

SPORT.S

Local Authorities commitment for
increasing sport practices among
children

Sportive Inclusive Activities Outside School Settings promoted by Local Councils: Best Practices



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The Partnership



AYUNTAMIENTO DE CUENCA



Comunidade
Intermunicipal
do Ave

Conca d'Oro

Report on Sportive Inclusive Activities Outside School Settings, promoted by local councils in Italy, Portugal and Spain.

Co-funded by the
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Sportive Inclusive Activities Outside School Settings promoted by Local Councils

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INTRODUCTION



Sport can be defined as an activity useful to develop both physical and psychical abilities, but also the entirety of the exercises done and the ways of practicing it. Sports help to strengthen our body, prevents different diseases, teaches important values like friendship, solidarity, loyalty, team work, discipline, self-esteem, respect, communication, leadership, ability to face problems. Sport is key in order to promote a healthy life-style. Sport is also a vehicle for inclusion, participation and social aggregation, but also an education tool which helps the development of the essential abilities and capacities for the growth of every individual. Physical education, physical activity, and sports have been shown to have a positive impact on the extent to which young people feel connected to their community, in their aspirations, in the extent to which positive social behaviors are developed within and outside school, and in the development of the concept of leadership and



citizenship skills. Sport is in fact a powerful tool of inclusion for all young people, regardless of their ethnic origin, their nationality, religious beliefs, etc.. It has the ability to unite all those who want to practice it, encouraging the birth of friendships, ties, networks. Sport is a metaphor for life. Thanks to it, children learn what it means to play in a team, what the rules of healthy competition between athletes are, what it means to show solidarity with our companion but also with our opponent. Thanks to the values of brotherhood and solidarity that animate sports, the sports world can play a leading role in the integration processes and contribute effectively to spreading the culture of respect and coexistence between different people. After all, the various areas of sporting activities have been the forerunners of positive trends in integration and the construction of a common sense of a common sense of belonging between young Europeans and their and their peers who come from other countries, with positive effects and repercussions on relations relationships within local communities throughout the national territory

Local Authorities, Sportive Clubs, NGOs collaborate in order to promote at most inclusion through sport, and will be the main topic of this report. Will be underlined the





important role of sport for the inclusion of disadvantaged groups.

The topic was also discussed during the second Transnational Project Meeting of the SPORT.S project, held in Guimaraes on the 29th and 30th October 2019, hosted by Cim do Ave organization.

The first day was held in the form of a round table at the headquarters of Cim do Ave and involved the international participants in activities of planning and evaluation of what is currently carried out, as well as the interventions of the following day.

On October 30th at the multipurpose sports center of Guimaraes was held the second international meeting entitled "Best practices about experiences on Sports Activities outside school settings thanks to the input of



Local Councils", introduced by the Councillor for Sports Policies of Guimarães. The event included several presentations by the participating municipalities, including the results of the "Giochi di Rione" of Montelepre (IT), the activities of the Municipalities of Bompietro (IT), and Santa Caterina Villarmosa (IT) as well as the Municipality of Cuenca (SP).

The meeting continued with a visit to the sports facility that hosted the event (GuimaGym) and, in the afternoon, with visits to sports facilities and activities of neighboring municipalities, where participants had the opportunity to talk with associations in the sector and understand how activities are developed with young and old people.



1.Sportive Inclusive Activities Outside School Settings promoted by Local Councils in Italy



1.1. Research about activities promoted in Italy

During the 60s, sport was not for everyone: about 1.2 million people in Italy practiced sport, and most of them were men. Today, 1/3 of the Italian population practices sport, both to stay fit and for passion. But not always sport is accessible for everyone; South Italy is particularly characterized by a sedentary lifestyle, also because almost 50% of the people who practices sport thinks that the infrastructures where they practice. According to ISTAT, young people between 10 and 24 years old that interrupted sportive activities did it because they lack time or because they need to study, but also for a lack of interest, for economical reasons, even for laziness. Two million people would practice sports if they had time, and the percentage of Italians over 15 that spend time practicing sport is below the European average.

Among the most practiced sports in Italy, soccer is the number one ranked sport, with more than a million athletes, the second one is Tennis and the third one is volleyball. Among all the Italian regions, the sports culture is different, depending on different socio-economical, historical and climatic aspects. A CONI report shows that in Valle d'Aosta, for example, the most practiced sports are the winter

disciplines, while sailing is predominant in Liguria. If we take a look at the demographic characteristics of the Italian athletes, we find out that in 2017, 28.2% of the athletes were women, while 71.8% were men. This gap is caused by the fact that women have usually less free time. According to ISTAT, young people from 3 to 24 years old have around 5 hours of time to dedicate to sport activities. It is also interesting to note that the distribution of people practicing sport is strongly linked to the age. Young people are in fact the ones practicing more sport. If we take into account young people, between 11 and 17 years old, throughout Italy we see that the data provided by Istat relating to 2013 report a decrease in the percentage of young people who practice sports continuously as age



increases; if between 6 and 14 years oscillates between 53 and 54%, at 15-17 years falls to 42%. If the Italian average of people practicing sports consistently is 21,7%, in Sicily this number drops to 13,1%. According to UISP, another important detail is the fact that the practice of sports is linked with a higher education. People six years old and above with a better education usually practice more sport and more frequently.

