

The Royal Borough of Kingston upon Thames

Active Kingston Framework 2023



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES

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FOREWORD

I am delighted to present the Active Kingston Framework, a comprehensive and visionary approach that unites three essential components: the Indoor Leisure Strategy, the Outdoor Facilities Strategy (incorporating a Playing Pitch Strategy), and the Physical Activity Strategy. This framework represents a bold step forward in our mission to create a thriving and active community that fosters the health and well-being of all residents.

In an ever-changing world, where urban landscapes evolve, and lifestyles continuously adapt, it is imperative to invest in strategies that enrich the lives of our residents. Physical activity and sports play a pivotal role in enhancing both the individual and collective aspects of our community, fostering resilience, social cohesion, and overall vitality.

As we unveil the Active Kingston Framework, I invite you to explore the pages of this framework, as we embark on a journey to transform our Borough into a haven for active living, where physical activity becomes a joyous and rewarding experience for all. Together, let us create a legacy that celebrates health, unity, and the unyielding spirit of our community.



Councillor Alison Holt

Deputy Leader, Portfolio Holder for Economic Development & Leisure

EXECUTIVE SUMMARY

The Active Kingston Framework is an innovative approach to building a thriving and active community in Kingston. Our ambition is to harness the opportunities that sport and physical activity provide to tackle inequality, enable all citizens to be more active and support healthier, more resilient communities. We want to ensure Kingston residents of all ages and abilities have the opportunity to embrace a healthy and active lifestyle.

This represents a significant step forward in our mission to build a Borough that celebrates physical activity, embraces outdoor recreation, and provides diverse indoor leisure opportunities. Through an integrated approach, we are focusing on sport, physical activity and recreation as an enabler for improving health and wellbeing, tackling inequality and building community spirit.

As we embark on this transformative journey, the Active Kingston Framework is guided by four strategic themes:

- Active Environment
- Active Wellbeing
- Active Communities
- Active Collaboration

To inform the local priorities under the four strategic themes, three detailed assessments have been developed which comprise the evidence base and underpin the framework. These are:

- a new Physical Activity Assessment ([Appendix B](#))
- the Indoor Leisure Facilities Strategy ([Appendix C](#))
- a new Outdoor Leisure Facilities Strategy, comprised of
 - an Outdoor Sports Facilities Assessment ([Appendix E](#))
 - a Playing Pitch Strategy ([Appendix F](#))

Although the framework has been developed to respond to local need, demand and priorities, it also aligns with Sport England's strategy 'Uniting the Movement'. This outlines their vision for the future of sport and physical activity in England for the 10 years from 2021 to 2031 and identifies five big issues where they see the greatest potential for preventing and tackling inequalities in sport and physical activity.

The framework has also been developed to align with other key Council strategies such as the Local Plan, the refreshed Green Spaces Strategy, Asset Strategy and relevant Public Health publications. It also supports and takes forward the priorities within the¹ Council Plan 2023 - 2027, Greener, Fairer, Safer, Together. Ensuring that there is clear read across, the framework both informs and responds to the priorities in these complementary strategies. Through delivery, where possible the supporting action plans will be developed and monitored together, with key priorities captured and monitored across all the relevant delivery plans to ensure alignment.

¹ <https://www.kingston.gov.uk/downloads/download/663/rbk-council-plan-accessible-pdf>

STRATEGIC CONTEXT

This framework has been developed cognisant of the wider national and local strategic context. Some of the key considerations

Sport England Uniting the Movement Strategy

Whilst the Kinfgstton framework is grounded in local need and priorities, it has been developed in the context of the Sport England Strategy. The five Sport England issues are:

1. **Recover and reinvent** - Recovering from the biggest crisis in a generation and reinventing as a vibrant, relevant and sustainable network of organisations providing sport and physical activity opportunities that meet the needs of different people.
2. **Connecting communities** - Focusing on sport and physical activity's ability to make better places to live and bring people together.
3. **Positive experiences** for children and young people - Unrelenting focus on positive experiences for all children and young people as the foundations for a long and healthy life
4. **Connecting with health and wellbeing** - Strengthening the connections between sport, physical activity, health and wellbeing, so more people can feel the benefits of, and advocate for, an active life
5. **Active environments** - Creating and protecting the places and spaces that make it easier for people to be active. They believe sport and physical activity has a big role to play in improving the physical and mental health of the nation, supporting the economy, reconnecting communities and rebuilding a stronger society for all.

The strategy recognises that for too long, people with the most to gain from being active have been the least able to take part. As a result of the huge disruption 2020 has caused, and the inequalities it's reinforced or even exacerbated – such as those around socio-economic status and ethnicity – their drive to do things differently and confront these inequalities head on is stronger than ever.

The strategy is different not just because it's a vision for the next 10 years. It sets how change is needed within the sport and physical activity sector and an ecosystem, so that people have the opportunities they need now and in the future. More than anything, Uniting the Movement seeks to tackle the inequalities we've

long seen in sport and physical activity. Providing opportunities to people and communities that have traditionally been left behind, and helping to remove the barriers to activity.

Impact of COVID-19

Coronavirus (Covid-19) had a profound effect on the world, with social distancing and restrictions on movement resulting in a complete overhaul of the way many people get active.

With the implementation of guidance in England limiting people to one outdoor activity a day and only with members of their own household, the majority of sports and exercise activities became impossible overnight.

While the pandemic posed significant challenges to physical activity participation, it also highlighted the importance of promoting home-based and outdoor activities, encouraging active lifestyles, and leveraging technology to provide accessible fitness options. As communities recover from the pandemic, efforts to support and incentivise physical activity will be crucial to rebuilding healthier and more resilient communities.

CORONAVIRUS
PROTECT YOURSELF & OTHERS

NOTICE: Playground CLOSED

Please do not use the playground. The wider park is open but please observe national 'social distancing' advice and keep 2 metres away from anyone else in the park. Please make sure that you wash your hands with soap and water for a minimum of 20 seconds when arriving home.

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

For the latest advice and guidance on COVID-19 (Coronavirus), please visit www.nhs.uk/coronavirus

For the latest local information and suggestions on how to keep fit and active please visit www.kingston.gov.uk/coronavirus

ROYAL BOROUGH OF KINGSTON UPON THAMES

Kingston Joint Strategic Needs Assessment (JSNA) 2023

The alignment between this framework and the JSNA² is rooted in their shared goal of enhancing community well-being and their complementary approaches to addressing community needs. By using the data and insights from the JSNA, the framework can design programmes that are more responsive, evidence-based, and tailored to the health and social care needs of the community, ultimately resulting in a more holistic approach to community development.

This framework will contribute towards the following recommendations set out in the JSNA:

² <https://data.kingston.gov.uk/wp-content/uploads/2023/10/Online-Published-JSNA-23-SUMMARY-.pdf>

- Include in all new strategies, such as Leisure, Transport and others, ways to make it easier for people to be more physically active in Kingston.
- Build on signposting by all councils, NHS, pharmacies and other services to local exercise opportunities and advice on healthy eating. As part of this, consider building on GP Physical Activity Champion training.
- Healthy Active Ageing for Older people: ensure that appropriate offers for older people are available in all parts of Kingston, with a focus in areas in places with poorer health in older people, to stay active. Consider timing and location of offers and other considerations to make it attractive and also possibly linking to volunteering.

Green Spaces Strategy 2024 - 2034

The (emerging) Green Spaces Strategy works in harmony with this framework; it provides the physical spaces and natural environments for a wide range of leisure activities that benefit the community's well-being and quality of life. Kingston's prioritisation of greenspaces is fundamental in supporting the health and wellbeing of our residents. Kingston is a 'Marmot borough'. One of the main five recommendations of the most recent Marmot Review is to create and develop healthy and sustainable places and communities³.

This framework will contribute towards the following key themes set out in the green spaces strategy and the action plans will be developed together to ensure alignment:

- Theme 1. Accessibility & Inclusivity.
- Theme 2. Public Health and Wellbeing.
- Theme 7. Sport, Recreation & Adult Exercise.
- Theme 9. Buildings & Facilities.

