



Increasing Participation in a Changing Ireland





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Note: Photographs used in Participation Plan were captured before Covid-19.

Sport Ireland Participation Plan Context

Introduction

Every day, in communities across the country, Sport Ireland continues to help people get active by removing barriers to participation in sport and physical activity through our network of Local Sports Partnerships (LSPs) and National Governing Bodies (NGBs). The LSPs and NGBs share Sport Ireland's passion in getting Ireland physically active, involved in sport and ensuring everyone in the community has the chance to be included.

The Sport Ireland Participation Plan is built on and guided by the National Sports Policy 2018-2027 (NSP) and the Sport Ireland Strategy 2018-2022. The Participation Plan will also take into consideration Healthy Ireland – A Framework for Improved Health and Wellbeing 2013-2025 and the National Physical Activity Plan. The plan will also take account of recent global and national developments.

The COVID 19 pandemic has had a huge impact on which sports Irish people take part in, with individual sports and activities such as walking, running and cycling experiencing

unprecedented growth, while some team and facility based sports experienced unprecedented decline. This plan will aim to maintain the growth where it has been gained and recover the losses where they have occurred.

This plan welcomes the establishment of a new government and a new Ministerial Department in the form of the Department of Media, Tourism, Arts, Culture, Sport and the Gaeltacht. The 2020 programme for Government has clearly set out new and ambitious objectives for sport to deliver on, most notably in the sports participation goals, which increased from 50% of adults regularly playing sport, as set out in the 2018 National Sports Policy to 60% of adults regularly playing sport by 2027.

In this context the Sport Ireland Participation Plan identifies what Sport Ireland aims to achieve from 2021 to the end of 2024, how we propose to achieve it, and what resources will be required to achieve these goals over the next five years.



Sport Ireland Participation Plan Vision and Mission

The Sport Ireland Participation Plan sets out how Sport Ireland will deliver on the ambition of both the Sport Ireland Strategy and the National Sports Policy.

Vision:

A country where everyone can regularly enjoy taking part in sport and physical activity for life.

Mission:

To create a culture that encourages, supports and empowers everyone in Ireland to actively participate in sport and physical activity.



Sport Ireland Participation Plan Pillars



Active Policies

- National Sports Policy
- National Physical Activity Plan
- Sport Ireland Strategy and Policies
- Local Sports Plans
- Department of Education Wellbeing Framework
- Regional Development Plans
- County Development Plans
- Local Economic Community Plans
- Slaintecare
- HSE Wellbeing
- State & Local Agency Corporate Plans



Active Principles

- Participant centered
- Life course focused
- Evidence informed
- Inclusive
- Innovative
- Sustainable
- Collaborative
- Transparent
- Accountable
- Ethical and Values Based



Active People

- Men
- Women
- Pre-School Children
- Primary School Children
- Secondary School Children
- Families
- People with a Disability
- People of all Ethnicities
- People of all Sexual Orientations
- People from Socio-Economic Disadvantage

Sport Ireland Participation Plan Pillars



Active Places

- Urban
- Rural
- Outdoor
- Indoor
- Schools
- Clubs
- Groups
- Community
- Workplaces
- Services



Active Promotion

- Consistent brand identity
- Quality resources and experiences
- Simple and consistent messaging informed by research and behavioural sciences
- Marketing and campaigning
- Advocacy and influence at local and national level



Active Partnerships

- LSPs
- NGBs
- Local Authorities
- Government Agencies
- Government Departments
- Schools
- Health
- Community
- Clubs
- Professionals
- Volunteers, Coaches and Leaders
- Commercial Providers
- Tourism

Sport Ireland Participation Plan Pillars

The Sport Ireland Participation Plan goals are built on six pillars; Active Policies, Active Principles, Active People, Active Places, Active Partners and Active Promotion which underpin the delivery of the plans actions. Every action in this plan should focus on these six pillars.



Active Policies

The Participation Plan is built on and guided by the National Sports Policy 2018–2027 and the Sport Ireland Strategy 2018–2022. The Participation Plan integrates a number of Sport Ireland policy objectives as well as those of other national and local plans. Sport Ireland will work with our partners to advocate for the importance of sport and physical activity, thereby ensuring that national and local bodies developing policies, plans and procedures incorporate sport and physical activity goals and actions within them. The work of the Sport Ireland Participation Unit will help shape the national and local policy landscape in order to optimise the systems within which sport and physical activity can be developed. Sport Ireland will aim to complement the policies and plans of our partners when researching, developing and reviewing participation opportunities.



Active Principles

The Sport Ireland Participation Plan draws its principles from the people it aims to serve. The plan is participant centred and focused on a life course approach to sport and physical activity participation. This plan is built on an ethics, values and rights based approach. Actions will be delivered in an inclusive manner, while actively fostering a welcoming culture of inclusion, so that everyone is integrated into all sports and physical activity participation opportunities. All actions delivered through this plan will be evidence informed and use innovation, research and evaluation to generate the best sport and physical activity participation outcomes for communities and individuals in Ireland. This plan will foster, support and encourage collaborative working to achieve sustainable solutions. Sport Ireland will hold all funded bodies, partners and local communities to the highest standards of accountability and transparency in the distribution, use and reporting on the expenditure of government resources and funds.



Active People

This plan is participant centred, it puts the needs, desires and outcomes of participants first. The plan is built around providing a diversity of both physical and social opportunities for sport and physical activity participation across Ireland. The plan has a clear focus on creating opportunities for young people of pre-school, primary school and secondary school ages, using physical literacy and a diversity of sport and physical activity experiences to lay the foundations of life long participation. The plan provides significant support to community participation for young people and their families.

The plan has a clear focus on those who have traditionally had fewer opportunities to take part in sport and physical activity namely: Women, People with a Disability, Older Adults, Ethnic Minorities, LGBTQ+ and people whom are considered to be socially, economically or educationally disadvantaged.



Active Places

The plan will focus on creating and promoting sport and physical activity opportunities across the full spectrum of

places, spaces and environments where people live their lives. This will range from densely populated urban streetscapes to remote rural landscapes, from purpose built indoor facilities to parks and the great outdoors, from schools to communities and from work places to social services. The places and spaces through which sport and physical activity participation opportunities are created will be developed to be safe, welcoming and accessible to all.



Active Partners

Sport Ireland will develop strategic partnerships to deliver a whole system and whole community approach to promoting and developing sport and physical activity. LSPs and NGBs will be at the centre of Sport Irelands strategy of engaging with national and local partners in the areas of community, education, health, planning, natural resources, culture, tourism, transport, social services, enterprise and business. The people we are looking to activate, the places where they can be active and how they can be active will inform the development of new and strengthening of existing partnerships to deliver on the objectives of this plan.



Active Promotion

Sport Ireland will promote sport and physical activity through local and national media streams as well as online using simple, and consistent messaging informed by research and behavioural sciences.

