

Perth and Kinross Council Physical Activity and Sports Strategy

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1. Introduction

1.1 Foreword

Physical activity and sport play an important role in creating places where people can live healthy, fulfilling, and productive lives. They are central to our Corporate Plan ambition to make Perth and Kinross the best place in Scotland to live life well, free from poverty and inequality. In this Strategy, we put physical activity first because we recognise the vital part it plays in wider public health issues. Our population of older people aged 65+ is growing; we are all learning to live with Covid-19; climate change will have increased impact on our lives. These are important public health issues and physical activity is a crucial part of how we tackle them: everyone can be active, even in small ways.

At the same time Perth and Kinross has a proud sporting tradition. We have the oldest leisure Trust in the UK, Live Active Leisure which has provided sport and leisure services for over 50 years. Our many local voluntary clubs are vibrant thanks to the passion and commitment of those who run them. Some of Scotland's best known performance sportspeople hail from Perth and Kinross. Through this Strategy we will continue to foster these strengths.

Our vision for the future of physical activity and sport in Perth and Kinross is:

"We will support everyone's physical and mental wellbeing through physical activity and sport."

We publish this Strategy at a time of huge challenge. The Council faces significant budget pressures and the cost of living is impacting on the day-to-day choices for families and individuals. We want everyone in Perth and Kinross to have continued opportunity and encouragement to enjoy being active, taking part in sport and building them into everyday life. If we all care about being active and enabling sport to flourish in our communities, we will need to do things differently in future.

This means partners working together closely, sharing limited resources and overcoming silos and organisational boundaries. As a Council we are investing in new sports facilities over the next 5 years, but further new investment beyond this will not be affordable. We have carried out a facilities audit to inform this Strategy. This shows real opportunities for making better use of what we have - indoor facilities, outdoor fields and pitches, Community Campus/school facilities - to maximise access for everyone. And we have some of Scotland's best mountains, rivers, pathways and greenspaces on our doorstep, whether you live in the heart of Perth or in a rural area. These are fantastic assets for keeping active and well.

Whether we value the benefit to our physical and or mental wellbeing, the social interaction we enjoy, or the sense of community we feel, sport and physical activity has the ability to transform lives. No matter at what stage you are at in your life, your age or ability, the benefits of being physically active should be there for everyone to enjoy.

This Strategy links to our overarching corporate priorities and beyond that a national commitment to health and wellbeing which is enabled by strong local infrastructure. The Strategy is also intended to help partners and stakeholders with their own planning and delivery, services and opportunities through a clearly defined set of strategic priorities, and a robust and measurable action plan.

We would like to thank members of the public, key partners and stakeholders who have helped us develop this Strategy and the Year 1 Action Plan which accompanies it. We look forward to working together with all of you so that Perth and Kinross can get active and flourish.

Councillor Grant Laing, Leader, Perth and Kinross Council

Thomas Glen, Chief Executive Perth and Kinross Council

1.2 What do we mean by physical activity?

Physical activity is an all-encompassing term that includes active living, health related activities, exercise, play, sport and active travel. It includes everyday activities like housework, gardening, walking or cycling as a mode of transport, being active at work as well as families playing together. It also includes more structured and organised activities such as dancing, swimming and active recreation (e.g. attending a gym, running outdoors). It also includes individual and team sports whether competitive or not. Physical activity includes any form of movement which raises the heart rate and so helps to improve mental and physical wellbeing.

Supporting people to be more physically active makes a difference to lives at many levels and in many ways. Being active supports our physical and mental wellbeing, builds social connections and body confidence at all life stages. For older people it helps us keep fit and be independent for as long as possible. For children and young people, physical activity and sport can help raise educational attainment, reduce absences from school and support young people into positive destinations as they transition from school into higher/further education, vocational skills training, or work.

Figure 1-1 The benefits of participation in physical activity and sport¹



Data from NHS UK also show that participation in physical activity is shown to have a beneficial impact on reducing the risk of specific conditions.

¹ NHS UK

Participation in Sport and Physical Activity Reductions

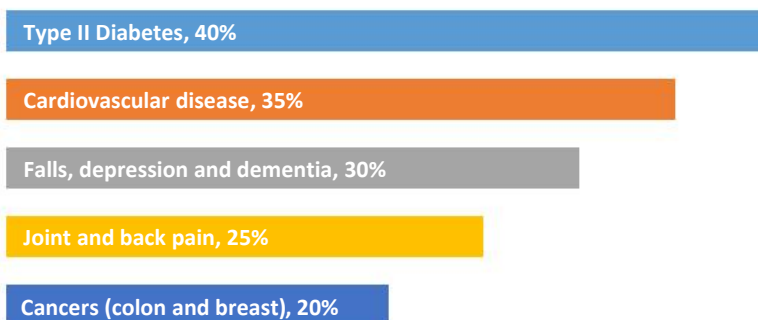


Figure 1-2 Chief Medical Officer - Recommended Levels of Physical Activity



1.3 Our Story of Place

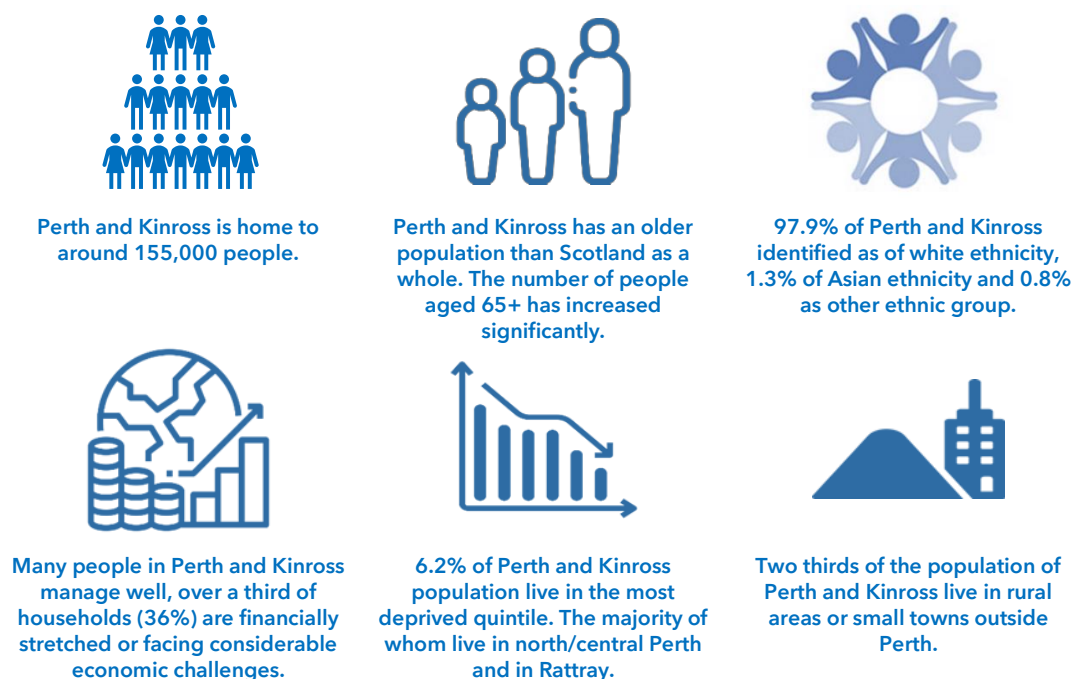
Perth and Kinross is at the heart of Scotland and has a strong and proud sporting legacy where physical activity and sport has always played an important social and cultural role and make a significant contribution to the health and wellbeing of its residents and visitors.

It is one of the most diverse parts of the country, with the ancient City of Perth and 6 large towns. The geography ranges from vast Highland landscapes of mountains, glens, lochs and rivers; the glacial plains of the Carse of Gowrie, Strathearn and Strathmore and the Lowlands of Kinross-shire. The Tay connects all these localities along with the Earn, the Almond and other riverways. The natural landscape is itself a huge asset for physical activity and sport in many forms. Our sports facilities: swimming pools, gyms, indoor and outdoor courts, sports pitches, Community Campuses and schools are used for more structured forms of physical activity and sport, delivered by many partners. All of these combine to provide an outstanding setting for sport and physical activity of all kinds, for everyone.

Perth & Kinross Council delivers public services across the fourth largest geographical area in Scotland. Two thirds of the population live outside Perth in towns, villages and hamlets scattered across nearly 5,000 square km. The population is projected to rise significantly in the next 30 years including through major new development on the Western Edge of Perth. Huge infrastructure investment is underway to support the economic prosperity of

the area including the Cross Tay Link Road and the regeneration of Perth city centre. The Council currently provides around £4.4M annual revenue funding for physical activity and sport, with further funding for discrete projects routed through the Health and Social Care Partnership, the Community Investment Fund and Common Good funds. In addition the Council is making major capital investment in the new Blairgowrie Recreation leisure centre.

Figure 1-3 Perth and Kinross Population



Eastern Perthshire

Eastern Perthshire is primarily a rural area, covering around 46²⁸ km². After Perth, Blairgowrie is the second largest urban place (9260) The infrastructure for physical activity and sport includes more than 30 sports clubs, 2 community sports hubs, 45 community halls, 2 leisure facilities, 4 skate parks and 33 sports pitches.

It is a place where individuals, families and communities can access a broad range of physical activity and sporting opportunities. This may be through its extensive network of paths suitable for walking, running and cycling including the Cateran trail or by joining one of the many local voluntary sports clubs and organisations.

Highland and Strathclyde

Highland and Strathclyde covers a significant area (1739 km²). It is a mainly rural area with four towns: Pitlochry (population 2,950), Aberfeldy (1,986), Dunkeld (1,350), Stanley (1510). In terms of physical activity and sports infrastructure, the area has more than 20 sports clubs, 4 community sports hubs, 45 community halls, 2 leisure facilities, 2 skate parks and 20 sports pitches.

With its many walking, mountain biking trails and rivers, Highland and Strathclyde offers its residents and many visitors a stunning natural landscape to enjoy physical activity and sport. These natural assets are complemented by a strong club, facility and volunteer infrastructure.

"Highland Perthshire enjoys an almost unrivalled natural setting. It has a bit of everything and the wonderful walks network around the town allows people to appreciate every aspect of this natural beauty." Resident

"It is incredible to have such fantastic landscapes for recreational activity from the doorstep." Resident

Kinross-shire, Almond and Earn

Kinross-shire and Almond and Earn spans from Loch Leven in the south to the river Almond in the north. The main towns and settlements are: Kinross (population 5610), Milnathort (1,950), Abernethy (1,390), Bridge of Earn (2,920), Forgandenny (560), Methven (1,300), Kinnesswood (540), Glenfarg (700) and Crook of Devon (760). The area has a growing population and is popular with families. It provides significant opportunities for participation in physical activity and sport and includes 50 sports clubs, 2 community sports hubs, 29 community halls, 2 leisure facilities, 1 skate park and 21 sports pitches. Loch Leven Nature reserve is a major natural asset with its walking and cycling routes, used and enjoyed by many.