Italy recognizes the autonomy of the national sports system in regulating the conduct of sports activities in the country. From the observance of regulations to the application of possible sanctions, the system is under the control of the Italian National Olympic Committee (CONI), which is responsible for enforcing it. Regarding the role of public administration in sports, the State is responsible for establishing certain fundamental principles, such as the use by citizens of facilities owned by public entities. The regions, on the other hand, are responsible for detailed regulations, through which the principles established by the state are put into practice.

Finally, the municipalities are responsible for directly managing the administrative and bureaucratic procedures



for the construction of sports facilities on the territory. From the point of view of the resources that the state invests in this matter, it is important to name the fund "Sport e Periferie". Established in 2015 and intended for Coni, the fund aims to finance the construction or renovation of sports facilities in peripheral and disadvantaged areas of the country. On the other hand, as far as territorial bodies are concerned, regions provinces and municipalities can reserve part of their budgets for spending on "sport and leisure".

This item project various activities: from the disbursement of contributions to sports organizations and clubs, to the



organization of amateur events. Also included are expenses for facilities and infrastructures for sports activities and for the professional training of operators.

An important role in the promotion of sports is also played by the activities of non-lucrative organizations.

Amateur sports associations, known by the acronym ASD in Italy, are important because the task of these bodies is to allow everyone to have access to the world of sport, spreading the culture from the earliest age with games and sector courses. Teaching the different sports disciplines through specialized technicians who have qualifications recognized by CONI, is one of the realities that makes the associations the basis of the spread of sport in Italy. Thanks to their initiatives, athletes of all ages are brought closer to a sporting culture that is necessary for them to grow in a healthy way and in respect of values that are an integral part of life. In addition, using the funds they have obtained through membership fees or individual activities, associations can organize demonstrations and events that always have the aim of spreading the various sports disciplines.

Thanks to them, social barriers are broken down and children can grow up with those values that can be an inspiration in the lives of adults. Finally, within this



enormous pool of young athletes, future champions can be identified who have the skills and physical abilities to represent Italy in national and international competitions.



1.2. Best practices promoted in Italy - focus on BASKIN project

In Italy, there are many realities that try their best to make changes in what regards inclusion. For example, UISP (Unione Italiana Sport per Tutti) offers many example of best practices around sports, from north to south Italy. "Piscina al femminile", for example, is a project started in 2009 in Turin that aims at guaranteeing the exclusive usage to women of a pool, the Massari pool, in certain days and timeslots. This project was born around the need of some Muslim women to practice sport without men. Overtime it has proved to be a tool to offer moments of knowledge, exchange and comparison between Italian and foreign women. A total of 110 women participated in the activities, of whom 80 foreign women coming mainly from Morocco and Senegal and 20 minors. The swimming pool has become the main meeting place, especially for Muslim women; it represented and still represents a space of freedom and exchange with other women, a new way to reveal themselves and presenting their culture, habits and traditions. In the pool you play, joke, laugh together during the activities of water aerobics, free swimming, and swimming school. Each woman can bring her children with her. The morning in the pool often ends with parties in which each woman brings food from her own country: a



pleasant way to be together and enriching the experience a pleasant way to be together and enrich relationships. The project also provided for the exchange and involvement with other associations including the women's coordination of the Islamic Association of the Alps. This collaboration led to a series of initiatives, including a conference that dealt with the theme of the "veil". The project has also produced a Facebook page, called "Piscina al Femminile", which sees the active participation of many foreign women.

Another important example is the "Diamo un calcio al Razzismo" project, in Udine. The experience began in September 2009 with a proposal for collaboration put forward by the Time for the Africa association of Udine. The Uisp committee has supported activities against racism through the organization of sports events (soccer tournament), games (Bimbi in piazza 2010) and seminars (conference "Gioco, calcio, razzismo"). The event "Bimbi in piazza" in which the conference was held was sponsored by the municipality of Udine. The conference was attended by the Mayor of Udine, Furio Honsell, the writer Mauro Valeri, the professor of the University of Udine, Davide Zoletto and the referent for the psychological area of our Uisp committee, Massimiliano Banda. The purpose of the meetings was to promote the importance that sport and



play have in combating racism and racism have in combating racism and promoting integration. The experience is continuing with the intention of developing new larger projects with the involvement of local authorities, other sports and cultural associations in the area and schools. "H come Sport" is a project of the Sport and Social Rights Area of Uisp Parma. It is addressed to children and young people with physical, psychic-sensory disabilities or disorders related to the sphere of personality or social inclusion. To implement this intervention, Uisp provides its own heritage of instructors, trained according to the methodological and psycho-pedagogical lines of the project H-Sport, coordinated by a technical trainer. "H come



Sport" is divided into several modules, depending on the possible level of insertion of the student with the group and the severity of the disease, and takes place both in the gym and in the pool always with a ratio of one to one. The insertion in the gym takes place through very simple games related to the body contact, balance and body contact, balance and different ways of moving in space. This module is reserved for those children for whom a full integration between all students is possible. The student is placed in a small group of companions who rotate to perform a motor activity that can be done by all. The instructor will propose exercises "ad hoc", according to the type of disability, modulating the proposed program. For the activity in the pool, the student is placed in a small group of companions with the same swimming skills. The





activity in the pool also includes the inclusion of the student in a group of disabled people in a specially structured course. The "H come Sport" project follows the didactic lines, the communication and teaching methods of the national Uisp project. The instructors involved have attended special course at national level. Since 2008, Uisp Parma has entered into an agreement with the Service of Neuropsychiatry of Childhood and Adolescence of the Local Health Authority of Parma.

