



Sports Club for Health Guidelines

*ENGSO Forum – Sport as Health Promoter
Brussels, Belgium 14.10.2011*

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The Background of SCforH

- Funding by EU DG Education and Culture 2/2010-5/2011
- There were two essential aims:
 1. *To update and develop initial stage SCforH Guidelines*
 2. *To develop networking in the area of health-enhancing physical activity (HEPA) with special focus on sports clubs*
- Partners: Estonia, Croatia, Italy, Poland, Spain
- International network: TAFISA, ENGSO, ISCA, HEPA Europe, EFCS
- The focus is in civic-organisations and voluntary based sports clubs
- Setting based approach: sports club are seen as settings to promote health through their own sporting activities

Polymakers' expectation

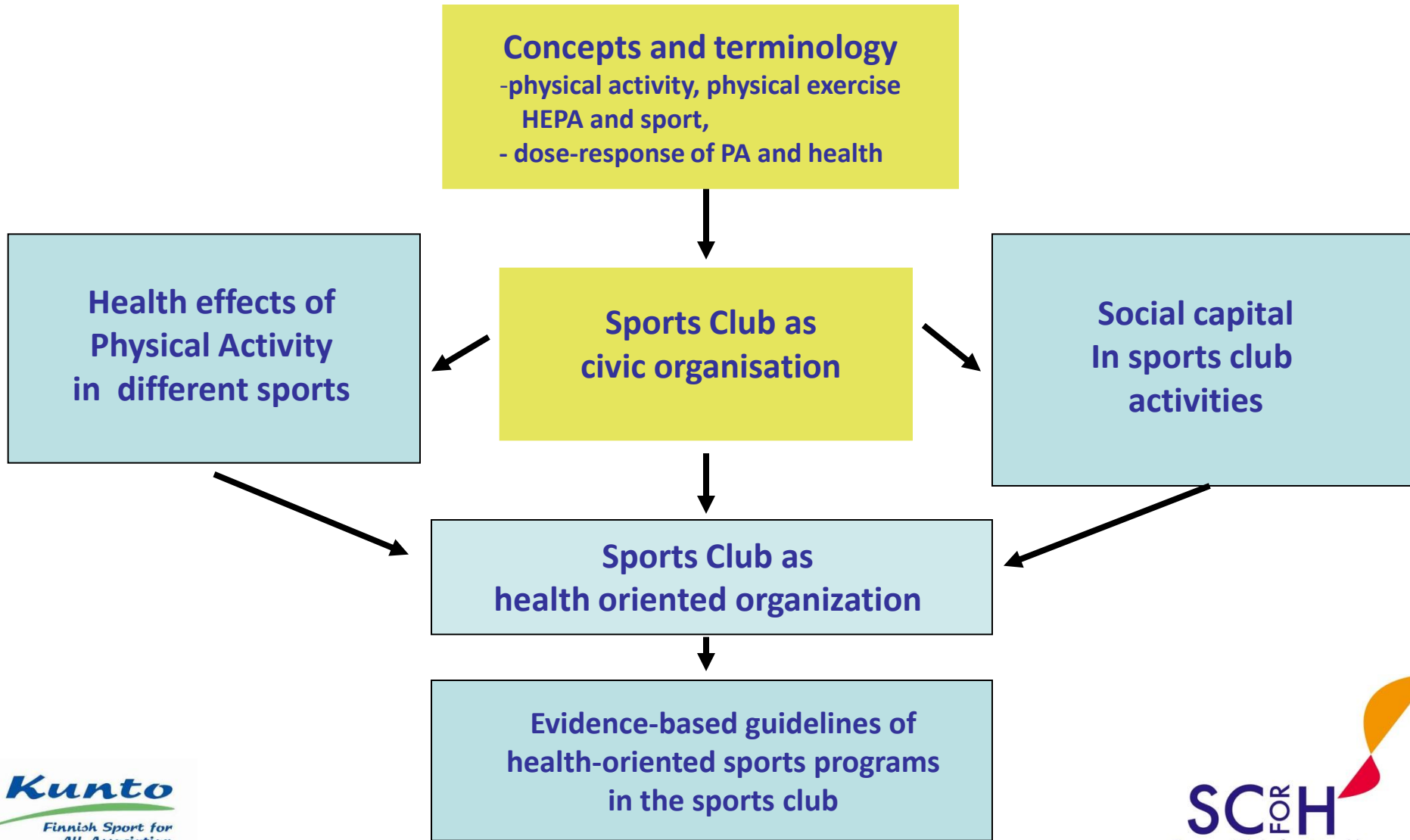
The EU Physical Activity Guidelines

assign organised sport a prominent position in HEPA activities!

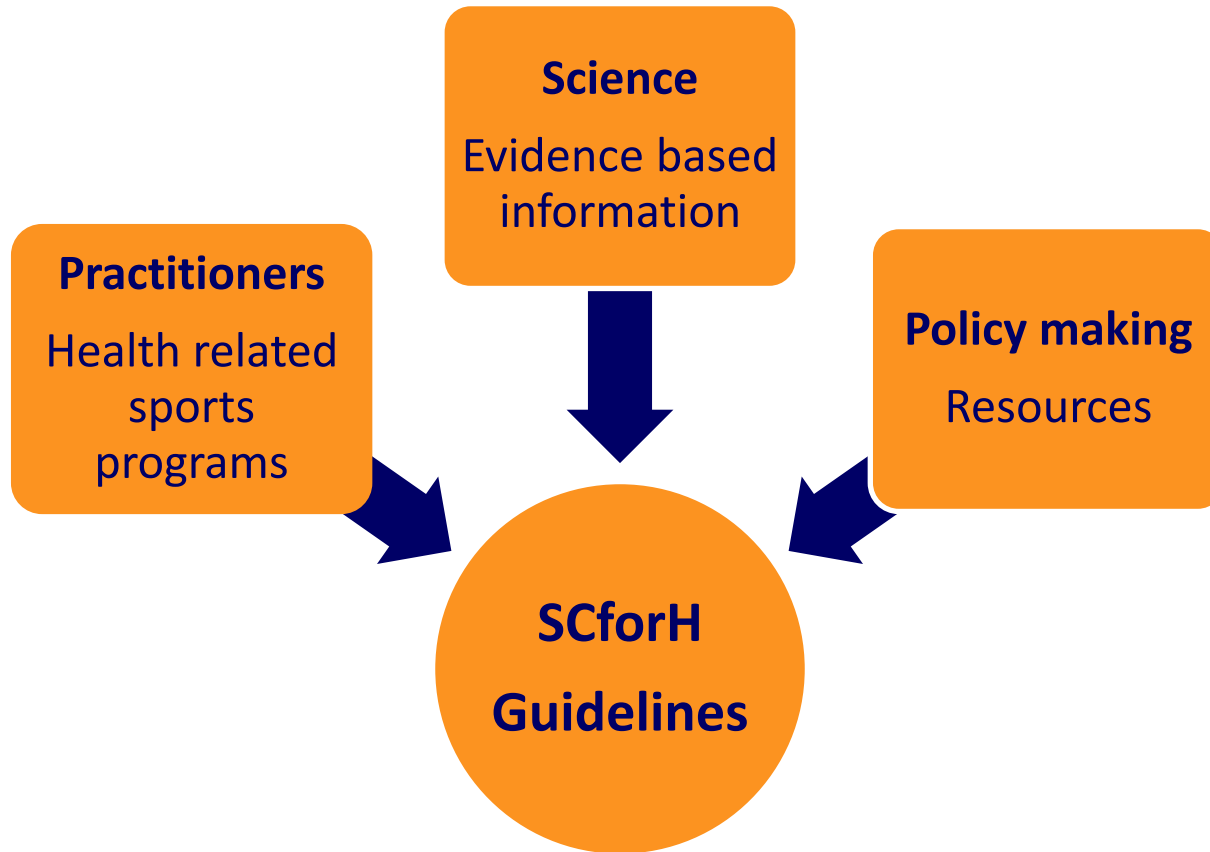
*“Sports organizations contribute to the social well-being of communities and can ease pressure on the public budget. Through their versatility and cost effectiveness, clubs can help meet the need of the population for physical activity. **A major future challenge for the organized sports sector should be to offer high-quality health-related exercise programs nationwide.**”*

Sports Club for Health

- Framework for the SCforH programme



From theory to practice



Why should sports clubs promote health?