Communities in the locality have a strong awareness of the value of physical activity and sport in the locality, underpinned by a base of motivated volunteers and a particular focus on creating opportunities particularly for young people in the community.

Perth City

The City of Perth is the administrative centre for Perth and Kinross Council and other key public authorities. Its physical activity and sports infrastructure is extremely strong for a city

of its size (50,000 people): more than 70 sports clubs, 2 community sports hubs, 24 community halls, 27 sports pitches and 8 leisure facilities including the iconic Bells Sports Centre, Dewars Centre and Perth Leisure Pool. It has two major greenspaces in the heart of the city, North Inch and South Inch Parks, with a skate park on the South Inch. Kinnoull Hill is a few minutes' walk from the city centre.

Like much of Perth and Kinross, it also has a strong club infrastructure and hosts events and competitions that attract visitors from elsewhere in Scotland and beyond. Current facility provision will be further improved in the coming years with the completion of the new PH²O leisure centre on the current Perth Leisure Pool/Dewars Centre sites.

Strathearn and Strathallan

Strathearn and Strathallan are located to the south-west of Perth with a population of 21,900. Again these are rural with 14 settlements, the largest being Crieff (7280) and Auchterarder (5840) The area has 30 sports clubs, 28 community halls, 2 leisure facilities, 2 skate parks and 16 sports pitches.

Strong 3rd sector partnerships are an important part of the physical activity and sporting landscape in Strathearn and Strathallan. These include Auchterarder Community Sports & Recreation and Auchterarder & District Community Sports Hub which has taken on the responsibility for operating the sports facilities at the High School on behalf of the community outwith school hours. This reflects the high levels of community interest and engagement. Strathearn and Strathallan also enjoy stunning natural assets and greenspaces including Crieff Hill, the Knock, and areas around Comrie for walking, cycling and running.

"Lots of off-road routes to run and cycle with local paths improving all the time." Resident

2. Background and Rationale

2.1 Developing the Physical Activity and Sports Strategy

This Strategy has been developed through engagement and consultation with stakeholders and communities from July-November 2022, and also reflects the wider national strategic context. We held 9 community consultation sessions across all localities, designed to better understand local strengths, challenges and priorities. A survey of local sports clubs was carried out.



Stakeholders consulted included **sportscotland**, representatives from 3rd sector organisations, the Health and Social Care Partnership, Tayside Health, Sportscotland, Disability Sport, the Sports Council and Live Active Leisure. A range of services in Perth and Kinross Council were also involved.





Whilst views differed on what matters most and how/where the Council should focus its investment, all the consultees shared core beliefs about the value of sport and physical activity for improving the health and wellbeing of Perth and Kinross.

2.2 Key Facts

In developing this Strategy we have looked at the baseline data and evidence for participation in physical activity and sport. This is key to understanding how best the Council, partners and communities can best target limited resources.

Some data and evidence is limited at both national and local level. The impact COVID-19 has had on physical activity and sports participation is still emerging. However there are some important facts to highlight about participation in Perth and Kinross.

| | |
|---|--|
|  | <ul style="list-style-type: none">• 1.2m visits physical activity and sport attendances (pre-Covid)• 7.29 sport and physical attendances per head of population (11 year average 2010/11 – 2020/21). 8th lowest out of 32 local authorities (Local Gov't Benchmarking Service) |
|  | <ul style="list-style-type: none">• 48% of children currently meeting recommended levels of physical activity.• 60% of children between the ages of 8-11yrs currently meeting recommended levels of physical activity.• 43% of children between the ages of 12-17yrs currently meeting recommended levels of physical activity.• Numbers of young people reaching the recommended level of physical activity are lower for those from the most deprived areas of Perth and Kinross. |

| | |
|---|---|
| | <ul style="list-style-type: none"> Numbers of young people reaching the recommended level of physical activity are higher for males when compared to females, 52% compared to 42%. Children who participate in Active Schools activities are twice as likely to meet recommended levels of physical activity than those who don't. |
|  | <ul style="list-style-type: none"> 59% of adults in Perth and Kinross took part in sport and physical activity in the last four weeks, excluding walking (SHS 2019). 85% of adults in Perth and Kinross took part in sport and physical activity in the last four weeks, including walking (SHS 2019) 42% of adults (female) and 51% (male) were meeting the recommended amount of physical activity. (Scottish Health Survey 2020) |
|  | <ul style="list-style-type: none"> 41% of adults in Perth and Kinross are living with a long term physical or mental health condition. This compares to 30% for Scotland. (SHS 2019) 77% of adult males and 61% of females in Perth and Kinross are considered overweight (Scottish Health Survey 2019) 9 intermediate zones in Perth and Kinross have below lower than average rates of children of a healthy weight in primary 1. |
|  | <ul style="list-style-type: none"> 84% of population within a 20 minute drive of a leisure centre 66% of population within a 20 minute drive of a swimming pool 100% of population within a 20 minute drive of a sports pitch 100% of population within a 20 minute drive of a community hall |
|  | <ul style="list-style-type: none"> A third of clubs who responded to the survey said that the facilities they use don't meet their needs. Half of clubs who responded to the survey experienced a lack of volunteers and a lack of facilities. Almost a third experienced a lack of coaches. Almost half of clubs that responded to the survey reported that following covid numbers of participants fell. A third reported that coaches and volunteer numbers had also fallen. Clubs have identified a range of areas which they need support in order to continue to thrive and grow in the future. |

*Sportscotland Key Learning Report – Contributing to the Active Scotland Outcomes Framework, 2020. Data gathered through two primary sources, Supported Club Survey and Surveys Conducted by Sports Governing Bodies

2.3 SWOT analysis

Alongside looking at the data and evidence we asked all consultees to help us with a SWOT analysis of current strengths, weaknesses, opportunities and threats to current provision. 'Provision' means facilities, programmes/services and community assets. The SWOT helped identify opportunities for the future to enable participation to be increased, and where any barriers or threats to that may arise. The SWOT helped to shape the strategic priorities. A summary of the issues raised by all consultees is below:



Strengths

- Facility provision and spread across Perth and Kinross.
- Outdoor parks and natural resources for sport and physical activity.
- Partnership working across different agencies.
- Range of sports, activities and programmes.
- Number of clubs and volunteers.
- Active schools and community sports hubs.
- Significant sources of external funding focussed on inequalities.
- High capacity within communities (some).
- Motivated stakeholders and communities.
- Some concessionary access schemes e.g. compass membership.
- Social prescribing.
- Community Youth work organisations



Weaknesses

- Facilities ageing and in need of maintenance and upgrade.
- Council capital programme excludes LAL Venues.
- Recruitment and retention of staff, volunteers, coaches etc.
- Limited access to campus facilities.
- Fragmented and bureaucratic booking systems.
- Stakeholders working in silos.
- Rural provision and inequality.
- Use of technology and data
- Lack of awareness of opportunities and provision.
- Rural transport infrastructure.
- Lack of facility capacity in some areas and at some times. For example 3G pitches.
- Lack of monitoring and evaluation evidence of impact of sport and physical activity on individuals, families and communities
- Social Prescribing structure is fragmented



Opportunities

- Opportunity to improve collaboration across partners.
- New investment in facilities i.e. Blairgowrie, PH20.
- Greater collaboration and co-ordination between stakeholders.
- Improve targeting and prioritisation of resources where inequalities are greatest.
- Greater involvement of communities in accessing facilities.
- Community asset transfer.
- Better use of technology and data.
- Need to focus on developing people based resources and capacity.
- Better utilisation to be made of existing physical activity and sporting assets.
- Invest in early intervention and prevention.
- Extend Social Prescribing model to young people.
- Opportunity to streamline management and booking arrangements for facilities










Threats

- Financial pressures in the public sector.
- Cost of living crisis and affordability of sport and physical activity, transport, equipment, clothing etc
- Lack of people – staff, volunteers and coaches in clubs and communities.
- Competition for access to facilities.
- Cost of facilities and activities become too high.
- Inflationary costs impact on viability of facilities.
- Ageing population.
- Targeted wellbeing programmes are conditional upon temporary funding sources.
- Absence of shared vision for SPA
- Environmental sustainability.

2.4 Barriers to Participation

The data and evidence and the consultation with stakeholders and communities told us that the barriers to participation in physical activity and sport are multiple and may intersect each other in different ways depending upon an individual's background and circumstances. The Strategy sets out some of the ways we can try to tackle these barriers in different ways.

Figure 2-1 Barriers to Participation in sport and physical activity in Perth and Kinross

| | | |
|---|--------------------------------|---|
|  | Facilities | Although there are many places that allow for participation in physical activity and sport, some are not available for the community to use and those that are can sometimes be difficult to book, have limited availability due to high levels of usage, have limited opening hours, can be expensive or not designed to be inclusive. |
|  | Transport | For many, the absence of regular and reliable public transport, or the increasing costs of petrol or the absence of safe active travel routes can be barriers to participation. This is particularly true for those from rural communities. |
|  | Cost | The cost of participation in physical activity and sport can be expensive for those who have limited or low levels of disposable income. The cost of suitable clothing, transport, equipment, facility hire and club fees can be prohibitive. |
|  | Disability or Condition | Disabilities including complex health needs, illness or even a lack of fitness are often seen as a barrier to participation. |
|  | Capacity | In some cases there are not enough suitably qualified coaches and volunteers to provide activities and services. |
|  | Confidence | Many people lack confidence, motivation or have feelings of anxiety associated with participating in physical activity and sports. |
|  | Awareness | A lack of awareness of opportunities or the absence of a 'one stop shop' information point can act as a barrier to participation. |

3. Our Vision

Based on data, evidence and consultation findings our vision for this Strategy is:

"We will support everyone's physical and mental wellbeing through physical activity and sport."

We will deliver the vision through 6 Strategic Priorities:

1. **We will improve everyone in P&K's health through increased participation in physical activity.**
2. **We will increase the levels of activity for children and young people, particularly those who currently don't meet the recommended levels of participation.**
3. **We will reduce the inequalities which prevent people participating.**
4. **We will make physical activity central to our Climate Change response.**
5. **We will support our community-led physical activity and sport to grow and flourish and strengthen collaboration between all partners.**
6. **We will make physical activity and sport part of Placemaking so our public spaces are activity-friendly, inclusive and fun.**

National Strategic Context

The strategy is closely aligned to the Scottish Government's Active Scotland outcomes framework which sets out the shared vision and goals which have shaped the approach the Scottish Government and a wide range of partner organisations have taken to supporting and enabling people in Scotland to be more physically active, **Figure 3-1**. It also supports the Scottish Public Health Priorities which reflect the issues the Scottish Government believe are most important to focus on over the next decade if the health of the nation is to be improved, **Figure 3-2**.