Clearly there is a limit, given the overall deficiency of public green space in Kingston, to the extent to which land can be given over for use as formal sport pitches and in some cases this may also be detrimental to the natural environment. This will be factored into any decisions regarding sport, physical activity and recreation provision in the borough's parks and green spaces.

³ Health Equity in England, The Marmot Review, 10 years on
<https://www.health.org.uk/publications/reports/the-marmot-review-10-years-on>

STRATEGIC THEMES

Welcome to the heart of the Active Kingston Framework, where we introduce the four strategic themes that underpin our commitment to building a vibrant and active community. Each theme embodies a vital aspect of our vision, guiding us towards a healthier, more connected, and resilient Borough.

As we embark on this transformative journey with the Active Kingston Framework, we are driven by these four strategic themes, which serve as our compass, guiding us towards a healthier, more connected, and vibrant Borough. We invite every member of our community to actively participate in this shared vision and contribute to the realisation of a stronger, more active, and united Kingston.

Active Environment

We will ensure that Kingston has the right dedicated indoor and outdoor facilities, supported by opportunities for sport, physical activity and recreation through sensitive use of the borough's green and blue infrastructure and a built environment that prioritises active lives

We strive to ensure that indoor and outdoor recreational spaces cater to the diverse needs and interests of our community members. By providing accessible and adaptable facilities, we create an inclusive environment that welcomes individuals of all ages, abilities, and backgrounds. We want to promote the use of community spaces, fostering social connections and promoting a sense of belonging. By designating areas for gatherings, events, and group activities, we encourage residents to come together and engage in shared physical activities. These community spaces can become vibrant hubs that inspire active living and enrich the lives of residents in Kingston.

Promoting active travel is integral to creating an environment that supports physical activity. By infusing our outdoor areas with creative design, recreational amenities, and cultural elements, we create destinations that draw people to engage in physical activity and leisure. These thoughtfully designed places become magnets for active living, fostering a shared sense of pride and ownership amongst our residents.

Active Wellbeing

We will work with partners to improve health outcomes and tackle inequalities through targeted sport and physical activity initiatives

We believe that physical activity is inseparable from overall well-being. The Active Wellbeing theme places a strong emphasis on improving the health and quality of life for every resident. We are committed to addressing health inequalities and ensuring that everyone has equal access to opportunities for improved well-being. By targeting communities facing disparities, we aim to implement targeted programs, outreach initiatives, and health promotion campaigns that address specific health challenges.

We believe that sport can play an important role in reaching audiences in local communities and across the country, including people in groups at risk of suicide and self-harm. We encourage sports organisations to continue to focus on this issue, working with charity partners and building on previous successful awareness campaigns. We are committed to promoting mental health through sport and physical activity and using it to work with groups at risk of suicide and self-harm continue to focus on this issue, working with charity partners and building on previous successful awareness campaigns. We would like to use sport to promote positive mental health among players and communities, as part of our work to prevent suicides.

We will raise awareness of the issues surrounding mental health and well being with local partners in sport, business, education and community groups, and we will work with our partners to ensure that they signpost individuals to where they can receive care and support in their area.

Central to the Active Wellbeing theme is the commitment to addressing inequality. We strive to ensure that all community members, regardless of background or circumstances, have access to opportunities for physical activity and engagement. By removing barriers, offering targeted programmes, and celebrating diversity, we create an environment where everyone feels valued, welcomed, and empowered to participate

Through educational initiatives, awareness campaigns, and accessible fitness programs, we seek to instil a culture of active living as an essential component of a healthy lifestyle. By promoting mental and physical health through regular physical activity, we aspire to create a community that thrives on well-being.

Active Communities

We will work with local clubs and groups to ensure that the Kingston sport and recreation offer strengthens community connection, fosters social inclusion and encourages people to engage in physical activity throughout their life

We recognise that a strong foundation for active communities starts with our youngest residents. Through a dedicated Children and Young People's Plan, we aim to provide opportunities for physical activity, sports engagement, and community involvement from an early age. By nurturing active habits and a sense of belonging from childhood, we lay the groundwork for a lifetime of leading a healthy and active lifestyle.

We want to continue to support residents throughout their life-course, understanding that each stage of life presents unique opportunities and challenges. We are committed to tailoring our initiatives to cater to the needs and preferences of various age groups, whether it's engaging seniors in gentle exercises, offering family-oriented activities, or facilitating sports leagues for adults. By reflecting the life course, we ensure that every resident can find activities that resonate with them.

Our strength lies in our community, and the Active Communities theme centres around fostering strong social connections as part of groups or through sport/physical activities. Community organisations and groups play a pivotal role in providing opportunities for residents to participate. We are dedicated to supporting local clubs, associations, and grassroots initiatives that promote physical activity and social interaction.

We want to promote social inclusion and community engagement by creating a community that embraces diversity and welcomes everyone. Volunteering opportunities will be available to encourage individuals to contribute their time and skills, strengthening community ties and creating a collective spirit of support and care.

Active Collaboration

We will build partnerships across the private, public and voluntary sectors to identify opportunities, codesign solutions and deliver initiatives that support active communities and increase participation

The journey towards an active and thriving community requires collective effort, and the Active Collaboration theme emphasises the importance of partnerships and shared responsibilities. By engaging with local organisations, schools, businesses, and residents, we aim to co-create and implement effective strategies that address the diverse needs and aspirations of our community.

By offering resources, funding opportunities, and training, we will empower these organisations to become catalysts for active living, creating spaces where residents can come together, learn, and grow.

Through ongoing collaboration and knowledge-sharing, we envision a borough united in its commitment to fostering a culture of physical activity and well-being.

EVIDENCE BASE

Three detailed assessments underpin the framework. Over the past two years these assessments have been developed through a partnership approach, with considerable support, expertise and insight from local stakeholders and national bodies. We have adopted nationally recognised best practice approaches, with the assessments identifying current and future demand, mapping this against supply, and developing key recommendations for provision.

Physical Activity Assessment

At the heart of the Active Kingston Framework is the Physical Activity Assessment, a multifaceted approach dedicated to increasing participation in physical activity and sports across our Borough. Through educational initiatives, awareness campaigns, and collaborative partnerships, we seek to instil a culture of active living, empowering every resident to enjoy the benefits of a healthier and more fulfilling life. A comprehensive roadmap designed to promote and enhance physical activity participation across the borough. The assessment focuses on population need, inequality and barriers to participation across the physical activity continuum, exploring opportunities to ensure all residents can engage in physical activity.

Indoor Leisure Facilities Strategy

We recognise the importance of providing fit for purpose facilities, where individuals can explore new activities, pursue their passions, and connect with like-minded members of the community. This strategy aims to create warm and welcoming environments that inspire everyone to engage in active pursuits, regardless of age or ability. This strategy lays the foundation for accessible and modern recreational spaces that cater to a diverse range of interests.

Setting out the need, demand and recommended facility mix for Council controlled leisure centres, to further develop the strategy, the Council is currently completing a Facilities Planning Model (FPM), in accordance with the Sport England standards. This will stress test the current demand/need for swimming pool and sports hall provision and the indoor facilities strategy will be refined during 2023/24 to reflect the updated analysis.

Outdoor Leisure Facilities Strategy

Complementing the indoor approach, the Outdoor Leisure Facilities Strategy embraces the natural beauty of our surroundings, enhancing outdoor spaces to encourage active living and connection with nature. From revitalised open spaces to versatile sports fields, our vision is to create inviting outdoor areas that inspire people to embrace outdoor physical activity as a vital part of their lifestyle.

