participate in a diverse range of sports and active recreation opportunities**

**Our volunteers feel valued and supported, and can access the information and resources they need to perform their roles**





A large crowd of people is gathered at an outdoor event, possibly a sports game. The crowd is diverse in age and appearance, with many people wearing sunglasses and casual attire. In the foreground, a white banner with black text reads "Cardinia Shire Council". The background shows a white tent structure and some signs, including one that says "ALCOHOL PURCHASE LIMIT". The overall atmosphere is that of a community gathering.

# Our Community

***Cardinia Shire Council***

1300 787 624 | [cardinia.vic.gov.au](http://cardinia.vic.gov.au)

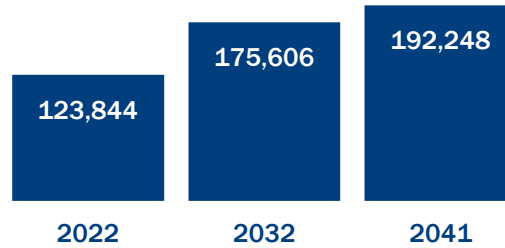
# Cardinia Shire: A Snapshot

Cardinia Shire is located on Greater Melbourne's south-east metropolitan boundary and is one of 10 fast-growing 'Interface Councils' comprising the perimeter between Victoria's metropolitan and rural areas.

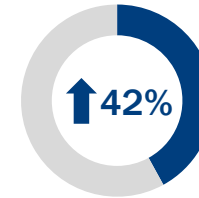
Data sourced and adapted from [forecast.id.com.au/cardinia](https://forecast.id.com.au/cardinia) (September 2022)



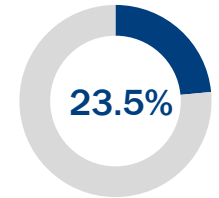
## Our Growing Population



## Population Growth 2022-2032



## Residents Born Overseas



	Growth Sub-region	Northern Sub-region	Southern Sub-region
<b>Key Localities:</b>	Beaconsfield, Officer, Pakenham	Emerald, Cockatoo, Gembrook, Upper Beaconsfield	Koo Wee Rup, Lang Lang, Nar Nar Goon, Garfield, Bunyip
<b>2022 Population:</b>	84,804	21,108	17,932
<b>2032 Population:</b>	130,885	22,048	22,672
<b>2022-2032 Growth:</b>	46,081 (54%)	940 (4.5%)	4,740 (26%)

# Our Plans and Strategies

The Active Cardinia Strategy is part of Council's Strategic Framework, providing direction for Council services and allocation of resources.

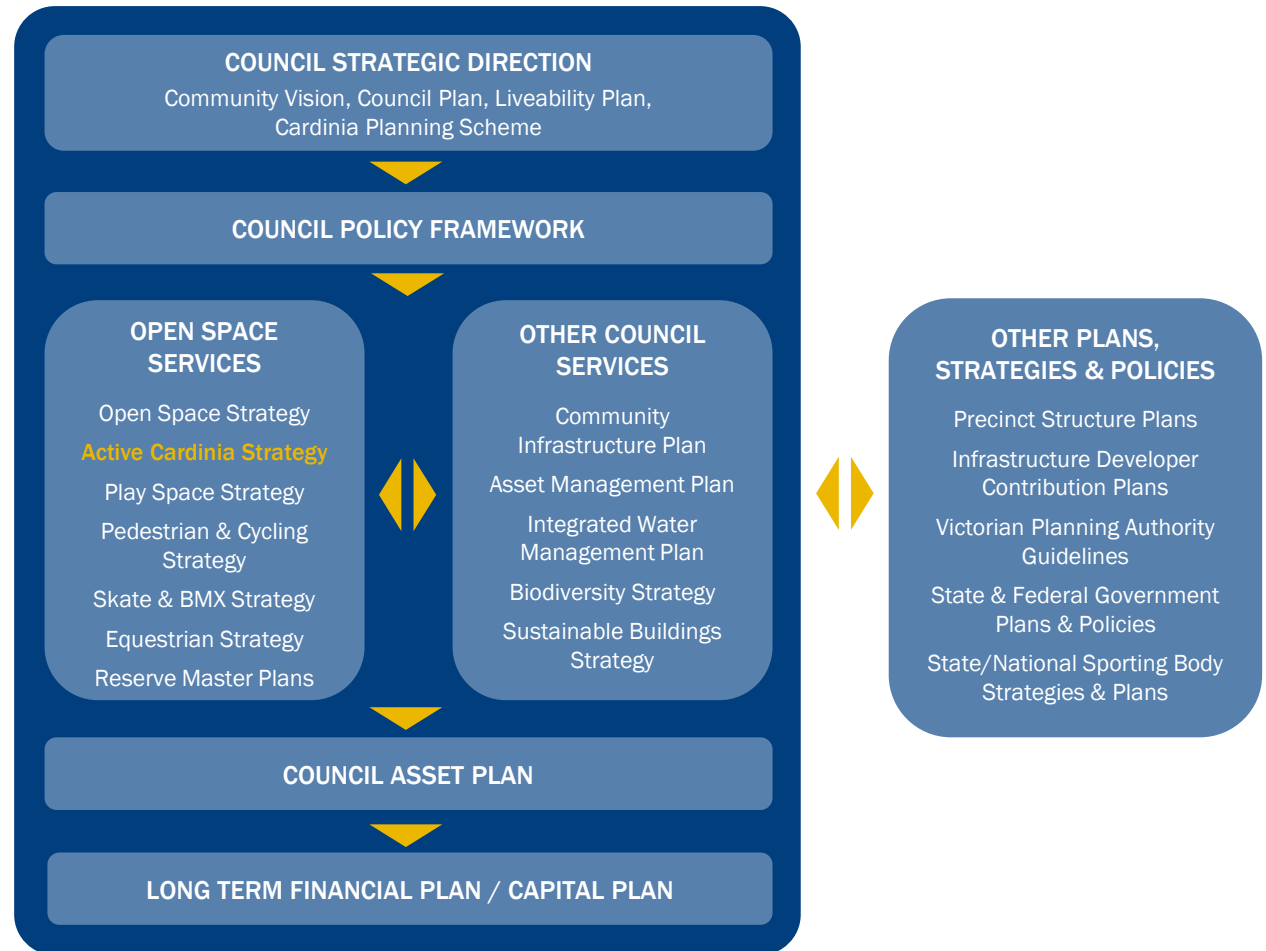
The Active Cardinia Strategy is guided by Council's corporate strategic direction and policy framework, and receives direction from the Cardinia Open Space Strategy.

The Active Cardinia Strategy will provide strategic direction for the implementation of existing sport and activity-specific strategies, as well as recommending further strategy development and planning.

Council's Strategic Framework also guides asset management and financial planning to ensure investment and resource allocation is based on community needs.