Figure 3-1 Scottish Government Active Scotland Outcome

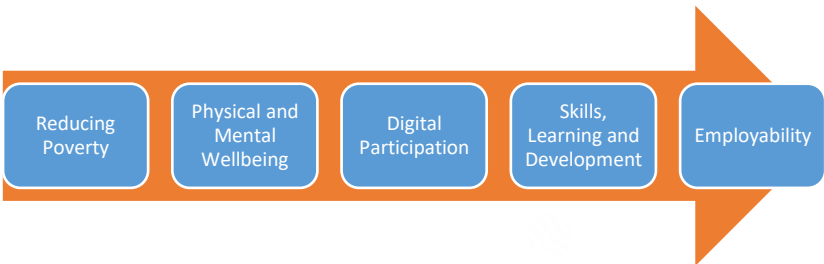


Figure 3-2 Scottish Public Health Priorities



This Vision is also closely aligned to the key outcomes of the Perth and Kinross Community Plan (Local Outcomes Improvement Plan) **Figure 3-3**.

Figure 3-3 Local Outcomes Improvement Plan - Key Outcomes



The World Health Organisation (WHO) recognises physical activity as a key preventative measure in terms of noncommunicable disease, hypertension, becoming overweight and obese. It can improve mental health, quality of life and well-being. WHO have a Global Action Plan on Physical Activity (GAPPA) 2018-2030 which is a driver for policy and collaboration with national governments and agencies. This action plan has 4 key strategic pillars which are consistent with our approach and planned actions to develop participation in physical activity and sport.

Figure 3-4 WHO Global Action Plan on Physical Activity (GAPPA)



4. Monitoring and governance

The final section in this Strategy is our 2023/24 Action Plan. This sets out the priority actions we will take to achieve our 6 Strategic Priorities.

We will monitor and report progress by:

- **Annual reports through the Council's Corporate Annual Performance Report and Communities Directorate Business Management and Improvement Plan**
- **An annual update to the Community Planning Partnership and Integrated Joint Board for Health and Social Care on contribution to the 2022-2032 Local Outcomes Improvement Plan**
- **An annual Thematic Review by the Council's Scrutiny and Performance Committee. This will be informed by any relevant issues identified through the Council's Annual Governance Statement, such as the quality of community engagement on physical activity and sport.**
- **Developing a Performance Framework for physical activity and sport to show overall progress in delivering the Strategy and reported via our online PKC Performs tool**

5. Strategic Enablers

In developing both this Strategy and our new Culture Strategy 2023-28 we have identified 5 Strategic Enablers. These are key building blocks for delivering both Strategies:

Customers and Audiences

- Set up an integrated Young Talent programme across our key cultural and sport partners offering a range of work placements, mentoring and other opportunities and with a 'no wrong door' approach - **by June 2023**
- Create a 'one stop shop' online portal/App for information and booking culture, physical activity and sports activities - **by March 2024**

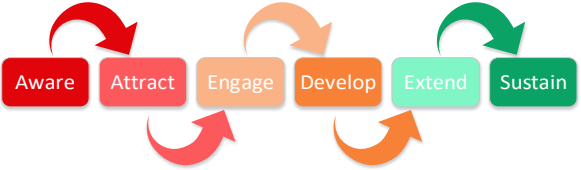
Resources

- Establish a **One Culture and Sport Estate** programme to:
 - Maximise usage/access for key culture and sports venues
 - Ensure venues are managed and operated efficiently, including through joint management arrangements
 - Achieve an integrated approach to reducing carbon emissions
 - **By November 2023**
- Establish an **Invest in Culture and Sport** initiative:
 - With businesses and other partners
 - To generate £5M extra investment in culture, physical activity and sports programmes over the next 5 years
 - Matched with existing Council investment
 - For launch **June 2023**
- Review the Council's grant schemes:
 - Including Common Good and the Community Investment Fund to ensure funding for culture and physical activity/sport is best directed at community priorities and needs.

- Alongside we will set up a one-stop shop portal for community culture and sport grants
- **By March 2024**

6. Action Plan – Year 1

| Strategic Priority 1 | | We will improve everyone's health in Perth and Kinross through increased participation in physical activity | | |
|--|---|---|---|--------------------------------|
| Year 1 Action | Who is the action carried out by? | Resources allocated | How impact will be assessed? | Timescale |
| We will establish a robust baseline of data for physical activity and sports participation and facilities utilisation. This will enable us to track progress in widening participation and make best use of our existing and new facilities. | Perth and Kinross Council (PKC) Health and Social Care Partnership (HSCP) Live Active Leisure (LAL) | Existing staff resource Sportscotland analytical staff resource | Effective system for collating and analysing baseline data which includes: <ul style="list-style-type: none"> • Participation levels • Key inequalities/disparities in participation between different communities • Facility Access and utilisation. • Club membership and coach /volunteer numbers • Sports Council data on club membership. | Launch May 2023 |
| We will launch and sustain a 'Team P&K' physical activity campaign encouraging everyone to include some Physical Activity in their day. (See SPA Customer Journey Below) | Community Planning Partnership (CPP) PKC HSCP LAL | Existing staff resource Local business sponsorship | Facilities use will be maximised and participation levels will increase measured through: <ul style="list-style-type: none"> • Live Active Leisure participation data % | Campaign launch Spring 2023 |

| | | | | |
|--|--|--------------------------------------|---|---|
|  | | | <p>increase in participation levels.</p> <ul style="list-style-type: none"> • Scottish Household Data % increase in participation levels. • Scottish Health Survey Data % increase in participation levels. • PKC physical activity and sport baseline survey data – when available. | |
| <p>We will establish a Physical Activity Steering Group to develop, implement and monitor the Team P&K campaign and delivery of the action plan and report progress to the Community Planning Partnership and Integrated Joint Board</p> | <p>PKC CPP HSCP NHS Tayside LAL Sport Scotland (SS) Perth and Kinross Association for Voluntary Service (PKAVS)</p> | <p>Existing staff resource</p> | <ul style="list-style-type: none"> • Increase in joint commissioning and integrated delivery arrangements • Successful delivery of actions that result in increased participation. | <p>Launch May 2023</p> |
| <p>We will progress plans for the replacement of the Blairgowrie Recreation Centre</p> <p>We will conduct a P&K wide review of all cultural and leisure assets</p> | <p>PKC LAL HSCP</p> | <p>Committed capital expenditure</p> | <ul style="list-style-type: none"> • Facility design supports projected usage targets • People and communities are engaged and have been involved in development of the project through the User Reference Group | <p>New centre to be delivered late 2024</p> |

| Strategic Priority 2 | | We will increase the levels of activity for children and young people, particularly those who currently don't meet the recommended levels of participation. | | |
|---|---|---|---|-------------------------------|
| Year 1 Action | Who is the action carried out by? | Resources allocated | How impact will be assessed? | Timescale |
| <p>All pupils will experience high quality, consistent and progressive physical education, physical activity and sport to impact positively on health and wellbeing and to develop a range of skills and attributes which is enhanced by partnership working.</p> <p>We will strengthen and extend our Active Schools programme of activities to widen opportunities for young people to participate in physical activity and sport, specifically targeting areas where inequalities are greatest.</p> <p>We will increase the number and diversity of our qualified Young Leaders who volunteer to deliver sport and physical activity in schools and communities.</p> <p>We will continue to deliver a School Swimming Lessons programme ensuring that all primary school children have basic swim skills by the time they leave primary school</p> | <p>PKC Education and Children's' Services (ECS)</p> <p>LAL Active Schools</p> | <p>Existing staff resource</p> <p>Sportscotland funding -Active Schools</p> | <p>The % of Perth and Kinross children meeting recommended levels of physical activity will be increased to 60% over the period of the strategy.</p> <p>The % of children from SIMD Q1 meeting recommended levels of physical activity will be increased to 60% over the period of the strategy</p> <p>Measured by:</p> <ul style="list-style-type: none"> • Active Schools Participation % Increase • School based sports leaders and volunteers % Increase • Number of young leaders who complete the 'Aspiring Coaches' programme • Live Active Leisure participation data for children % increase | <p>April 2023 and ongoing</p> |

| | | | | |
|--|--|--|--|--|
| | | | <ul style="list-style-type: none"> • PKC physical activity and sport baseline survey data – when available • Club participation data | |
|--|--|--|--|--|

| Strategic Priority 3 | | We will reduce the inequalities and barriers which stop people participating in physical activity and sport | | |
|--|---|---|--|---|
| Year 1 Action | Who is the action carried out by? | Resources allocated | How impact will be assessed? | Timescale |
| We will work with key partners to develop targeted initiatives which tackle barriers to participation amongst socio-economic disadvantaged groups. | CPP HSCP 3 rd sector PKAVS LAL | Existing staff resource | Participation level amongst socio-economic disadvantaged groups will increase year on year over the lifetime of the Strategy. Measured by: <ul style="list-style-type: none"> • PKC physical activity and sport baseline survey data – when available • Social prescribing referrals • Live Active Leisure participation data including in Health and Social Care funded initiatives • Scottish Household Data • Scottish Health Survey Data • 3rd Sector Partner Data | Baseline established by July 2023 Year 2 targets agreed March 2024 |

| | | | | |
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| <p>We will revise our funding requirements of Perth and Kinross Sports Council (PKSC) to ensure grants are effectively targeted at people and clubs facing barriers to participation in sport</p> <p>We will review wider PKC grants including the Community Investment Fund and Common Good to ensure criteria prioritises local physical activity and sports initiatives which tackle inequalities</p> | Live Active Leisure Sports Development Team | <p>PKC funding to Perth and Kinross Sports Council</p> <p>PKC Culture and Communities Services</p> | <ul style="list-style-type: none"> • Number of individuals and families supported by PKC and PKSC grants • Amount of funding allocated • Introduction of new criteria to award standards. | September 2023 |
| We will set up a Kit Bank to support individuals and families on lower incomes with the cost of sports equipment and seek match funding from business sponsorship and grants. | Live Active Leisure Sports Development Team | Match funding from local businesses – to be raised | <p>Number of individuals and families supported by Kit Bank</p> <ul style="list-style-type: none"> • Amount of funding secured from non-public sources | Launch August 2023 |

| Strategic Priority 4 | | We will reduce carbon emissions generated from facilities and make physical activity part of our Climate Change response | | |
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| Year 1 Action | Who is the action carried out by? | Resources allocated | How impact will be assessed? | Timescale |
| We will create a Carbon Emissions Reduction Plan as part of our One Culture and Sport Estate programme for all PKC/LAL sports facilities to deliver the 2030 Just Transitions target | Live Active Leisure Perth and Kinross Property Services | Existing staff resource | <ul style="list-style-type: none"> • 70% Reduction in carbon emissions across all buildings by 2030: Year 1 target to be define | March 2024/ongoing |
| We will increase take up of free bus passes for young people and older people to reduce travel in | PKC | Existing staff resource | <ul style="list-style-type: none"> • Number of awareness sessions delivered in schools/communities to | April 2023 and ongoing |