This plan will shape the public narrative, and ensure that all relevant information is distributed to the correct people in the right way. This plan will promote the work of Sport Ireland and partners through the publication of strategies, policies, research and plans which will in turn increase the public's awareness of sport and physical activity opportunities.

Sport Ireland will work with partners to ensure there is representation on key local and national committees.





Sport Ireland Participation Plan Actions

The Sport Ireland Participation Plan actions will be delivered through Local Sports Partnerships, National Governing Bodies, strategic partners, clubs, communities and individuals. These actions are underpinned by the National Sports Policy commitment to double the investment to sports participation by 2027. Sport Ireland will use these Participation Plan actions to develop annual business plans with KPIs which are proportionate to and deliver on the Government's investment strategy.

Glossary of acronyms and abbreviations used in the actions table

AI	Athletics Ireland
AO	Age and Opportunity
CI	Cycling Ireland
D-ED	Department of Education
D-H	Department of Health
HSE	Health Service Executive
IA	Ireland Active
LA	Local Authority
LSP	Local Sports Partnership
NGB	National Governing Body
NGO	Non Governmental Organisation
NSP	National Sports Policy
SA	State Agencies
SwI	Swim Ireland
SIS	Sport Ireland Strategy
VI	Volunteer Ireland
3rd Level	Third Level Educational Institutions

SI-C	Sport Ireland Communications Unit
SI-CC	Sport Ireland Cross Collaboration
SI-CG	Sport Ireland Coaching
SI-EV	Sport Ireland Evaluation
SI-G	Sport Ireland Governance and Compliance
SI-I	Sport Ireland Innovation
SI-NGB	Sport Ireland National Governing Body Unit
SI-OD&C	Sport Ireland Organisational Development and Change Unit
SI-O	Sport Ireland Outdoors Unit
SI-P	Sport Ireland Participation Unit
SI-R	Sport Ireland Research Unit
SI-WIS	Sport Ireland Women in Sport Unit

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
1	Invest in LSPs to continue developing a sports participation culture in their county, through local leadership, advocacy, evaluation, local capacity building and provision of resources.	LSPs	SI-P	SI-ODC, SI-O, SI-NGB, SI-CG	LSPs	Ongoing	NSP 9, 33, 46, 47 SIS 2c, 4b
2	Invest in NGBs to continue building a culture of sports participation in Ireland, developing and promoting sports participation pathways, fostering community engagement, volunteerism and high quality coaching to inspire children and adults to be active and social through sport.	NGBs	SI-NGB	SI-ODC, SI-O, SI-P, SI-CG	NGBs	Ongoing	NSP 9, 46, 47 SIS 6b, 7a, 7b
3	Provide ongoing developmental supports to build the capacity of LSPs and NGBs through the provision of continuous professional development and access to expert support services.	LSPs & NGBs	SI-ODC	SI-P, SI-NGB, SI-CG	LSPs, NGBs	Ongoing	NSP 33 SIS 4b
4	Develop new and existing partnerships with agencies, services and organisations who can support or complement the work of LSPs and NGBs to increase participation in sport and reduce the participation gradients.	Partners	SI-P & SI-NGB	SI-O, SI-C, SI-CG	LSPs NGBs, NGOs	Ongoing	NSP 48 SIS 5d
5	Work with Local Authorities to assist them with the development of Local Sports Plans. Sport Ireland will develop templates and host national meetings to facilitate this.	Local Sports Plans	SI-P	SI-R	LAs, LSPs	2021	NSP 8, 9, 45 SIS 1b
6	Facilitate an annual meeting with Local Authorities to review the development and implementation of Local Sports Plans.	Local Sports Plans	SI-P	SI-R, LSPs	LAs, LSPs	2021	NSP 8, 9, 45 SIS 1b

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
7	Support the coordination of LSPs and NGBs work with local sports infrastructure (local authority and private) through the Local Sports Plans.	Local Sports Plans	SI-P	SI-NGB	LAs, LSPs, NGBs, NGOs	2021	NSP 22, 45 SIS 1b
8	Promote collaboration between sporting bodies (NGBs, LSPs and clubs) and related sectors in the development and promotion of sports participation through a series of annual meetings.	Collaboration	SI-CC	SI-NGB, SI-P, SI-O, SI-C	LSPs, NGBs	Ongoing	NSP 9, 34, 48 SIS 13b, 13c
9	Use Dormant Accounts funds to promote innovative collaborations between sporting bodies (NGBs, LSPs and clubs) and related sectors in the development and promotion of sports participation initiatives.	Collaboration	SI-CC	SI-O, SI-C, SI-I	LSPs NGBs, NGOs	Ongoing	NSP 9, 34, 48 SIS 3a
10	Develop a multi-sport innovation fund with a focus on fostering and encouraging collaboration within the sports sector and with other related sectors.	Innovation	SI-I	SI-R, SI-P, SI-NGB, SI-O, SI-CG	LSPs, NGBs, LAs, NGO's, Industry	Ongoing	NSP 10, 45 SIS 3a
11	Develop and invest in an evidence informed Sport Ireland Participation communications plan and campaign to promote sports participation as well as the inclusive, ethical and fair values, which are core to Irish Sport.	Building Awareness	SI-C	SI-P, SI-NGB, SI-CC	LSPs, NGBs, LAs	2021	NSP10, 47 SIS 2b
12	Support LSPs and NGBs to deliver on the local activation of national campaigns to maximise impact on sports participation outcomes.	Building Awareness	SI-C	SI-P, SI-NGB, SI-I and SI-R	LSPs, LAs	2022	NSP 10, 47 SIS 2b
13	Work with Third Level Universities and Institutes to collate programme research on a national and local basis to assist us in developing investment strategies in participation initiatives.	Evidence Informed	SI-R	SI-P, SI-NGB, SI-CG		2021	NSP 10, 35 SIS 15a