The Active Cardinia Strategy is also impacted by other strategies and plans including:

- **Growth Area Planning** e.g. Precinct Structure Plans, Infrastructure Developer Contribution Plans, Victorian Planning Authority Guidelines
- **State and Federal Government Strategies** e.g. Active Victoria, Fair Access Policy Roadmap, Sport 2030, Sport Volunteering National Plan
- **State and National Sporting Body Strategies** e.g. State infrastructure Plans



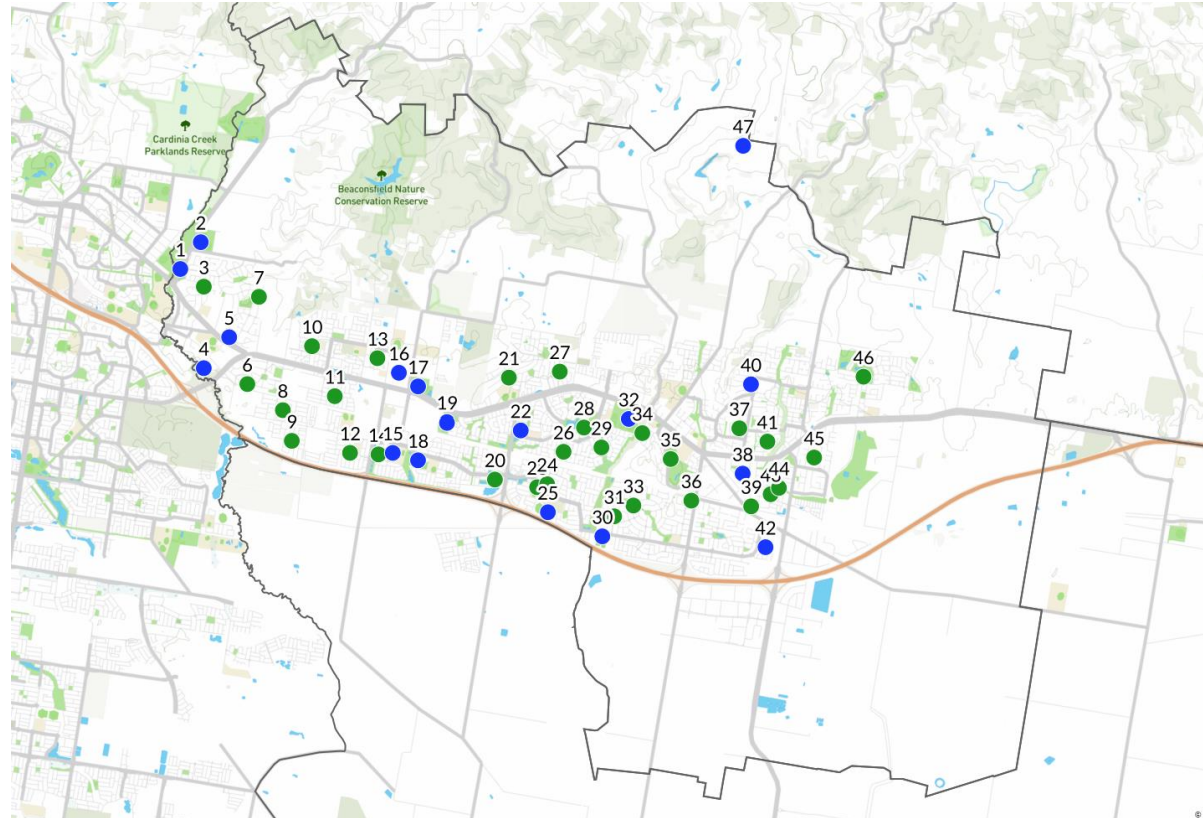
# Growth Sub-region

The Growth Sub-region consists of Cardinia Shire's fast growing urban residential suburbs, creating the need for the ongoing development of sport and active recreation facilities to cater for growth in population and participation.

The Growth sub-region provides a diverse range of facilities within Council reserves, supporting participation at all levels of the hierarchy, including municipal-level facilities.

Key Localities:	Beaconsfield, Officer, Pakenham
2022 Population:	84,804
2032 Population:	130,885
2022-2032 Growth:	46,081 (54%)
Residents born overseas	29%
Volunteering*	9.9%

\*Volunteering refers to whether a person did voluntary work through an organisation or group in the last 12 months (ABS Census 2021)



Note: A list of reserves as current in July 2023 is provided as an appendix.

**Legend**

- Sport Reserve (Blue dot)
- Open Space Park (Green dot)

# Northern Sub-region

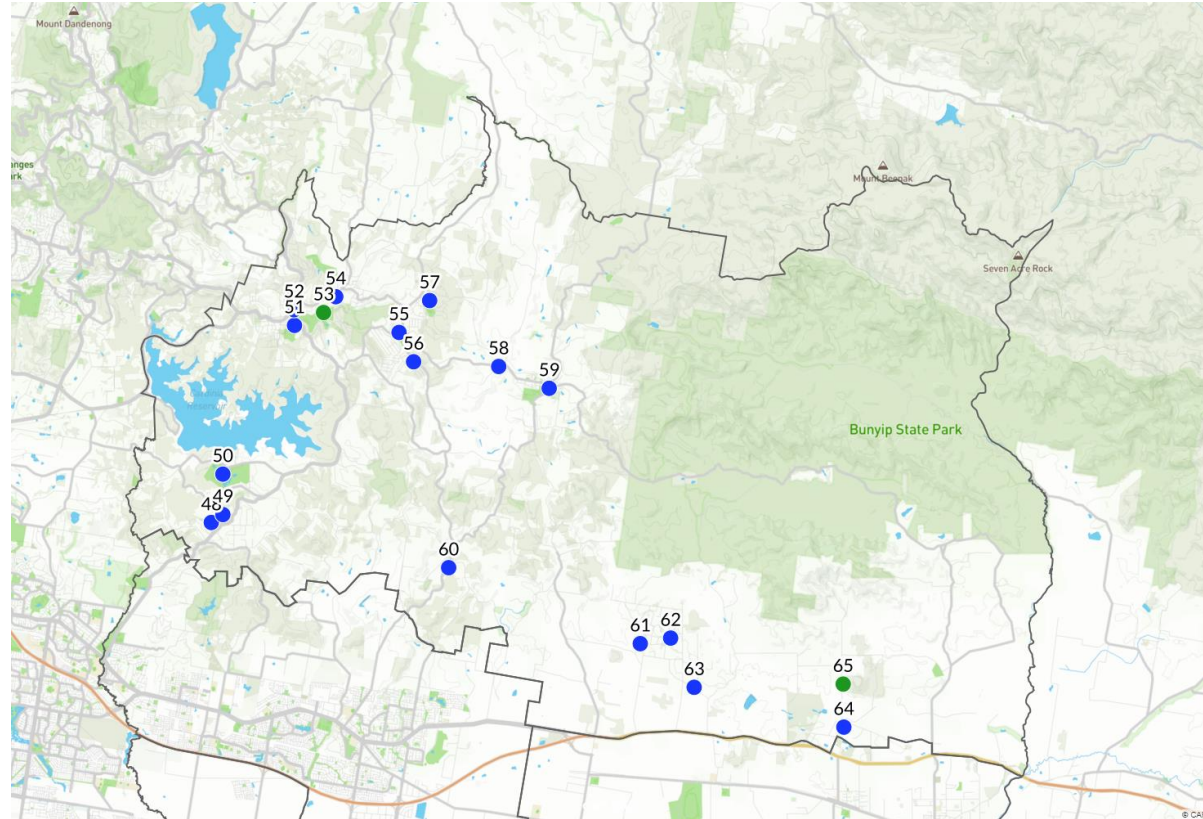
The Northern Sub-region has a current population of approximately 21,000, which is expected to grow by under 1,000 residents by 2032.

Based on the stable population across this non-metropolitan area north of the Princes Highway, the strategic focus is to ensure townships have access to facilities that support participation diversity.

It should be noted that residents of the Northern Sub-region may need to travel to access facilities that are provided at a municipal level, as these facilities will generally be provided within the Growth Sub-region based on higher population densities and demand for facilities.

