



Queensland  
**Sport & Active Recreation**  
**Strategy**

2019–2029

Discussion Paper



**Queensland**  
Government



*Queensland's mighty Maroons at Suncorp Stadium.*

Source: Queensland Rugby League Football



## Minister's message

We know that Queenslanders love their sport and take advantage of our wonderful environment to get out and get active.

Whether it's barracking for the mighty Maroons, mountain biking through a magnificent state forest or taking the kids to Saturday morning sport, many Queenslanders embrace the opportunity to be active and involved in their community.

Everyone should have the opportunity to be active – so we want to hear what else could be done to overcome barriers to participating.

We know that participating in sport and physical activity helps achieve a healthy weight, which can lead to other health benefits. More and more Queenslanders are becoming aware of the benefit to their own health as well as Queensland's health system.

We recognise too, that some of us feel socially isolated. It's important that Queenslanders feel safe and connected in their own communities.

Sport and active recreation have the power to bring people together, help develop new skills, promote physical prowess, and create a sense of well-being, enjoyment, relaxation and friendships.

We are fortunate that we already have many world-class sporting venues in Queensland.

From the \$40 million Coomera Indoor Sport Centre which hosted the Gold Coast 2018 Commonwealth Games gymnastics and



netball finals, to the \$59 million Anna Meares Velodrome for cycling events or your local club or state forest, we lead the way in developing world-class sporting and recreation venues.

But we're not stopping there!

By planning new, or refurbishing existing, sporting or recreation infrastructure, we can create jobs in cities and regional areas, and new physical activity opportunities for Queenslanders – providing for a strong Queensland economy and a great start for our children.

Queensland is home to many elite athletes who represent us nationally and on the world stage. As community role models, they play an important part in encouraging Queenslanders, particularly our kids, to play sport or engage in physical activity. We are proud of them and want to support them even more.

As a community member, I invite you to share your experiences and have your say on the future of sport and active recreation in Queensland.

There will be plenty of opportunities to get involved from online competitions and surveys through to local events with our sporting ambassadors and community heroes.

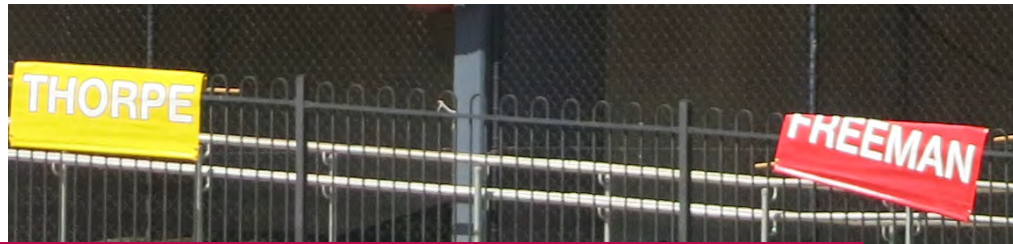
So tell us what you think.

**Get active Queensland! Do it for real!**

**Mick de Brenni MP**  
Minister for Sport

ABOVE: Minister de Brenni with Weet-Bix Kids TRYathlon participants, Ambassador surfing star Alyssa Lock and netball champion Madeline McAuliffe.

Source: Sanitarium



# Sport and recreation in Queensland

**For each individual, sport is a possible source for inner improvement**

– Pierre de Coubertin, founder of the modern Olympics.

Queenslanders love sport. And we're good at it. For each individual Queenslander, sport and active recreation provide opportunities to develop qualities of leadership, teamwork, effort and integrity in a fun and rewarding environment.

We know lots of Queenslanders enjoy being involved in sport and active recreation because it brings people together. Whether we are participating in or watching sport: learning to swim, playing football at the local park, walking in our fantastic bushland or looking up to our many sporting heroes, sport and recreation forms part of the fabric of our daily lives.