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
14	Work with Sport Ireland research and all of our stakeholders to better understand our market with regard to participation in sport.	Evidence Informed	SI-R	SI-P, SI-NGB, SI-O, SI-C, SI-CG	3rd Level, LSPs, NGBs, NGOs	2021	NSP 10, 15, 35 SIS 15a
15	Use behavioural research to better understand issues around non-participation and use insights to inform support of initiatives, training and programmes.	Evidence Informed	SI-R	SI-P, SI-NGB, SI-O, SI-C, SI-CG	3rd Level, LSPs, NGBs, NGOs	2021	NSP 10 SIS 15a
16	Sport Ireland will develop standardised evaluation frameworks and support tools which will allow for the robust assessment of the impact of publicly funded facilities, programmes and initiatives.	Evidence Informed	SI-EV	SI-R, SI-P, SI-NGB, SI-O, SI-C, SI-CG	3rd Level, LSPs, NGBs, NGOs	2021	NSP 15, 36 SIS 15c
17	Continue to develop and grow our evaluation function, sharing the key learnings with the sector as well as training and supports to activate the learnings.	Evidence Informed	SI-EV	SI-R, SI-P, SI-NGB, SI-O, SI-C, SI-CG	3rd Level, LSPs, NGBs, NGOs	Ongoing	NSP 15, 35, 36 SIS 3b, 15c
18	We will continue to use our funding streams to foster social participation in sport by encouraging the development of strong community-based sports initiatives.	Communities	SI-P	SI-CC, SI-NGB, SI-CG	LSPs, NGBs	Ongoing	NSP 14 SIS 2c, 6c
19	Develop generic club and community sport development toolkits focusing on specific target groups.	Clubs	SI-P	SI-NGB, SI-CG	LSPs, NGBs	2022	NSP 27, 47 SIS 4b
20	Develop volunteer, leadership and coaching supports and resources in line with the national volunteer strategy.	Volunteering	SI-CC	SI-P, SI-NGB, SI-CG, VI	LSPs, NGBs	2022	NSP 27, 47 SIS 2a, 6c

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
21	Develop a volunteer, leadership and coach training fund, open to our funded bodies, addressing the needs of the sports volunteer community and based on the volunteer strategy.	Volunteering	SI-P	SI-NGB, SI-CG	LSPs, NGBs	2024	NSP 28 SIS 2a, 6c
22	Work with NGBs and LSPs to increase the support to volunteer, leadership and coach development.	Coaching	SI-P	SI-CG, SI-NGB	LSPs, NGBs	Ongoing	NSP 28, 47 SIS 2a, 6c, 8b
23	Develop and promote an ethical decision making toolkit for the sports sector.	Ethics & Values	SI-E	SI-P, SI-NGB, SI-CG	LSPs, NGBs	2021	NSP 47 SIS 5c, 14
24	Continue to invest and promote the Sport Ireland Safeguarding workshops through the LSP and NGB network.	Ethics & Values	SI-E	SI-P, SI-NGB, SI-CG	LSPs, NGBs	Ongoing	NSP 47 SIS 5c, 14c
25	Facilitate the development of a Physical Literacy Consensus Statement. Promote the Physical Literacy Consensus Statement to schools, youth services, NGBs, LSPs and other relevant stakeholders.	Youth	SI-CG	SI-P, SI-NGB, SI-O, SI-C	LSPs, NGBs, D-ED, D-H	2021	NSP 1, 2, 3, 4 SIS 1a
26	Invest in youth focused programmes which meet the objectives of the physical literacy consensus statement.	Youth	SI-CG	SI-P, SI-NGB, SI-O, SI-C	LSPs, NGBs, D-ED, D-H	2022	NSP 1, 2, 3, 4 SIS 4b
27	Focus investment for programmes such as learn to swim, cycle and run for secondary school children. Develop participation strategies with these NGBs.	Youth	SI-NGB	SwI, AI, CI, SI-CG	NGBs, LSPs, CI, SwI, AI	Ongoing	NSP 3, 5 SIS 1a
28	Invest in team sports with a focus on increasing the development of physical literacy ensuring diversity in offers and opportunities to participate.	Youth	SI-NGB	SI-CG, SI-P, FTeam Sport NGBs	Team Sport NGBs	2022	NSP 3, 6 SIS 1a

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
29	Use our investments to support programmes which help teenagers who are dropping out of large scale participation team sports to transition to individual sports participation.	Youth	SI-NGB	SI-P, SI-CG, NGBs, LSPs	NGBs, LSPs, D-ED	2024	NSP 6 SIS 1a
30	Support the local delivery of after school physical activity programmes, with a particular focus on socio economic disadvantaged areas through innovative programmes and investment.	Youth	SI-P	SI-NGB, SI-I, SI-E, SI-CG	LSPs, NGBs, LAs, HSE	2022	NSP 4, 7, 48 SIS 4b, 7
31	Increase access to school facilities and community halls out of hours through local collaboration and the Local Sports Plans.	Schools	SI-P	SI-I, SI-R	LSPs, LAs, D-ED	2023	NSP 6, 22 SIS 2c, 3a, 4b
32	Support the sports sector in overcoming barriers in accessing school and community sports infrastructure including access to the necessary insurance cover.	Schools	SI-P	SI-I, SI-R	LSPs, LAs, D-ED	2024	NSP 6, 22 SIS 3a, 4b
33	Identify and implement solutions to transport challenges that occur in accessing facilities after school.	Schools	SI-P	SI-I, SI-R	LSPs, LAs, D-ED	2024	NSP 6, 22 SIS 3a
34	Support for the development of Secondary School PE Curriculum resource material in line with the new PE Curriculum.	Schools	SI-P	NGBs, D-ED, SI-CG	NGBs, D-ED	2021	NSP 2 SIS 1a
35	Develop initiatives and the necessary supports to motivate and incentivise private and public exercise facilities and services to focus on tackling the gradients in sports participation.	Exercise Facilities	SI-P	SI-I, SI-R	IA, LSPs, NGBs	2023	NSP 6, 9, 11, 48, 56 SIS 4b
36	Invest in NGBs and LSPs to collaborate with businesses, state agencies and organisations to co-create a culture of active workplaces.	Workplace	SI-P	SI-NGB, SI-C	IA, LSPs, NGBs	2024	NSP 34 SIS 3a

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
37	Support and encourage innovation in programmes that target older adults (50+) including Age and Opportunity - Active programme and evaluate the impact of the investment.	Older Adults	SI-P	SI-NGB, SI-O	AO, LSPs, NGBs	Ongoing	NSP 9 SIS 3a, 3b, 4c
38	Develop initiatives, guidelines and investment streams to support and promote family participation in Sport and Physical Activity.	Families	SI-P	SI-NGB, SI-O, SI-CG	LSPs, NGBs	2024	NSP 4 SIS 1a, 3a, 4b
39	Support the delivery of the participation pillars in the Sport Ireland Policy on Women in Sport and monitoring the investment and implementation.	Women	SI-WIS	SI-P, SI-NGB, SI-O, SI-C, SI-CG	LSPs, NGBs	Ongoing	NSP 15 32 SIS 4a, 6b
40	Build on our work with the Sport Ireland Policy on Participation in Sport by People with Disabilities to ensure that the appropriate evidence informed support is in place for sports participation, to reduce barriers in respect of individuals with disabilities.	Disability	SI-P, SI-NGB, SI-O	SI-C, SI-CG	LSPs, NGBs, NGOs, HSE,	Ongoing	NSP 6, 9, 12, 48 SIS 4b, 15a
41	Sport Ireland will develop a diversity and inclusion policy, the content of which will be informed by research and consultation.	Inclusion	SI-E	SI-P, SI-NGB, SI-WIS, SI-CG	LSPs, NGBs	2021	NSP 6, 9, 48 SIS 4b
42	Through the Sport Ireland Policy on Diversity and Inclusion develop supports and resources for sport sectors including clubs, communities and coaches supported with programmes specifically promoting participation in sport by people from diverse ethnic backgrounds and tackling racism.	Ethnic Minorities	SI-E	SI-P, SI-NGB, SI-WIS, SI-CG	LSPs, NGBs	2022	NSP 6, 9, 48 SIS 4b

