

Strategic Recreation Needs Assessment

April 2011

Final Report

Prepared for City of Fremantle



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EXECUTIVE SUMMARY

1 INTRODUCTION

The aim of this Strategic Recreation Needs Assessment is to provide short, medium and long term recommendations to address the key issues impacting the provision of recreation facilities, programs and open space, to allow Council to make evidence based decisions which:

- Establish recreation infrastructure priorities;
- Identify opportunities to enhance the local open space network and environmental corridors; and
- Ensure the provision a wide range of good quality and accessible recreation opportunities and settings to meet the existing and future needs of the City of Fremantle.

The study was undertaken in three phases. The first phase involved collecting and analysing existing background information about recreation provision in the Fremantle Local Government Area (LGA). The focus of this phase was desk top research and meeting with staff members to gain a full understanding of the policy and financial framework upon which recreation provision is based. A Community Recreation Profile summarises the information collected.

In the second phase substantial research and consultation with the Fremantle community was conducted. It included a range of surveys to generate data from major markets. Complementing the quantitative research techniques, is qualitative data from stakeholder interviews and a series of workshops targeted to people with special recreation needs. The outcome of this phase is a Summary Report, including a Recreation Facilities Model.

In the final phase a Strategic Recreation Needs Assessment was prepared.

2 RECREATION PARTICIPATION IN FREMANTLE

Key outcomes of research conducted in Phase 1 were:

- ✓ Both the State and Federal Governments support increased participation in recreation, sport and physical activity. Core benefits that flow to communities with high levels of participation in sport and active recreation are:
 - Health benefits
 - Social capacity and cohesion
 - Economic benefits
 - Education and lifelong learning
 - Pursuit of excellence
- ✓ Council's Strategic Plan (2010 – 2015) has limited reference to recreation.
- ✓ National and state research into participation in physical activity found that:
 - Participation in non organised activities is almost twice that of organised activities.
 - Participation declines with age.
 - Five most popular physical activities (walking, aerobics/fitness, swimming, cycling and running) are usually undertaken in a casual or informal setting.
 - Participation in sport and physical recreation is lower among people:
with a disability

long term health condition
with low English language proficiency
people from non English speaking countries
Aboriginal people

- ✓ Implications of the demographic profile of Fremantle suggests:
 - Need for some focus on the small area of highest disadvantage.
 - Increasing demand to cater for an ageing community.
 - Attention to a sense of “place”, multipurpose centres or “hubs” and linked or co-located social and recreation activities and social support services.
 - Need to communicate with residents with little or no English language.
 - Need to address needs of specific populations eg Aboriginal and single parents.

3 CURRENT RECREATION PROVISION

Key outcomes of research conducted in Phase 2 were:

- ✓ A random, telephone survey of 300 residents aged 15 years and over found:
 - The most popular activities were; walking, swimming, cycling and aerobics/ calisthenics/gym exercise.
 - The most popular team sports had participation rates of 2% or less.
 - The main barriers to increased participation were personal priorities - work commitments, family commitments and too busy.
 - Higher budgeting priority to maintaining existing facilities, particularly local parks, coastal parks and linear trails.
- ✓ The key implications from the survey is the importance of public open space, the support for maintaining these areas and recognition that funding open space areas will provide benefits to a large proportion of the community.
- ✓ Identified barriers to participation, and gaps in recreation and sport provision are:
 - Communication between government, private not for profit and commercial service providers.
 - Information on available programs and services.
 - Funding to increase access to “mainstream” programs, activities and clubs.
 - Day time activities.
 - Cost of participation and lack of transport.
- ✓ Five focus groups targeted to; older adults, people with disabilities, culturally and linguistically diverse people (CaLD), Aboriginal people and sporting groups noted:
 - Fremantle is a safe, walkable city with a sense of, and a distinct, community.
 - Fremantle needs a “facelift”.
 - Fremantle Leisure Centre and the parks and open spaces are major positive attractions for residents.
 - Specific issues to be addressed by sporting clubs were:
 - Aging and low standard facilities
 - Lack of volunteers
 - Limited funding

Lease terms and conditions
Relationship between clubs and elected members and staff of the City of Fremantle

4 RECREATION FUTURES

Factors which will impact on the future of recreation and sport in Fremantle include:

- ✓ Participation in recreation, sport and physical activities has positive benefits for individual participants and the general community.
- ✓ A significant population of older adults, which is likely to become more vociferous and demanding.
- ✓ Children's participation in sporting activities remains relatively high, and is likely to do so in the future.
- ✓ Participation in organised sport by young people is constrained by the fact that many have part time/casual employment.
- ✓ The trend is for "convenience" sport and physical activity, such as walking, cycling, swimming and fitness programs which are also non competitive and can be easily undertaken by all sections (age, gender, ethnicity, income levels, ability levels) of the community.
- ✓ Some sections of the community have special recreation needs (eg CaLD, older adults, Aboriginal people, and people with disabilities).
- ✓ Community expectations regarding the quality of facilities has increased and is likely to continue increasing.
- ✓ Clubs are finding it harder to attract and retain volunteers, sport and recreation is being privatised and the cost of participation is increasing.

To improve the provision of recreation, sport and physical activity opportunities, four priority areas become evident:

- 1 Continued investment in the physical infrastructure is required to ensure Fremantle Leisure Centre does not lose its attraction and becomes dated.
- 2 Potential exists to expand existing trails and create linkages between trails and to open spaces or areas of cultural or historical interest. Linear trails when well designed and appropriately interpreted offer significant benefits to both residents and visitors.
- 3 Potential exists to enhance larger parcels of open space by developing them as multi-functional areas. In particular the development of quality play spaces in major open space nodes will increase the effective use of City of Fremantle resources by consolidating facilities.
- 4 Sporting clubs need to increase membership to remain financially viable. Given that some clubs have been unable to increase membership, suggests that more radical approaches are needed, such as mergers or co-location and shared infrastructure.

5 POLICY RECOMMENDATIONS

Policy recommendations are not given a priority, as they can be adopted by the City in the short term without the need to allocate resources for implementation.

Policy Recommendations

Resources be directed to satisfying the following aims:

- 1 Increasing participation in recreation, sport and physical activity.
- 2 Increasing opportunities for informal recreation, sport and physical activities.
- 3 Ensuring basic recreation and sport facility infrastructure is available and accessible.
- 4 Ensuring access for all to recreation, sport and physical activities.
- 5 Strengthening the financial and membership base of sporting clubs.
- 6 Supporting community volunteer recruitment and retention.

Priority ranking of all projects be assessed against the following criteria:

- Level of use and community support
- Access for all
- Operational sustainability
- Adaptability and flexibility
- Encourages a more active community
- Tourism
- Environmental sustainability
- Quality of facility

A matrix style hierarchy be adopted for classifying recreation sport and open space based on the level or standard of provision and the type of facility or open space.

Each facility or open space be classified according to its level and type.

Two categories of play spaces are adopted:

Major Play Spaces: Located in larger parcels of open space, which may have multiple classifications, they will service the immediate and adjacent suburbs.

Local Play Spaces: Located in smaller parcels of open spaces, they will cater for a highly localised catchment, servicing a catchment of, say, less than 1 km radius.

The following components are included in each category of play space:

Major Play Spaces:

- Car parking to cater for normal demand
- Toilets
- Shelter/shade for caregivers and over play equipment
- Picnic tables and seats
- BBQ
- Seating in shade overlooking play equipment
- Drinking water
- Security lighting

- Play equipment for toddlers
- Play equipment for junior primary school age children
- Play equipment for senior primary school age children
- Play equipment for teenage young people

Policy Recommendations
<p>Kick about area (at least 1500 m²) Sports practice facilities for at least one sport Cycling areas Natural landscape features such as creeks and mounds to be retained and enhanced</p> <p>Access for people with disabilities Landscaping</p> <p>Local Play Spaces Shelter/shade for caregivers and over play equipment Seating in shade overlooking play equipment</p> <p>Play equipment for at least one age group</p> <p>Kick about area (at least 1000 m²) Natural landscape features such as creeks and mounds to be retained and enhanced</p> <p>Access for people with disabilities Landscaping</p>
<p>“Healthy by Design“ principles are used in the planning and development of open space.</p>

6 STRATEGIC RECOMMENDATIONS

Strategic recommendations require the allocation of resources. Each has been given a priority in terms of its relative importance, and a time frame for implementation.