The strategy assesses need and demand across 15 sports and 3 multifunction facility types (outdoor gyms, skateparks, multi-use games areas (MUGAS)). In addition, there is a site by site capacity assessment which has considered all local outdoor provision, regardless of ownership and management arrangements. The assessments inform local planning policy, setting out priorities for the protection of playing pitch and outdoor sport facilities. The detail is provided in:

- a. An Outdoor Sports Facilities Assessment focused on “non-pitch” sports which has been expanded to cover a wider range of sports than would ordinarily be included. The breadth of the sports and facility types considered would be regarded as best practice and has ensured a robust evidence base for investment in provision across the borough
- b. A Playing Pitch Strategy covering football, rugby union, hockey and cricket. Other grass pitch sports are also covered where supply and/or demand has been identified, again adopting best practice

PART 1 - KINGSTON PHYSICAL ACTIVITY ASSESSMENT 2023

The Kingston Physical Activity Assessment is a comprehensive roadmap designed to promote and enhance physical activity participation throughout our community. This strategy aims to create a healthier, more active, and vibrant Borough for all residents to work and live.

This assessment sets out the ambition to increase levels of physical activity in Kingston by:

- promoting physical activity opportunities for all residents,
- engaging with communities by working closely with local organisations and groups to design and implement programmes that resonate with the diverse needs and interests of our residents
- addressing inequalities through targeted initiatives and outreach efforts, to ensure equitable access to physical activity opportunities for everyone
- ensure we support healthy active ageing for older people, by having appropriate offers for older people available in all parts of Kingston, with a focus in areas in places with poorer health in older people, to stay active.
- encouraging participation in a variety of physical activities and sports, we aim to create a supportive environment that helps individuals manage stress, improve their emotional state, and develop a positive self-image, ultimately contributing to enhanced mental well-being.
- enabling residents to foster an active lifestyle from a young age, by making sure that Kingston residents start life well as children, live well as adults and age well for longer as set out in the ⁴Kingston Health and Care Plan
- promoting active travel by contributing to decision making to improving infrastructure and encouraging residents to choose active commuting methods
- support local sports clubs and organisations to ensure Kingston has a range of diverse opportunities for residents to participate in.
- leveraging technology, recognising the potential of technology in enhancing physical activity participation. We will explore innovative solutions, to engage residents in new and convenient ways

⁴ <https://www.kingston.gov.uk/downloads/file/1814/summary-kingston-health-and-care-plan>

The Kingston Physical Activity Assessment reflects the recommendations set out in a number of in the Kingston Better Mental Health Joint Strategic Needs Assessment⁵:

"Ensure the new Kingston Leisure Strategy includes action to make it easier for groups of people who currently find it harder to be active to be more active, particularly targeting Black and Minority ethnic groups and people with mental health problems. This should also include increasing access to low-cost physical activities, such as the walking for health scheme."

By fostering a culture that values physical activity and creating an environment that supports active living, our collective commitment is to contribute towards a healthier and more active community, and improve the overall physical and mental well-being as well as providing a good quality of life for our residents.

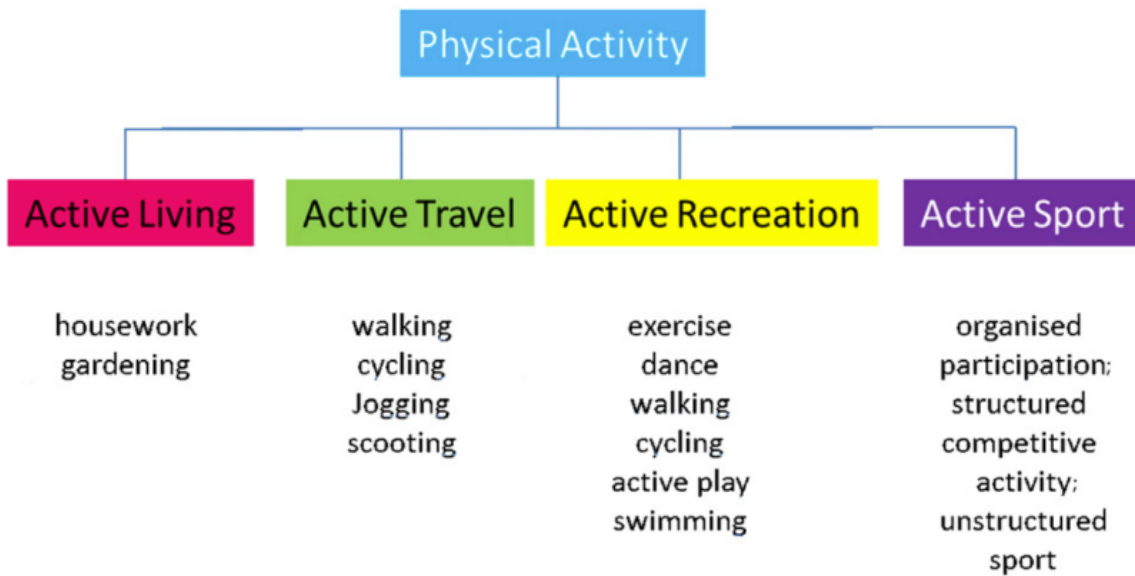
What do we mean by physical activity and sport?

Physical Activity is 'any body movement produced by skeletal muscles that require energy expenditure' (WHO) such as running, walking, cycling, gardening and sporting/fitness activity.

Sport is defined as 'all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels' (Council of Europe).

In order for us to effectively plan and deliver this Framework we are using the following diagram to explain the different components of the physical activity continuum.

⁵ <https://data.kingston.gov.uk/wp-content/uploads/2023/09/Kingstons-Better-Mental-Health-Joint-Strategic-Needs-Assessment-2022-Summary-Report.pdf>



Our Vision

'Increasing participation in physical activity and sport to improve health and well-being for all'

In Kingston we want to create a thriving and active community where individuals of all ages and abilities embrace a healthy and active lifestyle. Through collaborative efforts, accessible facilities, and inclusive programming, we aim to empower every resident to enjoy the benefits of regular physical activity, fostering physical, mental and social well-being for a vibrant and resilient Borough.

Our Priorities

The priorities for the Physical Activity Strategy are divided into three principles:

1. An integrated physical activity pathway
2. Sports participation pathway
3. Foundation/infrastructure for successful implementation

An integrated physical activity pathway

- Engage with participants who are least likely to be active, to increase physical activity levels by helping to overcome barriers through targeted recruitment.
- Promote the use of ⁶Connected Kingston, a website dedicated to helping Kingston residents find local activities and navigate local services.
- Provision of appropriate entry level physical activity and engagement with those wishing to start the road to participation.
- Development and delivery of targeted interventions according to health need
- Development and delivery of programmes for priority needs groups
- Increasing physical activity through 'Active Travel'
- Community workforce development, Volunteers, Health Champions

Sports participation pathway

- Improvement and maintenance of indoor and outdoor facilities across the Borough
- Club development and support; training, finances, governance for sustainability and growth
- Inclusive sport for disability groups
- Community use agreements across providers where possible
- Maximising the impact of the Borough's sporting events

Governance is in place

- The Active Kingston Network (AKN) is established and operational. It takes ownership of the strategy to deliver the priorities, bring relevant service providers together and secure funding locally, regionally and nationally

⁶ <https://connectedkingston.uk/>

Scope of assessment

In order to measure Kingston's activity levels, Sport England runs two national surveys: Active Lives Adult, which is published twice a year and replaced the Active People Survey, and the world-leading Active Lives Children and Young People, which is published annually.