Finally, one of the most impactful projects around sports is definitely Baskin. Baskin, a team sport played by disabled and able-bodied people together. The term "baskin" is the union of "basketball" and "inclusive". Born in 2003 in Cremona is now governed by a special regulation deposited by the Association Baskin ONLUS constituted in 2006. The principle on which baskin is based on the principle that all players, with typical development and disabilities, contribute, each with a a defined role in the



achievement of victory. The promotion and diffusion of Baskin is also the subject of a specific memorandum of understanding signed by MIUR and the Association, still in force today. The association proposes to:

- to spread a culture of sport oriented to the integration between able-bodied and "differently able" people;
- Promote and spread Baskin (Integrated Basketball);
- activate sports initiatives (especially in the discipline of basketball) that allow integration between able-bodied and disabled, paying particular attention to relational and psycho-motor dynamics;
- Organize movement activities through companions of the disabled for the activity of Baskin;
- promote the usability of sport by promoting the removal of barriers and making the places accessible.

The association also developed a project called Baskin @ Scuola, in agreement with the MIUR. The finality of the project is to offer an operative model that would help to:

- strengthen school and social inclusion through the full participation of all students, with or without students, with or without "special educational needs", treasuring human plurality, protecting the frailty of each and valuing the excellence of all;
- enrich the experiential and methodological heritage of



each school interested in implementing good inclusive practices in physical education, motor and sports;

- to develop a new inclusive culture by promoting the learning of a new sport capable of concretely enhance the principles and values of an inclusive society, through a real and visible collaboration that enhances the capabilities of each student male and female and challenges the barriers between sport "for disabled" and sport "for able-bodied", as well as between men's sport and women's sport.

The project consists of two fundamental activities:

- a training for teachers
- the promotion of sport through Baskin

Teachers, thanks to Baskin, can allow every student a concrete chance to show their capabilities, but also to increase sports activities.

Practicing sports is a vital part of our everyday lives for various reasons: not only for our physical wellbeing, but also because it can be a tool for social inclusion, a way to fight intolerance and discrimination. CONI, Regions, local councils and non-profit organizations have therefore a key role in promoting sports activity: not only they help promoting a healthy life style, but with their best practices

they improve the quality of life in many ways, from inclusion to equality.

2.Sportive Inclusive Activities Outside School Settings promoted by Local Councils in Portugal

2.1. Research about activities promoted in Portugal and Cim do Ave Municipalities

It is currently consensually recognized that sport is a citizen's right and, as such, everyone has to be able to have access to sports, regardless of their age, their physical and/or mental condition, their social and economic reality, their ethnicity or race. On the other hand, is also consensually recognized the potential of sport as a tool for social inclusion, not only because it promotes equality between participants and team spirit, but also develops physical, psychological and relational skills.

Thus, all municipalities, within the scope of their local policies for access to sport, have been promoting a series of activities and have been investing in sports equipment, which encourage citizens to practice regular sports, covering the elderly, citizens with disabilities, children and young people, among others.

This report deals mainly with the good sport practices carried out by the 8 Municipalities of Ave (Cabeceiras de Basto, Fafe, Guimarães, Mondim de Basto, Póvoa de Lanhoso, Vieira do Minho, Vila Nova de Famalicão and Vizela), as a tool for social inclusion, covering the elderly population, citizens with disabilities and economically vulnerable children and young people.



We can analyse some of the Best Practices promoted in Cim do Ave Municipalities:

Cabeceiras de Basto - Hypotherapy and Therapeutic Riding

The Municipality of Cabeceiras de Basto offers Hippotherapy and Therapeutic Riding classes to all citizens with disabilities. These classes of hypotherapy and therapeutic riding are aimed at people with special needs and, currently, participate in these classes 7 students of the Cabeceiras de Basto School Grouping. However, all individuals with disabilities, regardless of their age, can attend the sessions, as long as they do not present any contraindication to the practice of riding.

Why the horse? The stephorse produces about 60 to 75 three-dimensional movements per minute, which are equivalent to those of neurophysiologically normal human gait. The physiognomy of its back provides a correct sitting positioning, which in turn provides the Central Nervous System with a large contribution of sensory stimuli.

This activity, along with the surrounding environment, makes the horse a facilitating agent, capable of:



- Change the response of the Central Nervous System, facilitating more normalizing posture and movement patterns.

- Promote fundamental experiences for the development of motor, cognitive, communicative and psychosocial skills.

In hippotherapy, the goals are neuromotor, specific and priority, in the individual's rehabilitation process. It is, therefore, a clinical orientation approach, conducted by health professionals, with the support of the Riding Trainer and horses trained for the purpose. The goal is to withdraw rehabilitation contributions through the movement of the horse and not the teaching of riding.

In Therapeutic Riding, the objectives are psychomotor, more directed to specific needs in the educational, psychological or cognitive area. The responsible technician is the Therapist or the Riding Coach, in close partnership with all those involved in the rehabilitation process (educators, psychologists and therapists) in order to define therapeutic goals.



Vizela - Minigolf and Petergolf

The Municipal Course of Fonseca e Castro, opened in 2010, is a sports facility composed of 1 minigolf circuit and another of Petergolfe, with 18 tracks each.

The modality has the particularity of being not only sporting, but also recreational, thus being transversal to several age groups, social classes and levels of competition.

Focused on promoting social inclusion through the practice of the sport, the Municipality of Vizela and the association



of Minigolf of Vizela - Vizelgolfe, promoted an initial training of adapted Minigolf (2016), being signed a protocol of technical and sports collaboration between the Portuguese Federation of Minigolf and the Portuguese Federation for People with Disabilities.