The primary townships within the Northern Sub-region are Emerald (5,890 residents at the 2021 Census), Cockatoo (4,408 residents), Gembrook (2,559 residents), and Upper Beaconsfield (2,997 residents) which account for approximately 75% of the population of the sub-region.

Key Localities:	Emerald, Cockatoo, Gembrook, Upper Beaconsfield
2022 Population:	21,108
2032 Population:	22,048
2022-2032 Growth:	940 (4.5%)
Residents born overseas	13.6%
Volunteering	17%



Note: A list of reserves as current in July 2023 is provided as an appendix.

**Legend**  
 Sport Reserve ●  
 Open Space Park ●

# Southern Sub-region

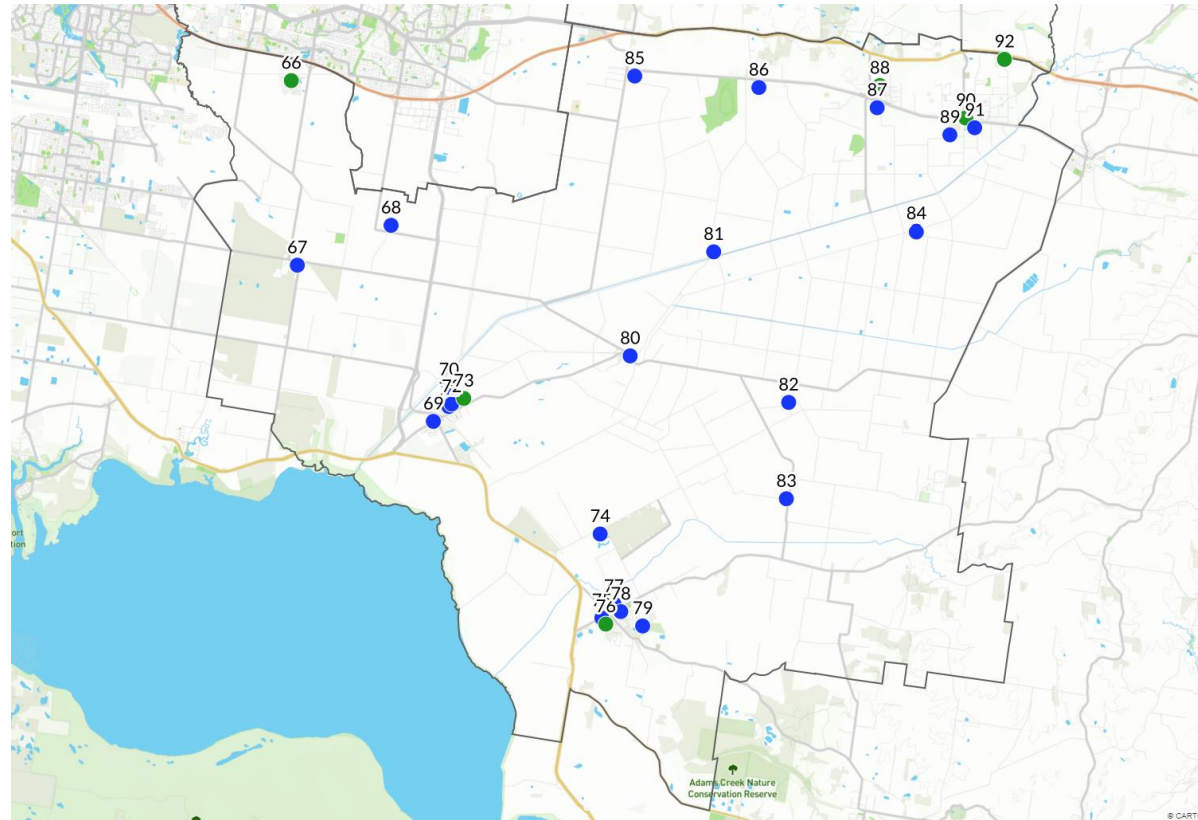
**The Southern Sub-region has a current population of almost 18,000, which is expected to grow to over 22,000 by 2032.**

The townships of Koo Wee Rup and Lang Lang are located in the southern section of the sub-region close to Westernport Bay, with Nar Nar Goon, Garfield and Bunyip located along the southern side of the Princes Highway.

Similar to the Northern Sub-region, the strategic focus for the Southern Sub-region will be ensuring that communities have access to a diverse range of participation opportunities within a reasonable distance of travel.

Residents of the Southern Sub-region may have to travel to access municipal level facilities located in the Growth Sub-region. The townships within the Southern Sub-region are more evenly distributed than those in the Northern Sub-region, with the ability for facilities in one township to be able to complement those in another township being more limited.

<b>Key Localities:</b>	Koo Wee Rup, Lang Lang, Nar Nar Goon, Garfield, Bunyip
<b>2022 Population:</b>	17,932
<b>2032 Population:</b>	22,672
<b>2022-2032 Growth:</b>	4,740 (26%)
<b>Residents born overseas</b>	11.6%
<b>Volunteering</b>	13.4%



Note: A list of reserves as current in July 2023 is provided as an appendix.

**Legend**  
 Sport Reserve ●  
 Open Space Park ●

An aerial night-time photograph of a large sports stadium. The stadium features a large, rectangular field in the center, surrounded by tiered seating areas. The entire scene is illuminated by stadium lights, creating a bright contrast against the dark night sky. The text "Sport and Active Recreation in Cardinia Shire" is overlaid on the left side of the image in a white, sans-serif font. A short yellow horizontal line is positioned below the text.

# Sport and Active Recreation in Cardinia Shire



# Sport and Active Recreation in Cardinia Shire

Cardinia Shire is an active community, with our residents participating in a wide range of sport and active recreation activities in parks and reserves, on trails, in leisure facilities, and throughout local communities. The Active Cardinia Strategy aims to create *more opportunities for more of our community to be active more of the time.*

## What is Sport and Active Recreation?



<sup>1</sup> Australian Government. 2021. Physical activity and exercise guidelines for all Australians.

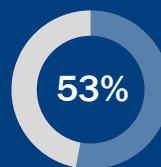
<sup>2</sup> Victorian Government. 2017. Victorian Population Health Survey.

## How Active Should We Be?<sup>1</sup>

Under 12 months	1-2 years	3-5 years	5-17 years
Interactive floor-based play, and at least 30 minutes of tummy time for babies per day	At least 3 hours of energetic play per day.	At least 3 hours per day, with 1 hour being energetic play	At least 1 hour of moderate to vigorous activity involving mainly aerobic activities per day.
18-64 years		65+ years	
Be active on most (preferably all) days, to a weekly total of 2.5-5 hours of moderate activity or 1.25-2.5 hours of vigorous activity or an equivalent combination of both.		At least 30 minutes of moderate activity on most (preferably all) days.	

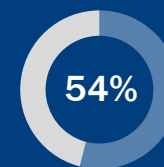
## How Active Are We?<sup>2</sup>

Sufficiently Physically Active: Cardinia (Adult)



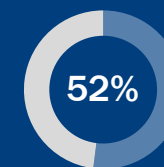
Victoria Average: 51%

Sufficiently Physically Active: Cardinia Female (Adult)



Victoria Average: 49%

Sufficiently Physically Active: Cardinia Male (Adult)



Victoria Average: 53%



# Sport and Active Recreation in Cardinia Shire

Our community participates in a diverse range of sport and active recreation activities.

We have gathered data from a range of sources to provide insights into the needs associated with community participation in sport and active recreation, including:

- Participation data from State Sporting Associations for the 2021 season
- AusPlay participation survey data for Cardinia Shire collated between 2015-2021

Further modelling of demand across ten sports has also been undertaken using the ActiveXchange Sports Eye model to provide additional analysis of needs for sport and active recreation.