Strategy Recommendations	Priority	Time Frame
A detailed review of Fremantle Leisure Centre, including a master plan, feasibility study and business plan, be undertaken to determine the most appropriate development/redevelopment/renovation of the Centre.	High	Short term
Priority be given to upgrading, expanding or establishing trails in: <ol style="list-style-type: none"> 1 North Fremantle linking Leighton Beach and Port Beach with open space along the Swan River. 2 Fremantle coastline from South Beach to Fremantle Bridge and historical features within the Fremantle CBD area. 	High	Long term

Strategy Recommendations	Priority	Time Frame
<p>1 The City's leasing policy be reviewed and based on a series of principles:</p> <ul style="list-style-type: none"> i Leased areas which are for the exclusive use of the lessee will be fully maintained at the cost of the lessee. This will primarily apply to buildings, specialist sporting facilities (eg bowling greens) and fenced areas. ii Leased areas which allow community access will be maintained at the joint cost of the lessee and the City as lessor, and reflect the extent of use by the lessee and the general community. Thus the City will contribute to the cost of maintaining playing fields which are not fenced with lockable gates, and available for community use at times not used by the lessee. iii The term of the lease will be sufficient to justify any capital expenditure on the asset (return on investment/payback period) and to allow a lessee to obtain finance (if required). iv Clubs will have the option to lease buildings and use sporting areas on a seasonal hire basis. It is understood that this change in policy will require seasonal hire rates to reflect full cost recovery of maintenance costs. v Regular inspections will be conducted by the City of all leased assets to ensure they are being adequately maintained. <p>2 All leases on sporting areas which have expired be renegotiated, based on the leasing policy outlined above.</p>	High	Short term
<p>1 The City support a strategic review of, and undertaken by, tennis and bowls clubs with a view to a merger of clubs.</p> <p>2 The City support a strategic review of, and undertaken by, tennis and bowls clubs with a view to converting turf greens and courts to synthetic surfaces.</p> <p>3 New leases for tennis and bowls clubs are renegotiated when the club(s) can demonstrate long term financial viability.</p>	High Low Low	Short term Medium to long term Medium term

Strategy Recommendations	Priority	Time Frame
1 Condition audits of all buildings and infrastructure be undertaken to determine the extent of refurbishment or redevelopment, and the cost of such works.	Medium	Short to medium term
2 A priority list of works be compiled using the following criteria: Level of use and community support Access for all Operational sustainability Adaptability and flexibility Encourages a more active community Tourism Environmental sustainability Quality of facility	Medium	Short to medium term
3 A funding cocktail including the City, State or Federal grant or sponsorship and lessee funds be created to finance the works.	High	Ongoing
1 Major play spaces be located at: Gilbert Fraser Reserve The Esplanade Fremantle Park Gibson Park or Booyembara Park Hilton Reserve South Beach Sir Frederick Samson Park 2 Priority locations for local play spaces be: Griffiths Place Reserve Gibson Park or Booyembara Park Bruce Lee Oval Steven Street Reserve	Medium	Medium term
Ongoing communication is maintained with hockey, netball and indoor sports regarding the future development of their facilities.	Low	Long term
Direct management and volunteer recruitment and retention assistance is provided to clubs through the City of Fremantle recreation and community development staff, training programs and information.	Low	Ongoing
City of Fremantle staff continue working with relevant stakeholders to reduce the barriers to participation in recreation, sport and physical activity for people with special recreation needs.	Low	Ongoing

1 INTRODUCTION

This chapter outlines the background to the project, the aims and objectives, methodology and role of this report.

1.1 BACKGROUND

The following background has been copied from the study brief and presents the context in which the Strategic Recreation Needs Assessment is being undertaken.

Fremantle is an important regional centre located by the coast and the Swan River. It has a population of 27,000 people with a significant proportion of people over the age of 55 years. It is a key regional hub for services, tourism and recreational activities with an active and vibrant CBD and working port.

The City of Fremantle Strategic Plan 2010 - 2014 identifies its open space network as a highly valuable community resource and aims to preserve and enhance such areas. The Needs Assessment presents an opportunity to identify any gaps in the connectivity of the open space networks and establish stronger connections between the natural recreational areas including the beaches and Swan River foreshore areas.

Several key projects are also happening which will inform and closely link with this study. Fremantle's population is ageing with 29% of the population over the age of 55 years and a median age of 41 years. This is significantly above the West Australian median and in response to this trend the City is consulting with the over 60s community in relation to an Age Friendly City. In addition to this project a strategy for young people is in development and a community engagement framework is currently being implemented.

Significant development is also taking place across the City which will see increased population. This is occurring through changes to residential zonings and an increase in high density development in the suburb of Fremantle. The City is currently formulating submissions for the "Western Australian Planning Commission Central Metropolitan Perth Sub-Regional Strategy" which complements the recently released final version of "Directions 2031 and beyond: Metropolitan planning beyond the horizon", by providing specific strategic planning objectives for the central subregion.

Housing targets for each of the 19 local governments within the sub-region have been derived, with the City of Fremantle targeted to provide an additional 3,500 new dwellings by 2031. The strategy also deals with employment opportunities, key infrastructure planning and improvements and timeframes and responsible agencies critical to the implementation of the strategy's objectives. It is envisaged that the needs assessment recommendations will inform Council on a strategy to address recreation infrastructure priorities in relation to key development areas.

Infrastructure in the municipality is ageing and decisions in relation to their upgrade, replacement and management need to be made strategically with an understanding of the key community issues, participation trends and population changes across all age groups. This issue is particularly relevant to the City's key sporting facilities that are managed through long term leases. The facilities, due to their age and management arrangements, present significant sustainability challenges and the cost to re-develop these sites is prohibitive for both the City and the Clubs. It is necessary for the Council to be informed on solutions which may involve the rationalisation of some facilities, increased shared use agreements and

partnerships with local service providers and Educational Institutions which maintain the current level of provision while increasing capacity to meet changing community needs. The City has also recognised changing patterns in participation with greater demand for less structured and informal recreational opportunities which is consistent with national participation information. The City is keen to understand the impact of this trend and other trends to ensure the provision of recreation is appropriate to the needs of the community and is accessible to traditionally low participation groups such as cultural and linguistically diverse (CaLD), Aboriginal, seniors, youth and people with disabilities.

1.2 AIM AND OBJECTIVES

1.2.1 Aim

Provide short, medium and long term recommendations to address the key issues impacting the provision of recreation facilities, programs and open space, to allow Council to make evidence based decisions which:

- Establish recreation infrastructure priorities.
- Identify opportunities to enhance the local open space network and environmental corridors.
- Ensure the provision a wide range of good quality and accessible recreation opportunities and settings to meet the existing and future needs of the City of Fremantle.

1.2.2 Objectives:

- 1 Identify what recreation facilities and services are available and used by the community.
- 2 Identify participation and leisure trends of residents and visitors to the City of Fremantle.
- 3 Understand community needs and requirements in relation to recreation and leisure.
- 4 Understand the impact of local, state and federal planning and policy developments.
- 5 Identify potential funding opportunities and partnerships.
- 6 Understand the use of recreation facilities by special needs groups including needs, requirements and barriers to access.
- 7 Examine the feasibility of existing facility management practices at key sporting sites within Fremantle and identify options.

1.3 SCOPE OF THE STUDY

The City of Fremantle has provided a definition of "Recreation" and principles for recreation provision.

1.3.1 Recreation Definition

Recreation can be defined as any activity undertaken in a person's free time outside the home for purposes of health, enjoyment and wellbeing.

In the context of the Fremantle Strategic Recreation Needs Assessment, recreation can be defined as any activity undertaken for the purpose of physical activity at any of the settings listed below:

- a Public open space
 - Active parks
 - Passive parks
 - Beaches and foreshore parks
- b Facilities
 - Schools and tertiary institutions
 - Clubrooms and facilities
 - Sports courts
 - Community centres
- c Recreation Centres
- d Defined active transport pathways and trails

The following settings are excluded from the framework:

- Libraries
- Art centres
- Service clubs

1.3.2 Recreation Provision Principles

Best use of existing facilities and resources

Enhancement and renewal of existing recreation facilities to meet community needs and support shared use.

Accessibility

Ensure recreation facilities are accessible, high quality, safe and fit for purpose. Sites at strategic locations across the city are built up to ensure universal access.

Diversity

A wide range of recreation settings are available to the community.

Flexibility

Recreation programs are flexible, affordable and equitably distributed across the municipality.

Sustainability

The quality of recreation programs, services and facilities are maintained for future generations. Opportunities for partnerships are pursued actively. Environmental values are maintained. Planning for recreation services, programs and facilities is coordinated across local governments within the South West region.

1.4 METHODOLOGY

Phase 1: Project Clarification

This phase involves collecting and analysing existing background information about recreation provision in Fremantle Local Government Area (LGA). The focus of this phase is desk top research and meeting with City of Fremantle officers to gain a full understanding of the policy and financial framework upon which recreation provision is based. A Community Recreation Profile summarises information collected.

Tasks include:

- 1 Project clarification meeting.

- 2 City of Fremantle Officer and internal stakeholder group interviews.
- 3 Review documents.
- 4 Participation rate review.
- 5 Demographic analysis.
- 6 Community recreation profile.
- 7 Presentation to project team.

Phase 2: Situation Analysis

This phase involves substantial research and consultation with the Fremantle community. We have included a range of surveys to generate data from major markets. Complementing the quantitative research techniques, is qualitative data from stakeholder interviews and a series of workshops targeted to people with special recreation needs. The outcome of this phase is a Summary Report, including a Recreation Facilities Model.