This is one of the sports that offers the most benefits, as it promotes conviviality and can be practiced by everyone and at any age.

Studies prove the numerous advantages of the sport, especially in terms of concentration, reasoning and motor coordination.

This modality also promotes health and well-being, self-esteem, mobility and self-confidence, in addition to socialization and healthy competition.



Vieira do Minho - Adapt the Modality

The Municipality of Vieira do Minho, in partnership with the ASSOCIATION CAVA and ANDDI - Portugal, holds, in December, the event "Adapt the Modality", which consists of adapting a sport to people with disabilities, holding experimental meetings and tournaments for this purpose, being a pioneer in the appearance and development of some modalities, thus contributing to the inclusion and placement of athletes in the respective national adapted sport teams, as well as the recognition of the various federations.

Sport has the merit of giving visibility to the capacities of individuals and not to their difficulties. Thus, the goal is to promote the learning and development of skills of people with disabilities, allowing greater autonomy through the development of physical condition and cognitive development, contributing to social inclusion and the consequent quality of life.

Mondim de Basto - Boccia Senior and Granfondo Sra. da Graça



Boccia Senior - Developed by teachers of the Curricular Enrichment Activities, with a workload of 2 hours per week, it is developed in the parishes and places of the municipality of Mondim de Basto, using buildings from the former Primary Schools and Cultural Spaces. Around 230 elderly people aged between 60 and 76 years of age participated involving also young volunteers after school time.

In the celebration of the "Health Week", all the participants of the Boccia program meet, as well as the users of the Santa Casa da Misericórdia de Mondim de Basto and The Days Centers of the Municipality, and several games between the various groups are played, with the fraternization at lunchtime. Initiative on the jurisdiction of the National Association of Cerebral Sports Paralysis (PCAND), entity that governs the Senior Boccia.

A GranFondo Sra. Da Graça – is an Open Cycling Race aimed at all cycling practitioners from 18 to 70 years, whether daily training practitioners or occasional training practitioners. It is a race that includes three Difficulty Levels and distances (Mini Fondo about 50km/ Middle Fondo



90km / GranFondo 156km). This event, due to its greatness, with the participation of about 1000 cyclists, motivated the participation of local associations in its organization.

Fafe - Gymnastics and Hydrogymnastics

Quality of life is a key factor for any society. As age advances, it becomes important to contribute to maintaining and improving the health and quality of life of the senior population, where inclusion cannot be separated





from the reality of a given society, there by promoting a true relationship of social cohesion.

Taking into account that physical activity is fundamental for a healthier life, the Municipality of Fafe, through the Sports Field, has developed a program of Gymnastics and Hydrogymnastics for all people of the parishes of the Municipality, where the practice of moderate physical activity in their routines aims, essentially, to recover the mobility capacity, flexibility already lost or quite limited by lack of exercise, promoting an active aging that strengthens self-esteem and quality of life.

. This program is administered by Sports Technicians of the Municipality, with specific training, and it is free of charge.

Guimarães - Happy Life Project

The Happy Life Project is developed by Tempo Livre, with the support of the Guimarães City Council. It is an active aging project, aimed at the population over 55 years, which promotes the regular practice of physical exercise and currently has more than 1000 participants, distributed by more than 40 Local Promoters (Parish Councils, IPSS and Associations of Social Nature).

Participants in this project enjoy more than 90 weekly classes (physical activity, dance, walking football and gymnastics), also participating in punctual activities, of monthly frequency.

This project has as partners the Medicine Schools of Universidade do Minho, ACES Alto Ave, Hospital da Luz and Guimagym (gymnastics club), being under study the establishment of new partnerships with the Sport College of Porto and the Portuguese Football Federation.

Póvoa de Lanhoso - Municipal Swimming School

The Municipal Swimming School (EMN PVL) seeks to contribute directly to the promotion of physical activity for all ages in a multilateral and inclusive way. Users have a panoply of activities they can perform, such as:

- ☐ Swimming for Pregnant Women,
- ☐ Swimming for Babies,
- ☐ Swimming Initiation/improvement for children and adults,
- ☐ Hydrogymnastics
- ☐ Swimming for students with special educational needs



and other physical condition maintenance activities

The Municipal Swimming School has an average weekly attendance of 950 users distributed by:

- 77 classes per week, in children's swimming, adult swimming, swimming for the elderly, swimming for babies, family swimming, swimming for pregnant women, Hydrogymnastics;
- 15 classes per week, in children's swimming, intended for preschool and ATL.

This School also has 14 protocols with institutions.

It should be noted that 94% of the users surveyed in 2017 responded with satisfaction about the Municipal Swimming School, results that show that the policies developed in this service deserve the appreciation and approval of students and users/customers.

Vila Nova de Famalicão - Cota Social Desportiva

The Cota Social Desportiva aims to integrate children and young people up to 18 years of age, without financial conditions and socially vulnerable, in the sports activities



promoted by associations and sports collectivities existing in the county.

Applications are annual and can be submitted by:

- Parents and/or legal representative;
- Social monitoring technician;
- Technician of the Commission for the Protection of Children and Young People (CPCJ);

It is up to the Social Solidarity Division, responsible for the project, to evaluate the application.

The candidate is summoned for an interview.

After the assessment of the economic situation, and in case of approval, a survey is made of the candidate's preference for the various sports.

The candidate is integrated through the vacancies available in the participating sports associations.