<sup>1</sup> 2021 participation data sourced from relevant State Sporting Associations. 2022

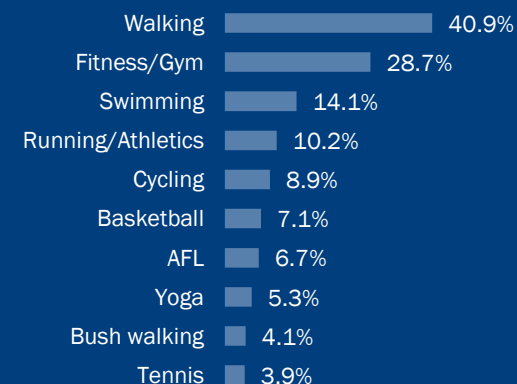
<sup>2</sup> Sport Australia. AusPlay Participation Dashboards. 2022. [www.clearinghouseforsport.gov.au/research/ausplay/results](http://www.clearinghouseforsport.gov.au/research/ausplay/results)

## 2021 Sport Participation in Cardinia Shire<sup>1</sup>

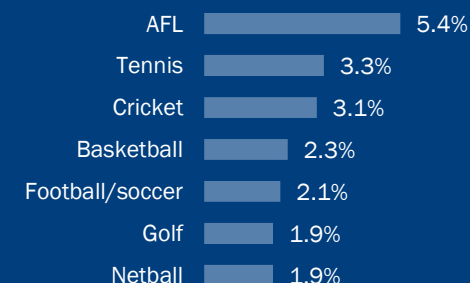
Sport	Age	Male	Female	Total
Australian Rules	Junior	3018	539	3557
	Senior	1036	123	1159
Basketball	Junior	1701	768	2469
	Senior	765	251	1016
Netball	Junior	62	1239	1301
	Senior	132	797	929
Cricket	Junior	1001	44	1045
	Senior	693	0	693
Tennis	Junior	161	112	273
	Senior	413	287	700
Lawn Bowls	Junior	5	7	12
	Senior	468	223	691
Soccer	Junior	309	88	397
	Senior	99	6	105
Baseball	Junior	64	10	74
	Senior	88	40	128
Rugby League	Junior	77	30	107
	Senior	46	18	64

## AusPlay Participation Rates (2015-2021)<sup>2</sup>

### Top Sport & Active Recreation Activities



### Top Sports Club Activities



# Active Recreation & Active Living

**Active recreation has continued to emerge as a popular form of physical activity in our communities, with non-competitive, flexible opportunities to participate aligning with changing lifestyles.**

Activities such as walking, running, cycling, swimming and yoga are among the most popular forms of physical activity. Informal use of sporting facilities outside organised sport competition and training has also increased in popularity.

In addition to active recreation, our community is encouraged to consider how they incorporate activity into their everyday lives. Walking or cycling to the local shops or school instead of driving, gardening, playing with children and other incidental activity all contribute to our health and well-being.

Cardinia Shire provides a range of opportunities for active recreation in parks and reserves, including paths and trails, skate parks, BMX tracks, outdoor gyms, playing fields and swimming pools.

Cardinia Shire will continue to create new opportunities for active recreation through facility development, participation programs and initiatives that encourage flexible use of Council parks and reserves.

## **Our approach to active recreation:**

- Embed opportunities for active recreation within the planning and design of all parks and reserves
- Adopt a place-based approach to planning for active recreation infrastructure, ensuring that local communities can contribute to planning and design processes
- Apply CPTED principles in design processes to prioritise safety in parks and reserves
- Deliver active recreation infrastructure that is intergenerational, flexible and accessible to all
- Incorporate 'unique attractor' facility components into active recreation nodes e.g. climbing walls, ninja warrior courses, skateable components
- Promote the use of sporting facilities for informal physical activity and social activity formats
- Implement active recreation infrastructure and initiatives through Council plans and strategies that complement this Strategy, including the Open Space Strategy, Pedestrian and Bicycle Strategy, and Skate and BMX Strategy
- Activate parks and reserves through targeted programs and initiatives, and promote the benefits of active recreation
- Consider the needs of participants of all ages, abilities, genders and cultures



# Sport for All

**Our sporting clubs and associations provide our community with opportunities to participate in competitions and programs, volunteer as officials and administrators, and connect socially.**

Sport plays an integral role in bringing our communities together and providing pathways for participation and talent development.

We want sport to be equally accessible to all residents of Cardinia Shire, with barriers to participation reduced and our facilities welcoming for everyone.

As Cardinia Shire continues to grow, additional sporting facilities will be developed to cater for community needs. Council will continue to monitor participation trends to ensure that our network of sporting facilities is aligned with demand.

We will provide a diversity of opportunities to participate in sport, with both new and established sports activities promoted to the community.

Our clubs and associations will be supported through development and training programs that increase their capability and capacity.

Demand for sport will continue to evolve as our community grows and we are planning to ensure that communities are equipped to provide new and exciting opportunities to participate.

## **Our approach to organised sport:**

- Adopt and implement facility provision benchmarks in planning for future sports facility needs, particularly within the Growth Sub-region
- Ensure access to core sporting facilities within townships across the Northern and Southern Sub-regions
- Prioritise the development of facilities that support participation by junior participants, women and girls, older adults, LGBTQIA+ communities, First Nations Peoples, culturally diverse communities and people with disabilities
- Track participation trends and assess demand for facilities to ensure future planning and facility development responds to community needs
- Develop targeted strategies to address facility provision and club sustainability opportunities and challenges
- Engage peak sporting bodies, government, schools and industry stakeholders in the planning, investment, development and activation of sporting facilities
- Support our clubs and associations through training, resources, promotion and policies that prioritise sustainability and growth
- Invest responsibly in sporting infrastructure to ensure community outcomes are maximised



# Gender Equity, Diversity & Inclusion

**Cardinia Shire Council is committed to creating opportunities for all residents to be healthy, active and connected within their community.**

Cardinia Shire consists of many cultures and identities that contribute to our diverse community life. Sport and active recreation provides opportunities for people from different cultures and identities to connect and collaborate, bringing our community closer together.

We want our places and spaces to be welcoming, inclusive and safe, with everyone feeling equally able to participate.

Creating an 'equal playing field' requires action by Council and all partners and stakeholders to address the barriers to participation faced by diverse communities.

Women and girls have traditionally participated in lower numbers due to inadequate facility provision, inequitable scheduling of facilities, lack of opportunity, expected conformance with gender stereotypes and a range of other barriers.

LGBTQIA+ communities also face heightened barriers to participation and inclusion within traditional sport and active recreation environments.

Creating places and spaces that are safe, accessible and supportive will ensure that people of all genders feel welcome to participate equally.

We want people of all cultures to be able to participate equally within our parks, reserves, stadiums and leisure centres.

First Nations Peoples, new arrivals to Australia, and people with culturally diverse backgrounds face increased barriers to participation in sport and active recreation.

We will act to reduce participation barriers for culturally diverse communities, respect cultural differences and customs, and support our communities to use sport and active recreation as an opportunity to connect.

People with disabilities will be supported by places and spaces that are accessible and inclusive, emphasising ability through participation.

We are committed to addressing inequity and creating fair access for all communities to participate, connect and contribute through sport and active recreation.



# Safeguarding Children

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**Cardinia Shire Council is a child safe organisation which welcomes all children and their families.**

We are committed to providing an environment where children are safe and feel safe, where their participation is valued, their views are respected, and their voices are heard about decisions that affect their lives.