Tasks include:

- 1 Inventory of recreation facilities.
- 2 Stakeholder interviews.
- 3 Household survey.
- 4 Student survey.
- 5 School survey.
- 6 Recreation and sport club survey.
- 7 Focus groups.
- 8 Recreation facilities model.
- 9 Summary report.
- 10 Presentation to Elected Members.

Phase 3: Reporting

The final phase of the study is the preparation of a Strategic Recreation Needs Assessment.

Tasks include:

- 1 Preliminary Draft Recreation Needs Assessment.
- 2 Project team briefing.
- 3 Final report and presentation.

1.5 STRUCTURE OF THE REPORT

This Needs Assessment Report presents the findings and recommendations of the study at the conclusion of Phase 3.

It is to be read in conjunction with:

- 1 Situation Analysis Summary Report – which presents the outcomes of research undertaken in Phase 2; and
- 2 Community Recreation Profile which summarises data collected during Phase 1.

2 RECREATION PROFILE

This section summarises the Community Recreation Profile, which presents the outcomes of the research conducted in Phase 1.

2.1 REVIEW OF DOCUMENTS

Both the State and Federal Governments have agencies involved in sport and recreation. At the State level, the Government's sport and recreation vision is for "all Western Australians participating in the sport and active recreation of their choice". It identifies core benefits that flow to communities with high levels of participation in sport and active recreation including:

- Health benefits
- Social capacity and cohesion
- Economic benefits
- Education and lifelong learning
- Pursuit of excellence

At the Commonwealth level, the ASC has the vision to "continue to be recognised as the world leader in developing high performance and community sport". Critical result areas relevant to Fremantle include:

- ✓ growth in sports participation at the grassroots level, particularly by Indigenous Australians, people with disability, youth and women
- ✓ increased opportunities for children to be physically active
- ✓ increased adoption of the values of fair play, self-improvement and achievement

The City of Fremantle, Local Planning Scheme guides development within the Fremantle LGA, its aims include:

- Ensure the community has access to an adequate range of services and facilities.
- Develop diverse and attractive local centres that provide a community focus for neighbourhood areas.
- Provide safe and accessible open spaces.

The City of Fremantle's Strategic Plan (2010 – 2015) has limited reference to recreation.

The Fremantle Bike Plan has proposed on and off road cycle networks for casual, commuter and recreational cyclists, linking community assets within and outside the Fremantle LGA.

A Green Plan which provides strategies to create a network of high quality parks and reserves, complemented by well vegetated and maintained verges and private open space areas, which offer diversity of experience and linkage across the city.

The City of Fremantle through its DAIP is committed to ensuring that people with disabilities, their families and carers are able to access its services, facilities and information, providing them with the same opportunities, rights and responsibilities enjoyed by all other people in the community. It is proposed to implement the DAIP over five years and has identified eight objectives and associated strategies.

Master, Conservation and/or Management Plans have been prepared for Leighton Oceanside Parklands, Fremantle Oval, Fremantle Park, The Esplanade, Hilton Reserve and Gilbert Fraser Reserve. These plans are intended to guide development of these open spaces in the long term.

A survey of clubs within Fremantle found that many are well established. Many clubs reported issues relating to maintaining existing facilities and upgrading facilities to meet contemporary community expectations.

Fremantle has almost a third (29%) of its resident population aged 55 years and over, which will increase to 35% within 15 years. Many older adults live in low income households. Older adults in a consultation project said that they loved living in the Fremantle region and considered the City to be vibrant, diverse, inclusive and friendly - with wonderful physical assets. Many of the participants had lived in Fremantle for a number of years and most people said that they didn't want to live anywhere else. Barriers to social participation included transport options, cost, lack of information on what is available and lack of confidence to attend.

2.2 CITY OF FREMANTLE STAFF INTERVIEWS

Group interviews were conducted with each section of City of Fremantle which has a role in the provision of recreation opportunities. Major points raised in the group interviews are summarised below.

The City of Fremantle does not have an organisational structure that makes it “easy” to manage the recreation function. It is made more difficult because responsibility for recreation is divested across a range of business units.

The City is struggling to meet a range of community demands and expectations. The City of Fremantle is a small local government authority with limited resources to build new infrastructure. Existing infrastructure is often old and difficult for clubs and City to maintain. Most assets/facilities are in poor condition. Neither the City or clubs have sufficient funds to maintain or improve as required. Clubs look to the City for assistance whenever a problem arises.

Lease agreements are old and it is often easier for all parties to just “roll them over”. Clubs are looking for a different lease management model.

Aboriginal engagement is a focus for the City.

Residential demand will cause demand for increased programs and infrastructure for health, fitness and wellbeing but currently there are no specific plans exist for additional infrastructure to cater for increased population.

2.3 PARTICIPATION STUDIES

National and State research into participation in physical activity found that:

- The participation rate in non organised activities is almost twice that of organised activities.
- Participation declines with age.
- Five most popular physical activities (walking, aerobics/fitness, swimming, cycling and running) are usually undertaken in a casual or informal setting. The most popular team sports (basketball, netball, football (outdoors) and Australian Rules football) have substantially lower participation rates. [Note: Football is the correct name for “soccer”]

at an international, national and state level. To avoid confusion other codes are referred to as rugby league, rugby union and Australian Rules football.]

- The overall participation rate in sport and physical recreation for those with a disability or long term health condition (LTC), is at lower levels when compared to those without a disability or LTC. Walking for exercise ranked as the number one activity for both genders. Activities with high male participation were golf, cycling and fishing. Females were more likely to participate in swimming, aerobics/fitness and tennis.
- Males/boys showed higher participation rates in organised sport than females/girls.
- English language proficiency is a factor that affects participation by adults and children. Adults with poor proficiency in English as well as children whose parents were born in a non-English speaking country show low levels of participation. This is particularly noticeable for women and girls.
- People who reported their birthplace to be "Other than main English speaking" had lower participation rates in sport and physical activities than those born in English speaking countries. The lowest participation rates in sport and physical activity were most evident in people reporting their place of birth as North Africa and the Middle East.
- The overall participation rate of the Indigenous population was less than half, compared with almost two thirds of the non-Indigenous population. For both populations, participation drops with age, however, there is a much greater difference between the participation levels of Indigenous and non-Indigenous peoples in the older age groups.
- A significant proportion of the Western Australians (adults and children) do not undertake adequate physical activity and are overweight or obese.

2.4 DEMOGRAPHIC ANALYSIS

City of Fremantle is characterised by:

- An older (and faster ageing) population than Perth.
- A significant level of relative disadvantage compared with all but five other metropolitan Perth Councils.
- A significant percent who speak English not well or not at all.
- Significantly less broadband connectivity than Perth Statistical Division.
- A relatively high percentage of households with access to only one or no vehicle.
- A higher level of unemployment.
- Higher levels of rental housing and lower levels of purchasing housing than the PSD.
- Hilton - O'Connor, Beaconsfield and White Gum Valley had the highest relative levels of disadvantage compared with Fremantle as a whole and the Perth average.
- Hilton - O'Connor and White Gum Valley in particular were characterised by highest levels of low income, households with no cars, single parents.
- North and South Fremantle and Samson had the least relative disadvantage.

This profile suggests the following key implications:

- 1 There is a need for some focus on the three small area of highest disadvantage (Hilton - O'Connor, White Gum Valley, and Beaconsfield) to ensure equitable access to leisure,

recreation and open space opportunities.

- 2 A strong focus on a wide variety of recreation and leisure opportunities for an ageing community, with a diverse demand associated with "baby boomer" characteristics.
- 3 A deliberate and engaging approach to social inclusion with identified areas (small communities) within Fremantle with multiple disadvantage (health, financial, housing, education, access to vehicles, poor English).
- 4 Attention to a sense of "place", multipurpose centres or "hubs" and linked or co-located social and recreation activities and social support services, and good accessibility and public or community transport, combined with low cost or free activity options.
- 5 The need for a consistent and corporate approach to communication with residents with little or no English language.
- 6 A need to address needs of specific populations such as Aboriginal community (Hilton - O'Connor in particular), single parents (child care, crèche); institutional population (community development activity, intergenerational collaborative programs).
- 7 While the community connectivity to internet and broadband would have improved considerably since the 2006 Census, a variety of internet based communication and information and recreation tools should be supplemented by promotion of library internet access and training.

3 SITUATION ANALYSIS

This section summarises the Situation Analysis Summary Report, which presents the outcomes of the research conducted in Phase 2.

3.1 HOUSEHOLD SURVEY

A random, telephone survey of 300 residents aged 15 years and over of the City of Fremantle was conducted. It was found that 86% had participated in some form of recreation and sport activity in the previous 12 months. Participation was higher in casual or informal activities, compared with organised activities.

The most popular activities (undertaken in a casual or informal basis) were:

Walking	28%
Swimming	26%
Cycling	15%
Aerobics/calisthenics/gym exercise	13%

Overall, activities which are undertaken individually, and have greater flexibility in terms of when they can be undertaken had the highest participation rates. The most popular team sports had participation rates of 2% or less, including football – soccer, netball (indoor), basketball and football – Australian Rules.