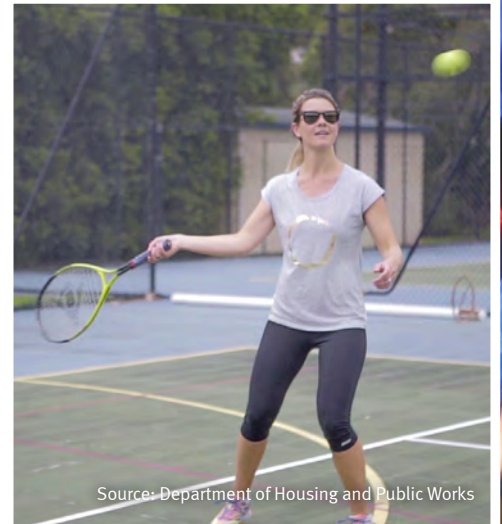
Throughout Queensland sport and active recreation clubs, organisations and events are bringing people together from all backgrounds, ages and abilities. In this way, sport and active recreation help to build mutual understanding and form social bonds and networks that make our communities stronger and better places to live.

Grassroots sport and recreation clubs and organisations often become community hubs that bring people together to play and socialise. They are an integral part of our local, regional and remote communities. They can also be important pathways for people who have become socially

isolated or marginalised to connect with their communities and become more engaged. Being involved helps us to establish friendships, networks and connections that enrich our lives and make our communities stronger, safer, more connected and caring.

Volunteering in grassroots sport and recreation clubs provides young people with opportunities to develop self-awareness, confidence, and the skills in leadership and teamwork which are necessary to be job ready.

As Queenslanders, we come together to watch sport as well. We are proud of our high-achieving athletes who represent us on the world stage, such as at the recent 2018 Commonwealth Games on the Gold Coast. These athletes act as role models, particularly to children and young people. We also come together with a sense of community pride at our major sports facilities to watch events such as the State of Origin. Spectating at these events here in Queensland provides inspiration and a sense of kinship that is unique.



Source: Department of Housing and Public Works



Source: Sailing Australia



### Top 5 physical activities



**55%**

Walking



**29%**

Any gym activity



**19%**

Swimming



**15%**

Running/jogging



**11%**

Bushwalking

\*Queensland Sport, Exercise and Recreation Survey Adults (QSERSA) Highlights 2015 and 2016 Report: Results for 2016

## What factors allow Queenslanders to participate?

Queenslanders are participating in sport and active recreation every day in a multitude of ways, at many different places, and for a wide variety of reasons. Importantly, participation can improve our own and our family's physical and mental health and wellbeing. Regular physical activity, combined with a healthy diet, helps us to achieve and maintain a healthy weight and prevent chronic diseases, such as diabetes and cardiovascular disease. Our research tells us that people may face significant barriers stopping them from being active, however the following factors were identified as important for allowing adult Queenslanders to participate in sport and active recreation:

- 45%** Personal interest and motivation
- 40%** Made the time or have the time
- 37%** Meeting with friends to socialise/ exercise buddy
- 36%** Have a car
- 34%** Influenced or supported by family and friends



Source: Department of Housing and Public Works

\*QSERSA Report

# Why we need a strategy

Physically active

**45%** Children **61%** Adults

Healthy weight

**66%** Children **36%** Adults

We know that lots of Queenslanders are enjoying and supporting sport and active recreation activities. However, we hear from many parents that they would like to get their children and themselves more involved. We also know sport and recreation clubs are working hard in the community. These sport and recreation organisations and individuals need well-placed support to ensure that everyone is reaping the benefits of being involved and physically active.

Sport and active recreation can improve our own and our family's physical and mental health and wellbeing, and help us build stronger, safer, more connected communities through volunteering and employment.

In 2014<sup>1</sup>, 278,100 Queenslanders volunteered their time in service of sport and active recreation, representing 28.3% of all Queensland volunteers. And in 2017<sup>2</sup>, there were approximately 15,900 Queenslanders employed in the sport and active recreation sectors, with around 8,200 of those in full-time work.

But, despite our love for sport, our wonderful facilities and our outstanding climate, we also know there are many children and adults who aren't as physically active as they could be.

In 2016 in Queensland<sup>3</sup>, 45% of children aged 5-17 met physical activity guidelines and 61% of adults were sufficiently active.

And 36% of adults and 66% of children were a healthy weight in 2014-15<sup>4</sup>. The 2015 Australian Early Development Census also found that 12.4% of Queensland children were 'developmentally vulnerable' in the areas of physical health and wellbeing.