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
43	Through the sports inclusion policy promote the values of inclusive and respectful sports participation with specific actions on promoting participation and inclusion of people from the LGBTQ+ community.	LGBTQ+	SI-E	SI-P, SI-NGB, SI-WIS, SI-CG	LSPs, NGBs	2023	NSP 6, 9, 48 SIS 4b
44	Invest in programmes and initiatives to promote and support sports participation in areas of socio economic disadvantage.	Socio Economic Disadvantage	SI-P	SI-NGB	LSPs, NGBs	Ongoing	NSP 6, 9, 11, 48 SIS 4b
45	Identify and support innovative solutions to support sports participation in rural areas where distance and transport to facilities may present a barrier to regular sports participation.	Rural Disadvantage	SI-P	SI-NGB, SI-I	LSPs, NGBs	2023	NSP 6, 9, 11, 48 SIS 3a, 3b
46	Support the delivery of the participation objectives in the Sport Ireland Outdoor Sport and Physical Activity Policy.	Outdoors	SI-O	SI-NGB, SI-P, SI-CG	Outdoor NGBs	2021	NSP 13 SIS 3c
47	As part of the Local Sport Plans, ensure that LSPs will work with the Local Authorities to maximise the use of recreational areas for sport e.g. outdoor recreation.	Outdoors	SI-P	SI-O	LAs, LSPs, NGBs	2021	NSP 22 SIS 3c
48	Further support the development and management of high quality trails and other infrastructure to facilitate participation in outdoor recreational sport. Continue to support the trails register & quality standards.	Outdoors	SI-O	SI-P	LAs, SAs	Ongoing	NSP 13 SIS 3c

No.	Our Actions	Theme	Lead	Development Partners	Delivery Partners	By when	NSP & SIS Action(s)
49	Manage an education and training programme to build the capacity of stakeholders to deliver and develop infrastructure and initiatives to facilitate participation in outdoor recreational sports.	Outdoors	SI-O	SI-P	LSPs, NGBs, LAs	Ongoing	NSP 13, 47 SIS 3c
50	Work with NGBs, LSPs and other stakeholders to implement programmes and initiatives facilitating participation in outdoor recreational sport through sharing of best practice and providing focussed investment.	Outdoors	SI-O	SI-P, SI-NGB	LSPs, NGBs, NGOs	2022	NSP 13, 43 SIS 3c
51	Develop a digital geo database of outdoor sport and recreation amenities in Ireland capable of being used and shared through many digital platforms and systems between organisations.	Outdoors	SI-O	SI-NGB, SI-P, SI-R, SI-I, SI-E	LSPs, NGBs, LAs	2021	NSP 13, 18 SIS 3c
52	Support the coordination of LSP and NGB work with local outdoor sport facilities (local authority and private) through the national digital geo database.	Outdoors	SI-O	SI-P, SI-NGB	LSPs, NGBs, LAs	2022	NSP 13, 22 SIS 3c
53	Support LSPs, NGBs and other funded bodies in adoption of the Governance Code by end of 2021 and establish a compliance monitoring framework for the future.	Govern- ance	SI-G	SI-P, SI-NGB	LSPs, NGBs, NGOs	2021	NSP 31, 32, 47 SIS 13 a, 13b
54	Monitor and report on the activities of LSPs, NGBs and other funded bodies across multiple metrics and KPIs to ensure accountability for Government investments whilst also supporting performance and governance development opportunities.	Govern- ance	SI-G	SI-P, SI-NGB, SI-CG	LSPs, NGBs, NGOs	2024	NSP 31, 32 SIS 13 b



Appendices

Appendix A

National Sports Policy 2018 to 2027

The National Sports Policy, launched in 2018, acknowledges and sets a clear direction for the development of sport and physical activity in Ireland. The National Sports Policy places an emphasis on the important role of sports participation in improving physical and mental health, protecting against a range of non-communicable diseases and contributing to a better quality of life for the people of Ireland.

The National Sports Policy vision is that:

'People will be inspired, their lives enriched, their enjoyment enhanced, and their quality of life improved as a result of their own active or social participation in sport, and as a result of success by our top sports people in competition. All entities in our sporting community will be highly regarded for the quality of their staff and volunteers, their standards of governance, ethics and accountability, and their spirit of collaboration including with partners beyond the sporting sector.'

Thirty-one of the fifty-seven actions in the National Sports Policy relate to sports participation. These actions provide a substantial framework for the work of Sport Ireland Participation to 2027. The National Sports Policy participation actions are listed in Appendix A.

The National Sports Policy goal is to increase regular sports participation of Irish children and adults from all demographic sectors of society.

The high level goals of the National Sports Policy are summarised below:

High Level Goals	Key Performance Indicators	Baseline 2017	Targets 2027	Measurement Timeframe
Increased Participation: A significantly higher proportion of Irish children and adults from all sectors of society are regularly involved in all forms of active and social participation in sport.	Increased number of adults regularly playing sport (excludes recreational walking);	43%	*50%	Biennially
	Elimination of active sport participation gradient between men and women;	4.5%	0%	Biennially
	Reduced levels of adults sedentarism	22%	15%	Biennially
	Increased number of children regularly playing sport;	TBD	TBD	Biennially
	Increased number of adults regularly involved socially in sport through volunteering, club membership and/or attendance	45%	55%	Biennially

* This target has been raised to 60% in 2020 programme for Government approved on the 29th June 2020.

National Sports Policy Values

The National Sports Policy establishes a set of values, which have been used to guide the development of this plan.



Foster collaboration: We will encourage and stimulate collaboration within and beyond the sports sector as a foundation of the policy implementation.

Emphasise excellent ethical standards: We will promote and foster fair play, respect, ethics, integrity and safety throughout the sports system.

Adopt a life course perspective around participation: Active and social participation in sport over the life course yields huge benefits. This policy will be underpinned by the Lifelong Involvement in Sport and Physical Activity (LISPA) framework and underscored by the development of physical literacy in childhood.

Encourage innovation: We will encourage and stimulate innovative solutions to the challenges we seek to address around participation, high performance and the development of the sports sector.

Evidence-led and outcomes focused: Policies, programmes and funding are based on best-available evidence and focused on the achievement of agreed policy outcomes.

Clear accountability framework: There will be a clear implementation structure involving monitoring, evaluation and accountability mechanisms and lines of responsibility for leading delivery on specific actions.