Monitoring is carried out monthly with:

- sports association, taking into account the number of attendances and sports performance;
- Educational Establishment, taking into account the number of attendances and school performance;
- At the end of the sports season, an evaluation meeting will be held between the head of the association and the member responsible for the sports social quota.





In conclusion, we can affirm that all municipalities that are part of the Comunidade Intermunicipal do Ave promote Sport for all and with all, believing that sports practice is fundamental in promoting the quality of life of the entire population.



3. Sportive Inclusive Activities Outside School Settings promoted by Local Councils in Spain



3.1. Inclusive sport activities: a legislative perspective from Cuenca

The European Union refers to social inclusion as a process that ensures that people at risk of poverty and social exclusion increase the opportunities and resources necessary to actively participate in economic, social and cultural life, and in turn, enjoy of living and welfare conditions that are considered normal in the society in which they live.

Inclusion from the field of disability:

That process in which people with “disabilities” share the same space, materials and activities as their peers (Rouse, 2009). In this way, inclusive physical activity would be the philosophy and practice that ensures that all individuals, independently of their age and ability, they have equal opportunities for practice in physical activity.

The **Article 31** of the United Nations Convention on the Rights of Persons with Disabilities (United Nations, 2006) states that adults and children with disabilities must have access to leisure, recreation and sports activities, both in environments Inclusive as specific.

This international legislative provision materializes in our country, in addition to many other good practice actions (Pérez-Tejero, 2013; Spanish Paralympic Committee, 2014), in the BOE of April 21, 2008, which ratifies the aforementioned article of the Nations United on participation in cultural life, recreational activities, recreation and sports.

Sport, in its many and very varied manifestations, has become in our time one of the most deeply rooted social activities with the capacity to mobilize and convene.

Sport is constituted as a fundamental element of the educational system and its practice is important in the maintenance of health and, therefore, it is a factor that corrects social imbalances that contributes to the development of equality among citizens, creates habits that favor social insertion and, likewise, their team practice fosters solidarity. All this shapes sport as a determining element of the quality of life and the active and participatory use of leisure time in contemporary society.

The importance of sport was included in the set of guiding principles of social and economic policy included in the third chapter of title I of the Constitution, which in its article 43.3 states: "The public powers will promote health



education, physical education and the sport. They also encourage the proper use of leisure".

The sport phenomenon, free and voluntary activity, presents these clearly differentiated aspects:

The citizen's sports practice as a spontaneous, disinterested and playful activity or for educational and health purposes.

Sports activity organized through associative structures.

Sports spectacle, a mass phenomenon, increasingly professionalized and commercialized.

At a first level, the Law proposes a new model of sports associationism that seeks, on the one hand, to favor grassroots sports associationism, and on the other, to establish a model of legal and economic responsibility for Clubs that carry out professional activities. The first is intended to be achieved through the creation of elementary sports clubs, with a simplified constitution. The second, through the conversion of professional clubs into Sports Public Limited Companies, or the creation of such Societies for the professional teams of the corresponding sports modality, a new legal form that, inspired by the general regime of Public Limited Companies, incorporates certain specificities for adapt to the world of sports.

The Law also pays specific attention to Spanish sports



federations and professional leagues as associative forms of the second degree. For the first time, the legal-private nature of the Federations is recognized in the legislation, while public administrative functions are attributed to them. It is in this last dimension that the different rules of guardianship and control that the State Administration can exercise over the Federations are based and that the Law, as a precautionary measure, has established with absolute and exquisite respect for the principles of self-organization that are compatible with the surveillance and protection of public interests in presence.

The Club Groups and the Sports Promotion Entities are regulated as state-level associations and supra-autonomous implantation. The first with the sole purpose of developing sports activities in those modalities and activities not contemplated by the Spanish Sports Federations. The latter, as promoters and organizers of physical and sports activities for exclusively recreational, educational or social purposes.

In order to have a specific analysis on how sport promotion and inclusion is brought on in Spain, here some references from the National Law.

General principles

1. The purpose of this Law is to organize sport, in



accordance with the powers that correspond to the State Administration.

2. The practice of sport is free and voluntary. As a fundamental factor in the formation and integral development of personality, it constitutes a cultural event that will be supervised and promoted by the public powers of the State.

3. The State will recognize and stimulate the organizational and promotional actions developed by the Sports Associations.

4. The exercise of the respective functions of the state public sector and the private sector in sport shall comply with the principles of responsible collaboration between all interested parties.

Article 2.

The State Administration will exercise the powers attributed by this Law and will coordinate with the Autonomous Communities and, where appropriate, with the Local Corporations those that may directly and manifestly affect the general interests of sport at the national level.

Article 3.

1. The general teaching program will include physical education and the practice of sport.



2. Physical education will be taught, as a compulsory subject, at all educational levels and degrees prior to university education.

3. All educational centers, public or private, must have sports facilities to attend physical education and the practice of sport, under the conditions determined by regulation.

To this end, the accessibility and adaptation needs of facilities for people with reduced mobility must be taken into account.

4. The sports facilities of the educational centers will be designed so that their multipurpose sports use is favored, and may be made available to the local community and sports associations, with respect to the normal development of teaching activities.

5. The State Administration will coordinate, in the manner determined by regulation, the sports activities of the Universities that are state-wide and their promotion, in order to ensure their international projection, taking into account the powers of the Autonomous Communities and the Universities themselves.

Article 4.