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| private cars and enable people to access the outdoors and leisure facilities more easily. | | | increase uptake of bus passes | |
| We will expand the Bikeability provision in primary schools to enable children to learn to cycle on roads. Investigate ways to help children in lower income families to have access to a bike | PKC | Existing staff, community wardens, sessional and freelance trainers. | <ul style="list-style-type: none"> 80 % of primary school children who have completed Bikeability training. | April 2023 and ongoing |
| We will make Active Travel part of our Team P&K health promotion campaign, replacing short car journeys with walking and cycling | Community Planning Partnership Physical Activity Steering Group | Existing staff resource/Physical Activity Steering Group Sustrans | <ul style="list-style-type: none"> Baseline to be added Number of walking and cycling trips to work, school and shops by children, young people and adults | Spring 2023 and ongoing |
| We will promote our core pathway network to encourage people to be active in the outdoors | Community Greenspace | Existing staff resource Greenspace volunteers | <ul style="list-style-type: none"> Km of core paths within P&K Km of core paths improved. Number of volunteer hours maintaining the path network | April 2023 and ongoing |

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| Strategic Priority 5 | We will support our community-led clubs and networks to flourish and strengthen collaboration between all partners in physical activity and sport | | | |
| Year 1 Action | Who is the action carried out by? | Resources allocated | How impact will be assessed? | Timescale |

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| We will launch the Invest in Culture and Sport programme to raise £5M additional investment from business and other partners over the next 5 years | PKC | Existing staff resource | £1M is secured or committed in Year 1 | Launch June 2023 £1M target met by June 2024 |
| We will strengthen the volunteer network through developing a volunteering plan for physical activity and sport which engages all key partners. | PKC PKAVS LAL | Existing staffing resource Volunteero App Sportscotland | <p>The number of volunteers engaged in physical activity and sports will increase year on year over the period of the strategy.</p> <ul style="list-style-type: none"> • Feedback from Community Sports Hubs • Club Survey Responses • Community Forum Feedback • Active schools sports leader and volunteer data. • Baseline data when available | Launch June 2023 |
| We will build greater capacity in partner organisations who focus on priority target groups to help them support individuals, families and communities to be more physically active. | LAL PKC PKAVS | Existing staff resource | <p>We will increase the number of volunteers who are qualified and feel confident to engage individuals, groups and communities who are underrepresented in physical activity and sport</p> <ul style="list-style-type: none"> • The number of training and development opportunities will be increased. • The number of attendees on training and development courses will increase. | Commence April 2023 |

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| <p>In order to develop One Public Estate of Council facilities we will review school, Community Campus and other facility booking/access arrangements and prepare an Improvement Plan to maximise community access for sport and leisure facilities.</p> <p>We will review school and Community Campus pricing policies for indoor/outdoor lets to ensure they incentivise wider community and voluntary club use.</p> | <p>PKC (Property Assets Review) Education and Children's Services LAL</p> | <p>Existing staff resource</p> | <p>Baseline data will be established of current school and Campus use by wider communities and local clubs. To be measured by:</p> <ul style="list-style-type: none"> • PKC physical activity and sport baseline survey data – when available • Feedback from Community Sports Hubs • Club Survey Responses | <p>Review complete October 2023</p> <p>Usage growth target to be set for April 2024 onwards</p> |
| <p>We will improve the integration of facility programming particularly in Perth city.</p> <p>We will review and improve facility booking processes for all PKC and LAL facilities to ensure they are fair, equitable and customer-friendly.</p> | <p>LAL</p> <p>LAL, ECS and PKC Digital and IT Services</p> | <p>Existing staff resource</p> | <p>We will have a one stop shop booking portal in place for facilities The customer journey and booking experience will be improved.</p> <ul style="list-style-type: none"> • Feedback from Community Sports Hubs • Club Survey Responses • Community Forum Feedback <p>PKC physical activity and sport baseline survey data – when available</p> | <p>Programme integration improvements implemented by March 2024</p> <p>Booking portal scoped and costed by Nov 2023 and implementation timeline agreed</p> |

| Strategic Priority 6 | | We will make physical activity and sport part of Placemaking, so our public spaces are activity-friendly, inclusive and fun | | |
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| Year 1 Action | Who is the action carried out by? | Resources allocated | How impact will be assessed? | Timescale |
| Consideration of physical activity (including Active Travel) and sports facilities will be included within the Place Plans which support the Local Development Plan process | PKC Planning Team and Community Engagement team | Existing staff resource | PA and sport are effectively integrated into the early Place Planning process | Ongoing |
| We will support Development Trusts to deliver the Community Action Plans and meet their objectives on increased use of public spaces | Development Trusts Community Greenspace | Existing staff resource | Number of actions delivered within the CAPS | April 2023 and ongoing |
| We will engage will partners in planning to seek to establish “Active Design principles into the delivery of NPF 4. <u>Active Design Sport England</u> | PKC Planning Team | Existing staff resource | Active Design Principles are adopted within local development plan and other key strategies and policies. | Commence April 2023 |
| We will seek to maximise contributions from developers and other funding partners to enhance provision for physical activity and sport within communities. | PKC Planning Team | Existing staff resource | External investment for physical activity and sport will increase by 10% | Commence April 2023 |

7. Appendices

7.1 Chief Medical Officer – Physical Activity Guidelines

| Age and Stage | Recommended Physical Activity (minutes per day) | Recommended Physical Activity (minutes per week) | Description of Activity |
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| Early Years | 180 | 1260 | Infants (less than 1 year): Physical activity is recommended several times a day (the more activity the better) in a variety of ways including interactive floor-based activity, e.g., crawling. Where infants are not yet mobile, at least 30 minutes of tummy time spread across the day and while awake is recommended along with movements such as reaching and grasping, pushing and pulling themselves over independently, or rolling over; more is better. Toddlers (1-2 years): At least 180 minutes (3 hours) of physical activity of any intensity is recommended for toddlers, including active and outdoor play. Pre-schoolers (3-4 years): At least 180 minutes (3 hours) of activity is also recommended for pre-school aged children, including a variety of active and outdoor play physical activities spread throughout the day. For this age group, this should include at least 60 minutes of moderate-to-vigorous intensity physical activity. |
| Children and Young People (5yrs – 18yrs) | 60 | 420 | It is recommended that children and young people in this age group engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day. The activities undertaken include those undertaken in a variety of settings such as school-based physical education, active travel, after school activities, play and sporting activities. Engagement in a range of activities and intensities over the course of a week is recommended in order to develop movement skills, muscular fitness and bone strength. This activity should be accompanied by as minimal an amount of sedentary time as possible, with any long periods of inactivity broken up with some physical activity, even if this is light in nature. |
| Adults (19yrs – 64yrs) | 30 | 225 | Daily physical activity is recommended for both physical and mental health benefits - the more the better but any activity is encouraged. This includes activities to develop and strengthen the major muscle groups, which can be achieved through activities such as heavy gardening, carrying heavy shopping, or resistance exercise. It is recommended that muscle strengthening activities are done on |

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| | | | <p>at least two days a week, but any strengthening activity is better than none. On a weekly basis, adults should undertake:</p> <ul style="list-style-type: none"> • at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling) • or 75 minutes of vigorous intensity activity (such as running) • or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); • or a combination of moderate, vigorous and very vigorous intensity activity. <p>Sedentary time should be minimized as far as possible, breaking this up with at least light physical activity.</p> |
| Older Adults (65+) | | | <p>Daily physical activity is also recommended for older adults for the maintenance of good physical and mental health, wellbeing, and social functioning. Even light activity offers greater health benefits than being sedentary, although the more daily physical activity that is undertaken, the better. Older adults should also undertake activities aimed at improving or maintaining muscle strength, balance and flexibility on at least two days a week, either on their own or combined with moderate aerobic activity. This should be accompanied by 150 minutes (two and a half hours) of moderate intensity aerobic activity, building gradually up to this where activity levels are currently lower. Those who are already regularly active can achieve these benefits through:</p> <ul style="list-style-type: none"> • 75 minutes of vigorous intensity activity • or a combination of moderate and vigorous activity <p>Weight-bearing activities offer additional benefit in helping to maintain bone health. Where physically able, long periods of being sedentary should be broken up with light activity, or at least with standing.</p> |
| Disabled Children and Young People | 20 | 120-180 | <p>Levels of physical activity for disabled of children and young people should range from 120-180 minutes per week. This could be achieved in different ways:</p> <ul style="list-style-type: none"> • 20 minutes per day. • 40 minutes three times per week. <p>Benefits of physical activity:</p> <ul style="list-style-type: none"> • Meet new people • Confidence and concentration • Sense of achievement |

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| | | | <ul style="list-style-type: none"> • Mental health • Calmer, less stressed • Balance and coordination • Muscles and motor skills <p>Challenging but manageable strength and balance activity three times per week. Good strength and balance are vital for disabled children and young people's quality of life across their life course.</p> <p>Do bitesize chunks of physical activity throughout the day. Encourages breaking sedentary behaviour.</p> <p>Evidence suggested it is important for disabled children and young people to participate in moderate to vigorous intensity activity. However, found that intensity is unnecessary as disabled children and young people typically do not monitor intensity – this was therefore left out of infographics.</p> <p>Focus on 'can you do this today' and 'when starting build up slowly' to account for the harm which could be caused by strenuous/intense activity. The 'can you do this today' focuses on encouraging children to ask themselves about their own bodies, while also encouraging professionals to ask disabled children and young people about their physical activity needs – as these vary and need to be tailored to the individual/</p> |
| Disabled Adults | 20 | 150 | <p>Health benefits may be derived from lower volumes, intensities and frequencies of activity.</p> <p>Physical activity recommended as it:</p> <ul style="list-style-type: none"> • Improves mental health and quality of life • Makes maintaining a healthy weight easier • Makes daily tasks easier and increases independence • Strengthens muscles and bones • Improves fitness • Improves mobility and balance • Helps to prevent chronic disease • Creates opportunities to meet new people and feel part of the community <p>Promotion of making physical activity a daily habit.</p> <p>Physical activity makes you feel good – should enjoy what you do.</p> |