- Physical activity greatly benefits health
- Sports can benefit health especially effectively (vigorous PA)
- Sports clubs are the cornerstones of sports
- Health benefits of sports have not been exploited sufficiently for public health
- Sports community should act on this opportunity to sustain its social responsibility

Focus on sports clubs

- To mobilise the health potential of sports the health perspective has to be identified in the sports club context
- SCforH provides guidelines to clubs
 - *how a sports club can identify health as one of its goals and begin to develop health promoting activities in a form of a structured programme*

Who are these guidelines for?

- Directed to sport clubs: elected trustees and club leaders, paid officials, coaches, instructors and other grass-root actors, club members
- The guidelines inform the national associations of the importance of the health perspective in their clubs' activities
- The guidelines address all other stakeholders:
 - *national, regional and local sport and health authorities and experts*
 - *they inform them of the potential of sport activities as health-enhancing physical activity and as a form of health promotion*

The SCforH Guidelines

1st STAGE - Planning

Guidelines

- 1: Identify the support and possibilities for SCforH programme within your club*
- 2: Identify the health potential of your clubs sporting activities*
- 3: Explore the knowhow and material support outside your club*
- 4: Ensure the quality of your SCforH programme*
- 5: Agree on the aims and formalise the strategy and operating procedures*

The SCforH Guidelines

2nd STAGE - Implementing

Guidelines

6: Inform about the forthcoming actions internally and externally

7: Secure the competence of instructors and support them in programme delivery

8: Monitor the feasibility of planned activities and gather data for documentation

The SCforH Guidelines

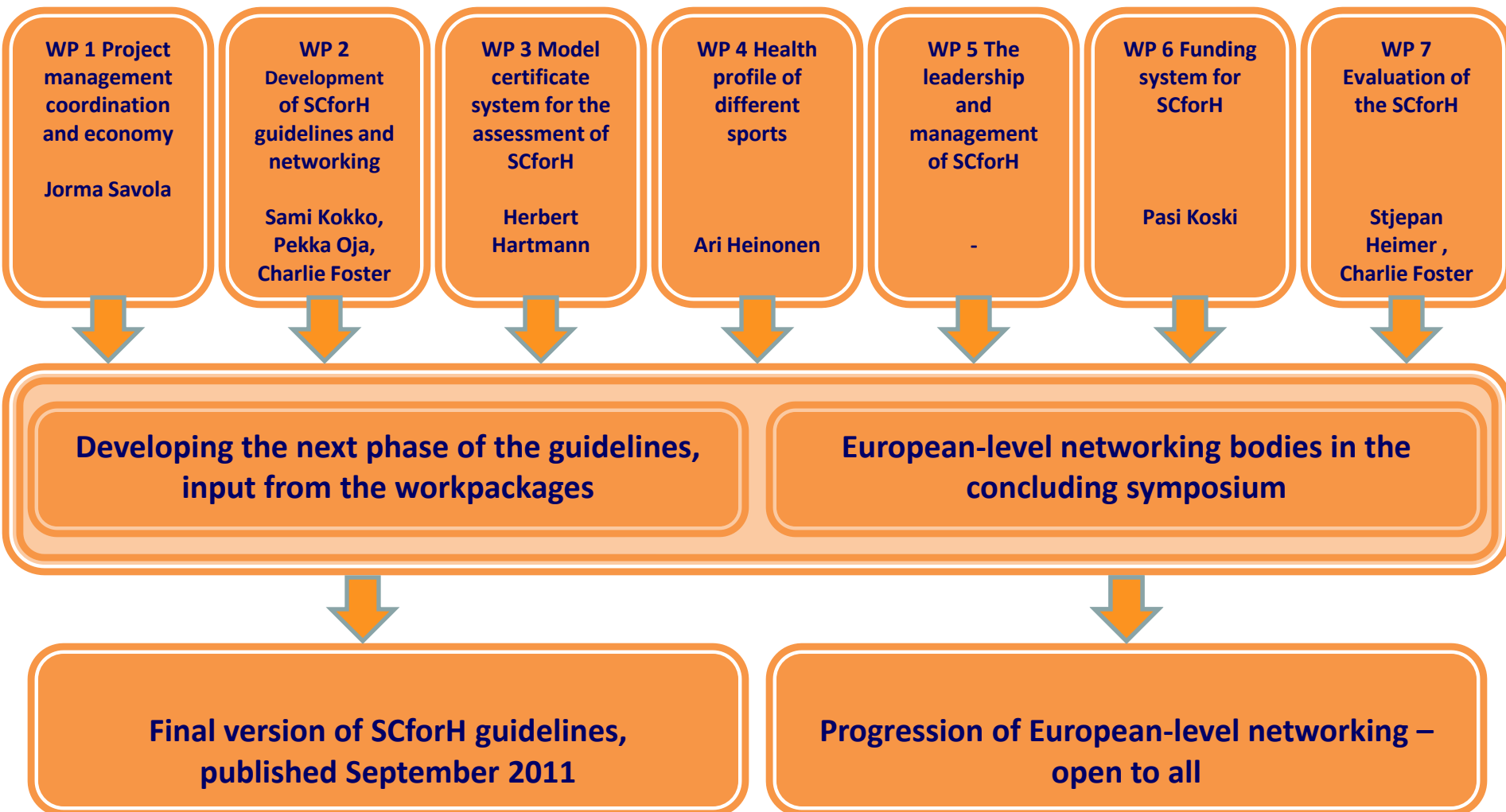
3rd STAGE – Documenting and communicating