## *So there's room for improvement.*

However, as our society changes, new challenges are arising. For example, many children and adults spend a lot of time on their electronic devices, or sitting for long stretches of time at work, rather than playing outside or engaging in physical activities. There are also a range of barriers to participation affecting specific groups of Queenslanders that need to be addressed.

That's why we need your help to develop a strategy – the Queensland Sport and Active Recreation Strategy – that will encourage all Queenslanders, regardless of age, ability or background, to participate in sport and active recreation.

We also want you to think about our talented Queensland Academy of Sport athletes, who are sporting role models for Queenslanders of all ages, and ambassadors for our state.

What role should they play in developing healthier, connected communities? How can we help them to achieve even more than they already do?

And what do we need to do to ensure our major sports facilities remain world class and continue to attract key sporting and cultural events?

This is an opportune time to reflect on what we've achieved so far, but also on what needs to change and how we can reprioritise the delivery of, and investment in, sport and active recreation initiatives to respond to the needs of Queenslanders.

**We need your help – your feedback – so we can invest wisely to get people physically active, now and for the future.**

1 Australian Bureau of Statistics (2014) General Social Survey: Summary Results, Australia, 2014. Cat. No. 4159.0. Table 23.1. Volunteering - Characteristics – state and territory. Available at <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4159.02014?OpenDocument>, accessed 29 March 2018.

2 Australian Bureau of Statistics (2017) Labour Force, Australia, Detailed, Quarterly, Nov 2017. Cat. No. 6291.0.55.003. Data cube EQ06, Employed persons by Industry group of main job (ASZSIC), Sex, State and Territory, November 1984 onwards (Pivot Table). Available at <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/6291.0.55.003Nov%202017?OpenDocument>, accessed 29 March 2018.

3 Queensland Health (2016) The health of Queenslanders 2016. Report of the Chief Health Officer Queensland. Queensland Government: Brisbane, p. 93. Available at <https://www.health.qld.gov.au/research-reports/reports/public-health/cho-report/2016/full>, accessed 29 March 2018.

4 Queensland Health (2016) The health of Queenslanders 2016. Report of the Chief Health Officer Queensland. Queensland Government: Brisbane, p. 75. Available at <https://www.health.qld.gov.au/research-reports/reports/public-health/cho-report/2016/full>, accessed 29 March 2018.



**Go to page 18  
to see how you  
can get involved!**

# Our priorities

Our investment in sport and active recreation will encourage:

## Healthy Queenslanders

How can we encourage and support Queenslanders to get moving earlier and keep moving for longer?



Source: Surf Life Saving Queensland

## Community connection and equality

How can we enhance community connection and social inclusion in vibrant sport and active recreation places and spaces across the state?



2016 Queensland All Nations team.

Source: AFL Queensland

The Queensland Government is committed to supporting initiatives that increase Queenslanders' participation in sport and active recreation.



## Economic growth and jobs

How can we deliver jobs and local economic benefits by investing in organisations, facilities and spaces that meet the needs of Queenslanders now and into the future?



Source: Cricket Australia

## Elite success

How can we better support our athletes to achieve success in national and international sport and ensure our major sporting facilities are world class and continue to attract national and international audiences and events?



*State Netball Centre, Brisbane, under construction.*

Source: Department of Housing and Public Works

# Healthy Queenslanders

## Get kids moving

Lifelong participation in sport and active recreation requires early engagement in physical activity to build physical literacy (competency in movement skills). This is why it's critical to get kids moving early on in life so they can build confidence in their abilities and the necessary skills to stay active as they get older.