54% would like to increase participation in their favourite recreation or sport activity. The main barriers to increased participation were personal priorities - work commitments, family commitments and too busy.

The most popular type of recreation and sport facility was the beach and coastal park, followed by local park/playground with 89% and 81% of respondents respectively, visiting in the last 12 months. They are not only used by more respondents than other types of facilities, they are also used more frequently.

Respondents were asked to comment on budget priorities, and gave a higher priority to maintaining existing facilities, particularly local parks, coastal parks and linear trails than upgrading facilities. A relatively high priority was also given to supporting community volunteers and addressing the needs of people with disabilities.

The key implications from the questionnaire is to understand the importance of public open space to residents of the City of Fremantle, and the support for maintaining these areas. The results also reinforce the notion that funding open space areas will provide benefits to a large proportion of the community. Conversely, while sport is extremely important to Australia lifestyle and culture, participation in team sports is relatively low, compared with individual activities such as walking, swimming and cycling.

3.2 CLUB AND SCHOOL SURVEY

A web based survey of clubs and schools with the City of Fremantle found that:

- 1 The size of individual clubs vary from small (71 members), to very large (5,400). Consequently, it may not be possible to treat all clubs in the same way. The level of "sophistication" will vary significantly.

- 2 Many clubs have aging infrastructure which requires upgrading, particularly club rooms and change rooms/toilets. Many clubs indicated they would be willing to contribute to the capital upgrade of their facilities.
- 3 Each club reported different problems they are currently encountering, indicating a unique strategy will be needed to meet each club's specific needs.

3.3 CHILDREN'S SURVEY

A questionnaire was distributed to schools based in the Fremantle LGA. Key points to note from the student survey are:

- 1 The most popular student activities are similar to those of adults, except the very high popularity of soccer. Not surprisingly many of the most popular activities are either team sports or undertaken in a class or group setting.
- 2 Students, on average participate in a physical activity once per day. The most popular times to participate are on weekends/holidays and after school.
- 3 Students were asked the reasons they participate in their favourite activities. The results reinforce the findings of junior sports research which down play competition and emphasise enjoyment, learning and excitement.
- 4 Students on average participate 3.1 times per week in their favourite activities.
- 5 56% of participation was in an organised activity, and 44% in an unplanned or informal activity. This can be compared with adult participation, in which adults participate more frequently in casually based or informal activities.
- 6 Most participation in their favourite activities was in a group setting (organised club or team or family and friends). However, very little school based activities are undertaken.
- 7 Students were asked which three activities they would like to take part in. The most popular are "lifelong" activities. In other words they can be undertaken at almost any age. The other key point to note is that most activities are not expensive and are readily accessible to the residents of Fremantle.
- 8 The most popular reasons for not participating in these activities are time, cost and location, which are outside the control of most students. However, the negative influence of their peer and support group (eg family and coaches) is clearly an issue for some students.

3.4 STAKEHOLDER INTERVIEWS

Personal and telephone interviews were held by a range of key stakeholders identified by the City of Fremantle staff. Major points raised in the interviews are summarised.

Both the cities of Cockburn and Melville appear to be confronted with similar issues as the City of Fremantle. In particular:

- Aging infrastructure which requires upgrading.
- Limited resources and high community expectations.
- Aging demographic profile.

Discussions with key stakeholders identified the perceived role of the City is:

- Ensure facilities and programs are available, affordable and accessible.
- Provision of open space and recreation and sport facilities.

Identified barriers to participation, and gaps in recreation and sport provision are:

- Communication between government, private not for profit and commercial service providers.
- Information on available programs and services.
- Funding to increase access to “mainstream” programs, activities and clubs.
- Day time activities.
- Cost of participation and lack of transport (for some demographic groups).

3.5 FOCUS GROUPS

Five focus groups were conducted, targeted to; older adults, people with disabilities, culturally and linguistically diverse people (CaLD), Aboriginal people and sporting groups.

- Fremantle is a safe, walkable city with a sense of, and a distinct, community.
- Fremantle needs a “facelift”.
- Fremantle Leisure Centre and the parks and open spaces are major positive attractions for residents.
- Problems with, and barriers to increased participation in, recreation and sport activities include:
 - ✓ inadequate public transport
 - ✓ social isolation
 - ✓ low self esteem
 - ✓ personal finance
 - ✓ clubs’ attitude to people with “special recreation needs”
 - ✓ lack of information
 - ✓ inadequate lighting (safety concerns).
- Well regarded facilities include Fremantle Leisure Centre, The Meeting Place, Men’s Shed, Samson Recreation Centre.

Specific issues to be addressed, as identified by sporting clubs included:

- Aging and low standard facilities
- Lack of volunteers
- Limited funding
- Lease terms and conditions
- Relationship between clubs and elected members and staff of the City of Fremantle

3.6 RECREATION FACILITIES

Council has adopted a recreation facility hierarchy, with five levels. The hierarchy does not take into account geographic barriers, such as the Swan River, major roads and railway lines.

There are a number of significant recreation and sport facilities and open space that complement natural areas such as the coastal and riverine areas to provide significant sport and recreation benefit to the community, including:

- ✓ 8 x sports grounds for cricket (turf and hard wicket competitions), Australian Rules football, football/soccer, rugby, touch and hockey(turf)
- ✓ 1 x lawn tennis complex
- ✓ 1 x netball court complex
- ✓ 3 x bowling clubs
- ✓ 2 x golf courses
- ✓ 1 x swimming pool
- ✓ 2 x indoor sport and recreation centres (including Fremantle PCYC)
- ✓ 11 x major passive recreation areas
- ✓ 1 x surf life saving club

The City of Fremantle has recognised the importance of trails in its Strategic Plan specifically in the key imperative of transport, which has an outcome - "Fremantle recognised as a pedestrian and cycle-friendly city". It also has a bicycle network and Green Plan which identifies key linkages creating a base from which additional trails may be developed.

Clubs use City facilities under two hire arrangements; seasonal hire and leases. Seasonal hire tends to relate to junior sports clubs and leasing applies to larger, long term resident sporting clubs.

A number of lessees are struggling financially – to attract members and to pay ongoing maintenance costs. A revamp of the leasing and seasonal hire arrangements may be required in the long term.

4 RECREATION FUTURES IN FREMANTLE

This section paints a picture of how recreation and sport is changing and potential future issues and trends confronting both City and other stakeholders in the provision and consumption of recreation and sport opportunities

4.1 WHERE IS RECREATION HEADING?

Whilst Fremantle is a unique community, it is affected by the same leisure participation trends as other WA and Australian communities. Salient factors which will impact on the future of recreation and sport in Fremantle include:

- ✓ Participation in recreation, sport and physical activities is regarded as having positive benefits for individual participants as well as the general community. It is also a significant element of a quality lifestyle for many people. As lifestyle is considered to be important within Australian society, participation in recreation, sport and physical activity can be considered a "right", rather than a luxury.
- ✓ A significant population of older adults, which is increasing as a proportion of the population. As this age cohort increases in age it will become less mobile. However, there is every possibility that "baby boomers" will become more vociferous and demanding.
- ✓ Children's participation in sporting activities remains relatively high, and is likely to do so in the future. The number of children participating in sport is being spread more thinly among a greater range of sports. Consequently, some junior sports clubs may struggle to maintain numbers. Other sports, such as football (soccer) which have experienced substantial increases in participation in recent years may continue to expand as the "world game" gains a higher profile in the Australian psyche.
- ✓ Participation in organised sport by young people is constrained by the fact that many have part time/casual employment. Working hours are outside school/tertiary education hours, which conflicts with traditional training and competition times. This is unlikely to change, hence sports may have to change their traditional operational times to cater for this new dynamic.
- ✓ Participation by adults in organised sport declines after they reach the early 20's. Compared with informal activities, participation is much lower. The trend is for "convenience" sport and physical activity. That is, activities which are available when and where it is convenient for the individual and their social/peer group. Overall there is likely to be a lower level of commitment to participate in a regular team or club competition.
- ✓ Activities which are currently the most popular (walking, cycling, swimming and fitness programs) are both non competitive and can be considered "convenience" activities. It is likely that participation in these activities will continue to dominate participation rate studies and potentially increase. The other major benefit of these activities is that they can be easily undertaken by all sections (age, gender, ethnicity, income levels, ability levels) of the community.
- ✓ Some sections of the community have special recreation needs (eg CaLD, older adults, Aboriginal people, and people with disabilities). Generally, these demographic groups have lower levels of participation on recreation, sport and physical activity. Specific attention will be required to eliminate personal and social barriers to participation. Usually, this will require the employment of staff to develop and coordinate participation programs. It can be an expensive exercise to substantially increase

participation by these people. Without this intervention, participation will continue to be relatively low.

- ✓ Community expectations regarding the quality of facilities has increased and is likely to continue increasing. In other words people will “vote with their feet” and stop using sub standard facilities.
- ✓ Clubs are finding it harder to attract and retain volunteers. However, many people are time poor, and willing to pay more to participate without the “hassle” of volunteering. Consequently, sport and recreation is being privatised and the cost of participation is increasing.