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| | | | <p>Being inactive is harmful to health – don't be still for too long. Discouraging sedentary behaviour: 'even a little movement is better than nothing'.</p> <p>Do strength and balance activities on at least two days per week.</p> <p>For substantial health gains aim for at least 150 minutes of moderate intensity activity. Promotes talk test:</p> <ul style="list-style-type: none"> • Can talk, but not sing = moderate intensity activity. • Difficulty taking without pausing = vigorous intensity activity. |
| Pregnancy and After Childbirth | 20 | 150 | <p>During Pregnancy</p> <p>Moderate intensity activity promoted – every activity counts, every minute counts, more is better. Focus on listening to your body and adapting. No evidence of harm if exercising when pregnant – although mentions not bumping the bump.</p> <p>If not active prior to pregnancy, start gradually. If have been active, keep going.</p> <p>Muscle strengthening activities twice a week.</p> <p>Physical activity during pregnancy can control weight gain, reduce high blood pressure, prevent diabetes, improve fitness, sleep and mood.</p> <p>After Childbirth – Birth to 12 Months</p> <p>If not active before, start gradually – start with pelvic floor exercises as soon as you can and do this daily. If active during pregnancy, restart gradually – build back up to muscle strengthening activities twice a week.</p> <p>Promotes listening to your body and starting gently – acknowledges different types of delivery will mean returning to physical activity at different paces. There is no evidence of physical activity causing harm for postpartum women and it is safe to be active whilst breastfeeding.</p> <p>Being active postpartum allows mothers to take time for themselves, reduces worries and depression, controls weight and return to pre-pregnancy weight, improves tummy muscle tone and strength, and improves fitness, mood and sleep.</p> |

7.2 Community Workshop Feedback

7.2.1 Dunkeld and Birnam

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| Strengths: <ul style="list-style-type: none">• Development of MUGA in Dunkeld, in operation early 2023• Lots of enthusiasm for sports and activity• Shared sense of importance of health and wellbeing locally• Mountain biking trails available and growing as a sport locally• Wild swimming and walks within natural landscape | Weaknesses: <ul style="list-style-type: none">• No current Dunkeld football team, has lapsed• Not a significantly growing population, ageing• Room hire increased due to funding shortages at Art Centre• Having volunteers to run activities• Young people reach a certain age then can't afford to live in the area |
| Opportunities: <ul style="list-style-type: none">• Create a more sustainable, permanent mountain biking track• Formal mountain biking group• Better understanding of what is there and how to access it<ul style="list-style-type: none">◦ Ensuring costs are appropriate◦ Audit of current opportunities• Community need more support to develop volunteer base<ul style="list-style-type: none">◦ Sustainability of volunteers | Threats: <ul style="list-style-type: none">• Affordable spaces to rent for sports facilities• Next generation of volunteers to continue current groups is not currently known<ul style="list-style-type: none">◦ Sustainability is questionable for future |
| Assets: | |

- Primary school has room hire but not many groups use it
- Duchess Anne Church Hall
- Guide hut has had a recent major re-development
- Enthusiasm to engage in sport and leisure
- Annual events which attract people and show a community interest in sports
 - Hill race
 - Mountain bike enduro
- Tourist destination for natural landscape activities
- Walking routes
 - Birnam Hill
 - Inchewan circular walk
 - Braan loop
 - Hermitage
 - Jubilee Bridge loop
 - Paths network from Craigie Barns to Loch Ordie
- Climbing
 - Craigie Barns
 - Private gym has a bouldering wall
- Private Companies for sports
 - Progression Bikes
 - Dunkeld Gym
 - Golf Course

Barriers:

- Booking spaces for activities
- Pathways are not as accessible as they could be
 - Hermitage accessibility work is currently taking place

Actions:

- Build capacity and develop volunteer base
- Completion of MUGA
- Would still really like a sports centre as well

- Interest and wish for a skatepark development
 - Jubilee Park?
 - May be better near to MUGA

7.2.2 Crieff

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| Strengths: <ul style="list-style-type: none"> • Active schools co-ordinator at Crieff High has developed after school clubs and sports leader programme post COVID • Lots of sports clubs • Market Park (CHG site) is in part of Crieff with needs/ near 3 schools/ new housing • Great people in Crieff / volunteers • Uniting Crieff - good idea but needs someone to lead it | Weaknesses: <ul style="list-style-type: none"> • Who to ask? - LAL/Greenspace/Education/Economic Development • Access - opening hours of Campus/LAL venues across PKC • Difficult to make bookings • Times of day that can't use • Costs • Must use Tayside Contracts for catering for events - expensive - clubs then don't make much from running events • Some duplication of facilities - but not all campus facilities are open to public use • Shortage of some facilities - mainly indoor |
| Opportunities: <ul style="list-style-type: none"> • CHG - both Sports and Culture/Arts • New facilities planned at Market Park - Rugby/Football/Logos etc and International Highland Games Centre - not competing with | Threats: <ul style="list-style-type: none"> • Lots of organisations in Crieff competing for funding • Local authority Budgets |

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| <p>LAL - facilities could be used in school holidays - inclusive</p> <ul style="list-style-type: none"> • Scottish Athletics have Crieff as priority for hub for P&K | <ul style="list-style-type: none"> • Rising energy costs e.g., heating swimming pools • Costs of building work has risen • Rules and regulations around what public spaces can be used for |
| <p>Assets:</p> <ul style="list-style-type: none"> • Strathearn Community Campus • Crieff Hydro - costly - swimming / golf/horse-riding etc • Crieff & Strathearn Rugby Club • Crieff Golf Club • Market Park • Crieff Bowling Club | |
| <p>Barriers:</p> <ul style="list-style-type: none"> • Lack of indoor facilities • Cost • Booking procedures • School v Community use (pool was community pool - funds raised by community - school built on to the community leisure facilities) • Need for central information point/ co-ordination of funding • Health & wellbeing - Stigma re accessing services • Peer pressure, mobile technology, YP not continuing sport into teenage years • Transport in rural areas • COVID has had an impact on numbers of qualified leaders • 2nd highest child poverty rate in P&K - 20-25% - "hidden poverty" in rural areas | |
| <p>Actions:</p> <ul style="list-style-type: none"> • Lack of indoor facilities | |

- Cost
- Booking procedures
- School v Community use (pool was community pool - funds raised by community - school built on to the community leisure facilities)
- Need for central information point/ co-ordination of funding
- Health & wellbeing - Stigma re accessing services
- Peer pressure, mobile technology, YP not continuing sport into teenage years
- Transport in rural areas
- COVID has had an impact on numbers of qualified leaders
- 2nd highest child poverty rate in P&K - 20-25% - "hidden poverty" in rural areas

7.2.3 Kinross

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| Strengths: <ul style="list-style-type: none"> • People travel from other areas to participate • The natural environment is ideal for a variety of recreational sports • Broad range of clubs - formal and informal • Facilities are reasonable • Quality of facilities is strong • Volunteers in the community • Active schools co-ordinator & Primary PE Teacher • Consistent delivery of PE in primary • Positive attitude in the Community | Weaknesses: <ul style="list-style-type: none"> • Negative experiences of education in Campus • Creates a barrier to participation • Appropriate access to facilities • Increase in population - lack of capacity • More classrooms - less sports spaces • Quality will be diluted • Access to Greenspace and Parks • Transport - access to minibuses/ always travelling for matches • |
| Opportunities: <ul style="list-style-type: none"> • Targeted work - free • Need a decent gym | Threats: <ul style="list-style-type: none"> • Accessibility is poor • Poverty means many can't access sports |

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| <ul style="list-style-type: none"> • Access to primary schools to run activities • Taster sessions in Primary schools • Clubs taking an active role in the management of facilities • Potential for more connectivity between all the different clubs • Sports hub could play a more active role • Campus management group - need reps on this • Perth & Kinross Sports Council Funding • Campus could be available on a Friday afternoon | <ul style="list-style-type: none"> • Clubs can't afford to book facilities • Lack of indoor space • Can't use Primary schools (always directed to campus) • Winter is especially difficult • LAL pricing structure - charged for space |
| <p>Assets:</p> <ul style="list-style-type: none"> • Millbridge Hall • Primary Schools: Kinross, Milnathort • Kinross Day Centre • Campus • Leisure Centre • Skate Park • Kythe Hub • Loch Leven Path • Myre Park • Kirkgate Park • King George V park / playing fields • Donaldson Park • Milnathort Town Hall • Tennis Courts - Arngask/ Kinross • Curling Club | <ul style="list-style-type: none"> • Milnathort / Kinross / Carnbo bowling clubs • 2 Golf Clubs • Cycling Clubs • Location is a major asset • Organisations • Lots of uniformed organisations - Boys Brigade/ guides/RSPB Vane Farm/ Kythe/ Local businesses are supportive/ charitable organisations • Positive pathways through sport • Need to take risks! • Could increase opportunities on the Loch instead of having to travel • LAL send out information about funding opportunities • "One Club" - Kinross Sports Club - idea |
| <p>Barriers:</p> | |

- Recruitment of volunteers - sub groups / retention
- Transport
- Competitive - some people prefer this
- Difference between sport and physical activity
- Unstructured - some people prefer this
- Facilities - accessibility - how well managed - availability - neutral venue
- Awareness - does the community know what is available - who are the contacts - does the community know what's available
- How do we go to decision makers and work together ? - old ways of thinking

Actions:

- Refresh of Community Sports Hub
- Community Involvement on Campus Management group
- Review of systems and processes in Campus
- Increase in political engagement to make people accountable
- Notes from session have to be shared with local Councillors
- Resourcing from Council to support co-ordination and implementation of Strategy/plan
- Identify the missing stakeholders
- Identify the gaps

7.2.4 Blairgowrie

Strengths:

- Clubs range and numbers -football hockey, tennis, curling
- Path networks (cateran trail) - 60 benches - volunteers
- Events
- Pool - 6 lanes, new pool

Weaknesses:

- Core Paths not being looked after
- Awareness of Sports Council
- Promoting opportunities for volunteering
- Rural transport to facilities & activities

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| <ul style="list-style-type: none"> • Outdoor Explore • Cricket Club • Skate Parks • Accessible Paths • Park Areas • Blairgowrie Development Trust • Volunteer Base is Strong but Ageing • Local Planning Partnership • Community Sports Hub -need more members - do we broaden to physical activity ? • Equestrian pony Club • Community Trusts looking after path networks • Population growth, popular location • Proximity to Perth facilities and activities • Golf Course • Community spirit | |
| <p>Opportunities:</p> <ul style="list-style-type: none"> • Minibus Blairgowrie • Changes to Public Transport routes • Motivated Community | <p>Threats:</p> <ul style="list-style-type: none"> • Ageing Volunteers • A loss of green space • Lack of interest • Cut back to rural transport • Cost of Living crisis • |
| <p>Assets:</p> <ul style="list-style-type: none"> • Tourism economy is an asset • Clubs • Natural Landscape • Volunteers • Social Capital | |

- Lack of accommodation for visitors
- SCYD Strathmore Centre for Youth Development, Independent Charity
- Ages 11-25
- Free activities
- Multiple funding sources
- Volunteering opportunities
- Community engagement
- Have their own facility
- Community Sports Hubs
- Various Development Trusts
- Village Halls managed by small community trusts
- Community Connect Building
- Community Spirit - intangible asset, attracts like-minded people
- Community Pubs - area a place to gather
- Awareness is increasing of the importance of physical activity

Barriers:

- Perception of personal safety and security
- Anti-social behaviour
- Social isolation
- Lack of confidence
- Technology
- Perception of looking silly- particularly young people
- Poor self-image - again amongst young people
- The weather conditions
- Cost to participation and the process for booking and payment
- Getting more people to be more active for longer
- Need clearer arrangements in clubs for those who cannot afford activity - could this be part of the PACES registration scheme
- What happens after the free events?