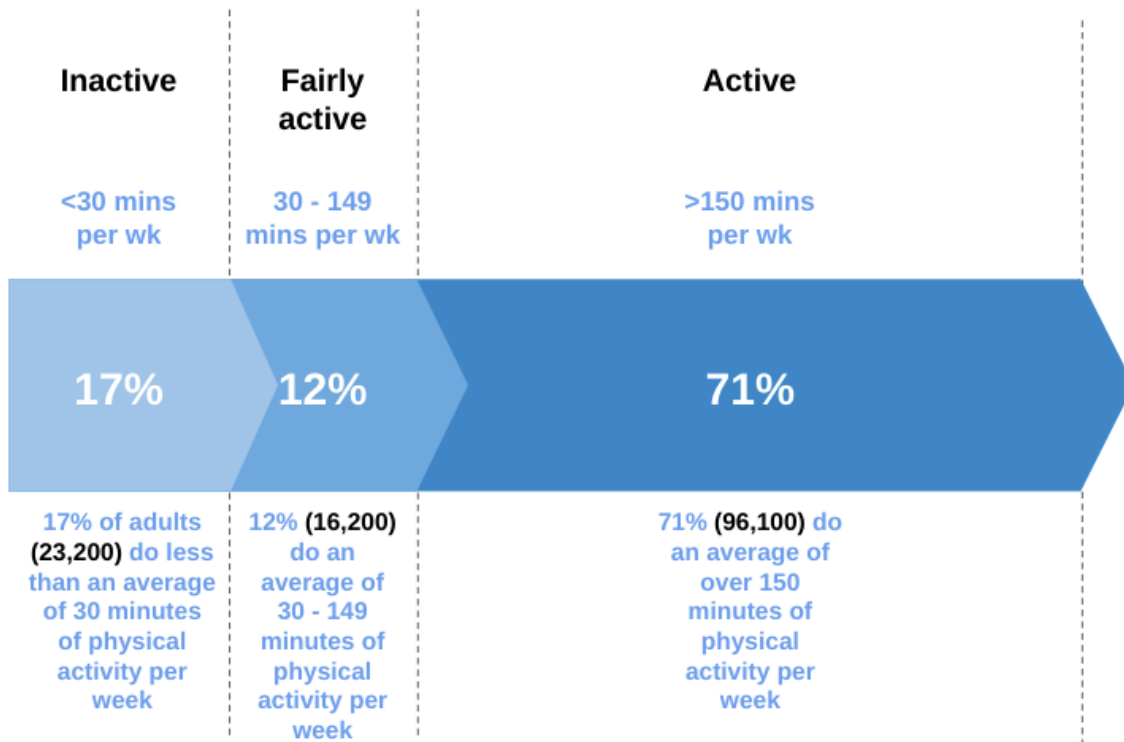
Both give a unique and comprehensive view of how people are getting active. The latest report is the first full year of data since November 2018-19 that had no interruptions due to Covid-19, and it shows a very welcome return to pre-pandemic national activity levels for adults, as well as an overall increase of 1.5m active adults since the survey began in 2015.

The Active Lives survey results for Kingston upon Thames⁷ are summarised below. All data was collected from November 2021 to November 2022.

Headline findings

In Kingston, our commitment to encouraging and promoting active lifestyles has yielded remarkable results. Recent data indicates that our adult activity levels are at an impressive 71%. This achievement stands as a testament to the collective dedication of our residents towards prioritising physical activity and well-being.

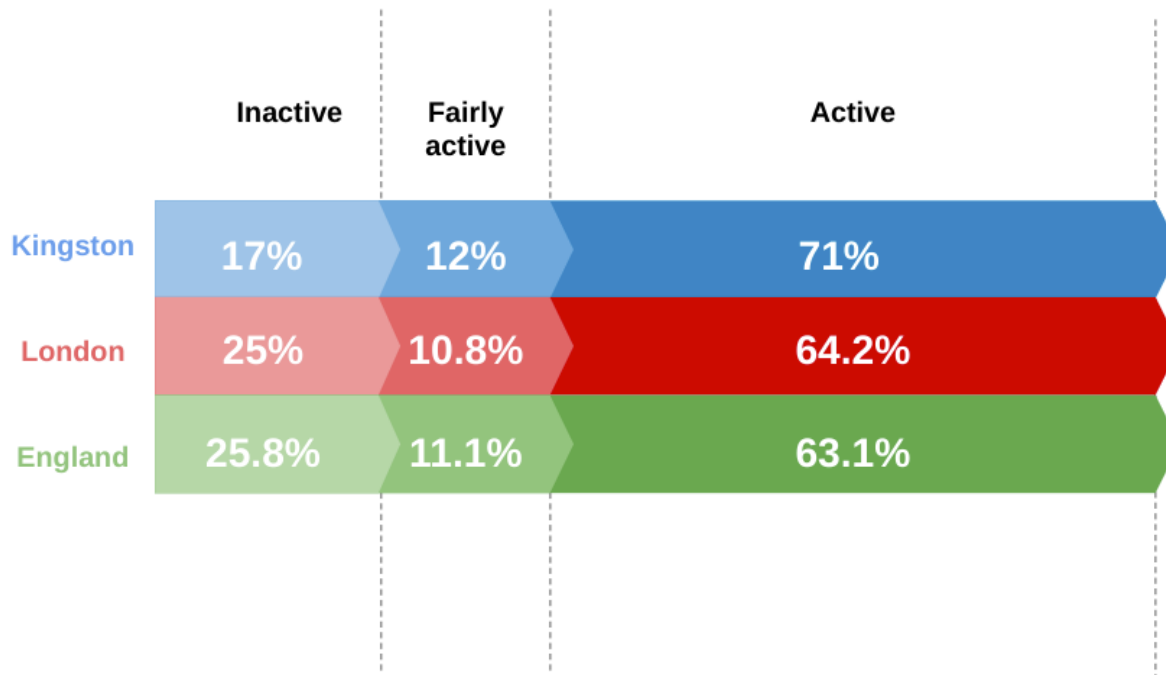
⁷ <https://activelives.sportengland.org/>



Comparatively, our local activity levels surpass both London and England averages. While London boasts an activity rate of 64.2%, and the national average for England stands at 63.1%, Kingston shines with an activity rate that positions us as a model for active living.

While we celebrate the commendable achievement of a 71% activity rate in Kingston, we also recognise that there is work to be done to address the 17% of residents who are currently classified as inactive in terms of physical activity, along with the 12% who fall into the category of fairly active.

These figures underscore the importance of our ongoing efforts to create a more active and inclusive community. To address these rates and promote healthier habits among our residents, the priorities set out in the physical activity assessment will play an important role in addressing the inactive and fairly active rates head-on.



PART 2 - KINGSTON INDOOR LEISURE FACILITIES STRATEGY 2022

This strategy was adopted and approved by the Place Committee in February 2022. It was produced to reflect several updated pieces of work undertaken by specialist technical advisers to build upon the recommendations set out in the Kingston Indoor Sports and Leisure Strategy (2016-2028⁸). The updated strategy provides recommendations for consideration of facilities mix on a locality basis when providing new leisure facilities or developing existing facilities based on latent demand and need.

To develop the strategy and as part of this work, statutory bodies and key local stakeholders were consulted to validate evidence on latent demand and changing consumer preferences. The environmental impact of buildings and travel considerations were assessed alongside opportunities for green energy in line with the Councils' Climate Emergency Declaration. The review also explored the likely impacts on demand and delivery of services in relation to Covid-19.

Our Vision

'To work with partners to create high quality, sustainable leisure and sports facilities which meet community needs, increase participation, help tackle health issues and provide accessible, inclusive activities for Borough residents as part of an active lifestyle.'

Our Priorities

The priorities for this strategy are:

1. adequate supply of suitable facilities meeting demand and need
replacement leisure facilities underpin and drive increased participation across the borough
2. centres are economically and sustainably viable
3. the health and wellbeing of communities is improved through provision of fit for purpose community facilities
4. alignment with national policy recommendations, including Sport England's new strategy: Sport England: Uniting the Movement 2021

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<https://www.kingston.gov.uk/downloads/download/269/indoor-sport-and-leisure-facility-strategy-report-2016>

Scope of assessment

Since the strategy was approved a further piece of work has been commenced in the form of a Facilities Planning Model (FPM). A FPM is a Sport England approved computer model that helps borough's assess the strategic provision of community sports facilities. For Kingston, a FPM has been commissioned to:

- Provide an assessment of need and evidence base for swimming pools and sports hall provision in 2023.
- Provide an assessment of need and evidence base for swimming pools and sports halls provision in 2041, based on the changes in demand and its distribution from population change.
- Provide an assessment on the supply, demand and access to swimming pools and sports halls in 2041 based on modelled options for changes in the supply of swimming pools and sports halls.

Headline findings

The results of the assessments will assist the Council in:

- The strategic planning for the future provision of facilities.
- Assist in determining the facility mix and specifications for any future projects.
- Inform an evidence base that contributes to development of planning policy for the provision of indoor sports facilities.
- Inform an evidence base that can be applied to secure inward investment.