1. The State Administration and the educational and sports entities will pay special attention to promoting the practice



of sport by young people, in order to facilitate the conditions for their full integration in social and cultural development.

2. It is the responsibility of the State Administration to promote the practice of sport by people with physical, sensory, mental and mixed disabilities, in order to contribute to their full social integration.

3. Likewise, the State Administration shall procure the necessary means that enable athletes residing in the island territories and Ceuta and Melilla to participate in non-professional sports competitions at the state level on equal terms.

Article 6

1. High-level sport is considered of interest to the State, as it constitutes an essential factor in sports development, due to the stimulus that it supposes for the promotion of base sport, by virtue of the technical and scientific requirements of its preparation, and for its representative role of Spain in official sports tests or competitions of an international nature.

2. The State Administration, in collaboration with the Autonomous Communities, when appropriate, will procure the necessary means for the technical preparation and scientific and medical support of high-level athletes, as well as their incorporation into the educational system and their

full social integration. and professional.

Article 42

1. State sports promotion entities are the associations of clubs or entities that have the exclusive purpose of promoting and organizing physical and sports activities for recreational, educational or social purposes.

2. To proceed with their recognition, they will be required to have an organized presence in a minimum of six Autonomous Communities, at least in a number not less than one hundred sports associations or Entities, registered in the corresponding registers of such communities, with a minimum of twenty thousand associates, that are not for profit and that are regulated by Statutes in accordance with the sports regulations of each Community, that minimally provide for an internal democratic operation, free adherence and autonomy with respect to any political, union, economic or religious organization.

3. The requirements for such recognition will be reviewed every four years by the Board of Directors of the Higher Sports Council.

4. Participation in competitions or sports activities of state level organized by the entities of sports promotion, will be





incompatible with participation in competitions or official activities of state level organized or supervised by the Spanish sports federations, in the same sport modality.

5. Sports promotion entities may be recognized as being of public utility by the Council of Ministers, at the proposal of the Ministry of Education and Science, with the processing and requirements established for other sports entities.

At regional level, we can have a deep look on how local authorities manage sport and inclusion:

CASTILLA LA MANCHA SPORTS LAW

General disposition

This law aims to establish the legal regime of physical activity and sport in the area of the Autonomous Community of Castilla-La Mancha, within the framework of powers attributed by its Statute of Autonomy, in order to promote their knowledge and practice among the population, within optimal conditions of security, sustainability and guarantee of access and of coordination and coexistence between all the agents involved.

Article 2. Definitions.

For the purposes of this law, the following definitions are established:

1. Physical activity is understood as the set of body

movements produced by a voluntary psycho-physical action that increases energy expenditure. If a physical activity is carried out in a planned, structured and repetitive way with an objective related to the improvement of one or more components of the person's physical condition, it is considered physical exercise.

2. Sport is understood as physical exercise subject to the application of technical and disciplinary rules that are carried out within a competition or during training with a view to it, and the result of which is not decisively affected by chance.

3. Sports modality is understood as a specific sport practice formed by a set of physical movements, technical skills and tactical decisions that, with or without the aid of an instrument or an animal, are executed within a structure of rules that define it. and they differ from others and have been the subject of the corresponding administrative recognition.

4. Sports competition is understood as the confrontation between two or more physical persons, organized individually or by teams, by practicing a sporting modality at the end of which a single winner will be established, or the participants will be ordered in a classification based on their results.



Due to their territorial scope, depending on the origin of their participants or the scope of action of the organizing entity, sports competitions may be local, provincial, autonomous, state or international.

By their nature, sports competitions can be of two kinds:

a) Official sports competition: the one qualified as such by the Community Board of Castilla-La Mancha, according to the criteria established by this law, ex officio or on the proposal of a sports federation of Castilla-La Mancha.

b) Popular sports competition: that organized by any natural or legal person, public or private, within the requirements established by this law and regardless of the nature of its financing.

5. Recreational physical activity is understood as that which, meeting the characteristics established by the regional legislation on public shows, recreational activities and public establishments or nature conservation, involves the performance by its participants of a physical exercise in accordance with the definition provided in this article.

6. Sports entity is understood as those that are provided for in title III of this law.

Article 3.

The general principles that will govern the promotion, organization, organization and regulation of physical



activity and sport in the Autonomous Community of Castilla-La Mancha are:

1. Physical activity and sport are of public interest as a source for improving health, increasing the quality of life and social well-being, and require cross-cutting action by all the agents involved in these areas.

2. Knowledge, access and practice of physical activity and sport is a universal right of citizens.

3. The practice of physical activity and sport will be voluntary for citizens.

4. The practice of physical activity and sport will be carried out on an equal footing without discrimination for any reason.

5. The different Public Administrations must guarantee



access to physical activity and sport to those sectors of society with the greatest difficulties, especially people with disabilities, women and the population at risk of social exclusion.

6. Associationism will act as a basic instrument in the promotion and promotion of physical activity and sport through sports federations, sports clubs and other associative-based entities in which it manifests itself.

7. Sport will be part of the culture of Castilla-La Mancha and is a representative element of it.

8. The practice of physical activity and sport must be respectful of the environment and guarantee its protection.

9. The physical, psychological and moral integrity of all practitioners of physical activity and sport will occupy a preferential place in the organization and development of activities in this area, with special attention to that of minors and athletes. high competition.

10. The training of practitioners and professionals in physical activity and sport is a guarantee for its development in optimal conditions of quality and safety.

11. Research, development and innovation in physical activity and sport imply its improvement and have a beneficial impact on the results of its practitioners and on the health and social well-being of all citizens.