4.2 KEY IMPLICATIONS

Factors summarised above will impact in the provision of recreation, sport and physical activities, however it is unlikely that they can be changed in the short to medium term. Hence, a recreation and sport strategy must take these factors into account. A new recreation and sport paradigm may be required to adequately cater for the recreation needs of the Fremantle community.

To improve the provision of recreation, sport and physical activity opportunities, four priority areas become evident:

- 1 Fremantle Leisure Centre is a well used and highly valued recreation facility within the City of Fremantle. It is arguably the most heavily used individual venue within the City, and caters for a wide range of demographic groups. It has undergone a number of upgrades and renovations over the years. Continued investment in the physical infrastructure is required to ensure Fremantle Leisure Centre does not lose its attraction and becomes dated.
- 2 Linear trails cater primarily for walking and cycling, two of the most popular physical activities of residents of Fremantle. They are facilities with high levels of use and cater for a range of demographic groups. A key feature is that they are “free” to use. Potential exists to expand existing trails and create linkages between trails and to open spaces or areas of cultural or historical interest. Linear trails when well designed and appropriately interpreted offer significant benefits to both residents and visitors.
- 3 Open space areas are highly valued by residents, including passive recreation parks and sporting reserves. Potential exists to enhance larger parcels of open space by developing them as multi-functional areas. In particular the development of quality play spaces in major open space nodes will increase the effective use of City of Fremantle resources by consolidating facilities. The outcome will be open spaces which are attractive to a wider range of demographics, especially young families. When located in high profile sites, they will benefit both residents and visitors.
- 4 Sporting clubs in the City of Fremantle appear to have developed a dependency on the City. A number of clubs are struggling for members, volunteers and finance. The almost universal response of sporting clubs is to seek support and assistance from the City. Unless the fundamental problem of financial and operational viability is addressed, the problems confronting clubs will not go away. Clubs need to increase membership to remain financially viable. Given that some clubs have been unable to increase membership from its community, suggest that more radical approaches are needed, such as mergers or co-location and shared infrastructure.

4.3 ROLES AND RESPONSIBILITIES

The City of Fremantle does not have the resources to deliver recreation and sport opportunities for all sections of the community. It has to work with other stakeholders, including the Federal and State Governments, other local government authorities, the private and community sectors.

The five major roles and responsibilities of the City of Fremantle are:

Role	Responsibilities
Planner	Plan the provision of recreation and sport opportunities within the City of Fremantle
Facilitator	Coordinate resources from multiple stakeholders to ensure delivery of an appropriate range of recreation and sport opportunities for all demographics
Advocate	Advocate on behalf of all residents and particularly people with special recreation needs, to ensure adequate resources are allocated to facilities, programs and services within the City of Fremantle
Service Deliverer	Direct delivery of recreation and sport facilities, programs and services
Funder	Provision of funding to agencies within the City to deliver recreation and sport opportunities

The City has to determine its appropriate role for each facet of its recreation and sport service delivery system. There is no right or wrong response, rather it will reflect the philosophy and values of the City.

4.4 STRATEGIC PRIORITIES

Based on the research conducted a series of aims are proposed to focus resources in the provision of recreation opportunities (facilities, programs and services). In working towards satisfying the aims, it is expected that:

- ✓ Participation in recreation, sport and physical activity will increase for all demographic cohorts.
- ✓ Resources will be allocated to extending and improving the provision of informal recreation facilities, programs and services, which benefit all demographic cohorts within the City of Fremantle.
- ✓ All recreation and sport facilities will meet OH&S standards, and be compliant with all relevant building codes.
- ✓ Resources will be allocated to eliminating barriers to recreation and sport facilities, programs and services, particularly physical access to and around buildings.
- ✓ The City of Fremantle will provide professional support, advice and training to sporting clubs to improve their management and marketing.
- ✓ The City of Fremantle will provide professional support and training to sporting clubs to improve their recruitment and retention of volunteers.

It is recommended that resources be directed to satisfying the following aims:

- 1 *Increasing participation in recreation, sport and physical activity.*
- 2 *Increasing opportunities for informal recreation, sport and physical activities.*

- 3 *Ensuring basic recreation and sport facility infrastructure is available and accessible.*
- 4 *Ensuring access for all to recreation, sport and physical activities.*
- 5 *Strengthening the financial and membership base of sporting clubs.*
- 6 *Supporting community volunteer recruitment and retention.*

4.5 CRITERIA FOR ESTABLISHING FUNDING PRIORITIES

Overall, the quality of maintenance of open space areas is high. However, it is also apparent that many sporting facilities are in need of substantial refurbishment. These works will rely on State Government, City and user group funds.

To maximise the opportunities for success the City will need to rank all projects so that it can support those projects that will provide the most benefits to the community. A long term funding plan has to be developed.

It is recommended that the priority ranking of all projects be assessed against the following criteria:

- *Level of use and community support*
 - ✓ Total number of users.
 - ✓ Number of hours of use.
 - ✓ Demonstrated community support.
- *Access for All*
 - ✓ Accessible and attractive to a wide range of the population in terms of physical accessibility, programming and pricing.
 - ✓ Access to facilities and services by all Fremantle residents.
- *Operational Sustainability*
 - ✓ Significant contribution by users both at the development stage and in ensuring the facility is appropriately maintained with minimal assistance from the City.
 - ✓ A clear and strong business plan and management structure.
- *Adaptability and Flexibility*
 - ✓ Facilities can be easily adapted to new leisure trends and circumstances.
- *Encourages a more active community*
 - ✓ Broadens the opportunities to the community to participate in sporting and recreation activities.
 - ✓ Complements and does not compete with existing facilities and services.
- *Tourism*
 - ✓ Increases the opportunity to attract regional, state and national events to the City.
- *Environmental sustainability*
 - ✓ The design of the facilities should minimise the impact on the environment.
- *Quality of facility*
 - ✓ Compliance with basic health, safety and hygiene standards.

5 RECREATION FACILITIES

5.1 HIERARCHY OF FACILITIES

A hierarchy of recreation and sport facilities will include all types of recreation and sport facilities and open space areas within each community. A hierarchy should also recognise that larger facilities and open spaces have multiple functions. For example a sporting reserve such as Gilbert Fraser Reserve, is not only a sporting reserve, but is also part of a linear trail and a local park.

Open space can be categorised according to their size, attributes and catchment area. Open spaces which service the whole of a local government area, are generally larger in size and may have a special feature such as a garden, active recreation facility such as a public access tennis court, amenities such as toilets and incorporate more significant play opportunities and amenities. These reserves are ideally linked into trails and are further enhanced by being located adjacent to other facilities and or amenities ie. town centre, community house, playing field or school.

Local reserves are usually small areas that service residents in the immediate neighbourhood often have some minor amenities such as shade, seats, BBQ and limited play equipment.

An additional complication is operational viability. Not only should recreation and sport facilities and open spaces be accessible they should also have sufficient usage to justify the maintenance and operating costs.

Rather than a simple hierarchy, *it is recommended that a matrix style hierarchy be adopted for classifying recreation sport and open space based on the level or standard of provision and the type of facility or open space.*

Three levels are recommended:

Level 1: State, National and International	Facilities and open which cater for events or are of state, national or international significance.
Level 2: Municipal (or district)	Facilities and open space which cater for events or are of significance to the whole of the City of Fremantle
Level 3: Local	Facilities and open space which cater for events or are of significance to local neighbourhoods

Types of recreation and sport facilities and open space recommended are:

Sport	Suitable for organised sporting competition
Recreation Facility	Building suitable for informal sport, recreation and physical activity
Park – recreation	Open space suitable for informal sport, recreation and physical activity
Park – bushland	Open space with remnant native vegetation
Park – coastal	Open space located on the coast and suitable for informal sport, recreation and physical activity
Park – riparian	Open space located on a river or creek suitable for informal sport, recreation and physical activity

Park – memorial	Open space designated as a monument to a person or event of local, state or national significance
Park – civic	Open space with substantial hard surfaces (eg paving) located in high profile and well used sites

It should be noted that a facility or open space may have multiple types and hence levels, based on existing design and use.

It is recommended that each facility or open space be classified according to its level and type.

5.2 FREMANTLE LEISURE CENTRE

Fremantle Leisure Centre is the major community leisure facility in the City of Fremantle. It is centrally located close to the CBD and sited in Fremantle Park, an open space of local historical and community significance. Given its level of use (approximately 430,000 visits per annum) and location it is a “standard bearer” for recreation within the City of Fremantle. However, to ensure the forty year old facility remains relevant in the future, will require ongoing investment in upgraded or new leisure facilities. Failure to invest in the physical infrastructure, will result in the facility losing its attraction and falling attendances. The outcome is likely to be much higher operating costs and losses.

Potential upgrades include expansion of the health and fitness suite, expansion of aquatics facilities, as it is at capacity in the summer months, (eg more indoor water for swim lessons and hydrotherapy, additional leisure water), upgrading of plant and equipment and development of indoor sports courts. An overriding issue is to increase the efficient use of energy. Currently, the covered pool has not air handling or air heating system, effectively the pool water heats the air which is very inefficient. These works may require a master planning exercise addressing car parking and the Centre’s relationship with Fremantle Park.