Promote inclusion: Sport must be welcoming and inclusive, offering appropriate opportunities for participation and improvement to all. We will promote inclusion to deliver our desired outcomes with a focus on addressing social, disability, gender, ethnic and other gradients.

Sport Ireland Strategy 2018 – 2022

The Sport Ireland Strategy sets out the vision, mission and work focus for sports participation in Ireland to 2022.

Our Vision

A world-class sports sector operating to the highest standards of governance and accountability and contributing towards the National Policy objectives for sport.

Our Mission

Sport Ireland leads the national sports agenda through:

- Communicating the value and leading the thinking on sport
- Promoting an inclusive and fair culture
- Generating value from finite resources
- Building strong sports organisations
- Realising the concept of 'sport for life for everyone'
- Supporting high performance success

At the heart of Sport Ireland's strategy is a commitment to working with the National Governing Bodies of Sport and Local Sports Partnerships to drive a strong participation agenda through staff and volunteers. Sport Ireland aim to build the capacity of these agencies to educate and train participants, coaches and volunteers to foster an ethical and inclusive culture around sport.



Sport Ireland Strategy Objectives

The Sport Ireland strategy provides overarching objectives for developing Sports Participation in Ireland:

1. We will put the participant first - participants will be at the centre of our decisions.
2. We will support innovative, inclusive and collaborative programmes, which address the challenges posed by demographic, social and economic changes.
3. We will support robust national and local structures that encourage accountability and evidence-based decision making.
4. We will build and sustain meaningful and collaborative partnerships with other key players locally, nationally and internationally.
5. We will support our funded bodies, in particular LSPs, to increase participation in sport with a strong emphasis on collaboration.
6. We will create an environment where creativity and innovation in the sector is fostered, to include a focus on outdoor recreation infrastructure and systems.
7. We will promote the Value of Sport to include greater population awareness of the benefits of participation in sport through activity and social participation, including volunteering.

Appendix B

NSP Goals, 2019 LSP Activity and 2024 LSP projections

		NSP Goals			LSP Targets			
		Baseline 2019	Goal 2024	Annual Change Needed	LSP Annual Activity 2019		LSP Annual Projections 2024	
		(no. of people & percentage of population)	(no. of people & percentage of population)	(no. of people)	(no. of people reached)	(no. of people activated)**	(no. of people reached)	(no. of people activated)**
1	Increase adult active sports participation	1,780,000 (46%)	2,220,000 (55%)	110,000 Increase	118,000	9,000	137,000	10,000
2	Reduce adult non-participation in sport or recreational walking	770,000 (20%)	735,000 (18%)	7,000 Reduction	13,000	11,000	15,000	12,000
3	Increase adult social participation (volunteering, club membership and spectating)	1,810,000 (47%)	2,032,500 (50%)	44,500 Increase	No Data	No Data	No Data	No Data
4	Increase active participation in community sport by primary school children 5th and 6th class	110,000 (80%)	110,000 (80%)	No change	*208,000	*16,000	*254,000	*19,000
5	Increase active participation in community sport by young people in post primary schools	230,000 (58%)	240,000 (58%)	2,000 Increase	46,000	3,400	60,000	4,500
6	Increase active and social participation by women	1,140,000 (59%)	No target set	N/A	61,000	4,600	68,500	5,200

*These figures are for all children of primary school age not just 5th and 6th class.

**Approximately 20% of people who engage in LSP initiatives are inactive. Approximately 40% of these people sustainably increase their activity levels.

		NSP Goals			LSP Targets			
		Baseline 2019	Goal 2023	Annual Change Needed	LSP Annual Activity 2019		LSP Annual Projections 2024	
		(no. of people & percentage of population)	(no. of people & percentage of population)	(no. of people)	(no. of people reached)	(no. of people activated)	(no. of people reached)	(no. of people activated)
7	Increase active and social participation by people from socio economic disadvantage	47%	No target set	N/A	65,400	4,900	69,500	5,200
8	Increase active and social participation by people with a disability	48%	No target set	N/A	5,800	400	6,200	500
9	Increase active and social participation by ethnic minorities	N/A	No target set	N/A	2,200	160	3,200	240
10	Increase active and social participation by LGBTQ+	N/A	No target set	N/A	No Data	No Data	No Data	No Data

Appendix C

Sport Ireland Participation Plan Theory of Change

The Sport Ireland Participation Plan is informed by multiple sport and physical activity behavioural theories and frameworks including the World Health Organisation's Global Action Plan on Physical Activity 2018-2030¹, the Behaviour Change Wheel², Social Ecological Models of behaviour³ and the Theory of Planned Behaviour⁴.

The Participation Plan seeks to implement a systems based approach to increasing sports participation and physical activity in Ireland. Using insights and recommendations from the 20 policy actions of the World Health Organisation's Global Action Plan on Physical Activity (GAPPA), the Participation Plan includes actions to deliver on the four objectives of the GAPPA model: Active Societies, Active Environments, Active People and Active Systems.

Further, the plan uses the Behaviour Change Wheel to inform actions which:

- a) Use programming and communications actions to build the physical and psychological capability of individuals and communities to not just engage with but also influence, develop and own physical activity opportunities at a local level.
- b) Use partnership and communications actions to influence the development and promotion of physical and social opportunities at both an individual and community level
- c) Influence motivation by helping participants develop routine and set goals, while using social marketing and programmes to influence beliefs and attitudes.