12. The management of physical activity and sport by Public Administrations must respect the principles of effectiveness, efficiency, budgetary stability, financial sustainability and transparency and in their relationships they will seek coordination and collaboration, avoiding duplication of actions, and They will encourage the participation of the private sector.

13. Physical activity and sport represent a potential as an educational value tool that contributes to the integral formation of the person.

14. High-level and high-performance athletes represent an example for citizens and, as such, their merits must be recognized.

15. Physical activity and sport have economic potential within the secondary sector, due to the production of goods related to their practice and the construction of infrastructures, and the tertiary sector, with special emphasis on leisure and tourism and, as such, they are a source of wealth and employment.

Physical activity and sport at school age

Article 15. Physical activity and sport at school age.

1. The Ministries competent in education and sport will approve an annual call for the set of activities for the promotion and organization of physical activity and sport at



school age that will be made up of sports competitions, physical-recreational activities and other actions aimed at promoting the acquisition of healthy habits by the school population, which will be carried out both during school and non-school hours, in accordance with the applicable educational regulations.

2. The offer of activities must contemplate, at least, actions aimed at achieving the following objectives:

a) Search for excellence in sports modalities that are included in the offer of each school year through the improvement of technique, tactics and physical qualities of schoolchildren, promoting access to performance-oriented sports practice and overcoming sports goals.

b) Facilitate the school population access to physical activity outside of sports performance schemes, as well as the acquisition of active and healthy lifestyle habits, promoting access to eminently recreational and recreational physical and sports activities.

3. The offer of activities will be executed by the Community Board, without prejudice to the collaboration provided by the Provincial Deputations, the City Councils, the sports federations of Castilla-La Mancha and delegations in Castilla-La Mancha of Spanish sports federations, as well as , other private entities.

4. All persons participating in the set of activities for the promotion and organization of physical activity and sport of school age will have their health care covered for damages or injuries suffered during its activities, as well as their civil liability . The minimum coverage conditions will be established by regulation.

Article 16. Incentives for teaching personnel participating in physical activity and sports of school age.

1. The teaching staff of the non-university educational centers of Castilla-La Mancha who participate in the set of activities for the promotion and organization of physical activity and sport at school age may apply the following incentive measures:

a) Accreditation for training purposes with a limited number of hours.

b) Inclusion of a limited number of teaching hours.

c) Reduction of a limited number of complementary periods.

d) Authorization to accompany the schoolchildren from your center to the activities that require an extraordinary displacement without being considered a license for their own reasons.

e) Any other measures approved by the competent bodies.

2. The specific content of the incentive measures provided





for in section 1 will be developed by regulation.

About infrastructures and how they are managed:

Article 68. Concept and classification.

1. For the purposes of this law, infrastructure for physical activity and sport is understood to be any space for collective use, open or closed, installation, building or space integrated into the natural or urban environment that is specifically designed or adapted for the practice of Physical sports activities with an eventual or permanent character.

2. For the purposes of this law, the infrastructures for physical activity and sport are differentiated between infrastructures for public use and for private use. Infrastructures that are open to the general public, regardless of their ownership or the requirement of consideration for their use, are for public use and the rest for private use.

3. The regulatory development of this law will establish a typology of infrastructures for physical activity and sport and will establish a classification system for them.

Article 69. Infrastructures for physical activity and sport in educational centers.



GUIMARAES 30th October 2019 - "Vida Feliz Center"

1. The infrastructures for physical activity and sport in public educational centers shall be designed in a way that favors their multipurpose sports use and may be for public use under the conditions established by the Ministry responsible for education, respecting the normal development of school and extracurricular activities.

2. The Ministry responsible for education may, in collaboration with the City Councils, promote in their plans for the provision of sports facilities for public educational centers and in the sports infrastructure master plan itself, that they have the necessary human resources to guarantee its use.





Article 70. Census of infrastructures for physical activity and sport in Castilla-La Mancha.

1. The Ministry responsible for sports will prepare and keep updated a census of the infrastructures for physical activity and sport for public use located in the Autonomous Community of Castilla-La Mancha.

2. The regulatory development of this law will establish the data that will make up the census and regulate a procedure so that the competent Ministry in matters of public establishments and the Local Entities of the Autonomous Community provide such data to the competent Ministry in matters of sports.

Now we can have a focus on how in Cuenca the local authorities manage sports activities for young people

STATUTES OF THE MUNICIPAL INSTITUTE OF SPORTS OF CUENCA.

Article 1.- The Municipal Sports Institute of Cuenca is established as an Autonomous Administrative Body for the direct management of local public services, within the scope of sports and leisure, under Article 85, 3, b) of Law 7 / 85, of April 2, Regulatory of the Bases of Local Regime and 132, 2, of Royal Decree 2568/1986, of November 28,

which approves the Regulation of Organization, Operation and Legal Regime of Local Entities , with its own legal personality and financial and functional autonomy, dependent on the Hon. Cuenca City Council.

SPORTS AREAS

Article 48.- The Sports Areas foreseen in the Institute are the following:

- A) Training Area.
- B) Sports Medicine Area.
- C) Sports Activities Area.
- D) Facilities and Equipment Area.

Article 49.- The Sports Areas will have the organization determined by the Governing Board, according to the budgetary and Staff provisions of the Institute.

Section One. From the Training Area.