It is intended that this piece of work will be concluded in Autumn 2023 and will enable the Council to update this existing indoor leisure facilities strategy to reflect the outcomes from the facilities planning model.

PART 3 - KINGSTON OUTDOOR LEISURE FACILITIES STRATEGY 2023

A key priority in the Council's Corporate Plan is to ensure that the Council invests in the essential infrastructure that will support our residents to be healthy, independent and resilient. There is a strong evidence base for the investment in sport, physical activity and leisure services to improve health and wellbeing outcomes, reduce demand for public sector services and deliver savings to the public purse.

The purpose of the outdoor leisure facilities strategy is to assess the current and future leisure needs within the Borough with input (using consultation) from residents, council officers and members, sports clubs, educational establishments, National Governing Bodies of sport and operators of leisure facilities in the Borough, both now and over the next ten years.

The Outdoor Leisure Facilities Strategy consists of two elements:

- Outdoor Sport Facilities Assessment covering all “non-pitch” sports
- A Playing Pitch Strategy (PPS) covering all pitch sports.

The assessment sets out ambitions to enhance provision across the borough and also identify opportunities to ensure outdoor sport, physical activity and leisure provision meets the needs of local communities. The strategy assesses need and demand across 15 sports and 3 multifunction facility types.

Our Vision

The Borough has a robust evidence base in place informing decisions on planning and investment into outdoor sports facilities in order to provide appropriate opportunities and provision for all current and future residents of the Borough.

Our Priorities

In addition, the following overarching priorities are based on the three Sport England themes⁹

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https://www.sportengland.org/guidance-and-support/facilities-and-planning/planning-sport?section=planning_for_sport_guidance

- To **protect** the existing supply of outdoor sport provision and ancillary facilities where it is needed for meeting current and future needs.
- To **enhance** outdoor sport provision and ancillary facilities through improving quality and management of sites
- To **provide** new outdoor sport provision and ancillary facilities where there is current or future demand to do so

To protect the existing supply

- Protect playing pitch and outdoor sport facilities through local planning policy.
- Secure tenure and access to sites for high quality, development minded clubs, through a range of solutions and partnership agreements.
- Maximise community use of education facilities where needed.

To enhance facilities

- Maintain quality and seek improvements where necessary
- Adopt a tiered approach (hierarchy of provision) to the management and improvement of sites.
- Work in partnership with stakeholders to secure funding.
- Secure development contributions.

To provide new facilities

- Identify opportunities to add to the overall stock to accommodate current and future demand.
- Rectify quantitative shortfalls through the current stock.

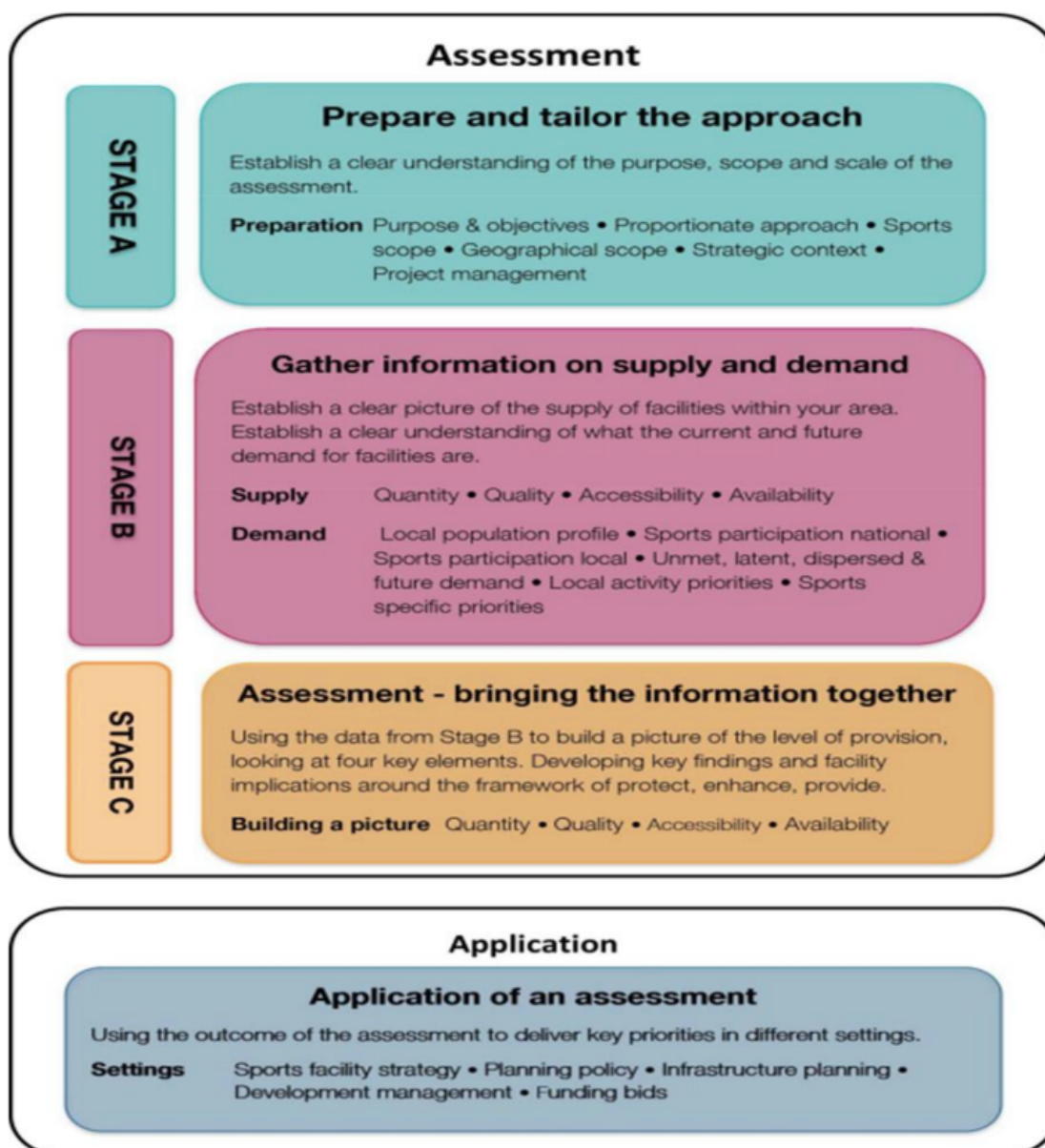
The recommendations set out in the full reports are not solely for the Council to deliver, it is important to note that the Council should act as an enabler to provide guidance and support to stakeholders and partners when exploring new opportunities.

Part 3a: Outdoor Sports Facilities Assessment

An outdoor sports facilities assessment will provide a clear framework for the maintenance and improvement of existing outdoor sports pitches and ancillary facilities. It will provide a strategic framework supporting external funding bids to maximise support and development of outdoor sports across the Borough as well as informing land use decisions in respect of future use of existing outdoor sports areas and playing fields and potential improvements and areas in need of improvement.

Specialist technical advisers were commissioned to undertake this assessment presenting a supply and demand assessment of outdoor sport provision in the area. It is delivered in accordance with Sport England’s Assessing Needs and Opportunities Guidance (ANOG), as visualised below.

Figure 1.1: Assessing Needs and Opportunities Guidance stages



Scope of assessment

The study area is the entire local authority area, with analysis areas (or sub areas) also used to allow for a more localised analysis in addition to the analysis for Kingston-upon-Thames as a whole. The four sub-areas, split via the grouping of ward boundaries, are shown in the following figure and table.