It is recommended that a detailed review of Fremantle Leisure Centre, including a master plan, feasibility study and business plan, be undertaken to determine the most appropriate development/redevelopment/renovation of the Centre.

5.3 TRAILS

Trails come in many forms from the high profile, highly engineered bicycle network in Fremantle to minor walking paths through open spaces. Trails can accommodate a wide range of transport modes with the most popular trails being designed for walking and cycling.

Trails have become increasingly popular as way of encouraging tourism, improving community health, linking facilities and destinations. Providing interpretive information along the trail the trail can also enhance environmental awareness and the promotion of local history and tourism opportunities. Trails offer a number of benefits and features:

- Health
 - ✓ Provides a safer environment to participate in activities.
 - ✓ Level of difficulty, distance and challenge of each trail should be identified to cater for people of all skill and fitness levels.
- Environmental
 - ✓ Assists in promoting the environment and encouraging its protection.

- ✓ Provides clear paths encouraging people to stay on the paths and not go off into environmentally at risk areas and minimise damage to any given area.
- Tourism
 - ✓ Provides a focus for promotion of facilities and services.
 - ✓ Enhances local history awareness through interpretive signage.
 - ✓ Links facilities and services.
 - ✓ Brings into contact with a number of different opportunities.

Research conducted during this Needs Assessment has found that residents most popular activities are walking and cycling and that the beach and coastal parks are the most popular recreation facilities. Consequently, the ongoing development of a network of trails within the City of Fremantle area, is likely to be highly supported by residents.

The City of Fremantle with its coast and river frontage has an opportunity to utilise trails to enhance the natural environment and increase physical activity by residents and visitors.

5.3.1 Trail Design

The Healthy by Design principles provide valuable information in relation to design features that should be incorporated into trails to maximise their use and attractiveness. Some of the key points include:

- Make Connections
 - ✓ Offer a variety of routes, both leisurely and direct.
 - ✓ Provide a continuity of routes.
 - ✓ Link in to local destinations such as shops and schools.
 - ✓ Adequate signage to ensure the route is easy to follow.
- Create safe places for people to Walk and cycle
 - ✓ Ensure users can be seen by cyclists, pedestrians, motorists and nearby residents.
 - ✓ Maintain clear sight lines and ensure tree foliage is regularly cleared.
- Create stimulating and attractive routes
 - ✓ Design routes to and around local landmarks and points of interest.
 - ✓ Use art to encourage interest and repeated use of the route.
 - ✓ Complement walking and cycling routes with trees for aesthetic and shade.
 - ✓ Maintain walking and cycling routes to a high standard to ensure continuous, accessible paths of travel.
 - ✓ Maximise shade over paths and nearby rest stops, ensuring shade structures do not obstruct access.

5.3.2 Priority Trail Developments

Two significant linear open spaces within the City of Fremantle are the coast and the Swan River frontage. These areas are suitable for out and back trails. To increase the attraction and community benefit of trails they should be circular, where possible have spurs and link with points of heritage and cultural interest. It is not possible to create such a network within open space areas in the City of Fremantle. It will be necessary to use low traffic roads and other land (eg railway easements and port land) to create these linkages. The opportunity

also exists to provide interpretive information along linear trails to increase the enjoyment and educate users. Where appropriate trails should link with trails in adjacent local government areas.

It is recommended that priority be given to upgrading, expanding or establishing trails in:

- 1 *North Fremantle linking Leighton Beach and Port Beach with open space along the Swan River.*
- 2 *Fremantle coastline from South Beach to Fremantle Bridge and historical features within the Fremantle CBD area.*

5.4 PLAY SPACES

The City of Fremantle does not have a strategic approach to the provision of play spaces.

The Playgrounds and Recreation Association of Victoria, which is recognised for its work in playground planning and design, has proposed three levels of playgrounds within local government areas:

- | | |
|----------------|---|
| Regional: | Provide experiences not available in local or neighbourhood parks. A range of amenities such as toilers, picnic tables, BBQ's, parking etc could be required. |
| Neighbourhood: | Cater for the needs of more than one group of user, and for more than one type of activity. |
| Local: | Provide for every day play and recreation needs of children, and complement other local parks in a neighbourhood. |

Based on this classification and given the size of the City of Fremantle:

It is recommended that two categories of play spaces are adopted:

- | | |
|---------------------------|---|
| <i>Major Play Spaces:</i> | <i>Located in larger parcels of open space, which may have multiple classifications, they will service the immediate and adjacent suburbs.</i> |
| <i>Local Play Spaces:</i> | <i>Located in smaller parcels of open spaces, they will cater for a highly localised catchment, servicing a catchment of, say, less than 1 km radius.</i> |

Essentially, local play spaces have a basic level of provision and major play spaces have a greater range and number of play items and visitor amenities.

Each play space is unique, due to size, topography, location, catchment population, existing conditions and community expectation. Therefore it is not possible to establish strict rules or standards for the development and maintenance of every play space. Instead, it is more appropriate to adopt guidelines which can be used to assist in the design of each play space.

In establishing basic design guidelines for each category of playground in Fremantle, the following factors have been taken into account.

- ✓ Current distribution of open space and play equipment.

- ✓ High cost of developing, maintaining and monitoring play spaces.

It is recommended that the following components are included in each category of play space:

Major Play Spaces

<i>Visitor and caregiver amenities</i>	<ul style="list-style-type: none"> <i>Car parking to cater for normal demand</i> <i>Toilets</i> <i>Shelter/shade for caregivers and over play equipment</i> <i>Picnic tables and seats</i> <i>BBQ</i> <i>Seating in shade overlooking play equipment</i> <i>Drinking water</i> <i>Security lighting</i>
<i>Formal play areas</i>	<ul style="list-style-type: none"> <i>Play equipment for toddlers</i> <i>Play equipment for junior primary school age children</i> <i>Play equipment for senior primary school age children</i> <i>Play equipment for teenage young people</i>
<i>Informal play areas</i>	<ul style="list-style-type: none"> <i>Kick about area (at least 1500 m²)</i> <i>Sports practice facilities for at least one sport</i> <i>Cycling areas</i> <i>Natural landscape features such as creeks and mounds to be retained and enhanced</i>
<i>Miscellaneous</i>	<ul style="list-style-type: none"> <i>Access for people with disabilities</i> <i>Landscaping</i>

Local Play Spaces

<i>Visitor and caregiver amenities</i>	<ul style="list-style-type: none"> <i>Shelter/shade for caregivers and over play equipment</i> <i>Seating in shade overlooking play equipment</i>
<i>Formal play areas</i>	<ul style="list-style-type: none"> <i>Play equipment for at least one age group</i>
<i>Informal play areas</i>	<ul style="list-style-type: none"> <i>Kick about area (at least 1000 m²)</i> <i>Natural landscape features such as creeks and mounds to be retained and enhanced</i>
<i>Miscellaneous</i>	<ul style="list-style-type: none"> <i>Access for people with disabilities</i> <i>Landscaping</i>

In addition to the individual components to be included in each category of play space, other design principles which should be incorporated are:

- ✓ Involve users (children, young teenagers and care givers) in the design process.
- ✓ Appropriately designed fencing (which forces young children to stop at the fence) or buffer zones (at least 10 metres) should be used to prevent young children inadvertently running on to roads directly from play equipment.
- ✓ Wherever possible natural shade trees should be planted around play equipment and caregiver amenities.

- ✓ Design play spaces to encourage adult supervision. Caregiver seating should be located close to, and so as to supervise children using, play areas. Locate play areas in clear sightlines to allow informal surveillance.
- ✓ Establish physically separate play areas for different age groups on the one park.
- ✓ Locate kick about areas and sports practice areas so as to minimise conflict with users of play equipment.
- ✓ Install play equipment which meets appropriate Australian Standards, including softfall material.
- ✓ Incorporate play areas to cater for cognitive play, creative play, social/dramatic play and physically active play.
- ✓ Design play spaces to complement, rather than replicate, experiences in other parks in Fremantle.
- ✓ Site play equipment to prevent users overlooking private yards and gardens adjoining the park. Locate ball games areas away from neighbours fences, to minimise balls being kicked, hit or thrown into neighbouring properties.

In implementing a play space strategy two factors need to be considered:

- 1 Whilst all the public primary schools have excellent playgrounds they may not be available for community use out of school hours. Negotiations should be commenced to increase community access to existing playgrounds.
- 2 Given the quality of existing play spaces in Fremantle, very few meet the standard outlined above. To upgrade all parks will be a costly exercise. Priority should be given to upgrading major play spaces, and relocating play equipment from parks not designated as local or major play spaces. Redevelopment of local play spaces should be a lower priority.