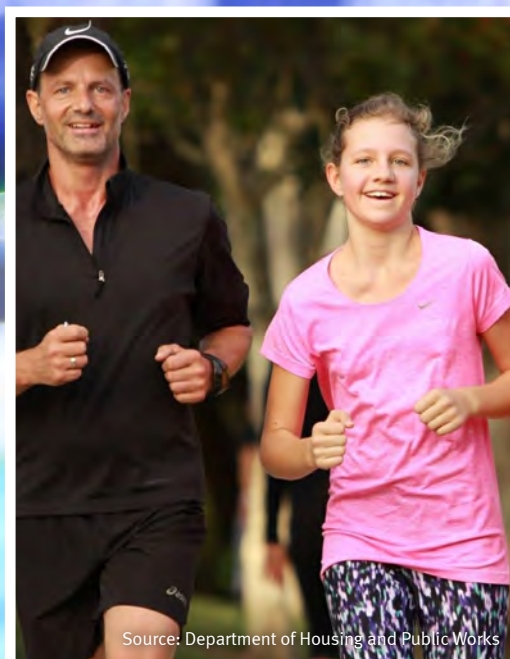
Regular physical activity provides a multitude of benefits for children including helping them to develop healthy bones, muscles, joints, heart and lungs while building their coordination and movement control and maintaining a healthy weight.

Participating in physical activity, including organised sports, has been repeatedly linked to positive social, emotional and behavioural outcomes. Regular physical activity in children and young people improves their mental health, self-esteem, self-confidence, self-awareness and social skills while enhancing their capacity for learning to improve their performance at school. We also know that active children are generally less aggressive and experience fewer discipline problems. For young people, regular physical activity is also associated with healthy behaviours such as avoiding tobacco, alcohol and drug use.

Screen-based entertainment and changing perceptions of community safety mean that kids spend less time playing outdoors than they did 20 or 30 years ago. The many benefits to children of unstructured play in natural outdoor settings are increasingly being recognised. Outdoor play is an important way for kids to develop their physical literacy, including the self-confidence, that will set them up to be physically active throughout their lives.



Source: Chicks in the Sticks



Source: Department of Housing and Public Works

## Get Started Vouchers

**Get Started Vouchers** assist children and young people with up to \$150 to help with the costs of joining and participating at local sport and active recreation clubs. In the 2016/17 financial year, more than 50,000 vouchers were issued by the Queensland Government.



Source: Department of Housing and Public Works



*Cameron McEvoy.*  
Source: Swimming Australia



Source: Queensland Health

## Get moving, whatever your age

The health benefits of remaining physically active throughout our lives are well known, but often, as the pressures of life and work increase, can be harder to achieve. Our research tells us that the older we are, the less likely we are to participate in sport and active recreation.

Research suggests that being physically active as we age can help to promote health and manage disability related to vascular disease, heart disease, stroke, osteoarthritis, obesity and type 2 diabetes. Physical activity can also enhance quality of life, wellbeing and cognitive function in older people. Being physically active does not just enhance physical wellbeing. There is also growing evidence that it can improve mental health conditions such as depression and anxiety. The social and community context of many sport and recreation activities is also associated with improved psychological wellbeing.

We recognise there may be barriers to participation. We want to keep people active throughout their lives, and help older, less active Queenslanders re-engage and participate in sport and active recreation.

The statistics on obesity and physical inactivity show we need to encourage more Queenslanders, young and old, to be active. While individuals reap the physical and mental health benefits that arise from participating in sport and active recreation, our community also benefits. In the long term, less money is spent treating disease, disability and injury; our workforce is more productive; and our communities are more engaged, connected and cohesive.

# Community connection and

Sport and active recreation bring together Queenslanders from all backgrounds, ages and abilities. When we come together to play, participate or support our favourite clubs and active recreation organisations, we build the social bonds and networks that make our communities stronger and better places to live.

Because participation in sport and recreation contributes to a sense of belonging, we must work to ensure that access to these activities is provided equally to all Queenslanders, particularly disadvantaged groups.

## Breaking down barriers

We know that some Queenslanders experience barriers that keep them from participating in community life, including taking part in sport and active recreation. This includes barriers linked to age, gender, cultural background, disability and socioeconomic disadvantage.

We need to work in partnership with stakeholders, service providers, sport and active recreation sectors and local governments to design inclusive sport and active recreation opportunities, building participation and social inclusion.

We want to understand the challenges people face that can lead to them feeling unable to participate.



## Supporting Aboriginal and Torres Strait Islander Communities

Through the Indigenous and Torres Strait Community Sport and Recreation programs, we invested more than \$10 million in the 2016/17 and 2017/18 financial years to bring sport and recreation opportunities to Aboriginal and Torres Strait Islander peoples across 38 communities in Queensland, helping them to increase participation, volunteers and the capacity to plan and manage quality sport and recreation programs that meet local needs.