Figure 1.1: Analysis areas for Kingston-upon-Thames

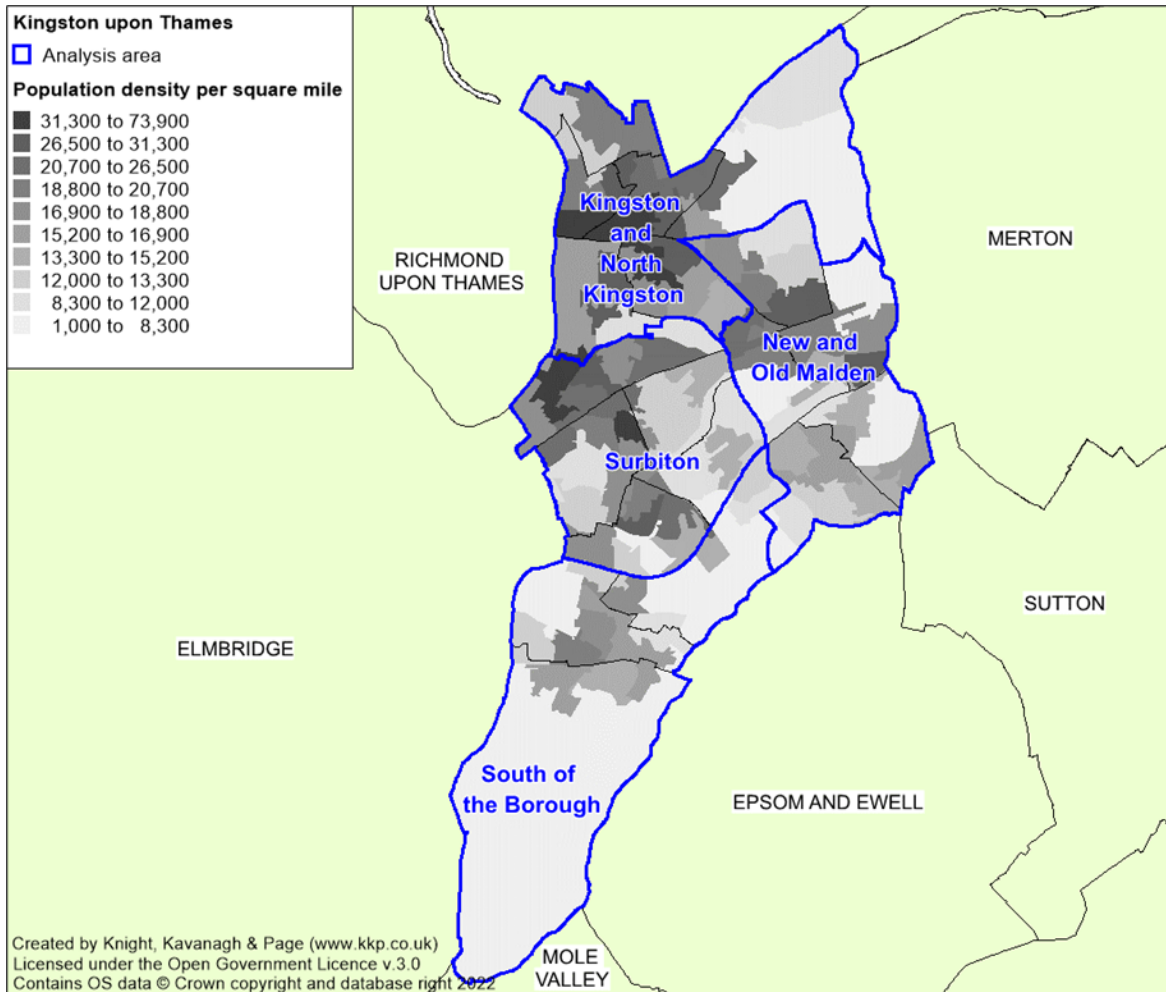


Table 1.1: Analysis area breakdown

Analysis area	Wards
Kingston & North Kingston	Tudor, Canbury, Grove, Norbiton, Grove
New & Old Malden	Coombe Hill, Coombe Vale, Beverley, St James, Old Malden
South of the Borough	Tolworth & Hook Rise, Chessington North & Hook, Chessington South
Surbiton	St Marks, Berrylands, Surbiton Hill, Alexandra

The agreed scope focuses geographically on all local provision, regardless of ownership and management arrangements. Sports included within this aspect of the study are as follows:

- Athletics (including triathlon/biathlon)
- Archery
- Basketball
- Bowls
- Croquet
- Cycling
- Golf
- Multi-use games areas (MUGAS)
- Netball
- Orienteering
- Outdoor Gyms
- Outdoor Water Sports
- Skateparks
- Tennis (including Padel)

Aim

The aim is to help address a range of fundamental challenges, including the requirement to meet the need of:

- A growing population of the Borough, which is relatively prosperous, whilst also catering for areas of high deprivation which may have different requirements.
- Health partners in addressing the cost of physical inactivity and obesity levels.
- Increased demand for facilities given the projected increase in population.

- A growing and active 'grey market' which is time rich, especially during the day.

Headline findings

1. The supply and demand summary headline findings and recommendations can be seen below:

Sport	Supply & Demand Summary	Sufficient/ Insufficient	Recommendations
Archery	Given the exported demand identified by Chessington Bowman, it is clear that the sport of archery is not being adequately accommodated within the Borough given that no suitable sites can currently be accessed by the Club.	Insufficient	Provide Chessington Bowman with a permanent home base of a suitable size and ensure long-term security of tenure. Support Malden Bowman to increase its demand to more sustainable levels.