Our child safe policy, strategies and practices are inclusive of the needs of all children. Council ensures that children and young people are informed about their rights, including safety, information and participation.

Council engages children and young people in a meaningful, respectful and authentic way. Our priority is to involve children and young people in opportunities to influence matters that affect them as valued citizens in their community.

Council will partner with peak sporting bodies, government, schools, clubs and associations, health providers and community organisations to support initiatives that promote child-safe policies and practices.

Through our commitment to child safety, young people across Cardinia will be encouraged to participate in sport and active recreation in environments that are safe and supportive.





# Community Engagement

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# Community Engagement

Cardinia Shire Council engaged with key stakeholders and the community to gain insights into sport and active recreation participation, influences on behaviour, opportunities for improvement and future priorities.

Community Surveys	155
Sports Club Surveys	31
State Sporting Association Forum Attendees	16

The Community Survey and Sports Club Survey were open between 30 May 2022 and 11 July 2022.

The State Sporting Association Forum was held on 19 July 2022.

## What our community told us:

### What types of activities do we participate in?

A mix of sport and active recreation, with the 10 most popular survey responses being walking, swimming, cycling, tennis, gym/fitness, soccer, running, AFL, basketball and dancing

### What activities would we like to participate in, but can't?

The top activities that respondents would like to do but feel they can't include swimming, cycling, soccer, tennis, walking, gym/fitness, outdoor gym and running. Swimming had twice as many responses (25) as the next highest response

### What are the main barriers to participation?

The main reasons that respondents weren't able to participate were distance to travel, the activity not being accessible, the activity not being affordable, perceived safety and lack of time

### Biggest opportunities for sports clubs?

Junior Participation, female participation, increasing membership, facility development and population growth were identified by clubs as their biggest opportunities to develop and grow in the future

### Biggest threats facing sports clubs?

Facility provision, facility condition, lack of members, affordability, lack of interest, volunteers and club finances were identified by clubs as the main threats to future club sustainability and growth

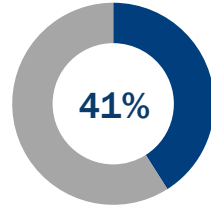
### What are the main goals for sports clubs in the next two years?

Sports clubs identified increasing membership, inclusion programs, financial recovery after COVID and improvements to club governance as their primary goals for the next two years

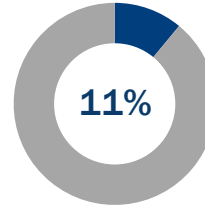
## Community Survey



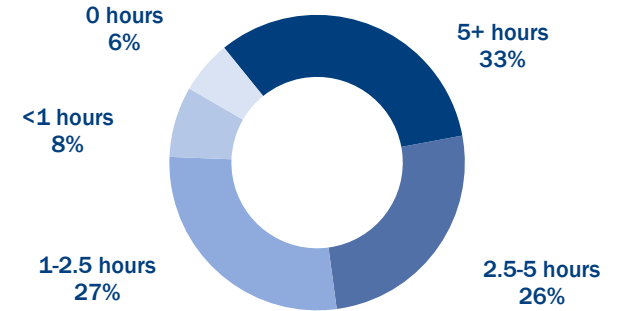
Respondents active 4 or more times per week



Respondents active less than once per week



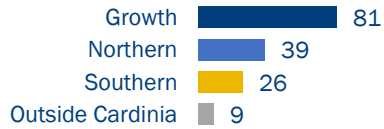
Respondents Planned Physical Activity in the Last Week



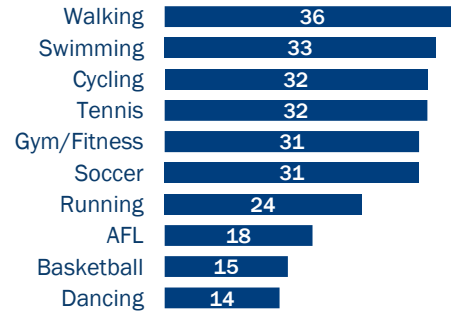
Total Responses

155

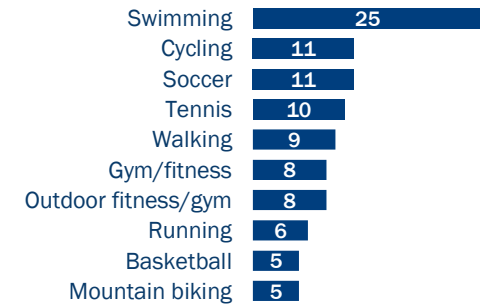
Responses by Sub-region



Top 10 Activities by Response



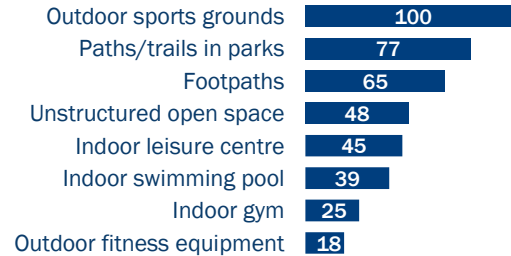
Top 10 Activities Would You Like To Do But Can't?



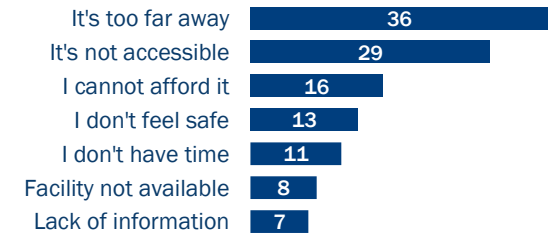
Member of a Club



Most Popular Facilities Used for Physical Activity



Top Barriers to Participation





A woman with her hair in a ponytail, wearing a dark hoodie and light-colored shorts, is sitting on an outdoor leg press machine. She is smiling and looking towards the camera. The machine is white and has a sign that says "LEG PRESS" and some instructions. The background shows trees and a park setting. The entire image has a blue tint.

# Opportunities & Challenges

# Our Opportunities & Challenges

Our communities experience a range of opportunities and challenges relating to sport and active recreation every day.

Cardinia Shire Council plays a key role in supporting participation in sport and active recreation through the provision of facilities, planning and policy, programs and initiatives, and establishing partnerships.

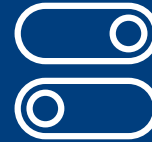
The Active Cardinia Strategy aims to maximise opportunities and address challenges to participation and engagement.

As we grow over the next decade, new opportunities and challenges will continue to emerge. We will work with our communities, stakeholders and partners to implement initiatives that create new opportunities and reduce the barriers to participation, inclusion and engagement.



## Population Growth

Providing new facilities and establishing clubs to cater for our growing population will require ongoing investment and resources



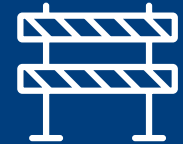
## Diverse ways to Participate

Communities are seeking a diverse range of ways to be active, including more active recreation opportunities to complement organised sport



## A Balanced Network

Balancing the provision of facilities across Cardinia Shire to cater for all levels of sport, including elite competitions and events, traditional club-based sport, social sport and active recreation



## Removing Barriers

Identifying and reducing barriers to participation (e.g. cost, distance, accessibility, lack of time) to ensure communities have equal access to sport and active recreation



## Partnerships

Partnering with our community, land managers, governments and key stakeholders to grow participation in sport and active recreation



## Planning & Policy

Establishment of Council planning and policy direction that supports participation, diversity, inclusion, and financially and environmentally sustainable development



## Supporting our Clubs

Ensuring club volunteers are adequately supported with training opportunities and policies that encourage sustainable growth



## Inclusion & Access

Ensuring people of all ages, abilities, genders and cultures are able to be active, healthy and involved in sport and active recreation

# Active Cardinia Framework






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# VISION

Our community is empowered to participate. We are active, engaged and connected. We are resilient and strong. Our physical and mental health is supported by a sustainable environment. We embrace diversity. We are an Active Cardinia.