# equality



Source: Inala Wangarra Inc.

## Valuing our volunteers

Without volunteers, most clubs and organisations could not deliver opportunities to participate in sport and active recreation. Volunteering in our grassroots sport and recreation clubs also builds team work and leadership skills in young people and adults as they provide services to our communities in coaching and administration roles. When kids participate in club sport, they also grow their own skills in teamwork and leadership as they cooperate in sports teams to achieve goals and wins on the fields and courts in our communities while modelling fair sporting behaviour.

The challenges of retaining people in volunteer roles need to be addressed to ensure all Queenslanders can benefit from the services provided by grassroots clubs now and in the future.

## Places and spaces to connect

Grassroots organisations and clubs are at the heart of sport and active recreation in Queensland. Supported by hard-working volunteers, local councils and generous local communities, they act as hubs, creating a sense of community by bringing individuals, friends and families together to be active.

Sport and active recreation sectors play an important role in ensuring that inclusive, affordable and accessible participation opportunities exist across the state, particularly for our most disadvantaged community members.

In order to achieve outcomes through community participation in sport and active recreation, sports facilities and places to play must be appropriate, sufficient and accessible.

# Economic growth and jobs

Every year, we invest in sport and active recreation through infrastructure and training because we want Queenslanders to have access to quality sport and active recreation places, spaces and services, as well as training and job opportunities. Hosting events and encouraging people to visit Queensland for recreation provides a substantial economic contribution to our state.



Source: Department of Housing and Public Works

## Get out, get active and enjoy our great state

Queensland's iconic natural environments provide many opportunities for high quality and sustainable outdoor recreation activities, and are the key driver of the state's nature-based tourism sector. Our national parks, marine parks and state forests, our rivers, beaches, lakes and mountain ranges allow for an extraordinary range of outdoor recreation activities, such as bushwalking, cycling, swimming, snorkelling and scuba diving, canoeing, horse riding, abseiling and rock climbing.

Tourism generated by major sporting events is also significant. Spectators, competitors, officials and journalists at these events mainly represent new visitors to Queensland. The events themselves also create employment and regeneration for the destination.

Outdoor recreation and nature-based tourism all benefit local economies, so we need to invest in active and outdoor recreation as well as organised sport.



Source: Department of Housing and Public Works

A group of people are kayaking down a river. In the foreground, a woman with dark hair tied back, wearing a blue life vest and sunglasses, is paddling a yellow kayak. Behind her, several other people are in orange and yellow kayaks, also paddling. The river is surrounded by dense green trees and foliage. The sky is clear and blue.

## Support for training in outdoor recreation

Through a training agreement with TAFE Queensland, **Queensland Recreation Centres (QRecs)** have delivered nationally accredited outdoor recreation qualifications to staff and contractors, including customer service and health and safety competencies, for the past six years. With first-class facilities and experienced and professional trainers, QRecs are positioned to up-skill the wider industry and open up career pathways for individuals.

## Supporting training and accreditation

We have been providing training and accreditation for coaches and volunteers through the Building Active Communities Workshop and the Get Active Queensland Accreditation Program.

The free workshops introduce committee members, coaches, team managers, officials and administrators to diverse topics, such as athlete management and recovery, ethics in sport, volunteering, event management, facilities and financial management, governance and laws relevant to clubs. And the free training leads to recognised accreditation in coaching, officiating and sports first aid.

Having well-trained, competent employees and volunteers is important to the success of any workplace or initiative.

## Growing paid jobs

Targeted investment in regional infrastructure will support active recreation and sport as well as help meet the needs of local communities. It will also support regional jobs both during construction and when the places and spaces are open for the community to use.

**Queenslanders deserve secure jobs with fair pay and safe working conditions.**

The sport and recreation sector represents a diverse set of business and organisation types. Technological innovation is changing the ways people recreate, athletes train and fans watch sport. It is also creating a multitude of opportunities for small business and start-ups.