Athletics	There is considerable demand for athletics and running within the Borough, although current supply is generally considered sufficient to meet this	Sufficient	Protect the track at Weir Archer Athletics & Fitness Centre for continued activity. Sustain quality and look to make improvements when necessary to ensure that demand can continue to be met (in line with scheduled refurbishment in 2027). Ensure the track remains TrackMark accredited. Consider improving sports lighting to LED. Ensure continued access to other sites used for activity, such as Tolworth Girls School and Shrewsbury House School. Explore if an opportunity exists away from the Kingston & North Kingston
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			<p>Analysis Area for the creation of alternative forms of provision, linked to England Athletics' current priorities.</p> <p>Consider the creation of perimeter paths within large green spaces and/or parks that could accommodate and attract recreational running.</p> <p>Support clubs, running groups, events and England Athletics initiatives such as ParkRun and pursue increased participation, where possible.</p> <p>Ensure all clubs/groups continue to have home bases to operate from and pursue improved security of tenure where it is required.</p>
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Bowls	With only one club currently operating above the recommended capacity range, and with no clubs reporting any existing capacity issues, supply is considered to be sufficient to meet demand.	Sufficient	<p>Protect all existing greens that are in use.</p> <p>Improve green quality at sites assessed as poor and standard quality and sustain quality at sites assessed as good.</p> <p>Improve ancillary facility quality where it is required.</p> <p>Support clubs operating with a high membership to ensure demand continues to be met on their existing provision.</p> <p>Assist Surbiton Royal British Legion Bowls Club in growing demand to more sustainable levels.</p>
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			<p>Re-purpose disused greens for other sporting needs, or hold as strategic reserve for any future demand.</p> <p>Support Bowls England in the implementation of new products to increase participation within the Borough i.e., Bowls Bash (a shortened format) and Play Bowls (pay and play participation).</p>
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Croquet	<p>Surbiton Croquet Club is currently oversubscribed by 15 members and is close to being at capacity. However, there is no identified requirement for provision away from Surbiton Croquet Club and Alexandra Recreation Ground.</p>	Sufficient	<p>Protect existing provision.</p> <p>Sustain quality through appropriate maintenance.</p> <p>Support Surbiton Croquet Club to ensure that its demand can continue to be met.</p>
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Cycling	<p>Whilst most cycling demand is being satisfied without dedicated provision and can continue to be catered for without the need for any action, the level of exported demand that is expressed indicates that there is demand for the sport to be better accommodated</p>	Sufficient	<p>Support clubs to increase their membership</p> <p>Explore opportunities to provide dedicated cycling facilities in the Borough</p>
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Golf	<p>With only three golf courses provided, there is a low level of supply servicing the Borough, as illustrated by each site having particularly high demand. There is also a lack of variety with all three sites providing similar offerings (i.e., 18-hole members clubs).</p>	Insufficient	<p>Protect existing golf provision.</p> <p>Sustain course and ancillary facility quality.</p> <p>Support clubs in membership retention and potential growth and encourage clubs and providers to</p>
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			<p>work more collaboratively in terms of creating pathways for players. Explore opportunities to provide an offer away from the Kingston & North Kingston Analysis Area.</p> <p>Explore opportunities to provide other forms of golf provision given current lack of variety e.g., driving ranges, municipal courses and/or Par 3 courses.</p>
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Netball	<p>Supply is insufficient to meet the high level of demand in the Borough, with unmet and latent demand identified and with clubs and leagues reporting the need for improved facility access. Access to a central venue for matches would be of a considerable benefit to the demand that exists, as well as this potentially enabling the sport to grow.</p>	<p>Insufficient</p>	<p>Protect existing quantities of courts.</p> <p>Establish a central venue for the sport via the creation of a sufficient number of sports-lit courts at a secured site with an efficient operating model.</p> <p>Improve court quality at existing sites assessed as poor or standard quality and sustain quality at sites assessed as good, especially at sites in use by clubs and for England Netball initiatives.</p> <p>Establish additional sports lighting at venues in use for netball or at venues that could attract netball demand following installation.</p> <p>Seek to improve access to educational sites, particularly where quality is good and sports lighting is or could be provided.</p>
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Orienteering	<p>With orienteering activity currently being limited in the Borough despite demand existing, it is clear that the sport is not being adequately catered for within the Borough.</p>	<p>Insufficient</p>	<p>A resolution is required to better accommodate South London Orienteers and its activities/events.</p>
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<p>Outdoor Water-Sports</p>	<p>The Borough is well provided for when it comes to outdoor water sport facilities given its location along the River Thames, enabling the Borough to cater for a range of activities, which it does so via the four clubs and centres identified.</p>	<p>Sufficient</p>	<p>Ensure existing provision is retained and supporting facilities remain of a sufficient quality.</p> <p>Support clubs to maximise demand and fully utilise the facilities offered.</p> <p>Support plans to utilise the jetty at YMCA Hawker to further increase supply.</p> <p>Ensure any demand and activity that cannot be accommodated within Kingston-upon-Thames is signposted to relevant clubs in Richmond-upon-Thames.</p>
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<p>Pétanque</p>	<p>Given the informal recreational demand identified in the Borough, provision of a formal pétanque facility within the Borough would be beneficial.</p>	<p>Insufficient</p>	<p>Develop pétanque terrains at a site or sites that could formalise activity and drive demand.</p>
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<p>Recreational Spaces</p>	<p>There is a seemingly significant shortfall of provision within the Borough, including a clear MUGA (Multi Use Games Area) deficiency in the New & Old Malden Analysis Area and lack of facilities dedicated to 3X3 basketball activity could help drive basketball demand. Conversely, the existing distribution of skatepark and outdoor gym facilities is likely to capture most demand.</p>	<p>Insufficient</p>	<p>Protect existing supply of MUGAs, skateparks and outdoor gyms.</p> <p>Improve quality of poor and standard quality facilities.</p> <p>Develop additional MUGAs, with a focus on the New & Old Malden Analysis Area.</p> <p>Improve traditional basketball offering whilst exploring potential options to provide 3X3 provision, especially if it can be provided in conjunction with traditional court space.</p>
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			Link developments and improvements, where possible and relevant, to the Football Foundation's PlayZones programme.
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Tennis	Supply is insufficient to satisfy demand in the Borough, with three clubs operating over capacity and a further two clubs reporting pressures despite being under guidance thresholds. In addition, there is a requirement to focus on informal activity at non-club courts and improving the recreational tennis offer (e.g., at local authority sites).	Insufficient	<p>Protect existing quantities of courts.</p> <p>Improve court quality at club sites assessed as poor or standard quality and sustain quality at sites assessed as good.</p> <p>Explore options to provide additional court space to clubs operating above the capacity guidance.</p> <p>Improve court quality at local authority sites assessed as poor or standard quality, especially at sites that are or could be well used for recreational demand.</p> <p>Develop additional courts for recreational demand, either through adding more courts to sites or via sites that currently do not provide courts but do cater for other sports.</p> <p>Where local authority courts are improved/established, ensure the operation of the provision is sustainable and in line with other recommendations.</p> <p>Further improve the recreational tennis offer via further utilisation of technology provided by the LTA (e.g., Clubspark) to support the customer journey.</p>
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			<p>Install additional sports lighting across the Borough where it is not currently provided to increase the capacity of courts.</p> <p>Improve ancillary provision servicing courts where demand is, or could be, high.</p> <p>Ensure sustainable operation models are in place at all park venues to improve and protect the recreational tennis offer.</p>
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Part 3b - Kingston Playing Pitch Strategy 2023

The Playing Pitch Strategy has been produced in accordance with Sport England guidance and covers the period up to 2041, in line with the local plan. This strategy replaces the Council's existing ¹⁰playing pitch strategy (PPS) which expired in 2019.

Study Area

The study area is the same as set out in chapter 2 and in addition, cross-boundary aspects are also recognised in regard to neighbouring local authorities including Richmond-upon-Thames, Elmbridge, Epsom & Ewell, Sutton and Merton. This will include reference to imported and exported demand into and from Kingston-upon-Thames as well as key sites and developments that sit close to boundary lines.

Scope of assessment

Sport England's guidance uses the following definitions of a playing pitch and playing field. These definitions are set out by the Government in the 2021 'Town and Country Planning (Development Management Procedure) Order'.

- Playing pitch – a delineated area which is used for association football, rugby, cricket, hockey, lacrosse, rounders, baseball, softball, American football, Australian football, Gaelic football, shinty, hurling, polo or cycle polo.

¹⁰ <https://www.kingston.gov.uk/downloads/file/26/playing-pitch-strategy>

- Playing field – the whole of a site that encompasses at least one playing pitch.

Although the statutory definition of a playing field sets out a minimum size, the PPS takes account of smaller sized pitches that contribute to the supply side. For example, a site containing a mini 5v5 football pitch is included despite it potentially being smaller than 0.2ha. The study counts individual grass pitches (as a delineated area) as the basic unit of supply, with the definition of a playing pitch also including artificial grass pitches (AGPs).

Where known, all playing pitch facilities are included within the PPS, irrespective of ownership, management and use. Sites were initially identified using Sport England's Active Places web-based database, with the Council and NGBs supporting this process by checking and updating this initial data as well as by supplying their own affiliation data and booking information.

For each site, the following details are recorded in the project database:

- Site name, address (including postcode) and location
- Ownership and management type
- Security of tenure
- Community availability
- Total number, type and quality of provision
- Usage levels

As far as possible, this report aims to capture all of the playing pitches within Kingston-upon-Thames; however, there may be instances that have led to omissions, such as unused school sites where access was not possible (although facilities at sites not accessed are still included within the study where provision is known to exist from other sources e.g., affiliation data or club/league consultation).

Where provision has not been recorded within the report, it is still considered to exist for planning purposes and will continue to do so. Furthermore, any exclusion does not mean that the provision is not required from a supply and demand point of view.

The following types of sports are included in the PPS:

- Football pitches (including 3G pitches)
- Rugby union pitches (including 3G pitches)
- Cricket pitches
- Hockey pitches (sand/water based Artificial Grass Pitches)

In addition, other grass pitch sports have also been included where some form of supply and/or demand in Kingston-upon-Thames or nearby has been found. This

therefore includes American football, lacrosse, rugby league, Aussie rules, baseball/softball, Gaelic football and Ultimate frisbee.

Where sports have not been included, that is not to say that they have not been played historically, that they are not played informally, or that some demand is not exported to where supply and demand exists outside of the area.

Key Drivers

The key drivers for having an updated playing pitch strategy are set out below:

- To inform planning policy relating to the National Planning Policy Framework (NPPF) and provide an evidence base for responding to planning applications affecting outdoor space and playing fields.
- To establish a clear strategic pathway for improvement, investment and protection of outdoor sports facilities and playing pitches.
- To have a robust evidence base upon which to be able to apply for external funding.
- To inform development of new schools being planned for the future that will have outdoor sport and pitch provision.
- To improve the quality and capacity of existing provision, regardless of ownership or management and to drive participation.
- To assess supply and demand issues with cross-boundary usage of sites in neighbouring local authorities.
- To ensure links with the Borough's Health Needs Assessment and to recognise the sport and physical activity benefits related to outdoor sports facilities.