# PRINCIPLES

SUSTAINABLE DEVELOPMENT	PLANNING FOR THE FUTURE	DIVERSITY OF OPPORTUNITY	EQUITABLE ACCESS	DELIVERY TOGETHER
				
<ul style="list-style-type: none"><li>• Sustainable facility development</li><li>• Fit-for-purpose sport and active recreation assets<ul style="list-style-type: none"><li>• Effective asset management and maintenance</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Proactively plan for future community sport and active recreation needs</li><li>• Prioritise planning that increases opportunities for participation</li></ul>	<ul style="list-style-type: none"><li>• Provide access to a diverse range of sport and active recreation opportunities in Council parks, reserves and facilities</li></ul>	<ul style="list-style-type: none"><li>• Promote accessibility and inclusion for all</li><li>• Actively reduce barriers to participation through planning and design</li><li>• Support communities to engage and connect</li></ul>	<ul style="list-style-type: none"><li>• Establish opportunities to partner with government, sport, schools, commercial and community stakeholders</li><li>• Deliver shared outcomes with our stakeholders and communities</li></ul>

# Our Strategic Priorities

## 1 PARTICIPATION

Increase participation in sport and active recreation, with a focus on reducing barriers for people that are less active

## 2 PLACES

Plan, develop and activate places that support communities to participate in sport and active recreation

## 3 PROMOTION

Promote opportunities to participate in sport and active recreation, and build awareness of the benefits of physical activity

## 4 PARTNERSHIPS

Work with our partners to invest in sport and active recreation infrastructure, deliver participation opportunities and develop the capability of our community



# Strategic Priority 1: Participation

## Increase participation in sport and active recreation, with a focus on reducing barriers for people that are less active

We will develop and support initiatives that increase opportunities for participation

We will encourage our residents to be physically active at all life stages

We will focus on removing barriers to participation for women and girls, young people, older adults, culturally diverse communities, LGBTQIA+ communities, First Nations Peoples, people with disabilities and people with lower physical activity levels

We will support sporting clubs and organisations to engage with the community

We will create new opportunities for active recreation and non-competitive physical activity

## Recommendations

- 1.1** Establish Council policies and processes that allow for greater flexibility and multi-purpose use of facilities, including social sport and participation programs within existing facilities
- 1.2** Promote access to sporting facilities for active recreation, non-competitive sport use and non-competitive physical activity
- 1.3** Connect clubs and user groups to State Sporting Association programs and initiatives that support participation growth
- 1.4** Establish a 'Sustainable Sporting Clubs' position within Council to build club capability and capacity, and implement Council policies
- 1.5** Support the delivery of participation programs that remove barriers to participation for women and girls, young people, older adults, culturally diverse communities, LGBTQIA+ communities, First Nations Peoples, and people with disabilities
- 1.6** Develop and implement policies that encourage clubs to promote participation opportunities to groups that are traditionally less active, including considering incentives through reserve bookings and allocations, and fees and charges
- 1.7** Develop and implement a 'Fair Access Policy' to promote gender equitable access to sport and active recreation facilities, programs and funding
- 1.8** Assist clubs and associations to introduce modified formats that cater for residents of all ages, abilities and needs
- 1.9** Introduce new participation opportunities in Council leisure facilities, focusing on activities that engage less active residents to participate
- 1.10** Work with Health Providers (e.g. Monash Health) to connect residents to opportunities for physical activity in parks, reserves, leisure centres, sporting clubs and their local communities

# Strategic Priority 2: Places

## Plan, develop and activate places that support communities to participate in sport and active recreation

We will plan for the future sport and active recreation infrastructure needs of our community

We will develop places and spaces that cater to community demand and provide a diversity of participation opportunities and outcomes

We will support our community to maximise use of sport and active recreation facilities, and prioritise flexible use to create new opportunities to participate

We will manage and maintain our assets to ensure facilities are fit-for-purpose, safe and accessible

We will embrace opportunities to increase the environmental sustainability and biodiversity value of our parks, reserves and facilities

## Recommendations

- 2.1** Develop and review master plans for parks and reserves that provide sport and active recreation infrastructure
- 2.2** Develop a Tennis Strategy to address opportunities and challenges relating to facility provision and sustainability
- 2.3** Develop an Aquatic and Leisure Strategy to establish the future aquatic needs of the municipality
- 2.4** Adopt preferred facility provision benchmarks and facility standards, and apply to future facility planning and development
- 2.5** Identify opportunities to establish elite sports facilities capable of hosting regional and/or state level competitions and participation pathways, and partner with State Sporting Associations and Peak Bodies in their implementation
- 2.6** Adopt a 'New Clubs in New Communities' approach to activating new facilities to minimise the creation of 'super clubs'
- 2.7** Establish a network of district-level active recreation nodes, with a minimum of one multi-purpose active recreation node in each of the Growth, Northern and Southern Sub-regions
- 2.8** Embed a place-based approach to planning for active recreation infrastructure in parks and reserves, and engage communities in planning and design processes
- 2.9** Identify gaps in active open space and sporting facility provision and invest in infrastructure to meet current and future demands
- 2.10** Ensure that asset management, renewal, growth, upgrade, and maintenance processes are aligned and integrated to ensure best use of Council and community resources
- 2.11** Support the planning and development of the active transport and trail network, and review of the Cardinia Shire Pedestrian and Bicycle Strategy
- 2.12** Develop an Asset Prioritisation Framework to assist in prioritising capital works in Council reserves and facilities
- 2.13** Investigate opportunities to be more sustainable in the construction and use of sport and active recreation assets

# Strategic Priority 3: Promotion

## Promote opportunities to participate in sport and active recreation, and build awareness of the benefits of physical activity

We will promote the participation opportunities created by our sporting clubs, associations and facility operators

We will connect our communities to new ways of being physically active in our parks, reserves and leisure facilities

We will communicate the health benefits of sport and active recreation to our communities

We will advocate for the importance of sport and active recreation in creating a healthy community

## Recommendations

- 3.1** Develop and implement the 'ACTIVE CARDINIA' brand, with consistent promotion for sport and active recreation participation initiatives
- 3.2** Promote information relating to organised sporting clubs and associations via Councils communication channels to encourage community participation and increased volunteer engagement
- 3.3** Promote active recreation opportunities within Council reserves and facilities via Council promotional channels
- 3.4** Identify opportunities to support and promote Government and Peak Body initiatives that support increased participation, inclusion, and removal of barriers to physical activity (e.g. Active April, Get Active Kids Voucher Program, This Girl Can)
- 3.5** Conduct a periodic community survey relating to sport and active recreation participation behaviours
- 3.6** Promote and support connections between sports clubs, schools and other community groups to increase retention from participation programs into club membership and competition
- 3.7** Work with facility management contractors and operators to drive participation and patronage at contractor-managed Council venues, with a focus on people that are traditionally less active
- 3.8** Target communities with lower activity levels and/or poorer health status and encourage increased physical activity and movement
- 3.9** Assist Peak Sporting Bodies to promote participation programs within Cardinia, with a focus on programs that target junior participants, women and girls, older adults, culturally diverse communities, LGBTQIA+ communities, First Nation Peoples and people with disabilities
- 3.10** Promote Council's investment in sport and active recreation infrastructure and new participation opportunities