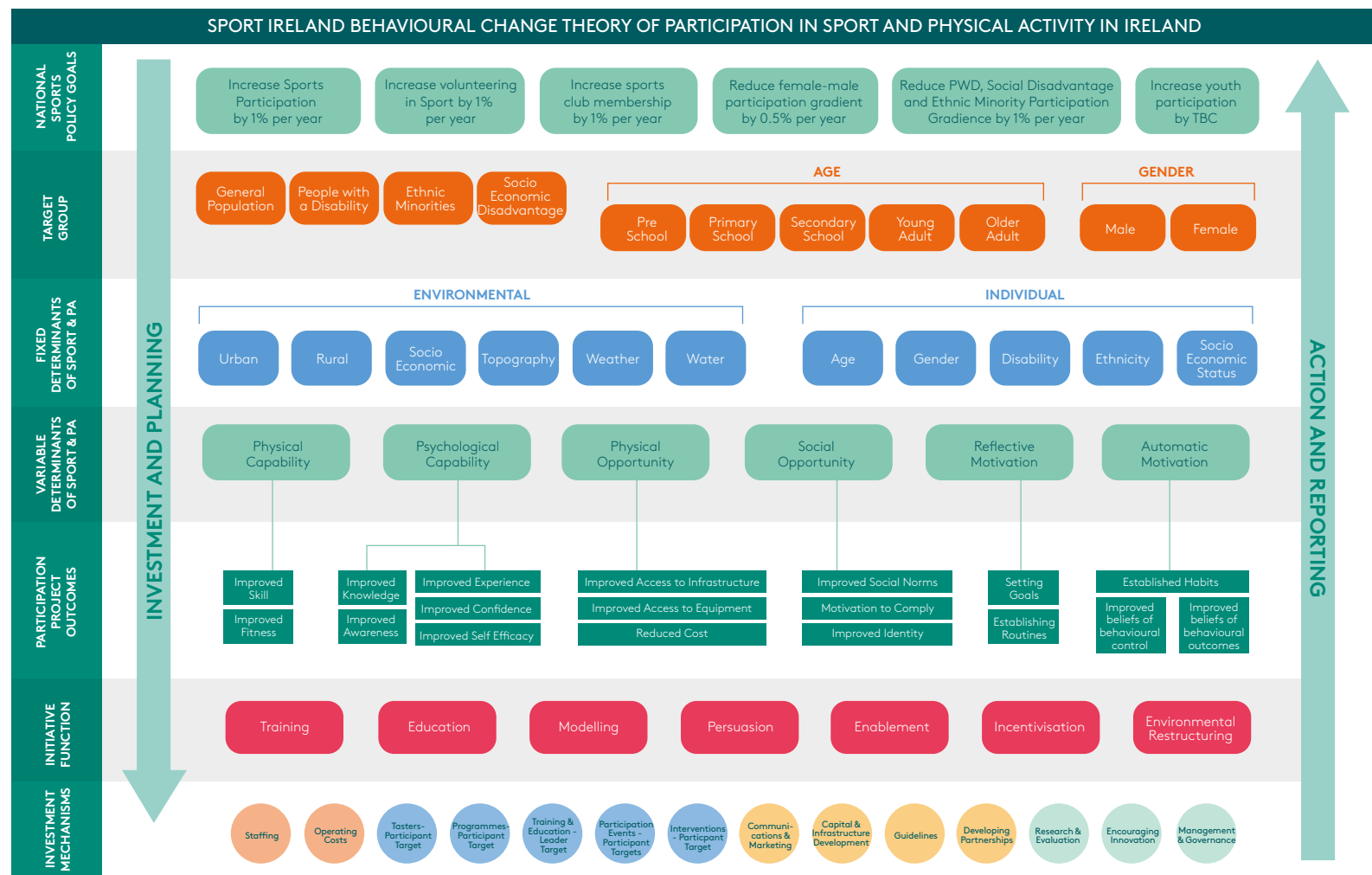
By working with local authorities, through the development of Local Sports Plans, this plan will support environmental restructuring and social planning to enable individuals and communities to become more active. Using the insights of the Irish Sports Monitor⁵ to understand the individual determinants of behaviour the participation plan has applied the Social Ecological Model in developing actions, which influence the natural, built and social environment.

The action plan has also integrated aspects of the Theory of Planned Behaviour to ensure actions will also focus on the individual aspects of sports participation by aiming to influence the attitudes, beliefs, norms and perceived control of individuals and communities to be active through sport. The actions delivered in this plan will focus on producing systems, partnerships, opportunities, initiatives, programmes, events and training supported by education, guidelines and marketing campaigns to promote sport and physical activity behaviours at a population level.

5 Sport Ireland (2017) 'Irish Sports Monitor 2017 Annual Report'. Available at: www.sportireland.ie



Sport Ireland Participation Plan Theory of Change Map



Appendix D

The spectrum of sport and physical activity supports

A key theme of the Sport Ireland participation plan is the identification of and collaboration with strategic partners to provide a diversity of opportunities and supports for Lifelong Involvement in Sport and Physical Activity (LISPA). Sport Ireland investments target the whole of society and aim to work with those most at risk of having lower sports participation and physical activity levels. Working with a diverse range of partners will help us support people to be active across their life course and as their physical and mental health may change throughout their lives. The below table attempts to collate a number of sports participation models into an overarching framework which maps levels of physical activity, as well as physical and mental health to the activities of some of the Sport Ireland partnerships.

LISPA Model	Healthy Body & Mind	FUNdamentals & Physical Literacy	Learn to Play	Play to Train	Train to Compete	Compete to Perform	Perform to succeed
Associated Actions	Primary medical care, rehabilitation, promotion of healthy lifestyles: nutrition, illness prevention programmes	Provision of fun participation and physical literacy programmes, facilities and events	Provision of skills, and fitness participation programmes, associated facilities, and participation events	Provision of skills, and fitness training programmes, associated facilities and local competitions	Provision of training programmes, facilities, and regional competitions	Provision of performance training programmes, facilities, and national competitions	Provision of high performance training programmes, facilities, and international competitions
Sport Ireland Partners	HSE/Dep Ed.	HSE/LSP/NGB/Dep. Ed.	LSP/NGB/Dep. Ed.	NGB/Dep. Ed.	NGB	NGB/SII	NGB/SII/OFI/PI
Focus of individuals and partners	Focused on outcomes for the individual	Generally focused on outcomes for the individual and social community outcomes	Individual and social community outcomes	Generally focused on sports community outcomes with some individual outcomes	Focused on community/club level outcomes	Focused on national outcomes	Focused on international outcomes

LSP Goals	More People		More Active		More Often
Sport Ireland Objectives	Movement		Active Recreation		Performance
					High Performance

Appendix E

Sport Ireland Strategy: Participation Actions

The Sport Ireland Strategy identifies a number of key actions for Sport Ireland to deliver on in the area of Sports Participation, which are summarised below.

PARTICIPATION OBJECTIVES		GOAL: LIFELONG AND INCLUSIVE SPORT - MEASURES OF SUCCESS
1	Lead on the national ambition to increase the number of people participating in sport and physical activity.	a) Increase in % of population engaging in sport and physical activity as per the Irish Sports Monitor (ISM). (46% Adults) (Children TBD1) b) Development and implementation of a new Participation Plan.
2	Promote the Value of Sport to include greater population awareness of the benefits of participation in sport through active and social participation, including volunteering.	a) Development of a volunteering strategy as per the National Sports Policy. b) Development and implementation of a communications campaign to target specific population groups. c) Funding streams being used to foster social participation in sport by encouraging the development of strong community based organisations.
3	Build on existing proven structures whilst also seeking new and innovative approaches to increasing sport and physical activity and reducing inactivity.	a) Piloting of new, innovative programmes. b) The national roll out of successful pilot programmes following evaluation. c) Increase in the number of adults participating in outdoor recreational sporting activities 2.
4	Greater access to participation opportunities, focused on reducing inequalities.	a) Reduction in the active sport participation gradient between men and women to 2.5%. b) Focused investment to address the social gradients that exist in sports participation. c) Reduction in levels of sedentary adults to 19%.
PERFORMANCE OBJECTIVES		GOAL: PLAYING & COMPETING AT A LEVEL APPROPRIATE TO ABILITY UNDERPINNED BY A COMMUNITY BASED CLUB NETWORK
5	Build the performance pillar of Irish sport which is vital to active and competitive sportspeople.	a) Increase in reported NGB membership. b) Increase in % volunteering from 45% to 48%. c) The provision of guidance and education to NGBs in the areas of Safeguarding, Ethics, Coaching and Anti-Doping. d) The provision of quality and relevant supports to our funded bodies through our Organisational Development & Change team.
6	Expanding the group of highly effective NGBs to 40.	a) NGB Compliance with the Code of Governance by 2021. b) The readiness of an NGB to deliver across Participation, Performance and High Performance pillars. c) The level of social participation and volunteering. d) Strong business models and financial stability in the NGB sector.