# Elite success

As Queenslanders, we are proud of our high-achieving athletes who represent us on the world stage. Through the Queensland Academy of Sport (QAS), the government assists aspiring and elite athletes – Olympic, Paralympic and those in non-Olympic sports – to be the best in the world in their field. We also support Stadiums Queensland (SQ), which hosts major sporting and cultural events in the state, so all Queenslanders can benefit. SQ venues also provide opportunities for school students to represent Queensland through the Representative School Sport Program.

## Supporting and celebrating our elite athletes

The QAS supports more than 600 athletes across 22 sports, helping them to punch far above their weight in national and international elite competitions – like they did at the 2018 Commonwealth Games. The facility, at Nathan in Brisbane, also hosts the Centre of Excellence for Applied Sport Science Research, the first of its kind in Australia at a state-based level.

It is important that we recognise the contributions of our elite athletes, and harness their power as role models.

## Enhancing integrity outcomes in sport

Amateur and professional sports face a range of integrity issues including concerns about match fixing and performance enhancing drugs. Improved cooperation between the Queensland Government, the Australian Government and other states and territories, as well as with the sport sector at the state, national and international levels, is critical in addressing these challenges.

We need to ensure ongoing integrity in sport while safeguarding the reputation of elite athletes as role models.



ABOVE: Alyce Burnett – 2017 Peter Lacey Award winner.  
Source: Department of Housing and Public Works



*Jonathan Thurston with students at NRL Cowboys House, Townsville.*

Source: Department of Housing and Public Works

## Supporting major sporting venues and events

We support major sports facilities and sporting and cultural events in Queensland by providing grants and support for Stadiums Queensland, which owns and operates nine major facilities. Each year, millions of patrons pass through these facilities, including community groups and schools.

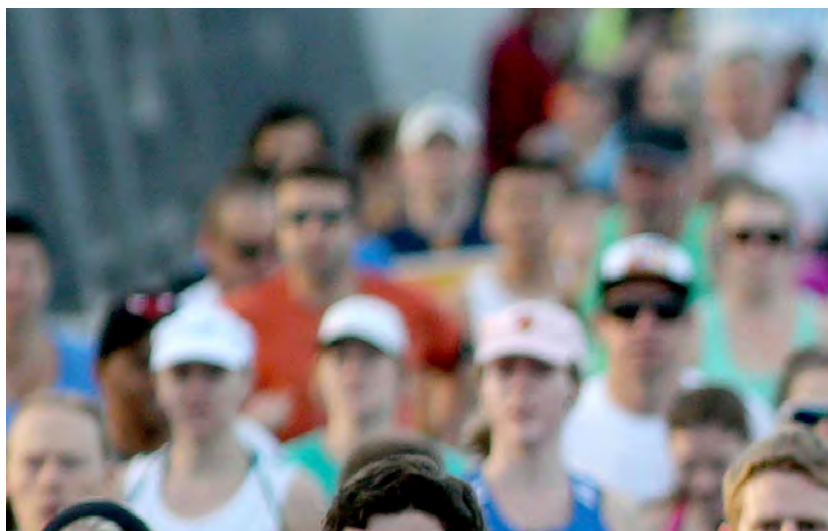
Some of Stadiums Queensland's iconic venues such as The Gabba and Suncorp Stadium host our beloved sporting teams including the Broncos, the Brisbane Lions, the Brisbane Heat, the Queensland Bulls, Brisbane Roar and the Queensland Reds. The Queensland Tennis Centre is home to the Brisbane International.

As well as sport, some of the most memorable concerts held in Brisbane have been at the Brisbane Entertainment Centre, Suncorp Stadium, the Queensland Sport and Athletics Centre and more recently at The Gabba. Shortly, two new major venues will open, with both the Queensland State Netball Centre and the North Queensland Stadium currently under construction.

Stadiums Queensland works with industry partners to support Queensland's tourism industry by attracting international, interstate and intrastate patrons to major sporting and entertainment events at Stadiums

Queensland venues. It also creates jobs through construction projects and the hosting of major events. Stadiums Queensland venues also provide the community, schools and other institutions with access to a range of quality sports, entertainment and leisure facilities to promote participation in sport, recreation and the performing arts.

We want to ensure Queensland's major sports facilities continue to attract major sporting and cultural events, and state, national and international audiences.