It is recommended that:

- 1 *Major play spaces be located at:*
 Gilbert Fraser Reserve
 The Esplanade
 Fremantle Park
 Gibson Park or Booyembara Park
 Hilton Reserve
 South Beach
 Sir Frederick Samson Park
- 2 *Priority locations for local play spaces be:*
 Griffiths Place Reserve
 Gibson Park or Booyembara Park
 Bruce Lee Oval
 Steven Street Reserve

5.5 OPEN SPACE DESIGN PRINCIPLES

A framework for prioritising the funding and development of new facilities and services, in particular reserves and linkages between reserves is provided by 'Healthy by Design'.

[Healthy by Design is a resource of the Heart Foundation (Victorian Division) Supportive Environments for Physical Activity (SEPA) project. It includes design considerations, evidence,

tools and case studies to support those professionals who have responsibility for the design, development and maintenance of the public realm. The resource provides practical guidance for designing walkable, and ultimately more liveable, communities. Optimal design approaches that encourage active living in a range of areas are included such as walking and cycling routes, streets, local destinations, open space and public transport. A useful list of healthy planning and design resources are also included in the guide, providing options for further reading on a range of issues].

To help develop active communities and a sense of community spirit, Healthy by Design recommends two principal design considerations when developing any policies, facilities and services.

- 1 Involve the community in planning activities, and
- 2 Create spaces for community activity

Healthy by Design was developed to assist local government with practical guidance in designing walkable and ultimately liveable communities. The general principals it has shown will assist in developing a happier, more active and cohesive community:

- ✓ Well planned networks of walking and cycling routes.
- ✓ Streets with direct safe and convenient access.
- ✓ Local destinations within walking distance from homes.
- ✓ Accessible open space for recreation and leisure.
- ✓ Conveniently located near transport stops.
- ✓ Local neighbourhoods fostering community spirit.

Implications of adopting these principles in relation to open spaces, are:

- Provide open spaces within safe, comfortable walking distance.
- Connect to the broader walking and cycling network.
- Encourage active recreation
 - ✓ This can be as simple as ground markings to encourage hop scotch through to installation of skate facilities and basketball rings.
 - ✓ Develop a community garden within some reserves to provide a sense of community spirit and local ownership.
- Create pleasing places to be
 - ✓ Facilities that assist include seats and shade, that provide pleasant places for people to sit, meet and interact.
- Promote safety and amenity.
- Provide for comfort and convenience.

To ensure that Fremantle becomes a more attractive place to live and easier place to move around:

It is recommended that "Healthy by Design" principles are used in the planning and development of open space.

5.6 SPORTING INFRASTRUCTURE

No major gaps in the provision of playing fields for outdoor team sports, tennis courts and

bowling greens have been identified. All major sports appear to be adequately catered for, in terms of the quantum of facilities.

5.6.1 Gaps in Sporting Facilities

All sports are not catered for, within the City of Fremantle. For example a baseball diamond and synthetic athletics track are not available. These types of facilities tend to cater for a regional (multi local government areas) catchment. Consequently, no action is required unless a regional standard facility is proposed and supported by a feasibility study.

Whilst no obvious gaps in the provision of sporting facilities have been identified it is likely that two sports will eventually seek an upgrade to their facilities – hockey and netball. Both sports have undergone a significant shift in their playing arenas over the last 15 – 20 years. Hockey has moved to from turf to synthetic pitches and netball has moved from outdoor hard courts to indoor courts with sprung timber floors.

As more synthetic hockey pitches are constructed throughout metropolitan Perth, it is likely that most junior and senior hockey clubs/teams will want to train and play on this type of surface. Given the cost of construction, a synthetic pitch servicing Fremantle should only be developed within the context of a state wide hockey facility strategy. It may be located within Fremantle or an adjacent local government area.

The situation with netball is different. Frank Gibson Park has 25 outdoor netball courts (15 floodlit) and a large club house. It is a major netball facility serving a regional population. Based on the experience in other locations it is likely that a demand for indoor netball courts will be made by the netball community. This will raise the issues of the best location (eg Frank Gibson Park or Fremantle leisure Centre) and single or multipurpose, catering for other court sports such as basketball, volleyball and futsal/rebound football. These issues and other key considerations such as capital funding and operational viability must be addressed in a feasibility study.

Similarly, a multipurpose, multi sports court indoor centre does not exist in the City of Fremantle. Obviously, consideration of this type of facility must be undertaken within a regional context, and based on demand for facilities for indoor court sports such as netball, basketball, indoor football, volleyball and badminton.

It is recommended that ongoing communication is maintained with hockey, netball and indoor sports regarding the future development of their facilities.

5.6.2 Facility Upgrades

A general consensus within the sport community in Fremantle is that the quality and suitability of existing buildings (club rooms and change rooms) and supporting infrastructure on sporting reserves is aging and needs upgrading. However, clubs do not have the resources to fund these upgrades.

A fundamental fact underpins this discussion – the asset is owned by the City of Fremantle, and is therefore a public building. Consequently, the City of Fremantle has a responsibility to ensure that public buildings meet appropriate OH&S and appropriate building codes. Under leasing arrangements this responsibility may be transferred to the lessee, although the City of Fremantle has a fiduciary responsibility to ensure its asset is adequately maintained.

It should also be noted that any building works may trigger the need for compliance with other regulations and legislation such as the Disability Discrimination Act. Funding upgrade or renovation works will require mix of funding sources. Each situation is expected to have a different mix.

Given the anecdotal evidence that buildings need upgrading:

It is recommended that:

- 1 *Condition audits of all buildings and infrastructure be undertaken to determine the extent of refurbishment or redevelopment, and the cost of such works.*
- 2 *A priority list of works be compiled using the criteria detailed in section 4.5.*
- 3 *A funding cocktail including the City, State or Federal grant or sponsorship and lessee funds be created to finance the works.*

6 SPORTING CLUB VIABILITY

This chapter discusses factors which impact upon the viability of sporting clubs within the City of Fremantle.

6.1 HEALTHY SPORTS CLUBS

The long term viability of the bowls and tennis clubs has been questioned. It is understood these clubs are investigating their long term options. In other words these four clubs do not have healthy finances, and are having difficulty meeting their financial obligations and providing their members with modern, high quality facilities.

Two elements which underpin healthy sports clubs are finances, which usually reflect its membership base and adequate and competent volunteers. Both elements are related. A well managed club will tend to be in a healthy financial state and attract adequate and competent volunteers. The major caveat being that the population base is adequate to support the activity.

The changing demographic composition of Fremantle, particularly its aging, and changes in participation patterns is resulting in some clubs experiencing financial difficulties. Whilst the reasons may vary from club to club, actions are required to remedy the situation. It is highly likely that the population is insufficient to support three bowling clubs and a tennis club with lawn courts.

The primary responsibility for addressing clubs' problems rest with each club and its parent sporting association. However, the City of Fremantle can assist, not solve the problems.

Two strategic solutions are:

1 Reduce Operating Costs

Many tennis clubs with lawn courts throughout Australia are having difficulty funding the maintenance of the courts (apart from the problems of having adequate water in a drought period). Similarly, many bowls clubs are finding the cost to maintain turf greens is beyond their financial resources. One option pursued by many clubs is to convert lawn to synthetic surfaces – both tennis and bowls. Whilst the capital cost is significant, the ongoing maintenance costs are substantially reduced, but not eliminated.

2 Merge or Share resources

Clearly an option for clubs is to merge and/or share resources. The experience throughout Australia where this issue has arisen, has been that local government cannot “force” a merger or sharing of resources. It has to occur at the initiative of clubs.

Local government can assist by providing incentives, often in the form of finance or construction of new/upgrade of existing amenities. Local government can also facilitate a merger by eliminating administrative hurdles and smoothing the path. For example by rescinding existing leases and establishing new leases without penalties. It can also give building works for merged clubs a higher priority in its funding program and actively support funding applications to State and Federal government agencies.

It is recommended that:

- 1 *The City support a strategic review of, and undertaken by, tennis and bowls clubs with a view to a merger of clubs and/or the conversion of turf to synthetic surfaces.*
- 2 *New leases for tennis and bowls clubs are renegotiated when the club(s) can demonstrate long term financial viability.*

6.2 LEASING AND LICENSING SPORTS FACILITIES

Key elements of the City's leasing and licensing policies are summarised in the Situation Analysis Summary Report. Whilst the licensing policy appears to operate satisfactorily, both the City as lessor and asset owner and clubs as lessees do not have the same opinion of the leasing policy.

The main issues raised are:

- Assets are not being adequately maintained.
- Clubs do not have the financial resources to maintain the whole of the leased area, such as car parks.
- Leases have not been re-drafted to reflect the current financial and membership status of clubs.
- The City does not have the financial resources to take over the cost of maintaining activity areas (playing fields, bowling greens and tennis courts).