Actions:

- New Blairgowrie Rec Centre
- Pay attention to volunteer recruitment and experience
- Club participation is generally strong
- Affordability of activities
- Blairgowrie and Rattray Community Football Club
- Add 3G pitch to list of assets also add the club to the list of assets
- Funding
- Some of the spaces don't feel welcoming for physical activity
- Planting of open spaces with wildflowers
- More biodiverse nature & interpretation to educate community
- Create outdoor spaces that people don't want to be in
- Need to make better use of existing facilities

7.2.5 Aberfeldy

Strengths:

- Natural landscape
- Kayaking (well established)
- Orienteering
- Abseiling
- Skiing
- Mountain bike trails
- Open water swimming
- Paths group
- Novice slalom at Beyond Adventure
- Griffin funding available

Weaknesses:

- Community campus not accessible
 - School block book
 - Mitie/LAL/School (hard to know who to contact)
 - Space empty during school day, Block booking by school
 - Unfair balance of school and community
 - No pre-school options
 - Directed to Town Hall

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| <ul style="list-style-type: none"> • Wee adventures, Splash, Free Spirits, Nae Limits etc (local businesses and employment opportunities) • Campus • Hall spaces adaptable and usable after school hours • Astro/ MUGA / Grass pitch • Corbenic use swimming pool • Golf / Bowls / Tennis/ Rugby - Floodlight • Aberfeldy Sports Trust • Development officer for rugby (children, ASN, Adult, women's) • Sports camp and taster sessions • Triathlon events and training weekends • Lot of people motivated to do / organise activity • Breadalbane FC - trying to identify and connect with most vulnerable, good facility, (Breadalbane & Strathtay Youth Club) • Healthiest Aberfeldy | <ul style="list-style-type: none"> • Never managed to forma sports hub fully - Logan trying to develop - Requirement to become trust • Lack of collaboration - LAL support is variable • Volunteers expected to do too much - constitution, funding • Competition for participation from small population <ul style="list-style-type: none"> ◦ Some children doing more sports ◦ Not more children doing more sports • Lack of all-weather facilities • Lack of qualified coaches <ul style="list-style-type: none"> ◦ Lack of funding for them ◦ Lack of willingness to bring people in • Specialist coaches not being brought in for secondary • Transport <ul style="list-style-type: none"> ◦ Not enough MIDAS licences ◦ Staff need 1 week course • Sports clubs <ul style="list-style-type: none"> ◦ Insular nature with clubs ◦ Protecting resources and facilities of own ◦ Previous attempt to work together have fizzled out • Staff Turnover <ul style="list-style-type: none"> ◦ Especially active schools ◦ Club links not strong ◦ Get tied into PE • Space empty during school day • Lack of negotiation • No pre-school options • Directed to Town Hall |
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| Opportunities: <ul style="list-style-type: none"> • Connecting all the opportunities rather than acting individually • PKC, LAL & schools to support volunteers more • Community opening of LAL facilities as keyholders • Volunteer Drivers • School is key communications and link point for clubs • Discount & support to get started | Threats: <ul style="list-style-type: none"> • Price of hall lets for new clubs / activity • Need to be a hub to apply for funding • Ensuring sustainability of activities reliant on coaching etc • LAL only open 2 evenings per week - Atholl • After school activities have no transport home • Space for Sports Development with primary school is limited and not always feasible <ul style="list-style-type: none"> ◦ Priority given to High School • Managing to keep facilities open and thriving <ul style="list-style-type: none"> ◦ Staffing ◦ Is there enough space and access • Support to start and develop activities • Maintenance is planned during out of school hours which impacts community access • 2D Astro is nearing end of life - frost and cold weather damage • Lack of non-concrete playing area for school kids • 50% participation or "Breadalbane Guarantee" <ul style="list-style-type: none"> ◦ People must identify themselves as needing monetary help ◦ Lack of awareness of support • Pockets of deprivation |
| Assets: <ul style="list-style-type: none"> • | |

Barriers:

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Actions:

- **More coordination**
 - Who's managing what sport
 - Work with assets, clubs, and organisations
 - Make sure schools are linked to this
 - Link to curriculum for excellence
- Increase participation with different children
- Replace lost learning and participation in physical exercise due to COVID - sports as part of curriculum
- Daytime access and opportunities for communities
- Address swimming basic lessons / requirements at lower primary school
 - Could feed into local swimming club
 - LAL staff don't have swimming teaching qualifications
 - LAL not fulfilling own swimming lessons, before considering school
 - Supported pathway to lifeguarding
 - No courses running
 - Current leadership programme in Perth
- No holiday programme here
- Café not open
 - Design of building not friendly
 - Not community friendly during day
 - Gym is far into the middle of building
- Bikeability
 - Should be in P5, not P7

- Cost of living
- Skills learned at young age will serve long term
- Lack of desire to problem solve by school management
- Free opportunity not being taken up

7.2.6 Pitlochry

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| Strengths: <ul style="list-style-type: none"> • Breadalbane FC (Aberfeldy & Pitlochry) • Covered MUGA at Dunkeld in Development • Local Park run • Adult 5s team • Open Spaces • Loch Faskally • Adult Tennis Club (Atholl Palace) • Active Schools processes and communication good • Young Sports Ambassadors | Weaknesses: <ul style="list-style-type: none"> • S5 and 6 travel to Aberfeldy • Transport • Curriculum swimming is only 6 weeks • Knowledge of what is on • Park facilities limited for age ranges • LAL staffing issues in Pitlochry and Aberfeldy • No activities for children during school holidays • Poor listings of local job opportunities • Loss of sports dome - archery, trampolining (?) • No holiday hunger provision • Paddling pool area drainage • Limited space at skatepark |
| Opportunities: <ul style="list-style-type: none"> • More for young people • Hotels opening up swimming pools • Knowing what funding is available • Social prescribing of Sports / exercise • Ball games after school at LAL • Addressing Health & Wellbeing through sport | Threats: <ul style="list-style-type: none"> • Tennis Court facility is privately owned so development limited (numbers etc) • LAL budget reduction • Repeated risk of losing facilities (?) • Staffing issues • |

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| <ul style="list-style-type: none"> • Hockey on football field • Kids Tennis (reduced cost) • Community buy out of Atholl Palace Tennis court • Identify venues as "Pitlochry" or "Breadalbane" rather than corporate names - need to be able to identify things as "ours" • Sports Development- new staff in post - and making good links • Work alongside Greenspace re park facilities & funding • Pump track (informal play) maintained by volunteers | |
| <p>Assets:</p> <ul style="list-style-type: none"> • Golf Course - driving range / pitch and putt/ footgolf/ • Leisure Centre (LAL Atholl) • Vale of Atholl FC - boost in numbers and new coach • Recreation Park & Pavilion (PUGS) • Town Hall • Atholl Centre • West Moulin Rd Park • Mountain Bike Trails (Craigower Path) • Atholl Palace tennis courts • Hydro, Scotland and Atholl Palace hotels have swimming pools • Putting green • Bowling Club • Ben Y Vrackie • Wild Swimming | <ul style="list-style-type: none"> • Loch Faskally - boating • Walking Football Group at Rec • Tryst Walking Group • Park Run • Nae Limits • Highland Fling • Paths network • Cubs, Scouts, Brownies, Rainbows • Polish School outreach on Tues evenings • Crossing borders • Dance Groups • Highland Nights through Summer • Kirsty McWilliams Vaulting & Circus skills • Community Garden share (Climate café) |

Barriers:

- Downstairs area of rec pavilion
- Activities priced towards tourism
- Path networks not suitable for accessibility (wheelchairs etc)
- Awareness of provision
- Cost of equipment, resources
- Permission/ consent - knowing who to go to and redirection
- Groups not working together, communicating to improve use of facilities
- Lack of community forum
- Use of school premises - difficult to access, cost, completing form / not sure if sports facilities can be booked/ times of availability (also at LAL)
- Availability and booking needs to be simplified (one-step)
- Town hall - very hard to access/ don't feel linked to LAL/ One of booking is simple but recurring bookings are difficult/ availability

Actions:

- Working towards a coordinated group with joined up thinking (action plans have helped and added to load)
- Even playing field surface at Pitlochry High School
- School Estate Review
- Can school facilities indoor and outdoor be booked by community?
- Knowing the right person to talk to
- Having staff visit Pitlochry and be known faces
- Knowing how community and council can work in tandem together
- E.g. like Greenspace with resource/ tools provided
- Making best use of human and physical resources
- Need to be more joined up
- Need to hear about what needs done (options for helping)
- Covering insurance and risk
- Having more meetings like this

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7.2.7 North Perth

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|---|--|
| Strengths: <ul style="list-style-type: none"> • Choices/ Options • Provision for Young People • Active Schools • North Inch as space, pitch & floodlights limited • 32 Football teams in Letham • Perth parkrun 250 plus every wee | Weaknesses: <ul style="list-style-type: none"> • Lack of indoor facilities for some sports • Drop off of Young People • North Inch & South Inch Flood • Lighting restriction due to neighbours • Cost of facilities at Bells • Booking system is a barrier • Bus route to Bertha Park from other catchment areas • No access to Bertha Park pitch for Rugby • Active schools curricular sports only • KPI driven culture - Active Schools • LAL database of space available • SLA arrangement - halls & Schools |
| Opportunities: <ul style="list-style-type: none"> • Map out a new participants journey in sports in Perth - facilities • Build more facilities on North Inch - 4G Pitch lighting • Some sports have better offer from private sector • Use of Common Good land for facilities • Invest in Sport as a preventative action for Health & Wellbeing | Threats: <ul style="list-style-type: none"> • Focus on football can exclude other sports • Participation in some sports are elitist • Lack of winter facilities for training (Rugby) |

- Map & promote facilities digitally
- Make spaces in schools more accessible

Assets:

- Bells Sports Centre
- Schools
- North & South Inch
- Dewars Ice Rink / Bowling
- Primary School Network
- 3g Pitches
- College
- Kinnoull Hill
- George Duncan Arena
- Golf
- Willowgate
- Perth Leisure Pool
- Tennis Clubs
- Community Centres
- Fishing
- Dancing
- Community Gardens
- Path Networks
- Mums/ Dads
- Coaches
- Volunteers
- Family networks
- Sports Clubs
- PKAVS
- Cadets
- Scout Groups etc
- PSYV
- Guides etc

Barriers:

- Cost
- Peer pressure
- Access
- Tech/ computer games
- Risk averse culture in society
- Apathy from parents to support young people in sport or lack of support from parents due to circumstances
- Drugs
- Facility information
- Other sports (Clubs)
- Public Transport for post school activities

Actions:

- More facilities - max capacity and more funding
- Rugby access to IRB compliant
- Better use of empty buildings
- Access to indoor facility for tennis (winter)

7.2.8 South Perth

Strengths:

- Gym facility at Bells
- Volunteers across all sports
- School activities for Youth
- Passion within community
- Plenty on offer for people of all ages

Weaknesses:

- "Stuck in our ways"
- Representation of volunteers on boards etc
- Lack of clarity of who, what, where
- "Who do we speak to when we have got something to say?"