# How you can get involved

## Get active Queensland! *Do it for real!*

### We want to hear from you

What do you think the Queensland Government can do to encourage more people to be more active?

How can government investment better support Queenslanders, young and old, to play more and participate regularly in local sporting and active recreation?

What ideas and innovations should be considered when planning for Queensland's sporting and active recreational future?

Tell us what is working well, and what could be improved.

You can help the Queensland Government to develop a strategy that will guide investment in sport and active recreation over the next five years.

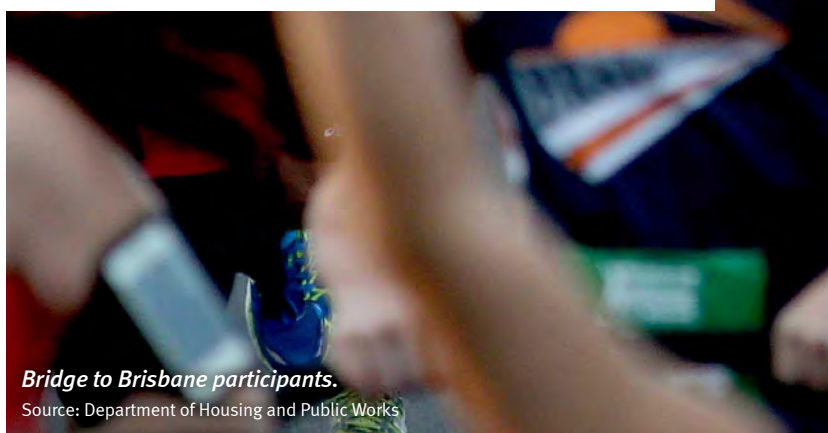
### Get involved – *do it for real!*

You can:

- attend a community information session near you – go to [www.qld.gov.au/sportrecstrategy](http://www.qld.gov.au/sportrecstrategy)
- complete the online survey available at [www.getinvolved.qld.gov.au](http://www.getinvolved.qld.gov.au)
- email a written submission to: [sportrecstrategy@hpw.qld.gov.au](mailto:sportrecstrategy@hpw.qld.gov.au)
- mail a written submission to:  
Sport and Recreation Services  
Department of Housing and Public Works  
PO Box 15478  
City East QLD 4002

Community and industry consultation will be held around the state and online from **28 July 2018 until 12 October 2018**.

Go to [www.qld.gov.au/sportrecstrategy](http://www.qld.gov.au/sportrecstrategy) for more information.



*Bridge to Brisbane participants.*

Source: Department of Housing and Public Works



**“The Commonwealth Games experience made me realise what I’m hungry for and what I want to achieve.”**

*Paige Leonhardt*

Paige Leonhardt has a level of fighting spirit many can only dream about. Born in 2000, Paige was diagnosed with Cerebral Palsy after sustaining severe injuries in a car accident at the age of five.

Paige started swimming when she was 12 to assist with therapy and started competing with her able-bodied school mates.

In 2014, at the age of 13, Paige competed in the Australian Championships in the open multi-class 50m breaststroke where she claimed bronze. More medals followed when Paige competed at the 2014 and 2015 Australian Age Championships.

At the Rio 2016 Paralympic Games, Paige qualified for six different events making the final in the 100m butterfly and breaststroke where she placed sixth in both races.

Paige lives at Mt Cotton in South East Queensland and trains out of Yeronga Park under Coach Robert Van Der Zant. Although capable of swimming multiple strokes, Paige is a breaststroke specialist driven to continue her progression in the swimming ranks.

The state’s leading high-performance facility, the Queensland Academy of Sport (QAS) contributes to Paige’s development by providing assistance for travel to training camps and competitions, specialist health support, and strength and conditioning.

After winning silver at the Gold Coast 2018 Commonwealth Games in the SB9 100m breaststroke event, Paige is determined in her quest for gold on the world stage and is looking forward to the next opportunity to achieve this goal.

Cover: *Paige Leonhardt*.

Source: Australian Paralympic Committee



**Queensland  
Government**

**Sport and Recreation Services**  
Department of Housing and Public Works

 [www.qld.gov.au/sportrecstrategy](http://www.qld.gov.au/sportrecstrategy)

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