contd.		
7	Identify priority sports that are more likely to have lasting benefits over the life course to receive greater investment over the strategy period.	a) The level of funding for the identified priority sports. b) The participation rates for the priority sports. c) The reported membership rates and social participation in the priority sports.
8	Develop Sport Ireland as the lead agency for sports education in Ireland.	a) Accreditation of coaching qualifications in line with the National Framework of Qualifications and QQI. b) Establishment and development of Coaching Development Programmes in 60 National Governing Bodies. c) Development and implementation of the National Coaching Plan 2019 as per the National Sports Policy.
SPORT IRELAND GOVERNANCE		GOAL: DRIVE THE DEVELOPMENT OF A HIGHLY EFFECTIVE SPORTS SECTOR THAT WILL HAVE AN IMPACT THROUGHOUT THE COUNTRY
13	Support Sport Ireland funded bodies in achieving uniformly high standards in the area of Corporate Governance.	a) Increase in the number of Sport Ireland funded bodies that comply with the Code of Governance. All 66 NGBs and 29 b) LSPs to comply by 2021. c) The provision of training and supports to Sport Ireland funded bodies building the capacity of the overall sector. d) Lead in the development of a sports sector workforce strategy as per the National Sports Policy.
15	Expand the Research & Evaluation Programmes as a vital resource in the progressive development of sport and physical activity.	a) The quality and quantity of research published by Sport Ireland. b) Development of a Research Strategy as per the National Sports Policy. c) Development and implementation of enhanced Research and Evaluation frameworks within Sport Ireland.



Appendix F

National Sports Policy 2018-2027: Participation Actions

The National Sports Policy 2018-2027 lists thirty key actions applicable to the area of Sports Participation, which are summarised below.

NATIONAL SPORTS POLICY PARTICIPATION ACTIONS	
1	We will work with early childhood care and education services and organisations to ensure that pre-school practitioners, providers, and parents/guardians are supported in improving the physical activity habits of very young children in their care, including the development of improved physical literacy outcomes.
2	We will work with the Department of Education and Skills, teachers, NGBs and other relevant stakeholders to ensure that PE in schools is delivered to fully support the development of physical literacy among all our children.
3	Sport Ireland will review the financial support to NGBs so that a greater focus is placed on the development of non-sport specific physical literacy programmes for younger children. As part of this arrangement, NGBs would be expected to work with each other and with Sport Ireland Coaching in developing appropriate programmes.
4	We will work with the Department of Children and Youth Affairs, LSPs, NGBs, Health Service Executive (HSE) and others to develop an education or information campaign to help parents/guardians to engage with their children to develop physical literacy and positive habits around sport and physical activity as part of an overall healthier lifestyle.
5	We will prioritise sports like swimming, cycling and running which we believe have the greatest potential for generating higher levels of active participation across the life course, seeking to ensure that our children have the necessary skills to engage in these activities in a meaningful way while also investing in the development of infrastructure, programmes and people to help sustain participation throughout adolescence and adulthood.
6	Sport Ireland will develop initiatives with the NGBs, LSPs, schools, third level institutions, the CARA Centre and other relevant parties to address participation in sport among adolescents and young adults, particularly females, those from lower socio-economic groups, persons with a disability, the LGBTI+ community, the Traveller community and other ethnic minorities. Team and individual-based NGBs will be encouraged to develop initiatives which promote wider participation across their respective codes. Schools and sports clubs will be encouraged to foster better links to make more efficient use of their facilities, while LSPs will be asked to develop participation interventions making use of these facilities. The CARA Centre will advise on the particular needs in respect of individuals with disabilities.
7	We will promote more strongly among teachers and parents/guardians messages around the positive relationship between sports participation and exam performance in our efforts to attenuate the drop off that occurs in participation levels around exam years.
8	We will establish, through Sport Ireland, an initiative to support Local Authorities in developing Local Sports Plans consistent with the overall vision and objectives of this National Sports Policy. The Local Plan will review needs and set out actions to increase participation locally. It will be developed and implemented in cooperation with LSPs, clubs, communities and partners within and beyond sport.
9	We will redouble our efforts to address inequalities in sports participation as part of the Local Sports Plans development process. Resources will be directed to promote the broadest possible participation, ensuring quality and accessibility for all groups. Funding will be prioritised on programmes which focus on those groups with lower levels of participation, particularly those in lower socio-economic groups, persons with a disability and older people. We will also emphasise the virtue of collaboration between sporting bodies (NGBs, LSPs and clubs) and between sport and other policy sectors in the development and promotion of participation initiatives.

NATIONAL SPORTS POLICY PARTICIPATION ACTIONS	
10	In prioritising initiatives and programmes to engage groups with lower participation levels we will use behavioural insights and other research to better understand issues around non-participation.
11	We will use Dormant Accounts and other Exchequer funding to roll out initiatives such as the Community Sports Hubs on a nationwide basis where they have been found to be successful following robust evaluation. We will also seek the support of the private sector for such initiatives.
12	In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport.
13	Apart from investment in traditional sports infrastructure we will examine how the wider natural and built environment can facilitate participation in sport and physical activity. This consideration will also take account of the type of activities towards which adults are increasingly gravitating such as running, cycling, outdoor adventure pursuits, recreational walking, etc.
14	We will use our funding streams to foster social participation in sport by encouraging the development of strong community-based sports organisations (e.g. Community Sports Hubs), supporting and developing those who volunteer for sport and promoting social membership of sports clubs (as well as playing membership).
15	Sport Ireland will, by mid-2019, advise the Sports Leadership Group (see Chapter 11) around appropriate interim targets (2023) for adult and children's active and social participation in sport and for the reduction in the relevant gradients. Targets for narrowing the gradients in participation will also be set (age, gender, social, ethnicity and disability).
18	We will periodically conduct a nation-wide audit of sports facilities (whether publicly or privately owned), with the first such audit to be completed within 2 years of the publication of this policy. These audits will guide decisions regarding the sport capital projects to be prioritised for public funding and we will also consult with NGBs in relation to any further actions required. Local Authorities will conduct the audit at a local level, as part of their role in implementing their Local Sports Plans. As part of the audit we will work with relevant stakeholders to develop and maintain a fully-accessible, comprehensive and up-to-date national database of sports facilities which will also be translated into a web-based portal to serve the needs of the public.
22	We will encourage Local Authorities to promote and facilitate more sharing of facilities locally, especially where capacity is available at off-peak times during the day, in the evening or during holiday periods in the case of educational establishments. This will involve working closely with clubs and sporting bodies, schools and colleges, leisure facility providers and others. As part of the Local Sport Plans, Local Authorities will also lead on other collaborative initiatives to improve access locally e.g. Local Authorities and LSPs will combine to see how recreational areas can be utilised more fully by local communities for sport and physical activity e.g. for parkruns.
27	Sport Ireland will bring forward a volunteering strategy to consider issues around recruitment, retention and recognition, the gradients that exist in volunteering, and how to address the challenges to sustain and grow our volunteer base. Newer forms of volunteer engagement will be encouraged that stimulate active and social participation ideally suited to modern times.
28	We will introduce an annual volunteer training budget to be jointly administered by the NGBs and the LSP network to ensure that volunteer training can occur across sports. This training will focus on issues such as child welfare, disability awareness, first aid, sports administration and governance, and fundraising. The NGBs and LSPs will be expected to work closely with clubs and Sport Ireland Coaching in planning and delivering this training.