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| <ul style="list-style-type: none"> • Mental health Benefits • Depth of Experience • Para athletes • Equalities Team supports inclusion e.g., Perth Parrots • People • Business mindset • North Inch open space • Open spaces for walking groups, nature trails etc • Leisure becoming recognised politically as vehicle for all round positivity | <ul style="list-style-type: none"> • "What are the avenues if we want to challenge?" • Accountability, leadership, unclear • Transport cost or access • "decision" has been made instead of dialogue • A bitty sector • Break in contingency and progression • Age of facilities • No response to points/voices • Clear direction needed and appreciated • Lack of clarity of strategy and coordination • Who are the people to go to (when we book etc)? • Lack of rugby access facilities for growth • Access to existing facilities • No community use after school |
| <p>Opportunities:</p> <ul style="list-style-type: none"> • Community use model • Compliant facilities -(Bertha)could be open to community • School holidays time for communities • Multi-agency partnership funding contributions • A wonderful place we live in (join up) if publicised • One point for information • Token scheme / pay return for being more active • Promote Participation as a healthy lifestyle • Return in investment • Streamlined booking system | <p>Threats:</p> <ul style="list-style-type: none"> • Rising cost of transport • Costs of buses / tickets or no availability • |

- Trade / quality mark for inclusivity
- Athletics support disability
- Link to public health & sport & wellbeing

Assets:

- Open spaces, the inches, river, hills, woodland, path networks
- Buildings - Bells, Leisure Pool
- Protection of green spaces good
- Golf courses
- Not enough swimming pools (priority)
- Open water swimming (cost prohibited i.e., Transport)
- Church halls for yoga, general exercise, balance programmes through Live Active
- LAL
- PKAVs, Six Circle, PLUS, CATH, Community Councils, Investment Funds, Lethanm4All, TullochNet, Mindspace, Move Ahead, green Spaces and Ranger Services (For insurance)
- Volunteers - professionalism, experience,
- Dedicated community members, committed individuals
- Perth College including Outdoor Facilities
- Opportunity to develop accreditations
- Journey of coaches, incentives (to be championed more !!)
- Volunteers willing to drive buses
- Solution = multiagency

Barriers:

- No longer insurance for groups - wasted volunteer asset
- Transport
- Cost to volunteer, to renew a licence etc, going through course
- Costs of providing and heating facilities (affordability)
- Absence of strategy/ mindset of return of investment
- Access to existing facilities

- How do we prioritise use? By sport/ by ability/by disadvantage - feels like a lottery
- We're beyond capacity in clubs
- Not one unified cohesive process to book
- 12-17 drop off in Teen Years
- Signposting to community is too narrow
- Different levels of awareness on what's available
- Accessibility for disability including lack of support and costs
- Idea of Inclusivity (confidence, disability)
- Changing facilities not suitable for women/ girls' games
- Do we have a sport disability officer (regional officer for Tayside)
- Lack of skills to train people with additional needs
- Other people's perception of less able people in sports (stigma)
- No vision to be ambitious politically in outcomes

Actions:

- What success looks like in 5 years
- Strategy & organised structure that works
- Accountability for strategy delivery
- Review, ongoing evaluation of outcomes (18-21 months return)
- Measurable objectives
- What are the things we want to achieve
- Open afternoons to activities in schools
- Dedicate activities in schools for communities
- PE in schools to become a priority
- Change in the shape of Physical activities in schools
- Investment - (how we use it?) Don't waste it
- Sharp focus on outcomes and returns
- Communication pathways and signposting
- The message about activities being for everyone not just top athletes
- Short, medium, long-term goals / criteria
- Be flexible and responsive to needs on the ground

- Be smarter and better when investing
- 1 year Action Plan

7.2.9 Auchterarder

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| <p>Strengths:</p> <ul style="list-style-type: none"> • After school sports programme from Active Schools • Active schools (4-6 programmes per term) • Sports Hall in the school - well used and good space • School gym well used after school hours • Strong sports club infrastructure • Access to Gleneagles (at a cost) • Motivated and organised community • Sports Hub • Core Path Network maintained by volunteers • Auchterarder Running Festival • Talented Young People • Local Funding Sources | <p>Weaknesses:</p> <ul style="list-style-type: none"> • Astro pitch not well maintained, could be well used (at school) • Public transport • Facilities need investment - MUGA/ Club venues • Accessibility limited during school hours • Lack of space in the school • Increase in housing has not led to increased facilities • MUGAs not used for 4 years • Lack of football pitches - flooding and damaged Astro • Young people need to travel to participate • Lack of pathways for progression in some sports e.g., hockey • Lack of activities for young people other than Logos • No children's play areas in 2 of the new housing developments |
| <p>Opportunities:</p> <ul style="list-style-type: none"> • Community Fundraising to upgrade facilities • Collaborative approach to developing facilities | <p>Threats:</p> <ul style="list-style-type: none"> • Cost of living impacts on participation • Drop off of volunteers - critical to delivery |

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| <ul style="list-style-type: none"> • Devolved budgets to run facilities and shift responsibility to the community • Implement the Community Action Plan • 20 minute neighbourhoods • Sports camps in school hols/inset days to help parents | <ul style="list-style-type: none"> • Motivating young people to agree in activities |
| <p>Assets:</p> <ul style="list-style-type: none"> • Core path networks • Volunteers • Sports Clubs • Gleneagles Centre • Duchally House • Golf Club • Auchterarder Sports & Recreation Club • Football Club • Programme from the Health Centre - social prescribing • Five Star running club • School hub and facilities, gymnastics club (school annexe) • Bowling Club • Private Gyms • Aytoun Hall • 4 Church Halls • Dance Studio • Guide Hut • 3 parks - greenspace and play parks • 26 registered charities locally • Motivated community • Culture of sport and physical activity • Green spaces | |

Barriers:

- Poor standards of maintenance on existing facilities have meant that some facilities cannot be used e.g. 3G Pitch and Mugga areas at the school
- Lack of sports hall facilities to accommodate both school usage and community usage (450 primary school roll and 500 secondary school roll) one 5 court hall.
- No access to facilities during the day as school is using them
- Lack of public transport. School buses leave after school so no transport available for children participating in after schools activities
- Cost of activities
- Cost of facility hire
- Increasing costs of operating facilities

Actions:

- Community bus could be used to transport children home after participation in after schools activities
- Additional facilities are required and could be a partnership between Council and the Community
- Closer collaboration between PKC and community organisations - one point of contact
- Developer contributions from housing could be used to support investment in new community facilities which could also be used by the school
- Better maintenance of existing facilities would ensure they are able to be better used by school and community
- A new fence to be provided for the 3G pitch at school to prevent further vandalism
- Safe routes for cycling particularly on the High Street
- More facilities for youth activities

7.3 Travel Time/Mode Analysis










Consultation with the key stakeholders and communities has consistently identified access to facilities as one of the most significant barriers to participation. Difficulties accessing facilities can be for a variety of reasons including:




- **An absence of any facility provision within a reasonable travel time**
- **An absence of available capacity at existing facilities**
- **No community access to existing facilities**
- **Poor/no public transport links**
- **No safe active travel routes**
- **Cost of accessing facilities.**

Table 5-1 below shows accessibility to different types of facilities for the Perth and Kinross population as a whole. A more detailed analysis for each ward is within the appendix.

It shows that Community Halls and Sports Pitches are generally very accessible even within a 10 minute journey time. Leisure Centres and Swimming Pools are less accessible with less than half the population able to reach one within a 10 minute cycle or drive. When travel time is increased to 20 minutes, the % of population with access increases significantly.

Table 7-1 Accessibility to facilities by travel time and mode (Peak Travel Time)

| Travel Time | Travel Mode | Community Halls | Leisure Centre | Sports Pitch | Swimming Pools |
|-------------|---|-----------------|----------------|--------------|----------------|
| 10 Mins |  | 91% | 56% | 89% | 42% |
| |  | 96% | 59% | 93% | 35% |
| |  | 63% | 16% | 59% | 7% |
| |  | 62% | 16% | 59% | 7% |
| 20 Mins |  | 99% | 66% | 96% | 58% |
| |  | 100% | 84% | 100% | 66% |
| |  | 79% | 37% | 81% | 27% |
| |  | 83% | 47% | 84% | 25% |
| 30 Mins |  | 100% | 77% | 99% | 69% |

| Travel Time | Travel Mode | Community Halls | Leisure Centre | Sports Pitch | Swimming Pools |
|-------------|---|-----------------|----------------|--------------|----------------|
| |  | 100% | 96% | 100% | 91% |
| |  | 85% | 54% | 86% | 50% |
| |  | 89% | 56% | 88% | 39% |

When comparing levels of access to Community Halls between Council Wards, analysis shows that within a 20 minute drive, the whole population of each Ward can reach at least one hall. A similar picture emerges for sports pitches. Access to Leisure Centres with dryside facilities is also high in most wards within a 20 minute drive ranging from 85% to 100%. However, some wards are significantly lower, Almond and Earn (68%), Strathmore (61%), Strathtay (52%) and Carse of Gowrie (38%). Access to Swimming Pools within a 20 minute drive is high within the Perth City Wards, Blairgowrie and Glens, Kinross-shire and Strathearn. However, it drops below 50% for Almond and Earn (41%), Highland (36%), Strathmore (29%), Strathtay (18%), Strathallan (10%) and Carse of Gowrie (2%), More information about each ward can be found in the appendices.