# Strategic Priority 4: Partnerships

## Work with our partners to invest in sport and active recreation infrastructure, deliver participation opportunities and develop the capability of our community

We will partner with all levels of government, schools, developers and our communities to invest in sport and active recreation infrastructure

We will engage and collaborate with our communities to deliver new participation opportunities

We will develop the capability and capacity of our sporting clubs, associations and community groups

We will partner with communities and land managers to develop, manage and maintain parks and reserves

## Recommendations

- 4.1** Develop a 'Cardinia Active Volunteer Framework' to establish initiatives to recruit, train, reward and recognise volunteers
- 4.2** Partner with State Sporting Associations and Peak Bodies to support the implementation of participation initiatives via the club and association network
- 4.3** Establish a 'Partner Program' to support clubs, sports organisations and operators to provide participation programs targeting diverse communities and those that are traditionally less active
- 4.4** Provide support to deliver introductory participation programs that remove barriers to participation for women and girls, young people, older adults, culturally diverse communities, LGBTQIA+ communities, First Nations Peoples and people with disabilities
- 4.5** Establish partnerships with schools via joint-use agreements and invest in school-based infrastructure to enable use for community sport
- 4.6** Establish partnerships with organisations that provide participation opportunities for target cohorts and the broader community, and promote participation opportunities via Council communication channels
- 4.7** Partner with non-Council land managers to ensure planning and development priorities align with Council planning and strategic direction for sport and active recreation
- 4.8** Deliver club volunteer training and development initiatives to improve club capacity, capability and governance in collaboration with State Sporting Associations and Peak Bodies
- 4.9** Support community-led management and maintenance models (e.g. Community Asset Committees) and ensure management and maintenance practices align with industry best practice and Council policy
- 4.10** Establish partnerships with Health Providers (e.g Monash Health) and community health organisations to deliver initiatives that engage less active residents

# How Will 'We' Deliver The Strategy?

The collective 'we' referred to throughout the Active Cardinia Strategy extends beyond Council, with our community, clubs and associations, peak sports bodies, government, and industry stakeholders all making a vital contribution to our health and wellbeing through sport and active recreation.

A core principle of the Active Cardinia Strategy relates to 'delivering together', with partnerships and collaboration driving better outcomes for all stakeholders as 'we' strive to create an active community.

Cardinia Shire Council will lead the implementation and evaluation of the Active Cardinia Strategy and foster collaboration with our partners.

Council will continue to be the most significant sponsor and supporter of community sporting clubs through its commitment to the provision of sport and active recreation infrastructure, programs and initiatives.

## Who are 'We'?

### Our Community

Our community is engaged, diverse and active, seeking new opportunities to participate and ways to reduce barriers to participation

### Cardinia Shire Council

Lead the delivery of the Active Cardinia Strategy through direct delivery of projects and initiatives, developing partnerships with stakeholders and engaging with our community

### Clubs, Associations & Volunteers

Engage our communities to participate, connect and thrive in environments that are welcoming and supportive

### Peak Sporting Bodies

Provide leadership, development opportunities and participation initiatives to drive stronger clubs, associations, competitions and programs

### Government

Support communities to be more active through targeted investment, advocacy, policy and partnerships at local, state and national levels

### Property Developers

Develop sport and active recreation infrastructure in new communities in partnership with Council

### Industry Stakeholders & Service Providers

Advocate for and deliver initiatives that create diverse opportunities to participate in sport and active recreation

### Health and Wellbeing Providers

Promote the importance of physical activity and create partnerships to engage our community in sport and active recreation

# How Will We Measure Our Progress?

The Active Cardinia Strategy represents a commitment to improving the lives of our residents through sport and active recreation. We will measure our progress by tracking key measures relating to participation, engagement and strategy implementation.

Evaluating the progress of the Active Cardinia Strategy over time will require the ongoing collection and collation of data, engagement with our community and analysis of trends.

We will work with our community, key stakeholders and partners to measure and evaluate our progress and celebrate our successes.

Council will monitor the ongoing implementation of the Active Cardinia Strategy and undertake a formal evaluation of progress after three years.

## Key Measures of Progress

### Pillar 1: Participation

More people are physically active, including higher levels of activity among target cohorts and people that are traditionally less active

### Pillar 2: Places

Our community is engaged in planning for all new sport and active recreation infrastructure

### Pillar 3: Promotion

The promotion of opportunities to participate is increased and our community is aware of the benefits of participation in sport and active recreation

### Pillar 4: Partnerships

All partners contribute to the success of the Active Cardinia Strategy

## Evaluation Process

### Short-Term Priorities (Year 1-3)

- Delivery of short-term recommendations
- Evaluation of outcomes
- Review of medium-term priorities
- Development of medium-term action plan

### Medium-Term Priorities (Year 4-6)

- Delivery of medium-term recommendations
- Evaluation of outcomes
- Review of long-term priorities
- Development of long-term action plan

### Long-Term Priorities (Year 7-10)

- Delivery of long-term recommendations
- Evaluation of outcomes
- Review of Active Cardinia Strategy outcomes

# Appendices

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# Appendices

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1. Facility and demand planning models
  - A. Establishing demand
  - B. Our approach to planning for an Active Cardinia
2. List of reserves