It is recommended that:

- 1 *The City's leasing policy be reviewed and based on a series of principles:*
 - i *Leased areas which are for the exclusive use of the lessee will be fully maintained at the cost of the lessee. This will primarily apply to buildings, specialist sporting facilities (eg bowling greens) and fenced areas.*
 - ii *Leased areas which allow community access will be maintained at the joint cost of the lessee and the City as lessor, and reflect the extent of use by the lessee and the general community. Thus the City will contribute to the cost of maintaining playing fields which are not fenced with lockable gates, and available for community use at times not used by the lessee.*
 - iii *The term of the lease will be sufficient to justify any capital expenditure on the asset (return on investment/payback period) and to allow a lessee to obtain finance (if required).*
 - iv *Clubs will have the option to lease buildings and use sporting areas on a seasonal hire basis. It is understood that this change in policy will require seasonal hire rates to reflect full cost recovery of maintenance costs.*
 - v *Regular inspections will be conducted by the City of all leased assets to ensure they are being adequately maintained.*
- 2 *All leases on sporting areas which have expired be renegotiated, based on the leasing policy outlined above.*

6.3 MANAGEMENT OF SPORTS CLUB

As noted above, the health of a sporting club is heavily dependent upon the quality of management. Good management will result in improved financial health and more



volunteer assistance. However, improving management and/or volunteer recruitment and retention is much more difficult. Substantial information and resources are available through parent sporting associations and the Department of Sport and Recreation's clubs online website at www.dsr.wa.gov.au/clubsonline .

It is recommended that direct management and volunteer recruitment and retention assistance is provided to clubs through the City of Fremantle recreation and community development staff, training programs and information.

7 PROGRAMMING

This chapter addresses the needs of people with special recreation needs who often have lower participation rates.

Sections of the Fremantle community have lower participation rates in recreation sport and physical activity, such as people with disabilities (physical and intellectual), recent migrants, refugees, particularly those from a non English speaking background, Indigenous people, unemployed people, homeless people and “at risk” young people.

Limited funding is available through State and Federal Government agencies to develop and deliver programs, including recreation and sport programs to these groups of people.

The City of Fremantle has made a policy decision to address inequities faced by some of these groups by employing staff to work with and on their behalf. Given that Council is not a direct provider of many recreation and sport programs (a major exception is Fremantle Leisure Centre), its role in reducing inequities and increasing participation is likely to be as an advocate or facilitator. In other words it will have to work with and through direct service delivery agencies such as sporting clubs and special interest groups.

Potential actions which can be taken to reduce barriers to participation in recreation and sport activities include:

- Pricing: Discounted entry prices for low income people to the City’s programs
Discounted hire fees for buildings

- Transport: Conduct programs in accessible locations.
Schedule activities to coordinate with public transport timetables

- Scheduling: Schedule activities at times that suit the target group
Provide child care

- Funding: Provide seed funding to new initiatives
Assist groups to apply for grants from other government agencies and philanthropic organisations
Seek joint funding with adjacent local governments

- Access: Ensure all buildings are fully accessible

It is recommended that City of Fremantle staff continue working with relevant stakeholders to reduce the barriers to participation in recreation, sport and physical activity for people with special recreation needs.

8 RECOMMENDATIONS

All recommendations presented in the previous chapter are reiterated as either Policy or Strategy Recommendations.

8.1 POLICY RECOMMENDATIONS

Policy recommendations are not given a priority, as they can be adopted by the City in the short term without the need to allocate resources for implementation.

Policy Recommendations	
Resources be directed to satisfying the following aims:	
1	Increasing participation in recreation, sport and physical activity.
2	Increasing opportunities for informal recreation, sport and physical activities.
3	Ensuring basic recreation and sport facility infrastructure is available and accessible.
4	Ensuring access for all to recreation, sport and physical activities.
5	Strengthening the financial and membership base of sporting clubs.
6	Supporting community volunteer recruitment and retention.
Priority ranking of all projects be assessed against the following criteria:	
	<ul style="list-style-type: none"> ▪ Level of use and community support ▪ Access for all ▪ Operational sustainability ▪ Adaptability and flexibility ▪ Encourages a more active community ▪ Tourism ▪ Environmental sustainability ▪ Quality of facility
A matrix style hierarchy be adopted for classifying recreation sport and open space based on the level or standard of provision and the type of facility or open space.	
Each facility or open space be classified according to its level and type.	
Two categories of play spaces are adopted:	
Major Play Spaces:	Located in larger parcels of open space, which may have multiple classifications, they will service the immediate and adjacent suburbs.
Local Play Spaces:	Located in smaller parcels of open spaces, they will cater for a highly localised catchment, servicing a catchment of, say, less than 1 km radius.
The following components are included in each category of play space:	
Major Play Spaces:	<ul style="list-style-type: none"> Car parking to cater for normal demand Toilets

Policy Recommendations

- Shelter/shade for caregivers and over play equipment
- Picnic tables and seats
- BBQ
- Seating in shade overlooking play equipment
- Drinking water
- Security lighting

- Play equipment for toddlers
- Play equipment for junior primary school age children
- Play equipment for senior primary school age children
- Play equipment for teenage young people

- Kick about area (at least 1500 m²)
- Sports practice facilities for at least one sport
- Cycling areas
- Natural landscape features such as creeks and mounds to be retained and enhanced

- Access for people with disabilities
- Landscaping

Local Play Spaces

- Shelter/shade for caregivers and over play equipment
- Seating in shade overlooking play equipment

- Play equipment for at least one age group

- Kick about area (at least 1000 m²)
- Natural landscape features such as creeks and mounds to be retained and enhanced

- Access for people with disabilities
- Landscaping

"Healthy by Design" principles are used in the planning and development of open space.

8.2 STRATEGIC RECOMMENDATIONS

Strategic recommendations require the allocation of resources. Each has been given a priority in terms of its relative importance, and a time frame for implementation.

Strategy Recommendations	Priority	Time Frame
A detailed review of Fremantle Leisure Centre, including a master plan, feasibility study and business plan, be undertaken to determine the most appropriate development/redevelopment/renovation of the Centre.	High	Short term

Strategy Recommendations	Priority	Time Frame
<p>Priority be given to upgrading, expanding or establishing trails in:</p> <ol style="list-style-type: none"> 1 North Fremantle linking Leighton Beach and Port Beach with open space along the Swan River. 2 Fremantle coastline from South Beach to Fremantle Bridge and historical features within the Fremantle CBD area. 	High	Long term
<ol style="list-style-type: none"> 1 The City's leasing policy be reviewed and based on a series of principles: <ol style="list-style-type: none"> i Leased areas which are for the exclusive use of the lessee will be fully maintained at the cost of the lessee. This will primarily apply to buildings, specialist sporting facilities (eg bowling greens) and fenced areas. ii Leased areas which allow community access will be maintained at the joint cost of the lessee and the City as lessor, and reflect the extent of use by the lessee and the general community. Thus the City will contribute to the cost of maintaining playing fields which are not fenced with lockable gates, and available for community use at times not used by the lessee. iii The term of the lease will be sufficient to justify any capital expenditure on the asset (return on investment/payback period) and to allow a lessee to obtain finance (if required). iv Clubs will have the option to lease buildings and use sporting areas on a seasonal hire basis. It is understood that this change in policy will require seasonal hire rates to reflect full cost recovery of maintenance costs. v Regular inspections will be conducted by the City of all leased assets to ensure they are being adequately maintained. 	High	Short term
<ol style="list-style-type: none"> 2 All leases on sporting areas which have expired be renegotiated, based on the leasing policy outlined above. 	High	Medium to long term

Strategy Recommendations	Priority	Time Frame
1 The City support a strategic review of, and undertaken by, tennis and bowls clubs with a view to a merger of clubs.	High	Short term
2 The City support a strategic review of, and undertaken by, tennis and bowls clubs with a view to converting turf greens and courts to synthetic surfaces.	Low	Medium to long term
3 New leases for tennis and bowls clubs are renegotiated when the club(s) can demonstrate long term financial viability.	Low	Medium term
1 Condition audits of all buildings and infrastructure be undertaken to determine the extent of refurbishment or redevelopment, and the cost of such works.	Medium	Short to medium term
2 A priority list of works be compiled using the following criteria: Level of use and community support Access for All Operational Sustainability Adaptability and Flexibility Encourages a more active community Tourism Environmental sustainability Quality of facility	Medium	Short to medium term
3 A funding cocktail including the City, State or Federal grant or sponsorship and lessee funds be created to finance the works.	High	Ongoing
1 Major play spaces be located at: Gilbert Fraser Reserve The Esplanade Fremantle Park Gibson Park or Booyembara <small>Park</small> Hilton Reserve South Beach Sir Frederick Samson Park	Medium	Medium term
2 Priority locations for local play spaces be: Griffiths Place Reserve Gibson Park or Booyembara Park Bruce Lee Oval Steven Street Reserve	Low	Long term
Ongoing communication is maintained with hockey, netball and indoor sports regarding the future development of their facilities.	Low	Ongoing
Direct management and volunteer recruitment and retention assistance is provided to clubs through the City of Fremantle recreation and community development staff, training	Low	Ongoing



Strategy Recommendations	Priority	Time Frame
programs and information.		
City of Fremantle staff continue working with relevant stakeholders to reduce the barriers to participation in recreation, sport and physical activity for people with special recreation needs.	Low	Ongoing