7.3.1 Almond and Earn

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 76.54% | 0.03% | 72.75% | |
| driving | 84.36% | 1.23% | 79.50% | |
| public_transport | 37.18% | | 40.60% | |
| walking | 37.18% | | 39.95% | |
| 20 Minutes | | | | |
| cycling | 96.90% | 4.93% | 85.14% | 2.62% |
| driving | 100.00% | 68.43% | 99.52% | 41.30% |
| public_transport | 59.84% | | 65.15% | |
| walking | 69.18% | | 67.43% | |
| 30 Minutes | | | | |
| cycling | 100.00% | 53.12% | 95.98% | 38.17% |
| driving | 100.00% | 100.00% | 100.00% | 93.70% |
| public_transport | 70.93% | 10.36% | 69.73% | 1.02% |
| walking | 74.86% | 0.03% | 71.96% | |

7.3.2 Blairgowrie and Glens

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 95.33% | 75.81% | 90.21% | 88.27% |
| driving | 98.27% | 74.85% | 94.16% | 91.37% |
| public_transport | 61.54% | 14.09% | 47.79% | 29.58% |
| walking | 61.54% | 14.09% | 47.00% | 29.58% |
| 20 Minutes | | | | |
| cycling | 99.11% | 93.74% | 96.13% | 94.58% |
| driving | 100.00% | 95.82% | 99.47% | 95.74% |
| public_transport | 81.12% | 31.27% | 73.47% | 74.07% |
| walking | 85.84% | 46.28% | 81.91% | 65.29% |
| 30 Minutes | | | | |
| cycling | 99.82% | 95.88% | 98.95% | 95.99% |
| driving | 100.00% | 97.94% | 100.00% | 98.02% |
| public_transport | 90.81% | 41.13% | 85.89% | 84.39% |
| walking | 94.65% | 72.98% | 89.92% | 87.90% |

7.3.3 Carse of Gowrie

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 66.55% | 1.08% | 91.67% | |
| driving | 94.50% | 2.39% | 98.90% | |
| public_transport | 46.62% | | 56.07% | |
| walking | 44.47% | | 56.07% | |
| 20 Minutes | | | | |
| cycling | 99.65% | 3.11% | 100.00% | 2.67% |
| driving | 100.00% | 38.09% | 100.00% | 2.39% |
| public_transport | 58.75% | | 76.93% | |
| walking | 59.20% | | 83.40% | |
| 30 Minutes | | | | |
| cycling | 100.00% | 10.33% | 100.00% | 5.69% |
| driving | 100.00% | 38.37% | 100.00% | 37.85% |
| public_transport | 79.34% | | 81.43% | |
| walking | 65.39% | 0.28% | 91.59% | |

7.3.4 Highland

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 87.43% | 57.83% | 77.27% | 24.19% |
| driving | 94.37% | 60.69% | 83.79% | 24.49% |
| public_transport | 63.96% | 23.23% | 47.79% | 10.22% |
| walking | 63.96% | 23.23% | 47.79% | 10.22% |
| 20 Minutes | | | | |
| cycling | 97.50% | 64.28% | 90.19% | 27.03% |
| driving | 99.60% | 86.15% | 95.87% | 36.48% |
| public_transport | 73.94% | 52.11% | 67.10% | 22.58% |
| walking | 77.76% | 54.57% | 70.18% | 22.50% |
| 30 Minutes | | | | |
| cycling | 99.24% | 70.11% | 95.96% | 30.96% |
| driving | 99.66% | 92.79% | 99.66% | 44.23% |
| public_transport | 76.56% | 59.29% | 70.14% | 25.73% |
| walking | 85.78% | 57.34% | 76.67% | 24.07% |

7.3.5 Kinross-shire

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 80.07% | 54.75% | 82.05% | 54.75% |
| driving | 92.40% | 58.83% | 93.11% | 58.72% |
| public_transport | 59.17% | 10.72% | 53.30% | 10.30% |
| walking | 59.17% | 10.72% | 53.30% | 10.30% |
| 20 Minutes | | | | |
| cycling | 99.09% | 63.20% | 95.20% | 63.20% |
| driving | 100.00% | 92.23% | 100.00% | 92.21% |
| public_transport | 66.03% | 26.03% | 69.93% | 25.94% |
| walking | 70.12% | 37.88% | 73.11% | 37.79% |
| 30 Minutes | | | | |
| cycling | 99.72% | 82.93% | 99.72% | 82.93% |
| driving | 100.00% | 98.50% | 100.00% | 98.50% |
| public_transport | 66.24% | 44.73% | 74.11% | 44.64% |
| walking | 75.92% | 54.29% | 80.84% | 54.29% |

7.3.6 Perth City Centre

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 90.59% | 56.21% | 88.60% | 42.35% |
| driving | 96.00% | 58.52% | 92.69% | 34.68% |
| public_transport | 63.45% | 15.79% | 59.28% | 7.46% |
| walking | 62.22% | 15.73% | 58.75% | 7.40% |
| 20 Minutes | | | | |
| cycling | 98.75% | 65.96% | 95.97% | 57.52% |
| driving | 99.96% | 83.85% | 99.60% | 66.11% |
| public_transport | 79.47% | 37.27% | 81.48% | 27.10% |
| walking | 82.89% | 46.56% | 84.13% | 25.32% |
| 30 Minutes | | | | |
| cycling | 99.77% | 77.23% | 99.26% | 68.52% |
| driving | 99.98% | 96.10% | 99.97% | 91.06% |
| public_transport | 84.89% | 54.35% | 85.90% | 50.12% |
| walking | 89.27% | 56.14% | 88.43% | 39.50% |

7.3.7 Perth City North

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 100.00% | 97.24% | 100.00% | 48.32% |
| driving | 100.00% | 98.40% | 100.00% | 25.11% |
| public_transport | 39.81% | 28.76% | 95.62% | |
| walking | 39.81% | 28.76% | 96.22% | 0.00% |
| 20 Minutes | | | | |
| cycling | 100.00% | 100.00% | 100.00% | 100.00% |
| driving | 100.00% | 100.00% | 100.00% | 100.00% |
| public_transport | 79.94% | 57.29% | 100.00% | 13.81% |
| walking | 82.79% | 85.27% | 100.00% | 10.84% |
| 30 Minutes | | | | |
| cycling | 100.00% | 100.00% | 100.00% | 100.00% |
| driving | 100.00% | 100.00% | 100.00% | 100.00% |
| public_transport | 99.65% | 93.27% | 100.00% | 93.27% |
| walking | 100.00% | 99.65% | 100.00% | 36.07% |

7.3.8 Perth City South

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 100.00% | 99.99% | 100.00% | 93.00% |
| driving | 100.00% | 100.00% | 100.00% | 71.40% |
| public_transport | 86.07% | 34.70% | 73.80% | 14.42% |
| walking | 86.00% | 33.94% | 73.45% | 13.66% |
| 20 Minutes | | | | |
| cycling | 100.00% | 100.00% | 100.00% | 100.00% |
| driving | 100.00% | 100.00% | 100.00% | 100.00% |
| public_transport | 100.00% | 74.42% | 100.00% | 51.46% |
| walking | 100.00% | 80.83% | 100.00% | 43.90% |
| 30 Minutes | | | | |
| cycling | 100.00% | 100.00% | 100.00% | 100.00% |
| driving | 100.00% | 100.00% | 100.00% | 100.00% |
| public_transport | 100.00% | 94.88% | 100.00% | 87.10% |
| walking | 100.00% | 99.99% | 100.00% | 77.68% |

7.3.9 Strathallan

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 80.84% | 42.96% | 63.25% | |
| driving | 93.46% | 46.70% | 71.87% | |
| public_transport | 62.02% | 7.59% | 41.47% | |
| walking | 59.49% | 7.59% | 41.46% | |
| 20 Minutes | | | | |
| cycling | 97.64% | 56.56% | 87.67% | 3.63% |
| driving | 100.00% | 88.50% | 100.00% | 10.07% |
| public_transport | 72.78% | 26.22% | 59.60% | |
| walking | 70.61% | 35.37% | 62.17% | |
| 30 Minutes | | | | |
| cycling | 98.41% | 74.97% | 100.00% | 10.69% |
| driving | 100.00% | 99.78% | 100.00% | 85.87% |
| public_transport | 74.15% | 35.01% | 77.71% | |
| walking | 78.15% | 42.88% | 67.26% | |

7.3.10 Strathearn

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 96.31% | 69.90% | 91.46% | 69.90% |
| driving | 99.28% | 73.33% | 95.87% | 73.33% |
| public_transport | 65.97% | 14.01% | 69.96% | 14.01% |
| walking | 66.34% | 14.01% | 70.47% | 14.01% |
| 20 Minutes | | | | |
| cycling | 99.94% | 75.70% | 98.34% | 75.70% |
| driving | 100.00% | 85.41% | 99.77% | 85.41% |
| public_transport | 86.69% | 41.37% | 85.07% | 41.37% |
| walking | 90.62% | 55.10% | 89.47% | 55.10% |
| 30 Minutes | | | | |
| cycling | 100.00% | 78.18% | 99.89% | 78.18% |
| driving | 100.00% | 99.60% | 100.00% | 99.60% |
| public_transport | 89.92% | 58.88% | 89.27% | 58.88% |
| walking | 95.73% | 69.17% | 91.00% | 69.17% |

7.3.11 Strathmore

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 88.90% | 0.08% | 91.53% | |
| driving | 92.06% | 8.28% | 94.80% | |
| public_transport | 70.16% | | 60.06% | |
| walking | 70.16% | | 60.06% | |
| 20 Minutes | | | | |
| cycling | 95.70% | 35.67% | 99.13% | 25.59% |
| driving | 99.95% | 60.57% | 99.95% | 29.29% |
| public_transport | 80.64% | | 82.72% | |
| walking | 82.03% | | 83.08% | |
| 30 Minutes | | | | |
| cycling | 99.72% | 59.84% | 100.00% | 56.02% |
| driving | 100.00% | 94.27% | 100.00% | 97.63% |
| public_transport | 82.40% | 31.62% | 84.98% | 29.03% |
| walking | 87.19% | 0.08% | 89.86% | |

7.3.12 Strathtay

| travel time | Community Halls | Dryside Facilities | Sports Pitch | Swimming Pools |
|-------------------|-----------------|--------------------|--------------|----------------|
| 10 Minutes | | | | |
| cycling | 89.74% | 0.30% | 83.46% | |
| driving | 97.10% | 3.08% | 88.04% | 0.75% |
| public_transport | 54.67% | | 54.18% | |
| walking | 54.35% | | 54.18% | |
| 20 Minutes | | | | |
| cycling | 98.67% | 19.94% | 92.60% | 4.83% |
| driving | 99.90% | 51.79% | 99.47% | 18.47% |
| public_transport | 65.42% | 0.97% | 74.67% | |
| walking | 76.32% | | 79.10% | |
| 30 Minutes | | | | |
| cycling | 99.95% | 38.32% | 98.74% | 37.33% |
| driving | 100.00% | 97.97% | 99.94% | 86.90% |
| public_transport | 70.18% | 10.55% | 76.11% | 5.42% |
| walking | 87.02% | 1.28% | 83.22% | |