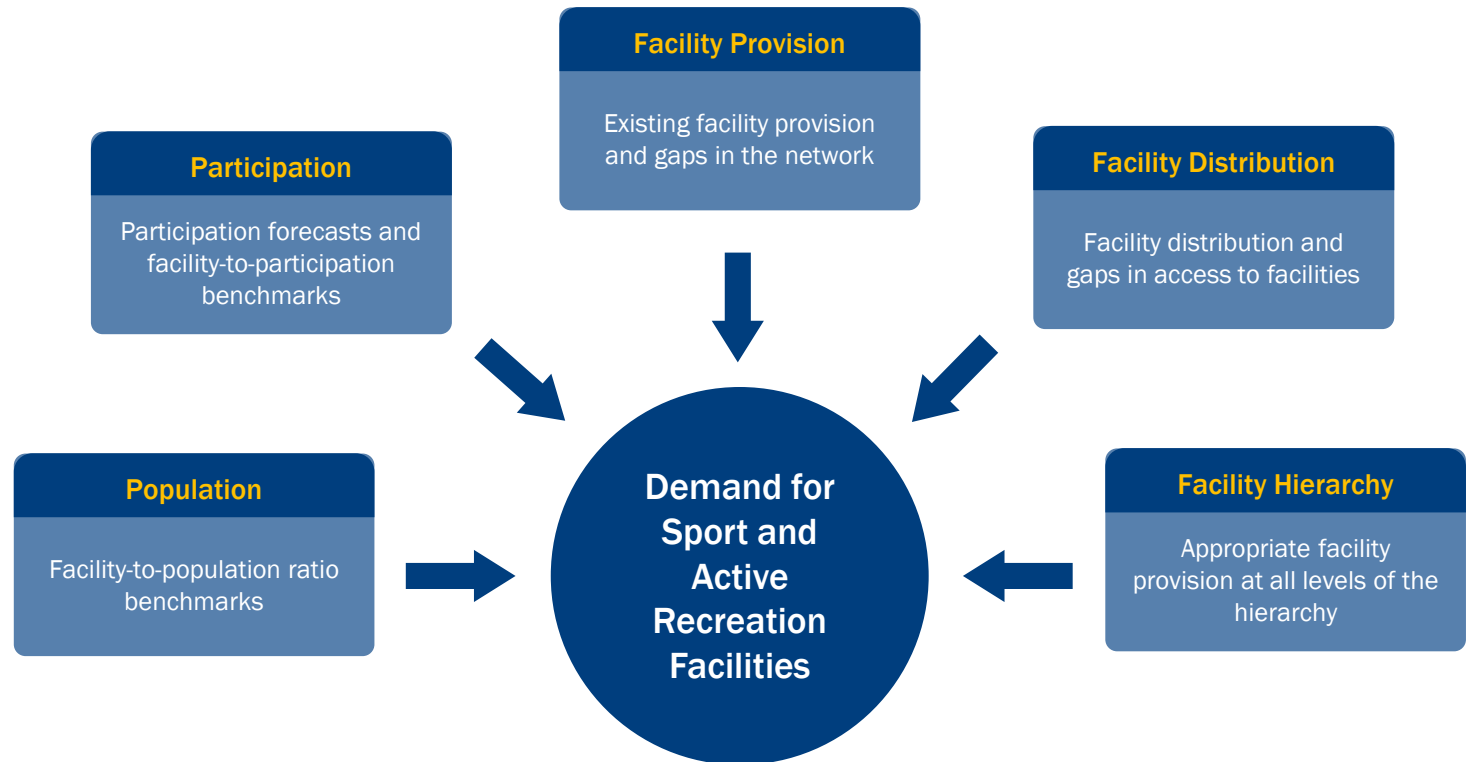
# Appendix 1A: Establishing Demand

Planning for the future sport and active recreation demands of Cardinia Shire is vital to ensuring that participation opportunities are accessible across the municipality.

To establish the demand for sport and active recreation facilities, a range of measures have been used and a varied approach applied across Cardinia Shire's network of sport and active recreation facilities.

The model for establishing demand for facilities varies across Cardinia Shire, particularly in relation to the difference in population between the Growth Sub-region and Northern/Southern Sub-regions.

The adjacent facility provision framework has been used to assess the sport and active recreation needs of Cardinia Shire to 2032 and beyond.



# Appendix 1B: Our Approach to Planning for an Active Cardinia

Cardinia Shire consists of a mix of highly populated urban communities, townships and rural areas, each with unique opportunities relating to participation in sport and active recreation.

Our approach to planning for an active Cardinia Shire considers the unique needs of communities and the characteristics that influence sport and active recreation needs.



## Appendix 2: List of Reserves

Map Ref	Reserve	Suburb	Map Ref	Reserve	Suburb
Growth Sub-region			Growth Sub-region		
1	Beaconsfield Recreation Reserve	Beaconsfield	25	James Bathe Recreation Reserve	Pakenham
2	Holm Park Recreation Reserve	Beaconsfield	26	Parkway Park	Pakenham
3	Kath Roberts Reserve	Beaconsfield	27	Renam Street Reserve	Pakenham
4	Beaconsfield Pistol Club	Beaconsfield	28	Lakeside Lake	Pakenham
5	O'Neil Rd Recreation Reserve	Beaconsfield	29	Creekwood Park	Pakenham
6	Tantallon Boulevard Detention Basin Reserve	Beaconsfield	30	IYU Recreation Reserve	Pakenham
7	Beaconhill Grange Park	Beaconsfield	31	MacKellar Street Park	Pakenham
8	Dodson Road Reserve	Officer	32	Toomuc Recreation Reserve	Pakenham
9	Lincoln Avenue Reserve	Officer	33	Heritage Springs	Pakenham
10	Fairwood Rise Reserve	Officer	34	Toomuc Creek Linear Reserve	Pakenham
11	Pioneer Way Reserve	Officer	35	Lily Pond Community House	Pakenham
12	Dragon Park	Officer	36	William Bruce Ronald Park	Pakenham
13	Rosedene Avenue Park	Officer	37	Robin Court Reserve	Pakenham
14	Gulliver Drive Reserve	Officer	38	P B Ronald Reserve	Pakenham
15	Officer Community Hub	Officer	39	Bourke Park	Pakenham
16	Officer Pony Club	Officer	40	Don Jackson Reserve	Pakenham
17	Officer Recreation Reserve	Officer	41	Atkins Road Reserve	Pakenham
18	Comely Banks Recreation Reserve	Officer	42	Pakenham Regional Tennis Centre	Pakenham
19	Heatherbrae Recreation Reserve	Officer	43	Ascot Park Reserve	Pakenham
20	Aspect Wetlands	Officer	44	Hawkesbury Street Reserve	Pakenham
21	Clendon Drive Reserve	Officer	45	Homegarth Reserve	Pakenham
22	Lakeside Oval	Pakenham	46	Eastone Reserve	Pakenham
23	Pashanger Court Bocce	Pakenham	47	Huxtable Road Horse Riding Reserve	Pakenham Upper
24	Devonia Park	Pakenham			



## Appendix 2: List of Reserves

Map Ref	Reserve	Suburb	Map Ref	Reserve	Suburb
Northern Sub-region			Southern Sub-region		
48	Sutherland Park Recreation Reserve	Upper Beaconsfield	70	Koo Wee Rup Recreation Reserve	Koo Wee Rup
49	Upper Beaconsfield Recreation Reserve	Upper Beaconsfield	71	Koo Wee Rup Primary School	Koo Wee Rup
50	Cardinia Beaconsfields Golf Club	Upper Beaconsfield	72	Koo Wee Rup Secondary College	Koo Wee Rup
51	Pepi's Land	Emerald	73	Amber Lane Reserve	Koo Wee Rup
52	Worrell Recreation Reserve	Emerald	74	Lang Lang Community Recreation Precinct	Caldermeade
53	Emerald Lake Park	Emerald	75	Lang Lang Showgrounds	Lang Lang
54	Chandler Reserve	Emerald	76	Clarks Road Reserve	Lang Lang
55	Alma Treloar Reserve	Cockatoo	77	Lang Lang Bowls Club	Lang Lang
56	Josie Bysouth Reserve	Cockatoo	78	Dick Jones Park	Lang Lang
57	Mountain Road Recreation Reserve	Cockatoo	79	Lang Lang Rifle Range	Lang Lang
58	Gembrook Recreation Reserve	Gembrook	80	Bayles Tennis (Fauna Park and Picnic Area)	Bayles
59	Gembrook Park	Gembrook	81	Cora Lynn Recreation Reserve	Cora Lynn
60	Pakenham Upper Recreation Reserve	Pakenham Upper	82	Catani Recreation Reserve	Catani
61	Yarrabubba Reserve	Maryknoll	83	Yannathan Recreation Reserve	Yannathan
62	Maryknoll Recreation Reserve	Maryknoll	84	Iona Cricket Oval	Iona
63	Tynong North Recreation Reserve	Tynong North	85	Nar Nar Goon Recreation Reserve	Nar Nar Goon
64	Cannibal Creek Reserve	Garfield	86	Tynong Recreation Reserve	Tynong
65	Mt Cannibal Flora and Fauna Reserve	Garfield North	87	Garfield Recreation Reserve	Garfield
Southern Sub-region			88	Greenland Court Reserve	Garfield
66	Kaduna Park Reserve	Officer South	89	Pound Road Reserve	Bunyip
67	Cardinia Recreation Reserve	Cardinia	90	Koolangarra Park	Bunyip
68	Rythdale Recreation Reserve	Rythdale	91	Bunyip Showgrounds Reserve	Bunyip
69	Cochrane Park	Koo Wee Rup	92	Bunyip Sanctuary	Bunyip

