

SPRINTER presents...

Sport for all; what does it mean for NSW? Seminar synopsis

The seminar, co-hosted by the University of Sydney and the Office of Sport, NSW Government took place on Tuesday 13th March at the Charles Perkins Centre, University of Sydney. It was an afternoon filled with inspiring speakers and leading experts reinforcing how evidence is being applied to influence program design and strategic thinking in NSW. The event MC'd by **Professor Bill Bellew**, attracted a diverse multi-sectoral audience, with over 100 people engaged from sporting codes, government, non-government, health, and commercial sectors. Key themes of the day were *Partnerships, Collaboration, and Building evidence on participation.*

“The SPRINTER team inform sport, active recreation and physical activity policy through collation of world class evidence in NSW and beyond”

Dr Phil Hamdorf, Executive Director Office of Sport, opened the event by reinforcing his commitment to the SPRINTER group, and their work to build the evidence base on how we get more people, more active, more often in NSW and beyond.

Dr Lindsey Reece, Director SPRINTER, provided global insights on how increased physical activity at a population level can be encouraged through the implementation of a ‘sport for all’ approach. Existing definitions and metrics for success within Sport must be challenged, with the positive outcomes on health, wellbeing and wealth recognised and embedded within Sport surveillance systems.



Left to Right: Wayne Green, Kerry Turner, Darren Simpson, Sarah Koen, Lindsey Reece, Shohan Kahn, Bill Bellew, Morgan Janssen, Phil Hamdorf, Bridget Foley

“The best buy for Sport is across the life course”

Dr Phil Hamdorf outlined how the NSW Government has invested over \$207 million in helping children aged 4.5 years to 18 years, get active, through the implementation of the [Active Kids program](#). This universal program commenced 31st January 2018 and is showing early successes with over 400,000 vouchers downloaded and over 250,000 vouchers claimed. A robust evaluation framework has been developed, presented by **Wayne Green** and **Dr Lindsey Reece**, to understand the reach of the program and the impact on overall physical activity and sport participation. Over 270,000 kids have agreed to participate in further research presenting a unique opportunity to learn more about the health, wellbeing and activity status of NSW families.



“The biggest take home message for me was people have started to value the importance of data and evidence based research. Great job SPRINTER [Delegate]”

Kerry Turner unleashed the value of women’s sport sharing her journey, professionally and personally, fighting for equal opportunities for women in sport. 2017 was the year of women’s sport! It’s always been happening but *“If she can see it, she can be it”*. *There’s never a better time to a part of women in sport*. **Kerry Turner** and **Bridget Foley** presented the Office of Sport NSW government’s newly announced [Women in Sport Strategy](#) and accompanying SPRINTER evidence review, including thorough analysis estimating women and girls current participation in sport and active recreation in NSW. Incorporating the latest evidence from policies, peer reviewed literature and emerging, promising approaches to increase participation, the new comprehensive strategy will *press for progress*.

For Australia’s sporting codes, increasing participation and adapting to the emerging needs of people today is a constant challenge. Sports leaders in NSW from **Swimming NSW**, **Netball NSW** and **Gymnastics NSW** shared their innovative ways of modifying their offers to engage new audiences. **Sarah Koen** talked about their [lane ropes for leadership](#) which gave youth members a voice. **Shohan Kahn** demonstrated how technical advancements and flexible offers make Netball more appealing to a wider audience through their [fast 5 netball and walking netball](#). With **Morgan Janssen** closing the session on an innovative approach to engaging [older adults](#) in gymnastics to provide broad holistic benefits on health and wellbeing.

Delegates in the room and those on video conference were using [#ActiveNSW](#) throughout the seminar, achieving



Over 16,500
accounts reached

73,400+
Impressions

Thank you to all the delegates, presenters and SPRINTER ambassadors for making the event a success. As **Darren Simpson, CEO Sport NSW**, concluded at the end of the day, the strength is in collaboration and partnership. This moment in time presents us with a unique opportunity to enhance our sporting offer through the strong commitment in building and listening to the evidence base, here in NSW and beyond. It’s fantastic to have SPRINTER here in NSW and we’re excited for the next seminar! To keep in touch with SPRINTER and explore how SPRINTER can support program and policy design, intervention and evaluations, contact:

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