Guidelines

9: Keep records of your SCforH programme actions

10: Share your success within, outside and beyond the club

Work packages



Future direction (1)

Dissemination and implementation of the guidelines

- Open to all organizations in the field of sport; ENGSO has an important role
- Development of the work packages continues
- Experts in use
- A tool in the European Physical Activity Guidelines

Evidence-based information needed

- Health profiles of different sports, social and mental effects
- More research

Future direction (2)

European network

- SCforH as a part of already existing networks and forums
- The role of national sports confederations
- The role of international sports federations in specific sport disciplines
- A strong alliance between health and sport , evidence-based information
- Policy making, funding

Promotion of the Sports Club for Health Guidelines

2011

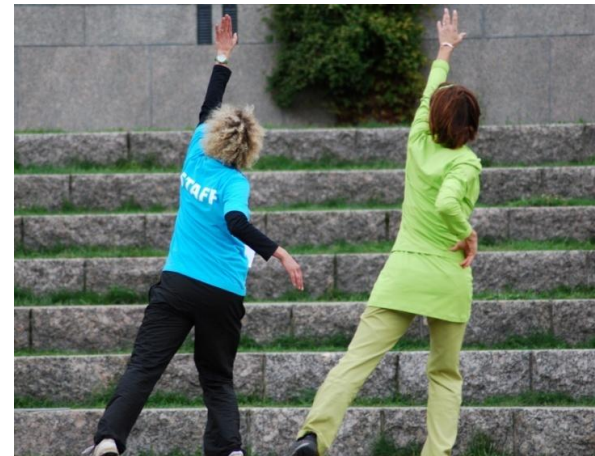
- HEPA Europe Conference 11.-13.10.2011, Amsterdam, The Netherlands
- ENGSO: EU Platform on diet, physical activity and health 13.5.2011, Forum 14.10.2011 , Brussels, Belgium
- ISCA Move Congress 19.-23.10.2011, Paris, France
- TAFISA World Congress 10.-14.11.2011, Antalya, Turkey

2012 and 2013

- Meeting of the key persons
- SCforH workshop/symposium/conference

Thank you!

*The booklet can be downloaded:
www.kunto.fi/en/home*



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