



Sports Club for Health Guidelines

*HEPA Europe, working group meeting
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The Background of SCforH

- Funding by EU DG Education and Culture 2/2010-5/2011
- There were two essential aims:
 1. *To update and develop initial stage SCforH Guidelines*
 2. *To develop networking in the area of health-enhancing physical activity with special focus on sports clubs*
- Partners: Estonia, Croatia, Italy, Poland, Spain
- International network: TAFISA, ENGSO, ISCA, HEPA Europe, EFCS
- The focus is in civic-organisations and voluntary based sports clubs
- Setting based approach: sports club are seen as settings to promote health through their own sporting activities

Polycymakers' expectation

The EU Physical Activity Guidelines assign organised sport a prominent position in HEPA activities!

*“Sports organizations contribute to the social well-being of communities and can ease pressure on the public budget. Through their versatility and cost effectiveness, clubs can help meet the need of the population for physical activity. **A major future challenge for the organised sports sector should be to offer high-quality health-related exercise programs nationwide.**”*

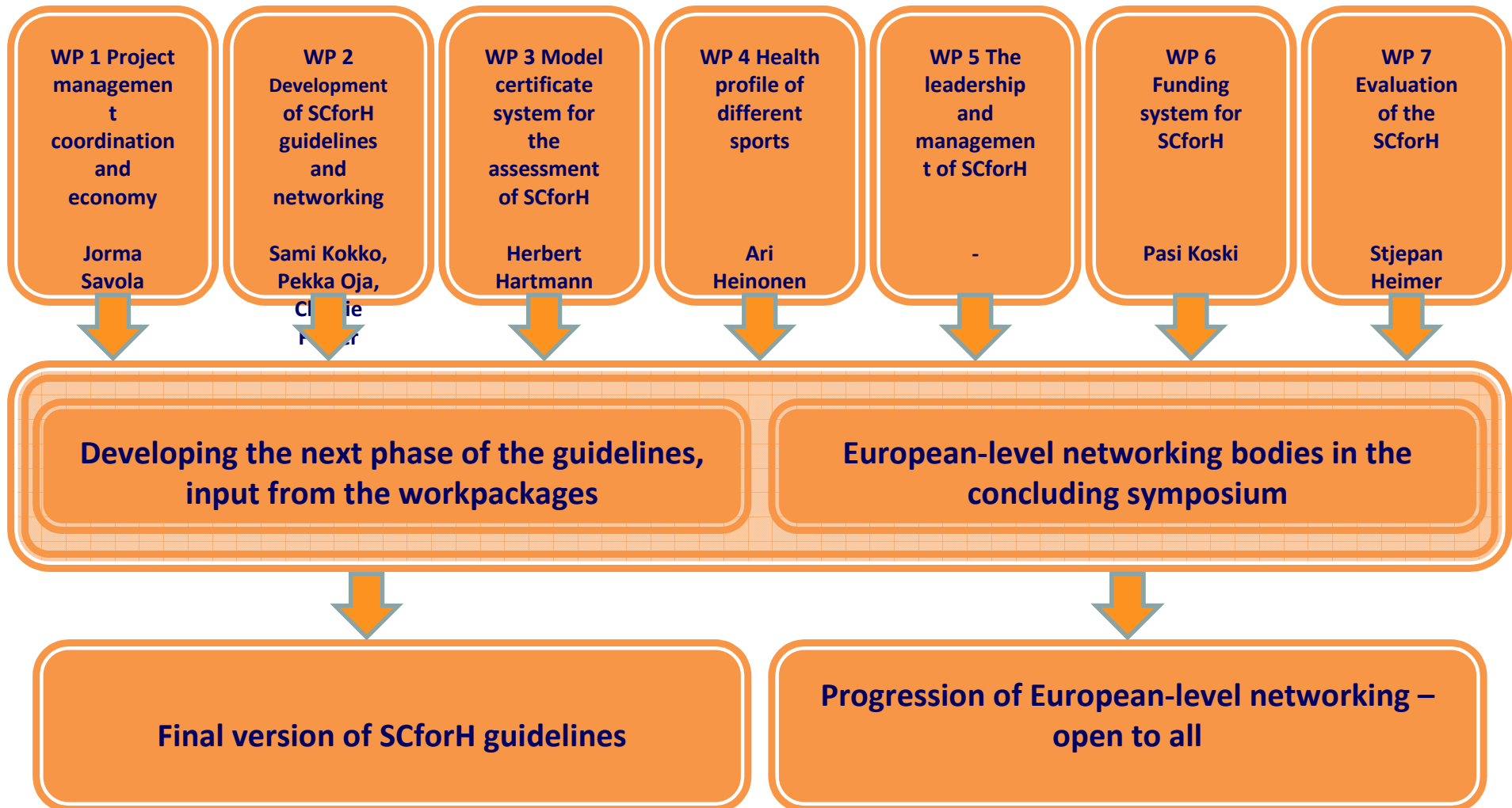
Focus on sport clubs

- Sport clubs are the cornerstones of sports
- To mobilise the health potential of sports the health perspective has to be identified in the sport club context
- **SCforH provides guidelines to clubs**
 - *how a sport club can identify health as one of its goals and begin to develop health promoting activities in a form of a structured programme*

Who are these guidelines for?

- Directed to sport clubs: elected trustees and club leaders, paid officials, coaches, instructors and other grass-root actors, club members
- The guidelines inform the national associations of the importance of the health perspective in their clubs' activities
- The guidelines address all other stakeholders:
 - *national, regional and local sport and health authorities and experts*
 - *they inform them of the potential of sport activities as health-enhancing physical activity and as a form of health promotion*

Work packages



Our task is...

- 1) Dissemination of the guidelines
- 2) Evidence-based information needed
- 3) European network

Promotion of the Sports Club for Health Guidelines

- **Networking: TAFISA-ESFAN, ISCA, ENGSO, EFCS and HEPA Europe**
 - approaching all crucial European bodies, which deal with sports clubs
- **SCforH Partners**
 - Italy: Federazione Italiana Aerobica e Fitness – FIAF
 - Spain: AccETTD-Cultural and Scientific Association of Tourism, Leisure and Sport Studies
 - Poland: Ministry of Sport and Tourism
 - Estonia: Estonian Sport for All Association
 - Croatia: Faculty of Kinesiology, University of Zagreb
- **Year 2011**
 - HEPA Europe Conference 11.-13.10.2011, Amsterdam
 - ENGSO: EU Platform on diet, physical activity and health 13.5.2011, Forum 14.10.2011
 - TAFISA World Congress 10.-14.11.2011, Turkey
 - ISCA Move Congress 19.-23.10.2011, Paris
- **Year 2012**
 - meeting of key persons
 - SCforH workshop/symposium/conference
- **Year 2013**
 - meeting of key persons
 - SCforH workshop/symposium/conference