Stakeholder Engagement

Full consultation has taken place with:

- a. Clubs
- b. Leagues
- c. Education establishments (i.e schools, college, universities etc)
- d. County/Regional governing bodies
- e. Local Authority officers (i.e. leisure, public health, planning, parks and education) and relevant Portfolio Holders
- f. Adjoining Local Authorities (to explore cross-boundary issues)

- g. Sport England regional office

Headline findings

The summaries below highlight the key headline findings relating to each sport featured in the assessment report:

Football

- In total, 19 pitches display some level of actual spare capacity across six sites.
- There are 25 overplayed pitches across eight sites.
- There is currently a shortfall of youth 11v11, youth 9v9 and mini 7v7 match equivalent sessions and spare capacity on adult pitches, whilst mini 5v5 pitches are at capacity.
- After factoring in future demand, a deficit is projected for each pitch type, making it clear that there is an overall shortfall of provision.

3G pitches

- Based on current demand, there is a shortfall of six full size 3G pitches to meet football training requirements, increasing to seven when accounting for future demand.
- The current requirement equates to two pitches in the Kingston & North Kingston and South of the Borough analysis areas and of one pitch in the New & Old Malden and Surbiton analysis areas, whilst the additional future demand results in an increase of the shortfall in the South of the Borough Analysis Area.
- There is also evidence to warrant the creation of World Rugby compliant 3G provision given the grass pitch shortfalls evident as this could be a solution to alleviating the deficits.

Rugby union

- Only one pitch, at Kingston Rugby Football Club, has actual spare capacity for an increase in demand.
- There are six pitches across four sites that are overplayed (at Kingston Rugby Football Club, London School of Economics Sports Ground, Kings College Sports Ground and Southborough High School Sports Ground).
- There is a current and future capacity shortfall of 11 match equivalent sessions per week on rugby union pitches.

- A provision shortfall is identified in the Surbiton, South of the Borough and New & Old Malden analysis areas, with the Kingston & North Kingston Analysis Area receiving no demand.

Hockey

- There are some weeks where all capacity will be taken up at Tiffin Girls School and other weeks where some level of spare capacity will remain.
- There is more pressure in terms of midweek training capacity, with the hockey demand competing for booking slots with football clubs.
- Notwithstanding the existing adequacy of supply, it is imperative that the pitch is protected for future access as without it, several clubs in the region would be inadequately serviced.

Cricket

- Only the square at Manor Park provides actual spare capacity for an increase in Saturday and/or Sunday cricket, whereas five sites can accommodate additional midweek usage.
- 10 squares across eight sites are overplayed.
- There are significant capacity shortfalls for cricket across the Borough, with these being evident for all formats of play and within each potential playing period.
- Midweek and junior demand as well as non-traditional formats of play are being better provided for than traditional cricket, primarily as the recent installation of NTPs provides bespoke capacity for such activity.

Other grass pitch sports

- Supply for American football and lacrosse is currently sufficient to meet demand.
- There is a need for dedicated baseball/softball provision to accommodate demand, particularly in the New & Old Malden Analysis Area.
- With no provision in place for other sports and with no clear need identified, it is imperative that localised demand is signposted to neighbouring authorities to ensure that it can be catered for.

Next Steps - Prioritisation of sites

Following an assessment led by the Green Spaces Service, a number of factors were taken into account in order to inform the prioritisation process. This included officer engagement and input, as well as reviewing the existing infrastructure and

evidence of need for improvement. The prioritisation of seven sites have been identified as potential locations that should be focussed on and prioritised first. Those sites are:

- Churchfields Recreation Ground (South of the Borough)
- Fairfield Recreation Ground (Kingston & North Kingston)
- King Edwards Recreation Ground - (South of the Borough)
- King George's Recreation Ground - (South of the Borough)
- Kingston Road Recreation Ground - (Kingston & North Kingston)
- Manor Park - (New Malden & Coombes)
- Victoria Recreation Ground - (Surbiton)

A summary of the rationale for site selection under phase one is set out in Appendix I.

Next Steps - Progression of prioritised sites

A working group will be set up for each of the identified sites that will consist of stakeholders including:

- Local Ward Councillors and Portfolio Holders
- RBK officers
- National Governing Bodies of Sport (NGBs)
- Local groups/organisations who currently use the sites
- Any potential new users of the sites

Our approach will ensure our resources are utilised effectively and that our efforts yield the greatest benefits for all. It will also provide the details needed to inform a detailed investment strategy and business cases for each prioritised site.

WHAT SUCCESS LOOKS LIKE

Success within the Active Kingston Framework, integrating the Indoor Leisure Facilities Strategy, Outdoor Leisure Facilities Strategy, Playing Pitch Strategy, and Physical Activity Assessment, is best envisioned as a holistic transformation of our borough's physical, mental, and social landscape. Here's how these components work in harmony to elevate physical activity levels and enhance health and well-being across Kingston

Comprehensive Facilities

We will aim to have modern, accessible indoor spaces that are readily available for year-round physical activities, catering to diverse preferences and abilities. Simultaneously, we will aim to revitalise parks, recreational areas, and sports venues, providing attractive options for outdoor engagement.

Ample Playing Spaces

The Playing Pitch Strategy addresses the demand for high-quality sports fields, enabling structured activities for team sports and encouraging friendly competitions. By having adequate spaces, we will encourage community members of all ages to participate in organised sports, contributing to active lifestyles.

Informed Decision-Making

The Physical Activity Assessment provides data-driven insights into current activity levels, preferences, and needs of our community. Armed with this knowledge, we can tailor initiatives and allocate resources strategically, ensuring that our efforts have a direct and meaningful impact.

Health and Well-being Impact

It is hoped that the combined effect of promoting our indoor and outdoor spaces will contribute towards an increase in physical activity participation, improve people's mental well-being by reducing stress, increasing social interaction and improve their mood. By encouraging use of our spaces by all members of the community we hope to contribute to the reduction of obesity levels (particularly in younger people), support people with a medical condition, give people with a disability equal opportunities to participate and encourage the older generation to take part either in an activity or by volunteering.

Long-Term Sustainability

The coordinated approach of the framework ensures that initiatives are sustainable over the long term. This fosters a culture of active living that extends beyond short-term trends and becomes an integral part of Kingston's identity.

ACTIVE KINGSTON ACTION PLAN

The action plan uses the information gained from the assessments to set the strategic approach to address any qualitative deficiencies identified within our indoor and outdoor facilities. The action plan forms an evidence base for any future funding applications for the provision of indoor and outdoor leisure facilities, as well as the delivery of physical activity programmes.

A project team will be established made up of representation from relevant Council departments, key external agencies and key local community groups/organisations. The purpose of the project team will be to:

- manage and monitor the action plan to ensure any issues are addressed that may be impeding its effective delivery.
- ensure that each action is implemented with the involvement of key stakeholders and the local community.
- ensure appropriate links are established with other bodies who may have an interest in the action plan.

The project team will meet on a quarterly basis to receive updates and monitor progress. An annual review will also take place and be brought back to the Place Committee.

APPENDICES

Appendix A - [Draft Action Plan](#)

Appendix B - [Physical activity strategy full report](#)

Appendix C - [Kingston Indoor leisure facilities strategy full report](#)

Appendix D- [Executive Summary for the Outdoor Leisure Facilities Strategy and Playing Pitch Strategy](#)

Appendix E - [Kingston Outdoor Leisure Facilities Strategy Full Report](#)

Appendix F - [Kingston Playing Pitch Strategy Assessment Full Report](#)

Appendix G - [Stakeholder Engagement List](#)

Appendix H - [Outdoor site by site assessment](#)

Appendix I - [Rationale for phase one outdoor site prioritisation](#)