Article 50.- The following objectives are intended to be achieved in this area:

- 1. Creation and intensification of activities aimed at marginal groups.
- 2 .. Promotion of activities that can integrate the various social groups.
- 3. Carry out an action plan for sports facilities in those areas where there is the greatest deficit.





4. The training, improvement and retraining of technicians, teachers and monitors.
5. Organize various popular activities for leisure and recreation in public spaces.
6. Achieve greater social participation in the planning and implementation of activities.
7. Promote sports associationism under a cooperative approach between the associations themselves and in relation to the activities programmed by the Municipal Sports Institute.
8. Ensure that all citizens gain access to the facilities.
9. That citizens can organize their own forms of activity and that they find help and advice, if they wish.
- 10.- The creation of a sports library that supports the technicians and monitors of the Municipal Sports Institute.
11. The programming and monitoring of the different classes and courses.
12. Offer activities to all people, taking into account their tastes and needs.
13. The projects and studies of the Area will affect the following subjects:
 - a) Base sports.
 - b) Sports initiation schools
 - c) Generic and specific promotion schools.



- d) Training of referees and monitors.
 - e) Acquisition of sports equipment.
 - f) SPORT-LEISURE-RECREATION programs.
 - g) Special sports.
 14. Priority attention to physical activities of a little or minimally regulated nature.
 15. Achieve recognition of the educational values of sport on a physical, mental and personality development level by parents, teaching technicians and adults in general.
 16. Improve the quality of teaching in the different specialties.
 17. Collaborate with popular organizing entities by providing infrastructure aid.
 18. Rescue, promote and publicize popular sports.
- Second Section. From the Sports Medicine Area.
- Article 51.- This Service, with its own characteristics and peculiarities and different from those of other medical care centers, will have the following primary objectives:
1. Perform a medical fitness test, prior to the practice of physical and sports activities.
 2. Select the subjects not suitable for sports because they have an organic disease.
 3. Guide and advise the practice of certain sports, depending on the results obtained in the study carried out

on the athlete, and in relation to their physical and mental abilities.

4. Periodically supervise or examine athletes, recording the progress of training or identifying symptoms of overstrain.

5. Prevent the appearance of organic injuries or alterations, produced as a consequence of excessive or inadequate sports practice.

6. Indicate and control the practice of adequate physical exercise for all those people who, due to a pre-existing disease (diabetes, epilepsy, asthma, handicap, etc.) suffer a certain marginalization in the sports field.

7. Emergency assistance to accidents occurring in the sports facilities themselves, without prejudice to their transfer or consultation to other healthcare centers for their diagnosis or definitive treatment.

8. Maintenance and control of the sports medical facilities dependent on the Service.

9. Elaboration of the specific programs (old age, childhood, handicapped, etc.) that are considered appropriate, depending on the demands or needs.

10. Dissemination of knowledge about Sports Medicine, through courses, workshops, talks, publications, etc., aimed at all those people who, from different levels, have a more or less continuous relationship with sports activity.



11. Implementation of research protocols in Sports Medicine, by carrying out work on health issues related to sport.

12. Creation of a data bank on Sports Medicine and a bibliographic file with documentation on the specialty.

Third Section. From the Sports Activities Area.

Article 52.- The objectives to which this area is channeled are the following:

1.- Promote and channel basic, special and senior physical education.

2.- Sports activities for everyone.

3.- Popular Games.

4.- Sports Competitions.

5.- Native Games.

6.- Encourage physical-sports programming to all citizens of Cuenca.

Fourth Section, from the Infrastructure and Equipment Area.

Article 53.- This area will tend to achieve the following objectives in terms of planning:

1.- Propose the regulations for the use of sports facilities.

2.- The census and control of users.

3.- Punctual programming of the activities to be carried out.

4.- Study of needs and satisfaction of popular demands.



5.- Study of the investments to be made to achieve a better development and use of the facilities.

6.- Studies and Statistics on the performance of the different facilities.

Article 54.- The following missions correspond to the maintenance of the infrastructures:

- 1.- Conservation and maintenance of the facilities.
- 2.- Its cleanliness and hygiene.
3. Safety for the users of the facilities.
- 4.- Provide users with access and the rules to follow for the proper use and operation of the facilities.
- 5.- The provision and control of warehouses.
- 6.- Supply the facilities and users with technical sports equipment, which is appropriate and is not for personal use.
- 7.- Offer the services provided by the Municipal Sports Institute to the public, through the appropriate advertising campaigns.

Considering what mentioned by the National, Regional and Local law, the Ayuntamiento de Cuenca promotes different activities, cross-sectorial, in order to promote youth participation in sport activities.

First of all through individuating the groups by:

- Adaptation of the student / teacher ratio



- Adaptation of ages, levels and groups
- Flexibility access to the activity (immigration, refugees, associations, SOS children's villages, etc)

Then, considering the already esistents sport groups:

- CLUBS
- SPORT ASSOCIATIONS

Some price reduction according to tax are foreeseen:

50% disability \geq 45%



Through mandatory technical reports, up to 100%

Other bonus and reductions:

30% Large families

50% Special large families

ADAPTATION OF FACILITIES

All comply with regional regulations (Law 1/94 of accessibility and removal of barriers of Clm. D 158/1997 of December 2).

PREVENTION IN FREE TIME (Youth Policies)

- LA NOCHE + JOVEN:

Free time drug prevention program, which takes place in municipal facilities outside of its usual schedule (Weekends between 8:00 p.m. and 1:00 a.m.).

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SPORT.S

Local Authorities commitment for
increasing sport practices among
children



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