NATIONAL SPORTS POLICY PARTICIPATION ACTIONS

30	Sport Ireland Coaching will develop a new coaching plan by end 2019. It will seek to address the issues identified here around encouraging greater diversity among the coaching workforce, making coaching qualifications at entry level more adaptable so that coaches can work across a range of sports and physical activities. It will also place a greater focus on behaviour and attitudes rather than pure technical skills at entry level, promoting the greater use of technology in coach education, as well as coaching for people with disabilities.
31	Sport Ireland will oversee a process to have all NGBs and LSPs adopt the Governance Code for the Community, Voluntary and Charity Sector by end 2021. As part of this process Sport Ireland will also identify and put in place the training and supports needed by the different organisations to assist with the adoption process.
32	NGBs will be asked to set gender diversity targets and develop equality action plans. Support will be provided for dedicated leadership training programmes for women including governance-related and technical training (coaching, refereeing and team management). Sport Ireland will monitor their progress in delivering on these and report annually. If sufficient progress is not being made, we will engage further with all stakeholders on the matter
33	Sport Ireland will lead in the development of a sports sector workforce strategy which addresses recruitment, increased professionalisation, development, validation and recognition, provision for CPD, diversity of leadership throughout the sector and Irish representation on international sports federations. We will support Sport Ireland's efforts to develop a long term strategy for education, learning and development.
34	We will foster and encourage collaboration within the sports sector and between sport and other sectors through training and development initiatives and through the provision of financial and other incentives to stimulate collaborative behaviour at all levels of sport. We will work on an all-island basis in this regard. We will seek to develop a stronger relationship with the education system in particular in our efforts.
35	Sport Ireland will develop a research strategy for sport engaging with all key organisations operating within the sector. The strategy should help to create more formal and structured relationships between the practice, policy system and research communities to ensure that the limited resources available in all domains are prioritised towards developing a better understanding of the key policy questions around sport, thereby developing better solutions to the challenges we seek to address. We will ensure that research and evaluation information is more widely disseminated throughout the sports system. To this end, Sport Ireland will develop an online sports research and data repository.
36	We will support NGBs and other sports bodies to develop evaluation tools for programmes and initiatives. Sport Ireland will develop standardised evaluation frameworks which will allow for the robust assessment of the impact of publicly funded facilities, programmes and interventions. We will seek to tap into the considerable and expanding expertise in the third level and other sectors around sport and community-based initiatives to help develop the capacity of the sport system in this area. We will align our actions in this area with Action Area 7 of the National Physical Activity Plan.
45	We will aim to increase funding to participation programmes for every year of the policy, with the intention to double our annual investment in participation by 2027. We will support Local Authorities in developing and implementing Local Sports Plans, which will aim to work with local stakeholders to increase participation levels.
46	We will provide greater certainty in funding for participation programmes year-on-year. Arrangements for the introduction of multi-annual funding for key grantee organisations will be prioritised.
48	Sport Ireland and its partners will continue to develop pilot programmes aimed at addressing participation gradients in sport around disadvantage and disability, to be supported by Dormant Accounts funding. As increased funds are made available for participation programmes, successful policy interventions will be scaled up and rolled out nationwide using more mainstream Exchequer funding sources along with possible private investment.
56	Recognising the increasing trend towards personal exercise in gyms and other facilities, we will, in consultation with stakeholders, consider possible changes in the taxation code to incentivise participation through the usage of gym equipment and personal sporting equipment.

Appendix F

Glossary of Terms

CARA - CARA is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact on enhancing sport and physical activity opportunities for people with disabilities.

Dormant Accounts Fund - Sport Ireland receives Dormant Accounts Funding to support sport and physical activity initiative to assist in the personal and social development of persons who are economically or socially disadvantaged, the educational development of persons who are educationally disadvantaged or persons with a disability.

Evaluation - Evaluation is the systematic assessment of the design, implementation, outputs and outcomes of an initiative for the purposes of learning, and to inform future decision-making.

HSE - Health Service Executive - The HSE is the statutory authority responsible for providing Health and Personal Social Services for those living in the Republic of Ireland.

LA's - Local Authorities - County and City Councils which are the local government structures in Ireland.

LSP - Local Sports Partnership - LSPs are an initiative of Sport Ireland and aim to co-ordinate and promote the development of sport at local level. The key aims of the LSPs are to increase participation in sport, and to ensure that local resources are used to best effect. The LSP initiative lies at the heart of Sport Ireland's participation strategy.

NA's - National Agencies - Government agencies which have a national remit in outdoor infrastructure e.g. Coillte, National Parks and Wildlife Service, Office of Public Works and Waterways Ireland.

NGB - National Governing Body - An organisation, recognised by Sport Ireland, that coordinates the development of a particular sport or sports through constituent clubs.

NGO - Non-Governmental Organisation - Term used to describe other recognised Sport Ireland funded bodies which do not fall under the terms of National Governing Bodies of Sport or Local Sports Partnerships. Examples include Age and Opportunity Go For Life, CARA, Ireland Active, Leave No Trace.

National Physical Activity Plan - In 2016, the Government launched Ireland's first ever National Physical Activity Plan that aims to get at least half a million more Irish people taking regular exercise within ten years. The key target is to increase the number of people taking regular exercise by 1% a year over ten years by making exercise a normal part of everyday life and giving people more opportunities to be active.

National Sports Policy - The Department of Transport, Tourism and Sport National Sports Policy 2018-2027 which was launched on the 25th July 2018.

Sport Ireland - Sport Ireland brings together the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport. Sport Ireland is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.





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